

Wathútkala owáŋgkičhiyapi šni yo/ye Stop the spread of germs



Tóna khúžapi kiŋ wičhiheyab
ečhúŋ wo/we.
Avoid close contact with
people who are sick.



Yapšá naiŋš hoyáhpe háŋtaŋš,
pħaħlípakhinŋe uŋ í agláħpiŋ
na heháŋl iħpéya yo/ye.
Cover your cough or sneeze with
a tissue, then throw it in the trash.

Thiyáta takúku éyapatháŋpi s'a
héci hená izéhaŋ tanyáŋ pakhiŋta yo/ye.
Clean and disinfect frequently
touched objects and surfaces.



Nikhúže háŋtaŋš thiyátana úŋ wo/we.
Okhúže thipi ektá ečéla yá yo/ye.
Stay home when you are sick,
except to get medical care.



Ištá na pħasú na í kiŋ
ékpaháŋ šni yo/ye.
Avoid touching your eyes,
nose, and mouth.



Izéhaŋ haipažáža uŋ tanyéħciŋ napé glužáža yo/ye.
Oápħe čik'ala okhíse heháŋhanyáŋ.
Wash your hands often with soap
and water for at least 20 seconds.

