

TAYNE A B'A B'AY JAN AMB'AL CHI MAHON K'AM AN AKUM

1 IL AB'A...

- Ta chi ok jan amb'al ti yin a tz'umal ma a mimanil.
- Jan amb'al yet chi smahon k'am akum ti chi uj tol ayto yin an akum, ma sat tx'ox, xol a ej' chi seklay ayoq, chen ch'en kaneb' yajan yet mulnajil ma janoq xa mixkab'ej, k'al pichilej ma mixkab' yet mulnajil max kanlayi (EPP).
- Jan amb'al chi alay ok skawilal.



K'an a pichil tol ay skab', wexhej mimej yaqan, xanabej, spichil aqan k'al koxkomej ma kapej chi spichon nukej ka cha taynen a mimanil yin jan amb'alti.

2 EJAN K'AL EK YIN...

- Yet jan smajb'ej chi ilayi yet chi alay yab'e, ye chi il junoq ab'ix lokan ajoq k'al yet nanan yalay ay amb'al yet chi kam akum (b'aytal nanan yalay ayoq).



3 XAJA...

- A kab' yin aman kuwan yet kamto chach lowi, oq'on tz'et yetal, tzub'on chitan, a tx'ahon chicle ma chitan, k'al yet kamto chach toq b'ay txuljub'al ma a q'anon ch'en txuxub' ch'en.
- A mimanil k'al a xil yetoq miman ej, xapon k'al xapon yet xilej ka chahon ok a pichil saq yet chi lajwi a mulnaji.
- A pichil yet a mulnajil yet cha kamb'alne jujuntaq el. Tx'oq b'ay cha a pichil tol man yet a mulnajil.



4 JATNE...

- Ta tol cha b'ejeloq ma chi ok jab'oq yin a mimanil, tx'aj yin aman kuwan. Yowal chi alay ej, tx'apon, job'al taq tz'etaq yetal kawil (amb'al yet chi yil jun amb'al yet maoj k'am akum). Ta tol k'am ay ma oq' ek kawil, tx'aj a b'a yetoq a yalix taq ej tol saq, ma a litz'an okoq.
- Tx'aj a mimanil k'al a xil yetoq ej, tx'apoj k'al tx'apon yet xilej yin tx'apon kuwan ka chahon ok pichilej saq'.



Yin aman kuwan cha say junoq ajan chach ilontoq ta tol jun amb'alti chach yetne okoq, yab'il ma yuj junoq tz'et k'am chi scha a mimanil.

TA TOL YET JUNOQ AMANKUWAN: Q'ANLEB'AL MA JUNGO TZ'ET CHI EK JELOQ YUL A NAB'AL:

+ Say junoq aj an kawil ay:

Sb'i: _____
 B'aytal chi qani: _____
 Tx'uxub' ch'en: _____

📍 Ta tol chi oche junoq chen chen q'aneb' yajaq yet amb'al, al b'ay ju:

Sb'i: _____
 B'aytal chi qani: _____
 Tx'uxub' ch'en: _____

☎ Awjan b'ay Snahil Chi Ilontoq yet Amb'al chi sma k'am akum Yul Konob' ma Yet jun Mochan:

Sb'i: _____
 B'aytal chi qani: _____
 Tx'uxub' ch'en: _____

Yet ka chab'on yab'ixal yib'an yet yilaytoq yuj aj an, awjan b'ay Tol ayek yul smajb'ej yet Yilaytoq yuj yet Tz'et chi ektoq ib'an yuj jan amb'alti:

1.800.222.1222



¿Q'aneb'al yib'an jun amb'al yet chi smakam akum? Awjan:

1.800.858.7378

(Smajb'ej yul Konob' chi ya Ab'ix yib'an jun Amb'al chi smakam akum)