

## Naftaada ka iLaali Jeermiskaada.

biyo kulul iyo saabuun ku  
dhaq gac mahaaga, ama istimaa tan gacmaha  
lagu nadiifiyo- kadib markaas:

- Diifsatit ama qufacdit
- Isticmaashid musqusha
- La joogtit qof oo xanuunsan aktiisa.

Anaga oo dhau waxaan dareemi doonaa wanaag!

# KEEP YOUR GERMS TO YOURSELF

Wash your hands with soap  
and hot water, or use a  
waterless hand cleanser after:

- Blowing your nose or coughing
- Using the bathroom
- Being near someone who is ill.

We'll all feel better!



[www.nyhealth.gov](http://www.nyhealth.gov)  
[www.pandemicflu.gov](http://www.pandemicflu.gov)