

Jtb'i tganil Vi tej Kawb'al che qaj Tokien tej
Tenb'al te 1964 nok tlam'o' qa chqil qaj tja
q'oltza onb'al tej nq'on pwaq tu'j ajkawai
tejatzana ntzaj chq'o' qaj onb'al kotz te tu'
tokxay ti' jun yol.

Office of Equity & Inclusion



Oregon Health Authority

U'j nok te Tarjeta tej yol nok tachay mo ntajb'e'nay

Nchi yola toj Mam

Waj chitzaj onat toj weya nyol. Waj tu'n
ttzaj q'o' onb'al we tu' jun meltz'ulk'ata yol
sk'o'wa tten nyola toj jweya nyol. Nojsamay,
tz'ib'ak'ax jyol lu choj qaj jatuma nchijax
tz'ib'at juxmaj.

¡Chjontay!

I speak Mam

I need language help. Please give me a qualified or certified interpreter in my spoken language. Please note this language in your permanent records.

Thank you!

Office of
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Health
Oregon
Authority

Title VI of the Civil Rights Act of 1964 requires all federally funded agencies to provide free language access services.