



B'ixkil rech Chajinem

Yab'il rech ch'am xuquje' ch'uqub'al tz'ub'

Le yab'il rumal ikox on yab'il rech uchi kub'an k'ax che le a tu' man katkowin taj uya'ik chech ri ne'. Reta'maxik jujun taq uawach chi ch'am maj ki'yem le upam tu'. Keb' oxib' taq nan e k'olik pa q'oxom uyowajixik kik'utum che jujun taq nan le yab'ilal rumal yab'il pa chulaj che ub'aqil ixoq rumal puj, yab'il rech asukal on jujun taq yab'ilal ktijowik kunab'al rech taq musib' pa uxlanem che le yab'il xuquje' nima'q kunab'al rech taq puj che le ub'aqil ixoq. We k'o jun k'otoj chi'aj chech ri ajkun rech upam tu' on uta'ik che nikaj ajkunanel we kawaj on nune' k'o jujun che taq le yab'ilal b'ixik pa kijunal taq tzij ri.

Jujun taq uwach chi yab'ilal chech le nan:

- Q'oxom nabé on ma'tam che ri uwi' le tu' on le ujik'ik le upam tu'.
- Q'oxom on tz'urik le uwi' tu'.
- Q'oxom on q'utul ranima' naqaj q'atik che le uwi' tu' pa jun kajb'al k'ate' na che uya'ik le tu' on jik'ik le upam tu'.
- K'aqatixik le uwi' tu'.
- Le uwi' tzu'm on q'ajinaq' uwach on k'olik jujun taq saq che e are'.
- Una'ik le q'oxom kuramij on naj uxol le q'oxom che le uwi' tz'u'm.
- Ri uwi' taq tz'u'm xuquje' le b'aqil kachuplinik on upwaqil.
- Le ne' k'olik uyab'ilal pe uchi' on pujarik rumal ch'am chi le uchi' on are ch'apam usok chulaj.

Jujun taq uwach chi yab'ilal chech ri ne':

- Puj saq chapam un chi'aj , pa a waq', kojujun uxkut chech le kixere.
- Sokatajem b'aqilal on kyaq upam achi'.
- B'aqil sokatajem pa naqaj che achi'.
- Yab'ilal rech le kisok rech chulaj man ksachitaj ta uwach.

We ub'ixkil ri' man kresaj kan ri oqxa'n xuya kan ri ya'l tob'anem rech ri ajkun ruk' ri ajchak, ri cholchak rech ri ukunaxik on ri tijonik xuya kan ri tob'anel rech ri ajkun on jun chik ajchak xuquje' jun ajchajinel. Qas chawila' che rajawaxik ktaqej ri cholchak rech chajinem pa tukelal. Ronojel we tz'ib'tal chi uwach we jun wuj ri' man oqxa'n taj on man rech ta akunaxik. We k'o jun a k'otow chi'aj chi rij we ri' on nik'aj taq ub'ixik ruk' ri kunanem, chattzizon ruk' ri ajkunanel. Chatzakuj tob'anik chanim we rajawaxik tob'anik chi awech rumal jun ajkunanel. We man at k'o ta pa ri Ja rech kunanem, chatch'aw apanoq pa ri 911. We at k'o pa ri Ja rech kunanem, chata tob'anik chi kech ri tob'anelab' rech ri ajkun on jun chik winaq che tajin kechakun chi la'.

Ask a staff member about interpreters and other language access services and aids, available at no cost to patients and families.
We at kolik ruk le ajkunanel k'oto uchi' che le okem pa taq ri jalajoj taq ch'ab'al chuquje' k'oto uchi' pe okam pa taq jalajoj rech taq kunab'al che iwab' taq winaq chuquje' chiike ri alaxik man katojtaj.





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¿Jas kinb'ano are ch'i k'olik jun yab'ilal rumal puj?

Ri at on a n'e k'olik jujun taq yab'ilal che, ix keb' rajawaxik kixb'e ruk' jun ajkun Ri nojel taq ri ajkunanel kkib'ij chwe are utz utijik kunab'al che el uwi' a tu', le ch'uqub'al tu' on uchi' on are usok le ne' che ri chulaj.

Kojunal taq kunub'al rech le ch'am Nan

- Are utz kach'a le aq'ab' nab'e chuquje' sub'al aq'ab' rech wuj.
- Ch'aja ri aq'ab' ruk' jun xa'r rech jorjoj joron julmaj ruk' jun kuchara saq uwach rech b'inaq'ir. Rub'ij jun ub'orxe pa le b'ot chuquje' kojo pwi le tz'u'm chuquje' uwi' tu'. Yakanaq' chwach le kaqiq' Qas kakojo jun ub'orxe pa le' b'ot pa xkut. Kkojo pa kojunal b'ot che le uwi' a tz'u'm.
- Kojo kunab'al rech taq musib' on rech t'ult'u'x (kunab'al che) taq le b'aqil rumal xub'ijle ajkunanel chawe.
- Ch'aja ronojel le atz'yaq ri kuriko le uwi' a tu' on chakub'al ch'aja ruk' k'atan joron: Sub'al, chapik, chukub'al rech tz'um, atz'yaq, rumal esaxik le yab'ilal rech ch'am. Rajawaxik, kab'ano iKojo atz'yaq rech ri a tz'u'm saq nojel q'ij!
- Rajawaxik kk'exik ri aweb'al pa jujun taq q'ijilal are chi k'o jun yab'ilal rech puj K'utum le web'al chuquje' kiquumuj joron (tzam) jek'ejob'em le yab'ilal rumal ch'am.

Kojunal taq kunab'al rech le ch'am Ne'

- Chaja' le' tz'ub', uchapik mulq'ab', le uwi' tz'ub' chuquje' chakub'al rech tz'ub'.
- Su le' atz'yaq rech taq n'e chuquje' kojo sub'al pa k'atan joron.
- Rajawaxik nab'e kach'aj ri aq'ab' are chi kk'isik uk'exik le ne' chuquje' chakojo kunab'al rech pom che le ub'aqil ne'.

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