

KORONA-19

ZUIA KUENEA KWAKE



KUNAWA MIKONO KWA MAJI NA SABUNI

Ukifika na ukitoka kazini.
Kabla na baada ya kula au kugusa chakula.
Baada ya kwenda msalani.
Baada ya kushika vitu vichafu, taka au wanyama.
Baada ya kukohoa, kupiga chafya au kupenga pua.



KUEPUKA KUSALIMIANA KWA MIKONO

Punguza hali ya kukaribiana – epuka kusalimiana kwa mikono na kukumbatiana.
Usiguse macho, pua au mdomo wako.



KUTOKARIBIANA

Wakinge wafanyakazi wazee na walio na magonjwa tandavu.
Dumisha umbali wa mita 2 – kaa eneo lako la kazi, epuka safari zisizokuwa za lazima, na usiingie mahali palipo na watu wengi au kuwa katika makundi.



PIGA CHAFYA KATIKA MKUNJO WA KISUGUDI CHA MKONO WAKO

Tumia mkunjo wa mkono kwenye kisugudi au karatasi shashi kujikinga – si kitanga cha mkono wako.



KUSAFISHA

Dumisha usafi wa mazingira ya kazi – vitu vinavyoguswa mara kwa mara, vinapaswa kusafishwa mara kwa mara kwa viambukuzi au maji na sabuni.
Tupa barakoa au karatasi shashi zilizotumiwa mahali maalum palipotengwa.



BARAKOA/GLAVU

Tumia vifaa vinavyohitajika kwa kinga – k.v. barakoa, glavu, kofia za viza au kuta za plastiki kugawa sehemu za kazi.

MAELEKEZO HAYA YANAWENZA KUTUMIKA HATA NYUMBANI

COVID-19

PREVENT THE SPREAD



WASH YOUR HANDS

When you arrive at and leave work.
After coughing, sneezing, or blowing your nose.
Before and after you eat or touch food.
After you have used the restroom.
After handling dirty objects, waste, or animals.



AVOID SHAKING HANDS

Limit physical contact -
avoid handshakes and hugs.
Do not touch your eyes, nose, or mouth.



KEEP YOUR DISTANCE

Protect older and chronically ill workers.
Keep a 2-meter distance – stay in your work-zone,
and do not gather in groups/crowded places.



SNEEZE IN YOUR ARMPIT

Use your bend of elbow or a tissue for
protection – not your hand.



REMEMBER CLEANING

Keep workplace clean.
Frequently clean objects and surfaces
and throw out used tissues.



USE MASK/GLOVES

Use the required protection equipment –
e.g. masks, gloves, vizors or plastic barriers
between work-zones.

THE GUIDANCE ABOVE IS EQUALLY IMPORTANT AT HOME