

# STOP THE SPREAD OF GERMS

Hagarika Ikwirakwizwa ry'ubwandu

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

Fasha mugukingira ikwirakwizwa r'yindwara zifata imyanya y'ubuhumekero nka COVID-19.

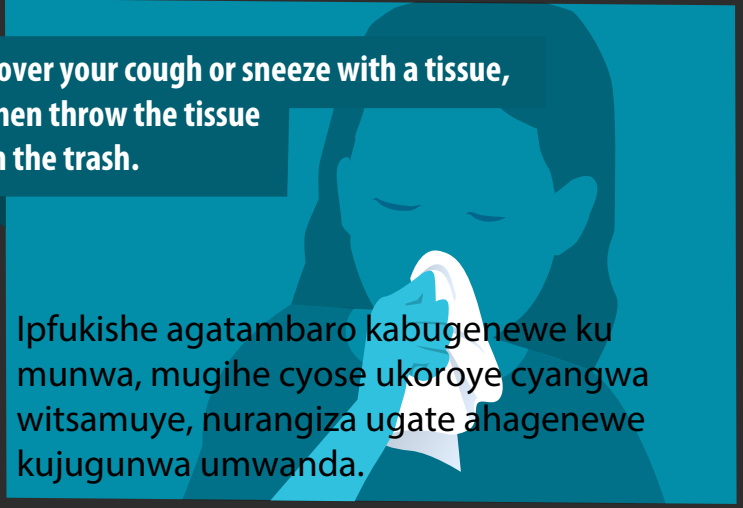
**Avoid close contact with people who are sick.**

Irinde Kwegerana n'abantu barwaye



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

Ipfukishe agatambaro kabugenewe ku munwa, mugihe cyose ukoroye cyangwa witsamuye, nurangiza ugate ahagenewe kujugunwa umwanda.



**Avoid touching your eyes, nose, and mouth.**

Irinde kwikora ku maso, ku mazuru ndetse no ku munwa.



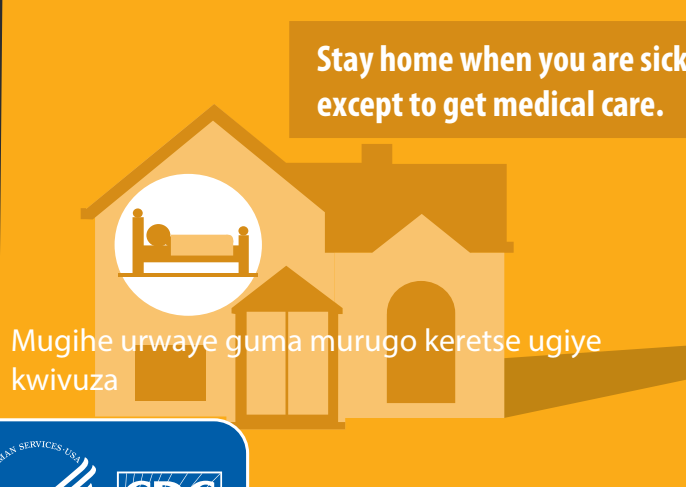
**Clean and disinfect frequently touched objects and surfaces.**

Hanagura Kenshi unatere imiti yabugenewe ikintu cyose cyakozweho n'ahantu hagikikije.



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

Mugihe urwaye guma murugo keretse ugiye kwivuzza



Karaba intoki kenshi nibura mugihe cy'amasegonda 20, ukoresheje isabune n'amazi.

**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)