

Epuka ugonjwa wa virusi vya Korona

Avoid Covid-19

Illustrations: Ari and Elaine Vitikainen

Information was taken from WHO websites such as
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

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Literacy for Women in Africa

Swahili

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Translated into Swahili by Heri Mwanjalarje

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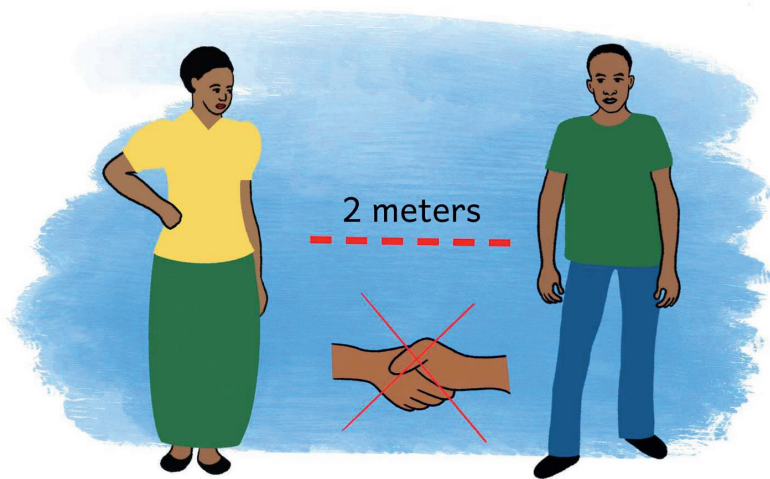
Nawa mikono yako mara kwa mara kila siku kwa maji na sabuni, au kwa maji yenye dawa ya kuua wadudu (sanitizer).



Epuka kugusa macho, pua na mdomo.



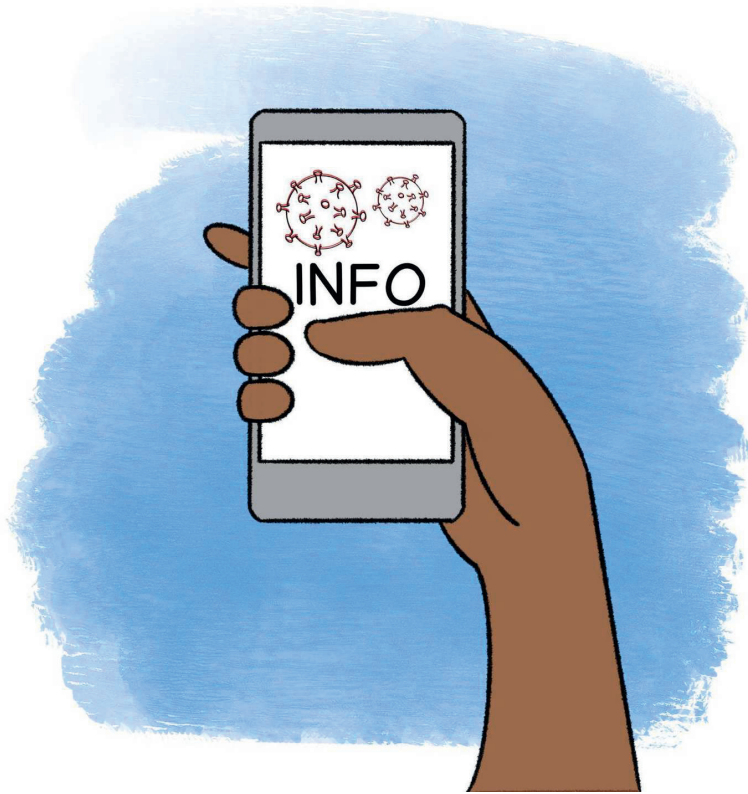
Funika mdomo na pua yako kwa mkunjo wa kiwiko cha mkono au kwa tishu wakati unapokohoa au kupiga chafya. Tupa tishu iliyotumika mara moja.



Kaa umbali wa mita 2 kati yako na mtu mwingine. Epuka safari zisizo za lazima pamoja na mikusanyiko mikubwa ya watu.



Kaa nyumbani kama hujisikii vizuri.
Kama unaumwa kichwa, unakohoa
au unapumua kwa shida, umwone
daktari mapema.



Jaribu kupata habari zaidi juu ya yale yanayotokea juu ya ugonjwa wa Korona. Fuata ushauri unaotolewa na wahudumu wa afya.