

Q'ALAJISAMEN CHKE AJTIKO'NELAB'

Xib'ib'al Kij Rumal Ri K'osib'al Tew Re Ak' H5n1 Pa Ri Wakax Kakiya' Tu' On Enik'aj Chik Awajib' Re U.S.A.

Ri k'osib'al tew re ak' H5N1 jun uchikopil yab'il k'ate' nab'e mul xriqitaj chi kech wakax. Ri uchikopil yab'il kkowinik kuq'axej chi kech ri ewinq ri kechakun kuk' eyowab' taq awajib' on rumal kkijal jastaq (Ja cha' utu' wakax man tzakom taj) on ja cha' ajchakib' kuk' wakax. We uchikopil yab'il ri', riqom nim ucholajil pa ri utu' wakax man tzakom taj xuquje' pa ri kipatzpo'y xuquje' pa ri utz'umalil kitu' wakax. We uchikopil yab'il ri', katajin kuchikoj rib' chikixo'l e nik'aj chik wakax ri kkiya' tu' pa ri jalajoj taq tinamit re EE. UU.

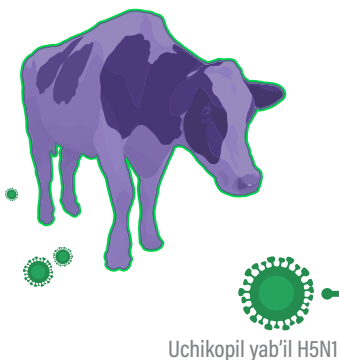
We katchakun kuk' ewakax kkiya' tu' on awajib' ri eyowab' rumal ri k'osib'al tew re ak' H5N1, k'o patanijem kab'anik rech kaq'atex ri uk'axk'olil rech man katyowaj taj.

Jas kb'an ri uchikopil yab'il we k'o che ri wakax on enik'ak awajib', che uq'axexik rib' chke ri ewinaq.

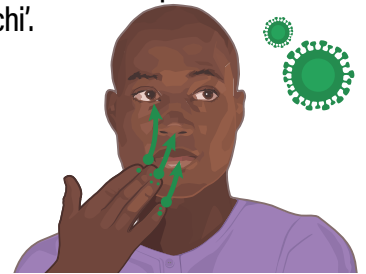
We uchikopil yab'il ri', kkowinik kk'o'ji' chke ri ewakax xuquje' kaq'ax chi kech ri ewinaq xa rumal:

- We kachap jastaq uriqom uchikopil yab'il xuquje' we kachap ri ab'oq'och, atz'am on achi'.
- We k'o jun ja' uriqom uchikopil yab'il, kchikon pa ab'oqo'ch (ja cha' utu' wakax man tzakom taj ri uriqom uchikopil yab'il)
- We katijo, kaqumuj on kajik' nitz' taq tz'uj uriqom chikopil yab'il
- We kachap eyowab' on kaminaq taq sya on enik'aj chik awajib' ri kiriqom uchikopil yab'il.

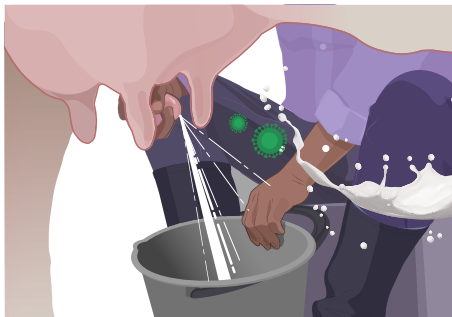
Ri K'osib'al Tew Re Ak' H5n1 Kakowinik Kuq'axaj Rib' Chi Kech Winaq Pa Taq Le Q'ij Re Uxlanem, Xa Rumal



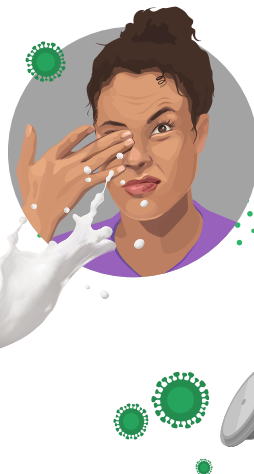
We kachap jun jastaq uriqom uchikopil yab'il k'atek'uri' kachap ri ab'oq'och on achi'.



We k'o jun ja' uriqom uchikopil yab'il, kachikon pa ab'oqo'ch (ja cha' utu' wakax man tzakom taj ri uriqom uchikopil yab'il)



We katijo, kaqumuj on kajik' nitz' taq tz'uj uriqom chikopil yab'il



Chakojo' jun wokaj atz'yaq on jastaq ri ktuto'o (PPE)

Rajawaxik kakoj jun wokaj atz'yaq on jastaq ri ktuto'o (PPE) are taq katk'oji' kuk' (on chikinaqaj ri) ewakax kakiya' tu', utu' wakax man tzakom taj, nik'aj chik awajib' on jastaq uriqom uchikopil yab'il. Chach'aja' aq'ab' ruk' ch'ipaq xuquje' ruk' ja' k'atek'uri' chakojo' ri (atz'yaq on jastaq ri ktuto'o, PPE) pa' je wa' ucholik:

1. K'oj atz'yaq k'o uchuq'ab' rech kach'aqi' taj
2. Uwo ra' man kach'aqi' taj.
3. Jik'b'al kaqiq' ya'om b'e che rumal NIOSH®
(p.ej., N95® jik'b'al kaqiq' ruk' jastaq re palajaj k'o karesaj on jik'b'al kaqiq' re nik'aj k'oj kayuqupijik)
4. Lemowachaj katob'anik on jun k'oj (careta) qas xaqare' man karesaj ta kaqiq' on karesaj kaqiq'
5. Ch'uqb'al jolomaj on chuqb'al wi'
6. Pib'al q'ab'aj
7. Tob'o taq xajab'

Q'alajisamen pa uwi' ri chajinik kech ajchakib' xuquje' jas ukojik on resaxik ri atz'yaq on jastaq ri katuto'o PPE, kariqitaj pa <https://www.cdc.gov/flu/avianflu/h5/worker-protection-ppe.htm>. Are taq katchakun kuk' ewakax ri we ne' kiriqom uchikopil yab'il, chak'ak'alej ri a utzwachil xuquje' chak'ulk'ub'ej b'elej q'ij, kamajij rajilaxik pa ri 10 q'ij xatk'oji' kuk'.

Ri uk'axk'olil ruk'am uloq:

- Q'aq' (Q'aq'tewal re 100°F [37.8°C] on sib'alaj q'aq') on q'aq' wi/ b'irb'atik.
- Ojob'
- Q'oxom qulaj
- K'ax kuxlab'ik/ man kuxlab' ta chik.
- Ke'oq'ik, kaqarik on kk'yaqatik ri ab'oq'och.
- Q'oxom jolomaj.
- Kkalow on kach'utuw atza'm on tz'apitajinaq atza'm
- Q'oxom b'aqilal
- Tornaq pamaj.



Ronojel q'ij chak'ak'alej ri a utzwachil, xuquje' we xatere'nej ri taqanik re PPE.

- Chasik'ij ri wokaj re utzwachil re tinamit/ aj waral aninaqil we k'o jun k'ax chwe on uk'axk'olil ri yab'il are taq ik'owinaq b'elej q'ij xatk'oji ruk' jun yowab' awaj/ ri sib'alaj uriqom uchikopil yab'il on rumal kiral jastaq. Ri awokaj re utzwachil katuto'o che uchomaxik jas kab'an chwe.
- We kachaple'j uyowajixik ri yab'il ri awokaj re utzwachil re waral kkowinik kub'ij chi awech chi katkanaj kanoq choja xuquje' kaq'at awib' chi kech ri aj upaja, are taq maja' kasolix awij rumal ri k'osib'al tew re ak'.
- Are taq kasolix awij rumal ri k'osib'al tew re ak', jun ajkun on jun chajinel yowab' kumulij ronojel ri k'utb'al re yab'il k'o chwe. We ri', kab'anik ruk' jun q'utuw tzama'j xuquje' ruk' jun q'utuw qulaj. We ri ab'oq'och xkaqarik on k'o k'ax chi kech, jun ajkun on jun chajinel yowab' karesaj jun k'utb'al yab'il re ab'oq'och.
- We kachaple'j uyowajixik ri yab'il, jun ajkun kakowinik kya' ucholajil saqil re kunub'al ri rajawaxik katijik che ri k'osib'al tew re ak' (ukunub'alil ri k'osib'al tew re ak'). Rajawaxik katerene'j ri taqanik che utijik ri kunub'al.