

PREVENTION IS THE KEY!

# SIMPLE WAYS TO PREVENT THE SPREAD OF COVID-19 IN YOUR WORKPLACE



Make sure your workplaces are clean and hygienic, they **need to be wiped** with disinfectant regularly.

**Why? Because contamination on surfaces touched by employees and customers is one of the main ways in which COVID-19 spreads.**



Promote regular and thorough handwashing among employees. Put sanitizing hand rub dispensers in prominent places around the workplace, display posters promoting handwashing

**Why? Because washing kills the virus on your hands and prevents the spread of COVID-19.**



Promote good respiratory hygiene in the workplace. Ensure that face masks and/or paper tissues are available at your workplaces.

**Why? Because good respiratory hygiene prevents the spread of the virus.**

KUJIKINGA NI SILAHA

# NJIA RAHISI ZA KUJIKINGA NA COVID-19 SEHEMU YAKO YA KAZI



Hakikisha eneo lako la kazi ni safi. Inapaswa kusafishwa kwa vitakasa mara kwa mara.

**Kwanini? Kwa sababu eneo la kazi linapoguswa na wafanyakazi au wateja ina hatarisha na ni njia mojawapo inayo sambaza COVID-19.**



Sisitiza wafanyakazi wanasafisha mikono yao mara kwa mara. Weka vitakasa mikono katika sehemu za kufanyia kazi, bandika vipeperushi ili kutangaza uoshaji wa mikono.

**Kwanini? Kwa sababu kuosha mikono inaua virus na kukinga pia usambazaji wa COVID-19.**



Sisitiza usafi katika sehemu za kufanyia kazi. Hakikisha barakoa au karatasi za kujifutia zinapatikana mahala pakufanyia kazi.

**Kwanini? Kwa sababu usafi kwenye mfumo wa upumuaji, unazuia usambazaji wa virusi.**



# HOW TO PREVENT THE SPREAD OF COVID-19

## EASY STEPS TO FOLLOW

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- 1** Wash your hands frequently (at least 20 seconds each time).
- 2** Avoid touching your face (eyes, nose and mouth).
- 3** Get information about Covid-19 from trusted sources.
- 4** Cover your cough using the bend of your elbow or a tissue.
- 5** Mantain social distancing. Avoid crowded places and close contact with anyone who has fever or cough.



# NAMNA YA KUJIKINGA NA KUZUIA KUSAMBAA KWA COVID-19

## HATUA RAHISI ZA KUFUATA

- 1** Safisha mikono mara kwa mara kwa maji tirika au vitakasa mikono angalau kwa sekunde 20.
- 2** Epuka ku gusa uso wako (Macho, pua, na mdomo).
- 3** Pata taarifa zinazohusu COVID 19 kutoka kwenye vyanzo vya kuaminika.
- 4** Unapo kohoa au kipiga chafya funika mdomo au pua kwa kutumia kiwiko cha mkono au tishu.
- 5** Umbali wa angalu zaidi ya mita moja kati yako na mwingine na epuka misongamano.

