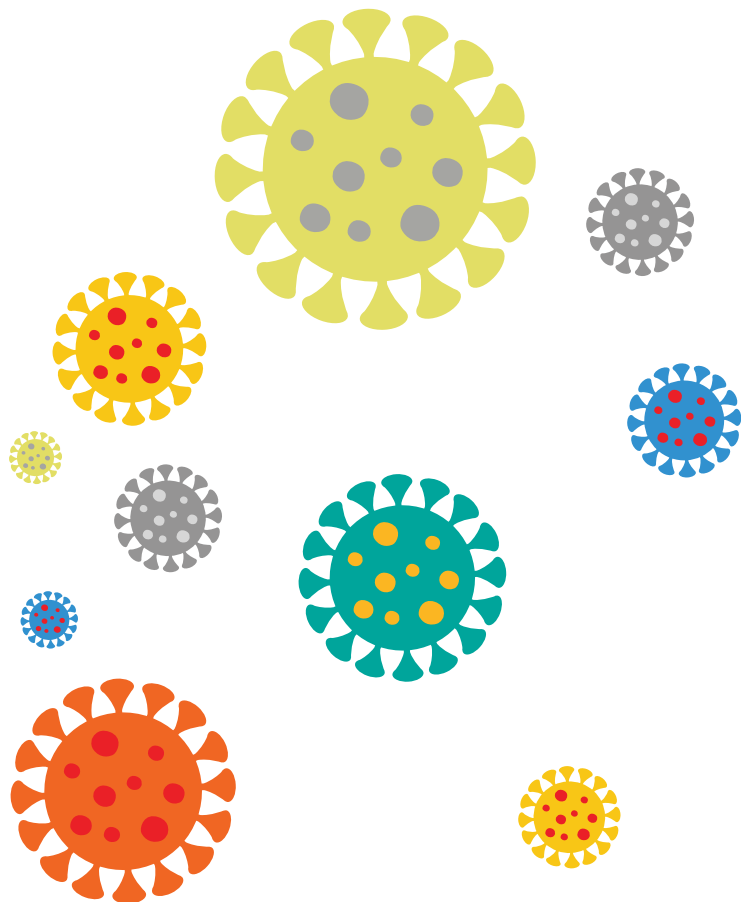


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Kinga ya
Coronavirus
Novel Coronavirus
(COVID-19)



Mwongozo
wako wa
COVID-19

MOH initiative



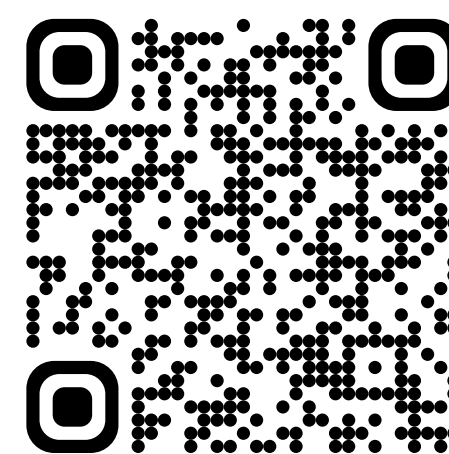
Updated on 12/3/2020



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Je, COVID-19 ni nini?





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Maambukizi y COVID-19



1

Maambukizi ya moja kwa moja kupitia matone ya mate kutoka kikohozi cha mgonjwa au kupiga chafya

2

Maambukizi yasiyo ya moja kwa moja kupitia kugusa maeneo yaliyochafuliwa na vifaa kisha kugusa mdomo, pua, au jicho

3

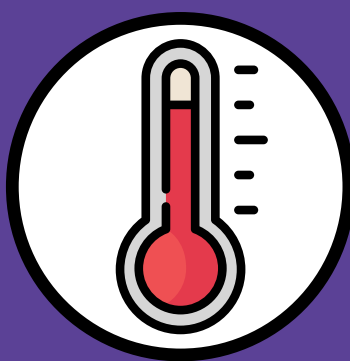
Maambukizi ya moja kwa moja na watu walioambukizwa



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Live Well

Dalili za (COVID-19):



Joto jingi



Kikohozi



Matatizo ya kupumua
(upungufu wa hewa)

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Kuzuia (COVID-19):

Je, ninaweza kujilinda vipi na kuzuia kusambaa kwa ugonjwa huu?



Nawa mikono
Ukitumia maji na sabuni kwa sekunde 40
Au tumia sanitaiza kwa sekunde 20



Funika mdomo na pua
Ukitumia tishu au kiwiko chako unapokohoa au kupiga chafya
Na uvae maski unapotoka nyumbani



Epuka kuwasiliana moja kwa moja na mtu yeyote anayeonyesha dalili za ugonjwa wa kupumua, kama kukohoa au kupiga chafya

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Unapaswa kunawa mikono yako lini?

Kabla, wakati na baada ya
kupikia chakula



Kabla ya kula

Baada ya kukohoa au
kupiga chafya



Kabla au baada ya kumhudumia
mtu mgonjwa



Baada ya msala



Baada ya kubadilisha
daipa za mtoto

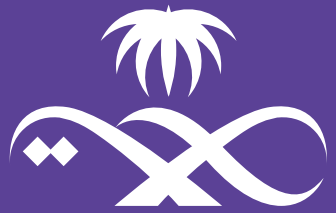


Baada ya kugusa
wanyama



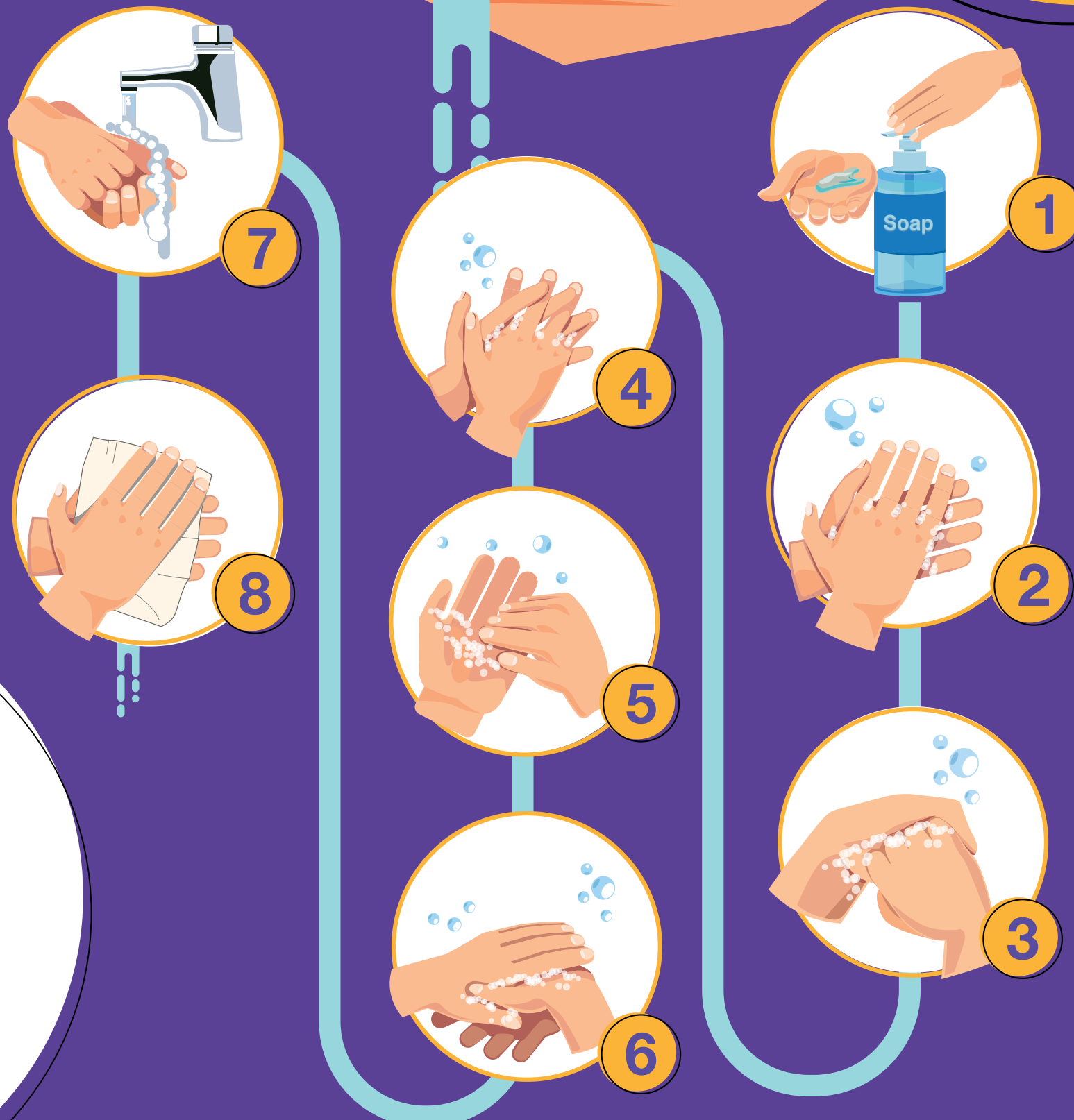
Baada ya kugusa
takataka





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Njia sahihi ya kuosha
mikono yako kuzuia
COVID-19:



Lini?



Kabla na baada ya
kula



Baada ya kukohoa au
kupiga chafya



Baada ya msala

Nawa mikono yako kwa sabuni, maji au 'sterilizer'
kwa sekunde 40.

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Je, RO ni nini?



Tata cara bersin untuk mengurangi infeksi:



Funika chafya au
kukohoa kwa
kutumia tishu



Au tumia sehemu
ya ndani ya kiwiko
chako



Tupa tishu haraka
iwezekanavyo



Nawa mikono yako kwa maji
ya joto na sabuni kwa
sekunde 40

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**Kuna umuhimu gani
wa kunawa mikono?**





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Unaweza kujiundia
vipi maski ya kitambaa?





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من خلال
منصة موعّد

Jipime kupitia programu
ya Mawid

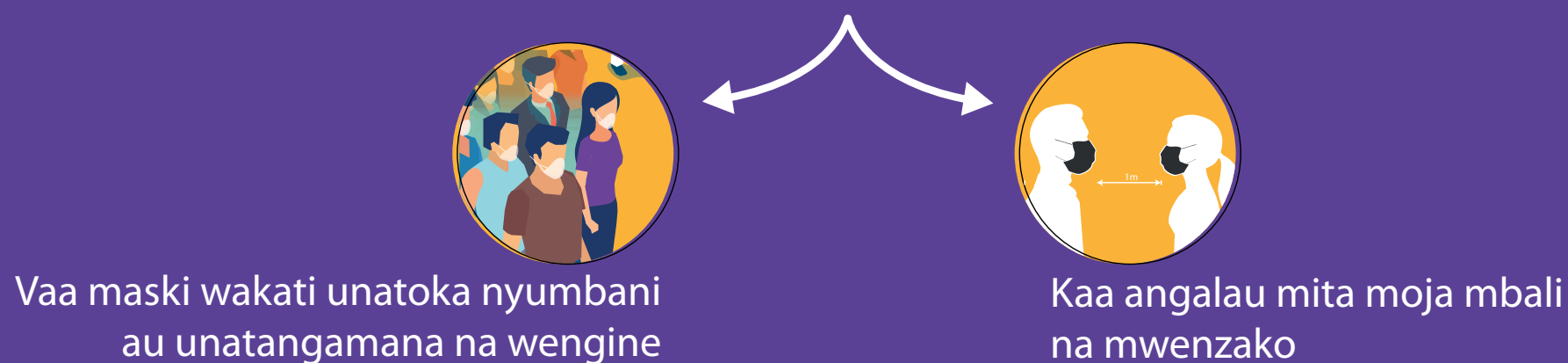


Miongozo ya kutengwa nyumbani:



- Epuka kusafiri na maeneo ya umma (shule au kazi)
- Epuka kupokea wageni nyumbani

Wakati huwezi kuepuka kutangamana na wengine ni muhimu:

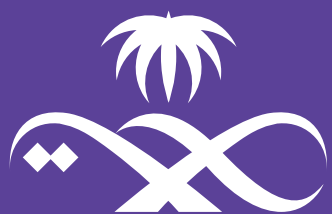


lorsque les symptômes apparaissent appeler le 937

suivez ceci pendant 14 jours pour réduire la propagation de l'infection

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الوقاية من كورونا

الفيروس الجديد
(COVID-19)

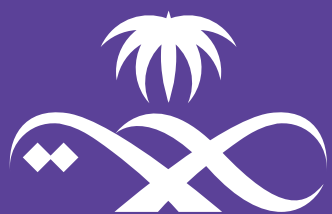
دليلك التوعوي
عن الفيروس
#الوقاية_من_كورونا



إحدى مبادرات وزارة الصحة

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أخر تحديث ٢٠٢٠/٣/١٢م



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