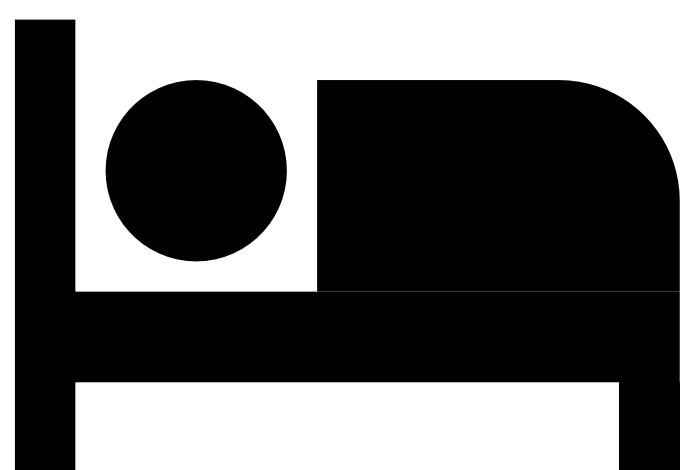
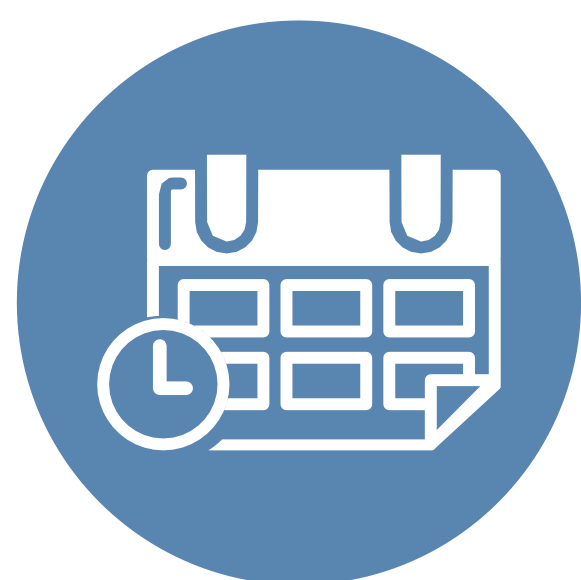


JE, NITAONDOKA NILIKOTENGWA KUTOKANA NA COVID-19 LINI?

Ikiwa wewe ni mgonjwa au unadhani/unajua kuwa uko na COVID-19



Kaa nyumbani ukiwa umejitenga, mbali na wengine kwa angalau siku 10



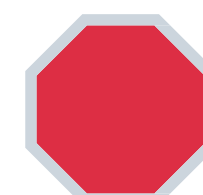
Siku ya 10 jiulize ikiwa taarifa hizi mbili ni kweli

Kwa saa 24 zilizopita:

- Sijakuwa na homa ya joto
- Kikohozi changu na upungufu wa pumzi zimeimarika



Ikiwa taarifa hizi mbili ni kweli basi jiondoe ulikotengwa siku ya 11

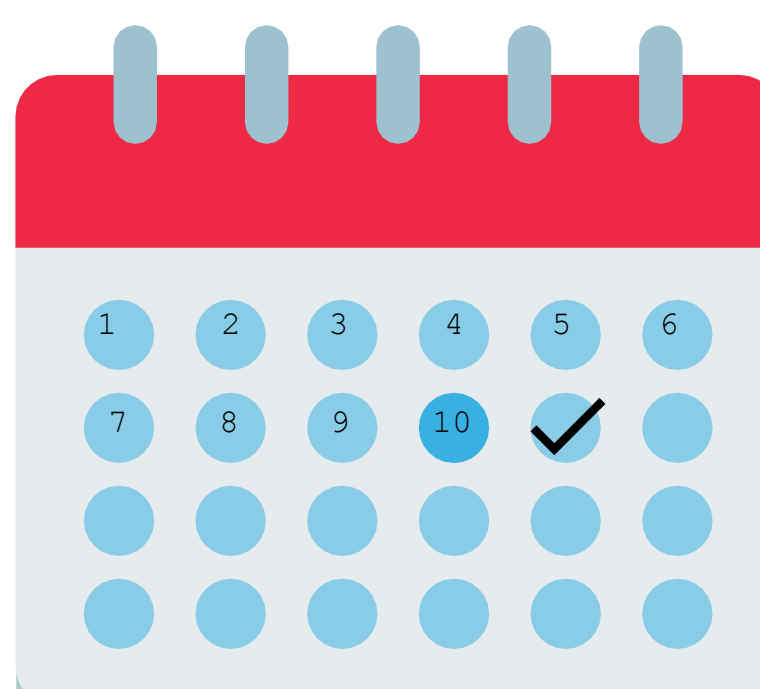


Ikiwa sio kweli, basi kaa ulikotengwa hadi ziwe za kweli

Ikiwa ulipatikana na ugonjwa wa COVID-19 lakini hujawahi kuwa na dalili ZOZOTE



Kaa nyumbani ukiwa umejitenga mbali na wengine kwa siku 10



Siku ya 11 unaweza kujiondoa ulikotengwa

**Idadi ndogo ya watu wanapaswa kujitenga kwa siku 20 wanapoambiwa wafanye hivyo na daktari wao*



Alameda County
Health Care Services Agency



Alameda County Public Health Department
Celebrating Healthy People in Healthy Communities