

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

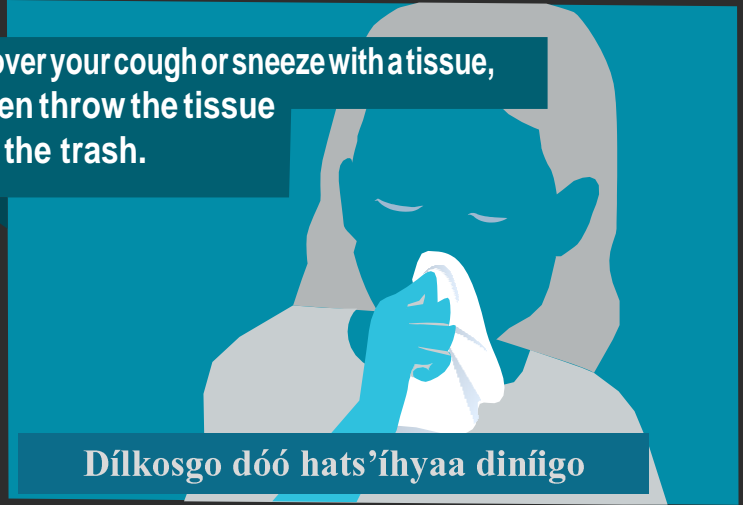
Avoid close contact with people who are sick.

Bitah dahoneezgai'igíí bits'aa nanínáh



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

Dílkosgo dóó hats'íhyaa dinígo



Avoid touching your eyes, nose, and mouth.

Áadóó ninaa' dóó níchíí doo nizée bidilnihi'



Clean and disinfect frequently touched objects and surfaces.

T'áa doole'í alááhji' chxqonil'ingíí bína'iljot



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

Nilá' táláwosh bee t'ánináagis naadiin tsúilgo yikqósigíí búghají

Nitah honeezgai'go hoghandi sindá

Wash your hands often with soap and water for at least 20 seconds.

