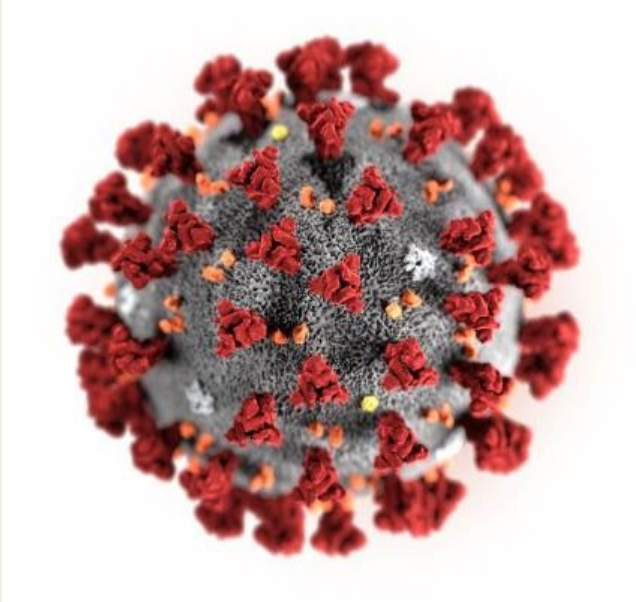

ndakisa: CDC / Alissa Eckert & Dan Higgins

Bateli Bokengeli Mpe Bokolongono Ya Basali

Bokono ya Coronavirus 2019 (COVID-19)

Na bosaleli OSHA/CDC bokambi ko batela basali na biso na ndenge to memi bosali ya Internet.

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Basali nyonso, na baye baso sale(kolongolo basali ya bokolongono , mpe oyo balanda malendisi ya minganga, bo bateli bato/ba kengeli ya mokili), esengeli basilisa, mpe basali esengeli bakoma, malendisi oyo etindami na bokolongono mpe bobateli bosengeli , to pe malendisi mosusu ya mabongisami oyo ekutani to eleki VOSHA-oyo etangisami na mokolo ya minei ya sanza ya mitano , 2020.

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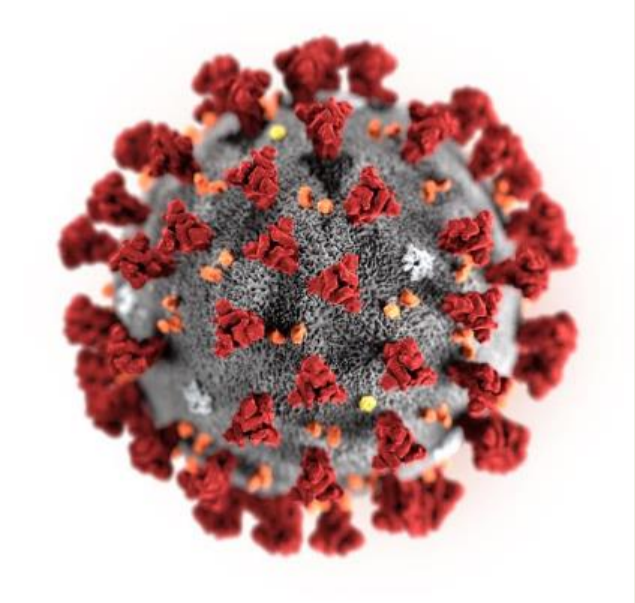
Nini Babengi Coronavirus ?

- Bokono ya Coronaviruses ezali na libota ya ba virus oyo ezo pesa bokono Kati na bato . Coronaviruses ezo tambola Kati na ba niama ba mpunda, mpe niao .
- SARS-CoV-2, Ya sambo eyebani lokola coronavirus ya bato na mokili mpe virus oyo ezali na Tina ya COVID-19, nde oyo ezali kobelisa bato.



ndakisa: CDC / Alissa Eckert & Dan Higgins

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Bokono Oyo Coronavirus 2019 Ezali Nini (COVID-19)?

- COVID-19 ezali bokono ya bopemi oyo etamboli na nzela ya bato . Virus oyo ebandisi corona virus ezali coronavirus ya sika oyo emonisamaki na bolandisami Kuna na Wuhan, China.

E uti: CDC

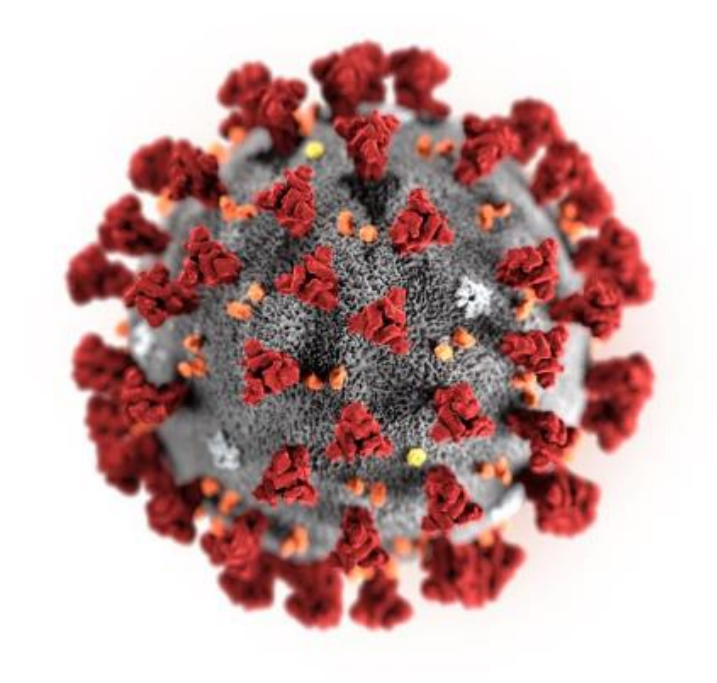

Illustration: CDC / Alissa Eckert & Dan Higgins

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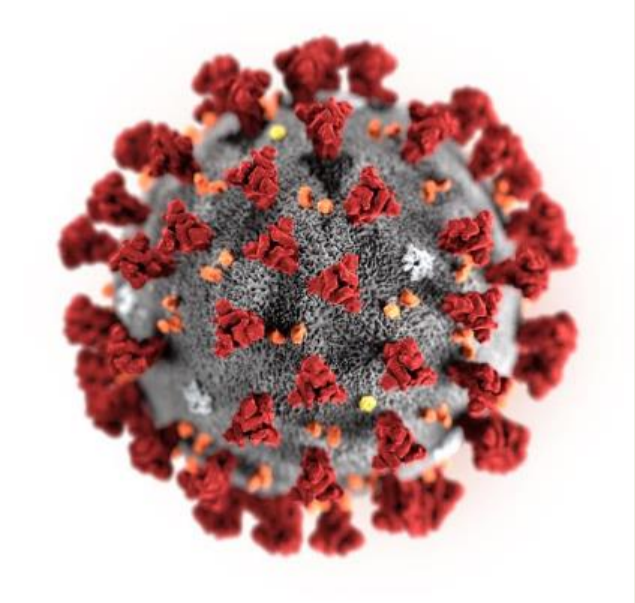
Bokeseni Nini Ezali Katikati Ya Bokono Ya COVID-19 Na Ba Oyo Mosusu?

- Lolenge ya moko ya coronaviruses ezo mama malili, kasi epesami ntina na banganga.
- Lolenge ya mosusu ya coronaviruses ezo mema, Kobakisa ba mpasi ya bo pemi Severe Acute Respiratory Syndrome (SARS) na Middle East Respiratory Syndrome (MERS)—moko na moko e uti na lolenge ya kokesana ya coronavirus.
- SARS-CoV-2 ezali lolenge mosusu ya coronavirus.



ndakisa: CDC / Alissa Eckert & Dan Higgins

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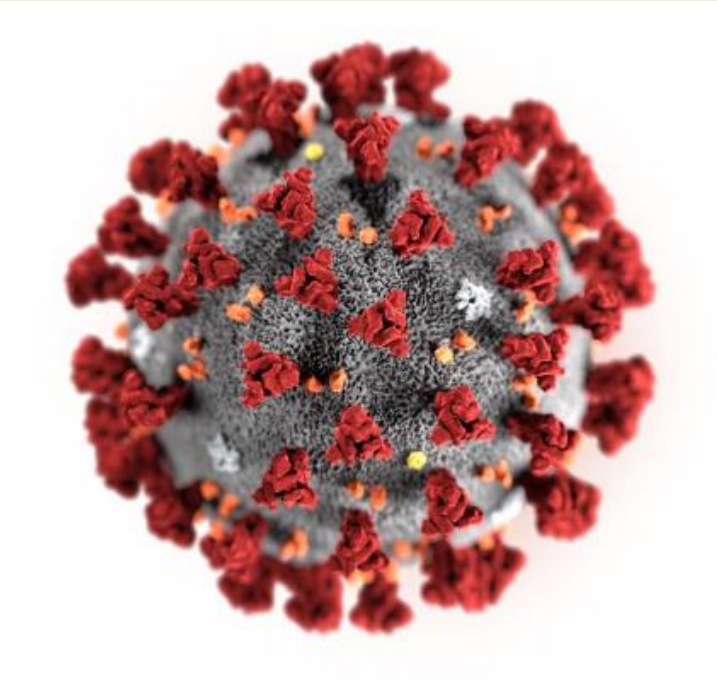
Ndenge Nini Coronavirus Ezo Panzana?

- Nzela ya bokabwani ya bokono oyo ezali bokutani ya bato.
- Virus oyo ekabwani na matanga ya soyi tango moto oyo aza na bokono ya coronavirus akosoli to azaloba. Matanga wana ekoki ko suka na monoko to na poso ya moto oyo aza pine naye
- Batu baye ba belaka mingi kasi balakisaka bilembo ya bokono te, bakoki ko banza na bo Pete bokono
- Ekoki ko salema ete moto azua bokono ya coronavirus na kosimba eloko to esika oyo ezali na bokono na sima kosimba monoko, zolo,miso to mposo na ye moko , kasi oyo ezali nzela moment ya bokaboli bokono



Ndakisa: CDC / Alissa Eckert & Dan Higgins

E uti: CDC

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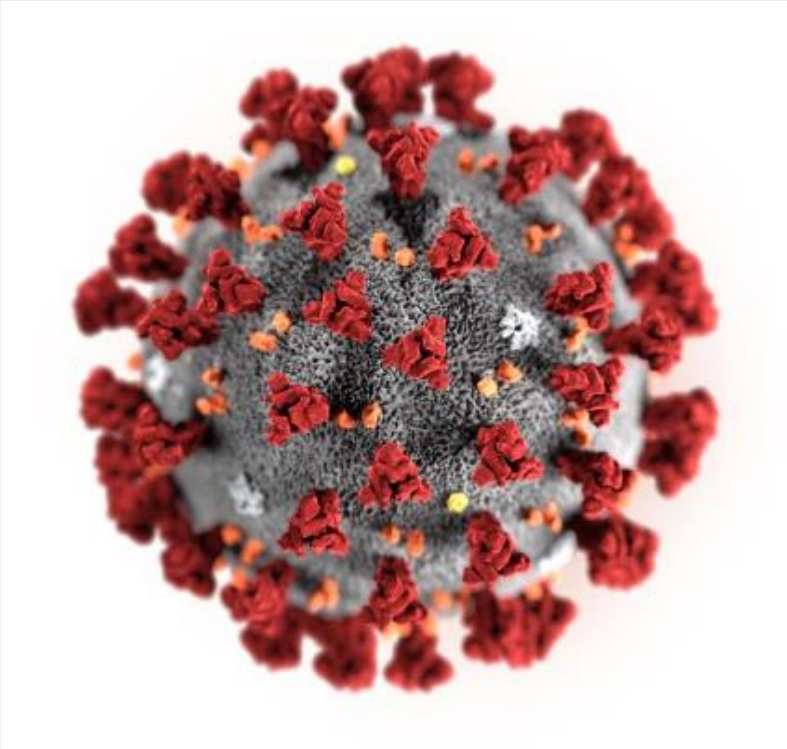
Bilembo Ya Bokono

- Moto nyonso te oyo aza na bokono nde alakisaka bilembo. Symptoms include mild to severe respiratory illness. bilembo ekoki ko mimonisa na sima ya mikolo 2 kino 14 nasima ya bokuta ni na bokono.

- **Bilembo lokola:** Fievre, kosukosu, kokatana ya mpema to ba mpasi na bo pemi, Chills, Repeated shaking with chills, Nzoto mpasi, moto mpasi, Sore throat, mpe kubungisa makoki ya ko lumba na ko yeba bilengi na monoko

- Soki omi kuti na moko ya bilembo oyo ya COVID-19, benga monganga na yo..



ndakisa: CDC / Alissa Eckert & Dan Higgins

Tala makomi ya CDC
https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/index.html

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Pandemia Ya Ngonga

- Bato 2.7 nkoto na bokono na mokili.
- Na mboka ya Etats Unies(U.S) bokono ezo Mata na lobangu.
- Bitonga nyonso 50 etalisi na CDC bokono COVID-19.

Latest situation summary:
www.cdc.gov/coronavirus/2019-ncov/

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Pandemia Ya Ngonga

Na Etats-Unis (U.S.) COVID-19 ba beli bazali:

- Bo memi ya bokono na mobembo.
- Ba cas na katikati ya baye ba za pene na biso.
- ETonga eza ko yeba te esika bokono ezali ko uta .
- Ebele ya bitonga ezali ko pesa botangi ya baye na etonga bazwami na bokono ya COVID-19.

Latest situation summary:
www.cdc.gov/coronavirus/2019-ncov/

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Soki Ozwami Na Bokono

- Ya motuya esali kolandela ba kisi, Ye bisa monganga na yo soki obanzi ete oza na bokono COVID-19.
- Yebisa monganga na yo soki kutanaki na moto oyo azwami na bokono nto pe azali kolakisa bilembo ya bokono, nto pe soki okendeki mobembo esika bokono oyo ezali.
- Soki ozali na ba mpasi ya bo pemi nto pe moko ya bilembo ya bokono Benga na lombango 911. Mpo na lisungi.

Photo: CDC / Scott Housley

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Lolenge Yako Bikisa Bokono

- Ndako ya minganga ekoki koloba soki esengeli oleka na ba teste ya COVID-19 kolandisama na bilembo , mpe na bosolo.
- Na ngonga oyo Kisi ata moko te ezwami mpo na ko bikisa COVID-19.
- Babeli nyonso esengeli ba me mama na lombangu na ndako ya minganga.

Photo: CDC / Scott Housley

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Lolenge Ya Kozwama Na Bokono

- OSHA esali na boyokani ya makasi na CDC, elongo mpe National Institute for Occupational Health and Safety (NIOSH), mpe ba bureau nyonso ya bokambi ya ba beli.
- Ba nkama ya kokutana na bokono oyo eza ebeli mingi mingi na bisika ya bato ebele mingi lisusu na misala na biso esika bato baza ebele.
- Ba nkama ekoki komata soki basali baza mpene mingi bango na bango tope na bato misusu.

Photo: U.S. Navy / Seaman Rob Aylward

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Lolenge Ya Kozwama Na Bokono

- Basali na bisika mosusu Bakoki ko matatisa ba nkama Lolenge ya kozwama na bokono ya COVID-19, kobakisa ba:
  - Ba hopitalo na Ba Laboratoir
  - Biyano ya lombango
  - Ba ndako ya bibembe na
  - Masala na Kati na mpepo
  - Kobatela mindelo ya mboka na ba paya
  - Misala ya mutoya (Ndakisa:pharmacies, to pe ndako ya koteka ba kisi)

Photo: U.S. Customs and Border Protection / James Tourtellotte

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Lolenge ya OSHA mpo na kobatela basali ba bokuta ya bokono

- Bolandela ba nzela ya OSHA mpona ka batela ba Sali na bokutani ya bokono oyo SARS-CoV-2 na mpe bo beli ya COVID-19.
- Basali esengeli mpe ba yeba ete OSHA ekoki ko salela bosengi ya mibeko na nzela na yango ya 5(a)(1), na mokande ya mibeko ya bobateli mpe bokengeli na mosala mpo na ba sali. Oyo ebateli bokengeli ya bokweyi nto pe bokutani na bokono ya makasi.

Bosengi OSHA

- Bisaleli ya bo bateli bato (29 CFR 1910 eteni ya I), kobakisa:
  - PPE General esengami (1910.132)
  - Bo bateli miso na monoko (1910.133)
  - Bo bateli ya mopepe ya ko mpema(1910.134)
  - Bo bateli maboko (29 CFR 1910.138)
- Bloodborne Pathogens (29 CFR 1910.1030)
- Bosololi (29 CFR 1910.1200)
- Kobatela mikanda(29 CFR part 1904)

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Esika Ba Riske – Ezali Mingi

- Basali na ba hopital (Ndakisa: monganga, ba tiubi ntonga, ba nganga ya mino, ba paramedics, EMTs) baye bazosala na botimboli mabele (Ndakisa., mpasi ya ko pema, kosukosu, kosukosu ya makasi (bronchites) CPR,na misusu) oyo yebani to akoki kozala na COVID-19.
- Minganga to pe ba meki bokono bae bazo yamba ba bell nto pe elembo ya bokono ya ba beli COVID-19 boyebani.
- Basali na ndako ya bibembe to pe baye ba pasolaka nzoto ya bawe ba ye ba zwami ba bokono COVID-19 na ntango ya liwa .

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Esika Ba Riske – Ezali Mingi

- Biloko oyo esengeli ezala na lopitalo (Ndakisa: Monganga, ba tiubi Ntonga(infirmier), mpe biloko misusu oyo esegeli ko zala na ndako ya ba beli) oyo etiami na bato oyo bazali to ba koki kozala na COVID-19
- Lolenge ya ko mama minganga (Ndakisa., ambulance) ekoki ko mama moto oyo aza to akoki kozala na COVID-19 na motuka ya ko kangama.
- Bato oyo bakoki ko bongisa moto oyo akufina bokono oyo ya COVID-19. na ngonga wana ya Lisa na ye.

Esika Ba Riske – Ezali Mingi Te

- Mosala oyo esengi mingingi (Ndakisa: koleka nga moko) mpe/ nto mpene (na see ya ntaka (metre) 6) bokutani na bato oyo bakoki kozala na bokono ya SARS-CoV-2, kasi nanu ba zwami ye na bokono ya COVID-19.
- Ba ndakisa:
  - Basali oyo basalaka na ba pharmacie to bisika ba tekaka ba kisi.
  - Basali ya ngonga moke neti ba kumbi mituka, nto pe tukutuku
  - Basali na bokumbi na bisika ya kokesana

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Esika Ba Riske – Ezali Moke (Bokebi)

- Mosala oyo esinge te bokutani ya nzoto na bato oyo baza to ba koku kozala na bokono ya SRAS-CoV-2, misusu na molayi ya 6 metre .(baye baza na kosukosu)
- Ba sali ya lolenge oyo ba na bokutani ya Malamu na ba ninga na bango.

BOSENGI OYO ESENGELI KOLANDA MPE KO KENGELA MPO NA KO BATELA MOMBONO TO MISALA NIOSO OYO EZALI YA BAKAMBI YA EKOLO

Mosala nyonso esengeli elanda mibeko ya bobateli nto bokengeli ya mosala to ya mombongo, esengeli ba landela mokomi ya CDC bongo mpe mibeko ya VOSHA

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Bosenga Oyo Esengeli

- Mosali asengeli te apesama nzela ya kosala soki azo Bela nto pe azo lakisa moko ya bilembo ya bokono(ko mpema pasi, fievre,kosukosu,nto mpasi ya ko mpema
- Mosali nioso oyo akutanaki na moninga naye oyo azo Bela bokono COVID-19 esengeli atiama na esika na ye moko mpona mikolo 14

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Bosenga Oyo Esengeli

- Bilembo esengeli etiama na bisika oyo Eko Montana mpo ete moto akota te oyo ezali na bilembo ya bokono
- Soki makoki ezali esengeli komeka basali nyonso ba lekana na examen mpona kotala soki bazali kotali Kotalisa soki baza na bilembo ya bokono te , mpo Koyeba soki moto ata moko ete azali na bokono, mpe komeka nzoto na ye (temperature)

Bosenga Oyo Esengeli

- **Ko tala Temperature**
- *- Temperature nyonso oyo ekokani na 100.4°F/38°C to na likolo ezali fievre, kolandisama na CDC*
- Na ngonga oyo ba thermomettre ezali ko Montana te, na yango Esengeli na lombangu ko luka thermomettre mpona ka meka temperature.

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Bosenga Oyo Esengeli

- Basali nyonso esengeli ba tosa mibeko ya ntaka 6 metre na mosala mpe esengeli ba mikengela na bosimbi elongi na bango

- Bokutani ya basali epesameli nzela te.

Bosenga Oyo Esengeli

- Soki makoki ezali bisika ya bato nyonso,bisika ya ko Pamela nto pe biisika ya kolela esengeli et talema nto ekangema
- Soki lolenge ya mosala ya mosali epesi nzela te na batelami ya bileye na bopete, basali ba bongisa esika oyo Bileyi Eko zala na bo peto mpe bokengeli.

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Bosenga Oyo Esengeli

- Na bikoke ya bisika oyo bato ebele bazali kokutana, basali esengeli batia mindelo na ntaka esengeli bosokoli maboko na bo petoli maboko esengeli etiama na bisika ya ko monana

Bosenga Oyo Esengeli

- Basali esengeli kitisa bokutani na bisika ya bato ebele mpe ko batela ntaka esengeli oyo elobi 6 metre na moto basali esengeli ba tosa mindelo.

Bosenga Oyo Esengeli

- Bo pangusa bisimbeli ya bikuke, ba karte na bino ya ba bank, ba machine ya kotekela , ba kiti na bisika oyo batu basali ko fanda mpona ko zela. Nto pe bisika bato bazali ko simba mingi. Mokolo mobimba.
- Bosokoli maboko esungi nto pe bo petoli na ya ngu esengeli na lombangu etiama na bikuke ya bisika ya bato ebele

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Bosenga oyo esengeli

- Ntango ozali kosala na Kati fongola bikuke mpo na kotika mopepe ko kota, mpe tosa mibeko ya mindelo ya ebele ya bato na kati
- Esengeli te na bato koleka mibale (2) te ko Mata na motuka ntango mokambi motuka azali ko Sala. Mpe esengeli na bango ba lata bizipeli ya elongi.

Bosenga Oyo Esengeli

- Basali esengeli ba lata bizipeli zolo mpe monoko ntango basali na bato ebele. Soki oyoki mposa ya kosala intie okoki kosala yango na masque

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Bosenga Oyo Esengeli

- Bisika nioso ya bato ebele bikoso, bikuke, nto pe bisika nioso oyo batu bakoki ko simba esengeli epangusama ntango nioso na ebandeli, katikati, mpe suka ya mosala nioso. Soki makoki ezali ntango nioso ezali ko Uta na moto moko na misusu.

Bosenga Oyo Esengeli

- Basali esengeli bazala na bo Pete ya ku zwa sabuni pe mayi to bisokoleli maboko na ntango ya mosala, kosokola maboko mingimingi esengeli ezala na bikuke.

Bosenga Oyo Esengeli

- Bateki esengeli ba yebisa ba sombi, mpe bato nioso, kolata bizipeli elongi (masque) na ngonga nioso bazali ko kutana na bato misusu libanda ya ndaku.

- Bakisa lolenge ya komi batela fanda na ndako ,mibatela : https://accd.vermont.gov/news/update-new-work-safe-additions-stay-home-stay-safe-order

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BOKAMBAMI YA BASALI

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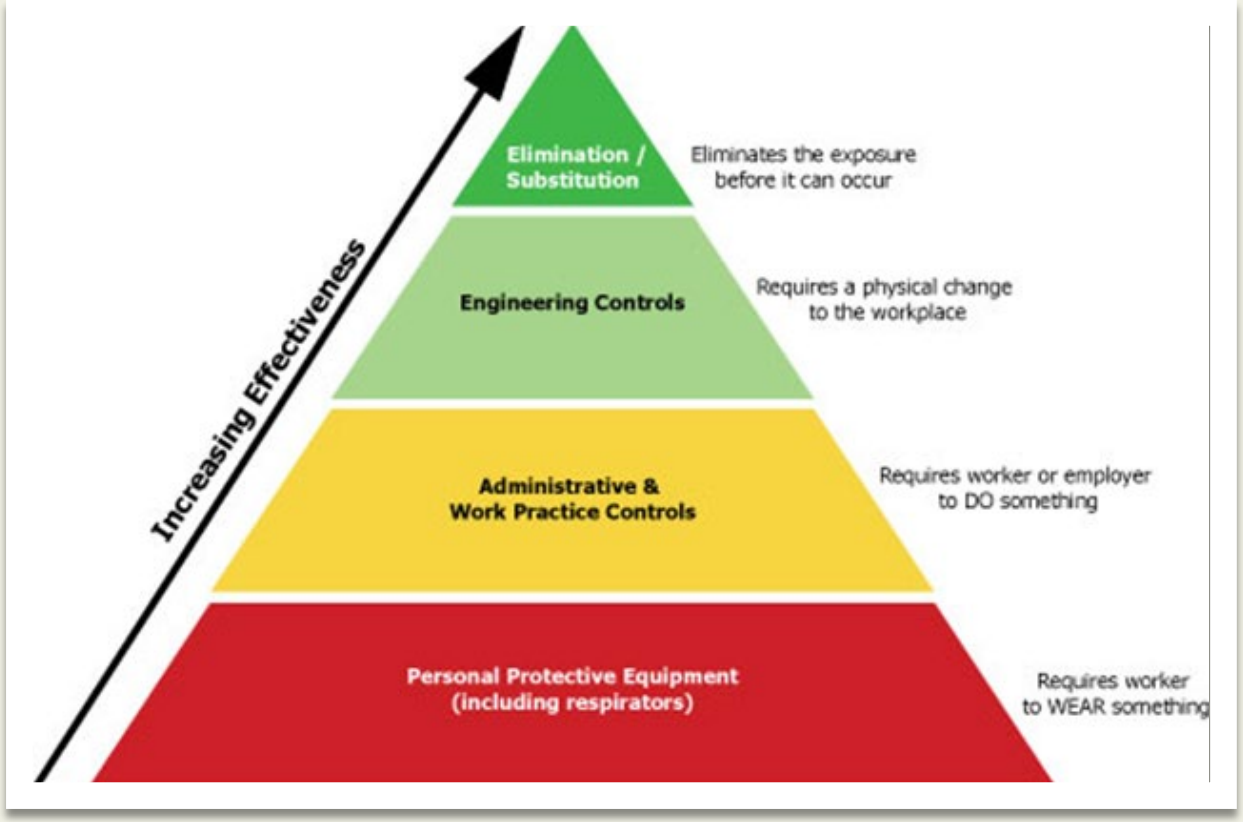
Zala Na Mabongisami

- Banda na ko tanga ba risque na mosala na yo
- Kaka Loyola ba risque nioso bokonzi na yango eza ya motuya



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Bolongoli

- Mosala esengeli etalema soki makoki ya kosala yango na mosika ezali
- Bokutani nto pe malendisi nioso esengeli esalema na nzela ya internet
- Mosala ya basombi mpe bateki esengeli eselama na internet
- Bo kutani nzoto ya basali esengeli elongwa to esika na bisika biso ya mosala
- Mosali esengeli atikala ndako soki azo yoka nzoto naye Malamu te. Mpe **ESENGELI EYEBANA NA BATO NYONSO**
- Soki makoki ezali esengeli Tomeka nzoto ya basali nioso (temperature)

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Mayele Ya Botaleli

- Kotosa mindelo mpona ka ko kebisa bokono;
  - Ndakisa: midelo na bisika ya mosala
  - Ndakisa: koala Intie na bakengeli
- Ko tala soki nzela ezali ya ko bomba mo
- Bininisa to bo petoli mopepe ekoki ko sunga na kokitisa bozui bokono

Bokambi Mpe Botaleli Ya Misala

Botali lelonge yako Kamba mosala ekoki kozala ya motuya ekoki ko batela na COVID-19

- Sosola ebandeli ya bo kengeli:
  - **Molayi ya ntaka:** molayi ya ntaka ezali ntango bato bazali ko batela ntaka
  - **Bolero ya Kipeke:** bosokola maboko mpe bisokoleli maboko esengeli epesama mpe lisusu bosaleli na yango esengeli ebetamela sete
  - **Bolero ya bisika ya mosala:** Basali esengeli bayekola mibeko ya bopeto ntango nioso na bisika oyo bokono ekoki kozwama na bopete na esika ya mosala.
    - Bo pangusa bisimbeli ya bikuke, ba karte na bino ya ba bank, ba machine ya kotekela , ba kiti na bisika oyo batu basali ko fanda mpona ko zela. Nto pe bisika bato bazali ko simba mingi.

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Malendisi Ya Basali

- Malendisi ya basali na bokutani na bokono COVID-19, mpe nini kosala soki akendeki mobembo na bisika bokona bozali.
- Mpona basali oyo baza na risque ya bokutani na bokono (Ndakisa: basali na lopitalo), bo solola:
  - Bisika bokona bozali ko Uta na Makama ekoki komema
  - Ba nzela Malamu ya ko mikengela na bozui bokono na pe bosaleli mpe botosi ya BBB na bisia na biso ya mosala
  - Mibeko misusu esengi malendesi (ndakisa: BBP, BBB)

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Bisaleli Ya Bobateli Basali (BBB)

- Ndimisa ete ozali na bososoli Malamu ya ebengami to te BBB
- Biloko oyo ezali BBB;
  - **Bizipeli maboko** to ba gands ezo batela na bokono ya kokesana lolenge
  - **Bo bateli nzoto :** Ba ndenge ya ko kesana ya bo bateli nzoto, soki okutani na moto oyo aza na bokono ya COVID-19, esengeli Kolata bilamba ya bo bateli nzoto mobimba.
  - **Bibateli Miso Mpe elongi:** bibateli miso esengeli elatema mpona na ko kebisa bokutani ya miso na moto oyo aza na bokono nto akoki kozala Nala bokono Bibateli miso esengeli ebatela mpe ba ngambo. Bibateli elongi esengeli ebatela Malamu mingimingi soki elate mi na bizipeli miso
  - Yeba bokeseni ya bizipeli nto pe ba masque mpe yeba ndenge ya kosalela yango malamu

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BOKAMBAMI YA BASALI

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Yeba Mabongisami

- Mokonzi na yo esengeli azala na mabongisami ya ko batela yo na bokutani na bokono COVID-19 mpe Lokola mosali esengeli otuna mpona bososoli ya mabongisami oyo
- Mabongisami esengeli ezala na biloko oyo mpona ko batela ba Sali na COVID-19:
  - Ko bongisa bisaka ya mosala
  - Ntaka esengeli
  - bopeto
  - Bisaleli ya kobatela basali
  - Bizipelo

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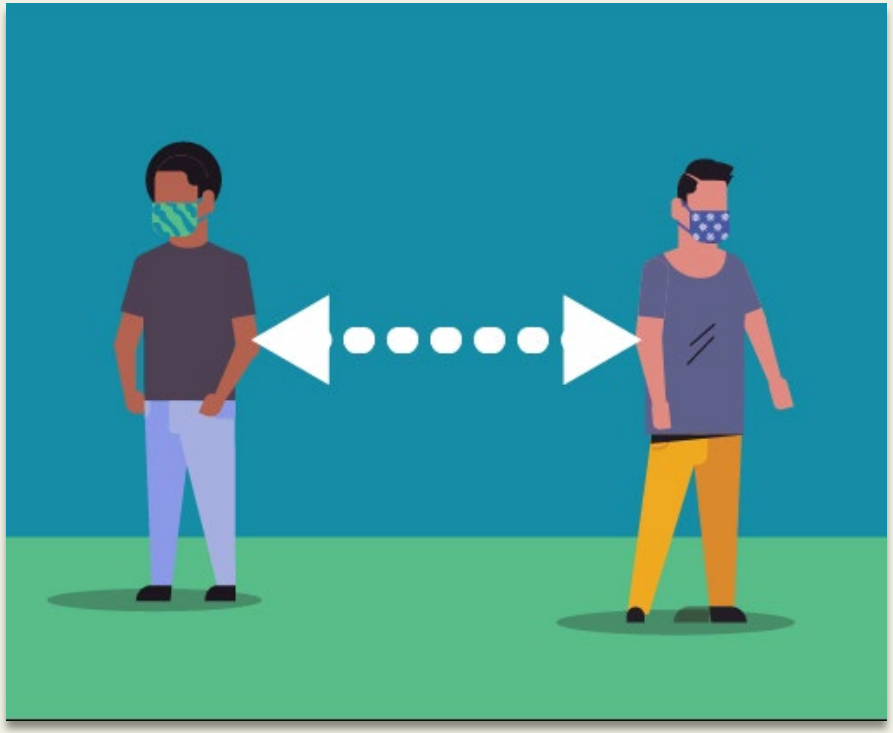
Ntaka Oyo Esengeli

Nkata, ebengami mpe “etando Kati na bato” elingi koloba tika etando kati Kati ya yo na bato libanda ya ndako na yo ,yango ezali nzela ya motuya mpona ko mikengela na bozwi bokono oyo.

- Zala na ntaka 6 metre ya batu misusu.
- Ko fanda na etuluku te.
- Bokutani nioso na se ntaka 6 metre esengeli esalema Nasima ya bolati bizipelo to masque.



Yekola ntaka oyo esengeli CDC

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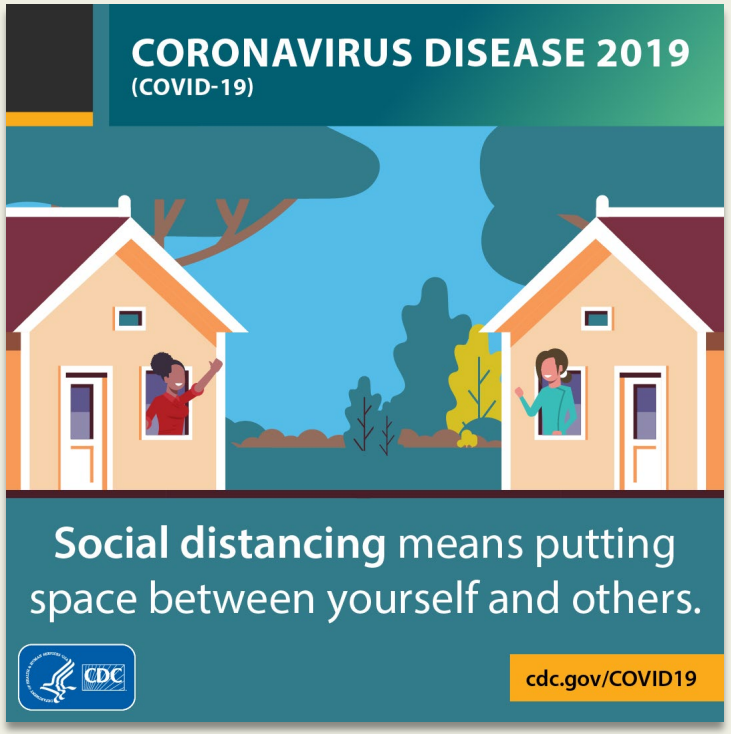
Fanda Na Ndako, Mibatela

- Mosali asengeli te apesama nzela ya kosala soki azo Bela nto pe azo lakisa moko ya bilembo ya bokono(ko mpema pasi, fievre,kosukosu).
- Baye baza na bokono kasi ezolakisama te basengeli te ko ya na mosala
- Mosali nioso oyo akutanaki na moninga naye oyo azo Bela bokono COVID-19 esengeli atiama na esika na ye moko mpona mikolo 14.



Yekola lolenge ya komi batela CDC

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Bo Sokoli Maboko

Kosokola maboko ezali moko ba nzela ya batela libota na yo mpe komi batela.

Na basali nioso, mpo na komibatela na bokutani na bokono:

- Batela maboko na yo mpeto.
- Landela lolenge ya ko kosola mpe ka Sala intie
- Keba na kosimba miso, bolo, na monoko soki nano osokoli maboko te
- Keba bukutani ya nzoto na baye bazo bela.
- Salela ba kisi ya bosokoli maboko so okoki ko salela mayi te to pe sabuni te.

Photo: CDC

Yekola mingi na ntina ya bosokoli maboko na CDC

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Bo Sokoli Maboko

Landa biteni mitano oyo ntango nioso.

- **Bolisa** maboko na yo na mayi oyo ezo sopana ya molunge nto pe ya malili mpe pakola sabuni
- **Sala fulufulu** na maboko na yo nako lekisa loboko Kati ya mosusu Sala mpe fulufulu na sima ya maboko, na katikati ya misapi mpe na see ya ma nzaka.
- **Kwanza** maboko na yo mpona ngonga 20 sekunde a sengi ngonga? Yemba “Mbotama elamu ” ebandeli kino suka mbala mibale
- **Sokola** maboko na yo na mayi ya peto mpe ya ko Solana.
- **Kausa** maboko nayo na elamba ya mpembe, nto pe na mopepe

Photo: CDC

Yeba mingi na ntina na bosokoli maboko CDC

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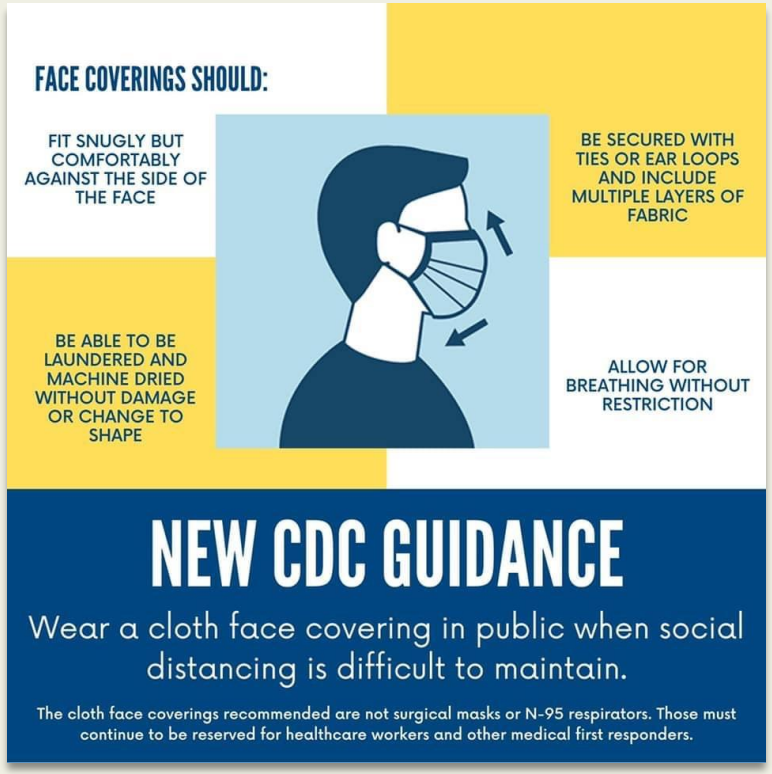
Bipemelo Na Bizipelo Elongi

Bizipeli to masque ezali eloko ya motuya mpona ko milengela na COVID-19. Na ko bakisa na mibeko ya ba kambi ekolo, CDC esengi bolati ya bizipeli elongi na sika bitosi na ntaka ya bobatali ezali mpasi ko toss.

- Basali esengeli ba lata bizipeli zolo mpe monoko ntango basali na bato ebele.
- Soki oyoki mposa ya kosala intie okoki kosala yango na masque
- Ba masque ya minganga esengeli ebatelama mpana basali na lopitalo, yekola kosala masque na yo, fina awa.



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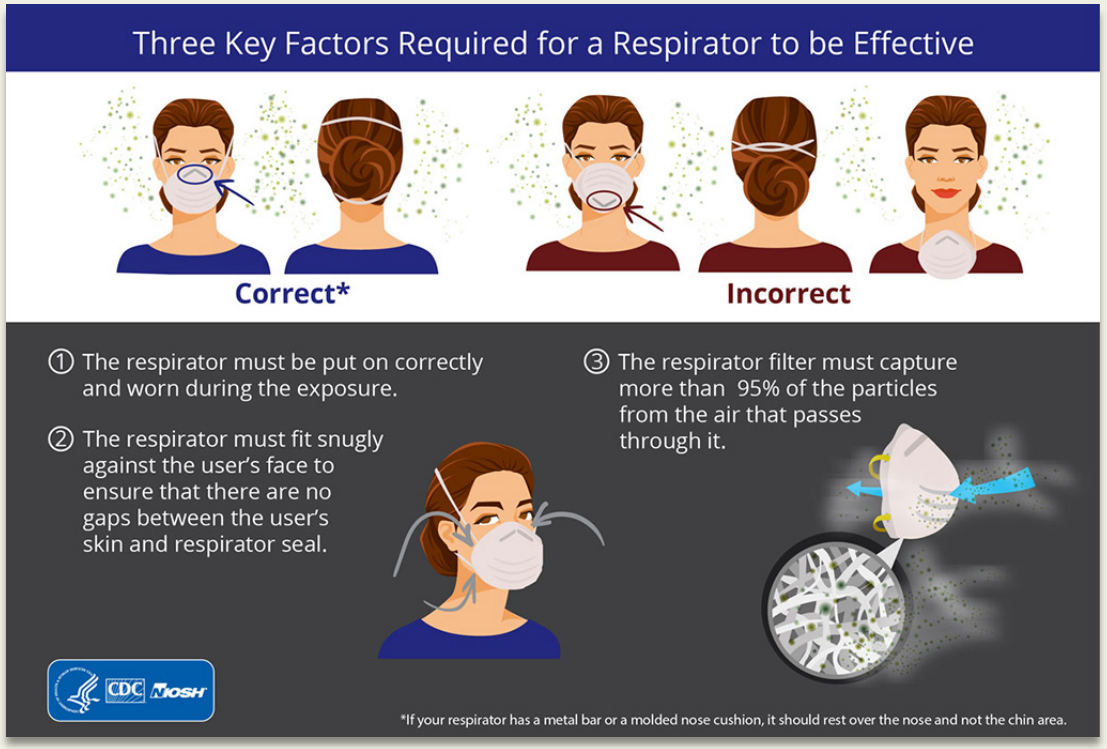
Bipemelo

- Bipemelo bi bongisami mpe bisalemi mpo na ko mi batela.
- Soki bosaleli bizipelo to masque eza na motuya te ko meka ya ngo,*(Kasi esengeli opesa mokanda ya bosengeli)* LIEN
- Soki bipemelo esengami na esika ya mosala, esengeli emekama, mpe mosali aza na mposa ya malendesi ya komibatela ya mozindo
- Esengeli kosalela bipemelo soki etiami nkisi na ntina na minganga na ntongo moto akutani na bonkono ya se na mabele



Nzela ya VOSHA ya bo kambi ya bizipeli/ bipemelo

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Mikanda Misusu Ya Motuya

- OSHA guidance for grocery and retail worker safety: https://labor.vermont.gov/document/osha-protecting-grocery-store-workers-covid-19
- OSHA guidance for construction worker safety: https://labor.vermont.gov/document/osha-protection-construction-workforce-during-covid-19
- OSHA guidance package delivery worker safety: https://labor.vermont.gov/document/osha-covid-19-guidance-package-delivery-workforce
- OSHA guidance for manufacturing worker safety: https://labor.vermont.gov/document/osha-covid-19-guidance-manufacturing-industry-workforce
- Agency of Commerce guidance for stage one going back to work: https://accd.vermont.gov/news/update-new-work-safe-additions-stay-home-stay-safe-order

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Mpona Malendisi Mosusu

- Tala site web ya OSHA na https://www.osha.gov/SLTC/covid-19/
- Tala site web ya CDC COVID-19 na https://www.cdc.gov/coronavirus/2019-ncov/index.html
- Tala Vermont Department of Health at https://www.healthvermont.gov/response/coronavirus-covid-19
- Tala Agency of Commerce and Community Development at https://accd.vermont.gov/covid-19
- Landa OSHA na ba reseau sociaux
  - Twitter: @OSHA_DOL
  - Facebook: Landela Department ya Labor

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SERTIFICATE YA BOSILISI

**Na bokomi ya mokanda oyo, otalisi ete osilisi malendisi oyo mpe ososoli Mateya na yango.*

Koma na sertificate bisika esengeli ko koma mpe pesa mokonzi na yo moko mpe batela moko

*tala mokanda oyo elandi mpo na keyeba lolenge ya ko zwa sertificate na yo *

Mpona kozua sertificate na yo ya malendisi oyo , kende na:
https://labor.vermont.gov/document/covid-19-training-certificate

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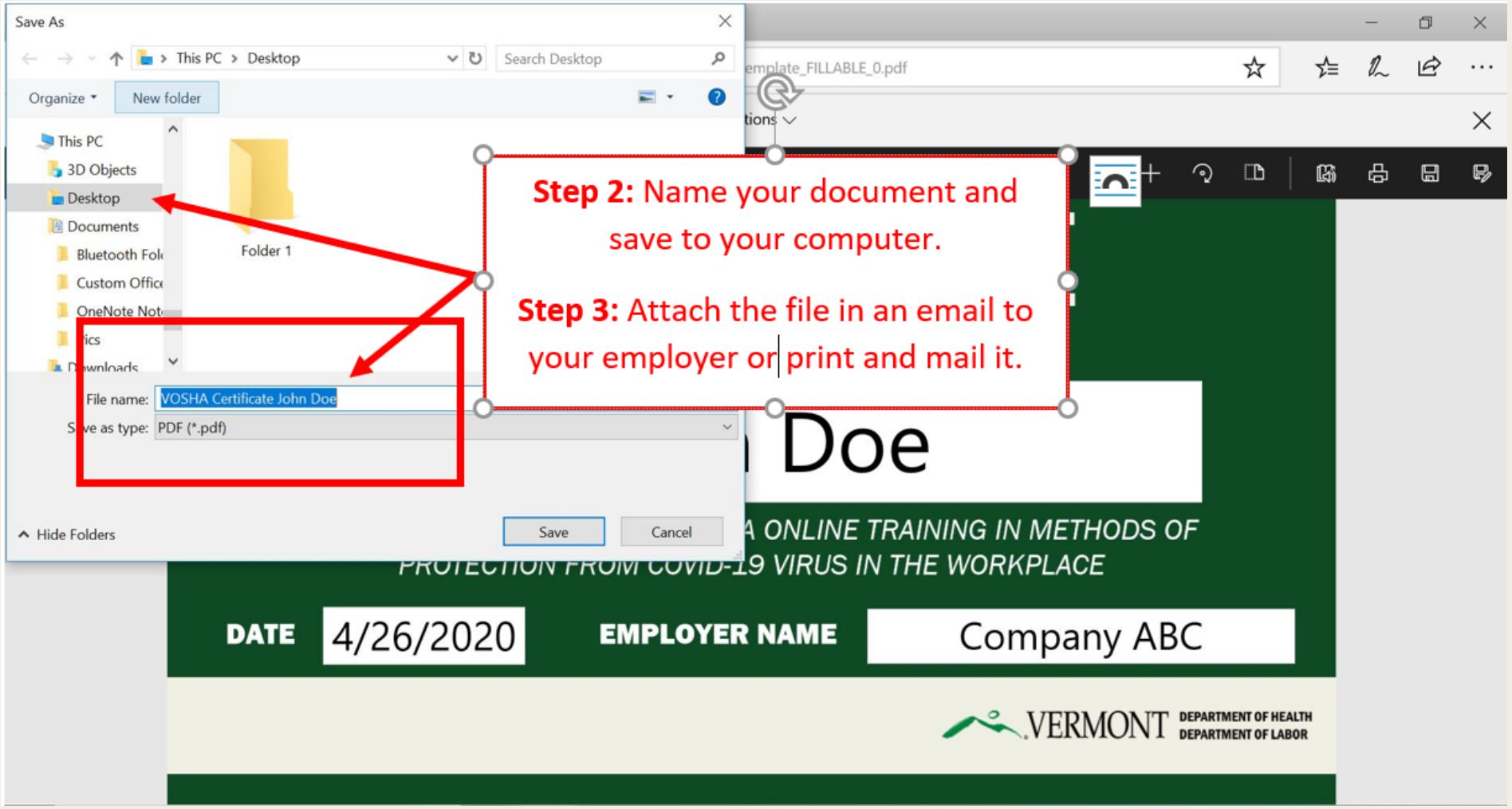

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