

# STOP THE SPREAD OF GERMS

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

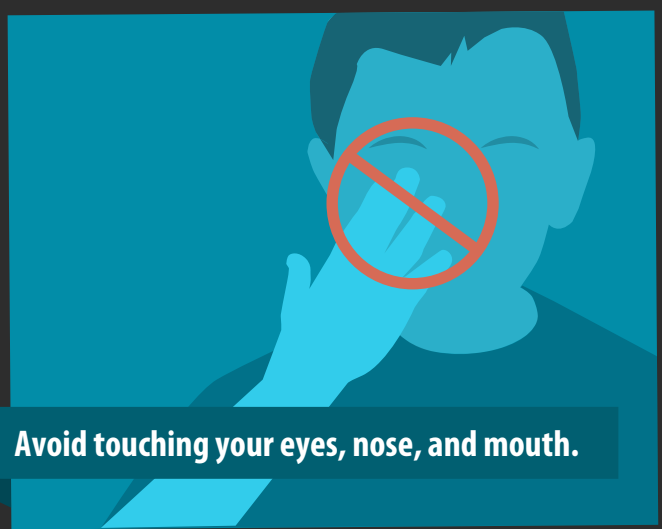
Avoid close contact with people who are sick.



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



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



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



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



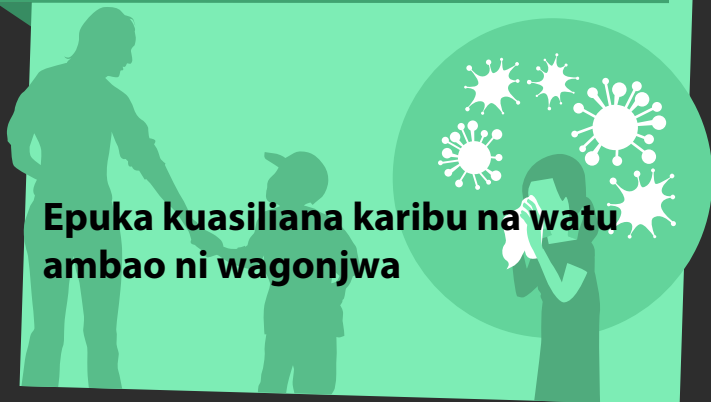
For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

# STOP THE SPREAD OF GERMS

KUACHA KUENEA KWA WADUDU

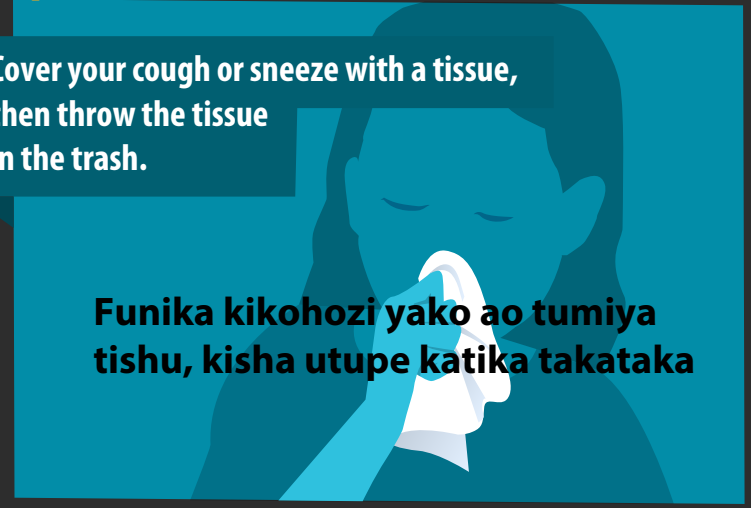
Help prevent the spread of respiratory diseases like COVID-19.  
Saidia kuzuia kwa magonjwa ya kupumua kama vile COVID-19

Avoid close contact with people who are sick.



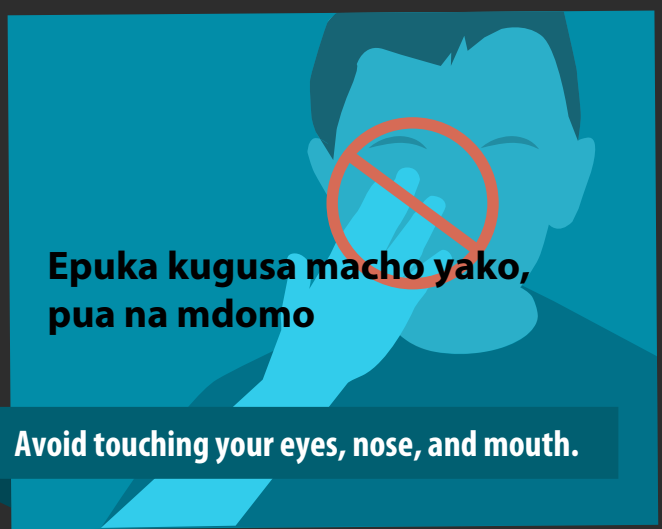
**Epuka kuasiliana karibu na watu ambao ni wagonjwa**

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



**Funika kikohozi yako ao tumiya tishu, kisha utupe katika takataka**

Epuka kugusa macho yako, pua na mdomo



Avoid touching your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.



**Baki safi na uepuke kugusa vitu na nyuso**

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



**Baki nyumbani wakati wewe ni mugonjwa, isipo kuwa kupata hudumu ya matibabu**

Nawa mukono mara nyingi kwa sabuni na maji wakati ya secunde 20



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

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