



# Al Ntí Ta' Jaka Tz'ok Yabíl Tij

**Jaj tx'uj yab'il ntí ta'jaka tz'e'l leq'aq'en.** Qa tájwe jun aq'untl ilx tij tun tb'ánt chún ti tún t-te'b'a tún chklet aq'nal.

At junik qa xjal ntíx ta'jaka tz'ok txu'j yab'il chíj.



**Ja qa ním chab'q'iyil**



**Yab'il tzí chtxúk**



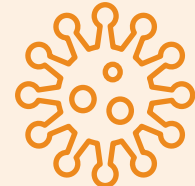
**Jaj k'olin tij jal, chúw yab'il tún tb'ant**



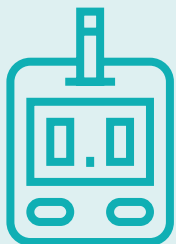
**Yab'il tíj chxew**



**Yab'il tzí chtxúk**



**No'q alx jaka tzo'k txúj yab'il tíj Jaka tz'e'l leq'aq'en yab'il ix nti b'antúna.** Túntzin ilx tij tún q'a'nan junx tún qten túj txub'txáj.



**Chí túj chxumlal**



**Yab'il tuj ib'ulx'l**



## Aq'nab'il te ché aq'nal

**A't pwa'q ja ti'l te ché xjal aq'nal tjá k'úl ixqa a't tx'új yab'il chí'j i'xqa nchokx limet tu'ja tún tn'ik' yab'il**

Jyonxa onb'il ix tokxa túj: <https://workerrelief.org/find-a-navigator/>

## Új tajlal ij txú'j yab'il k'ub'il tb'aj ix tuj tk'ub' tij yab'il

- Tyol am ix te mesh: <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

## Új tún tz'ok yab'il chún aq'nal túj q'anb'il te oregon

- Tyol am: <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/ls2681.pdf>
- Tyol mesh: <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2681.pdf>

## Új tij chxol xjal (Chún aq'nal tij q'anb'ij te Oregon)

- Tyol am: <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/ls2268.pdf>
- Tyol mesh: <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2268.pdf>

## Txq'al tumla

- Tyol am: <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/ls2349E.pdf>
- Tyol mesh: <https://sharesystems.dhsoha.state.or.us/DHSForms/Served/le2349E.pdf>