

Swahili

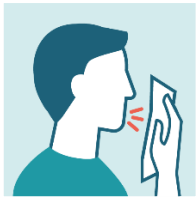
## Saidia Kuzuia Ugonjwa Kuenea

Chukua hatua kila siku ili kusaidia kuzuia kuenea kwa virusi vya kupumua kama vile homa na mafua:



Nawa mikono yako mara kwa mara kwa sabuni na maji kwa angalau sekunde 20 — haswa baada ya kutumia choo au kusafisha pua yako na kabla ya kula.

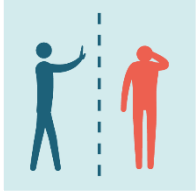
Ikiwa sabuni na maji hazipatikani, tumia sabuni ya kuua viini iliyoundwa na bidhaa za kileo iliyo na kileo cha angalau asilimia 60.



Funika kikohozi chako au kupiga chafya kwa kuelekeza ndani ya kiwiko chako au kwa tishu.



Usiguse macho, pua wala mdomo wako kwa mikono ambayo hujanawa.



Kaa mbali na watu ambao ni wagonjwa.



Kaa nyumbani wakati wewe ni mgonjwa.



Safisha na utakase vifaa na sehemu za vitu kutokana na viini vya maradhi mara kwa mara.

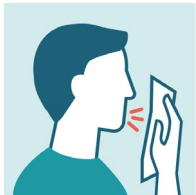
# Help Keep Illness from Spreading

Take actions every day to help prevent the spread of respiratory viruses like cold and flu:



Wash your hands often with soap and water for at least 20 seconds — especially after using the bathroom or blowing your nose, and before eating.

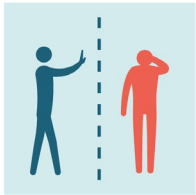
If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.



Cover your cough or sneeze into your elbow or a tissue.



Don't touch your eyes, nose or mouth with unwashed hands.



Stay away from people who are sick.



Stay home when you are sick.



Clean and disinfect objects and surfaces regularly.