



# KUÑIWTUWAIÑ COVID-19 ÜÑFI MEW

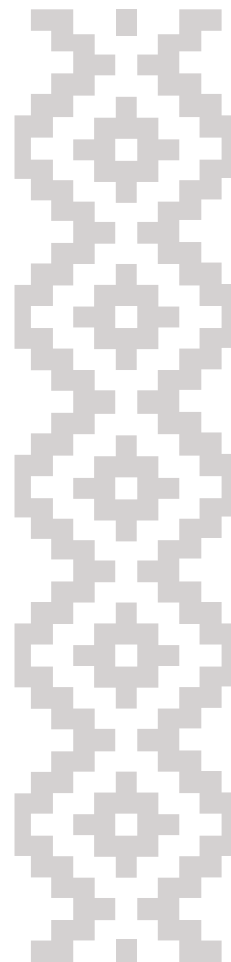
Kiñeke gülham taiñ tulgenoam tüfachi kutxan

## CUIDÉMONOS DEL COVID-19

Recomendaciones y medidas de prevención para evitar el contagio

[#itxokomkuñiwtuwaiñ](#)

Este Documento forma parte del trabajo de la Mesa de Comunicación de Riesgo de la Seremi de Salud Región de La Araucanía. Adaptado del original "Guía de Autocuidado" realizada por el Ministerio de Salud.



# Kimaiñ chumafel txipayüm iñchiñ ruka mew

Mari mari puwen, pu peñi, pu lamgen, kusheke püllü, pu fütakeche, tüfa mew amuleluwaiñ kiñeke gülham taiñ kuñiwutulen miyawal taiñ wallmapu mew, akurumelu am feychi covid-19 üñfi, fey müley taiñ kimal ka goymaentunoal kiñeke falinke zugu.

PütXün che txawüle kiñe welliñ mew, fey petu kuñiwüngey. Feymew müley taiñ kimal taiñ chumafel tüfachi pandemia mew, taiñ kuñiwtual ta iñchiñ, taiñ pu che ka taiñ pu fütakeche mugel.

Zew püchi kimnieiñ chumechi taiñ kuñiwtualeal, kimnieiñ taiñ küchaküwüal, taiñ püneal ti maskarilla, ka kom feychike gülham.

Zew kümetuy zugu feypirumelayafuiñ puwen, müley taiñ feyentual kom tüfachike gülham ka ñochikechi wimtual taiñ kuñiwuyawal.

Feytachi wirintukun mew tukulpayegeay kiñeke gülham taiñ kuñiwutulen miyawal petu tañi entugepan ti medidas restrictivas.

Kom taiñ kimyepafiel tüfachi pandemia mew, goymaentunoalu iñchiñ küpaleyechi antü mew. Pewmagele ta feyentuaymün tüfachi gülham mew, iñchiñ pu mapuche ta kiñeke mu alhükamapulepaiñ waria mew ka küzawgey taiñ pürüm amual pital mu mülerumele zugu, feymu kuñiwtuwaiñ tati pu che.

**#itxokomkuñiwtuwaiñ**



# ¿Chumechi am kuñiwtuafuiñ taiñ kontunoaetew covid-19 üñfi?



**Müchayke küchayaiñ** taiñ küwü



**Manküwüluwlayaiñ ka mafüluwlayaiñ,**  
re zugun mew chaliwaiñ.



**Echiwüliyiñ ka txüfonliyiñ, lipag me takuwaiñ,** kam kiñe pañuelo desechable mew.



**Liftunieaiñ chew taiñ miyawmum,**  
ka gülayaiñ konpelonwe konpayam kürüf.

# ¿Chumechi am kuñiwtuafuiñ taiñ kontunoaetew covid-19 üñfi?



Ka mapuleaiñ kake che mew, kiñe metxo kam küla txekan rewall.



**Uwamtuleaymi kom tüfachi sántoma mew:**  
alig kutxan zoy 37,8 qüraw, txülog txüfon,  
kutxanpelün, kutxanrukun, küme nheyünole che.



Nürumelayaymi tami age, tami ge, yu ka tami wün.



Pepi küme nheyünolmi, amuaymi urgencia mew kam gütxümaymi ta Salud Responde 600 360 7777 rakin.



# ¿Chumechi am kuñiwtuafuiñ taiñ kontunoaetew covid-19 üñfi?



**Mizawlayaymi** iyael, nieaymi kisu tami rali, mate, iam, liftuam, ka chem chemkün rume.



**Püneaymi maskarilla** ponwitulelmi chem ruka mew rume ka yelchekawe mew ta ka.



**Ilayaymi yael** waria mew, rüpü mew, chew tañi miyawken che.



# Ponwitleliyiñ chem welliñ mew rume

**Goymakilge!**



**Maskarilla**



**Küchaküwün**



**Tami kamapuleal**



**Lipag mew takuwam**

# Küzaw waria mew

- » Puwülimi tami küzaw mew, wüne küme küchayaymi tami küwü ko egu kafon.
- » Liftunieaymi chew tami küzawmum, petu tami llitunon tami jornada, kiñe narfün pañu mew nielu alkol 70% mew kam kloro 5% mew (meli pũchike rüfüwe, kiñe litxo ko mew).
- » Waria mew pekelmi che tami küzaw mew, kümeafuy tami nieal kiñe barra protectora ragiñtulelu chew tami küzawmum ka chew ñi miyawken ta che.
- » Kümeafuy tami nieal kiñe alkol gel 70% mew tami müchayke liftuam tami küwü. Welu kiñe zugu goymalayaymi, pozkülele tami küwü, liftukelay ti alkol, serfikelay, küchayaymi tami küwü wüne.
- » Müchayke küchayaymi tami küwü petu küzawülmi, petu tami inon mugel.

**Goymakilge!**



Maskarilla



Küchaküwün



Tami kamapuleal



Lipag mew takuwam





## Küzaw lelfün mew

- » Küzawmelmi lelfün mew ka perumelmi che rüpü mew, manküwüwlayaymu, re zugun mew müten ta chaliwaymu.
- » Ka fey goymalayaymi tami kamapuleal ta feychi che.
- » Goymalayaymi tami püneal maskarilla amulmi, fey petu küzawülmi warzayafimi müten ka wiño püneafimi amutualmi tami ruka mew.
- » Fey puwtulimi, küme küchayaymi tami küwü ko egu kafon.
- » PütXün che txawüle küzaw mew, kom kamapuleaymün kakelu mew.

**Goymakilge!**



**Maskarilla**



**Küchaküwün**



**Tami kamapuleal**



**Lipag mew takuam**

# ¿Chumechi liftuafun tañi mesa?

- 1 Kümey taiñ liftunieam chew taiñ küzawkemum, kiñeke mu ta pütün che miyawkey ka nügekey chemkün taiñ ofisina ka ruka mew, txipatuwe mew, gütxümwe, mesa, itxokom chew taiñ küzawmum.
- 2 Wüne müley tami entual kom ti materia orgánica ka inorgánica kiñe detergente mew ka ko mew, tañi txipayam kom ti poz.
- 3 Fey zewmayaymi kiñe küme solución tami küme liftuam, witxuntukuaymi meli püchike rüfüwe kloro mew, kiñe litxo ko mew. Feychi kloro ta nieay 5% concentracion.
- 4 Fey tukuaymi feychi solucion kiñe pañu mew ka liftuaymi itxokom chemkün.
- 5 Zoy kümey tañi pünegeal feychike desechable pañu, ütxüftukugekelu koñküpüwe mew, pünenolimi femechi pañu, tukuaymi feyti pañu liftupelu eyi, feychi solución mew kloro nielu liftuam pañu. Goymarumelayaymi tüfachi zugu.
- 6 Konpelonwe fey gülayafimi petu liftulmi.





## Chillkatuwe mew

- 1 Arel-layaymi ka aretulayaymi wirilwe, yael, itxokom chemkün pünegekelu chillkatuwe mew.
- 2 Inayaymi chew tañi wirikonkülemum tañi txekayal che, konwe ka txipawe chillkatuwe mew.
- 3 Feyentuaymi kom gülham wülkelu chillkatuwe tami tulgenoal ti covid-19 üñfi.
- 4 Liftuaymi chew tami chillkatukemum.
- 5 Müchayke küchayaymi tami küwü, petu tami inon mugel.
- 6 Kimelaymi tami pu kompañ kam chillkatufe ñi kuñiwtureal tañi tulgenoal egün ta feychi üñfi.
- 7 Nürumelayaymi tami yu ka tami wün.

**Goymakilge!**



Maskarilla



Küchaküwün



Tami kamapuleal



Lipag mew takuwam



# Fillke gillakawe mew

- » Gillakayalmi, kümeafuy tami kintual internet mew chem tami gillayal
- » Ka küme azkunuaymi chumechi ka chew tami gillakayal, femechi mu alhüñmalayaymi waria mew.
- » Kümeafuy tami wariatumeal puliwen, tami txafumenoal pütixün che waria mew.
- » Yeaymi kisu tami folsa, warzayam tami gillaelchi chemkün.
- » Feyentuaymi itxokom güllham wülkelu welliñ tami tulgenoal ti ñiñfi.
- » Feychike chemkün tami gillayal müten ta nüaymi.
- » Kullilmi efectivo mew, fey küme küchayaymi tami küwü, itxokom püle müleyey alkol gel tami liftuam küwü ta che, fey püneafimi.
- » Petu tami konnon ka petu tami txipanon txipatuwe mew, küchaküwüaymi.
- » Ka femechi liftunieaymi chem rume tami nüal, feychi kanasto well karo supermercado ñi manilla.

**Goymakilge!**



**Maskarilla**



**Küchaküwün**



**Tami kamapuleal**



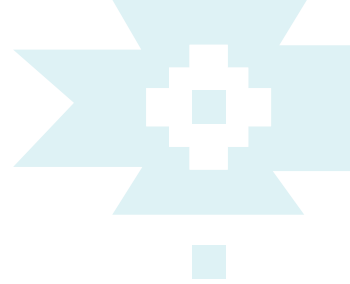
**Lipag mew takuwam**



## Awkantun zugu mew

- » Txipale palin kam chem awkantun rume, kiñeke zugu müley tamün kimal.
- » Goymalayaymün tamün kamapuleal kake che mew.
- » Yeaymün kisuke tamün ko awkantun mew, kiñe fotella ko mew pütokolayaymün kom.
- » Arel-layaymün ka aretulayaymün ayekawe, yeaymi kisu tamün ayekawe müten.
- » Ka femechi mizawlayaymün yael, yeaymün kisuke tamün rali. Karu mew ka femechi femkunuaymün, kümefuy wirintukual tamün üy feychi karu tamün pütokokemum.
- » Püneaymi feychi maskarilla tami puwal welliñ mew, tami konal ka fey wechule awkantun zugu.
- » Puwütulmi tami ruka mew pürüm müñetuaymi ka küchayaymi tami wezakelu tami püneel.

# Ituwe kam kafetukawe mew



- 1 Feyentuaymi itxokom güłham wülkelu welliñ tami tulgenoal ti ññfi.
- 2 Miyawaymi chew tañi wirinkonkülemum tañi txekayal che.
- 3 Puwülmi, kom azkintuaymi ñi lifkülen kom yewün, wente mesa.
- 4 Pünenolmi tami maskarilla (tami pepi ial müten) fey tukukünuafimi kiñe lif folsa mew.
- 5 Nülayaymi chemkün tañi nükeel che, chazi, aceite ka vinagre reke.
- 6 Mizawlayaymi yael tami pu kompañ yemün, iaymi tami rali mew müten.
- 7 Negümlayaymi wagku, mesa, eltukawe ka chem mueble rume müleyelu welliñ mew, femechi rüf kamapuleaymi kake che mew.
- 8 Kümelayafuy tami ial kiñe buffet mew.
- 9 Kümey tami kullial tarjeta mew kam femechi kullitu mew, pünelmi efectivo, fey matu küchayaymi tami küwü.
- 10 Petu tami konnon ka petu tami txipanon txipatuwe mew, küchaküwüaymi.
- 11 Liftunieaymi tami küwü anho nülmi chem rume, manilla, pasamano, kulliam, kom, alkol gel kümey liftuam küwü.





## Amelkantuwe mew, musew kam sine mew

- » Feyentuaymi itxokom gülham wülkelu welliñ tami tulgenoal ti ünfi.
- » Miyawaymi chew tañi wirikonkülemum tañi txekayal che.
- » Zoy kümey tami gillayal ticket internet mew kam gütxümwe mew, gülnoam che welliñ mew.
- » Petu tami konnon ka petu tami txipanon txipatuwe mew, küchaküwüaymi.
- » Kafey chem zugu rume nülmi, ka liftuaymi tami küwü, alkohol gel kümey tami liftuam küwü.
- » Goymalayaymi tami kiñe metxo txipaleal kake che mew.
- » Arel-layaymi ka aretulayaymi awdifono, lente 3D, pantalla táctil, ka chem chemkün rume nükeel ta che.

**Goymakilge!**



Maskarilla



Küchaküwün



Tami kamapuleal



Lipag mew takuam



## Feyentun zugu mew

Mülerumele geykurewen, puwülrewen, gellipun, gillatun kam kultu rume, ka femechi müley taiñ kuñiwtureal.

- 1 Takuaiñ taiñ yu ka wün feychi maskarilla mew.
- 2 Manküwüwlayaiñ ka mafüluwlayaiñ, re zugun mew müten chaliwaiñ.
- 3 Wichuke matetuaiñ, nieaiñ kisuke taiñ rali ka taiñ karu, kümey taiñ wirintukual taiñ üy feychi karu pütokokemum iñchiñ.
- 4 Goymarumelayaiñ taiñ kamapuleal kiñe metxo kam küla txekan rewall kake che mew.
- 5 Müchayke küchayaiñ taiñ küwü ka epu epu maskarilla yeaiñ taiñ kuñiwtyuawal.

**Goymakilge!**



Maskarilla



Küchaküwün

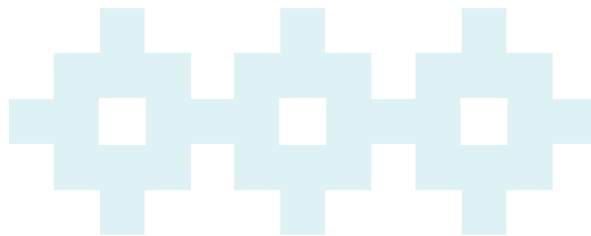


Tami kamapuleal



Lipag mew takuam





# Wekun mew

**Goymakilge!**



Maskarilla



Küchaküwün



Tami kamapuleal

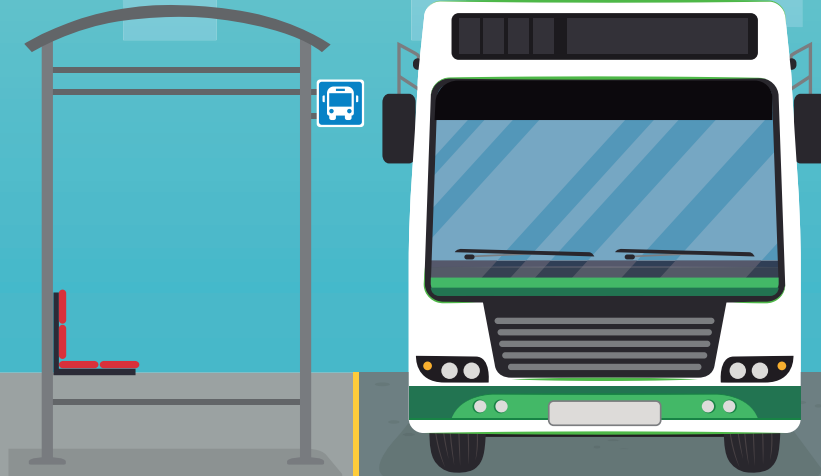


Lipag mew takuwam

# Txipayalmi tami ruka mew

- » Yeaymi tami alkol gel.
- » Kümey tami txarin logkotuleal txipayalmi tami ruka mu.
- » Chem chemkün rume nülmi, liftuaymi tami küwü alkol gel mew.





## Yelchekawe mew

- 1 Topalmi, zoy kümey tami miyawal nhamunhtu mew kam füsikleta mew.
- 2 Miyawülmi yelchekawe mew, goymalayaymi tami kamapuleal kake che mew.
- 3 Liftuaymi tami küwü nülmi chem chemkün rume yelchekawe mew, püralmi, kullitulmi ka wagkutulmi ta ka.
- 4 Txekalelmi, ka femechi kamapuleaymi kake che mew.
- 5 Ka ügümküelmi paradero mew, kafey.

**Goymakilge!**



Maskarilla



Küchaküwün



Tami kamapuleal



Lipag mew takuam



## Plaza, parke ka ina lhafkenh mew

- » Feyentuaymi kom gülham wülkelu ti welliñ tulgenoal üñfi ta che.
- » Kümelayafuy nülimi kam pünelimi chemkün müleyelu welliñ mew, femechi wagku, awkantuwe, gütxümwe, ka itxokom zugu nükeel che.
- » Pütokolayaymi ko llafe mew feychike welliñ mew, zoy kümey tami yeal kisu tami ko kiñe fotella mew
- » Ka kümelayafuy tami gillayal yael.
- » Ka femechi ta rume alhüñmalayaymi welliñ mew.

### Goymakilge!



Maskarilla



Küchaküwün



Tami kamapuleal



Lipag mew takuwam

# Feria mew

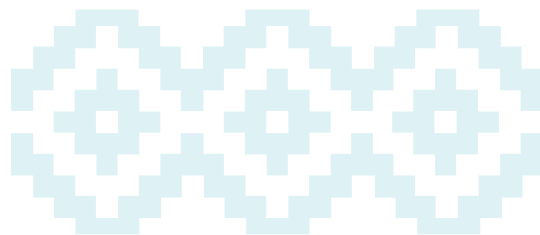
- 1 Petu tami amunon feria mew, wirintukuyeaymi itxokom chemkün tami gillayal.
- 2 Yeaymi kisu tami folsa tami gillakayam.
- 3 Kiñe che müten txipayay tami ruka mu gillakamealu.
- 4 Txekayaymi chew tañi wirikonkülemum tañi miyawal che.
- 5 Feyentuaymi gülham wülgekulu welliñ mew.
- 6 Yamaymi kake che wüne puwlu eyimi mew, kamapuleaymi kisu yegün mew kiñe metxo rewall.
- 7 Feychi chemkün tami gillayafiel müten ta nüaymi.
- 8 Zoy kümey tami impolkunulelaetew yewün feychi che fenzepelu.
- 9 Ilayaymi rüpü mew.
- 10 Kümelayafuy gillayal chemkün chew ñi fenzegenofel kiñe yewün.
- 11 Goymalayaymi tami maskarilla.
- 12 Ka femechi amule kiñe kamioneta kam amukawe lof mew fenzekamealu fün, yael, wezakelu ka chem chemkün rume, fey ka feyentuaymi tüfachike gülham mew tami kuñiwтуleal.





## Txawün kam kawĩñ mew

- 1 Müte amuyelayay che femechi txawün mew, chumten tañi feypiel ti autoridad sanitaria tami waria mew kam tami txokiñ mapu mew müten.
- 2 Kümelayafuy mizawlimi yael kiñe rali mew kake che yemün, ka femechi wichuke matetuaymün, yeaymün kisu tamün mate.
- 3 Kom feychike chemkün ta nüafilu kake che, küme liftuafimi.
- 4 Kümey tañi küchayal tañi küwü pu witxan puwüalu tami ruka mew.
- 5 Manküwüwlayaymün ka mafüluwlayaymün, re zugun mew müten chaliwaymün.
- 6 Petu inolmi, püneaymi maskarilla.
- 7 Kamapuleaymi kake che mew tami ruka mew.
- 8 Ponwitulelmi kiñe püchi welliñ mew tami pu witxan yemün kuñiwüñgey, kümefuy tamün müleal wekun, chew ñi mülen kürüf.
- 9 Mülele püchikeche ruka mew, liftuaymi tañi awkantuwe chemkün, petu tañi awkantunon egün ka rupan awkantule egün.
- 10 Ponwitulelmün ruka mew, gülayaymün ti konpelonwe konpayam kürüf.



# Ruka mew

**Goymakilge!**



Maskarilla



Küchaküwün



Tami kamapuleal



Lipag mew takuwam



## Puwtuyüm che ruka mew

- » Liftuaymi tami küwü alkol gel mew petu tami entunon tami llafe.
- » Entuaymi tami sapato ka liftuafimi petu tami konnon ruka mew.
- » Fey konlimi ruka mew, entuaymi tami wezakelu fey wüla kiñe folsa mew tukukünuafimi tami küme küchayafiel.
- » Entuaymi tami maskarilla elastiko ka ponwitu mew, fey ütxüftukuafimi koñküpuwe mew.
- » Fey küme küchayaymi tami küwü ka tami age ko egu kafon, küla mari sequndu rewall.

**Goymakilge!**



Maskarilla



Küchaküwün



Tami kamapuleal



Lipag mew takuwam



# Goymalayaymi tami küchayal tami küwü ko egu kafon:

- 1 Petu tami zewmayerlon ka petu tami inon.
- 2 Rupan nülmi yael.
- 3 Echiwülmi, txünonülmi kam liftulmi tami yu.
- 4 Liftulmi kam küchalmi chem chemkün rume.
- 5 Amulmi txipatuwe mew.
- 6 Ilmi, pütokolmi kam pütxemtulmi.
- 7 Nülmi ran.
- 8 Choñe tukulelgele.



## Goymakilge!



Maskarilla



Küchaküwün



Tami kamapuleal



Lipag mew takuwam



## ¿Chumechi zewmayaelfun ruka mew?

- » Itxokom mogewe, fún, yael küme afümaymi, kuram, challwa, kufüll ka fillke ilo mugel.
- » Küme afümaymi yael, wazkürumele ko, fey kümey, kechu minutu rewall wazkümefimi.
- » Küme liftunieafimi chew tami zewmayaelmum, mesa, kücharaliwe, iam, petu tami zewmayaelnon ka rupan zewmayaelmi.
- » Manelfalchi ko ka mogewe tukuaymi. Putokofalchi ko nienolimi, fey wazkümefimi kiñe minutu rewall tati ko ka feychi wüla firkümefimi küruf mew müten. Nienolimi chumechi tami wazkümkoam, fey tukuafimi kiñe kam epu kloro lhüykü kiñe litxo ko mew, feychi kloro tami pünekeel liftuam ruka müten, welu nienole ta nümün, ügümaymi küla mari minutu ka fey wüla püneafimi.



## Küzaw ruka mew

- » Amule kiñe gasfiter kam pepiluwlu ruka küzaw mew, kümey tami ramtuafiel tañi chumlen petu tañi konpunon tami ruka mew ta kisu.
- » Konle tami ruka mew, müley tañi püneal maskarilla ka müley tañi küchayal tañi küwü.
- » Müte fülkonpulayaymi kisu mew.
- » Ka femechi chew tañi küzawal kisu, güłanieafimi tami konpelonwe ruka mew.
- » Mür eymu püneaymu feychi maskarilla.
- » Kiñe metxo rewall kamapuleaymi küzawfe mew.
- » Itxokom chemkün chew tañi küzawal che müley tañi lifküleal, petu tañi küzawnon ka rupan küzawle.

**Goymakilge!**



**Maskarilla**



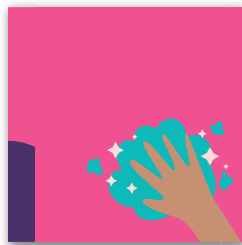
**Küchaküwün**



**Tami kamapuleal**



**Lipag mew takuam**



## Tami kuñiwtuweal ruka mew

- 1 Fill antü liftuaymi tami ruka, kiñe rupa rewall antü mew, manilla rakümwe reke, kontrol remoto, txipatuwe, llafe, mesa, wirikawe, gütxümwe, lepüwe ka itxokom chemkün nükeel che.
- 2 Petu tami desinfektanon chem chemkün rume, wüne liftuafimi egu ko ka detergente.
- 3 Feychi desinfectante tami püenal, malhütuñmayaymi tañi elugen kiñe Salud Pública certificaciön, feypikelu ñi ruf kümen liftun mu.
- 4 Müleyelu am pütXün desinfectante gillakawe mew, püneafuymi feychi kloro domestiko nielu ta 5% concentraciön. Fey meli püchike rüfüwe witxuntukuaymi kiñe litxo ko mew liftuam.

**Goymakilge!**



Maskarilla



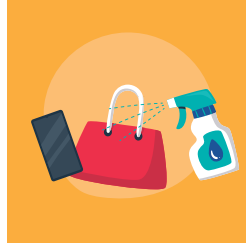
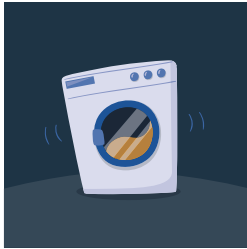
Küchaküwün



Tami kamapuleal



Lipag mew takuwam



- 5 Kake desinfectante pünelmi kam ka concentraciön niele, fey chillkatuaymi ka inayaymi feychi güłham wül-lu ti zewmapelu chi chemkün, wirikonkülelu etiketa mew.
- 6 Goymalayaymi ti kloro ñi ünfitukefiel feychike elektxoniko chemkün, feymu liftuafiel femeche chemkün, kümeafuy tami püneafiel alkol gel.
- 7 Pepi kamapulenofulmi kake che mew chew ñi mülen pütxün che, fey kümeafuy tami küchayal tami wezakelu are ko mew puwtulimi tami ruka mu.
- 8 Goymalayaymi tami elkünual liftuam chew tañi pepi nürumenoal pu püchikeche kam yifüm.
- 9 Ka goymalayaymi tami gülayal konpelonwe konpayam kürüf.

## Goymakilge!



Maskarilla



Küchaküwün



Tami kamapuleal



Lipag mew takuwam

