

Chachajij awib' chi uwach le Gripe Aviar are taq Katchakun Kuk' Wakax kakiya Uwa'l tu' Kiriqom yab'il

Le gripe aviar wene koqanik kuk' ri wakax chi kech winaq xuquje' kub'ano che at katoryawajik.

- Le yab'chikop (virus) wene k'o pa le uwa'l tu' man poq'owisam taj (Uwa'l tu' pa raxal), le kiq'alajilal le chikopib' o pa le uwi'.
- Wene koqanik rumal uchaq'lixik, puqlaj o tz'uj pa le kaqiq'. Wa' wene kok pa taq le b'aq'wachaj, tza'maj, chi'aj xuquje' taq le pospo'y.
- Xuquje' wene koqanik we kachap jastaq uriqom we yab'il k'ate ri' kachap le apalaj.



Chachajij taq le ab'aq'wach, atza'm xuquje' achi'.

Chakojo taq le chajib'al winaqil (Personal Protective Equipment, PPE) are taq kab'an chak nim ub'antajik pacha':

- Relesaxik uwa'l tu' chi kech ri wakax, kachap le uwa'l tu' (uwa'l tu' pa raxal) o ujosq'ixik le k'olib'al jawi' at chakunaq wi
- Kilik yowab' taq wakax o ujosq'ixik le kikoral
- Kilik kaminaq taq wakax o ujosq'ixik kikoral



Ch'uqb'al wachaj (ch'uqb'al wachaj k'o kok wi ri kaq'iq chech) o ch'uqb'al wachaj to'b'al ib' chi uwach le chaq'linem. Le ch'uqb'al wachaj sib'alaj katob'an chi uwach jun q'awach rech palajaj. Le q'axwach rech palajaj kub'ano che man kach'aqi' ta le palajaj.



Jek'b'al kaqiq' N95 o jun chi jek'b'al uxlab' qas utz rech man kok ta ri yab'il pa kaq'iq'



Chakojo tasb'al q'ab'aj xuquje' man kachap ta le apaj. Chak'exa ta le tasb'al aq'ab' chi uxol' taq le achak.



Chach'aja o chajosq'ij aq'ab' ruk' ch'ipaq xuquje' joron amaq'el are taq ktajin kachakunik. Mojo'qa katb'e chi uwach ri awachoch, chach'aja aq'ab' chi'l ri apalaj.

Xuquje', chakojo jun tasb'al atz'iyay man kok ta ja' chi upam (are taq we rajawaxik), b'otax chi'l jun tasb'al jolomaj o wi'aj. Le e ya'ol taq chak kakiya ronojel taq le (Personal Protective Equipment, PPE) man tojtal taj. Are taq kk'is ri achak, chawesaj le (Personal Protective Equipment, PPE) xuquje' chab'ana awatin.

Chawila' le nab'alil we k'o le yab'il gripe aviar.

We k'o nab'alil chi awech rech wa' we gripe, pacha' kaqarem o kape ja' pa ab'aq'wach, chatch'aw pa ri ja kunanib'al rech le komon. Le e ya'ol taq chak rajawaxik kakiya le tojb'al rech chak chi kech ri ajchakib'. Chech uriqik nik'aj chi usaqil tzij chi rij le tojonem xuquje' le wuj rech yab'il tojtalik, chatch'aw pa le 1-800-736-7401.

Chech nik'aj chi usaqil tzij:

Uxaq web' rech le CDPH chi rij le gripe aviar: go.cdph.ca.gov/birdflu

Ch'aweb'al rech tob'anem chi rij taq le K'axk'olal Kariqitaj pa le chak rech le Wokchakub'al rech rilik taq K'axk'olal xuquje' Taq pataninem rech Usaqil tzij: (866) 282-5516

Ch'aweb'al rech tob'anem rech Sik'inem rumal le Utzwachil rech le Wokaj rech Tinamitalil chech Ki'utzwachil Ajchakib' kechakun kuk' Awajib': +1 (800) 377-9968 o pa le WhatsApp pa le +1 (737) 999-4162

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