

Dikos Ntsaaígíí-Náhást'éíts'áadah STOP THE SPREAD OF GERMS

Help prevent the spread of the respiratory diseases like COVID-19.



**Bitah dahoneezgal'ígíí
bits'ąą nanínáh**

Avoid close contact with people who are sick.



**Dílkosgo dóó Háts'íyaa
dínígo Chíbee Yít'oodí
chilnít'í dóó Ts'íllzééh bílh
hí'nít'í blyí'jíl' kódnít'í**

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



**Áadóó nínáá' níchííh dóó
nízéé' t'áádoó bídíníhí**

Avoid touching your eyes, nose, and mouth.



**T'áadoole'í áhájíl'
chilnít'í(nígíí bíná'íhjoł**

Clean and disinfect frequently touched objects and surfaces.



**Nítah honeezgalgo t'áá
hooghandl sínídá t'áá
hazhó'ó azeé' naah
ádoolnít'í bínllyé'go t'éiyá**

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



**T'áá níhíla'
t'ánínádaahgís t'íllgo
yík'osígíí naadlindah
alzhinjíl' bílghahjíl'**

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>

