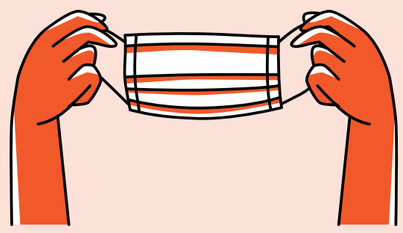
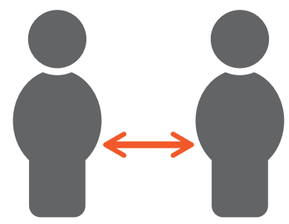
JINSI YA KUDHIBITI DALILI ZA COVID-19 UKIWA NYUMBANI

Ikiwa una ugonjwa wa COVID-19 na unaishi na wengine, kuna hatari kubwa sana kwamba unaweza kuwaambukiza watu unaoishi nao nyumbani. Ili kulinda nyumba yako, fuata mbinu hizi ikiwa umepatikana na virusi vya COVID-19 na/au ikiwa una dalili za COVID-19:

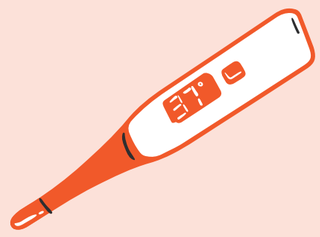
1 **Valia barakoa/maski ukiwa karibu na mtu yeyote ndani ya nyumba yako kila wakati.**



2 **Zingatia umbali wa angalau futi sita (mita mbili) na wengine kila wakati.**



3 **Fuatilia dalili zako.**
ikiwa dalili zako zitazidi kuwa mbaya, pigia mhudumu wako wa afya au kituo cha simu cha COVID-19 cha Kaunti ya King ikiwa huna mhudumu wa afya.

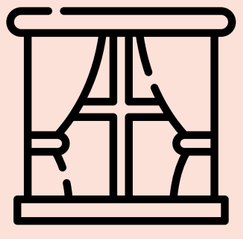


4 **Kaa kwa chumba kilichotengwa mbali na wengine mnaoishi nao kadri inavyowezekana.**

5 **Tumia sehemu zinazoshirikishwa au kutumiwa na watu wengi kama vile jikoni na bafu kwa nyakati tofauti.**
Kila mara safisha sehemu zinazoguswa na watu wengi baada ya kutumia au kugusa. Safisha vyombo na sehemu zinazoguswa na watu wengi baada ya kutumia.

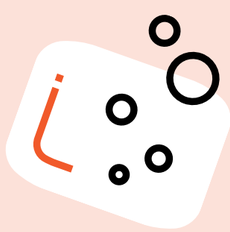
6 **Epuka kutumia vitu vya kibinafsi na wengine mnaoishi nao, kama vile vyombo,taulo,matandiko.**

7 **Fungua madirisha ili kuboresha uingizaji hewa na kuongeza mtiririko wa hewa, hasa ikiwa mnatumia bafu na wengine.**



8 **Safisha sehemu zinazoguswa kila mara baada ya kutumia, kama vile kitasa cha mlango au kaunta.**

9 **Dumisha utaratibu wa usafi.**
unapokohoa au kupiga chafya jifunike kwa karatasi shashi au ukohoe ndani ya kumbo lako. Safisha mikono yako kila mara kwa maji na sabuni au kieuzi cha mkono chenye mchanganyiko wa mvinyo klicho na angalau asilimia sitini (60%) ya mvinyo.



January 11, 2021

Ikiwa huna mhudumu wako wa afya au unahitaji msaada ili kujitenga mbali na watu unaoishi nao, piga simu kwa kituo cha simu cha COVID-19 cha Kaunti ya King: **206-477-3977.**
wakalimani wanapatikana.

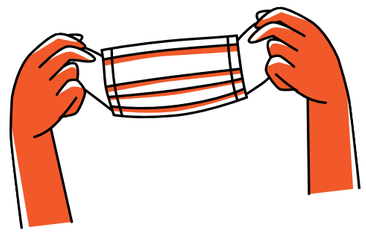
Public Health
Seattle & King County

KUWAJALI WENGINE AMBAO WANA UGONJWA WA COVID WAKIWA NYUMBANI

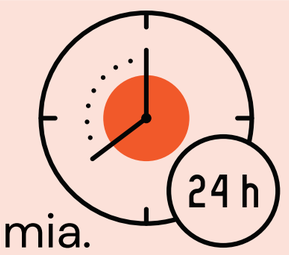
Kuishi na mtu ambaye ana ugonjwa wa COVID-19 in kati ya sehemu zenye hatari kubwa sana za kupata ugonjwa wa COVID-19. Hata ukizingatia umbali wa futi sita (mita mbili) na wengine na unavalia barakoa/maski, hatari yako ya kupata ugonjwa wa COVID-19 ikiwa unaishi na mtu mwenye ugonjwa wa COVID-19 iko juu zaidi kuliko ukiwa katika mazingira mengine.
Ikiwa unaishi na mtu mwenye ugonjwa wa COVID-19, tunapendekeza ufuate hatua zifuatazo:

1 **Chagua mtu mmoja ndani ya nyumba yako awe msimamizi mkuu.**
Hakikisha mtu mwenye ugonjwa wa COVID-19 anapata mapumziko mengi.ukiwa na homa,kuwashwa kwa koo au usumbufu wa jumla tumia dawa kutoka kwenye duka la dawa bila kuandikiwa na daktari. Fuata maagizo kutoka kwa mhudumu wao wa afya.

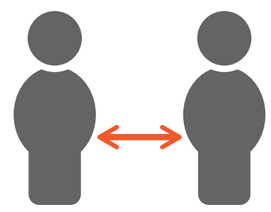
2 **Valia barakoa/maski ikiwa unahitaji kuwa karibu na watu ndani na nje ya nyumba yako.**



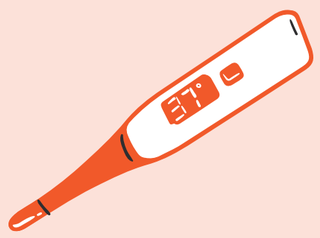
3 **Tumia sehemu zinazotumiwa na watu wengi kama vile jikoni na bafu kwa nyakati tofauti.**
Kila mara safisha sehemu zinazoguswa na watu wengi baada ya kutumia au kugusa. Safisha vyombo na sehemu zinazoguswa na watu wengi baada ya kutumia.



4 **Mtu yeyote ambaye si msimamizi mkuu anapaswa kuweka umbali wa futi sita (mita mbili)** kutoka kwa mtu mwenye COVID-19.

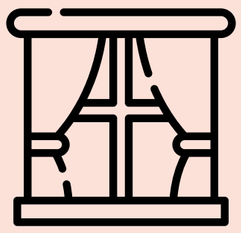


5 **Fuatilia dalili zako iwapo umepata ugonjwa wa COVID-19.**



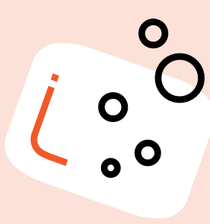
6 **Epuka kutumia vitu vya kibinafsi na watu mnaoishi nao, kama vile vyombo,taulo,matandiko.**

7 **Fungua madirisha ili kuboresha uingizaji hewa na kuongeza mtiririko wa hewa, hasa ikiwa mnatumia bafu na wengine.**

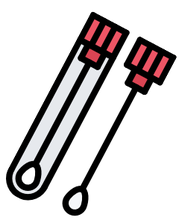


8 **Safisha sehemu zinazoguswa kila mara baada ya kutumia,kama vile kitasa cha mlango au kaunta.**

9 **Dumisha utaratibu wa usafi.**
Safisha mikono yako kila mara kwa maji na sabuni au kieuzi cha mkono chenye mchanganyiko wa mvinyo kilicho na angalau asilimia sitini (60%) ya mvinyo.



10 **Nenda upimwe COVID-19.**
Karantini inaanza siku ya mwisho ambayo mtu mwenye ugonjwa wa COVID-19 ndani ya nyumba yako amemaliza muda wake wa kujitenga.



Ikiwa huna mhudumu wako wa afya au unahitaji msaada ili kujikarantini mbali na watu unaoishi nao, piga simu kwa kituo cha simu cha COVID-19 cha Kaunti ya King: 206-477-3977. wakalimani wanapatikana.
Kwa mbinu zaidi za jinsi ya kuwatunza watu wenye COVID-19 wakiwa nyumbani, tafadhali tembelea tovuti ya www.kingcounty.gov/covid/self-care KANUSHO Tovuti hii inapatikana tu kwa lugha ya kiingereza

January 11, 2021

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