

# Qa COVID-19 na'pala? Um songqa piw hakimuy it tuuyat maqangwu, ispi hak piw qa navoti'ytangwu.

Peetu sinom hiita piw tuuyayungwe, puma it hakimuy na'palyangwu, ispi puma angqe yaktangwu, ima tutuqayhòoyam sen ima tumala'yungqam. (kiikihut ang tumala'yungqam)

Songqa um pay as it na'pala, niikyanguw it himu hakiy ang naat qa nõ'ngakngwu. (sen qa naamataknangwu)

## Na'palni

### Na'palni (hiisavo pam na'palna)



Hak qa naapevelnangwu! I' tuuyat pay songqa as amùupa suyan'u.

### Nat qa na'palngwu (lööyöm---pakwt naalöq talöngnit ang na'palngwu)



Hak pay qa nimangwu, tutuqaykit angqw'ö, ispi hak it tuuyat sinmuy amumi tavingwu.

### Hak pu' na'pale, piw sen hak qa navoti'ytangwu hak tuuyat kur na'pale. (sen pay hiisavo talöngnit sen pas wuupat talöngnit ang'i)



Um songqa it tuuyat himu'yta, sen qa himu'yta, niikyanguw pam pas a'ni la'yta.

Hak oovi pay pan aw wuuwangwu, sen hak it tuuyat himu'ytangwu pu' piw paas naami tunatyawtangwu.

### Pay hak qa sööwu aw maqaptsi'ytangwu!



Hak pay it songqa piw na'palngwu, oovi hak naatuwalangwu it tuuyat angqw'ö.

### Hak tutuqaykivenen:



Hak pay navay yaap wunuwtangwu, imuy sinmuy puma umükiy ep qa yesqaqam.

Hak pay àapave haak pakiwtangwu, piw hakiy amumum qa tsotsvalngwu iipa'ö.

Hak sen online ang tutuqayngwu.



### Aw tutuqayngwu



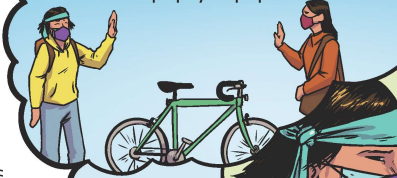
Tutuqayatsvew ay ang hak höönangwu, it disinfectant

### Sen hak tutuqayqenit epningwu..

Tutuqayhoymuy angqw yaapningwu, sen qa söosok atsvewat ang yesvangwu.



Hak hiita himuy qa tutuqayatsveway ep oyangwu.



Hak öhöhötaq, hak höhönpitnakw naakwapnangwu piw sen tsöviy aw öhöhökungwu.

Piw hak paas taywa'naakwapni y ang höönangwu naqavo'o, imuy sinmuy amùupa puma umükiy ep qa yesqaqam.

### Kwayngyapkit hakim söosoyam awyangwu

Hak it tama'wuusit qa maavaqpit aw tavingwu.

Hak tukput aqw hiita himuy tangatagnwu, piw qa maavaqpit aw tongoknangwu yep kwayngyave'e.



### Tuuvahompi

Söosok ang hak qenitangwu piw höönangwu, hak yuke.

Hak taywa'naakwapniy mukit akw tuuvahomngwu.



Hak qötvikit nit kuuyit akw maavaqtangwu piw sen alcohol-based sanitizert (60%) sunat hak aqw pòotoylangwu.

### Hakim naama'äapave puwupit ep'e



Hak hiita hakiy amum qa sumihimu'ytangwu. Sen hakim hiita sumihimu'yte, hak put paas höönangwu pu' hakiy maqangwu.

### Noonovangwu

Hak it nõnösokive ep qa tumooytangwu. Piw hak nõösiwqat nit kuuyit nit nõnösokive hakiy amum qa suusumingwu.

Hak nõösiwqat ep kwistamangwu, sen hakiy amungem pam na'sasiwta.



I' tutuveni pay sinmuy amungem na'sasiwta, pumuy hiita aawinta. Pay hak sutsep pahantuhikiyat aw tuwingtangwu sen hak qa kwangwa'hinte, puma hakiy su'an hiita aw pòotayangwu.

Puhuvani Ösömuyaw 2021 | Tutuveni: CDC niqw WHO

COVID-19 Pa'angwni: 1.833.956.1554 sen navajohopisolidarity.org  
Piw peehu tutuveni COVID-19: CDC.gov/coronavirus

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