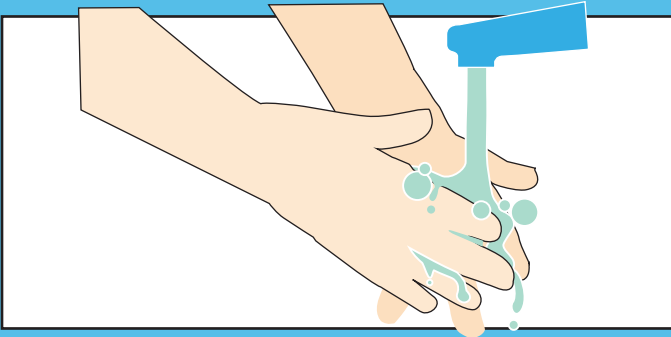
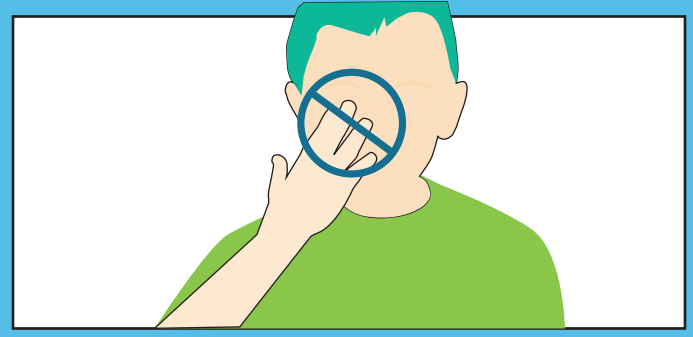


Anpeche Jèm yo Simaye

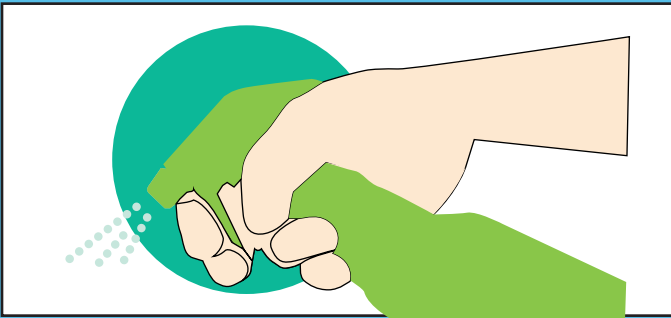
Ede anpeche maladi respiratwa tankou lagrip flou ak COVID-19 simaye:



Lave men w yo souvan ak savon epi dlo tyèd (omwen 20 segonn) oubyen itilize yon dezenfektan abaz alkòl pou men w yo.



Evite manyen je w, nen ou ak bouch ou.



Netwaye bagay moun touche souvan (tankou pwaye pòt ak sifas kontwa yo) avèk espre pou netwaye kay oswa lenjèt mouye.



Kouvri bouch ou lè w ap touse oswa estènye. Itilize yon klinèks oswa anndan koud bra w, pa anndan men ou.



Rete lakay ou si w malad epi evite kontak etwat ak lòt moun.



Fè plan sou fason pou okipe tèt ou ak moun pwòch ou yo. Al gade nan NJ211.org pou jwenn konsèy sou preparasyon.



Pou jwenn plis enfòmasyon:
www.BelieveInAHealthyNewark.org



Rele 2-1-1 ou
1 (800) 962-1253



Tèks NJCOVID pou
898-211



Al gade 211.org ou
COVID19.NJ.gov ou
NJ.gov/Health