

USTAARABU WA KUKOHOA

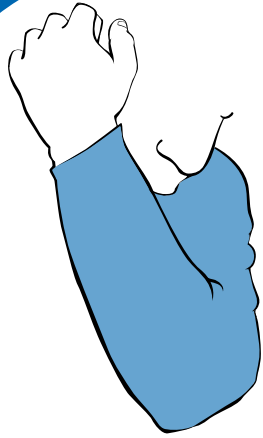
FUNIKA KHOZI LAKO



- Kila unapokohoa au kupiga chafya, funika mdomo na mapua yako ukitumia kikaratasi-kitambaa

Ama

- Kila unapokohoa ama kupiga chafya, funika mdomo na mapua yako ukitumia sehemu ya mkono ambayo imefunikwa na nguo. Usitumie mkono tupu

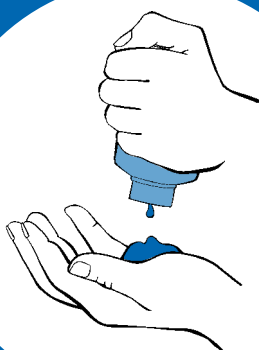
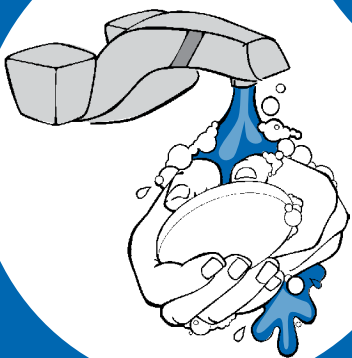


- Weka kikaratasi kitambaa ambacho umetumia kwenye kapu la takataka

- Osha mikono yako ukitumia maji na sabuni

Ama

- Ikiwa maji na sabuni hakuna, safisha mikono yako ukitumia dawa ya kusafisha mikono



SAIDIA
KUKINGA
KUENEA
KWA VIINI