

# 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)

**Tafadhalii kuwa na habari: Nenda kwenye websaiti ya Kituo  
[www.thecenterutica.org](http://www.thecenterutica.org)**

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## What you need to know:

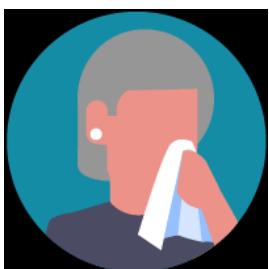
Source: <https://www.cdc.gov/coronavirus>



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](http://www.thecenterutica.org)**



*English*