**Injal Q’ij Ja Ilem Ch’qe ri Tijoxel**

***Tat Nan: Chi’ na’ jun to’o’q’op noj’saj jun nik’ uwach ilbal injal baj’chi’ xuquje cha ya’ u’bixik ri ilem chrij ri ak’al awal no’jbal che ri Tijobal Winaq rech New Bedford Public Schools xuw jumpa ri’ ak’al are’ ya’b’ xuquje are’ qanq’inaq’ cham ri ja.***

# Wuj Ilem 1: Ilem Na’t’bal Ya’bil

Jumpa ri ak’al awal qolik jmul jasach chrij ri Ilem Na’t’bal Ya’bil che, che qu b’ij jun xaq’te’ ya’bil che xaq’te’ qu qasij ri u utz’elal ri tijoxel rech qu majo xuquje qu ya’o’ ri tijoxel cham ri kax xuquje qu q’axij ri ya’bil che junchik winaq che utz’taj. Na’jun to’o’q’op wila’ ri ak’al chrij ri na’t’bal ri’ sintomas:

|  |  |
| --- | --- |
|  | Ri temperatura are’’ 100.4 grados Fahrenheit o nim chuch jun ri’ jumpa qa wilo cham ri u chi’ |
|  | U’qaxil ri u Q’ul |
|  | Jun qaq uq’ilik o’j che qu bano che qontaj ri ak’al qu jaqo rxlab’ (chqe ri tijoxel ruq q’atbal rij (alergia)/ y’abil chrij rx’lab’ oj (asma), jun jalonik che ri o’j jumpa ri baseline) |
|  | Ja’ chuxe’, K’xabik, o qaxil ru u pam |
|  | K’ak’ na’bal nim k’ax’bal u jolom, xuquje jumpa qolik q’aq’ chrij |

# Wuj Ilem 2: Inq’aj Chap’bal/Nim Uwuch’bal

|  |  |
| --- | --- |
|  | X’q’e chinq’aj chawawem (cham ri 6 aq’naj naj’bal che jun winaq che qolik ri ya’bil che’ cham ri jmul 15 minutos) ruq jun winaq che xbixik che qolik ri ya’bil COVID-19 |
|  | Xbe’ che binem o qpiwi cham jun tinamit, jmul winaq, ulew, o estado che ri ja k’male qu b’ij che qolik jun k’I winaq ruq ri ya’bil COVID-19 casos che qu b’ij cham ri ja [Community Mitigation Framework](https://www.cdc.gov/coronavirus/2019-ncov/community/community-mitigation.html) |
|  | Qolik ri rchoch che cham jun common che qolik nim q’axbal (che bim cham ri ja u bi’ [Community Mitigation Framework](https://www.cdc.gov/coronavirus/2019-ncov/community/community-mitigation.html)) jumpa ri tijobal u chomam to’o’rbal |

 [**cdc.gov/coronaviru**](http://www.cdc.gov/coronavirus)**s**

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