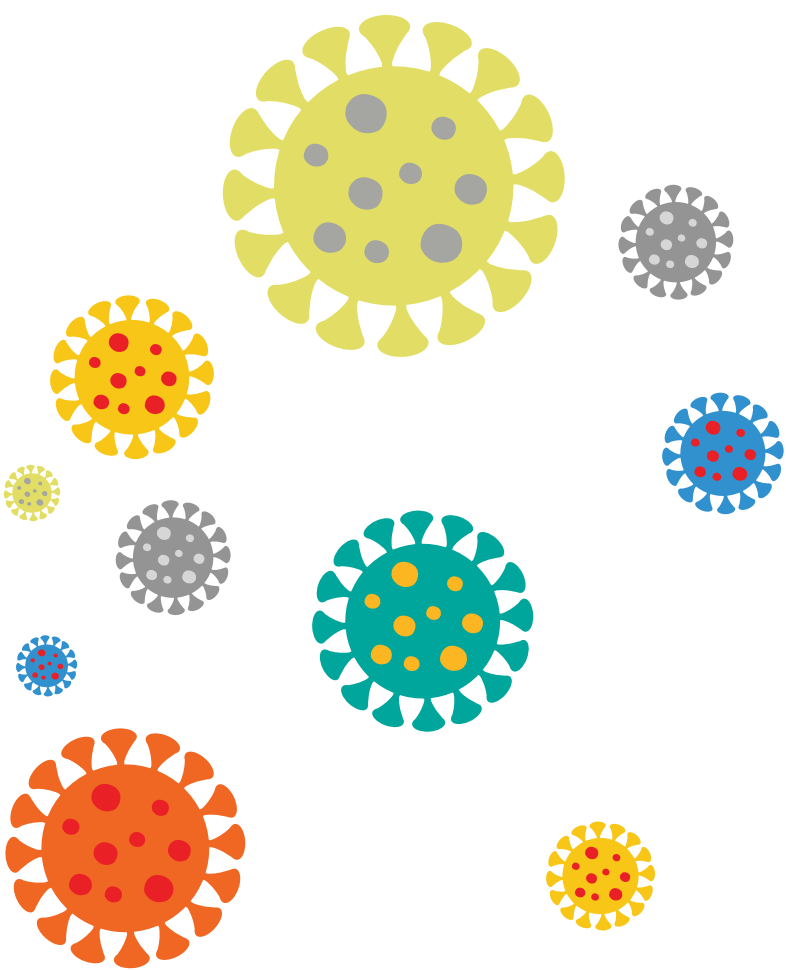




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Kinga ya  
**Coronavirus**  
Novel Coronavirus  
(COVID-19)

**Mwongozo**  
wako wa  
COVID-19



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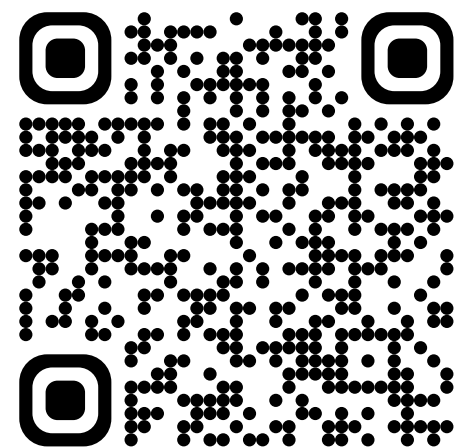
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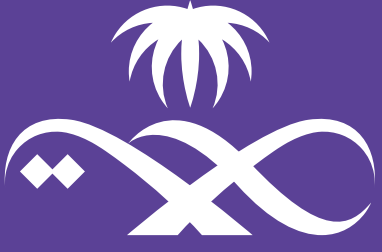


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What is **Corona virus?**  
(COVID-19)





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## Maambukizi ya 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



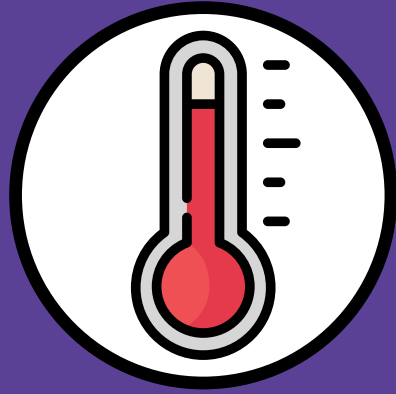
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# Dalili za (COVID-19):



Joto jingi



Kikohozi



Matatizo ya kupumua  
(upungufu wa hewa)

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# Kuzuia (COVID-19):



Nawa mikono yako kwa sabuni na maji mara kwa mara



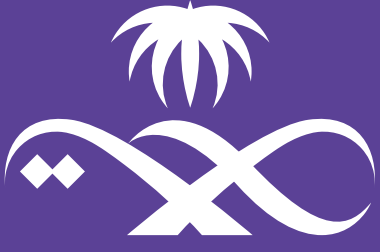
Funika mdomo na pua wakati unapopiga chafya au kukohoa



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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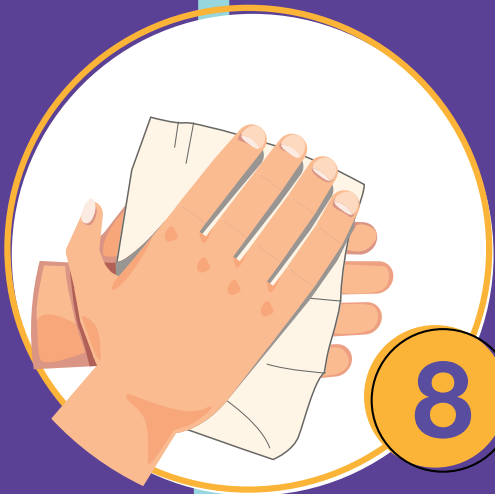


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Njia sahihi ya  
kuosha mikono  
yako kuzuia  
**COVID-19:**



7



8



4



5



6



1



2



3

## 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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**The right way**  
to wash hands your







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## 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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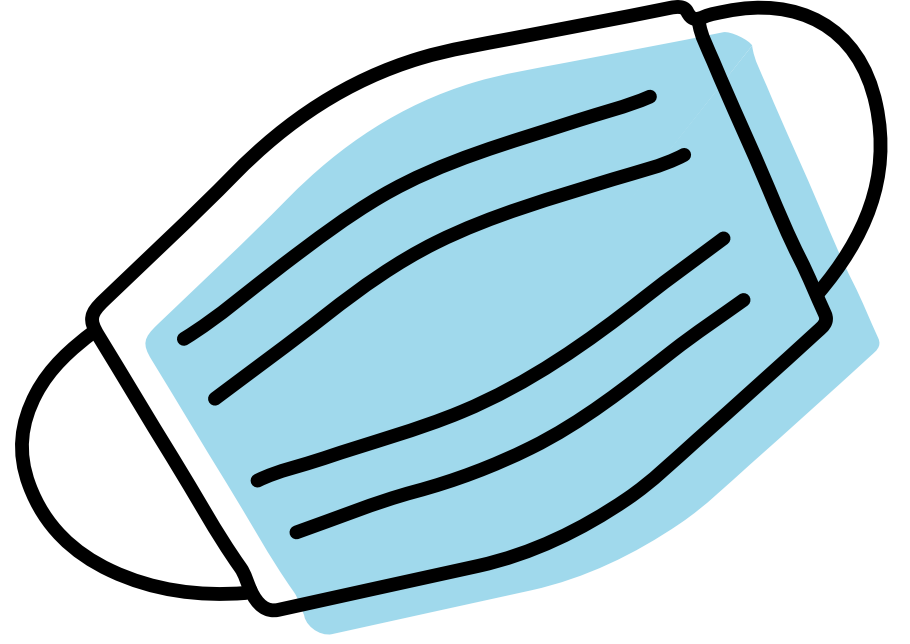


**Wrong** habits





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# Usivae maski

Ila tu:



Unakabiliwa na dalili za kupumua, kama vile kupiga chafya na kukohoa

Unamhudumia mtu mwenye dalili za .matatizo ya kupumua



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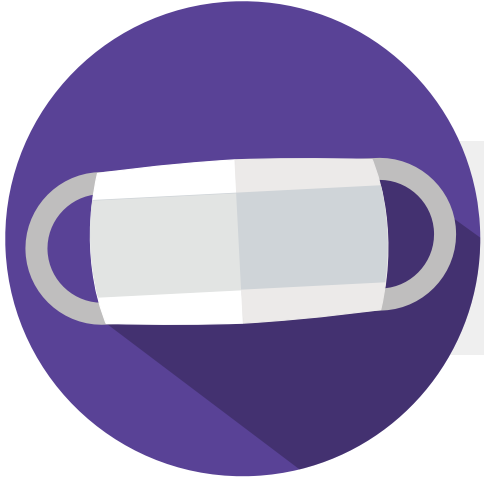
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## Ushauri muhimu kwa watu wanaoonyesha dalili za Coronavirus:

Je! Unaugua dalili za kupumua na umekuwa katika moja ya nchi ambazo kesi za Coronavirus zimeripotwa katika wiki mbili zilizopita?



Vaa maski.

Piga simu 937.

937



Tembelea hospitali iliyo karibu.

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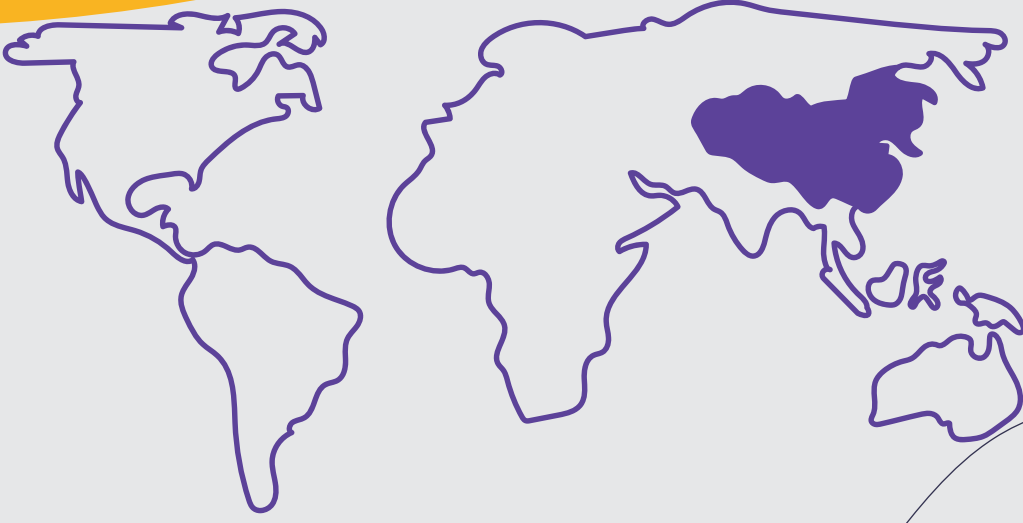


When to use  
**the mask**



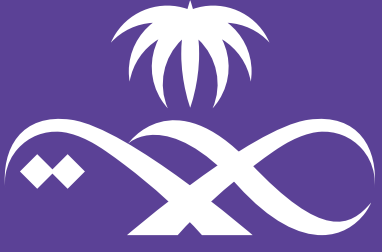


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Prevention from  
**COVID-19**

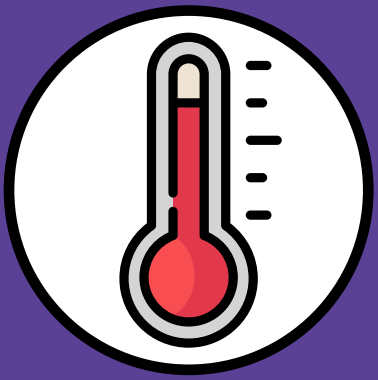




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# If you come from outside the KSA

You develop symptoms within 14 days of your  
arrival



**High fever**



**Sore throat**



**Shortness  
of breath**

**then you are  
advised to**



**Wear a face  
mask**



**Stay at home**



**Call 937**

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## wanafikiria...

**maski inapaswa kuvaliwa wakati wote ili kuzuia maambukizi ya ugonjwa wa coronavirus**

Ni wale tu wanaosumbuliwa na dalili za kupumua, kama kukohoa na kupiga chafya; au wale wanaotangamana na watu walioambukizwa wanapaswa kuvaa maski.

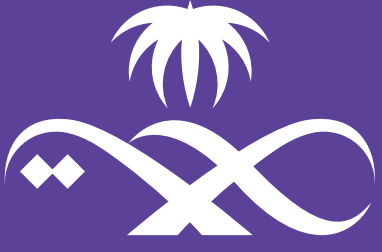


**HAPANA HAPANA  
HAPANA HAPANA  
HAPANA HAPANA**

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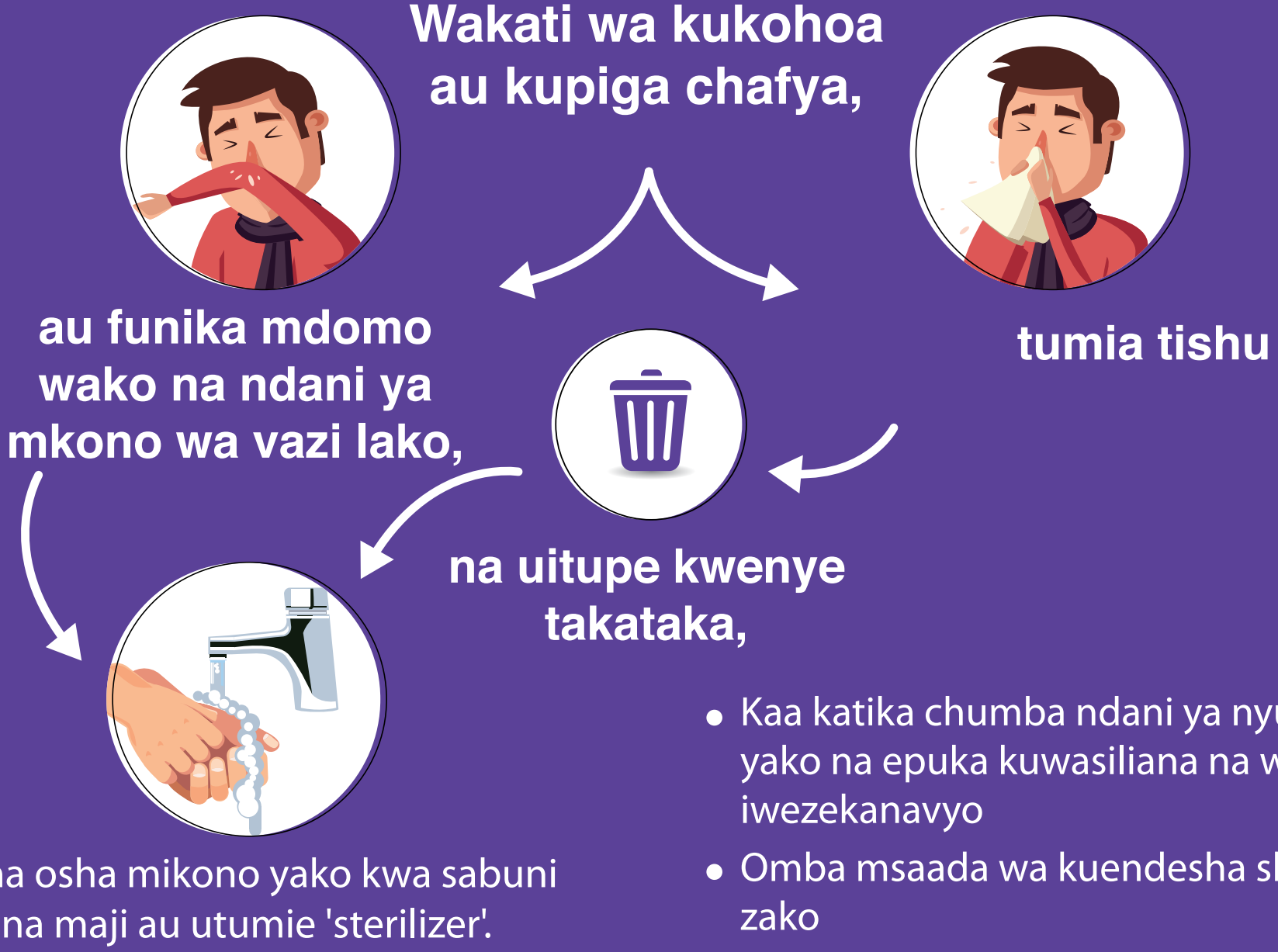
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# Miongozo ya kutengwa nyumbani:



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

**Wakati huwezi kuepuka kutangamana na wengine ni  
muhimu:**

Vaa maski wakati unatoka nyumbani au unatangamana na wengine

Kaa angalau mita moja mbali na mwenzako

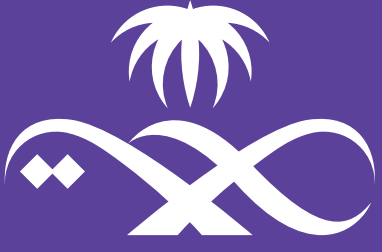


When symptoms occur,  
call health 937

Follow this for 14 days  
to reduce the spread of infection

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الوقاية من

# كورونا

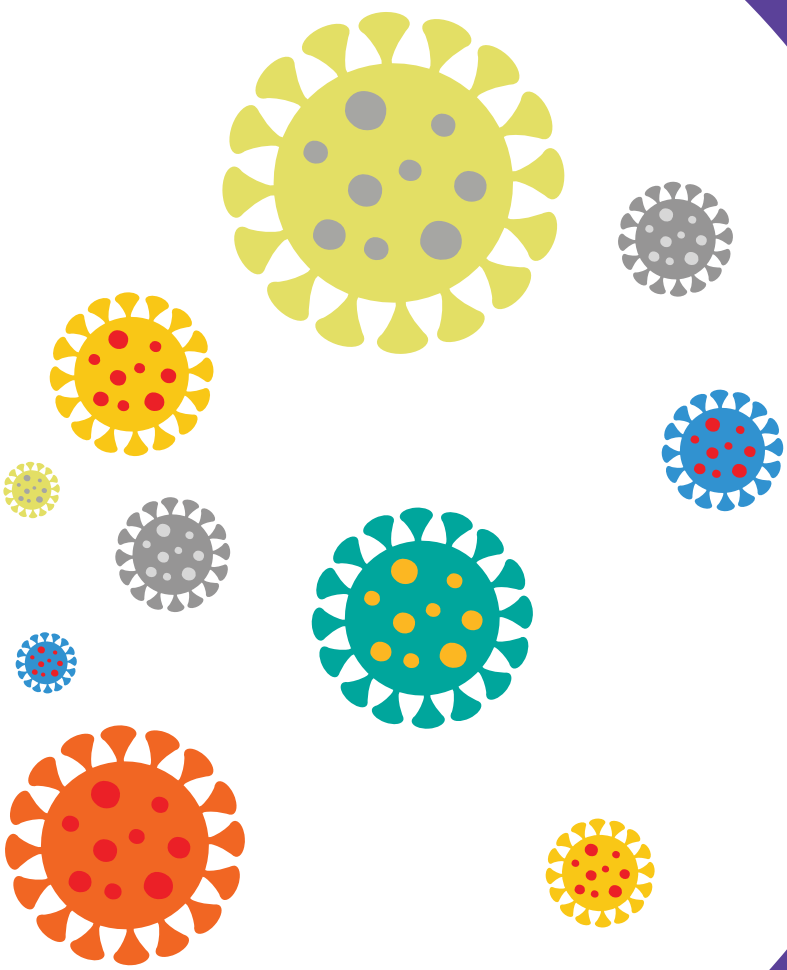
الفيروس الجديد

(COVID-19)

## دليلك التوعوي

عن الفيروس

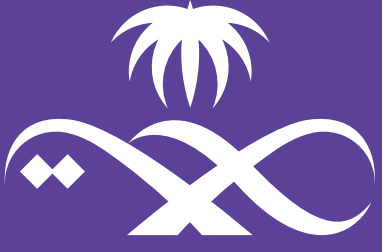
#الوقاية\_من\_كورونا



إحدى مبادرات وزارة الصحة

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أخر تحديث ٢٠٢٠/٣/١٢م



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