

STOP THE SPREAD OF GERMS

دمکروبونو د خپراوي مخنیوی وکړئ

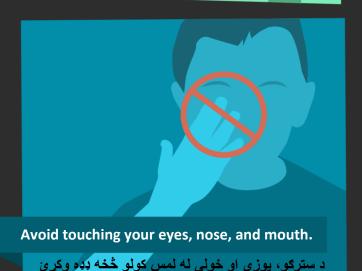
Help prevent the spread of respiratory diseases like COVID-19. د تنفسي ناروغيو لکه کويد-نولس په مخنيوی کې مرسته وکړئ

Avoid close contact with people who are sick.

له ناروغو خلكو سره له نژدې ارتباط څخه ځان وژغورئ

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

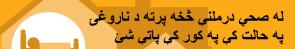
خپل ټوخې او يا پرنجي مو په ټيشو كاغذ سره پاك او بيا ټيشو كاغذ وغورخوئ په كثافت دانى كې



Clean and disinfect frequently touched objects and surfaces.

لمس شوي شيان او سطحي په مكرر ډول پاک او پاشي كړئ

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





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

کم تر کمه شلو ثانیو لپاره خپل لاسونه په اوبو او صابون سره پرېمينځئ