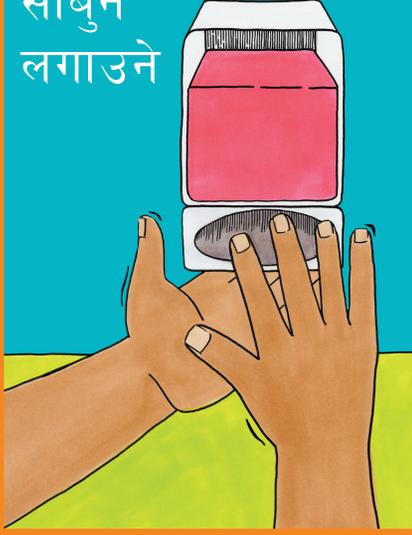


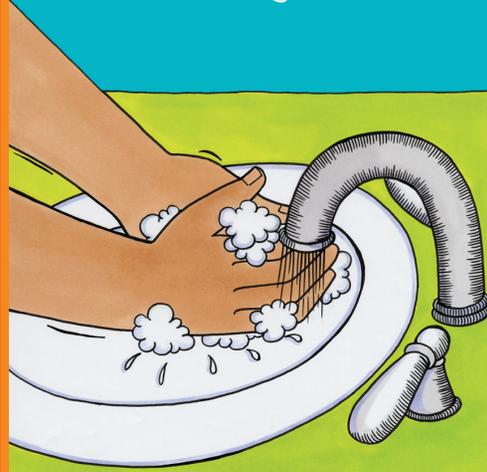
रोकौं कीटाणु, स्वस्थ बसौं

साबुन र तातो पानीले हातहरु धुवौं

साबुन
लगाउने



२० सेकेन धुने



राम्रो गरी धुने
वा पखाल्ने



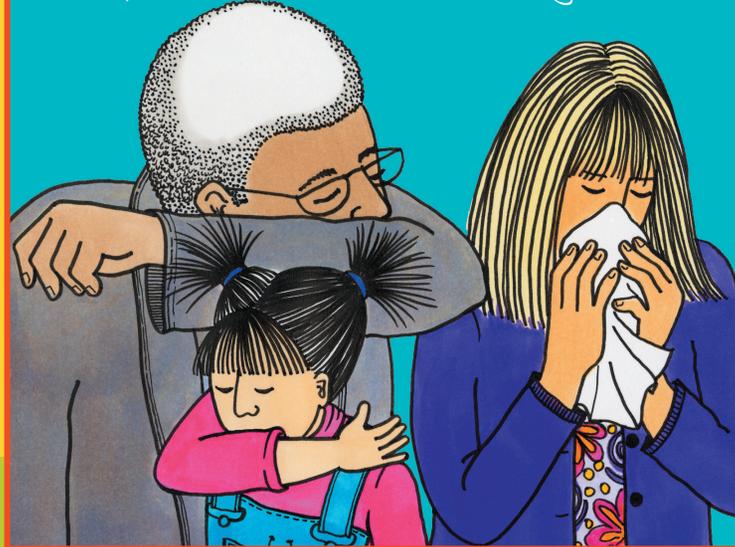
सुकाउने



Stop Germs, Stay Healthy!

- Wash hands often with soap and warm water
- Wash for 20 seconds, rinse well and dry
- Cover coughs and sneezes
- When sick, stay home

खोकी, हाछिउ लागेको बेला मुख छोप्ने



बिरामी भएको बेला,
घरमा बस्ने

