

Dikos Ntsaaígíí-Náhást'éíts'áadah

STOP THE SPREAD OF GERMS

HELP PREVENT THE SPREAD OF THE RESPIRATORY DISEASES LIKE COVID-19.

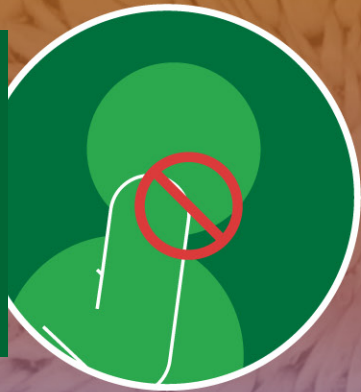
**Bitah dahoneezgai'lgíí
bits'aa nanínáh**

Avoid close contact
with people who are
sick.



**Áadóó nináá' níchííh
dóó nizéé' t'áádoó
bídílníh**

Avoid touching your
eyes, nose, and
mouth.



**Dílkosgo dóó
Háts'íyaa dinígo
Chíjbee Yit'oodí
chiiníí' dóó Ts'ilzéh
biíh hí'níí' biyí'jil'
kódííííí**

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



Avoid touching your
eyes, nose, and
mouth.

**T'áadoole'í áláhjí'
chiiníí'ngíí' bíná'íjot**

Clean and disinfect
frequently touched
objects and surfaces.



**Nitah honeezgalgo
t'áá hooghandi
sínídá t'áá hazhó'ó
azee' naah ádoolníí'
binliyé'go t'éiyá**

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



**T'áá nihíla'
t'ánínádaahgis txíjigo
yíkósigíí' naadiindah
alzihinjí' bííghahjí'**

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



For more information:
Navajo Department of Health
(P) 928.871.7014
(E) ndoh@navajo-nsn.gov

Website:
<http://www.ndoh.navajo-nsn.gov/COVID-19>

