

Chachajij awib' che le H5N1 are taq katchakun pa le K'olib'al re ak'

H5N1 jun chikop yab'il re le q'aq' yab'il kech ak' kakowinik kaq'ax chwe. Chakojo' le jastaq on atz'yaq katuto'o (personal protective equipment, PPE) ri b'im chwe are taq katchakun kuk' on chkinaqaj ri e yowab' taq away on e kaminaq away, ruk' kimes away, mes, tu' wakax man tz'akon taj xuquje' e nik'aj chi jastaq jawje' k'o ri uchikop yab'il.



Chach'aja' le aq'ab' ruk' ch'ipaq xuquje' ruk' ja' k'atek'uri' chakojo' le (personal protective equipment, PPE) pa' je wa' ucholik:

1. K'oj atz'yaq k'o uchiq'ab' rech kakiritaj taj
2. Uwoch awa' man kacha'qi' taj, we rajawaxik rumal le chak
3. Jik'b'al kyeqiq' ya'om b'e che rumal NIOSH® (p. ej., Jik'b'al Kyeqiq' ruk' jun jastaq k'o karesaj N95® on jik'b'al Kyeqiq' rech nik'aj k'oj kayuqupijik)
4. Lemowachaj katob'anik on jun k'oj (careta) qas xaqa're', man karesaj ta kyeqiq' on karesaj kyeqiq'
5. Ch'uqb'al jolomaj on chuqb'al wi'
6. Pib'al q'ab'aj
7. Tob'o taq xajab'

Chasolij rij rech kaweta'maj jas ukojik xuquje' jas resaxik le jik'b'al kyeqiq'



Are taq kakoj le (personal protective equipment, PPE)

- Chakojo' jun k'olib'al ch'ojch'oj naj k'o apanoq, jun k'olib'al che ukojik le (personal protective equipment, PPE) xuquje' jun chik che resaxik le PPE.
- Man kachap taj ri ab'oqo'ch, ri chi' xuquje' ri atza'm are taq xchap jastaq etz'il on k'o uchikop yab'il che.
- Man katwa' taj, katij ta jastaq, katsik'an taj, kakach'uj ta kach' xuquje' man katb'e ta pa b'anb'al chuluj.

Chatere'nej ub'anik le taqanik rech qas kel ri (personal protective equipment, PPE)

1. Chawesaj ri uwo awa', we akojom
2. Chach'ojch'ob'ej xuquje' chajosq'ij ri tob'o taq xajab'
3. Chawesaj ri tob'o taq xajab'
4. Chawesaj ri k'oj atz'yaq
5. Chawesaj ri pib'al q'ab'aj
6. Chach'aja' ri aq'ab' ruk' ch'ipaq xuquje' ruk' ja' on ruk' ch'ipaq re q'ab'aj k'o tzaam kunub'al chupam
7. Chawesaj ri chu'qb'al jolomaj on ri chu'qb'al wi'
8. Chawesaj ri lemowachaj on ri tob'anel palajaj xuquje' chawesaj ri jik'b'al kyeqiq'
9. Chach'aja' chi jumul ri aq'ab' ruk' ch'ipaq xuquje' ja', are we maj ch'ipaq xuquje' ja', chakojo jun kamisab'al tz'il ri k'o tzaam kunab'al chi upam

Are taq kawesaj ri (personal protective equipment, PPE)

- Katatinik we katto'taj che ri achak.
- Chaya'kan ri awatz'yaq xuquje' ri jastaq on atz'yaq xatuto'o ri k'o uchikop yab'il che.
- Chananab'ela' ri uk'axk'olil ri yab'il are taq katchakun kuk' awajib' on jastaq eyowab'. Chaterene'j rilik ri uk'axk'olil ri yab'il are taq kok'ow ri 10 q'ij at chakunaq. We katyowajik chaya' ub'ixik che ri a solinel xuquje' chach'ab'ej jun ajkun.

Kakamulix ukojik xuquje' xa jumul ukojik PPE

- Are taq kawesaj ri (personal protective equipment, PPE), utz uk'yaqik kab'ano ri xa jumul ukojik xuquje' utz uk'olik kab'ano ri kekamulix ukojik
- Chach'ojch'ob'ej xuquje' chajosq'ij ri (personal protective equipment, PPE) ri kekamulix ukojik are taq katto'tajik che ukojik

Chasolij rij rech kaweta'maj nik'aj chik upatan ukojik ri (personal protective equipment, PPE) xuquje' kichajinik ri ajchakib'

