Dikos Ntsaaígíí-Náchást’éíts’áadah
SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Naałnii’ bee ééhóziníígíí
(Symptoms can include)

*Symptoms may appear 2-14 days after exposure.

Ts’íísniidóóh
(Fever)

Dikos
(Cough)

Ch’ééh jididziih
(Shortness of Breath)

If you have been in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, contact your local hospital and/or physician. Call your local hospital before you go to a hospital.

For more information:
Navajo Department of Health
(P) 928.871.7014
(E) ndoh@navajo-nsn.gov

Website:
http://www.ndoh.navajo-nsn.gov/COVID-19
Help prevent the spread of the respiratory diseases like COVID-19.

- **Bitah dahoneezgaligii bits’ąą nanináah**
  Avoid close contact with people who are sick.

- **Dilkosgo doó Háts’iyaa dinligo Chii bee Ylt’oodi chilínįįpi’ doó Ts’ílizéén bılıh hi’náá bly!įįjį’jǫ́ kódlíjį’**
  Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

- **Áadóó nináá’ nichįįh doó nizée’ t’aádoó bįdíníihi**
  Avoid touching your eyes, nose, and mouth.

- **T’aadoole’e átáhjį’ chilínįįgii bįná’įįkį’jǫ́**
  Clean and disinfect frequently touched objects and surfaces.

- **Nitäh honeezgalgo t’aá hooghandi sínídá t’aá hazzhó’ó aze’ee naah ádooinįį bįnityé’go t’élyá**
  Stay home when you are sick, except to get medical care.

- **T’aá nhíla’ t’ánnádáahgís tįįgo yiksígis niílindah alzhįįjį’ blígahjį’**
  Wash your hands often with soap and water for at least 20 seconds.

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