



Chachajij awib' chi uwach le Gripe Aviar Are taq Katchakun kuk' Chikop k'o kixik' Kiriqom yab'il

Le gripe aviar wene koqanik kuk' ri chikop k'o kixik' chi kech winaq xuquje' kub'ano che at katyowajik.

- Le yab'chikop (virus) wene k'o pa le kisaj, kixik' le e yowab' awajib'.
- Wene koqanik rumal uchaq'lixik, puqlaj o tz'uj pa le kaq'iq'. Wa' wene kok pa 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 kuk' awajib' k'o kixik' o wene e yawab' chik.



Chakojo taq ch'uqb'al wachaj (ch'uqb'al wachaj k'o kok wi ri kaq'iq' chech).



Chakojo jun jek'b'al kaq'iq' N95 o jun chik sib'alaj utz chi awach.



Chakojo tasb'al q'ab'aj xuquje' man kachap ta le apaj.



Chach'aja o chajosq'ij aq'ab' amaq'el are taq ktajin kachakunik.

Xuquje', chakojo jun tasb'al atz'iyaj, b'otax chi'l jun tasb'al jolomaj o wi'aj.



Kajawataj jun chi (Personal Protective Equipment, PPE) chech taq le chak sib'alaj k'ax ub'anik.

Nik'aj taq chak xene katuya' chi uwach we yab'chikop o nik'aj chi jastaq che kub'an k'ax, xa k'u cha' rajawaxik utzalaj chakub'al rech chajinem chi awech. We chak ri' ruk'a'am:

- Kijab'uxik taq ri awajib';
- Kisilab'axik o kiya'ik taq kaminaq chikop k'o kixik';
- Ujosq'ixik xuquje' ukojik pa kunab'al taq le k'olib'al;
- O jun chi apachike chak pa taq ja k'olib'al o k'olib'al man qas ta nima'q, jawi' le yab'chikop kumulij wi rib'.

We jastaq ri', jun jek'b'al kaqiq' N95 man xew ta wa' rajawaxik chech utz uchajixik le pospo'y kab'anik. Xuquje', kana'taj uch'uqik le ab'aq'wach chi awech. Chakojo':



Jun jek'b'al kaq'iq' elastomérico (ub'antajik caucho) rech juperaj palajaj ruk'a'am taq chayub'al P-100 xuquje' ch'uqb'al b'aq'wachaj kok wi ri kaq'iq' chech.



Jun jek'b'al kaq'iq' elastomérico (ub'antajik caucho) rech ronojel le palajaj ruk' taq chayub'al P-100.



Jun jek'b'al kaq'qi' josq'ib'al kaqiq' (PAPR) ruk' taq chayub'al rech kaqiq' sib'alaj utz uchakunem (HEPA).

- We kakoj taq k'ayij k'o kunab'al chi upam chech taq we chak ri', chacha' ri k'olib'al rech qas utz.
- Rajawaxik kakoj taq tasb'al atz'iyaaq pim chi uwach taq usu'ik xuquje' ujosq'isq'ixik taq k'olib'al.
- Le ya'ol chak rajawaxik kuya ronojel le (Personal Protective Equipment, PPE) man katoj taj.
- Are taq kk'is ri chak, chawesaj xuquje' chab'ana awatin.

Qas chawila' we k'o nab'alil chi awech rech le 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' ri kkiriq le gripe aviar pa le chak. 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 (HESIS): (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

Ik' Mayo, 2025 © 2025, California Department of Public Health (Wokaj rech Utzwachil rech California)

