

Help us stop the spread



- **Clean your hands thoroughly** for at least 20 seconds with soap and water, or an alcohol-based hand rub.



- **Cover your nose and mouth** when coughing and sneezing with a tissue or a flexed elbow. Put the tissues in the bin.



- **Avoid close contact** with anyone with cold or flu-like symptoms.



- **Stay home** if you are sick.

Kuonyë wook buku thiëi piny cök kääc

Dinka

- **Lök yicin apiath** në thabuun ku pïu në kë cīt yuul nyot ke 20, ka në kë yenë kōc lōk cin cī mat kenë wēēl cōl alkōyōōl.
- **Kum yīwum ku yīthok** në awereŋ nīcī tē yōōl yīn ka tē tīim yīn ka në kōōr cī dhuk. Tāāuē awereŋ nīcī në barmil de anyuōōnic.
- **Duōnē rōt cök thiök** wenē raan dēt nōŋ atuōōr ka.
- **Rēērē baai** tē tuēeny yīn.

Dufashe iyo ngwara ntirandagate

Kirundi

- **Karaba amaboko yawe ushimitse** umare n'imiburiburi nk'isegonda 20 uriko urakaraba ukoresheje isabuni canke ikindi kintu cose kirimwo alcohol
- **Ipfuke ku zuru no ku munwa** igihe uriko urakorora n'igihe wasamuye ukoresheje agahuzu canke agakartatasi koroshe canke ukororere wasamurire mu kwaha kwawe . ako gakaratasi wasamuriyemwo canke wimyiriyemwo ugate mu gaseke kagenewe umucafu
- **Irinde kwegerana** n'umuntu uwo ari we wese arwaye ibicurane canke afise ibimenyetso vyerekana ko arwaye ibicurane
- **Guma muhira** nimba urwaye

Fesoasoani i a matou e taofi le pipsi

Samoa

- **Fa'amama lelei ou lima** mo le 20 sekone i le fasimoli ma le vai, po o le vaila'au e fufulu ai lima.
- **Pupuni lou isu ma lou gutu** pe a e tale ma mafatua i se pepa solo po o totonu o lou tulilima. Tu'u le pepa solo i le lapisi.
- **Ia taofia le feso'ota'i** i se tasi e maua i le ma'alili ma le ma'i-fulu.
- **Nofo i le aiga** pe afai ua e ma'i.

Tokoni mai kiate kimautilu ke ta'ofi 'a e mafolá

Tongan

- **Fufulu ke ma'a ho nimá 'o 'oua** toe si'i hifo he sekoni 'e 20 'aki ha vai mo e koa, pe ko ha me'a milimili nima 'oku fakatefito 'i he 'olokaholó.
- **'Ufi'ufi (cover) ho ihú mo ho ngutú** 'i he taimi 'oku ke tae mo mafatua ai' 'aki ha tīsiu pe peluki ho nimá. Fa'o e tīsiú he kapa-vevé.
- **Faka'ehi'ehi e vāofi** mo ha taha pē 'oku fofonu pe ma'u 'a e ngaahi faka'ilonga fai-tatau mo e fuluú.
- **Nofoma'u 'i 'api** kapau 'oku ke puke.