

Tayne' Ha B'a B'ay Q'a Ilya' Aviar Yet Chach Mulnaji' Yetoq No' Wakax Aq'om Imej tol Yaq'xa Ay

Jun q'a ilya aviar chi sje yeq'toq yin no' wakax b'ay heb' yin heb' anima ka yujtu' xin ka chach eq'ay ajoq.

- Jun virus ti' sje xin tol ayeq' yin ha yal imej petoj yeli' (imej manto saqb'iloq ajoq), yin yalk'al b'aytet yal ma xin yin smimanil no'.
- Sje xin saqlemi' yet chi el tziknaj jab'oq, yin pub'aqil ma t'ujanil xolaq kaq'e. Janti' xin chi sje yoktoq yul ha sat, ha ti' k'al ha pulmones.
- Chi sje k'apax saqlemi' ta achi' cha tena'a ma cha mitx'a' janoq oyani' tol b'onb'ilxa ka lajwi tu' cha mitx'on ha sat.

Tayne' sb'aq' ha sat, ha txam k'al ha ti'.

Q'anb'alne xin Mitx'q'ab'ej Chi Tayneni Animahil (Personal Protective Equipment, PPE) yet cha jatne mulnaji' puchxahal xiwk'ulalil axka:

- Ha' chahoni ha yal imej yet wakax, ha mulnaji' yetoq no' yal imej petoj yeli' (imej manto saqb'iloq ajoq) ma xin yet cha saqb'ene' yoyani' b'ay chi el ha yal imej ti'.
- Ha tayneni wakaw yaq'xahay ma xin ha saqb'eneni b'ay maqan ta aj no'.
- Iqom ek'oq no' wakax kamnaqxa ma ha saqb'eneni b'ay maqan ta aj no'.



Gafas chi taynen ha sat (gafas chi taynen ha sat yetoq ventilación manaq yin chi ok xahal) ma xin maqchub'al ha sat masani' yet ka cha tayneni tol k'am chi ok tziknajoq hin. Jan gafas chi taynen ha sat eq'wan xahal swatx'ilal hach stayneni yib'an junoq maqchub'al ha sat masani'. Jan maqchub'al ha sat masani' chi yaq'k'al ej yin taqinal smaqqchub'al ha ti'.



Toq'om kaq'e N95 ma xin junoq toq'om kaq'e eq'wan xahal swatx'ilal yet ka chach stayneni b'ay virus ay xol kaq'e



Q'anb'alne smaqqchub'al q'ab'ej ka manchaq ha ten ha sat. Q'exa k'al tane' ha smaqqchub'al q'ab'ej junjuntaq elal cha k'ex ha mulnaji'.



Tx'aja' ma saqb'ene k'al ha q'ab' yetoq saq ej k'al xapon yin k'al koq'taqil yaq'wan k'al lanan ay ha mulnaji'. Yeto k'amto' chach pax b'ay ha na, tx'aj kanoq ha q'ab' k'al ha sat.

K'axin, q'anb'alne junoq overol, smaqqchub'al stxam ha k'ul k'am chi ehok ej yul (yet wal yowalil ta'a), botix k'al junoq tzet chi maqchen ayoq ha jolom ma xin xil ha jolom. Heb' aq'om mulnaji' yowalil k'alta'a chi yaq' heb' masani' (Personal Protective Equipment, PPE) yin sab'ilal. Yet mayal lajwi ha maqani' yet mulnaji', iheloq jun (Personal Protective Equipment, PPE) ka chach achni'.

Tayne wal ila'a ta tol ach yechel/stx'oxon sb'a junoq yab'il yet q'a ilya' aviar.

Ta tol ay yechel/stx'oxon sb'a junoq yab'il lajan axka k'alta yetoq q'a ilya, axka xin skaq chak'eloq ma yelteq yal sb'aq' ha sat, awjan xin b'ay smaqqanilal yet kawilej b'ay oyani' tu'. Heb' aq'om mulnaji' yowalil chi yaq' heb' kolwal yaq'lay spaqtzeb'al smulnaji' b'ay heb' smulnajwom tol chi eq'ay ajoq yetoq q'a ilya' aviar yin smulnaji'. Yet ka chi uj ihon jab'oqxa ab'ix yib'an jan paqtzeb'al smulnaji' k'al licencia yuj eq'anil ka tojb'il, awjan b'ay 1-800-736-7401.

Yet ka chi uj ihon jab'oqxa ab'ix:

Página web yet CDPH yib'an q'a ilya' aviar: go.cdph.ca.gov/birdflu

Línea yet kolwal yib'an B'ilk'ulal b'ay Oyani' yet mulnaji' yet Sistema yet llwal yet jan Bilk'ulal k'al Kolwal yet Ab'ix: (866) 282-5516

Línea yet kolwal yin aw yuj Kawilej yet Snahil yet Konob' Yuj Kawilej Yet Heb' Mulnajwom Agrícola: +1 (800) 377-9968 ma xin yul k'apax SWhatsApp b'ay +1 (737) 999-4162

Mayo, 2025 © 2025, California Department of Public Health
(Smaqqanil yet Kawilej Yet Yajaw b'ay California)

