



COVID-19 EMERGENCY SIGNS

English	Tsotsil Translation
What are symptoms of COVID-19?	¿K'uxelan tax och ta jbek'taltik li COVID-19?
<p>There is a wide range of symptoms, but common symptoms include:</p> <ul style="list-style-type: none"> • Fever • Chills • Cough or shortness of breath • Fatigue • Muscle and body aches • New loss of taste or smell • Sore throat • Diarrhea • Nausea or vomiting 	<p>Toj ep li k'uxelan ta a'iel k'alal chi stsakotik li chopol chamele , li bu comon stak'aile ja':</p> <ul style="list-style-type: none"> • K'ok' • Pots sik • Toj lubemotik • K'ux jbakeltik xchu'uk jbek'taltik • Muk'bu ta xkaibetik smuil mijauk yik'li jve'eltik • K'ux jnuk'tik • Ta Stambotik k'ux ch'util xchu'uk tsa'nel • Ta xi stambotik xenel o mi chi butk'ijotikxa ya'el.
<p>Sometimes, symptoms are different in Elders. Other signs to look out for include:</p> <ul style="list-style-type: none"> • Decreased ability to do usual daily activities • Racing heart • Dizziness when standing or sitting • Restlessness, hallucinations, confusion 	<p>Bak'intik, jelel li k'uxelan ta xa'ik li me'el moletikxae .</p> <p>Li yan yilobil ya'iel li chopol chamele ja' :</p> <ul style="list-style-type: none"> • Muxa xu'cha'i li jbek'tatik ta spas li kamteltik no'ox ta jujun k'ak'ale • Toj sujemxa tax amtej li ko'ontike • Ko'olxa k'ucha'al chi yalotik ta lum k'alal chi va'iotike o mi ko'olxa k'ucha'al chi butk'ijotik k'al chotolotik. • Ko'olxa kuch'al chi pasotik ta chuvaj, muxabu smelol li chi k'opojotike, xch'aych'onxa li jch'uleltik
Symptoms may appear 2-14 days after exposure to the virus	Ta stambe tax och ta jbek'taltik ta xak'sba iluk li bik'it chopol chamel. k'alal jelavem xa 2 o mi 14 k'ak'al bu oy jnuptik ta be buch'u ipike.
When should I go to an emergency room?	¿K'u ora sk'an ta xi batik ta nak'el ta jun na?
<ul style="list-style-type: none"> • The warning signs for COVID-19 include: <ul style="list-style-type: none"> • Increased trouble breathing • Persistent pain or pressure in your chest • New confusion • Inability to stay awake • Blue lips or face 	<ul style="list-style-type: none"> • K'uxelan ta xak'sba iluk li COVID-19 ja': • Tas tambe toj vokolxa ta xkich'tik ik' • K'ux o mi xpujpon li ko'ontik • Xch'aych'on jch'uleltik • Muxa stak' julanotik o mi vik'il li sbek' jsatik • Ta xyaxub li spak'al ketik xchu'uk jsatik
If you see any of these symptoms you should go to your nearest emergency room or medical provider immediately	Mi oyxa cha va'i tax k'ot ta a bek'tale, sk'anme cha bat ta ora bu oy nopol na xa nak'a ba o mi xa bat ta jun snail jpoxtavanejetik ta ora nox .