

Jkanantay jkuxlejaltik



Bit'íl sk'an ya jkilbatik ta jnatik
KOVID-19



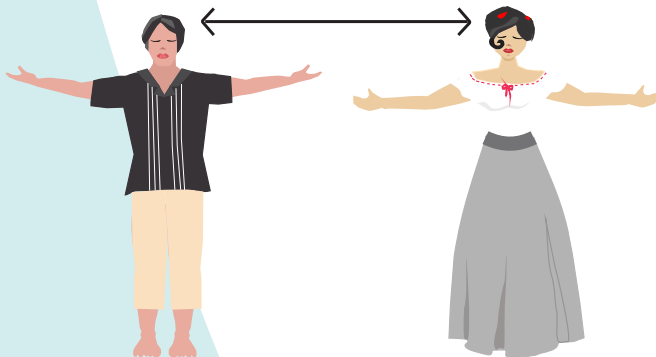
CHIAPAS
GOBIERNO DEL ESTADO



Jkanantaybatik
sok kuts´ kalaltik
(jmololabtik)

ijilan ta´ a na, te me
ya a kanantayaba
jaat, jich ya jkilbatik ta
jpisiltika-a!

Jakal me jka´batik





#Jalantaana



#Junaxk'otantiktajlumaltikchiapa

**SECRETARÍA
DE SALUD**

GOBIERNO DE CHIAPAS

**SECRETARÍA
DE TURISMO**

GOBIERNO DE CHIAPAS

**SECRETARÍA
DE PROTECCIÓN CIVIL**

GOBIERNO DE CHIAPAS

**SECRETARÍA
PARA EL DESARROLLO
SUSTENTABLE DE LOS
PUEBLOS INDÍGENAS**

GOBIERNO DE CHIAPAS

www.coronavirus.chiapas.gob.mx

ABRIL 2020



Ja«me numero telŽfono yu«un banti
puede ya xk —pojex yu«un swentail
k«op ayej yu«un kovid-19

Tuxtla Gutiérrez	961 191 6202
Jo´vel	967 164 5446
Komitán	963 632 1933
Villaflores	965 137 2146
Pichucalco	932 323 0191
Palenke	916 117 7457
Tapachula	962 255 9736
Tonalá	966 109 5835
Okosinko	919 193 6467
Motuzintla	962 144 9092

Ya me xu´ ya
xk´opojat ta
 800 772 2020

**Tulan
sk´oplal
911**

BIT'IL SK'AN YA JKILBATIK SOK KU'TSKALALTIK TA JLUMALTIK CHIAPA.

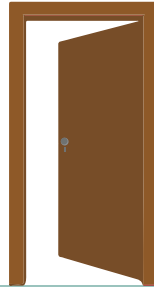


1. Bit'il sk'an ya jkilbatik k'alal ya xlok'otik ta jnatik

- ✓ Jchapana ta lek te bina ya a pas, ja sk'an te ma xlok'at lek ta a na.
- ✓ Tuuna najte'tik sk'ab a ku'sok a wex, yoma ta lek te stsotsil a jol, maxa tuun xch'alil a k'ab sok maxa bon te a wejk'ech sok tuuna te smakil a we.
- ✓ Namal xa a wa'k'aba, nopa bit'il namal ya a k'oponabaik (maxa petabaik, maxa a wujts'iyabaik sok maxa tsakbeyaba a k'abik).
- ✓ Ma xmojat lek ta oktaj kuch kiristianoetik, teme xmoat, tsakal xa a toj te a pasaje, yu'un jik ma yabatik sujtibal a tak'inik a.
- ✓ Poka te a bik'tal tak'in ta ja'sok alko-ol.



2. Bit'il sk'an x-ochotik ta jnatik teme lok'emotik.



iMajk'anjotik ya x-och te chamel ta jnatik!

Jun:



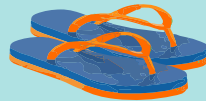
Kusa te a xanab ta junuk o p'ijuk pak' banti yich'oj kloro



Otesa ta junuk bolsa te a k'uapake' sok ak'a banti ya a wak'yabaklel a ku'u.

Poka lek te bitik xtuuna wu'un (moral, lente sok selularetik).

Xchebal:



Lapa te a xanab banti mayuk yabaklel.

Poka ta lek te a k'ab sok xapon sjalalil 40 te mauk 60 seundoal

Oranax x-atinat..

Bit'il sk'an chapel te ja' ya jpoktik te bintik ay ku'untik:
smijil sk'an ja'
(1) sok oxeb
(3) smijil alko-ol

(25% ja' sok
75% alko-ol)

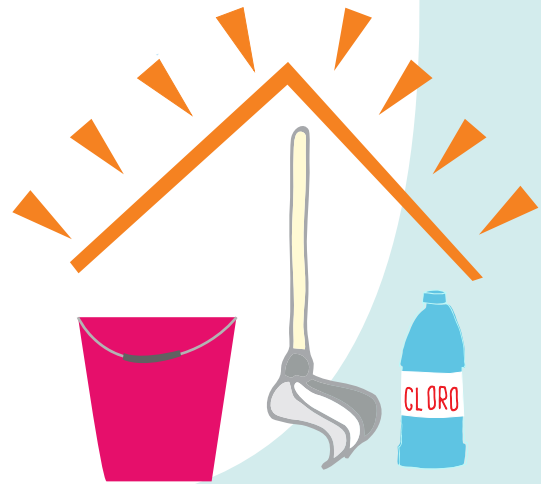
3. Ma xlok'ex ta tsoblej jich bit'il teme ay mach'a xcham sok kinetik yu'un ch'ulna sok tsoblejetik a wuts'awalalik.

Ja te ta jun tsoblej te ya xu' ya jk'asesbatik-a te chopol chamel, ya kuts'intik te jmololabtik jich bit'il kuts'ikalaltik sok jlumaltik.



4 . Bit´il sk´an ya jkilbatik ta jnatik.

- ✓ Ak´ts´in ya sk´an ya a pok te a k´abik sok xapon. Tem bit´ile lapaik smajk´il a weik.
- ✓ Ya sk´an mesel sok kusel lek te jnatik, (jich bit´il slumil a na, mexa, tsamate´, sti´il a na sok yantik biti´ay a wuun) ya a kus ta lek ta ja´ sok kloro, laujneb (10) smajk´il kloro sok tab (20) litro ja.
- ✓ Maxa komon tuunik skusil a wejik sok slujpil a we´elik, sejt´ibal a we´elik sok a basoik.
- ✓ Noptik xa a sapik te a k´uapak´ik, jich bit´il kusiltil ta atimal sok jmukiltik.

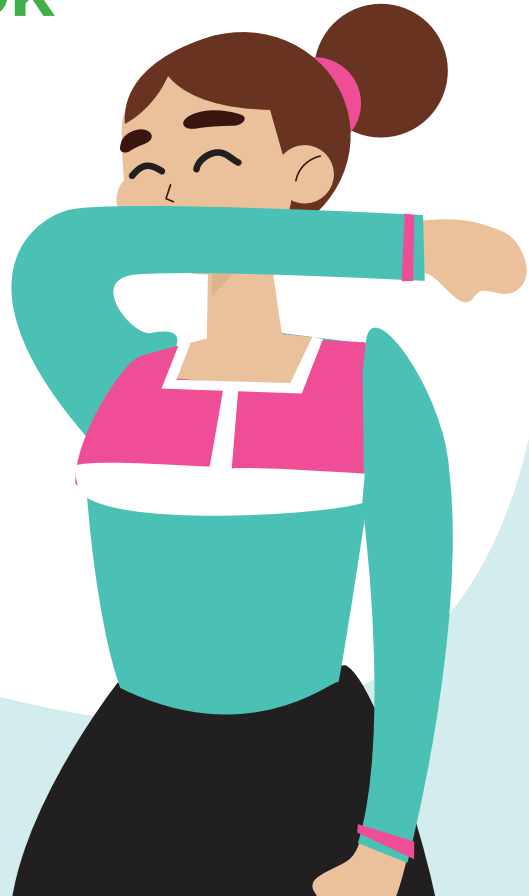


Lek jka´batik,
jpisiltik ya
jtuunbatik.



5. Xa a wilaba bit'il ya xbajinat sok jat'isubajat.

- ✓ K'alal ya xbajinat sok jat'isubajat maka te we sok te xuk'il a k'ab.
- ✓ Maxa piktilan te asit a we sok a nij.
- ✓ Te me la tuun te jun yu'un baño k'alal la kusaba, otesa ta junuk bolsa, chuka lek sok ch'oja ta yawil k'apal.



6. Slejel we´el kuch´eltik

Lea te mach a keremto sok te bujts´ anuk k´ inal ya yaiy, ja ak´ a lok´ uk ta mambajel

- ✓ Mame xch´ ay ta wo´ tan ta sapel spokel lek te bitik ya a man k´ alal ya a wich´ bael ta a na.
- ✓ Poka ta lek te sit te´ etik sok itaj ta junuk kubeta ta ja´ banti yich´ oj kloro, jo´ lajuneb (15) litros ja´ sok abeya cheb oxeb (2 0 3) nojesa kloro ta smakil, kapa lek te ta ja´ -e maliya joeb (5) minuto.
Poka ta la lekil ja.



7. Te me sujtales tuluk a wuts'awalal

- ✓ Teme ay tuluk kuts' kalaltik sok chikan mach' a jmololabtik a sutalel ta namal ta jlumaltik, ya sk'an ya sk'ejsba chanlajuneb k' ajk'al (14 días).
- ✓ Teme ay jtuluk a wuts'awalal ay ta yan luwar sok ya sutalel ta a lumal, k' opojan sok. Teme ma tulanuk te binti ya sk'an sutalel ta yile, albeya te ak' a jiluk te ban aye, patilto sutuktal.



8. Teme banti ay k'ux ya ya-ay

Teme ja' at o sok a wuts' awalal ay banti k' uxawa' ayik:

- ✓ K' ak sok xk' uxul a nuk' sok obal, k' ux a tan, wokol ya a wich' ik' sok bayuk banti k' uxa a wa ay.
- ✓ K' opojan ta yajtalul cha' jan tak' in **800 772 2020**.
- ✓ Te mauk k' eluya gta banti aytik-lan te yajtalul ch' ajan tak' in ja te ay ta xjachibal noptesel.
- ✓ Namal xa a wak' aba sok te mach' atik ay a k' oponoj.




9. K'alal namal ya ka' bajtik ya me xju' x-och yabotik jich bit'il

K'opjan ta yajtalul ch'ajan tak'in:

Teme jaat o sok a wuts' awalal ay a wa' ayik:

- ✓ Ilinba
- ✓ Bolobel
- ✓ Xiwel
- ✓ Ma jbut's'an k'inal
- ✓ Ma x-och a wayel
- ✓ X'itamba
- ✓ Yuts'inel kuts' kalaltik



 **800**
422 5256

skoltayel yu'un te
mach'a ya yich'
uts'inel

10. Teme ya mach'a yich'oj te chamel KOBID -19 ta a na

- ✓ K' ejel xa a wa' k' ik sok kanantayaik ta jun xchawinik k' ajk ál.
- ✓ Párteme xa wak' bey te bin ya xwe' aj sok te bintik ya stuun stukel sok párteme xa a sapey te sk' u- spak'
- ✓ Mesa sok kusbeyatalek te banti aye.
- ✓ K álal ya a k' asesbey te swe' el yuch' el sok xpoxe, potsa' ba ta lek sok tuuna te smakil a we sok spotsil a k' ab



Ik´:
oxeb ora



Bintik ma
xch´ich´ub:
xeb k´ajk´al



Lejchel
tak´in sok
uleetik: wa-
xakeb ora



Smakil o
spots´il a we:
jukeb k´ajk´al



Te´: **chaneb**
k´ajk´al



Jayeb ya xja-
la te
KOBID-19
ta luwaretik

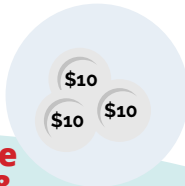
Plastiko:
baluneb
k´ajk´al



Binti xakak: (Ta
stsotsil jolol,
lechel tak´in,
jun sok pak´):
ma xjala lek



Bik´tal tak´in: kobre
chaneb ora, acero 48
ora



Stan xanabil:
joeb k´ajk´al

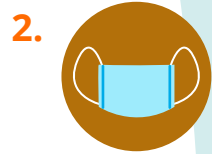
Pisilme lek
x-ainaj.

Kabetik
yipal



11. Bit´il sk´an ya jtuuntik ta lek te spojtsil ketik

1. Jun: k´alal ya a lap, poka ta lek te a k´ab.
2. Cheb: Ilata lek te banti ts´isbil ja ya xbat ta yutil te spojts´il a we.
3. Oxeb: k´asesa ta a chikin te s-ilastrikoal, muka te a ni sok a we. Ila te a k´ab maxa pik sok te ta yutil.
4. Chaneb: Maxa a pik te me a tuunoj, teme ya a k´an ya apik, poka lek te a k´ab.
5. Joeb: me a lapoj te spojts´il a we, obajinan sok jat´isubajan la xukjk´il a k´ab.
6. Wakeb: k´alal ya a lok´es tsaka ta yilastrikoal, laja ta a wae poka lek te a k´abe.



12. ¿Bin ora ya sk'an a jeltay te spotsil ketik?

- ✓ Teme ajch´
- ✓ Teme la a jojk´an ta a nuk´, ta a jol o teme puersa la a lok´es.
- ✓ Teme ch´ieem sok k´ala ma lekix.
- ✓ Ta spatil k´alal ba a wil jtuluk chamel. Otesa ta junuk bolsa, chuka ta lek sok ta spatilal ch´oja ta yawil k´apal.
- ✓ Mame x-och a tuunix.

**Mame x-och
a tuunix**



Joptesel kuts´kalaltik yu´un Proteksion Sivil

Te jlumaltik sok kuts´kalaltik
ayotikme ta wokoliil.

**Tijilnaxme xa a k´ej te a mochila
banti a wak´oj te a poxetik**



**Sok me
ya sk´an:**



spojs´il
a we

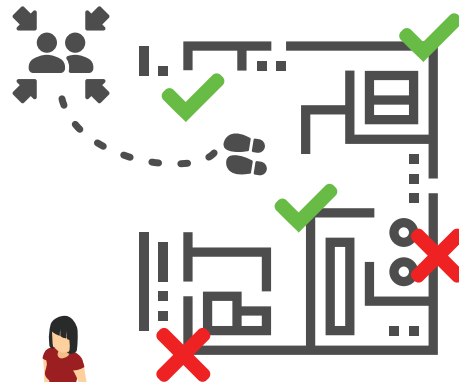
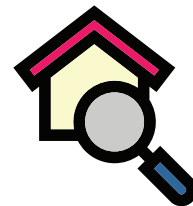


alko-ol ta jel sok
xan spots´il a k´ab

K'eluya yu'un ma staotik-a te wokol

tanto en el interior como en el exterior de la casa

- ➔ Pasa junuk a krokis yu'un te a na, jisa te ba k'alal max k'ot te wokole
- ➔ Jitiklana te banti ya xju'k'axel
- ➔ Nopa bit'il sk án kilbatik



Abeya ya'tel ta jujun tul te kalal uts'tik. Na'ame te jakal ya sk'an kak'batik sok te jkanantaybatik yu'un te KOBID-19.

Jkanantaybatik ta jpisiltik

Te me ay binti tulan sk óplal



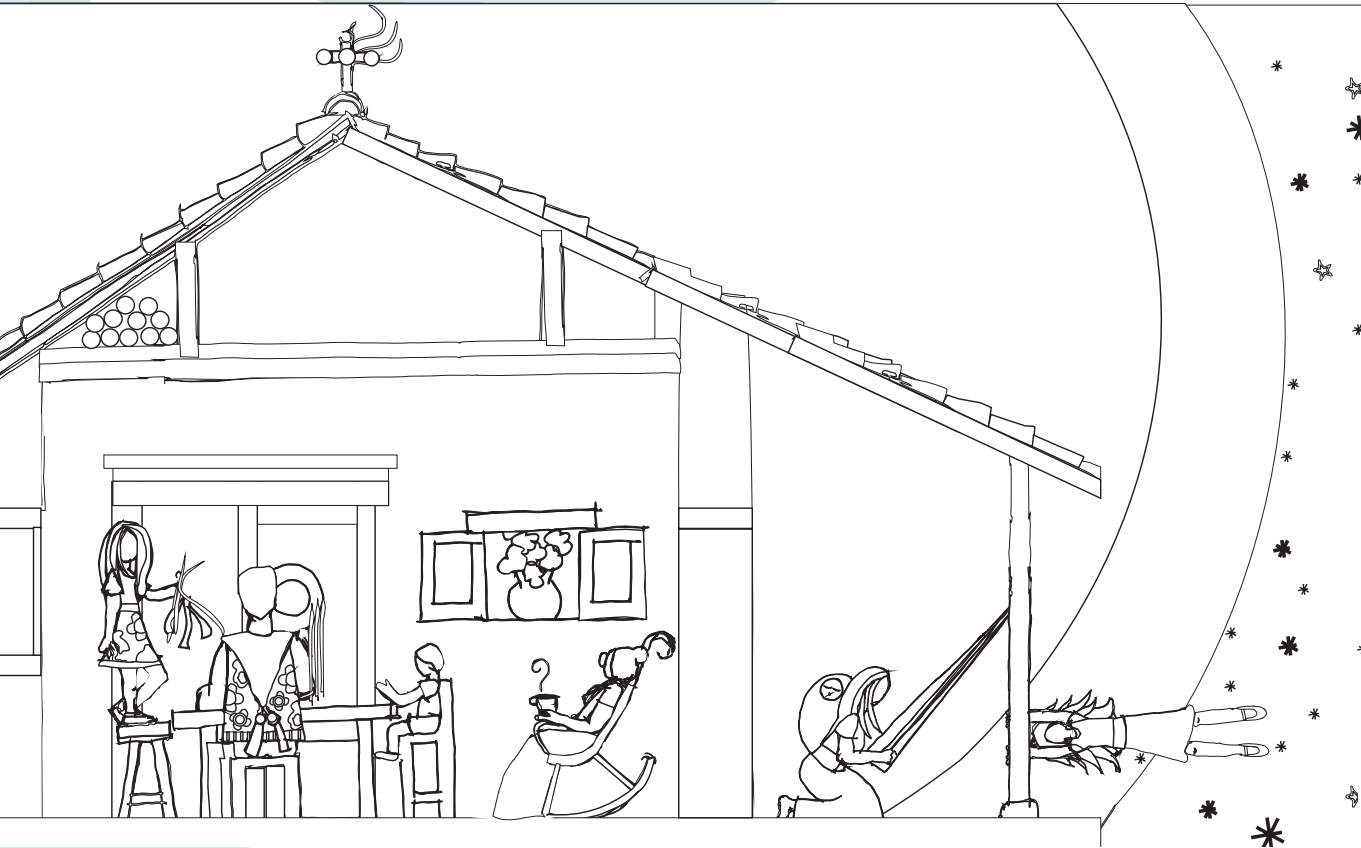
- ➔ Leja junuk luwar te banti ya xu' a kanantayaba sok te a wala-wuts'
- ➔ Lekme pokbil sok sapel ya sk'an
- ➔ Pasa junuk a lista bintik sok te banti ya sk'an kusel sok mesel te a na

Tulan sk'óplal:

Lea jtuluk mach'a ya yil sok skanantay te a wuts'a walal.

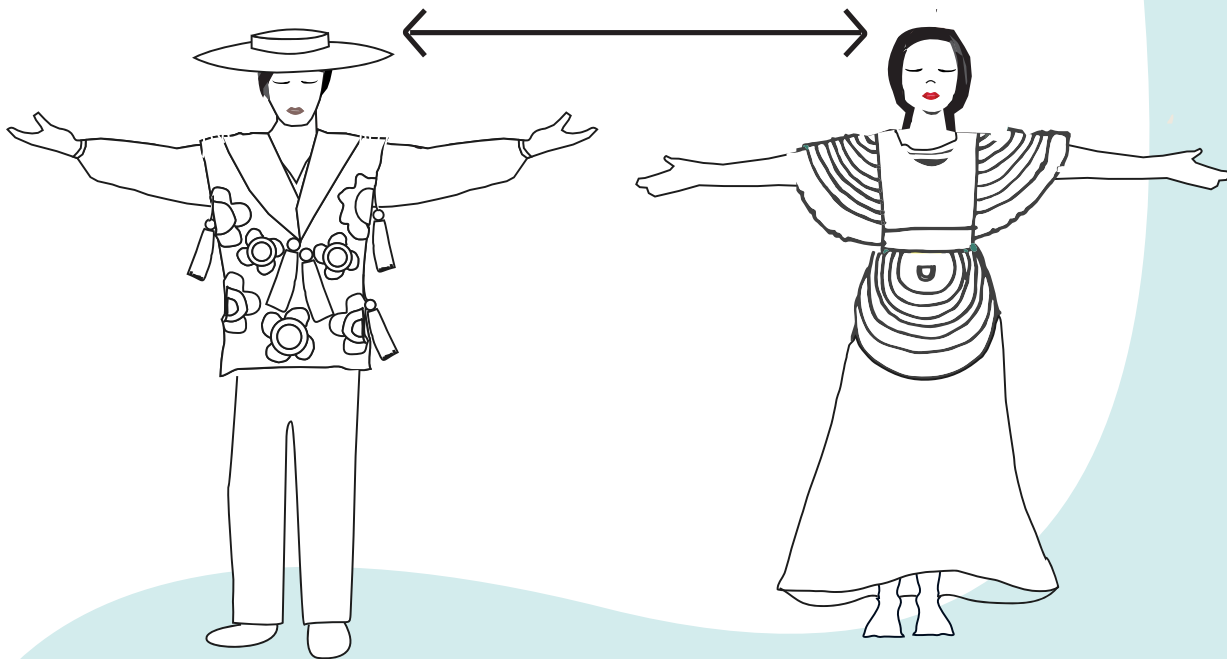


Bona sok

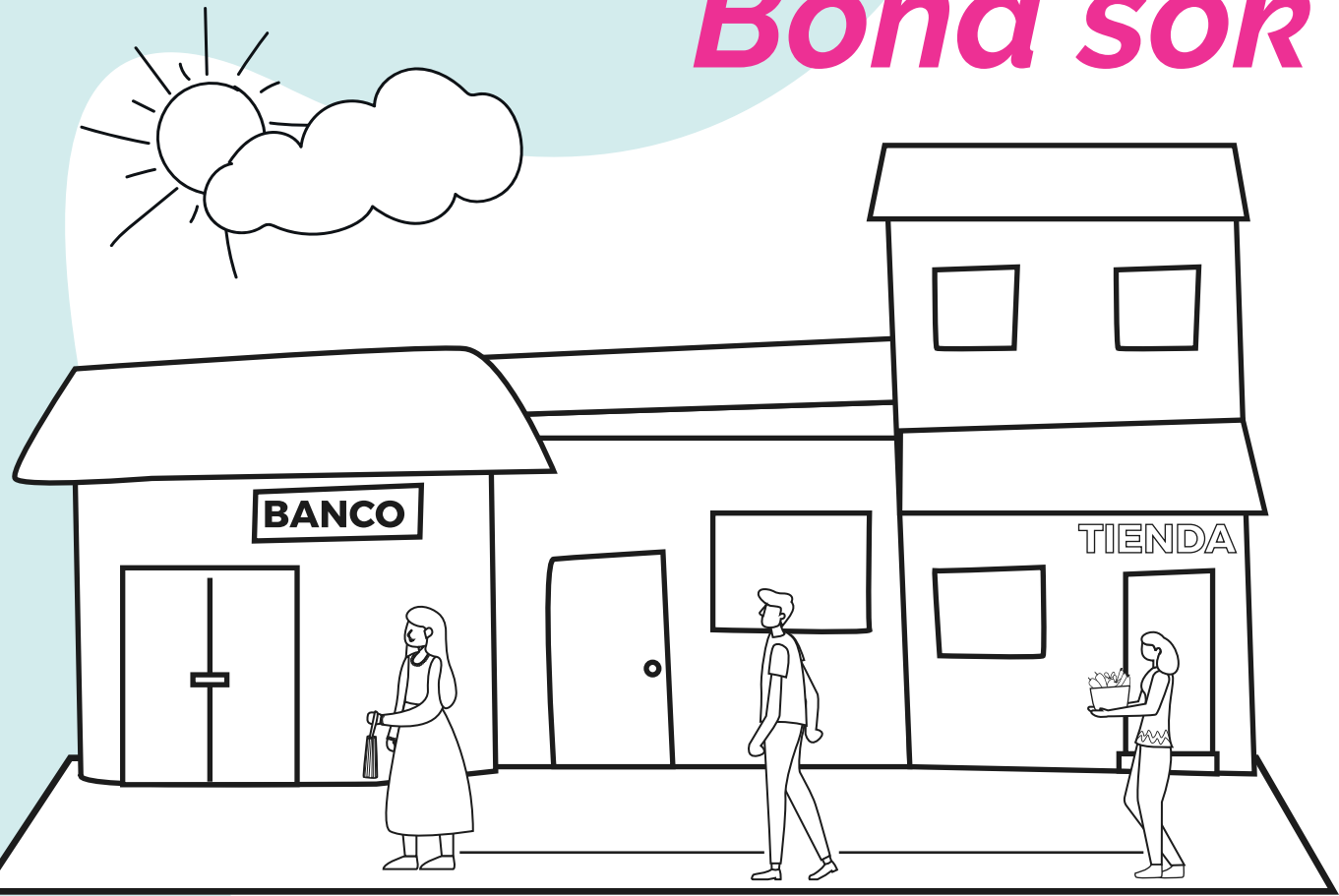


Ilaba

Jakal me jka'batik



Bona sok



Jakal me jka' batik

Ilaba





Jakal me
jka'batik

Jakal ya jk'abatik yu'un jich
ma jk'asesbeybatik chamela



Jakal ya jk'abatik yu'un jich
ma jk'asesbeybatik chamela



Jakal ya jk'abatik yu'un jich
ma jk'asesbeybatik chamela



Jakal ya jk'abatik yu'un jich
ma jk'asesbeybatik chamela



Jakal ya jk'abatik yu'un jich
ma jk'asesbeybatik chamela



Jakal ya jk'abatik yu'un jich
ma jk'asesbeybatik chamela



Jakal ya jk'ab
ma jk'asesbey

