

Virusi vya Corona / COVID-19

Unachohitaji kujua:

Chanzo: <https://www.cdc.gov/coronavirus>



Kaa nyumbani - inahitajika na Gavana wa Jimbo la New York
Epuka mawasiliano ya karibu na watu wengine - hakuna vikundi vikubwa!
Hakuna sherehe, hakuna mikusanyiko ya ibada za kidini kibinafsi, hakuna mikusanyiko ya jamii
Weka umbali wa futi sita kati ya watu
Hakuna mpira wa kikapu, mpira wa miguu, au michezo mingine ya timu



Kaa nyumbani ikiwa wewe ni mgonjwa
Piga simu kwa daktari wako ikiwa unafikiria kuwa wewe ni mgonjwa
Uliza mtafsiri ikiwa unahitaji msaada wa lugha



Kukohoa au kupiga chafya kwenye tishu kisha osha mikono yako
AU
Kukohoa au kupiga chafya ndani ya kiwiko chako
Tupa tishu mbali kwenye tuta la takataka



Osha mikono yako mara nyingi na sabuni na maji kwa sekunde 20 AU
tumia sanitaiza ya mikono mara kwa mara



Safisha sehemu zilizo wazi ndani ya nyumba yako kila siku na chemikali ya kuuwa bakteria (meza, vifaa vya kuweka, simu, rimoti za runinga, kichapi, vyoo, mifereji, sinki)

Tafadhali kuwa na habari: Nenda kwenye websaiti ya Kituo
www.thecenterutica.org



Coronavirus / COVID-19

What you need to know:

Source: <https://www.cdc.gov/coronavirus>



Stay home - required by the New York State Governor
Avoid close contact with other people - no large groups!
No parties, no-in person religious services, no community gatherings
Keep a distance of six feet between people
No basketball, soccer, or other team sports



Stay home if you are sick
Call your doctor if you think you are sick
Ask for an interpreter if you need language help



Cough or sneeze into a tissue and then wash your hands
OR
Cough or sneeze into the inside of your elbow
Throw tissues away into a trash can



Wash your hands often with soap and water for 20 seconds OR
or use hand sanitizer frequently



Clean surfaces in your home each day with disinfectant (tables, doorknobs, countertops, phones, TV remotes, keyboards, toilets, faucets, and sinks)

**Please stay informed: Go to The Center's website
www.thecenterutica.org**

