



Travel to Cities and Populated Areas During COVID-19

English	Tsotsil
This is a public service announcement about the coronavirus or Covid-19 disease outbreak.	Li'e ja' jun pukbil k'op lo'il skuenta li slikeb chamel Coronavirus o mi Covid-19.
What are the risks of traveling?	¿ k'usitik chopol ta xk'ot ta pasel k'alal cha bat ta jxanvil ta yan lumetik?
If you travel into a new community where coronavirus is spreading, you might get infected while you are traveling.	Mi cha lok' ta xanvil bu ta ach'lume bu oy yokel ta pukijel li coronavirus yik'al xa kuch bu xa tal xa bat.
Traveling is even riskier if you or someone you live with is an Elder, because Elders are at increased risk of getting very sick from COVID-19.	Li cha bat ta Xanvil ta yan lumetik ja'toj tsots chopol mi vo'ot o mi junuk buch'u tey nakalot xchu'uk me'el molxa, yu'un ja'toj k'unikxa ta chamel chu'uk toj tsotsxa ta stsakatik li ta COVID-19
Also, if you live in a community where coronavirus is spreading, you could also infect others by traveling.	Xchu'uk mi nakalot ta jun parajel bu yokel ta xpukij li coronavirus vo'ote stak' cha jelumta li chamel ta yan krixchano k'alal cha bat ta xanvil.
Because of this, it is important not to travel if you are sick, or if you have been around someone with COVID-19 in the last two weeks.	Yech'oun, tsots sk'oplal ti mu xa tal xa bat ta xanvil ta yan lumetik mi ipote cha va'ie , o mi tey nopolot buch'u tsakbil ta COVID-19 li ta 2 xemana sk'anto'ox xa bat ta xanvile ta yan lume yik'altome a kuchoj ech'el li chamel.
Because all travel has inherent risks, it is best to stay in your own community as much as possible.	Yu'un skotol jxanvil yik'al skuchik li chamele bu xbatik , ja' lek ti teyukotikuknox li bu nakalotike mu xi lok' xi ochotik ta buy an.
If I am traveling, how can I stay safe?	¿Mi chi bat ta xanvil ta yan lume, k'ux elan mu jkuch li chamele?
If you must travel, there are several things you can do to stay safe. Most importantly, wash your hands as often as possible using hand sanitizer or soap and water for 20 seconds, if these are available.	Mi yu'un oy spersail cha bat ta xanvil ta yan lumetik, oy ep k'usitik stak'xa pas yo'ti muxa kuchoe. Li mas tsots sk'oplale sk'an nopopliknox cha pokilan la k'obtaka cha tunes xavon o mi li sanitizante poko ta vo'k'u cha'al 20 segundoetik. Mi oy bu xa tae
If available, pack enough hand sanitizer to last for the entire trip.	Mi oye, kucho ech'el ep skusobil a k'ob o mi xavon k'u sajlil cha lok'ta xanvil ta yan lume
Avoid touching your nose, mouth, or face. Avoid close contact with others, staying 6 feet away whenever possible.	Mu me stak' teyuk xa pikpon ta a ni', a ve , a sat. mu me stak' xa va'i nopol xchu'uk yan krixchanoetik, sk'an me chib metro xa vilaba xchu'uk .
Wear a mask or cloth face covering when in public.	Sk'anme cha lap smakob a ve a ni' o mi k'usi xa mak-o la sat k'alal teyot xchu'uk yan krixchanoetik
Cover coughs and sneezes with you elbow, not your hands.	Mako k'alal cha ojobaje o mi cha jatr'isan xchu'uk sts'akab a k'ob ma'uk xchu'uk a k'obtak.
Do not eat at restaurants. Instead, pick-up food or cook your own food whenever possible.	Mu xa ve' bu chonob ve'lile , ja'lek mi a vich'ech'el o mi meltsan a tuk la ve'el ta a nae.
And lastly, remember to travel only when absolutely necessary. Minimizing travel will help keep you, your family, your community, and neighboring communities healthy.	Ta slajeb, yulesome ta a jol ti jax nox stak' xa bat ta xanvil ta yan lumetik mi yu'un oy spersail cha bate. Mi mubu cha lok' ta xanvil ta yan lumetike ja'me tey lekot-o vo'ot, li a chi'iltake, la parajele, xchi'uk li parajeletik noplik bu nakalote mubu me ta xa ipajik.