

# Dikos Ntsaaígíí-Náhást'éíts'áadah

## SYMPTOMS OF CORONAVIRUS DISEASE 2019

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

### Naatnii' bee ééhózinígíí

(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](mailto:ndoh@navajo-nsn.gov)

Website:  
<http://www.ndoh.navajo-nsn.gov/COVID-19>



# Dikos Ntsaaígíí-Náhást'éíts'áadah STOP THE SPREAD OF GERMS

Help prevent the spread of the respiratory diseases like COVID-19.



**Bitah dahoneezgal'ígíí  
bits'ąą nanínáh**

Avoid close contact with people who are sick.



**Díkosgo dóó Háts'íyaa  
dínígo Chíbee Yít'oodí  
chilnít'í dóó Ts'íilzéh bllh  
hí'nít'í blyí'jíl' kódnít'í**

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



**Áadóó nlnáá' níchííh dóó  
nízéé' t'áádoó bídlníhí**

Avoid touching your eyes, nose, and mouth.



**T'áadoole'í áhájí'  
chilnít'í(níííí bíná'íhjoł**

Clean and disinfect frequently touched objects and surfaces.



**Nítah honeezgalgo t'áá  
hooghandl sínídá t'áá  
hazhó'ó azeé' naah  
ádoolnít'í binllyé'go t'éiyá**

Stay home when you are sick, except to get medical care.



**T'áá nllíla'  
t'ánínádaahgls txíígo  
yíkqsííí naadlindah  
alzhinjíl' bíghahjíl'**

Wash your hands often with soap and water for at least 20 seconds.

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

Website:  
<http://www.ndoh.navajo-nsn.gov/COVID-19>

