



B'ixkil rech Chajinem

Chajixik uwi' tu': Ukojik, utz ukojik chi'l uchajixik le uwach tu'

Le tz'ub' are taq chakub'al kech taq nuch' ak'alab' xuquje' le ajkun kukoj chech le akal are taq katzuqik. Le tz'ub' kkojik keb' taq oxib' q'ij xuquje' kta na chech le saq uwach.

Jasche' kkoji' le ch'uqb'al tz'ub':

- Ri a ne' xk'oji'k nab'e che le b'elejeb' ik', are k'ax kuriqo che retamaxik uchapik le tu'.
- Ko q'oxom re uwi' le a tu' are chi kakoj le ch'uqb'al.
- We k'o yab'il che raq' le ne', man q'atum taj rumal jun ajkun.
- Uwi tu' li'anik on pistal uwach.
- Man kuk'am ta le tu'.
- Kaq'oxow le tu', paxnaq xuquje' qeqnaq on xel kik' che.
- Le ne' kak'exo ri ch'uqb'al tz'ub' ruk' le upam tu'.
- Rajawaxix utz kab'ano che uyai'k le tz'ub' che le ne'.

Rajawaxix ri tob'anem che le ajkun jas kab'ano che uya'ik le upam a tu', le ajkunanel kub'ij chawe jumpa kk'exik chuquje' jas kajb'al kaya'ik upam tu' che le ne', are chi utz kat b'ek ruk' jun ajkunanel rech ne' karilo jampa kutijo le upam tu' chuquje' le ajkunanel karilo we kik'owik le upam tu' pa ch'uqb'al tz'ub'.

*Utz ub'anik kab'an che resxik le upam tu', aj chi kat to'tajik che ukojik le chuq'b'al tz'ub', utz kab'ankan che ukolik le upam tu' chuquje' kachuqu' uwi'. Are utz kata che jun ajkun jas taq kajb'al kawesaj le upam le tu'.

Jas ukojik le chukb'al tz'ub': Katkowinik ka jiko' chuquje' nojim kasutij le chuq'b'al tz'ub'.

Na'tajisanem: ÿle kolb'al jaqalik rech le utz'am le ne' chuxkut ri ub'aqil.

Chuquje' kuyá kakoj jub'iq' saqli on upam le tu', tob'anik che le utz ukojik chuxkut ri ub'aq'il.

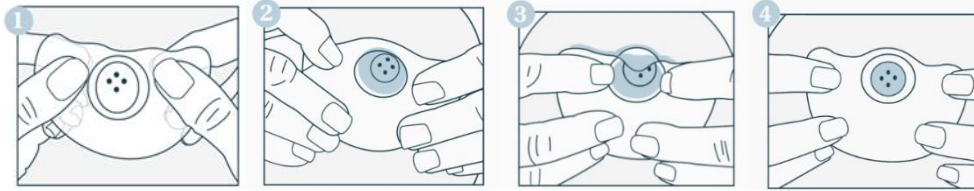
We ub'ixkil ri' man kresaj kan ri oqxa'n xuya kan ri ya'l tob'anem rech ri ajkun ruk' ri ajchak, ri cholchak rech ri ukunaxik on ri tijonik xuya kan ri tob'anel rech ri ajkun on jun chik ajchak xuquje' jun ajchajinel. Qas chawila' che rajawaxik ktaqej ri cholchak rech chajinem pa tukelal. Ronojel we 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 kunabál che iwab' taq winaq chuquje' chiike ri alaxik man katojtaj





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Are taq kuyakan ri tu' ri ak'al ©Medela

- Rajawixik ktakurik jun ajkun rech upam tu' che le né chuquje' jun ajkun o jun ajkunanel nimaq' taq retamb'al rech le upam tu' xa' rumal utz kixik le akal arechi kub'an nim.
- Rumal kuto ri ne' kujiko le upam tu', ka wesaj chuqueje' kakojo le ne' pa uwach ukux arechi kawik. Ri ne' man kkwintaj kuchap le uwi' tu'.
- Are chi le ne' tajin kuk'amol uk'iyb'al, man kub'antaj k'ax che le topal upam tu'.
- Le q'ijjalal man katzijontaj chuquje' are chi kya'ik uwi' le ub'aqil ruk' ub'aqil rachi'l karetamaj le ne' man kukojtachik le chuqb'al tz'ub'. Man kqupixtaj le uwi' ri ch'uqb'al tz'ub'. Ri qupim utz'am le ch'uqb'al tz'ub' kub'an k'ax che ri upuchi' le ne'.

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