

AB'IX B'AY MULNAJWOM YET ALOM ACIENDO

Ayek' heb' xol jun Q'a Ilya Aviar H5N1 yin no' Wakax chi ak'on Leche ma Junoqxa No' No' b'ay tx'otx' Estados Unidos yet América

A' jun q'a ilya aviar H5N1 aton jun virus tol mayal ilchaj ajoq yet tolto ti yin sb'ab'el el' yin no' wakax. Jun virus chi sje sb'onontoq heb' anima tol chi mulnaj yetoq no' no' b'onb'iltaqxa ma xin k'apax jan tzet chi yaq' no' (jute' jaloni, yax leche), axka heb' mulnajwom lecheros. Jun virus mayal ilchaj ajoq yin jan niveles miman yin no' yax leche k'axin yin spulmones, smúsculos k'al stejido yet yim no' wakax. Jun virus ti' lanan ay saqlemi' snan xol no' wakax, chi aq'on leche yul k'exk'extaq maqanilal yet tx'otx' Estados Unidos yet América.

Ta chach mulnaji yetoq no' wakax chi aq'on leche ma junoqxa no' no' tol ay smay b'onb'iltaqxa yetoq jun q'a ilya aviar H5N1, ay mulnajil chi sje ha kawxeni yet ka chi ilay ayteq smayiloq jun b'ilk'ulal yet tol chach b'onchajtoq.

Tzet wal chi yun sje saqlemi' jun virus H5N1 yet no' wakax b'onb'iltaqxa ma junoqxa no' no' yin heb' anima

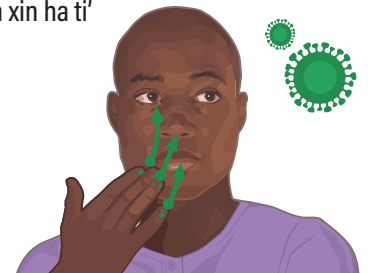
Jun virus ti' chi sje xin saqlemi' yin no' wakax b'ay yin heb' anima yin mimantaq k'exal:

- Ta cha mitx'a junoq tzet b'onb'iltaqxa yetoq jun virus ka lawji tu' cha tenon sb'aq' ha sat, ha txam ma xin ha ti';
- Ta junoq ej' b'onb'iltaqxa yetoq jun virus ikix chi aj ch'itnajoq yul sb'aq' ha sat (axka xin no' yax leche yet junoq no' wakax b'onb'iltaqxa, jute jaloni);
- Ta cha lo', chi uk'e ma cha suk'toq yalixh t'ujanil b'onb'iltaqxa yetoq jun virus; ma xin
- Ta chach mulnaji yetoq no' mis maqan ajoq yaq'ay ma xin kamnaqxa ma junoqxa no' no' b'onb'iltaqxa yetoq jun virus.

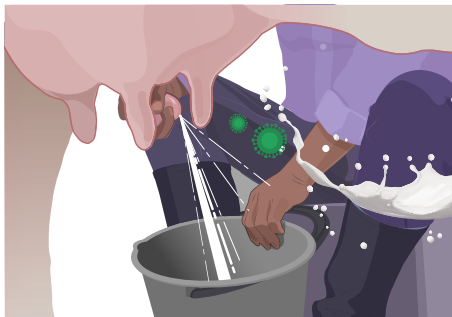
Jun Q'a Ilya Aviar H5N1 Chi Sje Xin Saqlemi' yin No' Wakax b'ay yin Heb' Anima Yin Mimantaq K'exal



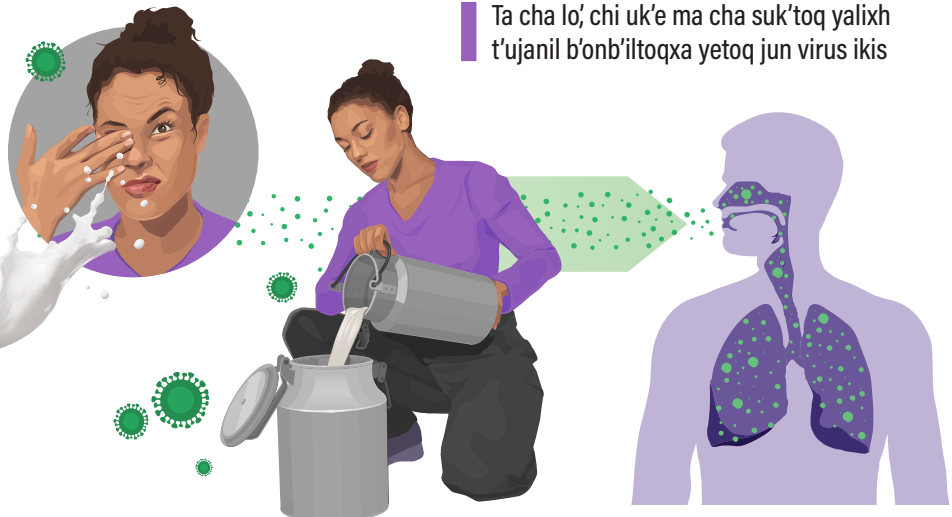
Ta cha ten junoq tzet b'onb'iltaqxa yetoq jun virus ikis ka lawji tu' cha tenon sb'aq' ha sat, ha txam ma xin ha ti'



Ta junoq ej' b'onb'iltaqxa yetoq jun virus ikix chi aj ch'itnajoq yul sb'aq' ha sat (axka xin no' yax leche yet junoq no' wakax b'onb'iltaqxa, jute jaloni)



Ta cha lo', chi uk'e ma cha suk'toq yalixh t'ujanil b'onb'iltaqxa yetoq jun virus ikis



U.S. CENTERS FOR DISEASE
CONTROL AND PREVENTION

Q'anb'alne mitx'q'ab'ej chi tayneni animahil (PPE yuj syalixh b'i yul inglés)

Yowalil oq ha q'ana mitx'q'ab'ej chi tayneni animahil (PPE) yet ach ti cha mitx'a yetoq (ma xin skawilal janoq) wakax chi aq'on leche, yax leche, janoqxa no' no', ma xin janoq oyanil k'al janoqxa tzet yetal tol chi sje tol b'onb'itloqxa yetoq jun virus. Tx'ajel ha q'ab' yetoq ej k'al xapon, ka lajwi tu' chi ahon okoq jun PPE yin jun txolilalil ti:

1. **Monos chi techaj yuj b'ay fluidos**
2. **Smaqcheb'al stxam ha k'ul k'am chi ehok ej yul**
3. **Toq'om kaq'e taq'web'il yuj NIOSH®** (jute jaloni, toq'om kaq'e yetoq filtro N95® ma xin toq'om kaq'e yetoq snan maqchen satejal elastomérica)
4. **Sch'enal ha sat yet watx'k'ulalil k'am kaq'e chi ehok yul ma xin chi ehok kaq'e yin junelnej ma xin staynemalil ha sat masanil, mero wal watx' yokxahal yin**
5. **Staynemalil yet jolomej ma xin staynemalil yet xil jolomej**
6. **Smaqcheb'alil ha q'ab'**
7. **B'otixs**



Jab'oqxa ab'ix yib'an swatx'k'ulalil yet heb' mulnajwom k'al yib'an tzet chi yun yahon okoq k'al yihon eloq jun PPE ayek' b'ay <https://www.cdc.gov/flu/avianflu/h5/worker-protection-ppe.htm>. Yet chach mulnaj yetoq no' wakax tol ay smay tol b'onb'itloqxa, tayne ha kawil ka chi ilontoq k'al yul junoq 10 k'uhil yet mayal lajwi ha b'et kanoq.

Jan síntomas chi sje tx'oxon k'ax ajoq:

- Yaxchew (Sq'al yin 100°F [37.8°C] ma chi ek'el yib'an) ma xin chi sak'soni yetoq yaxchew/yaxchewal
- Q'aqach nuq'li
- Syel yul ha nuq'
- K'amxa chi uj ihon ha kaq'e /k'am ha kaq'e
- Chi el yal ha sat, skaqchak'eloq ma xin k'ilajil yul sb'aq a sat
- Syel Jolomej
- Chi tit k'amamoq yal ha txam ma smaqayi
- Syel ha mimanil
- Ek'ojul

Ilteq ha kawil, taxa tami max ha jatne masanil jan cheqlay ha jatene yet jun PPE.

- Awjan b'ay ha maqanilal yet kawilej estatal/b'ay ayach ek'oqyin aymanil ta tol chi il'a tol lanan ay yalten aj sb'a junoq yechel ma xin junoq síntoma yet eq'anil yul wal xin 10 k'uhil yet mayal lajwi ha b'et kanoq b'ay junoq no' no' b'onb'itloqxa /yinx a yelxa k'al miman ma xin junoq jan chi yaq'a. A' ha maqanil yet kawilej oq kolwaj ok etoq he yalon kanoq tzet oq yune yet slajwi tu'.
- Ta cha chahok ihon jan síntomas, a' ha maqanil yet kawilej ayek' b'ay ayach chi sje sq'anon ayach tol chach kan b'ay ha na'a ka cha pojón el ha b'a yin janoqxa anima mimantaq axka wal chi yun sje ato k'al yet oq ok ilwal hin yet q'a ilya aviar.
- Yet ka chi kawxi jun ilwal yet q'a ilya aviar, junoq antem anima ma junoq skolomal oq yihajoq ilwal echelej et achi'. Junti yujxa tawal chi yi sb'a yetoq junoq hisopado yul ha txam k'al ha nuq'. Ta sb'aq ha sat kaq chiqenal eloq ma tol kochxahal b'onb'itloqxa, junoq antem anima ma xin junoq skolomal chi sje k'axin sjatneni jun hisopado yet sb'aq' ha sat.
- Ta cha chahok ihon síntomas, junoq antem anima chi sje yahontoq amb'al q'anb'il yet ka chi anchaj jun q'a ilya gripe (anb'al xin antivirales). Yowalil xin chi ik'al okoq jan chi aloni tzet chi yun skawxi yet ka chi uk'on amb'al.