

Help prevent the spread of respiratory diseases like COVID-19

Avoid close contact with people who are sick.

Bitah dahoneezgai'igii bits'aa nanináh



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

Dílkosgo dóo hats'íhyaa diníigo



Clean and disinfect frequently touched objects and surfaces.

T'áa doole'i aláhji' chxqonil'jngii bina'iljoł



Avoid touching your eyes, nose, and mouth.

Áadóó ninaa' dóo níchiíh doo nizéé bidilnihj'

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



Nitah honeezgaigo hoghandi sindá

Nilá' táláwosh bee t'ánínáagis naadiin tsílgó yikqosígíi biighaají

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



FOR MORE INFORMATION

www.cdc.gov/COVID19



IHS is working in partnership with Navajo Nation to help stop the spread of COVID-19