

Koronavirus / COVID-19

Šta treba da znate:

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



Ostanite kući- zahtjev guvernera države New York
Izbjegavajte bliski kontakt sa drugim ljudima – nemojte se grupisati!
Bez zabava, bez religijskih službi bez društvenih okupljanja
Održavajte razmak od 2 metra između pojedinaca
Bez košarke, fudbala ili ostalih timskih sportova



Ostanite kući ako ste bolesni, kašljete ili imate temperaturu
Nazovite prije odlaska kod doktora, ili u hitnu pomoć
Nazovite COVID-19 informativni broj 315-798-5431 ako imate pitanja
Pitajte za prevodioca ako ne razumijete engleski jezik
NAZOVITE 911 ako imate hitan zdravstveni slučaj!



Kašljite ili kišite u maramicu a nakon toga operite ruke
ILI
Kašljite ili kišite u unutrašnjost vašega lakta
Bacite maramice u otpatke



Perite ruke često sapunom i vodom u trajanju od 20 sekundi
ILI
Upotrebljavajte često sredstvo za dezinfekciju ruku



Čistite površine u vašoj kući svaki dan sa dezinfekcionim sredstvom
(stolove, ručke na vratima, radne površine, telefone, TV daljinske
upravljače , tastature, kupatila slavine lavaboe)

Budite u toku sa najnovijim informacijama
Idite na The Center's website www.thecenterutica.org
Pratite The Center na Facebook @TheCenterUtica



If you need services call **The Center (315) 738-1083**.
The Center staff is working and can help you.

Bosnian

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, have a cough or fever
Call before going to a doctor's office, urgent care or emergency room
Call the COVID-19 information line at 315-798-5431 if you have questions
Ask for an interpreter if you need language help
CALL 911 if you have a medical emergency!



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
Use hand sanitizer frequently



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

Keep updated with new information
Go to The Center's website www.thecenterutica.org
Follow The Center on Facebook @TheCenterUtica



If you need services call **The Center (315) 738-1083**.
The Center staff is working and can help you.

English