

What you need to know about flu, flu vaccine, and the Coronavirus outbreak

Nini unahitaji kujua kuhusu homa, chanjo ya mafua, na mlipuko wa Guantanamo



Photo courtesy of CDC Picha kwa hisani ya CDC

Are you worrying about getting sick? Find information in many languages about flu season and flu vaccine in the USA. Learn what you need to know about Coronavirus.

It is flu season in the USA.

Last year, many people got sick with flu, and some died. So what are the symptoms and what can you do to protect yourself from getting sick? Here is some information about the flu and flu vaccine from the US Centers for Disease Prevention.

What is the flu?

The flu is an illness caused by flu viruses. The flu may make people cough and have a sore throat and fever. They may also have a runny or stuffy nose, feel tired, have body aches, or show other

Una wasiwasi kuhusu kupata wagonjwa? Tafuta habari katika lugha nyingi kuhusu msimu wa mafua na chanjo ya mafua nchini Marekani. Jifunze unachohitaji kujua kuhusu Guantanamo.

Ni msimu wa homa nchini Marekani.

Mwaka jana, watu wengi walikuwa wagonjwa na homa, na wengine wakafa. Kwa hiyo ni dalili na nini unaweza kujikinga na kupata wagonjwa? Hapa ni baadhi ya habari kuhusu mafua na chanjo ya mafua kutoka kwa vituo vya Marekani kwa ajili ya kuzuia magonjwa.

Je, mafua ni nini?

Mafua ni ugonjwa unaosababishwa na virusi vya homa. Mafua yanaweza kuwafanya watu kikohozi na kuwa na koo kali na homa. Wanaweza pia kuwa na

signs they are not well. The flu happens every year and is more common in the fall and winter in the U.S. People of all ages can get the flu, from babies and young adults, to the elderly.

What can I do to protect myself from getting sick?

pua ya mafua au limeziba, kujisikia nimechoka, kuwa na kuumwa na mwili, au kuonyesha ishara nyingine wao si vizuri. Homa hutokea kila mwaka na ni zaidi ya kawaida katika kuanguka na majira ya baridi katika U. Watu wa umri wote wanaweza kupata homa ya, kutoka kwa watoto wazima na vijana, kwa wazee.

Ninaweza kufanya nini ili kujilinda na kupata wagonjwa?



Vaccination



Stay away from people who are sick.



Wash your hands often with soap and warm water. If soap and water are not available, use an alcohol-based hand rub.



Use medication the way your doctor recommends it.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

2

Where can I get a flu vaccine shot?

Many clinics, community centers and public health departments give free flu vaccine shots. Flu vaccine is also free if you have health insurance. [Find where to get the flu shot near you.](#)

How do I know I have flu?

Ninaweza kupata wapi chanjo ya homa ya mafua?

Kliniki nyingi, vituo vya jamii na Idara za afya za umma hutoa shots bure ya chanjo ya homa. Chanjo ya mafua pia ni bure ikiwa una bima ya afya. [Kupata wapi ya kupata homa ya risasi karibu na wewe.](#)

Jinsi gani mimi kujua nina homa?

Signs of the flu can include:



Fever



Cough



Sore throat



Runny or stuffy nose



Feeling weak or more tired than usual



Headache



Chills



Body aches

Two less common signs of the flu include:



Vomiting



Diarrhea

Not everyone who is sick with flu will have all the signs of the flu at the same time. Some people with the flu don't have a fever. Most people who get the flu get better without seeing a doctor or taking medicine.

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3

What do I need to know about Coronavirus?

2019 Novel Coronavirus (COVID-19 for short) is a virus (bug) that is causing a serious breathing illness. It started in Wuhan, China. The disease has spread, and it has been declared a world health emergency.

Ninahitaji kujua nini kuhusu Guantnamo?

2019 Riwaya Guantnamo (Tamaa-19 kwa kifupi) ni virusi (Bug) hiyo inasababisha maradhi makubwa ya kupumua. Ilianza katika Wuhan, China. Ugonjwa huu umeenea, na imekuwa alitangaza dharura ya afya duniani.

The USA is advising people not to travel to China. For now, people cannot [come into the United States from China](#) unless they are citizens or permanent residents. People who do come in from China will have to be tested and stay away from other people.

Am I in danger from COVID-19?

COVID-19 has spread to other countries, but the chance of catching the disease in the USA is small.

How can I protect myself?

The CDC says: There is currently no vaccine to prevent COVID-19 infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- Wash your hands often with soap and water for at least 20 seconds. Use a hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

My store has sold out of face masks and respirators. Do I need a face mask?

You do not need to buy face masks. You do not need to wear a face mask unless you are sick or you are a health worker helping people who are sick. A face mask will stop you from spreading your germs, but it will not stop you from getting COVID-19. Also there will be no masks and respirators for doctors and nurses if people buy them all and keep them at home.

Marekani ni kuwashauri watu wa kusafiri kwenda China. Kwa sasa, watu hawawezi [kuja katika Marekani kutoka China](#) isipokuwa tu raia au wakazi wa kudumu. Watu wanaokuja kutoka China watajaribiwa na kukaa mbali na watu wengine.

Mimi ni katika hatari ya kuwa na kitambulisho-19?

Tamaa-19 imeenea kwa nchi nyingine, lakini nafasi ya kuambukizwa ugonjwa katika Marekani ni ndogo.

Jinsi gani naweza kujilinda?

CDC anasema: Kwa sasa hakuna chanjo ya kuzuia kitambulisho cha tamaa-19 maambukizi. Njia bora ya kuzuia maambukizi ni kuepuka kuwa wazi kwa virusi hivi. Hata hivyo, kama ukumbusho, CDC daima inapendekeza hatua za kuzuia kila siku kusaidia kuzuia kuenea kwa virusi vya kupumua, ikiwa ni pamoja na:

- Nawa mikono yako mara nyingi kwa sabuni na maji kwa angalau 20 Sekunde. Matumizi sanitizer mkono ambayo ina angalau 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.