



Tzet Chi Yun Junoj Majtxequel Ta Chi YaBbBi Eyoj

Awej oc wan nabBabBale tiB yin xolilal yet watxß chi oc tucan jun jow yaBjolom chi yij COVID-19.

Ta cha jije masanil wan nabBale tiB cßam bBey oj jaach yaBbBoj eyoj.



Waßne yuunal xolilal

Aoc yin xolilal yetoj ebB anima, tala kBuxan ey ebB chi yaBbBi ey yu jowyaBbBil COVID-19. TzBibBeeyoj:

- BBeytuß cawiloj yapni junoj maj chi yoche scolwal junoj anwam
- Tzet wal yeoc junun anima cßal tzet ambBal chi aßle tet junun
- Caw sowalil chi tzBibBele can snumero teléfono
- Tzet chi yun yil-le junoj maj yaßey, tol naat chi ißle el xol wanojxa tol wtxß scßul. Chi seyle junoj na tol naat yeeloy bBey chi weyi, bBey chi swaßne slobBe, wey chi lowi cßal yet chi skßanon txulbBal.



Tzet yili ma jantaj scßul

- **Tzet chi yun xeclo eloj cßal tzet chi utele junoj yu COVID-19:**
 - KBajachnukß
 - Cßamxa yip kion ku kaßeß
 - Chi tit kaß yetoj siic yin cu mimnail
 - Chi chißwa yul-laj ku bßajil
 - Chi a syaßil yul ku nukß
 - Cßamxa chi kabß sjabß cßal õißal tzet chi ku loß
- **Seyecß junoj bBey chi antelei anima ta tol yaß yet cha wion ja kaßeß ma caw jow yaßon ja win cha wabßeß.**
- **Ta jaachtiß ma junoj ebß kaan ja wetoj yul ja na, tol chi nacha el ja wu tol jaß jun jowyaBjolom COVID-19 tuß eyxa oc ja win:**
 - Kanan bBey ja na catuß cha walon tet jun bBey chach mulna tuß.
 - Ta chach yaßbBiey yin ja mulnail, kBantoj ja bßa bBey ja na.
 - Seyecß scolwal junoj antem anima.
 - Ta ey junoj na aßbBil eyaach yu jun bBey chach mulna tuß, al tet tol yaß jaach ey, cha walon tet tol naat chach el skßatan yin eymanil. Ta cßam chi skeß ja walon tet jun bBey chach mulna tuß, al tet junoj ja wet mulnawomal yet chi too yalon yin eymanil.
- **Ta yaß jaach ey cha wabße, jitzel ja bßa scßatan wanojxa anima man yaßoj ey.**
- **Majche ey ja tiß yet chach ejßjombBi cßal yet chach jatiöli.**
- **Sowalil tol wajebß pie cha wute ja xol yetoj wanojxa anima. (1 metro 83 ctm).**
- **Ta watxß ja cßul jaachtiß, ta ey pax junoj ja wican chi xßoxa sbßa COVID-19 yin, jun tzet sowalil cha wunne:**
 - Al tet jun bBey chach mulna tuß
 - Sowalil wajebß pie cha wute ja xol yetoj jun maj yaßey tuß
 - Colwaan yetoj jun majtxequel yaßey tuß, tol chi ißle-le el bBey jun na bBey eyecß tuß
 - Chi txßaalei cßal yantelei yulna tuß junun cßu
 - Caw watxß chi yun ja txßaon el ja kBabß
 - Ta chi skeß watxßcßal ja weecß bBey ja na.
- **Jaxa yet chach too mulnail yet watxß xa ja cßul tuß, jaß jun bBey chach mulna tuß sowalil chi yotajne eloj ta tol yel watxß xa ja cßul tuß:**
 - Ta cßamxa chi tit kßaß ja win yin oxeßboj cßual yin tol cßamxa junoj ambBal cha wukß yet chi eytej kßaß ja win
 - Ta cßamxa bBey chi xßoxtej sbßa jun COVID-19 ja win, (jaxca tol cßamxa kBajach nukß catuß watxßxa ja wißon ja kßaebß cha wabßeß)
 - Jujebß ojabßxa cßual sbßejon xßoxon sbßa jun COVID-19 tuß win.

[Chi cu ecßtoj yul junxa página ►](#)



EbB Mulnawom Eyoctoj Xool Mulnail- Tzet سواليل chi skBe yotajne el ebB yibBantoj jun jow yaBbBil chi yij COVID-19

► Chi cu ecBtoej yul jun página jix ecBeltoej

Jantaj bBey chi antelei anima

SnabBal ebB antem anima bBey Oregon (OHP, yin jayebB letra yin ingles), EbB txBoj sconobB ey cBal yalon yet ebB yanetelei (CAWEM, yin jayebB letra yin ingles), ey yalon yet ebB yoctoej bBey hospital ta eyoc COVID-19 yin.

- JaB jun snabBal ebB antem anima bBey Oregon tol masanil anima chi il-letoj jatacBalaB bBey chi skeB yilontoj.
- CAWEM tol chi apni oc yin eymanil yu yanten anima, chi seyon yilaB cBal yaBon ambBal yu jun yaBbBil COVID-19. Yet cBal masanil anima ta ey stumin ma cBam stumin. Man oj kBanle el eyaach tzet wal conobBal jaach ma tzet snumeroal ja seguro yet ambBal sataj yaaw.
- Ta ey wal junojxa nabBabBale ma tzet wal chi yun ja wilon OHP ma CAMEW, chi skeB ja colwa yetoj yin junoj nabBale, awan yin 800-699-9075 ma chach octoj bBey <https://one.oregon.gov/>.

BBey chi antele anima cBal bBey snail yet chi il-letoj ebB txBoj sconobB

- Ta jaachtiB tol eyxa oc jun yaBjolom COVID-19 ja win, seyecB junoj anwam yin eyaminl.
- JaB ebB yaaw yibBantoj ebB txBoj conobBal cBam chi skeB smitxBon ey anima ebB ma yaon oc ley ebB jaxca bBey snail bBey chi antele anima jaxca bBey scLinica junoj anwam ma bBey hospital.
- ChabBil ebB txBoj conobBal yutol ey yalon yet yAntele yin eymanil (CAWEM) yutol cBam yalon yet ebB yaaw yibBan ebB cBam yuunal cBal yibBan ebB ey yuunal yul Estados Unidos xolilal yeoc yopiso junun: <https://go.aws/2ZKK0bA>.

Chi aBle mitxBkxBabBe cBal yuunal tet ebB mulnawom

Ey tumin tBinan yei tol chi akle tet ebB mulnawom yeocoj ta tol chi oc tucan ebB yin smulnail tac hi yaBbBiey yun yaBjolom COVID -19 ma chi majchele oc tican jayebBoj cBual

Chi skeB cha seyecB colwal yin internet yin junoj chBen mitxBkxBabBe yin wan letra tiB: <https://workerrelief.org/find-a-navigator/>

Yuunal yibBantoj jun yaBjolom coronavirus (chi oc xolilal tzet chi yun yil-letoj yet watxB cBam chi pujtoj jun yabBil tiB cu xol)

- Yin castilla cBal yin Inglés: <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

Chi waBxi yuunal yibBantoj cu teynen cu bBa (EbB syaawil yeoc yin styenele skBinal anima bBey Oregon)

- Yin castilla: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2681.pdf>
- Yin inglés: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2681.pdf>

Chi waBxi yuunal jantaj wal chi kute cu xol ma bBey junoj yambBabBail (EbB syaawil yeoc yin styenele skBinal anima bBey Oregon)

- Yin castilla: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2268.pdf>
- Yin Inglés: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2268.pdf>

Wanojxa smitxBkxBabBeal

- Yin castilla: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2349E.pdf>
- Yin Inglés: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2349E.pdf>