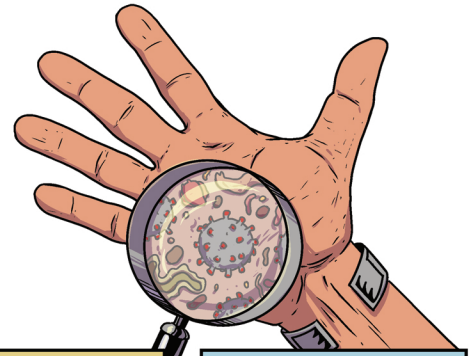


# Itam itàamay maavaqlalwe, pam it Coronavirus söwtapnangwu

Itam itàamay sutsep maavaqtotangwu, sen hak haqaqw pite, sen kwayngyapte, hak nösniñik, hak öhöhöyku, piw hak tiposhoyat tiitaptangwu.



More info on COVID-19: [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)  
 COVID-19 relief: 1.833.956.1554 or [navajohopisolidarity.org](https://navajohopisolidarity.org)



Kuuyit haka kw maawaqtangwu

- 1) Hak mòoti mayay mowanangwu.
- 2) Hak mayay qötvikit akw naamopringwu yep atkya pe'yta...



### Hakim siikw tsaqaptat akw sòsoyam maavaptotangwu

(kur qa himu kuuyi sanitizer naasas'iwtaq)

- 1 maavaqtsaqapta
- 2 kuytsaqapta
- 3 sanitizing tsaqapta

**Hin hak tsaqaptat naasastangwu:**

- 1) Qöt vikit nit kuuyit namiqrilangwu.
- 2) Kuuyit akw kuyngwu
- 3) Hak tuhikmalatstukupang pakit sanitizing kuuyit hiisa aqw kuyngwu. Piw hak 2.5 tablespoons it bleach kuyit aqw tanga'tangwu, per 1 gallon kuuyit.

**CAUTION!** Hak it bleach nit qötvikit nit household cleaners qa naami maniqrilangwu, ispi puma una'ew kw itsvangwu!

**Piw hak panaptsay hõtangwu, ispi pam hovaqtangwu.**

### Hin hak maawaqtangwu:

- 1) Itàamay kuuyit nit qötvikit akw maawaqtangwu, naami maayay mapringwu.....

### Maayay sanitlawngwu

- 1) Hiisa hak sanitizer may aw wuutangwu.
- 2) Hak maayat naami mapringwu yep atkya pe'yta...

**CAUTION!** Sanitizer pas una'ew oovi hak put qa hikngwu. Tsay hak qa hiwangwu is pam honaqkuyi.

### Hin itam itàamay naami maamapriyangwu.

**20 SECONDS**

### Hak maawvaqlawe, hak sunat aqw pòotoylangwu

- 3) Maayay hak kuuyit akw maawaqtangwu.

Hak paasnen hak kuyhõtapi aw qa tongokngwu.

- 2) Kuytsaqaptat aqw hak maavaqtangwu. Pan 2
- 3) Maayay hak Pan 3 aqw moroknanwu, sanitizerkuyi. Pu' maayay paas hõonangwu.

Sòosok tsaqaptat hak tuuvahomngwu, naqavo'o.