



UTZWACHIL & CHAJINEM PA CHAK GRIPE AVIAR H5

¿Jas uwach le Gripe Aviar H5?

Le Gripe Aviar H5, xuquje' eta'matalik pacha' jun aviar (H5N1), are jun yab'il sib'alaj kaya'tajik chi kech e chikop rech juyub' xuquje' wene kkoqansaj chi kech ri e k'o pa koral chi'l nik'aj chi chikop jalajoj taq kib'antajik k'o kixik', chi'l ri kkoj b'aq chi kech. Ri e winaq xuquje' wene koqan we yab'il chi kech are taq kekichap ri chikopib' xuquje' man kikojom ta ch'uib'al kib' chi uwach jun chikop uriqom we yab'il. Kamik ri', maj ilom wi che le yab'il kaq'ax chi kech e winaq.

RI KUYA CHI KECH WINAQ

- Kape uwa'l kiwach, kkaqar kib'aq'wach
- Q'aq'
- At'ixnab', q'oxom qulaj
- Uja'al upatza'maj
- Q'oxom rech le ch'akul
- Q'oxom jolomaj
- Man kkowin ta chik kajak' awuxlab'
- Torotajem pamaj, lemlotem anima xuquje' xa'oj



JA CHAKUB'AL KIRIQOM K'AX

- Kik'olib'al chikop k'o kixik' rech koral, k'ayinem xuquje' taq wokib'al wa chi kech e chikop k'o kixik' rech koral
- Taq chakub'al rech kilik taq chikop k'o kixik' rech koral
- Kik'olib'al chikop kkiya uwa'l tu'
- Taq chakub'al rech taq k'ayij rech tu' & rech wa



- K'ayib'al rech uwa'l tu' man poq'owsam taj
- K'olib'al kech chikop
- Kilik chikopib'
- Aj kunanel chikop



UQ'ATIK

Personal Protective Equipment (PPE) (Wokaj rech Kichajixik Ajchakib', PPE):

- Chajinem rech Ujek'ik uxlab' (tas chi'aj/tza'maj N95)
- Tasb'al q'ab'aj
- Ch'uib'al wachaj
- Ch'uib'al ronojel ch'akul
- Ch'uib'al jolomaj
- Ch'uib'al xajab'



Josq'inem :

- Amaq'el chach'aja le aq'ab' ruk' ja' xuquje' ch'ipaq
- Man kachap ta chi le apalaj o le ab'aq'wach
- Utz ujosq'ixik le katchakun wi xuquje' kkoj kunab'al rech man kok ta ri yab'il

Taq t'isb'aq :

- Le t'isb'aq q'ateb'al uwach le gripe estacional katob'an chech uqasaxik roqanik le yab'il chi kech e winaq xuquje' le gripe aviar.



Chech uriqik nik'aj chi usaqil tzij, chawila':



Gripe Aviar H5

<http://ph.lacounty.gov/acd/diseases/h5n1.htm>



Ri Rajawaxik kkil ri Ajchakib' chi rij Le Gripe Aviar

<https://www.dir.ca.gov/dosh/avian-flu/For-Workers.html>



Uwujiil chi uwach le Yab'il tojom pa California

https://www.dir.ca.gov/dlse/paid_sick_leave.htm



COUNTY OF LOS ANGELES
Public Health



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¿JAS UYA'IK KIB' KKIB'AN RI AJCHAKIB' CHI UWACH WE YAB'IL?

- Kichapik chikopib' kiriqom yab'il, uchapik kikis, kichul o jastaq rech ch'at
- Uchapik taq le ubres o nik'aj chi órganos kech le chikop kakiya uwa'l tu'
- Uxk'anem le uwa'l tu' man poq'owsam taj pa le b'aq'wachaj, tza'maj o chi'aj
- Utijik uwa'l tu' man poq'owsam taj rech jun chikop uriqom le yab'il
- Uchapik taq uwi' o jorom k'o yab'il chi upam



CHAJINEM CHI UWACH LE CAL/OSHA

(Wokaj rech Chajinem xuquje' Utwachil rech California, CAL/OSHA, rumal taq le retal pa inglés)

Le e ya'ol chak rajawaxik kkiya chi kech ri ajchakib':

- Ch'ajch'oj le kab'an wi le chak & kojom kunab'al rech uq'atexik yab'il
- K'o taq ruk' le rajawaxik chech le chajinem tz'ib'atalik chech kichajixik le ajchakib' chi uwach taq le yab'il petinaq chi kech le chikopib'
- Uya'ik taq kunanem amaq'el chi kech
- Usolik uxe' & uya'ik ub'ixik taq le yab'il xuquje' le sokotajem pa le chak
- Uya'ik tijonem chi rij taq le k'axk'olal & uq'atik
- Uya'ik taq chakub'al rech chajinem chi kech ri winaq man tojtal taj



¿JAS RAJAWAXIK KAB'ANO WE KANA'O ATYOWAB' O K'O KAMAYO?

1. Chab'ij chech ri q'atunel chak ri kana'o.

Le ya'ol chak rajawaxik katutaq b'i pa kunaxik xuquje' kusol uxe' jas che xariq ri yab'il.

2. Ri e ya'ol chak rajawaxik kkiya tojb'alil rech ri chak xuquje' uwujil yab'ilal tojom chi kech ri ajchakib' che kakiriq taq ri gripe aviar pa ri chak.

3. K'o aya'talil kaya jun ak'olib'al rech chak qas utz xuquje' maj yab'il chi upam, man are ta kub'ij ri ab'antajik migratorio, xuquje' katkownik kaya jun uch'a'ik pa tukelal chi uwach le Cal/OSHA (Wokaj rech Chajinem xuquje' Utwachil rech California, CAL/OSHA) pa le 833-579-0927.

4. We kachomaj che ariqom jun yab'il rech jun chikop uriqom yab'il, chatch'aw ruk' Public Health (Utwachil) pa le (213) 240-7941 chech ub'anik taq le k'amb'ejanem .



Chech uriqik nik'aj chi usaqil tzij, chawila':



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