

TIQB'AL I

TZ'APB'AL CHII' CHIJE' RUKOR KOJONIK

JIK'ANIK REH K'AMAL B'EE REH :|| RUKAJ POH REH ·| ①

IXIIM AK'AL, :|| RUKAJ POH ·| ①

A. ¿Qa'sa re' COVID-19?

La Malojiib' Rax winaqiil wach Ak'al -OMS- nruq'or "COVID-19 re' junaj wach kimik nruye' riib' ru'uum Coronavirus la qa'sa ak' raqooj (SARS-coV-2)." La Coronavirus nruye' kimik reh awuxlaam je' tii nrukalik aju' chii' nimaq kimik.¹ Wilkee' ka'ab' oxib' lok'b'al rukoor ak'achariik reh nacha'jeem awiib', reh josq'anik chije' naq'atam wach la kimik chije' nrukihraam riib' la kimik je' tii natz'ajam aq'ab' ruu' ha' chije' xapoon, kojooj k'ajha' pan 70%, man tib'iiq kuu' winaq chije' kojooj tz'apb'al achii', chije' ch'ahqon cha.

B. Rulok' qa'sa taqee'.

Wili ka'ab' oxib' wach tz'apb'al chi'is reh nakojom reh naq'atam wach la COVID-19, xare', loo' wili ka'ab' oxib' wach kojooj chije' rukamaniik.

1. Tz'apb'al chii' ch'uwsaneel²

- a) Tz'apb'al chi'is keh q'atb'aneel b'aqil ch'uwsaneel: Re' taqee' kikojari pan q'atb'al b'aqil ch'uwsanik chije' ch'ahqon cha kamanik; wili reh nrukojari reh nruq'atari wach la kimik ruu' riis b'aqil chije' kik' ruu' kimik. Wili jarik (ch'ahqon je' ukb'al) najitz' chi rij ajoloom.

Nrucha'jee k'ih la winaqiib' xare' juntz'ip rucha'jee la qa'keh rukojom, nruz'apaa wach naq nab'an at'ixam chije' ojm, reh nruq'atari wach la riis chuub' ruu' kimik "chi rupaam la winaq naq rehsaa cha".

Reh loo', rukamaniik re' nruq'atam wach la q'ahsanik kimik reh la winaq yawaab' reh la kimik laa'.

- b) Tz'apb'al chi'is man piim ta (Wach N95): Wili reh junaj k'ah ik'b'al reh nrucha'jee "man n'iki la kimik" man junaj wach. Rukamaniik re' nrucha'jeem la winaq ahkojom reh naq nrujihq'aa ruxlaam pataq wi'b'al ahpa' wili la kimik -pan k'ah riis- je' tii kimik, ch'ihch' kimik, q'atb'al wach kimik, qahsb'al ransil kimik, ch'ahqon cha. Nruq'at wach chije' ti rucha'jee chi wach la kimik.

2. Tz'apb'al chi'is keh tinimit.

- c) Tz'apb'al chi'is ruu' tik: Re' taqee', b'anooj ruu' rulok' b'antajik, wili reh nrukojori manre' ta junpach aka, xare' nrajaam najosq'iim chije' q'iiq q'iiq nruz'ajari, rukamaniik re' ntah nruk'utum achii' chije' aju'.

1. Malojiib' Rax winaqiil wach Ak'al. Pahqanik chije' tz'irsanik chi rij coronavirus (COVID-19).

Wili pan: <https://www.who.int/emergencies/novel-coronavirus-2019/advice-for-public/q-a-coronaviruses>.

2. Wi'b'al Europa reh Q'atanik chije' ilal wach kimik. Kojo tz'apb'al chi'is pan tinimit.

Estocolmo: EDCCD: ·|

C. Q'atanik wach la kimik chije' rukoor nakojom la tz'apb'al chi'is

K'ih puuq keh ch'ahqon cha tinimit³ nkiq'or chije' nkib'irsaa re'ar kiroo chikojori la tz'apb'al chi'is reh nruq'atari wach la q'ahsanik reh la kimik, loo' naq la winaqiib' wilkee' pan kixalek k'ih winaq chije' ntah nkitihki nkiwii' katalam pan la wi'b'al (nawii' chii' 1.5 m reh junaj winaq). Ja'ar man qacham rukoor la josq'anik, je' tii natz'ajam aq'ab' ruu' ha' chije' xapoon je' ja'ar la kojooj k'aha' sas wach 70%. Ru'uuum re' pan k'ih tinimit la kojooj tz'apb'al achii' re'ar nakojom miska ntah najaam.

D. Nik'pa' nrukojori tz'apb'al chi'is

Q'orooj la kojooj tz'apb'al chi'is re' junaj b'anik reh nruq'aari wach la kimik nq'ahsji ru'uuum kotaq p'ees chuub' nrukihraa junaj winaq naq nq'orwi, nrub'an ojm chije' at'ixam; xare', ilooj cha la kojooj reh tz'apb'al chi'is ku'uuum la winaqiib' wili keh la kimik^{4,5}, nto'wa reh man nrukihraa riib' la kimik.

E. Winaq majaa' nkik'ut taw ach la kimik.

La kojooj tz'apb'al chi'is keh la winaqiib' majaa' nkik'ut ta wach la kimik xare' kore'eet wili cha keh, rukamanik re' ntah nruq'ahsaam la kimik keh ch'ahqon cha, ja'ar wi la winaq wach wili reh la kimik ja'ar nrukamaj man rukihraa la kimik.⁶

Chikojori la tz'apb'al chi'is naq man hat ta wilkaat pan apaat, miska rax winaq hat wilkaat, xare' cahkoj tz'apb'al achii' naq hat wilkaat kuu' winaq kore'eet je' ja'ar wili cha keh la COVID-19 je' ja'ar la winaq xiwii' tii kuu' winaq wili keh la kimik loo' je' ja'ar pa taq wi'b'al ahpa' k'ih winaq wilkee' je' ja'ar pa taq wi'b'al ahpa' man ik'a teew.

F. Winaqiib' ruu' k'utb'al wach je' ja'ar wayaab' cha taqee' reh COVID-19

Naq nruye' tz'aa' chi awiij, ojm je' ja'ar at'ixam, ntah cha natihki nawuhtz'ani, ntah cha natihki nak'amam awuxlaam, re'ar nakojom tz'apb'al achii' chije' nwoja ruu' junaj ch'uwsaneel naq kow xaraq qa la kimik, chajosq'ii awiib' je' qa' rukoor q'orooj.

Kiroo nruz'irsaji la tz'apb'al chi'is nrrub'anam rukamaniik naq ja'ar najosq'ii awiib', je' tii natz'ajam aq'ab' ruu' ha' chije' xapoon je' ja'ar la kojooj k'aha' sas wach 70% (ja'ar ntah nawii' chi koor ch'ahqon cha winaq).

3. Malojiib' Rax winaqiil wach Ak'al, Wi'b'al Europeo reh Q'ataik chije' ilanik reh kimik, la wi'b'al taqee' reh ilanik chije' Q'atanik reh Kimik (EEUU), la Wi'b'al Chino reh ilanik chije' Q'atanik reh kimik.

4. Q'atanik reh kimik chije' ilanik wach B'ejil kimik chije' ninriil reh B'ejil kimik wacg ak'al kimik reh nak'amam awuxlaam: Malojiib' Rax winaqiil wach Ak'al; |  (https://apps.who.int/iris/bitstream/handle/10665/112656/9789241507134_eng.pdf)

5. Re' taqee' winaq q'ahsaneel reh la kimik ru'uuum xiwii' kuu' winaq yawab'aq reh la kimik je' ja'ar wili keh la kimik, xare' majaa' nkik'ut ta, je' ja'ar xich'uwa tii chije' man nkik'ut ta la kimik, xare' kore'eet wili keh.

6. Malojiib' Rax B'aqiil Wach Ak'al: No'ooj keh winaqiib' pan runaa' la ak' Uxlaam Kimik (2019-nCoV): Nik'pa' kiroo nakoj tz'apb'al chi'is. Loo' naraq pan: <https://www.who.int/es/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-mask>.

G. Kojooj, chapp'al chije' rukoor nakutum ala la tz'apb'al chi'is

Kiroo chawat'aalii qa' rukoor nachapam la tz'apb'al chi'is, rukoor nakojom chije' rukoor nakutum ala reh nruq'atari wach la q'ahsanik chije' la kihranik reh la kimik.

Re' la qa' taqee' loo' nab'anam reh nakojom korik la tz'apb'al chi'is.

- Peet natz'ajam aq'ab' ruu' ha' chije' xapoon je' ja'ar la kojooj k'aha' sas wach 70%.,
- La tz'apb'al chi'is nruz'apam achii' chije'aju', chawila' man wii' koon jaqlaq la tz'apb'al chi'is reh aka'aal.
- Naq nakojom la tz'apb'al chi'is man yaj nachaplaj pa, wi xachap pa chatz'aj aq'ab'.
- Wi la tz'apb'al chi'is ch'aqek cha chajal, wi re' taqee' la tz'apb'al wach junaj pach kiroo nakojom chakut' ala (tz'apb'al chi'is keh ahkuun).
- Naq nawehsaam ala la tz'apb'al chi'is chab'an chi awiij, reh ntah nachapam koon achii' chije'aju' ja' re' ar chakut' ala pan ajomik pan la paat mees, reh are' chatz'aj aq'ab' ruuk' ha' chije' xapoon.

H. Tz'apb'al chi'is kiroo nakojom:

La Tz'apb'al chii', ch'uwsaneel chije' man piim ta (Wach N95) re' aka nakojom junaj pach, loo' re' aka nkikoj la ahk'uun taqee' je' are' ar la winaqiib' kiwii' kuuk' taqee' la winaq wili cha keh la Uxlaam Kimik.

Ro'na tii k'ih naak kib'anam la tz'apb'al chi'is ruuk' tziyaq, la je' loo' kiroo nakojom ru'uum naq natz'aj kiroo tii cha nakojom, xa re' loo' wili junaj rukoor reh natz'ajam chije' la wehsaam reh onteera la qa'sa man korik ta reh qak'achariik, loo' reh man nrub'an qa junaj wi'b'al aha' nruye'eem qa la kimik qeh hoj.

La tziyaq keh la ahto'neel keh la ahch'uwsaneel reh la Uxlaam Kimik nkitz'ajam kitziyaaq pan Oxk'ahl chije' ka'k'ahl lajeeb' raansil la wi'b'al nruz'aj tziyaq pan junk'ahl lajeeb' minutos, je' ar loo' rukoor nkitz'ajam la tz'apb'al chi'is, ja re' ar nroqsaji pan junaj wi'b'al aha' ntah qa' ch'aqek. Ja'ar kiroo ntz'ajri ruuk' k'aha' sas wach 70% aha' kiroo chiye'ri koon pan oxib' minutos. Reh are' nachaqiwsaam korik.

Tz'irsanik ru'uum la at'alanik kamanik

La juuj loo' man b'anooj ta reh ch'uwsanik, loo' junaj tz'irsanik reh la Ahb'ejb'al kamanoon.