



Tz'ona tún mín tz'ok ti Yab'il

Niminxa qa yol jtú tún min tz'el jeq'a q'en tz'uj y'ab'il.

Ok tb'ant chaqitx túna ktela túj txúb'txaj.



Tenkja na'chaq

Tenka jun qa'q xk'achúb' chij xqa'n xjal.

- Túj aq'unl
- Ta' chja aq'nal
- Ok áta txlaj jatúm
- Ok no'k wa'n ix ojla'n.
- no'k aq'unl



Kolna tij ix chíj txqa'n te' yab'il

- Múb'ix tzi'ya ok tzaj tqu'la tún xb'alin ixqa tún tq'a'b'a. Txúk tx'jom tq'a'b'a.
- Q'onk mub'il t tzi'ya qa tókxa tuja ixqa to'kxa chwi'tz txk'an xjal, ix i'lx tij tu'n t ten qáq txk'á chu'b' txo'la. Jaka a't yab'il ix ntí b'antu'na, túntzi q'onk mub'il tzi'ya. Jyonxa tqál tumil tuj: healthoregon.org/masks.
- Q'a naj b'lan q'anb'il kúl itx tij tún téyx tún tkolna ti twitza. B'an tún min tz'ajb'lán kab'ko túna.
- Tx'joma ix tzqisanke qa txb'alna ok tb'aj aq'nana chaqilx q'ij. Jaka tz'ok lak'e' yab'il tij xb'alin.



Tx'jom tq'a'b'a

- Tz'ajb'a'n sa'q a' túna.
- Ix tij tún t-te'n tq'a'b'a túj a' ok nawta'q baj tplutin tx'job'il tij.
- Tzqijisam tq'ab'a ix tjumimela sqijsab'il te.
- Tx'jom tq'a'b'a:
 - Ok taq' waal
 - Ok tb'aj tz'álna
 - Ok ttzaa'j tqúla.
- Ix jaka tz'ajb'lán tu'na xjob'il ti q'ab'j at ín tk'ail a' túj.
- Tx'jom tq'a'b'a jatúm átqa txjo'b'il q'a'bj.



Aq' na'b'l te che' aqnal

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

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

Új te tajlal tij tx'új yab'il (ja te tún tkúb' chíj yab'il)

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

Új tún mín tz'ok yab'il (chún aq'nal tij 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'a'nb'ilte 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>

Xq'al aq'nab'l

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