

Mo gba yongoro na a zo

Yé s a lingbi mo sara

Zo kwe a lingbi ti zà popo.

Gbango yongoro a tènè mo si ndourou na a zo pèpè. Gbango yongoro ayeke nzoni mingui tènè ti so mo yèkè tiri bira na kobela ti COVID19. Douti yongoro na a zo a bata mo na a séwa ti mo.

A lingbi mo gba yongoro na a zo koudé oko. Douti na popo ti a zo so houngo ti ala a hon bale oko pepe. Gba na yanga ti da. A lingbi mo kè a bougbi ngo tère so.

Tongana mo ye ti goue na mbeni ndo wara mo ye ti douti na popo ti a zo, soukoula maboko ti mo na monkpakpa kozoni.

Tongana ngou ti mo a hon 60, tongana mo yéké na kpalé ti kobéla mo gba na yanga da.

Douti kpoh, douti nzoni, douti mo ma azo.

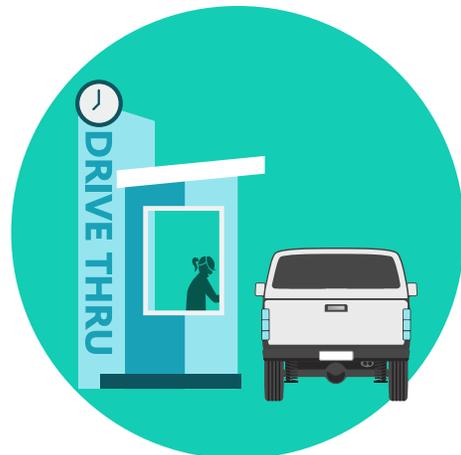


A lingbi mo singui sengue.

Tamboula, kpe na banga, si gui na guigui na sewa ti mo. Douti na popo ti a gba ti a zo pèpè.

Tè kobè na ndo ti kango kobè sengue.

Vo kobè ni na mo te na yanga ti da. Ngoe ni a lingbi ti te kobè na da ti kango ni pepe.





Be careful what you touch.

Try to stay 6 feet away from other people. Try not to use cash to pay for things. Use a credit card or pay online. Wash your hands after touching things that other people touch.

Tips for grocery shopping:

Go grocery shopping at times when there are less people in the store. Try to go by yourself. Wash your hands with soap and water as soon as you can. Order your groceries online and have them delivered or get a pickup order.

Do not touch your face, mouth, nose, or eyes while you are in the store. Try not to take your children or older family members to the grocery store.



Keep older people safe:

Make and send care packages to loved ones. Stay connected with daily calls, video chats, and emails. Help your older loved ones by going to the grocery store for them or helping them get groceries delivered to their home.

Do not bring children or anyone who is sick close to people older than 60 because it puts them at risk for getting severe illness.