

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, una kikohozi au homa
Piga simu kabla ya kwenda kwa ofisi ya daktari, huduma ya dharura au chumba cha dharura
Piga simu kwa namba ya habari ya COVID-19 kwa 315-798-5431 ikiwa una maswali
Uliza mtafsiri ikiwa unahitaji msaada wa lugha
Piga 911 ikiwa unahitaji matibabu ya dharura!



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 The Center www.thecenterutica.org

Fuata The Center kwa Facebook @TheCenterUtica



THECENTER

Ikiwa unahitaji huduma piga simu **The Center (315) 738-1083**.
Wafanyikazi The Center wanafanya kazi na wanaweza kukusaidia.

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