



Le ajchakib' pa taq tu'b'al wakax wene kkiriq ri tza'maj kech ajxik' awajib' yab'ilal H5N1



Jas kb'anik rech man kriq ta wa' we jun yab'il pa le chak patan.

Ri yab'il H5N1, xuquje' etamnaq uwach tza'maj kech ajxik' awajib', le uchikopil le yab'il sib'alaj man k'ax ta kub'ano kq'axik ke'uyab'irisaj ri taq ajxik' awajib'. Kamik, le uchikopil le yab'il tajin kujal rib' xa rumal kamik tajin kuya ri yab'il chike le wakax xuquje' chike le winaq. Le winaq kechakun kuk' taq ri wakax are man k'ex ta la' kuya le yab'il tza'maj kech ajxik' awajib' chi kech. **¡Chaweta'maj jas kab'ano rech man kat'iq ta wib' ruk' we yab'il!**

¿Jas kub'ano are chi' kyab'ar jun winaq?

K'amaja' na keta'maxik jas kub'ano kkiq'axij ri wakax le yab'il tza'maj kech ajxik' awajib' chi kech le winaq, nema eta'man chi le wakax eyawab' ruk' le yab'il k'o ri uchikopil le yab'il chi upam le kitu'. Xuquje' le wakax kuya'o kq'axij le yab'il pa le kichub', pa le kikis xuquje' pa nik'aj taq uwa'l le kich'akul. Sib'alaj rajawaxik kchajix ib'aj chi kiwach le wakax xuquje' rajawaxik kpoq'owisax le utu' wakax rech kekam ri uchikopil le yab'il.

¿Jas kkib'an le winaq kchajij kib' chi uwach we tza'maj kech ajxik' awajib'?

Kkoj retal wa' we nik'aj taq no'jib'al ri', rech man kyab'ar ta jun ruk' le tza'maj kech ajxik' awajib' we kchakun jun kuk' wakax:

1. **Nab'e Aninaqil kach'aj le aq'ab' are chi katchakun kuk' ri wakax, are chi kachap awajib' e yawab' on kaminaq chik xuquje' are chi katuxlanik.** Rajawaxik kach'aj le aq'ab' pa juwinaq sak' ruk' ja' rachi'l ch'ipaq, kawutzursaj k'ate' k'uri' kasu'. We man katkowin ta kach'aj ri aq'ab' utz kakoj le k'a uk'iya' rech q'ab'aj.
2. **Ukab' Man kachap ta** le awach, le achi' xuquje' le ab'oq'och are chi' tajin katchakun kuk' ri wakax, xuquje' man kachap ta ri jastaq xkirik le utu' wakax.
3. **Urox Man katij ta wa** on jun jas awech ruk' tz'il aq'ab' on tz'il tasb'al q'ab'aj, nab'e kach'aj na ri ab'ab' on kakoj ri k'a uk'iya' rech q'ab'aj che.
4. **Ukaj Man katij ta utu' wakax** man poq'owisam taj, man katij taj jastaq b'anom ruk' rax utu' wakax (jacha' jujun taq kexu).
5. **Uro' Chakojo ri Jastaq rech Tob'al Ib' (Equipos de Protección Personal EPP).** Ri q'atunel are kya'ow chawe:



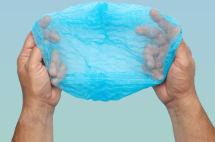
Jun uwa'aj on ukab' atz'yaqib'al rech man katch'aqi' taj.



Ch'uqb'al chi'aj N-95 on jun tasb'al kuch'uq ronojel le atza'm ruk' ri achi' rech nam ka'uxlab'isaj ta ub'i ri ch'et taq ja' wene k'o ri uchikopil le yab'il chi upam.



Lemow rech b'aqwachaj on jun tasb'al wach rech man kpixk'an ta ri utu' wakax chi apalaj.



Ratz'iyaqib'al jolomaj on ri wi'aj rech kach'uq le axikin are chi' xb'antaj upatam kaya ub'ik pa ri mes.



Nima'q taq tz'uma xajab' xuquje' tasb'al q'ab'aj man kok ta le ja' chi upam rech e chaqi'j ri aq'ab' xuquje' le awaqan.



NCFH
National Center for Farmworker Health, Inc.

K'iche'

¿Jachike taq uk'utub'alil kakoj retal?

Rajawaxik katb'e ruk' jun ajkun we kana'o chi at iwab', we k'o we uk'axk'olil ri' chi awech.



- Q'aq' k'atanal (kapaqi' k'a 100° F on pa 37.8° C on nim kapaqi' xuquje')
- Raxtew
- Q'oxow pamaj on ch'akulal
- Ojob'
- Kkaqarik on ksipojik ri b'aq'wach
- K'ax uxlab'inem

¿Jas kab'ano kaweta'maj we k'o le tza'maj kech ajxik' awajib' chi awech?



We k'o le nik'aj uk'utub'alil ri' chi awech, rajawaxik katb'e pa jun ja kunanib'al rech kilo we are le tza'maj kech ajxik' awajib' k'o chi awech. Are chi' kq'alajik jas le k'o chi awech:

- Le ajkun on tob'al ajkun kilo we k'o le tza'maj kech ajxik' awajib' chi awech xaq kkiq'axaj jun ch'aqap che' ruk' b'ot pa le aqul, atza'm on ab'oq'och.
- We k'o ojratta'm chi awech, kkilo xuquje' ruk' jun ch'aqap che' ruk' b'ot rech kkilo we tza'maj kech ajxik' awajib' on xaq ajretza'm winaq k'o chi awech. Ri ajkun kuya'o kuya kan akunab'al rech ktan le uk'axk'olil le yab'il k'o chi awech.
- We ri uk'utub'alil le yab'il kuk'utu chi k'o le tza'maj kech ajxik' awajib' chi awech, le ajkun o tob'al ajkun kub'ij chawe jas ri rajawaxik kab'ano, utz ne', katkanaj kan chi awachoch, man katb'e ta ri chak on pa taq molow ib', ktan na le uk'axk'olil le yab'il chi awech.

We man k'o ta atob'al ajkun, kuya'o kato' pa le ja kunanib'al we utz kqasax le upwaqilal chi awech on pa le k'ayib'al kunb'al k'o chi anaqaj rech katuto' katkownik kaloq' konojel akunab'al.

***¡Kab'an jun toq'ob' kul chi awech kab'ij che ri ajkun on tob'al ajkun chi katchakun kuk' awajib' pacha wakax on ak'!**

¡Chachajij ri ach'akul!

Chachajij awib', kakoj retal ri uk'axk'olil xuquje' kawetamaj chi ya'tal chi awech kawila' we are le kiyab'il tza'maj kech ajxik' awajib' k'o chi awech.

Rech kuya' katchaw apan pa jun ja kunanib'al naqaj chi awech jawi kuya kawilo we are le yab'il, chatsik'in apan pa le k'amal to'b'al rech ch'akulal, rech NCFN, Jun Sik'inem Rech ch'akulal (Una Voz Para La Salud) pa le (1-800-377-9968) on kattz'ib'an apan pa WhatsApp pa le (1-737-414-5121) ¡Chajaqa le esal wachib'al rech le ach'awb'al pa uwi' ri Etal QR kajxukut k'ate k'uri' tkajaqo!

