



# Kolwajwan K'a K'am Chi Sb'isil Jun Yab'il Tol Chon Ya Kamoq'

Jatne jan txolilalti ka maj ach ekay aqoq' yuj COVID-19. Ta chi b'ey yin tx'olilal.



## Najat ha xol

Seis pies najat che yute e xol yetoj eb' anima:

- Yin a mulnajil
- A toj b'ay k'al b'ay chach ejekoq' yin a mulnajil
- B'ay sna' heb' mulnajwom
- Yet oq' ach lowoq' kal ye chach xewi.



## Tayne a b'a k'al janxha het animail b'ay jun yab'ilti

- Cha maqche el a ti yet chach q'ajashlukni y atishili yetoq' junoq k'apej un ma yetoq a k'ab'. Tx'aj a k'ab' amankun.
- Q'an smaq'cheb'al a ti' kaxkal mi tol achach ek' b'ay junoq' maq'anil tol maqcheb'il, x'ol mimantaq' anima ma b'ay ay kahe' saq' ta tol k'am chi uj jun 6 pies a x'ol yetoq janxa heb' anima. Chi uj tol ya ach ay tax'am k'am cha tx'oxeloq ma k'am chi hab' syel, yuj tu q'an a majcheb'al ti'. Sayek' jab'oqxa ab'ix yiban b'ay: [healthoregon.org/masks](http://healthoregon.org/masks).
- Ta cha kan amb'al chi ahon k'am no' ma akum chi q'anchaj majcheb'al ti yet il jun a majcheb'al ti ka cha kanon jun yet amb'al tu. Man yowalil cha k'an sk'ab'il.
- Tx'aja k'a cha hon taq'oq' a pichil yet chach lajwi mulnajil jujun ku'. Jun yab'il ti chi uj yok' yin a pichil ma yin janoq' tx'a tzetaq' yetal.



## Txaj a k'ab'

- K'an a ej' saj k'al x'apon.
- Maslajwoq' 20 segundos yet kamto chak x'aponal.
- Jotaq' a k'ab' k'a cha rinol el tx'an q'apej un.
- Txaj a k'ab':
  - Yet oq' ach lowoq'
  - Yet mayal ach b'et tx'uljoq', k'a
  - Yet mayal ach atixli.
- Yi uj a k'anon amb'al yet k'ab'ej tol ay jab'oq 60-95% alcohol tx'ol.
- K'an jujun rato b'ay chi tx'ajlay k'ab'ej, man asan yet chach xhewi.



## Mitx'q'ab'ej yet heb' mulnajwom

**Ay mi stumin heb' chi mulnaj ok yin awtz'um yet chi sq'ana yuj tol oq' sb'eqkan smulnajil yuj tol ya ay yuj yab'il COVID-19 ma tol yowalil chi smaqqehaj sb'a**

Say junoq' maktx'el b'aytal tol chi uj skolwaj sayoni' ka cha q'anon kolwal 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 and 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>