

Kirundi

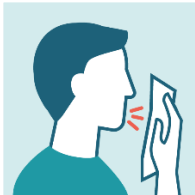
## Tubuze ingwara gukwiragira hose

Kora ibishoboka vyose buri musiburira kugira tubuze ikwiragira ry'ingwara z'ihemero nk'ibicurane



Karaba iminwe n'isabuni n'amazi kenshi igihe kingana n'imise gonda 20---cane cane uvuye mu tuzu tw'ubwiherero canke uhejeje kwimyira, n'imbere yo gufungura

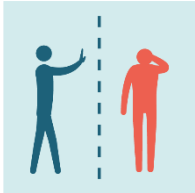
Mu gihe udafise amazi n'isabuni, koresha arukoro yo gukaraba muntoke, n'imiburiburi ishikana urugero rwa 60%.



Ifuke ku munwa mu gukorora canke mu kwasamura, canke ukoreshe agatambara



Ntiwikore ku maso, izuru canke umunwa mu gihe utakaravye.



Igira kure y'abantu barwaye.



Guma muhira mu gihe urwaye.



Sukura neza ibikoresho vyo munzu hamwe n'ibice vyose vy'inzu.

English

# Help Keep Illness from Spreading

Take actions every day to help prevent the spread of respiratory viruses like cold and flu:



**Wash your hands often with soap and water for at least 20 seconds — especially after using the bathroom or blowing your nose, and before eating.**

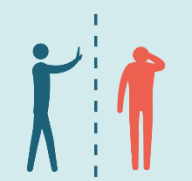
**If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.**



**Cover your cough or sneeze into your elbow or a tissue.**



**Don't touch your eyes, nose or mouth with unwashed hands.**



**Stay away from people who are sick.**



**Stay home when you are sick.**



**Clean and disinfect objects and surfaces regularly.**