



Tzet Watx' Cha Jatne Ta Chach Eq'ay Ajoq

Jatne jan ab'ix yet ka chi yetzanb'i saqlemi jun yab'il chi yiq COVID-19. Cha jatne smasanil maj ach eq'ay ajoq.



Kawtxene junog a nab'al yib'an

Kawtxene junog a nab'al yib'an yetoq' anima kajan ta ay mak chi he ay ajoq' yuj COVID-19.

Tzibe:

- Baytal ay junog bay chach ilaytoq
- Txolilal tzet utb'il skawx'i k'al yamb'alil jujun anima
- Sbisbanil chen a txuxub (celular) cha qanbalne yowalil
- Tzet chun a jatneni ta ay junog egom xol eb wax scul. Say junog bay chej txoxj lil chi wayi, sjatnen slobej, ka chitoj txul joq'.



A kawil

- **Yowalil tol ojtaj yiban jun yabil COVID-19:**
 - Kajaxhnuk
 - Chi pax a kahe ma qam chi sje ion a kae
 - Yaxh'chew
 - Sihel a mimanil
 - Sihel yul a nuq
 - Chi qay schial yul ati ma kamxa chi ab sjabil tzetaq yetal
- **Say il junog aj an ta qam chi sje ion a kae ma junog a bilqulal ouxa qal.**
- **Ta ach ma junog eb' et aj nail lanan yabon siel yiban scawil yuj jun yabil COVID-19:**
 - Kanan bay a na ka chalon bay eb chaon a mulnajil.
 - Ta yin a mulnajil, chi tit a yab'il, q'antoga a b'a b'ay a na.
 - Q'alne ab a nabal bay junog aj an.
 - Ta kajan ach bay chach mulnaji al bay cham chaon a mulnajil tol ya ach ay. qan junog bay chach ejeqog a txoqlil. Si ta qam chi se a qanoni bay cham chaon a mulnajil al bay junog et mulnajuom chi yal a yin amanquan a quexeloq.
- **Ta ya hach ay, kanan b'ay junog tenta a tx'ojlil x'ol het animahil tol ma ya oq' hay.**
- **Cha maqche el a ti yet chach q'ajashlukni y atishili.**
- **Seis pies najat che yute e xol yetoj eb' anima.**
- **Ta ach watx a kul y cajan ach ekoj yetoj eb' yataq ay yuj COVID-19, ach a ajtne:**
 - Alyab' b'ay chi mulnaji
 - Seis pies chute a xol yeq jun anima [ya ay]
 - Kol jun et anima [ya ay] ka chi ej bay junog colan yin te na
 - Txaja y cha saqb'enenen jujon ku b'ay cajan ach
 - Kuy a txajon a q'ab yins watxil
 - Kanan b'ay a na ta chisje.
- **Yet chach meltzoy yin a mulnajil yet mayal eqtoq a yab'il cham chaon a mulnaji oqyil cham:**
 - Tol kam q'a in yin oxeb' q'u y q'amxa ambal chuq'ue yet ka chi ok wan q'a in), y
 - Janxa xtxoxbanil yet jun yabil COVID-19 yet lanan xa a waxji okoq' (yet yetzanxa a q'ajachnuqli watxa ta wal ihon a kae), y
 - Mayal eq uqeb ku yet xabon aj siel a mimanil yuj COVID-19.

Hekantog b'ay junxha tujanil ►



► Meltzojan b'ay junxha tujanil

Smajb'ej yet anwuhajwom

Smulnajil yet anwuhajwom yet Oregon (OHP chi yun stz'ib'chaj yul inglés), yet eb' anima yet tx'ojtx'oj konob' cha mimamkulal yilaytoq' (CAWEM, chi yun stz'ib'chaj yul inglés), ay smajb'ejalil yib'an saylayi k'al yalaykan b'ay snail antewal yet COVID-19.

- Smulnajil yet anwuhajwom yet Oregon a smajb'ej yet anima b'a Oregon tol x'ioqoloq.
- CAWEM a jun smajb'ej yet anwuhajwom yet chi muljaj oq' heb' antejwom yin amanq'uhan, ka chi yilontoq kal yahon yamb'al yet COVID-19. Yet anima x'ioqoloq. Ach ti k'am chi atx'o un yet a ciudadanía ni tam yet b'isil yet a seguro Social.
- K'a chi uj jiloni ta chi uj ok' toq' x'ol b'ay OHP ma CAWEM, o ma ta k'a chach kolay a tz'ib'en a b'a, awjan b'ay 800-699-9075 ma say b'ay <https://one.oregon.gov/>.

Yilaytoq yuj syab'il ma b'eyjom anima

- Ta achi nanan ekayaj yuj COVID-19, say makxel chach ilontoq'.
- Heb' yajay chi ilontoq' anima chi hejab' eq'oq kam chi uj yihontoq' heb' preso ma yahon oq' jan leyes b'ay na yet heb' antewom anima ma b'ay sna' antewal.
- Chalay anima tol man aj konob'oq' yin aymanil yuj kawil (CAWEM) kam chi k'an yul sk'ab' heb' chi ilontoq' heb' anima chi apni yet juno tx'a k'onob' kal heb' aj Estados unidos tx'olilal yet mulnajil yajaw: <https://go.aws/2ZKK0bA>.

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 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://sharingsystems.dhsoha.state.or.us/DHSForms/Served/ls2681.pdf>
- Inglés: <https://sharingsystems.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://sharingsystems.dhsoha.state.or.us/DHSForms/Served/ls2268.pdf>
- Inglés: <https://sharingsystems.dhsoha.state.or.us/DHSForms/Served/le2268.pdf>

Janoq tzet b'ay chi uj ha sayoni

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

