



## COVID-19 info for Indigenous Children & Youth

English	Tsotsil
What does COVID-19 mean for our community?	¿ K'usi li COVID-19 skuenta li jlumaltik?
Coronavirus (or COVID-19) is a new, tiny virus	Li coronaviruse (o mi COVID-19) ja' jun bik'it ach' chopol chamel.
It travels on small drops of water	Tey ta xanav li ta ju p'aj vo'.
COVID-19 can make people very sick, usually with a cough and fever	Li COVID- 19 ja' toj tsots chamel tax k'ot ta sbek'tal li krixchanoetik, ja' chtal xchu'uk obal schu'uk tsots k'ok.
Cells in our body fight coronavirus, but sometimes people need help from doctors and medicine	Li jbek'taltik tey ta stsaksba xchu'uk li coronavirus, jlom krixchanoetik sk'an ta xich'ik poxtael ta jpoxtavanejetik o mi ta xich'ik poxiletik.
Coronavirus spreads through coughs and sneezes. It can also hide on the objects we touch	Li coronavirus ta xpukij k'alal chi ja'tr'isanotik o mi k'alal chi ojobajotik. Xchu'uk li bik'it chopol chamele tey ta snak'sba li ta k'usitik ta jtsakantike.
The best way to stop coronavirus from spreading is for people to stand six feet apart.	Li lek be skuenta chich' pajesel spukiel li coronavirus ja' sk'an nomik xkiljbatik 2 metro xkiljbatik li buy va'alotik jujuntale
What does COVID-19 mean for Indigenous Nations?	¿K'usi x-elan smelol li COVID-19 skuenta li slumal indigenaetik?
Many Indigenous nations are very worried about coronavirus.	Ep slumal indigenaetik yatoj yo'onik skuenta li Coronavirus.
Because older people are more likely to get the virus, elders are especially at risk. It is important to stop coronavirus in order to protect our traditions and our leaders.	Yu'un li me'el mol krixchaoetike ja' jlikel xa ta skuchik li bik'it chopol chamel, yu'un ja' jtijikxa ta chamel. Ja' tsots sk'oplal sk'an pajesel li coronavirus yo'oti xich pojel li jtalel jkuxlejatik schu'uk tey to tsakal ta xkomik li jnitvanej me'el moletik
What can we do to help?	¿K'usi stak' pasel yo'ti jkoltaojbatik?
Keep your hands clean. Use soap and clean water if they are available.	Sk'an pokbiluk li jk'obtike. Jjtunestik xavon xchu'uk stunestik bu sak vo' mi oy ku'untike.
Cover your coughs and sneezes. Use your elbow or a tissue whenever possible.	Jmakjbatik li chi ojobajotik o mi chi jatr'isanotik. Jtunestik li sbakel jk'obtik o mi oy ku'untik jtunestik jun k'a' pok'.
Eat healthy, drink water, and get plenty of sleep to help keep your body healthy.	Lekil ve'lil sk'an chi ve'otik , sk'an ta chku'ch'tik ep vo', lek sk'an chi vayotik yo' ti lek tsots li jbek'taltik.
Practice social distancing, by celebrating traditions and spending time with family virtually or from afar. Listen to your elders for guidance and advice	Sk'an ta jchantik nomik xkil jbatik schu'uk li yan krixchaonetik, k'alal ta xich' pasel k'inetik xchu'uk mi taj k'opontik buch'u jchi'il jbatik nomikuk xkijbatik o mi jk'opontik li ta ach' k'opojebaletik. A'io li me'el moletik skuenta cha xchanumtasik o mi cha yal'beik mantal.
Our community has lived for over 1000 years! We are going to be okay.	Li jlumaltik ch'iemxa jaylajuneb jabiletik, jelavemxa ta 1000 jabiletik! Ch-ech' ku'untik li tsatsal vokolale, ch-lekub li jkuxlejatik.