

## 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 dóo hats'íhyaa diníigo

Clean and disinfect frequently touched objects and surfaces.

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



Avoid touching your eyes, nose, and mouth.

Áadóo ninaa' dóo níchíí doo nizéé bidilnihí'



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

Nilá' táláwosh bee t'ánínáagis naadiin tsúilgo yikqósigíí búghajj



Nitah honeezgai'go hoghandi sindá

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

