

Heb' chi mulnaj yin yal yim no' no' akawal chi je' b' onchajtoq yuj q'ahal ilya' aviar H5N1

Tzet chi yun ko taynen ko b'a b'ay jun ilya' ti' yin ko mulnajil

A jun ilya' aviar H5N1 ti', oqtaqb'il k'a xoq yin q'ahal ilya' aviar, a jun ilya' ti' sub'oj b'onlentoq b'a no' job' b'ejal noq yuj. Toltowalti nani' a jun ilya' ti' mayal k'expoitoq, kax axa nani' chi xa yab'an no' wakax k'al anima yuj. Xan a maktxel chi mulnaj yetoq no' wakax ti' akawal sub'oj yab'an haj heb' yuj jun q'ahal ilya' aviar ti'

Oqtaqnej xin tzet chi yun a taynen ha b'a b'ay jun ilya' ti'

¿Tzet chi yun ko yab'an ayon animáhon ti'?

Man joqtaqoq tzet chi yun yel jun q'ahal ilya' aviar ti' kax chi ok yin animá, palta joqtaq tol ha' no wakax ya' hay, a xol yal yim no' haytontoq jun ilya' ti. Chi je' k'apax yel jun ilya' ti' xol yal sti', stza' ma yal smimanil no'. Yujxan yowalil chi taynelay no wakaxti' k'al yal yim no' tol k'amto chi uqi (chi uqi yin watx' yet chi kamel ilya' ma yob'alil aytoq xol).

¿Tzet chi je' ha watx'neni yet cha kolon ha b'a b'ay jun q'ahal ilya' aviar ti'?

Tix jun tzan txolilal yet k'am chach yab'an haj yuj q'ahal ilya' aviar ti', ta chach mulnaj yetoq no' wakax.

1. **Jun.** Tx'aj ha q'ab' yin amank'uanil ta mayal hach mulnaj yeq wakax, ma ha mitx'on no' noq' tol ya' hay ma kamnaqxa, yet k'amto chach xewi Yowalil chi ek'toq junk'al segundos yet cha tx'ajon ha q'ab' yetoq xapón k'al ahej, chi kam ha tx'ajoni kax cha johon kan taqoq. Ta k'am chi je' ha tx'ajon ha q'ab' chi je' ha q'anon amb'al teyk'alta q'abej.
2. **Kab'.** K'am cha mitx' ha sat, ha txam, ha ti', k'al ha b'aq' sat yeqb'an chach mulnaj yeq wakax, tamwal ha mit'xon no' wakaxti' ma yal yim no'
3. **Oxeb'.** K'am chach low yetoq ha q'ab' ma ha xotq'ab ta tz'il, xan yowalil cha tx'aja ma ha q'anon amb'al yet q'ab'ej
4. **Kaneb'.** K'am chok' yal yim no' wakax tol k'amto chi uqi, tamwal ha lohon lob'ej tol watx'neb'il haj yetoq yal yim no' tol k'amto chi taji
5. **Oyeb'.** Q'an ha pichil chach kolon b'ay ilya'. Tol chi aq'lay yuj mak ch'aq'on a mulnajil axka wal:



Xotil nan ha xub' tol taqin hach k'al yuj



Maqsat N-95 ma yet ib'al kaq'e' tol chi ok xotan yin ha txam k'al ha ti' yet k'am jun ilya' tu' cha jiq'toq



Ch'en ch'enej yet matz'b'al tol chi magchel hel ha b'aq' sat yuj yet k'am chi toj yal yim no' yul a b'aq' sat yet chi el tixhnajoq



Xotil ha jolom ma ha xil tol junel ch'an chi q'anlayi yet cha taynen ha txikin



Xanab'ej joqan snug', xotil ha q'ab' b'ay ha a'hej yet k'am chi hay al, kax taqin hach k'al



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Q'anjob'al

¿Tzet tx'oxb'anil b'ay chin maqwají?

Yowalil cha sayek' hajhan ta chab'teq tol ya'hach hay, ma elonteq jun tzan tx'oxb'anilti' hen:



- Q'ahal ilya' (tol ayek' yin 100° F ma 37.8° C ma tol chi ek'b'anteq)
- Yaxchew
- Yayil ko k'ul k'al yul ko mimanil
- K'ilaj nuq'
- Kaqb'i hel yul ko sat ma chi mali
- Kaw jihon ko kaq'e'

¿Tzet chi yun elonteq ta ayok jun q'ahal ilya aviar ti' en?



Ta lananxa tx'oxon el b'a jun ilya ti' en, yowalil chach toj b'ay nahil amb'al yet chi saylay ila' ta ayok jun q'ahal ilya aviar ti' en.

Yet chi toj ha sayón el ha b'a yowalil:

- Ha yet oq yalon heb' ajhan ayach ta hayok q'ahal ilya' hen oq q'antonwal heb' jun yal te' pososi stxam tol chi oktoq b'atxan yul a nuq', a txam ma yul a sat
- Ta hay q'ahal ilya hen, oq ok junxa sayb'anil yetoq te' yal te' pososi stxam kax oq illayeq ta ayok jun q'ahal ilya aviar ti' en ma komon q'ahal ilya', ha cham a ajhan oq je' yalon tzet amb'alil chi je' ok'eni yet chi pojay yayil jun ilya' tu'.
- Ta ha yin sayb'anil tu' chi yala' tol ayok q'ahal ilya aviar tu' en, ha cham a ajhan oq je' yalon tzet oq yun ha taynen ha b'a, tzet chi je' yek'toq, ha kankan b'ay ha na, k'am chach toj mulnajil ma yinlaq wajanil masantak'al chach anchaji.

Ta ayach ti' k'am tzet manb'il jun maq'anil yet chach antelayi, chi je' ha q'anon hayteq jab'oq tojol amb'al tu' b'ay heb' ajhan ma b'ay heb' chi txonji amb'al tu' yet chach kolchaj jab'oq.

* ¡K'amoqhab' chatoq k'ayb'ank'ulal alon b'ay ha ajhan tu' tol chach mulnaj yetoq no' job'b'ejal noq' ma yeq no' wakax!

¡Taynej ha b'a!

Kol ha b'a, kax cha maqon hel ha b'a b'ay jun tzan tx'oxb'anil ti', nahanoqab' k'al hoj xin tol chi je' a sayón el ha b'a yuj jun q'ahal ilya' aviar ti'.

Ta chochwanej tol chach toj b'ay jun oq snail amb'al ha k'atan yet cha sayón hel ha b'a, awjan b'ay ch'en awteb'al ch'en yet,
Una Voz Para la Salud b'ay 1-800-377-9968
ma chach tz'ib'litoq yin WhatsApp 1-737-414-5121

¡Chi je' ha jaqon a cámara yin ch'en ha awteb'al ch'en yib'an jun código QR tol oq hach yitoq yin mimanoq ab'ix!



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