

Kisa pou mwen fè pou m kapab rete ansante?

- Lave men-ou tanzantan avèk savon epi dlo oswa sèvi ak yon krèm ki bon pou pwopte men ki gen alkòl ladann.
- Lave men-ou anvan ou manyen jé-ou, nen-ou oswa bouch-ou.



- Pale ak doktè-ou sou piki kont grip ou kapab pran chak ane. Gen moun ki gen tandans pou yo malad pi plis pase lòt moun lè yo gripe – se sitou moun ki gen plis pase 65 kan, timoun ki gen mwens ke 23 mwa, ak moun ki malad anpil depi lontan (tankou moun ki souffri kè, moun ki malad nan poumon epi sa ki gen viris HIV-yo)

Tout moun ki gen 65 kan pou pi piti ta dwe pran yon piki kont nemoni omwen yon fwa nan vi-yo pou pwoteje tèt-yo. Moun ki malad anpil tou ta dwe pran piki sa-a.



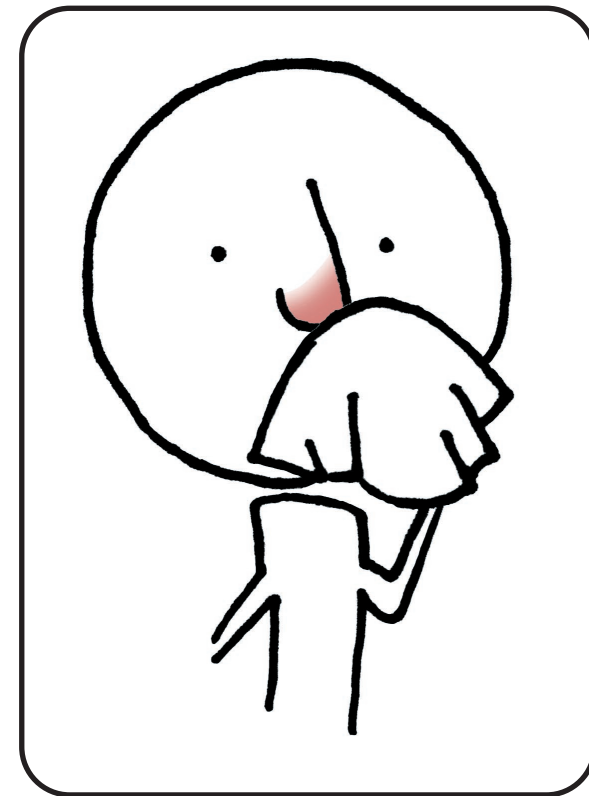
Space for clinic-specific information.

DIS1914122130. – 11.04.

Special thanks to the Minnesota Department of Health and the Minnesota Antibiotic Resistance Collaborative.

APIC

Anpeche mikwòb-yo gaye pou yo pa fè ni oudenm ni lòt moun malad.



Kouvri Bouch-Ou Lè Wap Touse

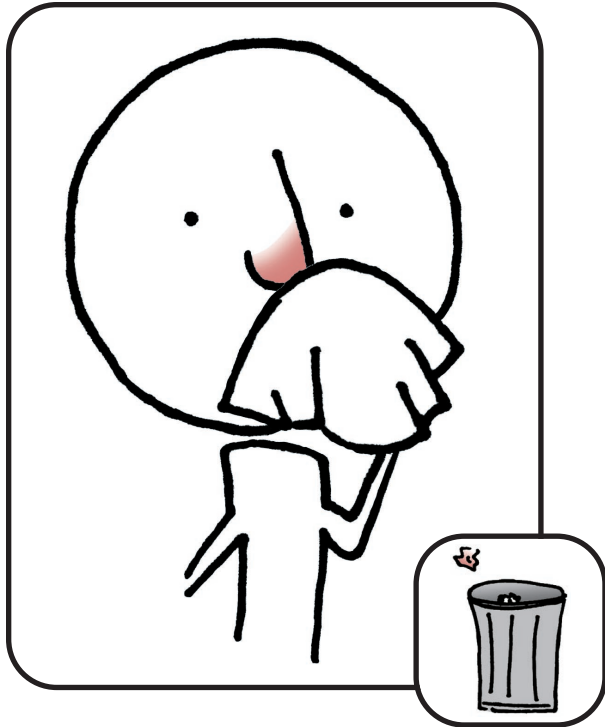
NYC
Health

THE NEW YORK CITY
DEPARTMENT of HEALTH
and MENTAL HYGIENE
Michael R. Bloomberg, Mayor
Thomas R. Frieden, M.D., M.P.H., Commissioner
nyc.gov/health/flu

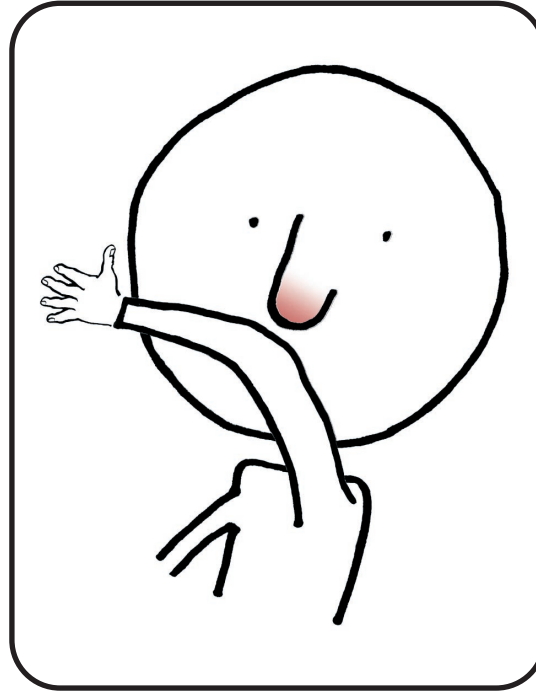


Kijan mwen kapab anpeche mikwòb-yo gaye si-mwen malad?

- Men kijan maladi moun gen nan poumon-yo oswa nan pwatrin-yo tankou grip oswa Severe Acute Respiratory Syndrome (SARS) (Sendwòm Respiratwa Ki Sevè epi Danjre) kapab gaye:
 - Lè moun touse oswa estènen
 - Men ki sal
- Maladi sa-yo gaye fasilman kote ki gen anpil moun kap viv kolekole.



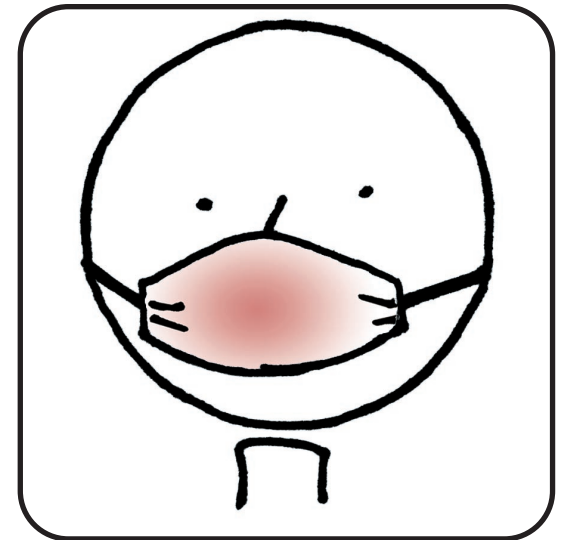
- Kouvri nen-ou ak bouch-ou avèk yon papye oswa yon mouchwa lè wap touse oswa chak fwa ou estènen. Lè ou fini jete papye-a nan fatra.



- Si ou pa gen ni papyé ni mouchwa, touse oswa éstènen nan manch rad-ou, pa nan men-ou.
- Lè ou fin touse oswa estènen, toujou lave men-ou avèk savon epi dlo oswa pase yon krèm ki bon pou pwopte men ki gen alkòl ladann.
- Rété lakay-ou lè ou malad.
- Pinga ou kite lòt moun sèvi ak kiyè-ou, koutou oswa fouchèt-ou, vè oswa tas pou ou bwè, sèvyèt-ou oswa lòt bagay ki pèsònèl.
- Si ou gen lafyèv epi wap touse oswa si ou santi souf-ou anlè, al kay doktè.

Nan yon klinik oswa lopital:

- Kouvri bouch-ou lè wap touse oswa estènen epi jete papye-a nan fatra.
- Lave men-ou avèk savon epi dlo oswa pase yon krèm ki bon pou pwopte men ki gen alkòl ladann.
- Pa bliye fè doktè-a konnen si ou te vwayaje kite Nouyòk yon mwa anvan ou te vin malad, oswa si ou te gen kontak sere avèk yon moun ki te kite Nouyòk pa gen twò lontan desa epi ki te vin gen lafyèv ak latous.



- Yo kapab mande-ou pou ou mete yon mas sou figi-ou lè ou nan mitan lòt moun. Pa chaje tèt-ou si ou wè moun kap travay nan klinik-la oswa nan lopital-la ap mete yon mas sou figi-yo. Se pou yo kapab anpeche mikwòb-yo gaye.