



# Mitx'q'ab'ej Yet Heb' Mulnajwom

## Masanil

- **Un yet ab'ix yet jun aq' coronavirus (Yajaw majan kawil yet Oregon)**
  - **Español:** <https://sharedsystems.dhsosha.state.or.us/DHSForms/Served/LS2356.pdf>
  - **Inglés:** <https://sharedsystems.dhsosha.state.or.us/DHSForms/Served/LE2356.pdf>
- **Tx'oxb'anil yet jun yab'il COVID-19 yul miman q'anej:**  
<https://www.youtube.com/channel/UCr8wTakqXY4rGUKChFJFlxw/videos>
- **Tx'oxb'anil, iq'ti kal stelanil yib'an COVID-19 (Yajaw majan kawil yet Oregon)**
  - **Español:** Iq'ti kal stelanil yib'an COVID-19 <https://youtu.be/FtcWoYEVilk>
- **Un yib'an yab'il Coronavirus (snahil yet chi ilaytoq' k'al tz'et chun he taynen heb'a b'ay yab'il)**
  - **Español e inglés:** <https://www.cdc.gov/coronavirus/2019-ncov/communication/factsheets.html>
- **Tx'olilal yib'an COVID-19 yul k'exk'ex q'anej**
  - **Español:** Mixkab' yet kuyuj yuj Organización Panamericana yet ko' kawil: <https://www.paho.org/es>
  - **Mixteco:** Tx'oxb'anil yet chi alay yab' x'ol heb' anima yet snahil ko kawil yet Condado yet Monterey: <https://youtu.be/s2yw9FOYXH0>
  - **Akateko:** Tol chalay eloq' tz'e chun ko taynen ko b'a b'ay COVID-19 yuj Yajaw yet Konob' X'eq'a: <https://youtu.be/eT2ISW-Pbtc>
  - **Mam:** Tol chalay eloq' tz'e chun ko taynen ko b'a b'ay COVID-19 yuj Yajaw yet Konob' X'eq'a: <https://m.youtube.com/watch?v=G5jVv301sQ0>  
Tx'oxb'anil yab'itx'al yib'an COVID-19: <https://m.youtube.com/watch?v=G5jVv301sQ0>
  - **Triqui:** Tx'oxb'anil yet chi alay yab' x'ol heb' anima yet snahil ko kawil yet Condado yet Moterey: <https://youtu.be/l4dAdfkrS8w>
  - **Zapoteco:** Mulnajil yet k'awilej yet Oaxaca, México. Tx'oxb'anil yab'itx'al yib'an COVID-19: <https://www.youtube.com/watch?v=KN7LVJWQbfQ>
  - **Purepecha:** Yajaw yet Michoacán, México: Tx'oxb'anil yab'itx'al yib'an COVID-19: <https://youtu.be/LplfWtlGL58>

## Kolwajan k'a kam chi b'ey jun yab'ilti tol chon ya kamoq'

- **Tx'oxb'anil, tz'et chun ko taynen ko b'a b'ay COVID-19 (Yajaw yet majan kawil b'ay Oregon)**
  - **Español:** tzet chi yun a taynen a b'a b'ay COVID-19 <https://youtu.be/WMrnn54skQl>
- **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.dhsosha.state.or.us/DHSForms/Served/ls2268.pdf>
  - **Inglés:** <https://sharedsystems.dhsosha.state.or.us/DHSForms/Served/le2268.pdf>

Hekantoq b'ay junxha tujanil ►



## ► Meltzojan b'ay junxha tujaniil

- **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, man a ten a sat** (Yajaw yet majan kawil b'ay Oregon)
  - **Español:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2257.pdf>
  - **Inglés:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2257.pdf>
- **Tx'oxb'anil, tze'et chi yun sjatnen macheb'al tihej yin k'apejal** (snahil yet chi ilaytoq' k'al tz'et chun he taynen heb'a b'ay yab'il)
  - **Inglés:** <https://youtu.be/tPx1yqvJgf4>
- **Tx'olilal tz'et chun x'aj chaj k'ab'ej** (snahil yet chi ilaytoq' k'al tz'et chun he taynen heb'a b'ay yab'il)
  - **Inglés:** <https://www.cdc.gov/handwashing/materials.html>

## Tzet cha jatne ta chach ehay ajoq'

- **COVID-19 Mitx'q'ab'ej k'al k'anleb'al b'ay heb' anima chi ejab' eq'oq' k'al heb' chi ujtelay el yul sk'onob'** (Yajaw yet majan kawil b'ay Oregon)
  - **Español:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/ls2292.pdf>
  - **Inglés:** <https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/le2292.pdf>
- **Tx'olilal yilon kawilej yet Oregon k'al b'isil yet kawilej yet CAWEN:** Heb' oregonianos chi scha heb' kolw'al yet skawil yin stx'olilal yuj yet kawilej yet Oregon (Oregon Health Plan( OHP, yuj tz'ib'chaj yul inglés)). Yet CAWEN b'isil yet kawilej yin aymanil yal k'al tz'et yeji jun b'eyjom anima.
  - OHP: <https://www.oregon.gov/oha/HSD/OHP/Pages/Apply.aspx>
  - Yoq' yin x'olilal yin jun mixkab'ej x'ol kahe yet OHP: <https://one.oregon.gov/>
  - Skaxi yuj OHP yul chen tx'ux'ub' chen: 800-699-9075
  - Kolwajan ahon noj a k'anleb'al: <https://healthcare.oregon.gov/Pages/find-help.aspx>
- **Kolwal ka chi uj yilchaj oq' unoq mak chi uj yanwaji: Ta choche kolwal ka chach kolayi yuj a kawil ma yuj janoq tzet, k'ajab'an yetoq yajaw yet kawil hay a katan yul a zona.**
  - Chi uj yilchaj jun sx'ol yet yajaw yet junjun mochanil yet kawilej yin masanil k'al sb'isil tx'utx'ub' chen yul [Página web yet Yajaw yet majan kawil b'ay Oregon](https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/LOCALHEALTHDEPARTMENTRESOURCES/Pages/lhd.aspx): (<https://www.oregon.gov/oha/PH/PROVIDERPARTNERRESOURCES/LOCALHEALTHDEPARTMENTRESOURCES/Pages/lhd.aspx>).



## ► Meltzojan b'ay junxha tujanil

### Ay yalon yet sik'on b'ay chi mulnaji' tol tx'ekel yeji k'a ay jun skawil yin swatx'ilal

- **Sna il mulnajil ma Industria yet Oregon (Oregon Bureau of Labor and Industry (BOLI, yuj yechel yin inglés)):**  
A smulnajil tayneb'il ta tol chi yala' junoq' tz'e syehilal tol tx'ekel yeji' b'ay lanan smulnaji'. Ta tol b'ay lanan smulnaji' chi tit yowal yin, chi uj yawji b'ay spojanil yet tz'etwal yelapnoq' Civiles del BOLI.
  - **Inglés:** 971-673-0764
  - **Español:** 971-673-2818
- **Spojanil yet staynemal k'al yet skawil yin tz'e chi mulnaji' yet Oregon (Oregon Occupational Safety and Health Division (OSHA, yin yechel yul inglés)):** Heb' mulnajwom chi uj yalontaq' junoq' sb'il kulal ma yalon aj tz'et chi utelayi yuj junoq' mak chi cheq'oni tol k'am chi syiq'e stx'olilal b'ay ayek yin smulnajil yuj COVID-19.
  - **Inglés:** 800-922-2689
  - **Español:** 800-843-8086
  - un yet chi yalaj tz'et chi utelayi': <https://www4.cbs.state.or.us/exs/osha/hazrep/>
- **Snahil yet mulnajil yet Oregon:** Jun skolomal yet sjolomejal yi hon b'ey stx'olilal yet syajawil yet smulnajil snan tx'ol skolwal oq' mulnajwom yin k'etxk'etx awtz'un chi uj skolwaj oq' ta chiyoche chi yalajoq' tz'e chi eq'toq' yib'an.
  - Pelnan Gutierrez: 971-701-0883
- **Smulnajil skolwaj okoq' yin stelanil yet Oregon (Legal Aid Services of Oregon (LASO, stiejal yul ingles)):** chi kolwaji yetoq' eb' mulnajwom awnom awtz'un yul smasanil Oregon eb' ay smulnajil, sna, ay yalon yet tzet chi sjatne sataq' ley.
  - Yet chi skanon kolwal, awjan b'ay Mulnajwom awnom awtz'un: 800-662-6096.
- **Snail ley yet Oregon (The Oregon Law Center (OLC, stiejal yul ingles ))** chi colwaok'oj yin stelanil yetoq' eb' mulnajwom awnom awtz'un eb' anima q'am yun yin q'ualil kal yetoq' eb' aj nail. Ak a b'a yul sk'ab' heb' ta ay b'ay mayal hil syehilal yuj chi al b'ay tz'e chach utejom. Ha heb' chi yal español k'al yul kexkex tihej yet ind'igenas.
  - Sna Woodburn Farmworker: 503-981-0336 o al 800-973-9003
- **Ijtz'om yet te k'al mulnajwom yet tx'otx' junej yeji yet Noroeste (PCUN)** ay oq' yetoq' mulnajwom awnom awtz'un yet Oregon k'al yet ajnahil latinas mulnajwomix
  - 503-982-0243