

# STOP THE SPREAD OF GERMS

JOOJI FAAFINTA JEERMISKA

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

Gargaar si loogu hortago faafinta cudurada qeybta sare ee hawo mareenada sida COVID-19

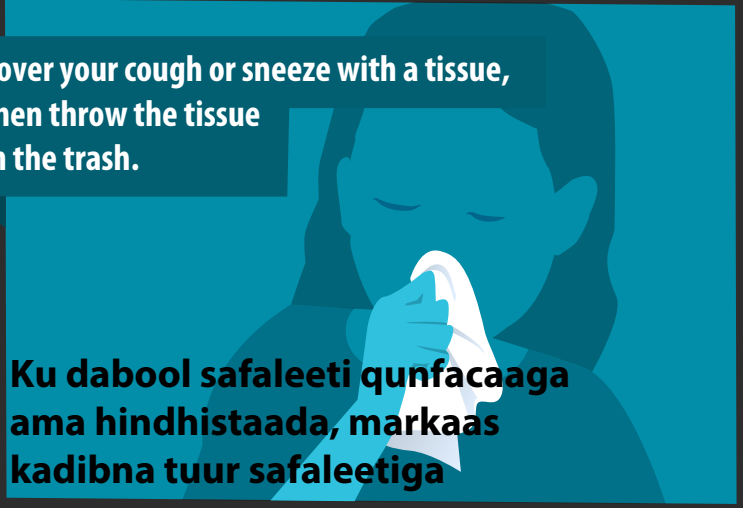
Avoid close contact with people who are sick.

**Ka fogow xiriirka dhawaanshaha dadka jiran**



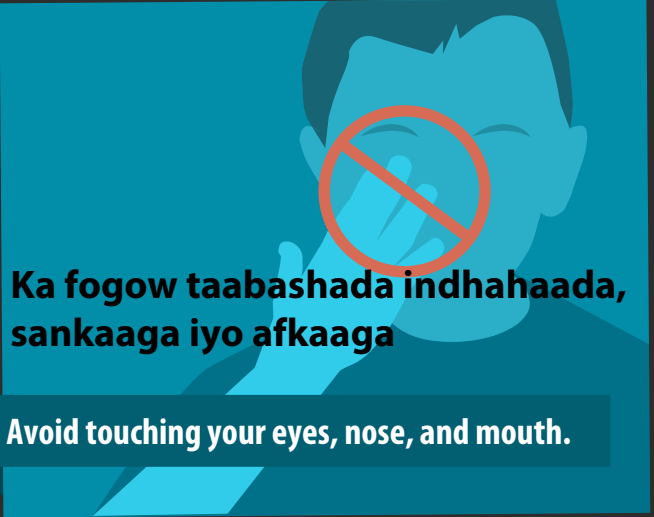
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**Ku dabool safaleeti qunfacaaga ama hindhistaada, markaas kadibna tuur safaleetiga**



**Ka fogow taabashada indhahaada, sankaa iyo afkaaga**

Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.

**Si joogta ah u nadiifi waxyaabaha lataabtay iyo dhusha alaabaha**



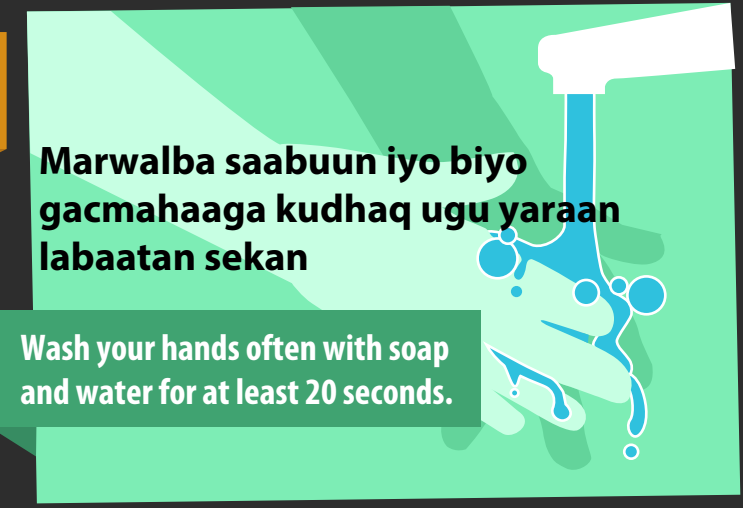
Stay home when you are sick, except to get medical care.

**Guriga jog markaad xanuunsan tahay, ilaa inaad daawo doonato mooyee**



**Marwalba saabuun iyo biyo gacmahaaga kudhaq ugu yaraan labaatan sekan**

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)