



## Chi aße mitxßkßabße cßal yuunal tet ebß mulnawom

### Masanil

- Yuunal bßey chi yalaß yibßantoj jun yaßjolom tolto chi sjobða sbða coronavirus (yu ebß yaaw yeoc yibßan anwam bßey Oregon)
  - Yin castilla: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/LS2356.pdf>
  - Yin inglés: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/LE2356.pdf>
- Vídeo chi alon yibßantoj COVID-19 yin ecßal tißeal:  
<https://www.youtube.com/channel/UCr8wTakqXY4rGUkChFJFlxw/videos>
- Ey video, chi txßoxle bßey chi oc camich yu COVID-19 (ebß yaaw yeoc yibßan anwam bßey Oregon)
  - Yin castilla: Bßey chi oc camich yin eymanil yu COVID-19 <https://youtu.be/FtcWoYEVilk>
- Yuunal yibßantoj jun yaßjolom coronavirus (chi oc xolilal tzet chi yun yil-letoj yet watxß cßam chi pujtoj jun yabßil tiß cu xol)
  - Castilla cßal inglés: <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>
- Chi al-le el jun kßane tiß yibßantoj COVID-19 yin ecßal tißeal.
  - Yin castilla: Yuunal chi aßon kotajne eloj yu jun bßulan ebß eyoc yu yanten anima: <https://www.paho.org/es>
  - Yin Mixteco: Chi waßxi svideoal yet chi yilon masanil anima yu ebß antem anima bßey yul yet Monterey: <https://youtu.be/s2yw9FOYXH0>
  - Yin Akateko: Chi al-letoj jun kßane yu naj syaawil conobß xeqßaß tzet chi yun cu colon cu bßa tet COVID-19.
  - Yin Mam:  
Chi al-letoj jun kßane yu naj syaawil conobß xeqßaß tzet chi yun cu colon cu bßa tet COVID-19:  
<https://m.youtube.com/watch?v=G5jVv301sQ0>  
Svideoal chi alontej yibßan COVID-19: <https://m.youtube.com/watch?v=G5jVv301sQ0>
  - Yin Triqui: Chi waßxi svideoal yet chi yilon masanil anima yu ebß antem anima bßey yul yet Monterey:  
<https://youtu.be/l4dAdfkrS8w>
  - Yin Zapoteco: Yilomaltoj ambßal bßey Oaxaca, México. Svideoal chi alontej yibßan jun yabßil COVID-19:  
<https://www.youtube.com/watch?v=KN7LVJWQbfQ>
  - Yin Purepecha: Naj yaaw yeoc bßey Michoacán, México. Svideoal chi alon yibßan jun yabßil COVID-19:  
<https://youtu.be/LplfWtlGL58>

### Colwaan ocoj yet chi oc tucan jun yaßjolom tiß

- Svideoal, Tzet chi yun cu teynen cu bßa tetCOVID-19 ( Yu ebß yaaw yeoc yibßan anwam bßey Oregon)
  - Yin castilla: Como protegernos del COVID-19 <https://youtu.be/WMrnn54skQI>



## EbB Mulnawom Eyoctojo Xool Mulnail- Tzet sowalil chi skBe yotajne el ebB yibBantoj jun jow yaBbBil chi yij COVID-19

### ► Chi ðael yich jun pagina jix ecBtoj

- **Yuunal chi alon jantaj chi kute cu xol yet chi cu ecB xol anima** (chi yal ebB syaawil anwam bBey Oregon)
  - **Yin castilla:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/Is2268.pdf>
  - **Yin inglés:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2268.pdf>
- **Yuunal yet chi cu teynen cu bBa** (Yu ebB syaawil yilontoj yibBan ebB anwam 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, bBey chi yalaB tol cBam cha waoc ja kBabB yinlaj ja sat** (Chi yal ebB syaawil anwam bBey Oregon)
  - **Yin castilla:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/Is2257.pdf>
  - **Yin inglés:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2257.pdf>
- **Svideaol, Tzet chi yun cu waBnen junoj kBabB yin smajil tiBe** (Bbey snail yet chi seyle il cu mimnail yet watxB chi oc tucan junoj syaBilal yin cu mimanil)
  - **Yin inglés:** <https://youtu.be/tPx1yqvJgf4>
- **Wan yuunal chi txBxon tzet chi yun ku txBaon el ku kBabB** (Bbey snail yet chi seyle il cu mimnail yet watxB chi oc tucan syaBilal yin cu mimanil)
  - **Yin ingles:** <https://www.cdc.gov/handwashing/materials.html>

### Tzet cha wunne ta chach yaBbBi eyoj

- **COVID-19 Yuunal cBal spajtzeBbal chi aBle yin eymanil tet ebB txBoj conoBbal cBal ebB xiwnajtej bBey sconobB** (Chi yaB ebB syaawil anwam bBey Oregon)
  - **Yin castilla:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/Is2292.pdf>
  - **Yin inglés:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2292.pdf>
- **JaB xolilal smulnail ebB anwam bBey Oregon cBal pax tzet yeoc ebB anwam yet CAWEM:** EbB a conoB Oregon ey yalon yet ebB yantelei jaxca yeoc xolilal yu ebB anwam bBey Oregon (Oregon Health Plan (OHP, chi yal jayebB letra yin inglés). JaB CAWEM chi too yante anima yin eymanil, yutol caw bBejan scBul scolwai yalcBal tzet conoBbal jaach
  - OHP: <https://www.oregon.gov/oha/HSD/OHP/Pages/Apply.aspx>
  - Chi skeB ja kBanon colwal yin línea internet yet OHP: <https://one.oregon.gov/>
  - Chi skeB pax ja waBnen oc OHP yin telefono: 800-699-9075
  - Ta cha woche cha waBne yuunal tzet cha kBanaB jaton titiB: <https://healthcare.oregon.gov/Pages/find-help.aspx>
- **Ta cha seyecB scolwal junoj anwam:** Ta cha woche bBeytuB chi ilchaoc junoj anwam ma junojxa tzet cha woche, watxB cha kBanle tet syaawil anwam yul ja conoBbal ma bBey ja kBultabBal.
  - Chi skeB ja seyon slitail ebB syaawil anwam bBey kaan jaach yetoj snumeroal stelefono ebB yin internet yet ebB yaaw yeoc yibBantoj ambBal bBey Oregon: (<https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/LOCALHEALTHDEPARTMENTRESOURCES/Pages/lhd.aspx>).

Chi cu ectoj yul junxa página ►



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

► Chi ðael yich jun pagina jix ecBtoj

### Ey ja walon jawet ja weecB bBey chi oc mulnail tol saj yili

- **Snail mulnail cBal yet mimej fabrica bBey Oregon (Oregon Bureau of Labor and Industry (BOLI, yin jayebB letrail yin inglés)):** Txequel ja weoc sattaj yaaw yetoj ja mulnail yuxan man comonoj chach etexi ta chach etnele yu naj yilomal mulnail tuB, chi skeB chach awi tet ebB yaaw yeoc yibBantoj bBey ey kalon ket. BOLI.
  - **Yin ingles:** 971-673-0764
  - **Yin castilla:** 971-673-2818
- **Jun stujanil yeoc yilon bBey chi antele anima bBey Oregon (Oregon Occupational Safety and Health Division (OSHA, yin jayebB letra yin igles):** EbB mulnawom chi skeB yalon ebB ta jaB junoj ebB yilomal mulnail cBam chi sjiije yaon oc yin xolilal jaxca tzet chi yun yal-le tet yibBantoj jun yabBil COVID-19
  - **Yin ingles:** 800-922-2689
  - **Awan yin telefono:** 800-843-8086
  - Yuunal yet cha tzBibBetoj junoj queja: <https://www4.cbs.state.or.us/exs/osha/hazrep/>
- **EbB syaawil yeoc xol ebB mulnawon bBey Oregon:** EbB yaaw yeoc yilontoj masanil bBey eyoc jantaj ebB chi mulna bBey junun tujan mulnail, chi skeB ja walon tet ta ey bBey chach etexi ma yetoj junojxa ja wet mulnawomal.
  - Fernando Gutierrez: 971-701-0883
- **EbB yilomal txequel yeoc sattaj yaaw bBey Oregon (Legal Aid Services of Oregon (LASO, yin jayebB kBaneal yin inglés)** chi colwa oc yetoj ebB mulnawom bBey masanil yul yet Oregon, yin na, yetoj bBey chi yalaB tol ey yalon yet catuB txequel yeoc sattaj ley.
  - Ta cha woche scolwal junojxa, awan tet ebB ey yalon yet yilontoj bBey chi oc mulnail: yin numero 800-662-6096.
- **JaB ebB otajnen sleyal bBey Oregon (The Oregon Law Center (OLC, yin jayebB letrail yin inglés))** chi colwa oc yin ebB mulnawom tol ey yuunal cBal ebB yin stiempoalne eyecB mulnail cBal yin yuninal ebB. Awan tet ebB ta tol ey bBey chach etexi, chi skeB cha wal tet ebB yu tzet chach utelei. JaB ebB tuB chi skeB yalon castilla ebB cBal pax yin cu tiB.
  - Yoficinail Woodburn Farmworker: 503-981-0336 o al 800-973-9003.
- **CBal yin ebB kBupomteB cBal ebB kBuom txBotx tol junne ey bBey yetcBulal bBey chi aol cBu (PCUN)** ebB chi colwaoc yin ebB mulnawom bBey Oregon yetoj cBal yuninal ebB mulnawom.
  - 503-982-0243