

# COVID-19

## SSENYIGA OMUKAMBWE

### KOMYA ENSASANYA Y'OBULWADE



#### NAABA MU NGALO BULI KISEERA

Nga wakatuuka ku mulimu gwo nemukunyuka.

Nga tonalya era ng'omaze okulya ekyemisana.

Ng'ovudde mu Kabuyonjo.

Buli bw'okwata ku kintu ekikwatibwako abantu

abalala emirundi emingi.

Nga wakamala okwasimula oba okukolola.



#### TOKWATA MUNGALO

Weewale okukwata mu ngalo n'okugwa mu kifuba.

Weewale okwekwata mu maaso, mu nnyindo

ne ku mumwa.



#### WEEWALE AWALI OMUJUZO GW'ABANTU ERA LEKAWO EBBANGA NG'OLI N'ABANTU

Weewale omujuzo gw'abantu era lekawo ebbanga lya mita nnamba; okugeza sigala mu kifo wookolera.



#### TOYASIMULIRA ERA TOKKOLOLERA MUBANTU MU NGERI ESASAANYA OBULWADDE

Funya akakokolako bwoba okolola so si mungalo zo.

Kozesa akatambala omale onaabe mungalo zo.



#### KUUMA W'OKOLERA NGA WAYONJO

Yonja ebikozesebwa newokolera buli kiseera

ng'ogoberera emitendera gya kampuni

n'ekitongole ky'eby'obulamu egikwaata ku ssenyiga ono omukambwe.



#### KOZESA EBIKOZESEBWA EBIYAMBA MU KUZIZIZA OBULWADDE

Kozesa ebintu nga: masiki, giraavuzi oba ebiziyiza

ebya pulasitiika mu bitundu mwokolera.

Bikozese ng'ogoberera emitendera gya kampuni ne minisitule eyeby'obulamu.

KINO EKILAMBIKIDWA WAGULU KIKOLEBWE NEMUMAKA GAFFE



# 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**