

STOP THE SPREAD OF GERMS

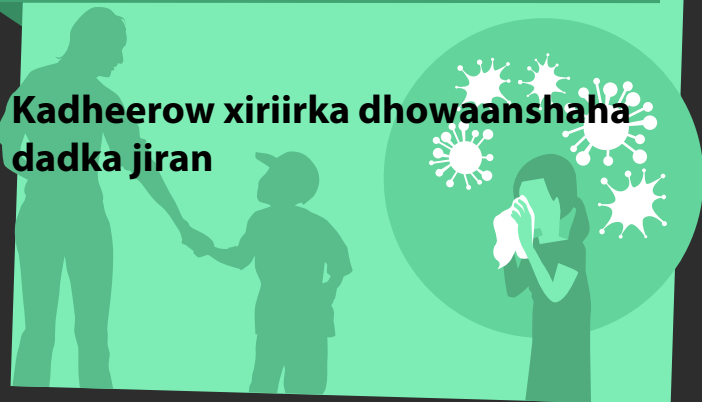
JOOJI FAAFINTA JEERMISKA

Help prevent the spread of respiratory diseases like COVID-19.

Gargaar si loogu hortago faafinta cudurada qeybta sare ee hawo mareenada sida COVID-19

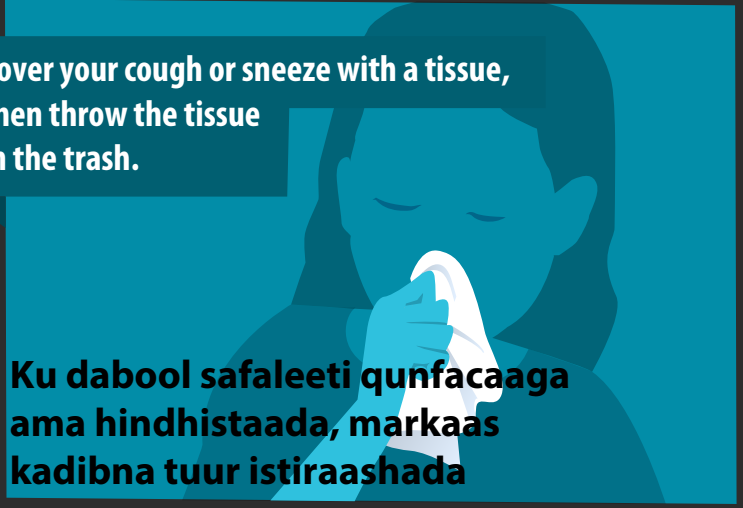
Avoid close contact with people who are sick.

Kadheerow xiriirka dhowaanshaha dadka jiran



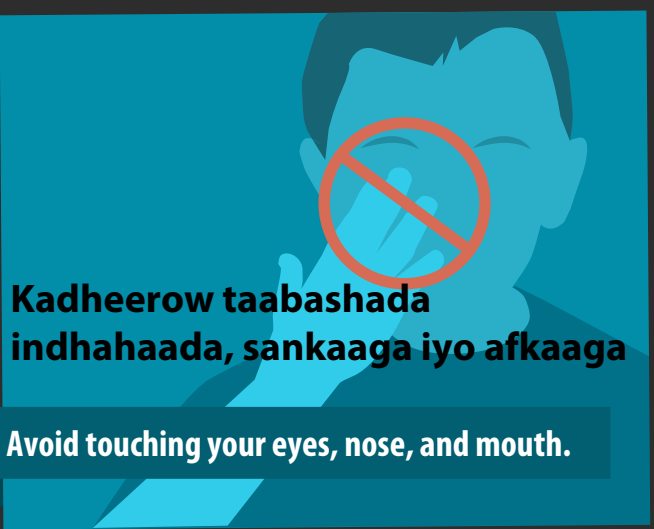
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Ku dabool safaleeti qunfacaaga ama hindhistaada, markaas kadibna tuur istiraashada



Kadheerow taabashada indhahaada, sankaaaga iyo afkaaga

Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.

Si joogta ah u nadiifi waxyaalaha lataabto iyo dhusha alaabaha



Stay home when you are sick, except to get medical care.

Guriga jog markaad xanuunsan tahay, ilaa inaad daawo doonato mooyee



Marwalba saabuun iyo biyo gacmahaaga kudhaq ugu yaraan labaatan sekan

Wash your hands often with soap and water for at least 20 seconds.

