COVID-19

STOP THE SPREAD OF GERMS
Hagarika Ikwirakwizwa ry'ubwandu

Help prevent the spread of respiratory diseases like COVID-19.
Fasha mugukingira ikwirakwizwa r'yindwara zifata imyanya y'ubuhumekero nka CODIV-19.

Avoid close contact with people who are sick.

Irinde Kwegerana n'abantu barwaye

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

Ipfukishe agatambaro kabugenewe ku munwa, mugihe cyose ukoroye cyangwa witsamuye, nurangiza ugate ahagenewe kujugunwa umwanda.
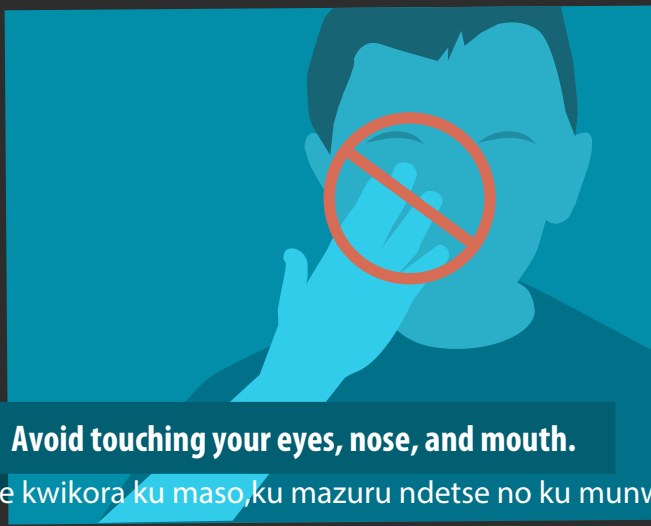
Avoid touching your eyes, nose, and mouth.

Irinde kwikora ku maso,ku mazuru ndetse no ku munwa.
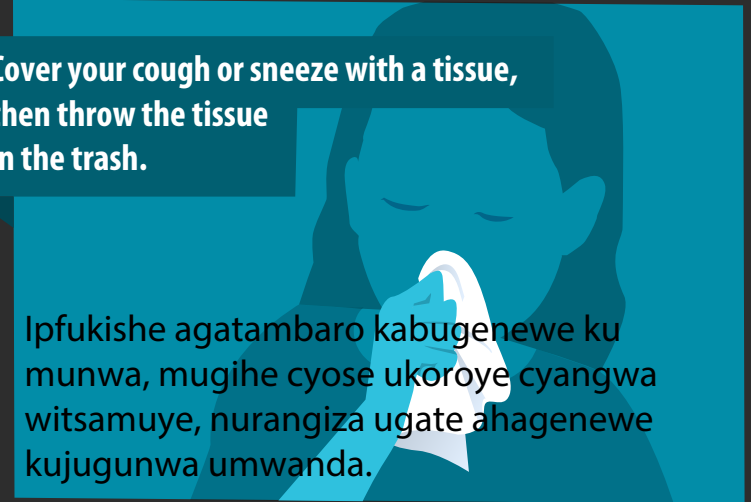
Clean and disinfect frequently touched objects and surfaces.

.Hanagura Kenshi unatere imiti yabugenewe ikintu cyose cyakozweho n'ahantu hagikikije.
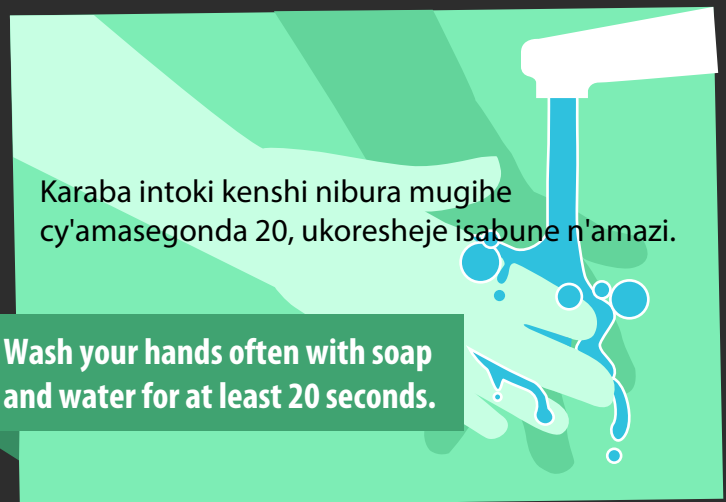
Stay home when you are sick, except to get medical care.

Mugihe urwaye guma murugo keretse ugiye kwivuza

Karaba intoki kenshi nibura mugihe cy'amasegonda 20, ukoresheje isabune n'amazi.

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

For more information: www.cdc.gov/COVID19