



Tayne' Ha B'a B'ay Q'a Ilya' Aviar Yet Chach Mulnaji' Yetoq No' Alom Asiendo Yaq'xa Ay

Jun q'a ilya' aviar chi sje yeq'toq yin no' alom asiendo b'ay heb' yin heb' anima ka chi uj yahonteq janoq yab'il.

- Jun virus tu' sje xin yejek'oq xol stz'a no', yal no' ma xin xol xil no' yet junoq no' tol yaq'xa ay.
- 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 oyanil 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 k'alta xin Mitx'q'ab'ej Chi Tayneni Animahil (Personal Protective Equipment, PPE) yet chach mulnaj okoq yetoq alom asiendo tol chi sje tol yaq'xa ay.



Q'anb'alne xin gafas chi taynen ha sat (yetoq ventilación manaq yin chi ok xahal).



Q'anb'alne xin junoq toq'om kaq'e N95 xin junoq toq'om kaq'e eq'wan xahal swatx'ilal.



Q'anb'alne xin smaqcheb'al q'ab'ej ka manchaq ha ten ha sat.



Tx'aja' ma saqb'ene k'al ha q'ab' yin k'al koq'taqil yaq'wan lanan ay ha mulnaji'.

K'axin, q'anb'alne junoq overol, botix k'al junoq tzet chi maqchen ayoq ha jolom ma xin xil ha jolom.



Ta tol chi oche ha' (Personal Protective Equipment, PPE) stz'aqiloq yet janoq mulnajil tol miman xahal b'ilk'ulalil.

Aytaq janoq mulnajil sje ach yaq'on ejoq xol virus ma xin janoq amb'al químiko yob'taq b'ay ha kawil, a yuj jan tu xin ka chi q'anlayi jab'oqxa eq'wan taynemal. Jan mulnajil ti chi yahok xol:

- Smaq'lay k'ayeloq janoq oyanil no' no';
- Yiq'lay ek'oq ma xin yokan yin ab'onbohal no' alom asiendo kamnaqxa;
- Saqb'enejom ajoq k'al yokan yamb'alil yulaq maqanil b'ay maqan ta aj no';
- Ma yalk'al b'aytet junoqxa mulnajil yul ma oyanil maqan ajoq, b'aytal xin jun virus tu' sje swajon k'al aj sb'a.

Axka yin jan oyanil ti' xin, junoq toq'om kaq'e N95 k'amtam jab'oq yelapnoq stayneni ha pulmones. K'axin, nakanteq ha tayneni sb'aq' ha sat. Q'anb'alne:



Junoq toq'om kaq'e elastomérico (axka caucho) yet snan satejal yetoq filtros P-100 k'al gafas yetoq ventilación manaq yin chi ok xahal.



Junoq toq'om kaq'e elastomérico (axka caucho) yet satejal masanil yetoq filtros P-100.



Junoq toq'om kaq'e saqb'enen kaq'e motorizado (PAPR) yetoq filtros yet kaq'e yet partículas tol ewq'an xahal swatx'ilal (HEPA).

- Ta chi q'anb'alnejom químico yin jan mulnajil ti', sik'wal xin jan maqcheb'al tol smojal.
- Yowalil xin chi q'anb'alnejom overoles ay yipalil b'ay janoq ej yetwal chi saqb'ejom k'al yokan yamb'alil jan oyanil b'ay maqan ta ajoq.
- A'a aq'om mulnajil yowalil xin chi yaq'a masanil jun (Personal Protective Equipment, PPE) yin sab'ilal.
- Yet mayal lajwi ha maqanil yet mulnajil, iheloq 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 smaqaqanilal yet kawilej b'ay oyanil tu'. Heb' aq'om mulnajil yowalil chi yaq' heb' kolwal yaq'lay spaqtzeb'al smulnajil b'ay heb' smulnajwom tol chi eq'ay ajoq yetoq q'a ilya' aviar yin smulnajil. Yet ka chi uj ihon jab'oqxa ab'ix yib'an jan paqtzeb'al smulnajil 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 Oyanil yet mulnajil yet Sistema yet llwal yet jan Bilk'ulal k'al Kolwal yet Ab'ix (HESIS): (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.

