



GENERAL INFO FOR INDIGENOUS ELDERS ON COVID-19

English	Tsotsil
<p>This is a public service announcement about the coronavirus or Covid-19 disease outbreak.</p>	<p>Li'e ja' jun pukbil k'op lo'il skuenta li slikeb chamel Coronavirus o mi Covid-19.</p>
<p>Coronavirus (or COVID-19) is a virus that began spreading toward the end of 2019 and early 2020.</p>	<p>Coronavirus (or COVID-19) ja' jun ach' chamel stambe ta spuksba li ta slajemtikxa 2019 chu'uk ta slikeb 2020</p>
<p>This is a time when Indigenous Peoples around the world are encouraged to stay calm, and be strong, in the face of severe adversity.</p>	<p>Ja' k'alal li indigenaetik ta sjoyobal balamil albatik mu simtasbaik, xchu'uk tsotsuk yo'onik yu'un toj tsots sat tax tal li vokolale.</p>
<p>It is easily transmissible from person to person through respiratory droplets, or small drops of water that are produced during breathing, laughing, singing, coughing, sneezing, or even talking.</p>	<p>Yu'un ja jun chamel toj jlikel ta jkuchbejabtik ta xjelav ta jun ta jun krixchano k'alal ta xkich'tik ik'e, ta xjelav li ta ju p'aj ya'lel jni'tik k'al ta xkich'tik ik'e, li ta ya'lel ketik k'alal chi tse'inetik o mi k'evujinotik, li jtubtik ta xlok' k'alal chi ojobjotik, chi jatr'isanotik o mi chi k'opojotik.</p>
<p>When infected with COVID-19 one may experience a fever or cough, although other symptoms may arise as well.</p>	<p>K'alal ta jkuchtik li COVID-19 ja' yik'al xka'itik k'ok' o mi obal, xchu'uk li yantik sk'elobil li chamele yik'al xka'itik noxtok.</p>
<p>Elders are at particularly high risk for becoming very sick compared to the general population when infected with coronavirus.</p>	<p>Li me'el moletike ja' toj tijik xa ta chameletik k'alal ta skuchik li ach chamele yik'al xchamik mu xko'olaj kucha'al yan sjabilal krixchanoetike bu ta skuchik li coronavirus.</p>
<p>Indigenous Nations are being affected by COVID-19. It is important to limit the spread of COVID-19 to protect history, traditions, leaders, and communities.</p>	<p>Li slumal indigenaetik ta xk'ot ta stojolik li COVID-19. Tsots sk'oplal sk'an pajesel li spukiel li COVID-19 yu'un sk'an teyuk kuxuluk li jtalet jkuxlejaltik, li k'inetike, li jnitvanej krixchanoetik chu'uk li xch'ulelel li jujun jlumaltik.</p>
<p>Coronavirus spreads through respiratory droplets that spread through the air. These respiratory droplets can directly spread from one person to another, or they can spread from an object to a person.</p>	<p>LI Coronavirus ta xpukij li ta ju p'aj ya'lel jni'tik ta xbat ta ik'e. Li ju p'aj ya'lel jni'tik k'alal ta xkich'tik ik'e ja' ta stak' tax pukij li ta jun ta jun krixchano o mi stak ta xpukij li ta kusitik ta jtsaktik te'etik, mak ti'na o mi k'usi yane, mi oy bu stsak k'usitik li yan krixchanoe ta xjelab li bik'it chopol chamele.</p>
<p>Coronavirus can be spread by touching objects that have been exposed to respiratory droplets from other people. For example, if someone sneezes and covers their mouth with their hands</p>	<p>LI Coronaviruse stak' xpukij mi o k'usi jpiktik te'etik, chonetik o ki k'usi yan ti balemxa komel ta chamele tey ta xjelav li ta krixchanoe. Jyulesta joltik, tey jun krixchano</p>



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<p>and then touches a doorknob, the virus could be on the doorknob.</p>	<p>sjatr'isan smak li sni' ta sk'obtak mi laje spik li stak'inal ti'nae li bik'it chopol chamele teyxa com li ta stak'inal ti'nae</p>
<p>The spread of coronavirus can be prevented by washing hands with soap and clean water for 20 seconds and by wearing a mask, if these resources are available.</p>	<p>Li spukiel li coronaviruse tey ta xpaj mi jpok lek ta xavon chu'uk ta sak vo' li jk'obtik 20 segundoetik sjalil xchu'uk mi jlap li smakob ke jni'tik, mi oy ku'untik.</p>
<p>Cleaning surfaces such as door handles that a lot of people use and covering coughs and sneezes with your elbow instead of hands can help limit the spread of the virus.</p>	<p>Sk'an ta jpoktik li k'usitik tey ta jamaltik k'ucha'al stsakobil smakob sti'jnatik yu'un ja'ti ep krixchanoetik ta stunes xchu'uk sk'an taj mak ta sbakel jk'obtik mi li ojobajotik o mi li jatr'isanotik mu satak' jtunestik li spach'omal jk'obtik yu'un ja'yech stak' jpajestik li bik'it chopol chamele.</p>
<p>Limiting physical contact with others outside of those who live in your house is important to prevent the spread of COVID-19.</p>	<p>Sk'an nomik xkiljbatik xchu'uk li yan krichano bu mauk jmoj nakalotik xchu'uke ja' tsots sk'oplal ti mu jpukijestik li COVID-19</p>
<p>This may mean not being able to hug grandchildren or shake a neighbor's hand, but it is important for your health. This may also mean that some traditions may have to be celebrated differently during this time. Large gatherings of people are not advised.</p>	<p>Li'e ja sk'an xal ti mustak' ta jmeytik li k'oxetik o mustak' jtsakbejba jk'obtik xchu'uk li jlak' natik yu un ja tsots sk'oplal jlekilaltik mu staotik li chamele . Li'e ja' noxtok sk'an xal ti jlom li k'inetik ta xich'pasele jelel ta xk'ot ta pasel li k'usjalil tey li chamele. Mu stak'jtsobjabatic ep krixchanoetik</p>
<p>If you do need to interact with someone outside your home, standing at least 6 feet (2 meters) away can also help coronavirus from spreading.</p>	<p>Mi yu'un sk'an cha bat lo'ilajan ta jamaltik xchu'uk yan krixchano sk'anme 2 metro xa vilaba xchu'uk yu'un ja'me chkoltavan mu jpukijestik li coronavirus.</p>
<p>Let us be reminded of our traditional medicines, while at the same time listening to what is being prescribed by the relevant authorities.</p>	<p>Sk'an me ta jyules ta joltik li ts'i'lel poxiletik ta jtunestikno'oxe, xchu'uk sk'an me ta xk'aitik li k'usitik chal li buch'u tsotsik yamtel jyu'etetik.</p>
<p>Let us remind our elders to practice social distancing, but to refrain from social isolation.</p>	<p>Skanme ta jyulesbetik ta sjol li me'el moletik ti sk'anme mu xlok'ik ta snaik ja'me lek mi tey k'ejel ta snaik yo'ti mu skuch li chopol chamele.</p>