



¿Mak Txel Heb' Chi Eq'ay Ajoq Aman K'uwan?

COVID-19 ha jun yab'ilti' chi uj ko chahon amank'uwan yet kajan hon k'al yet chon mulnaj junej. Heb' ay yet k'al heb' chi ilontoq mimeq na' yet job'al no' yowalil yoqtaq xa heb' tzet chi yun staynelayi skawil sk'ul smulnajwom k'al jan kajan yulaq na' aq'b'il yuj heb' ajmulnajil ti'.

Ay junjun anima puch owxak'al sb'ey yeq'ay ajoq yuj jun ilya' chi yiq sb'i COVID-19.



Heb' icham anima ayxa yab'ilal 65 años



Heb' owxa k'al syab'il yet spulmon



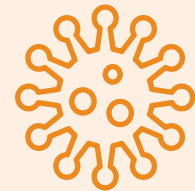
Yilib'al ko mimanil tzet chi yun skolon el sb'a stawen ok yib'an
(jute jaloni, axka yet chi yasjitoq ma axka yihon yip smimanil)



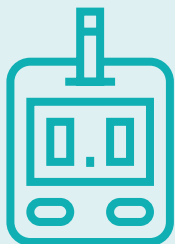
Heb' k'am chi uj yihon skaq'e (asma)



Heb' owxa k'al syab'il yet spulmon



Yal k'al junoq mak tx'el chi uj yeq'ay ajoq yuj COVID-19. A anima chi uj yej yetoq jun ilya ti' k'a k'am chi txekloj aj yetoq' yechel jun yab'il ti'. Yuj tu xin puch wal yowalil tol chon mulnaj yin junej ka k'am ko b'il k'ulal.



Heb' chib'inaq toq schik'il (diabetes)



Heb' k'am chi ejab' ek' schik'il yin watx'il yul stx'anil



Mitx'q'ab'ej yet heb' mulnajwom

Aymi tumin chi alay b'ay heb' Mulnajwom awnom awtz'um tol chi sb'ej smulnaji yuj jun yab'il yet COVID-19 ma tol yowalil chi majaq' aqoq'

Sayil jun navegador yet kultaq' ka cha k'anon skolwal oktoq' b'ay: <https://workerrelief.org/find-a-navigator/>

Un yet tz'ib'wal yib'an Coronavirus (Snahil yet chi ilaytoq k'al tz'et chi yun k'o taynen ko b'a b'ay yab'il)

- Español e inglés: <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>

Un yib'an tzet chi yun ko taynen ko b'a (Yajaw yet majan kawil b'ay Oregon)

- Español: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2681.pdf>
- Inglés: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2681.pdf>

Un yib'an tz'et chi yun jaq'on skawil ko k'ul ma tz'et chi yun jeq'jab'i (Yajaw majan kawil yet Oregon)

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

Janoq tzet b'ay chi uj ha sayoni

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