

Dikos Ntsaaígíí-Náhást'éíts'áadah

STOP THE SPREAD OF GERMS

HELP PREVENT THE SPREAD OF THE RESPIRATORY DISEASES LIKE COVID-19.

Bitah dahoneezgai'ígíí
bits'aa nanínáh

Avoid close contact
with people who are
sick.



Áadóó nináá' níchííh
dóó nizeé' t'áádoo
bídílníhí

Avoid touching your
eyes, nose, and
mouth.



Nitah honeezgalgo
t'áá hooghandi
sínídá t'áá hazhó'ó
azee' naah ádoolníí
biniiyé'go t'éiyá

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



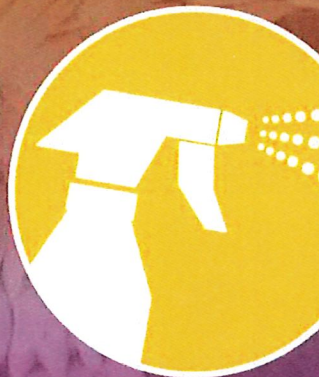
Dílkosgo dóó
Háts'iyaa dinígo
Chííbee Yit'oodí
chílníí dóó Ts'íilzééh
biih hí'níí biyi'jíl'
kódílníí

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



T'áadoole'í áláhjí'
chílníí'nígíí bíná'ííjot

Clean and disinfect
frequently touched
objects and surfaces.



T'áá nihíla'
t'ánínádaahgis txíígo
yíkqsigíí naadiindah
alzhiinjíl' bíghahjí'

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>



Dikos Ntsaaígíí-Náhást'éíts'áadah

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Naałnii' bee ééhózinígíí

(Symptoms can include)

*Symptoms may appear 2-14 days after exposure.



Ts'íísniidóóh
(Fever)



Dikos
(Cough)



Ch'ééh jididziih
(Shortness of Breath)

If you have been in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, contact your local hospital and/or physician. Call your local hospital before you go to a hospital.

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>

