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

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

Bitah dahoneezgai'igíí bits'ąą nanínáh

Avoid close contact with people who are sick.

Díikosgo dóó Háts'íyaa diníigo Chʃʃbee Yit'oodí chiinʀ'ʃ dóó Ts'iizéíh biih hi'nʀí biyi'jʃ' kódííííʀ

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

Áadóó nináá' níchʃʃh dóó nizéé' t'áádoo bídíinihí

Avoid touching your eyes, nose, and mouth.

T'áadoole'í áłáhjʃ' chiinʀʃnígíí bíná'ʀjoł

Clean and disinfect frequently touched objects and surfaces.

Nitah honeezgaigo t'áá hooghandi sínídá t'áá hazhó'ó azee' naah ádooiníʀ biniiyé'go t'éiyá

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

T'áá nihíia' t'ánínádaahgis txʃʃigo yikǫsígíí naadiindah aizhinjʃ' bíighahjʃ'

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