

KIPIIM HOM BLO YU SEF LONG COVID-19

1 WASEM HAN OLTAEM WETEM SOP MO WOTA

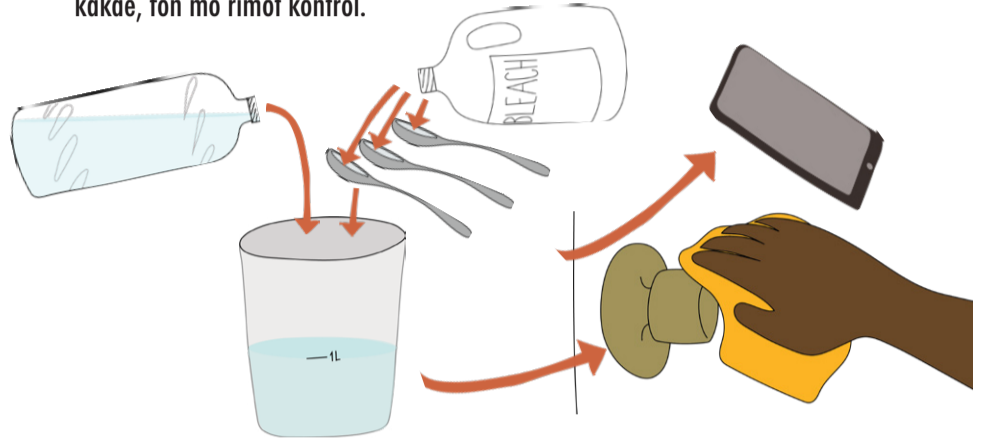
ni kaen sop I save wok blong klinim han blong yu. Usum ol sop we blong waseh han blong klinim han blong yu.



Waseh han wetem sop blong 20 seken afta rinsim aot sop wetem wota. Hemia sem taem i tekem blo singsing 'Happy Birthday' song 2 taem.

2 MEKEM SUA SE YU WAPEM GUD OL SEFES BLONG OL PLES WEH HAN BLONG YU HEMI TAJEM WETEM SOP MO WOTA.

Waepem ol ples olsem hantel blong doa, jea, ol swij blong laet, tebol blong kakae, fon mo rimot kontrol.

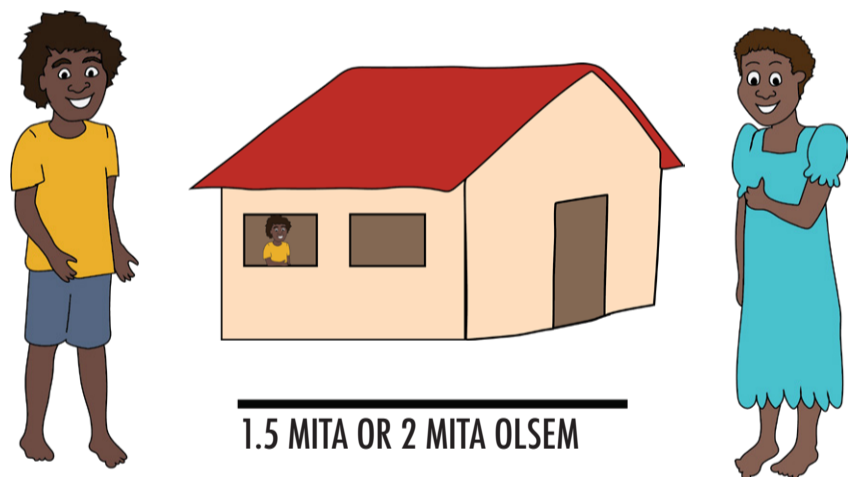


Miksim 3 tispun bleach mo 1L wota blo waep wetem. Eni wota/meresin long klin we i gat bitim 70% alkohol bae i save wok tu blong waepem ol surfes.

3 WASEM GUD OL KLOS BLONG YU WETEM SOP MO WOTA



4 SAPOS YU SIK, STAP LONG HAOS BLONG YU. SAPOS YU KO WOKBAOT AOTSIDE O YU MAS LEKO HAOS, STAP LONG WE LONG NARAFALA MAN (1 MITA)



5 NO SPET OLBAOT



6 SAPOS YU HELTI YU WEREM MASK NOMO TAEM YU LUKAOTEM MAN WEH HEMI SIK.



Kaveremap maot mo nos blong yu wetem elbo blong yu we yu benem o usum wan tisu taem yu kof mo snis.

YUMI MAS WOK TUGETA BLONG FAETEM SIK IA MO KIPIM YUMI EVRIWAN I SEF OLTAEM.