

# Dikos Ntsaaígíí-Náhást'éíts'áadah

## STOP THE SPREAD OF GERMS

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

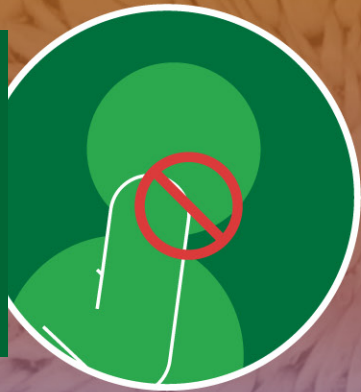
**Bitah dahoneezgai'lgíí  
bits'aa nanínáh**

Avoid close contact  
with people who are  
sick.



**Áadóó nináá' níchííh  
dóó nizéé' t'áádoó  
bídílníh**

Avoid touching your  
eyes, nose, and  
mouth.



**Dílkosgo dóó  
Háts'íyaa dinígo  
Chíjbee Yit'oodí  
chiiníí' dóó Ts'ilzéh  
biíh hí'níí' biyí'jil'  
kódííííí**

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



Avoid touching your  
eyes, nose, and  
mouth.

**T'áadoole'í áláhji'  
chiiníí'ngíí' bíná'íjot**

Clean and disinfect  
frequently touched  
objects and surfaces.



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

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



**T'áá nihíla'  
t'ánínádaahgis txíjigo  
yíkqsígíí naadiindah  
alzhiinji' bíighahji'**

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



For more information:  
Navajo Department of Health  
(P) 928.871.7014  
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Website:  
<http://www.ndoh.navajo-nsn.gov/COVID-19>

