

GUNSHI KUINCHHU LAW RUMECHH CHHE DHECHHAZCHU LE'YIXHA.

1 THE BHI' CHHEYALA GUNCHHU...

- Udhachhu rumechh chhe dhechhazchu le'yixha law khayid o cuerp chhechhu.
- Rumechh chhe dhechhazchu le'yixha o dha chhegan' law yixha, lawyuu', lu' niz dha schilkene, law tractor o bhi dhe yuble dheschinke, o xha llin dha bach pchhinke (PPE).
- Rumechh chhe dhechhazchu le'yixha dhe pchhinke gllind... nha plluaken gayuble.

Pchhin camis dhe nha tuun, laan tunu, zapat, calcetin, nha gorr, o bufanda, para gunllhiu, cuerp chhu chhe rumechh chhe dhechhazchu le'yixha.



2 YEGANHU CHHIULHE'...

- Katan enake ghan' nxhiake bhia ulhuke rumnechh, ghan nthake letrer, nha khatan xghuke rumechh chhe dhechhazchu le'yixha ka. (ghan bhi xguke rumechh).



3 CHHIBHU...

- Naaw kaa', katan ghaghu, katan ye'jhu, katan kuaw, katan gazhu chikl, katan xjatichhu', o katan uchinhu teléfono chhu.
- Cuerp chhun, yixhayichgju kuaslu, leen' nhiz, yaxtill nha chhampú, nha katan yeyush gunhu xhin yeyaku lachh limp.
- Xhahu the chhunedu xhin, katan yeyush uchhinun. Bhi ulenhun xhau dhe bhinak the chhunedu xhin.



4 CHHEYALA GHUNU...

- Chkeka elalg o utake rumechh chhe dhechhazchu le'yixha law cuerp chhu, chhan le'yeyibtiun. Chheyala ghunke niz, yaxtill, nha toall (dhe chhiag para yeyibchhu bhi dhe chhiag). Xheka bhi shu' gxhin, beyib lhen niz limp chhe yeug o lagun.
- Nha lhe' bheyibte cuerp, nha yixha yichhju lhen nhiz, yaxtill nha champu, nha bhuxhate xhaw.



Nha chheka chakdhu bhen' mal rumechh chhe dhechhazchu le'yixha nha chhakdhu zhed enthe bhi zhu when, chheyala chheju law doctor.

CHEKA BHI' DEZHED DHE: BHI CHHENDHU ENEZDHU:

Chhilju doctor bhen shu gshin:

Law: _____
Ghan' zhuke: _____
Teléfon: _____

Skeka chhiag ambulancia, yebkune:

Law: _____
Ghan' zhuke: _____
Teléfon: _____

Enew law agencia chhe gobiern, ghan' Chhiuake chhe ru-mechh chhe dhechhazchu le'yixha:

Law: _____
Ghan' zhuke: _____
Teléfon: _____

Sheka chhendhu enesdhu bhi chheyala gunhu, chhe rumechh, nha enew centro chhe control chhe intoxicaciones:

1.800.222.1222



¿Bhi chhendhu enezdhu? Enew law:

1.800.858.7378

(oficin ghan chhixjeke chhe rumechh chhe dhechhazchu le'yixha)