



Yelapnoq' Jun B'ay Oq' Mulnajoq' Yowalil Yet Staynemal K'al Yet Skawil Watx'



Tzet chechuwane bay cham aj mulnajil o mak chaon a mulnajil

Cham aj mulnajil yowali cha cham jun colan puch watxa qal b'ay chach mulnaji. Jun maqanil eb anima yet (OSHA, sbi yul sti eb' yul inglés) chiyoche eb' tol a heb' aj mulnajil chi yi b'ey eb' jan tx'txolilal tzet chun stainen eb' mulnajwom:

- Tol chi yiltoq eb' tol 6 pies chi yun xol eb' yet chi ok mulnajil,chi xewi, y chi lowi.
- Chiya eb' junoq' txuljub'al k'al, b'ay che txaj e q'ab' sat (junoq' akal yin 10 mulnajwom).
- Chi saq'b'ejom he txuljub'al k'al b'ay che txaj he k'ab' yuj oxeloj yul q'u.
- Txox bay eb' a mulnajwom k'al mak chi ilontoq tze chi yun yetzanb'i saq'lemi jun yab'il COVID-19.

Heb' aj mulnajil yowali chi staine eb' mulnajwom bay snail mulnajil:

- Seis pies yowalil chi yun xol jujon anima. Chi sailaiy junoq' mak chi ilontoq' ka chi ok yin sb'eylal.
- Ala ka kam chi kanlay tx'atej yuj janoq' maktx'el.
- Pojeloq' te tx'atej seis pies tx'ol ma jab'oq' kolal tx'olaq'.
- Tx'aj jan tx'uljub'al chi k'anlay yuj janxha, b'ay chi tx'ajlay q'ab'ej k'al janoq' x'atz'etaq' yetal chi k'anlay b'ay te na hab'il juneloq' ma kayeloj yul ku.
- Chi alay tx'apon yet chi jolayi b'ay heb' kajan.
- Ha b'ay chi wayi, lob'ej kal ej' b'ay anima ya hay yuj COVID-19.

Heb' mulnajwom yowalil chi stayne heb' sb'a yul chen chen chi iq'on he koq' yet smulnajil:

- Tres pies chi ute a x'ol yetoq et animahil.
- K'an b'ay mak chi tx'umon chen k'al mak chi ajtoq' skan maqcheb'al ti.
- Kan jolayoq' jan tz'etaj yetal chi mixlay koq'taq' yet oq' hach el yin a b'eyil, ma kayeloq' yul ku ta chen chen kaneb' yaq'an chi iq'on anima ta chi k'anlay yul ku.

Hekantoq b'ay junxha tujanil ►



► Meltzojan b'ay junxha tujanil

¿Tz'e chi uj skawx'l ta b'ay in mulnajil man watxoq nitam saq'?

- Ach ay alon et' bay cham aj mulnajil ta ay smay tzet chach oni. Jujun tx'oxb'anil yet tzet chach oni aton yet qam ej chi alay e yuq'e, q'am ej yet che txaj e q'ab', ni skawilal snail b'ay chex mulnaji.
- Ta ay a b'il kulal yib'an ilaytoq' b'ay a mulnajil, chi uj alon b'ay Oregon OSHA.
 - Inglés: 800-922-2689
 - Español: 800-843-8086
 - Tx'olilal b'ay chal a b'a: <https://www4.cbs.state.or.us/exs/osha/hazrep/>
- Ta chal a ab'a tol kam swatxil ka cha naoni tol cham aj mulnajilyob' chi yun stawi ayach, al a b'a bay jun snail mulnajil yet Oregon (Bureau of Labor and Industry (BOLI, yuj stzibchaj yul ingles))
 - BOLI inglés: 971-673-0764
 - BOLI español: 971-673-2818

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://sharedsystems.dhsoha.state.or.us/DHSForms/Served/Is2681.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/Is2268.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/Is2349E.pdf>
- Inglés: <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2349E.pdf>