Dikos Ntsaaígíí-Náhást’éíts’áadah

STOP THE SPREAD OF GERMS

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

Bitah dahoneezgal’ígíí
bits’qq nanínäh
Avoid close contact with people who are sick.

Dikosgo dóó Háts’íyaa
dinílgo Chilbee Yit’oodí
chilliní’ dóó Ts’ilzéé binh
hi’nín bily’íj kódlí
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Áadóó nináá’ níchíí n dóó
nizée’ táádoó bídínínihi
Avoid touching your eyes, nose, and mouth.

T’áadoole’ átáh’íj
chillíní’ní’í bíná’íjot
Clean and disinfect frequently touched objects and surfaces.

Nítaa hóoneezgalgo t’éá
hoohandí sinídá t’éá
hazhó’ aze’e naah
ádooiní’ bíníliyé’go t’élyá
Stay home when you are sick, except to get medical care.

T’éáa níhila’
t’áíndáaaahngis t’ííjgo
yikosíí’ naadlindah
alzhíí’ bíggháljí
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 ééhózinígiíi
(Symptoms can include)

*Symptoms may appear 2-14 days after exposure.

Ts’íísniidóóh
(Fever)

Dikos
(Cough)

Ch’ééh jiidziíih
(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.

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