

Limo perkoro buli ngellagan covid-19: Tangan, Perepatan Siku, Moo, Elaatan ko' Ngelinggaman



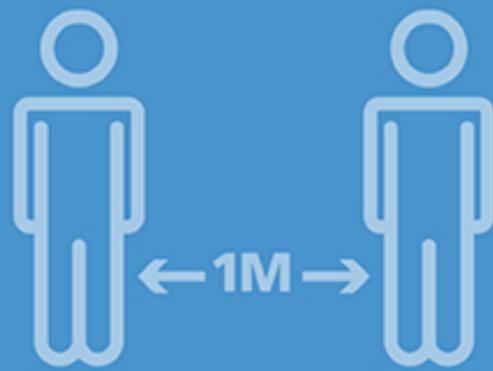
1 TANGAN



2 P. SIKU



3 MOO



4 ELAATAN



5 NGELINGGAMAN

SOMO-SOMO kiti ngeloonon #COVID-19

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Dong lupu nguse' tangan balik-balik makay seprit
antawa sabun.

1 TANGAN



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Sinempol kee urung ko' bua' makay perepatan siku antawa tisu amun kiti baan antawa kool. Tinimanan tisu ta' tungan ni ko' kinusean tangan santak bersih.

2 PEREPATAN SIKU



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SIL



Ngellagan ngentan moo, moto, urung ko' bua'
endo' virus nya' posok diam badan bi.

3 MOO



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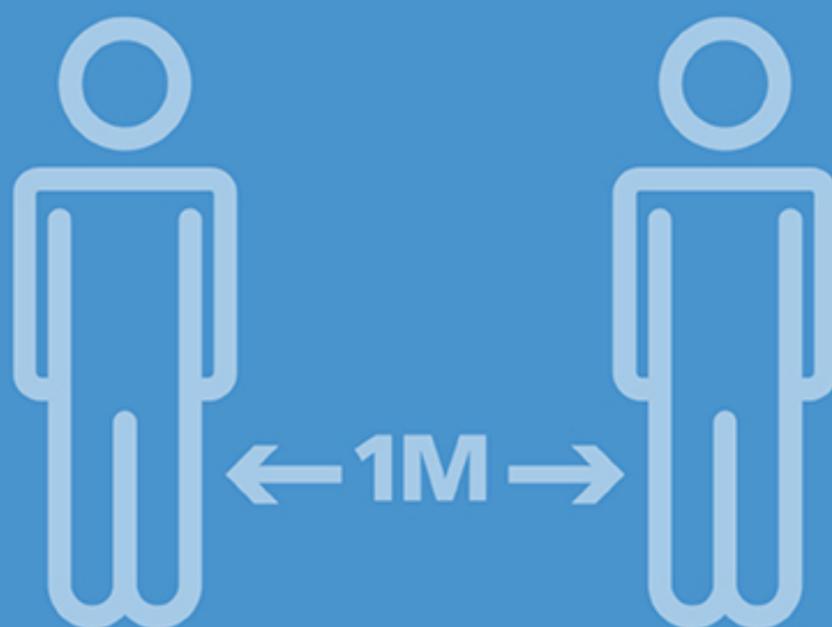


SIL



Nijogoon elaatan dangan ko' dangan. Tio dangan ko' dangan dong kurang kurungan 1 meter.

4 ELAATAN



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Amun tereso bi ngelinggaman puu' bi, peremod jo
no do' kam meruma'. Tuut ti do' perinta lekat
ruma' sakit.

5 NGELINGGAMAN



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