

# CORONAVIRUS PREVENTION

## TIV THAIV KOJ TUS KHEEJ THIAB KOJ TSEV NEEG

PAB TIVTHAIV KOM TXHOB KIS TUS KAB MOB COVID 19 UAS CUAM TSHUAM TXOG TXOJ KEV UA PA.



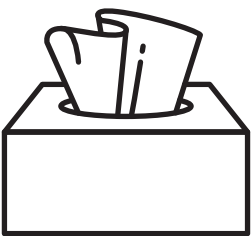
Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use an ALCOHOL-BASED hand sanitizer

**Ntxuav koj txhais tes nrog xab npus thiab dej li 20 feeb. Yog tsis muaj xab npus thiab dej, siv cov tshuaj ntxuav tes uas muaj cawv xyaw nrog (alcohol-based).**



Avoid touching your eyes, nose and mouth with unwashed hands

**Txhob kov koj lub qhov muag, qhov ntswg, thiab qhov ncauj yog koj tsis tau ntxuav tes.**



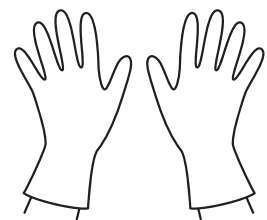
Cover your cough or sneeze with a tissue then throw the tissue in the trash

**Npog qhov ncauj nrog ib daim ntaub thaum hnoos los sis txham ces muab pov tseg hauv thoob khib nyiab.**



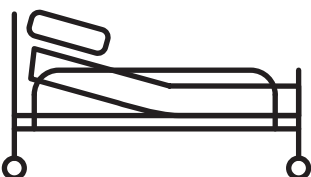
Avoid close contact with people who are sick

**Txhob mus ze cov neeg muaj mob.**



Clean and disinfect frequently touched objects and surfaces

**Tu thiab siv tshuaj ntxuav txhua yam kom huv xws li rooj tog, pob qhov rooj, chaw taws teeb, xov tooj, twj siv, kais dej, thiab lub chav dej.**



Stay home when you are sick

**Nyob tsev yog koj muaj mob lawm. Tsis txhob mus ua hauj lwm, kawm ntawv, los sis mus rau cov chaw muaj neeg coob.**