

USTAARABU WA KUKOHOA

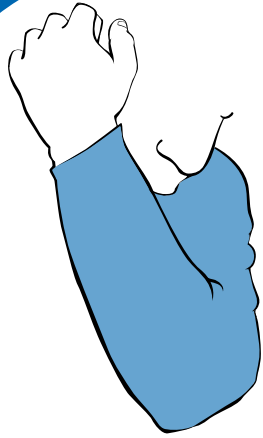
FUNIKA KHOZI LAKO



- Kila unapokohoa au kupiga chafya, funika mdomo na mapua yako ukitumia kikaratasi-kitambaa

Ama

- Kila unapokohoa ama kupiga chafya, funika mdomo na mapua yako ukitumia sehemu ya mkono ambayo imefunikwa na nguo. Usitumie mkono tupu



- Weka kikaratasi kitambaa ambacho umetumia kwenye kapu la takataka

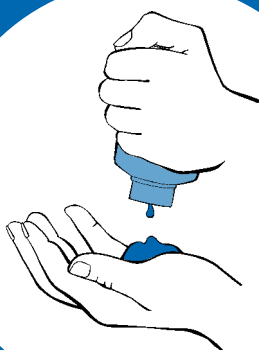
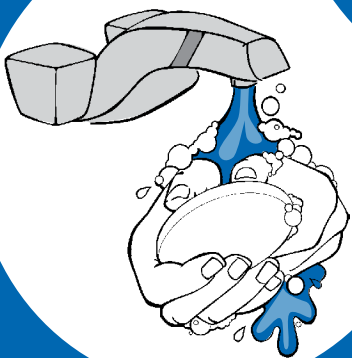
- Osha mikono yako ukitumia maji na sabuni

Ama

- Ikiwa maji na sabuni hakuna, safisha mikono yako ukitumia dawa ya kusafisha mikono



Ukiwa na kohozi au mafua, unaweza ulizwa kuvaa kinyago mapuani ili kuzuia kuambukizwa wengine wakati unapotembelea hospitali ama kituo cha nyumbani panapo wagonjwa



SAIDIA
KUKINGA
KUENEA
KWA VIINI