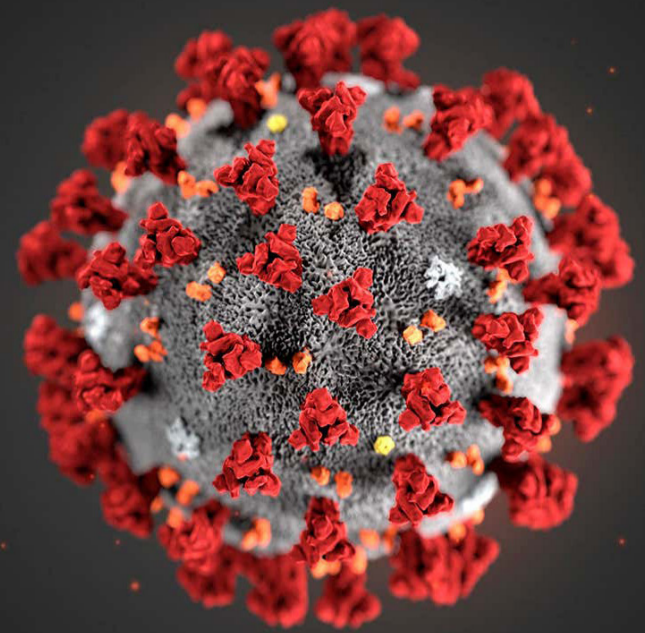
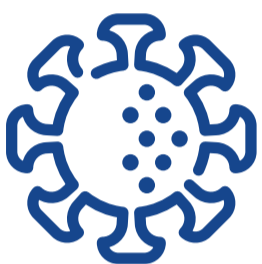


VIRUSI VYA CORONA (UGONJWA WA COVID-19)

NINI UNATAKIWA KUFHAMU



VIRUSI VYA CORONA



Virusi vya Corona (Ugonjwa wa COVID-19)
Unambukizwa kwa njia mbalimbali.

DALILI ZAKE

Dalili za awali hadi kali.

AWALI

KALI

Kikohozi
kikavu

Homa

Kuishiwa
pumzi

Homa ya
mapafu

Figo
kufeli

Mauti

UAMBUKIZWAJI WAKE

- Kwa kukohoa na kupiga chafya.
- Kugusa kitu au mahali palipo na maambukizo.
- Kujigusa uso baada ya kugusa au kugusana na mtu au sehemu yenye maambukizo tayari.

JINSI YA KUJIKINGA



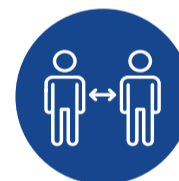
Nawa mikono mara kwa mara kwa maji safi na sabuni kwa mda wa sekunde 20.



Funika mdomo na pua kwa kiwiko cha mkono upigapo chafya au kukohoa.



Vyakula vya nyama vipikwe kwa muda unaostahili ili viive vizuri.



Epuka kukaribiana na watu wanaougua au kuonyesha dalili za ugonjwa.



Epuka tabia ya kushika/ kujigusa mdomo, macho au pua kwa mikono.



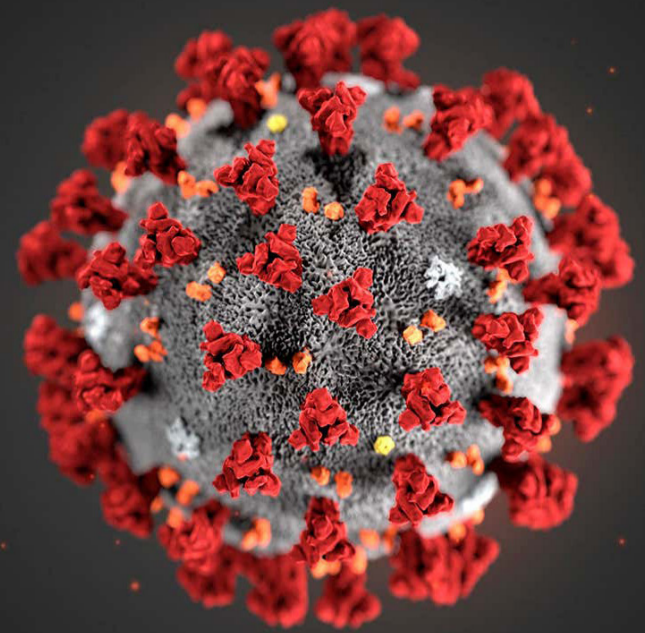
Epuka kushikana na kusalimiana kwa mikono.



Kwa haraka tafuta msaada wa kitabibu mapema unapoona dalili zozote za maambukizi.

CORONAVIRUS (COVID-19)

WHAT YOU NEED TO KNOW



CORONAVIRUS



COVID-19 is an infectious disease caused by the coronavirus.

SYMPTOMS

Symptoms range from mild to severe.

MILD

SEVERE

Cough Fever Shortness of Breath Pneumonia Kidney Failure Death

TRANSMISSION

- Coughing and sneezing.
- Touching contaminated objects.
- Touching face after contact with infected person or contaminated objects.

PREVENTION



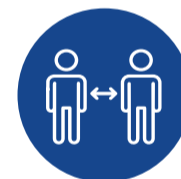
Wash hands regularly with water and soap for 20 seconds.



Cover your mouth and nose when coughing and sneezing.



Cook animal products thoroughly.



Avoid close contact with those who are sick.



Avoid touching mouth, eyes, and nose.



Avoid handshakes.



Seek medical attention early.

WASH YOUR HANDS



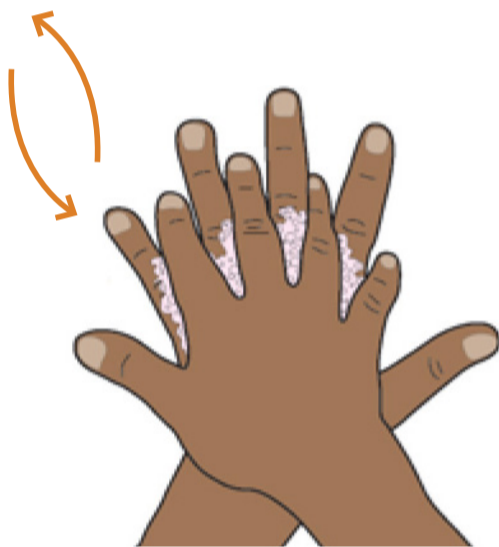
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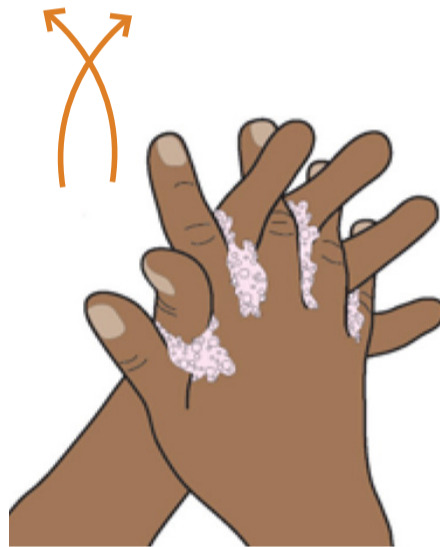
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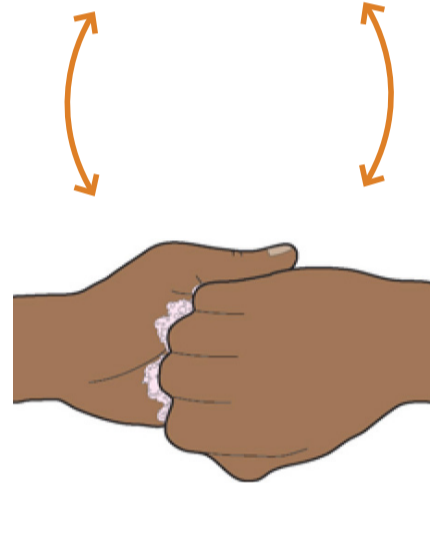
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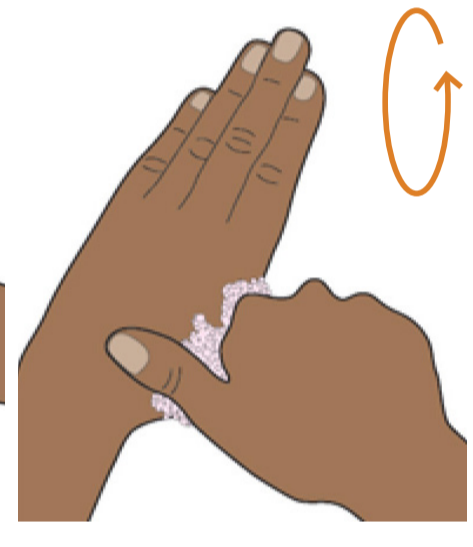
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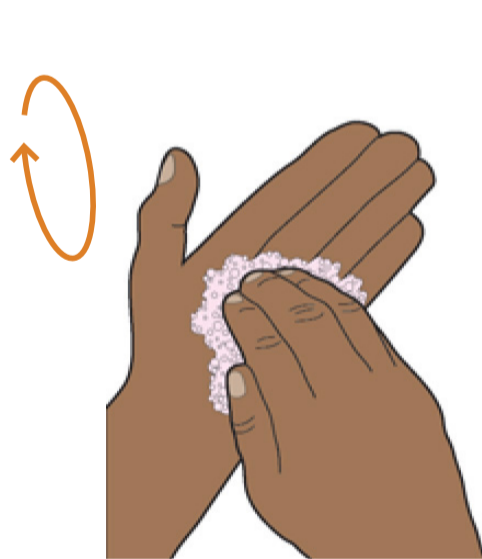
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6



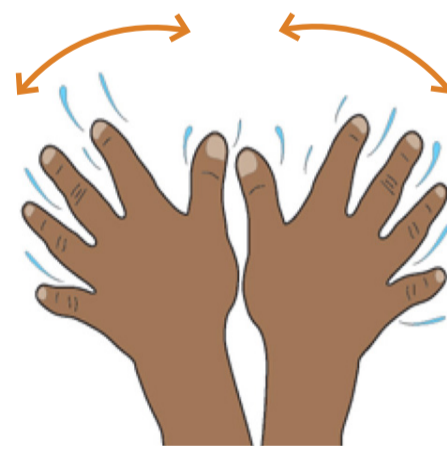
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9



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Graphics provided by:  CAWST

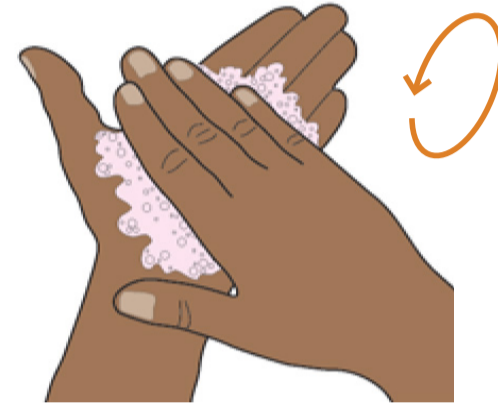
NAWA MIKONO



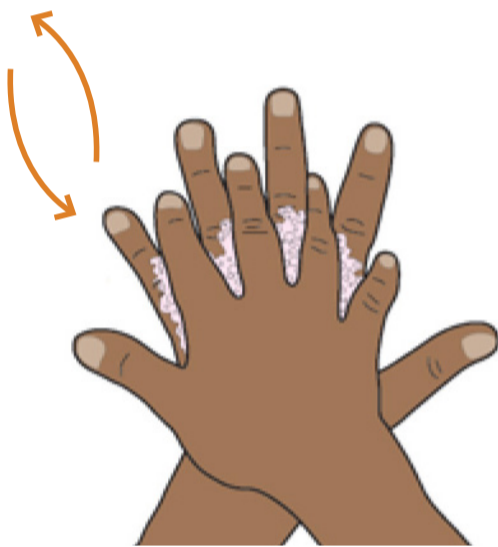
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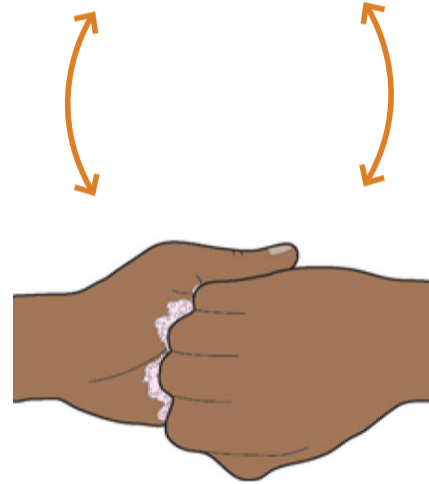
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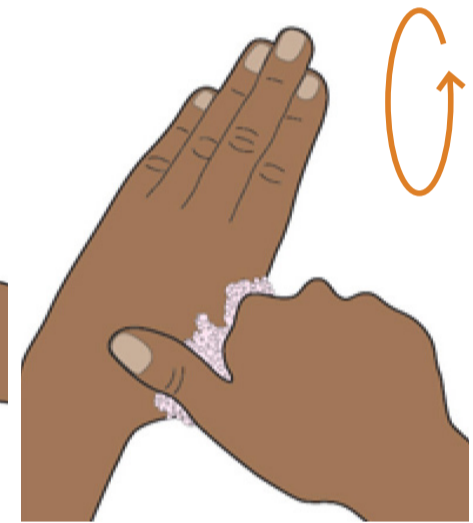
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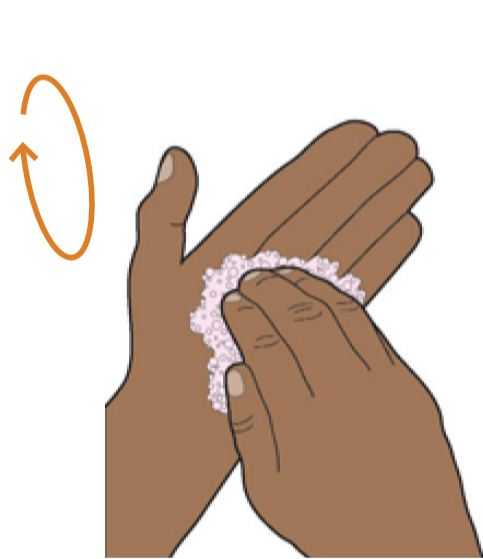
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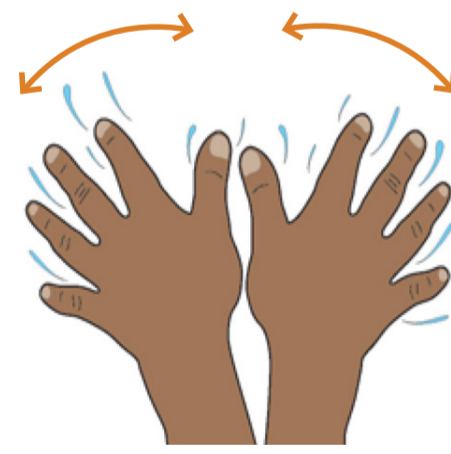
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