



COVID-19

**¿K'usi ta yich' pasel mi oy jtul  
chamel ta yut jnajé?**

Vun tsots sk'oplal ta jnop'tik li chamel COVID-19, ta anil tsok li chamele, Li ts'ibabil jun, ja sventa jchanubtasel yu'un k'usi ta yich' pasel mi k'alal oy jun chamel, jech k'usi ta yich' k'elel li buch'u ipe, jech likebal señail li chamele (k'ak'al sik, takin obal, k'ux jbek'taltik, k'ux jnuk'tik, lok' a'lel ni') xu' ta jk'eltik ta na.

Mi vokol ta xyich' ik'e:

**Tsots sk'oplal ik'o bael ta muk'ul  
snail poxil (hospital)**

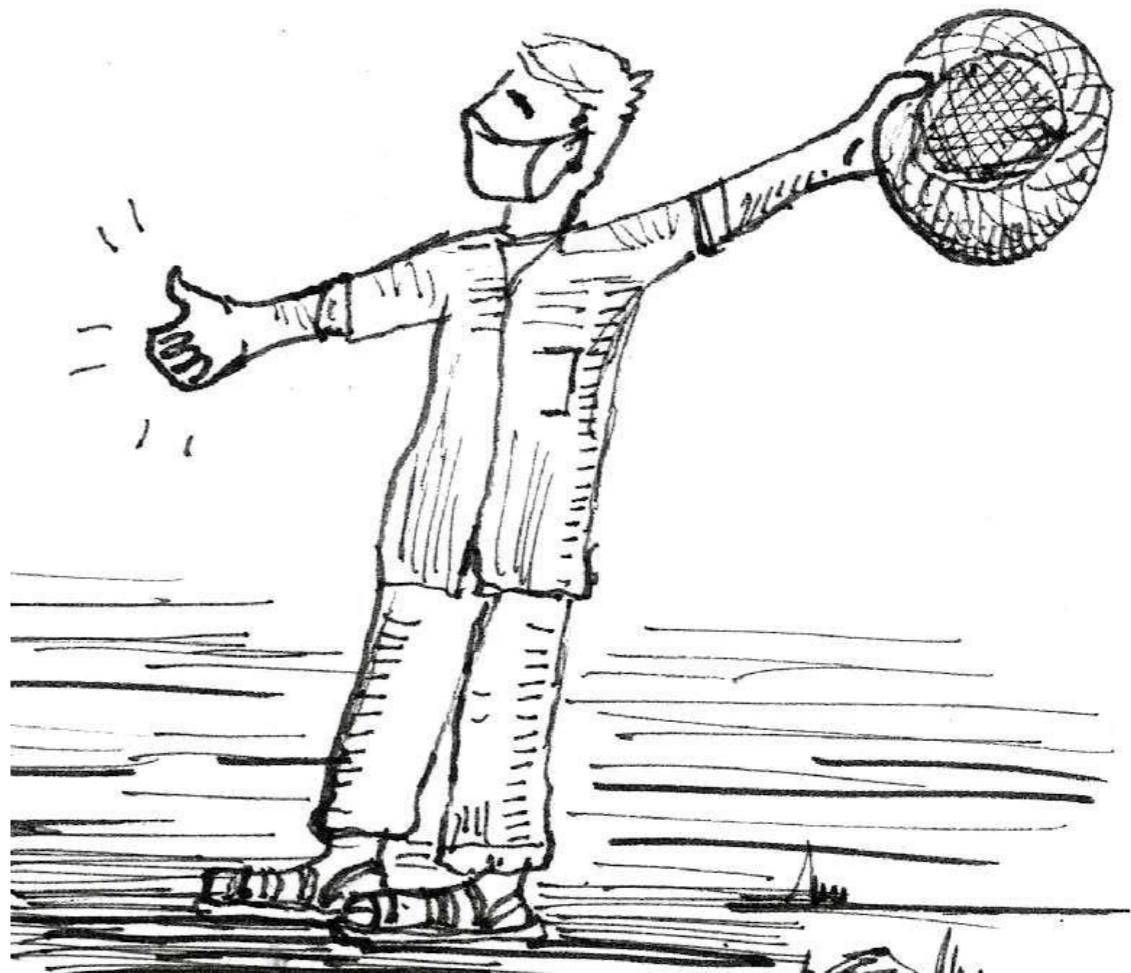


# **k'usi ta yich' pasel mi oyix tul chamel tu yut na?**

1. Li mach'atik oyix chamel jech yuts'yalal ta sk'an chkom chanlajunib k'ak'al (14 dias), yu'un jech mu' stak' sk'ax li chamele ta yan kuts'kalaltik ta yut communal o paraje.
2. Ta sk'an ak'betik yipal sventa li mach'a oyix chamele, oyuk yan skuarto, ja'no'ox yu'un; li skuartoe ta sk'an lek xoch ik' tey a, oyuk bu jamal sventa ta xoch' xojoval k'ak'al, jech bumus lek cha'i sba li chamelé.
3. Mi mu' xju spasel skuarto li chamelé, ta sk'an mu' chnopajik yuts'yalal ta yut na, jech sk'an sk'elsba chib metro ta stojol yuts'yalal (sventa mu stsakbot li chamele) jech nom chvay buch'u chamele.
4. kotoltik ta sk'an jpok jk'obtik ta xavon xchiuk vo',  
jujun o'lol ora xu' jpastik.
5. Mi mach'a oyix ta chamele, ta sk'an jelel xavon yu'un sk'ob xchiuk sventa xatin, jech jelel ta sk'an bu ya sve' (vaso, sets', scuchara)

**Mu xa pik asat**

**Vuleso ta ajol li schanul chamel (virus) xa och ta jsatik, ta jni'tik xchiuk ta kejtik)**



6. Buch'ú staoj li chamele, ta sk'an stunes smajkil eal skotol ora k'alal oy ta yut na, sventa yu'un mu xkiktatik buyuk no'ox te schanul chamele, jech mu stak' spik k'usitik bu xk'ax.

7. buch'ú ta sk'el li chamele, ta sk'an stunes smajkil eal xchiuk smajkil sko'b k'alal xoch sk'el jech ka'lal ak'o k'usitik li chamele, k'alal mi laj sk'el li chamele, li smajkil sk'ob ta sk'an sjip batel ta na k'a'ep, jech tsots sk'oplal ta sk'an spok sk'ob ta ora ta vo' xchiuk xavon k'alal ta sk'el o spok k'usitik yu'un li chamele.

8. Mi muyuk smajkil sk'ob, mu stak' spik sat ta ora, ja' to mi la spok sk'ob tamlek ta vo' xchiuk xavon.

9. buch'ú oy ta chamele, ta sk'an oyuk yan snail k'a'epe, jechjun sbolsa naylojil sventa ta xchuk k'alal noj, mi la stunes no'ox vun o plastiko ta sk'an chik'el.

10. ja' lek mi oyuk yan svanyo (letrina) ja no'ox yu'un sventa tunes stukel, mi mu'yuk tsots sk'oplal ta sk'an pokel tamlek ta xavon xchiuk cloro.

**Mu vokol ta spasel li spokel yut najtik, ja' no'ox ta tunestik vo' xchiuk xavon, ta pajina chtale ta kalbekutik k'usi ta pasel.**



Mu vokol ta spasel li spokel yut najtik, o k'usitik yu'un li chamele. **Ja' no' ox ta tunestik vo' xchiuk cloro, ta jkaptik jech bit'il kalbekutik lie'**

- sventa ta kus mexatik, xilatik, bu tsan jlustik, bu ta jamtik sti'na, yavetik, candardotik, k'usitik ta jtunes ta kotoltik, ta xju tunes jun t'ushul pak' xchiuk vo' kapbil ta cloro.
- k'alal ta cyich' pokel jun carro, jnatik, kuartoetik o skotol li yut na, ta xju' a tunes jun bomba aspersora ep nojel ta lajunib litro (10 litros) vo'xchiuk lajunib cuchara cloro (20 cucharas de cloro).

(Tsots sk'oplal li bomba aspersora, tamlek pokbil jech mu tunesbil xciuk pxil wamal, yu'un mu yak' chamel ta kotoltik) (mi mo'yuk bomba aspersora, ta xju' tunes t'ushul pak' xchiuk ya'lel cloro jech kusa li kalbekutike).

**Ta jkaptik jun litro vo' xchiuk jun cuchara cloro (10ml de cloro)**



**Jnoptik tamlek: mi cloro mu stak' uch'el, ta sk'uyelan bek'taltik, mu kaptik xchiuk xavon, ta xyal yipal, jech mu smil li xchanul chamele.**

## ¿k'usi ta milel xchanul chamele xchiuk skusel skuarto xchiuk sna mach'a oyix chamele?

1. Skotol li sk'usitike ta yich' tunesel jujun k'ak'al, sjamil na, bu tsan jlistik, bu k'sventa ta kus mexatik, xilatik, bu tsan jlistik, bu ta jamtik sti'na, yavetik, candardotikusitik ta kosinae, ta sk'an miel xchanul chamel ta cloro , chib, oxib velta ta jun k'ak'al.
2. Mi jk'upak', cobija, toaya chamele, ta sk'an ak'el ta jun bolsa naylo, mi sk'u spak' ta sk'an pokel ta xavon xchiuk vo', ta sk'an takij ta k'ak'al
3. buch'u stao li chamele ja'no'ox jun skuchara, strinche, skuchilo, zets', svaso, **muyuk mach'a ta stunes**, k'alal ta slaj stunesel, ta yich pokel ta wo xchiuk xavon, jech mach'a li spok, ta sk'an stunes smajkib sk'ob.
4. Buch'u stao chamele, oyuk jun smes jech jun skusil spiso skuerto, ja'no'ox ta stunes ta skuarto mu stak' tunes ta skotol na.
5. k'alal ta xk'ax li chamele, ta sk'an yich kusel tamlek skotol skuarto bu oy te chamele, smilibeyel xchanul li chamele ta skotol najtik ta vo' xchiuk cloro.



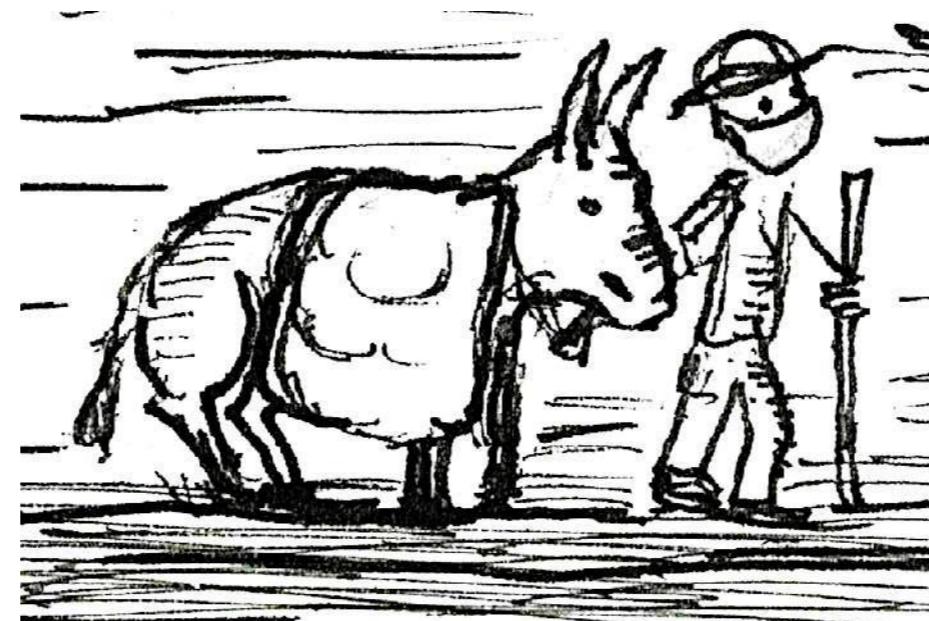
## K'usi xu' skoltael buch'u oy ta chamele?



1. Skotol ti buch'u ayix ta chamele, mu stak' chch'ak sab lok'el chanlajunib k'ak'al (14 dias).
2. Mi oy ta k'ajk', ta sk'an stunes pastilla paracetamol jech ak'bo jun t'ushul pak' ta sjol. Ta xyaiy atimal ta k'ak'al vo', ta skolta sventa ya xyal li k'ajk'e'. jech stak' stunes vomol ts'i'leletik (yerba medicinal).
3. Tsots sk'oplal ta sk'an yuch' vo', ta sk'an yuch' waxakib k'alal ta lajunib vaso ta jun k'ak'al.
4. Mi ts'aka yu'un li k'elel, tsots sk'oplal ta sk'an ilel mi moyukix ti chamele, mi xjue stak' ik'el ta poxtawanej kaxlan ti oy ta snail poxil, ak'o ba yich'ilel mi moyuk ti chamel ta sbek'tal.
5. Tsots sk'oplal ta sk'an sk'elsba buch'u oy ta chamele, ta sk'an xben ta yut skuarto buch'u oy ta chamele.
6. Mi ya cha'i ti vokol yich' ik': **ik'**o bael ta smuk'ul nail poxil (hospital)

## **k'usi ta xyich' ik'el buch'u oy ta chamel ta muk'ul snail poxil (hospital)**

- 1.Tsots sk'oplal ta sk'an k'elel buch'u oy ta yut na , stak' tunesel jun camioneta k'u oy scajaul ta spat, k'usi oy buch'u ta stibel ti carro mu staot ti chamele.
- 2.ja' mas lek ta xyich' ik'el ta jun carro particular, k'usi ja stij li yuts'yalal, jech ta skoltaysbaik yu'un mu xben ti chamele.
- 3.Ti snaul poxile (hospitaletik), ta stak' tajtik ti chamel COVID-19 , jech yu'un lek ti tulno'ox tas jun ti chamele, yu'un mu staik ti chamel li yantike.
- 4.Skotol ti buch'u tas jun ti chamele ta sk'an stunes smajkil sni xchiuk yej, smajkil satik mi oye, ja jech ta jk'elbatik ta jujun tul, ak'o mu stak' spik sat.
- 5.Mi ochix ti chamele ta snaul poxil, ta sk'an pokel o sapel ti carro xchiuk ya'al cloro.



# jk'elbatik ta yut komunaltik o parajetik



Ilustraciones por: David Guillén  
Imprime y divulga este manual  
libremente, cuidarnos es tarea de todas y  
todos.

