

COVID-19 nab'alej

enero 2021

A ch'en ch'en yet chi anchaj COVID-19

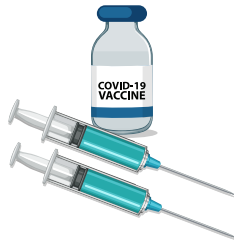
Aton wal smojalil a taynelayi k'al heb' et kajyomal b'ay jun ilya' ti

Tzet yuj xan miman yelapnoq chi ok ch'en ch'en yet chi anchaj COVID-19 ti' hin?

1. Ch'en ch'en yet chi anchaj COVID-19 chi kuylay kominanil yojtaqnen sb'a b'ay jun ilya' tu.
2. Ta ayach ti xiwk'ulal chi ach yab'an aj yuj jun ilya' ti, a ch'en ch'en yet chi anchaj COVID-19 ti chi ach kollay yuj b'ay k'exkixhtaqil ilya'.
3. Ch'en ch'en chi anchaj COVID-19 yuj Yelxa miman chi kolwaj hach kolon el b'ay COVID-19
4. A ch'en ch'en ti chach kollay yuj ch'en k'al anima ayek' hak'atan.
5. Ch'en ch'en ti tok'al sab'il b'ay masanil anima.

Tzet yowali chi hojtaqnej

Atak'ala' tzet yili ch'en ch'en yet chi anchaj COVID-19 Kab' ch'en ch'en ti' chi aq'ok hin yet ay hip.



Yet mayal ek'toq kab' semana kax mayal lajwi ok ch'en anton COVID-19 hin manxa komonoq hoq ach yab'an aj yuj jun ilya'ti



K'am miman tzet chi hab' yayil yuj ch'en.



Yayil haq'ab'



K'umb'ilal



Q'aq'

Yech chi ek' yayil watx' chi huk' Ibufrofeno ma tylenol



Yet mayal ok ch'en anb'al tu'

Q'ank'al smaquil hati'



Weqeb' benaqil chi hab'eqkan snan haxol.



Waqeb' pojani haqan



Jun jun b'eq chi hatxaj haq'ab'



Tol miman hoqach kollay yuj ch'en k'al anima ayek' hak'atan.

LANGUAGE ACCESS FLORIDA

RWHP Rural Women's Health Project
www.rwhp.org



Hojtaqmi?

A Ch'en ch'en yet chi anchaj COVID-19 k'am ilya' chi yaq'ok ch'en yin hamimanil, yujxan k'am chi uj hayab'an aj yuj COVID-19.