

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

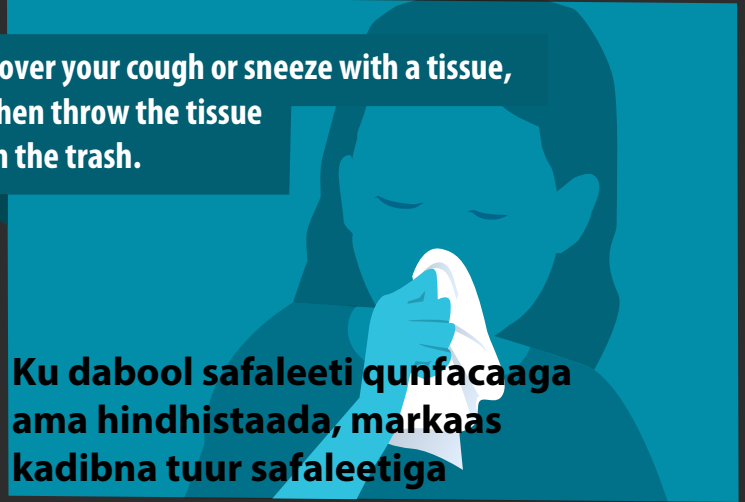
Avoid close contact with people who are sick.

Ka fogow xiriirka dhawaanshaha dadka jiran



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

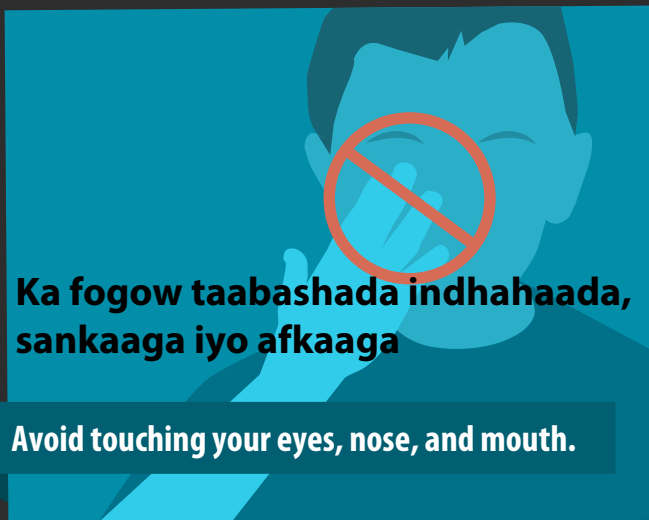
Ku dabool safaleeti qunfacaaga ama hindhistaada, markaas kadibna tuur safaleetiga



Clean and disinfect frequently touched objects and surfaces.

Ka fogow taabashada indhahaada, sankaa iyo afkaaga

Avoid touching your eyes, nose, and mouth.



Si joogta ah u nadiifi waxyaabaha lataabtay 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.



For more information: www.cdc.gov/COVID19