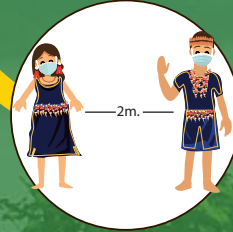


**Antisuyu
wankurishka
runakunawakmi kan
kay sumakta
kuyrarinakuna
COVID-19
unkuymanta**



YANAPAYWAN:
PROAMAZONIA - UTPL
CONFENIAE
FUNDACIÓN ALTRÓPICO
OPS

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Kay Decreto Ejecutivo N° 1017 rimashkata chunka sukta puncha wiwa killa 2020 watakunapi, kis Lenin Moreno Ecuador mamallakta apu, rimarkami karan llankana kuchukunapi llankakkuna mana llankankapak rinachu tukuy Ecuador markakunapi ima sami Ecuador kamachik killkapi rimashka shina kay chunka kachis punchamanta ishkay chunka chusku punchakama wiwa killapi, tariparishkawasha kay rimarishka tukurinkami.

Ishkay puncha chunda killa ishkay waranga ishkay chungá watagunabi COE Nacional chanichiskaraygu rimarinmi:

Kay COVID-19 unguyra taripashkaraygu, tukuy Ecuador mamallakta markakunabi chimbarisha katishkamanda Hatun Hambirina Wasi ima sami kuyrarinamanda sumakta katinara rimanmi kay chunka kimsa puncha chunda killamanda riksichina tullpukuna tiyangami nishpa chaygunami kan puka, killu, wayllapash kay tukuy Ecuador mamallakta markakunabi, chasnallara karan shuk markaga ima sami mana ruranakunata riksichingaranun.

Kimsa chungá shuk punchaga ala killamanda COE Nacional chaskinmi tukuy kitira pushak apugunara ima sami rikushpa kuyrarinamanda shinallara riksichichik tullpukunara sumakta yallichichisha katinamanda karan ayllullaktagunabi, chaypimi kay tullpuguna shina riksichinun puka wasimanta mana llukshina ashka kuyrarinamanda riksichin, killu wasimanda mana katinlla llukshina, hampikunara ministishkaybi llukshingawa ushanki waylla llukshingawa ushanki chasnallara kikinda kuyrarisha purina.

Fundación Altrópico Puyo llakta kuchubi llanganagunara kallarikami, kay Antisuyupi Restauración Forestal kipapakchirurayta wiñachingawa chasnallara ima sami kallarik

llangana ruraykunara rurasha katinamanda.

Fundación Altrópico yachachinmi kay kamachik killkabi rimashkara shinallara paktachinagunara imasna sumakta kuyrarisha kawsanamanda tukuy kay wangurishka kipapakchiruraybi llangakgunara chasna rimashkara paktachisha kuyrarisha llanganaman kutillara tigrananga.

Kay ruranagunara, paktachinagunara hapingawa tukuy jatun wangurishkamanda hapishkanchik paygunami kanun: Organización Mundial de la Salud (OMS), COE Nacional karan kitigunamanda, Ecuador mamallakta allira kuyrarina rimarishkamanda, Organismos Internacionales mamallaktabi kawsakunawak shinallara Fundación Altrópico¹ el Programa Integral Amazónico sachagunara sumakta kuyrarinamanda yachachiskagunara karan llangana kuchukunabi, Producción Sostenible PROAmazonía – UTPL,² Organización Panamericana de la Salud taripanagunara (OPS), CONFENIAE³ chunka shuk wangurishka Antisuyubi kawsakunawak chasnallara ishkay chungá kimsa kikinda kawsak wankurishgagunara.



1 Fundación Altrópico llangakguna sumakta kuyrarisha tiyanamanda.

2 PROAmazonía -UTPL Kipapakchirurayta allira sumakta rurasha katinamanda ruray.

3 Ecuador mamallakta Antisuyu wangurishkabi kawsak runakunawak. (CONFENIAE)

kuyrarisha katinamanta rimay

Kay riksichinaguna turkarinungami imasna ñukachik yachaskagunara yallichisha katinamanda shinallara COVID-19 (Coronavirus) unguymanda (Shuk yanaparik) chasnallara Ecuador mamallaktabi COVID-19 yanaparisha katishkara.

2.1. Paktay yuyakuna

Fundación Altrópico llangak runagunara riksichinunmi imasna sumakta rikusha kuyrarisha tiyanamanda, Puyo llakta kuchubi shinallara tuykuy ayllullakta wangurishkabi kay COVID-19 unguyga mana chimbasha katinamanda, wangurishka ayllullaktaganami kan: Archidona llaktay kawsakguna (Archidona kiti-Napo marka), San Jacinto del Pindo (Mera-Pastaza kitigunabi - Pastaza marka) shinallara Canelos ayllullakta (Pastaza kiti – Pastaza marka) Restauración Forestal kipapakchirurayta allira rurasha apankawa.

2.2. Paktaykuna

Kay sami riksichinaguna, Puyo llaktamanda Fundación Altrópico llangak runagunawakmi shinallara kimsa wangurishka ayllullataganawak, chasnallara Restauración Forestal kipapakchirurayta katigunawak, PROAmazonía kikinda katisha rurasha karan ayllaktaganay ruranagunawakmi kan.

2.3. Llankana kuchuman yaykuna pacha shinallata kipapakchiruray runakuna kuchu

a. Altrópico Puyo llakta llangana kuchupi

Puyo llaktabi Fundación Altrópico kuchuga llangasha katingami, kipapakchirurayta rurangawa. Kuyrarinamanda rimashka shina kay pachagunara ruranushka:

- **Tutamanta:**

07h30 a 12h30

- **Mikunagunara rurana pacha:**

12h30 a 14h00

- **Chishi:**

14h00 a 17h00

Taripasha katinungami imasna runagunara chay Restauración Forestal kipapakchirurayta rurangawak shamunun⁴, 50% rimashkata mana yallinachu kan.

Llangak runaguna rina mana rina punchagunara shuk killkara rurasha riksichingaranun ama yapa runaguna tandarinamanda chay unguyra mana apitukungawa.

kay yuyaykunawan yanapanunmi ima sami ruranagunara wasibi ruranamanta chay unguy tukuringama.

b. Saylla jatun wasipi Organizaciones Canelos, San Jacinto del Pindo y PKR ayllullakta wangurishkaguna llangana pachaguna.

Kay unguyta kuyrarisha tiyangama ishkay pachagunami tiyan:

AYLLUKTAY WANGURISHA RURANAKUNA

San Jacinto del Pindo

Llanganaguna

Tutamanta 08h00 a 12h30

Chawpi puncha mikuna 12h30 a 13h30

Chishi 13h30 a 15h30

PKR

Llanganaguna

Tutamanta 08h00 a 14h00

Chawpi puncha mikuna

Chishi

Canelos

Llanganaguna

Tutamanta 08h30 a 13h00

Chawpi puncha mikuna

Chishi

Taripasha katinungami imasna runagunara chay Restauración Forestal kipapakchirurayta rurangawak shamunun, 50% rimashkata mana yallinachu kan.

Llangak runaguna rina mana rina punchagunara shuk killkara rurasha riksichingaranun ama yapa runaguna



tandinamanda chay unguyra mana apitukungawa mana rinatukunun, chasnallayta mana yapakta llankak runakunata charinkawa chi jatun wasipi, chasna kay unguyta mana chispichinkawa.

kay yuyaykunawan yanapanunmi ima sami ruranagunara wasibi ruranamanta chay unguy tukuringama.

c. Wankurishka ayllullaktakunapi llankaykuna

Fundación Altrópico shinallara ayllullakta apukunawan rimarinushkami kay pachagunabi llangasha katinamanda kaymi kan sukta saylla kimsa chunka chinillamanta (06h30) chungu chusku sayllagama (14h00), karan llangak runaga paywak kikin mikunara chasnallara ashka yakura hapanami kan. Chasnallara alcohol yaku 70%, rupakta tupuna, gel antiséptico, makita mayllankawa ashka yaku ashka iwilla yakuyashkara (chay rikuyrishka ayllullakta mana chuyallachishka yakura charinukpi) shimi churarinara (llangak runapura churarinara) shinallara imasna shimi churarinara alli churarinamanda yachaygunara

(kimsa yanaparik). Restauración Forestal kipapakchiruray llangak runagunawak Altrópico nishkami yachanga chay shimi churarinamanda líquido, y maki mayllana yaku (imasnaypi illanmi alli yakuta ayllu llaktaypi chayrayku hapanami kan yakuta), mascarillas (imasna runakuta chaypi tiyanun) katisha chay protocolo mascarilla churarinakawa (Yanapak kuna 3). Tukuy llankak rinakunata, técnico kunkaranun mascarillas kay kilpapakchiruray Restauración Forestal pushankaraw Altrópico.

Restauración Forestal Altrópico kipapakchiruray pushak runaga rimanami kan ima punchagunabi llanganaman rinamanda shinallara kay pachaguna 48-24 sayllaguna rimashkara paktachinami kan (chungu kimsa yanaparik) kaymi ima sami llangayta killkachishka tiyan:

1. COE Cantonal katikiyachikmanda.
2. Ñambira purinaguna.
3. Ayllullaktaguna shuti llanganagunara rurangawa.
4. Riparasha rikuna kay rikushka ayllullakta mana unguy chimbarishka tiyana.
5. Tandinagunaga chungapuralla tiyana mana shukkunapash.
6. Runagunawan tuparingawa kuyrarinagunara charina.
7. Tandinakunapi shimi taparinata tukuy pachakunata charinami kanchik

Kikin rimashkara hapinamanda ima puncha ayllullaktagunaman rishkagunara, chaypi Altrópico pushak runa taripanami kan imasna kuyrarisha katishkamanda kay tukuy karan ayllullaktagunabi llangak runagunara.

Kipapakchirurayta rurak runagunawak shinallara Ayllullaktapi llangakgunawak alli kuyrarinamanda ashkami hapina tukunga. Kay unguymanda kikinda yachasha katinami kanchik imasna chimbarisha katishkamanda tukuy mamallaktabi allirami rikusha tariparisha kawsana kanchik. Kay ifukunara paktachinami kan:

Kay paktachinagunara tukuy kipapakchiruraypi llangak runakuna yallinami kanun. Mana chanichinunkachu maykan chay rimashkakunara kirinukpi.

Karan ayllullakta charishka yachaykunara sumaychanami kan kay COVID-19 unguymanda alliyangawa.

Maykan pachaguna ungushka runagunawan tuparinabi (rukuyaya, mamakunawan, sinchi ungushkagunawan) llangaymi kanga chay ungushka runawallawan. Chaygunawak kikin wasiman paktanami kan tukuy sami kuyrarinawandin.

Kay kipapakchirurayta rurasha katikguna COVID-19 unguyra shuk taripaganunabi arinishpa llukshiguna (prueba PCR), chayguna chusku chungu chusku punchagunara kikin wasibi ayllugunamanda anchurisha tiyanami kan, chay unguymanda alliyangagama kayta paktachisha mayan ayllukunaman mana chimbachinanga kay tukuy Ecuador wangurishka ayllullaktabi. (Ishkay yanaparik).

1 Unkuyta riksichishpa runakuna: Unguyta riparichikguna chungu punchara yupanami kan unguyta charishkamanda chaymanda washa chusku puncha chay unguy riparachishkara alliyaskamanda.

2 Runakuna asintomáticas: chunka puncha Unguyta riparichikguna chungu punchara yupanami kan chay unguyta taripashkamanda PCR.

Altrópico pushak runa COVID-19 unguyta charikgunara shuk killkapi killkashpa hapanami kan shinallara taripanami kan chay chungu chusku punchagunara habik runa rimashka paktachiskara. Chay pachagunara paktachishkasha paypak llanganaman ringawa ushanmi ima sami ruranagunara rurasha katingawa COVID-19 unguyra alliyashka shina. Paypak llanganaman rina ushanmi shuk hambik runa taripashkawasha.

Shimi churarinara alli churarinamanda (N95, quirúrgica, makiwan rurashka yakura tsunkak kimsa kuti llapacha churashka, chawpi llachapa shutuchishka shina, ukuy tiyan llachapa yakura tawkachik, kimsa kuti putu llapachata charik⁵) chaygunami COVID-19 unguyra kishpichinun. Shimi churarina singa shimi urapurabi churarinami kan mana uktugunara sakisha. Shinallara shimi churarina alli churarinamanda shukgunara riksichinami kan. (Kimsa yanaparik)

Shimipi churarinata shuk mashikunaman mana mañachinachu. Shimi churarinara rupak yakuwan shinallara ashka iwillawan puskuchisha mayllanami.

Shimi churarinagunaga ungushka mana ungushka churarinami kan. Shuk runagunawan tuparingawa tukuy pachagunara shimi churarinara churarinami kay unguy tukuringaman.

Kay sumakta kuyrarinamanda rimay tukuy runaguna shinallara llangana kuchugunabi paktachinami kan. Kay rimayguna tukuy llangak runagunawak, ayllullaktamanda runagunawak, Puyo llakta Fundación Altrópico kuchugunawak, Hatun Wangurishkagunawak puchukay antawagunawak llangay hillaygunawak.

⁵ Shimi churarinamanda allira yachangawa kay shuyurikuchikta rikunami <https://www.youtube.com/watch?v=ciUniZGD4tY> (inglés shimipimi) shimi turkachinami kay yuyagunara mishu shimiman.

3.1 Kipapakchiruray runakunapak.

1 Tukuy punchaguna kay COVID-19 unguymanda taripasha katinungami karan llanganaman shamushkaybi. Kayta taripak Fundación Altrópico pushakmi rurasha katinga manakpi shuktami sakinga chayta rikusha katingawa kay sami iñugunara taripana kan:

- Killkata charinami kan(rupaktupuna) makibi rupaktupuna chayguna kar llangana kuchubimi tiyanga. Rupakta tupuchishkaguna 36 -37,3 grados allimi kanun. Maykanguna 37,4 yallikta charikguna mana llanganaman shamungawak ushanunchu payguna wasibi sakirinami kanun.
- Chakishkara ujusha samangawa mana usharikpi.
- Sambayana ari manapash tiyakpi.
- Uma nanakpi.
- Kunga nanakpi.
- Mana alli muktirikpi, ima samigunara mana munarikpi.

Kay unguymanda pushakguna karan iluku punchaguna Excel nishkapi rurasha hapanami kan, chaypi riksinami maykangunara unguushka tiyanun. Chay unguushkaguna tiyakpi Fundación Altrópico, Restauración Forestal kipapakchirurayta pushakkuna rimanami kan chay hambirina wasiman shinallara ayllullaktagunaman mana ringak ushangachu, chungu chusku puncha wasipi tiyana chay unguymanda alliyangama.

Imasna samanamanda katinagunara yachanami kan kay COVID-19 unguyra taripangama. Kay katinaguna kan: parukpi samaywan undarina chungu chinikugunara

chapana. Chay samaypi mana ushayta charikpi chungu chinikuwasha shuk killkabi killkana (chusku yanaparik). Chayta charikguna COVID-19 unguyra charikgunami kan payguna shimi churarinara tukuy pachara churarina runagunamanda karulla shayana. Tukuy chay llangak runagunaman ujuna, atsingana ruranagunara yachachina ama unguyta hapitukungawa. (Kanchis yanaparik).

2 Kipapakchirurayta rurakguna shuk rupaktupunara hapanami kan(mana llutarisha) tukuy tuparishka runakunara rupaktupuwan taripana.

3 Aylluktaman ringawa tukuy chaybi llangak runaguna shuk taripanara rurasha rinami kan.(prueba de anticuerpos IgG o IgM⁶).

Rikupay: Kay taripanguna llukshingami arinishka mana arinishka. Chasnakpi unguyra charingami.

Kay taripangunara rurangawa Fundación Altrópico hambik runa chay taripanara shuk puncha ruranara rimangawa ushanmi. Taripana ari nishpa llukshikpi wangurishka ayllullaktaman uktalla kachanami kan 12 ishkay sayllakunabi. Shinallara PCR COVID-19⁷ taripanara ruranami nin. Arinishka llukshikpi ayllullaktaman mana ringawa ushanchu. Kay paktachik yuyachinmi ama shuk ayllukunaman chimbachingawa nishpa ayllu tallaktakunata. kay paktachinakuna kan allita kuyrankawa chanallayta mana kay unkuyta chinpachinkawa y mana unkuchinkawa unguushka runakuna, o mana charay kay unkuy mana pawan paykuna aychaypi.

4 COVID-19 unguymanda kishpirina hillayguna: shimi churarina kimsa tupu llachapayuk, lentes de seguridad, ñawikarara sumakta kuyrarina, shimi churarinara alli churarinamanda yachay. (kimsa yanaparik). Ayllullaktaman rinagunabi karan kipapakchiruray llangak runa hapanami kan: shimi churarina, lentes, ñawikarara kuyrarina.

6 Yawarta taripasha rikuna Inmunoglobinas (IgG, IgM)

7 COVID-19 unguyra taripangawa maykan charikgunawan kayta rikusha taripanami (ujuna, samangawa mana usharikpi, rupakta charisha), PCR taripanara uktalla ruranami.

ayllullaktabi kawsak runagunawan tuparisha karulla shayarina, ima sami hillaygunara sumakta pichana.

5 Karan llangak runa hapanami kuyrarina hillaygunara ima sami ayllullakta tandarina tiyanabi. Chay wanguchishka hillaygunami kan: shimi churarina, alcohol en spray, gel antiséptico (alcohol yaku 70%) yakuyashka iwilla shinallara hapanami shuk turkarinagunara.

6 Ayllullaktagunabi katinilla ruranagunara ruranungami (kimsa punchamanta yalli) kipapakchirurayta ruranagunara rurangawa. Karan pakchiyachak kikin mikunagunara, mulugunara apanami kan. Mikuna pachagunabi karu karulla tiyarisha mikunami shimi churarinara mana churarisha tiyakpi.

7 COVID-19 unguymanda runagunaman yachachingawa shuk tandinara ruranami OMS rimashaka shina imasna kuyrarinamanda. Kay tandinagunabi kuyrarinamanda wangunchiska hillaygunara Fundación Altrópico kungami chaypimi tiyanga: alcohol en spray (70% churashka), gel antiséptico, neuthox (ushuta pichana), yakuyashka iwillinguna, shimi churarinapash.⁸

8 Allira kuyrarinamanda awachina, llangana kuchura pichana tukuy pachagunara kallarishkay shinallara rurana tukurishkay.

9 Fundación Altrópico pakchiyachakguna chay kipapakchiruray apugunawan runagunawan tuparingami shinallara paygunaman kuyrarina hillaygunara kunungami chayguna kan alcohol en spray, gel antiséptico, neuthox (ushuta pichana), yakuyashka iwilla shimi chuhrarinapash.⁹



⁸ Shimi churarinara kuk runaga yacnanami ima sami shimi churarinara kunara.

⁹ Shimi churarinara kuk runaga yacnanami ima sami shimi churarinara kunara.

3.2 Ayllullakta runakunawak.

Sumakta kuyrarinamanta pushakgunami kanun karan ayllullaktapi shutiyachishkaguna ima sami tandarinagunabi rurashkagunara yachachina shinallara Restauracion Forestal kipapakchiruray killkapi killkashkami tiyanga. Ayllullaktabi akllashka runa kay Fundación Altrópico pushak runawan rimarinami kan. Sumakta kuyrarinamanda katinaguna:

1 Shimi churarina, makira alli mayllana yachaymanda (Pichka yanaparik). Maki mayllanaguna tukuy pachagunara mayllana. Kay katinagunabi imasna ujuna, atsininamanda yachachinunga mana shuk ayllugunaman chimbachingawa. (Sukta yanaparik).

2 Kay Altrópico pushak runa shimi churarinagunara paktakta apanami kan tukuy sami tandarinaman shamuk runagunawak.

3 Tandinaginabi imawan kuyrarinamanda rimarinami kan kay hillaygunara charinamanda shimi churarina, gel con base de alcohol al 70%, alcohol yaku. Shinalla Altrópico pushakguna sumakta kuyrarinamanda yachaygunara shuk hatun killkapimi riksichinunga tukuy kichwa wangurishka ayllullaktaginabi (OPS y CONAIE, 2020) imasna chay unguymanda kishpirinara kichwa mishu shimipimi killkashka tiyanga, makigunara allí mayllana, shimi churarinara alli churarina, karulla shayanamanda, unguyra riparashkamanda. Karan rimarinaguna kallarishkay mkira allira mayllasha rikuchina. Ayllullaktaginabi Restauracion Forestal kipapakchiruraymanta rimarinay Altrópico yakuyashka iwillara, yakugunara kungami.

Riksichinkaranun may kay coordinaciónwan ñukanchi ayllu llaktakunata kay makita mayllanapuraypi, may paykuna rimashkata katina an OMS (Yanapak kuna 5). Chayrayku kay Altrópico kunkaraw asnak armana yaku, yaku (maypi minishtisha) chanallayta ayllu llaktakunata knkaraw chanallata kan kuna llaykanay kay Jatun llankana Yanapak Apu.

Fundación Altrópico churashka runa shuk killkara apanami imasna chay tandarinaginabi shutiyachishkagunara taripasha katingawa kay unguywan tuparinushkara. Karan ayllullakta shutiyachinami kan shuk runara kay killkagunara pay ayllaktabi rikusha katingawa.

Kay katinaguna riksichinmi:

- Makibi rupaktupuwan taripashka kara llangana kuchubi. Ansalla rupakyashkagunami kan 36 – 37,3 tupuguna. Killkabi 37,3 yallikguna shinchi unguishkami kanun chayguna wasipi anchuchiska tiyanami kan.
- Chakishkara ujusha samangawa mana usharikpi.
- Sambayana ari manapash tiyakpi.
- Uma nanakpi.
- Kunga nanakpi.
- Mana alli muktirikpi, ima samigunara mana munarikpi.

4 Ima sami ruranaguna ashka wayra shitashkabi ruranami kan, karulla shayana, mana ashka runaguna tandarina, COE Pastaza, Mera, Archidona kitiguna rimashkara paktachina. Tandinaginabi chungu runapuralla tandarina shukgunapash mana. Kay paktachinaguna tukuy pachagunara rikusha tiyanami kan puchukaygama mana más. Karan kuti rikunkaranun, imasnata katiyun kay nishkata shuk actualización mañapi.

5 Pakchiyachak ayllullaktaman shuk punchamanda yallikta tukuyrikpi chay ayllullakta shuk sumak kuchura kunami kan, pichaska, yaku, achikpash tiyana shinallara runaginamanda karulla shayana.

6 Ayllullaktagunabi COVID-19 unguyra charik tuparikpi uktalla hambirina wasiman rimanami kan shinallara Fundación Altrópico pushakgunaman, unguymanda yachak COE kitiman rimanami.

Karan wangurishka ayllullakta shuk rikushka killkara apanami kan chaypi killkashka tiyan: kikin shutiguna, kikinyupaypanga, ayllullakta shuti, rupaktupushka yupay, wata, pacha, aspirina (Pusak yanaparik). Kay killkara ayllullaktamanda killkakamak apanami kan.

7 Tandinaginabi, llanganaginabi mikunaginara mana kuyarinachu kay pakchiyachakgunawan, ayllullakta runaginawan, shina kuyrarisha aylluginaman unguyra mana chimbachinanga.

Kay unguy tiyashkay karan ayllullaktaman mañanchik mana asuwara upiyankak kumbirana, pichira mana shuk aylluman kuna chasna rurasha unguymanda kishpirinanga.

8 Ima sami tandinagina tiyashkay mikunagina mana tiyankachu imasna unguy chimbaringamanda shimi churarinara anchuchikpi, rimarinapi, chayrayku shuk allira sumakta kuyrarinamanda pushak wasira maskanga chaypi karulla shayana shimi churarina illak rimarikak ushanki. Tandinagina ishkay sayllaginami kanga imasna chaypi tiyak runagina mikuna pachaginara charinuchu nishpa katinkawa, chasnami kay protocolos de bio seguridad katina mian, chanallayta rurana an kay distanciamiento social de 2m, chanami mana llukchina mascarillata kuintanunkawa. Iskay chinillakama tiyankaran kay tantanakuy, kay unguyta mana marasha rinkawa, mana chinbankawa shuk runakunata, may mikunay ashaka mumanankuna kay espaciokuna kumbarinkawa.

9 Ayllullaktamanda wangurishka runagina Altrópico shutiyachishka Restauracion Forestal kipapakchirurayta awayachingawa chay runa yachachinami kan sumakta kuyrarinamanda kara ayllullaktabi.

10 Ayllullaktamanda apukuna akllashka runagina sumakta kuyrarinamanda yachaygunara karan tandinaginabi yachachinami kan.



3.3 Hatun wasi Fundación Altrópico Puyu llaktapi churashkawak shinallara ayllullaktamanda wankurishka runaguna kuchukunawak.

1 Runaguna mana allichana ushanunchu muchaywan, makiwan, runapura karulla shayana, chasnarayku COVID-19 unguyra atsikunadin chimbachinunga (kanchis yanaparik) maya pura mana llutarinachu (chunga yanaparik)

2 Llangana kuchuman ikungawak shimi churarinara churarishka ikunami kan, makira mayllana (gel antiséptico, alcohol en spray, ishkay pura 70%) (Chunga shuk yanaparik) ushuta pichanagunawak (Sukta yanaparik)

3 Ushutakunara pichanabi amonio cuaternario nishkata churasha pichanami kay esterilización¹⁰ pishiwan pediluvio o tapete antideslizante (Sukta yanaparik). Sumakta picharingawa pichanami kan kay amonio cuaternario nishkawan chaymi tukuy chakibi tiyak shikshigunara wanchin (chunga chinillabi). Kaygunara churanara ushanki ima sami unguyunara wanchin impacto ambiental tiyakrayku.

4 Mikunagunara upinagunara mana mashipura kuyarina.

5 Mikunagunara mikuna munasha mashipura karulla tiyasha mikunami. Makita mayllanami shimi churarinara tukuy pachagunara churarisha tiyanami OPS rimashka shina. Unguyga llutaringa ushanmi mikushkaybi mashipura rimarishkaybi chasnamanda sumakta kuyarinami kan. Ishkarishka pambagunabi mana mikunagunara mana mikungawa ushankichik. Mikushka washa shimi churarinara churarisha

rimaringawa ushankimi karulla shayanamanda sumakta uyashpa asha, mana ashka mikunata apamuna kay llankana jatun wasibi. Mikushka washa chibi alita kuytanata ushanun, mascarilla churarisha kay distanciamiento social de 2 m paktachisha.

6 Llangana kuchugunara sumakta pichana. Ima sami hillaygunara hapishkawasha chaygunara mayllanami, pichanami kan, (perillas, manijas, patakugunara, karu uyarikgunara, ima sami churanagunara, shukgunapash), ishpana ismana kuchugunara, mulugunara mayllanagunara tukuy runaguna llangashkagunara. Karan pachagunara alcohol yakun 70% pichana mayllanami kan cloro yakuybi allí nuyuchishka.

7 Makira alli mayllana pachagunara yachanami kan (Pichka yanaparik), shinallara kara mikuna pachagunabi llangana kuchumanda ikushkay llushiskaypash. Mana kungarisha chay ishpana ismana kuchuman rishka washapi, atsig nishkay ujushkaybi rimashkagunara paktachisha

8 Maki mayllana kuchura kay alcohol yakuwan 70% tupushkawan shinallara imasna mayllanamanda riksichinungami (Chunga shuk yanaparik). Chakiwan aytasha makigunara mayllangawa shuk dispensador nishkara churanami chay manyabi imasna makigunara mayllanamanda katinlla katina yachaygunara riksichinunga.

9 Tukuy pachaguna rimarinaguna tiyangami tukuy llangakpura. Chayta taripasha katinungami allí mana alli samasha rishkara. Ayllullaktagunabi Internet illakpi shuk tandinagunara ruranungami shinallara wasibi ruranagunara.

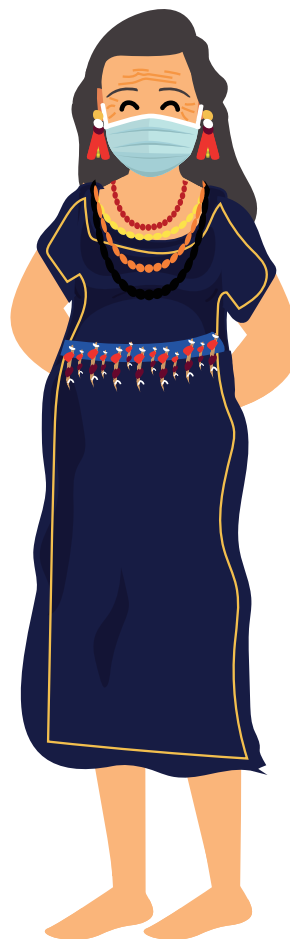
10 COVID-19 taripasha rikungawa samanamanda yachaygunara riksichinungami. Kay yachayguna kan: parukpi ashka samayra undachina chungu chinikura charina. Chay chinikupi ima sami padaygunara tupasha shuk killkabi killkana. COVID-19 unguyra tupasha chay runa wasibi sakirinami kan chungu chusku puncha shinallara tandarinagunaba mana rinachu kan shuk hambik runa katinlla rikusha purinami. Shimi churarinara tukuy pachagunara churarisha tiyanami runapura karulla tiyana mikunagunara payllara rurasha mikuna. Kaybi tsingana, ujunamanta yachaygunara riksichinungami tukuy runagunara (Ishkay yanaparik).

11 Altrópico kipapakchiruymanda runaguna singayasha urmakpi Administrativo Financiero pushak runa rikungawak ushanmi ima sami COVID-19 unguyra taripasha katinamanda shinallara sumakta kuyrarinamanda apugunara rimanami kan.

12 Ashka runaguna tuparina kuchubi kuyrarinamanda rimarinami mana runapura kay unguyra chimbangawa. Alcohol yakura 70% tupuwan tukuy sami hillaygunara pichanami kan.

13 Unguyra charik runawan tuparinasha N95 auto filtrante shimi churarinara churarina, ñawi churarinara chay sumakta kuyarinamanda yachayra katinami (Chungu ishkay yanaparik).

14 Mikunagunara tukuy pachaguna mayllanami, alli yanunami shinallara alli rurasha mikunamanda yachayra katinami kan.¹¹



11. Kay contaminación chinbachishka, kaya proceso mikuna partibi yaykun ima tunu unguyjuna, chasnallayta unguchinkawa runakunata. ejemplo típico de contaminación chinbachisha shuk kunata apisha, may aycha yawar ña yanuska mikunawan.

3.4 Sachaman apanagunawak Jillayguna, antawaguna shinallara llankayhillayguna.

1 Antawaguna, llangay hillayguna, hillaygunara alcohol al 70%, hipoclorito de sodio o amonio cuaternario de quinta generación nishkagunawan pichanami chaywasha shuk killkabi killkasha katina. (cuadro 1). Kaygunara tukuy pachaguna pichanami antawara mayta apasharinunkpi.

Cuadro 1: Killkachiska antawakunata, jillaykuna jambirina

Pacha	Hillayguna, llangay hillayguna, antawaguna mayllashka pichashkaguna.	Antawa, llangay hillayguna llukshina ikuna killka.	Pichasha katinaguna.	(alcoholica 70% hipoclorito sodio 2%) alli pichashkaguna.	Hillayguna pichak runa.	Killkak runa aspina.

Altrópico kipapakchirurayta pushak runara antawagunara, llangay hillaygunara llukchishkay rimanami kan chaymi taripasha katik imasna sumakta pichasha charinamanda.

Allpapura rinaman rinami kay sayllaguna 06h00 tutamandalla 18h30 chishigama rimashka shina. Kayta taripasha killkasha katik karan antawabi llukshinagunabi chungu shimi churarinara hapanami tukuy pachaguna.

2 Karan ayllullaktamanda tigramushkay killkanami shinallara michanami kan tukuy apshka hillaygunara.

3 Llangay hillaygunara mutsurishkawasha sumakta pichana, mayllana wakachingawa.

N95 shimi churarinaga, quirúrgica, makiwan rurashakawan(kimsa kuti churashka llapachawan, yaku mana ikunachu, yakura tshunkachik, tupuchishkawan rurashakara) runapura tuparinabi kay shimi churarinagunara churarishpa apanami kan. Shimi churarinara mayllanara kimsa katinarami charin:

- Shimi churarinara tukuy puncha rupak yakuwan iwillawan mayllanami.
- Shimi churarinara rupak ukubi 70 grados pichka chinilla charinami.
- Samay yakubi ashka timbukbi chungu chinilla rupakyangawan churanami.

4 Resytauración Forestal Kipapakchirurayta rurak runagunalla rina ushanun antagunabi shukgunatapash mana pushanachu COVID-19 unguyra mana chimbaringawa.

5 Ayllullaktamanda llangasha shamushka washa karan runa picharinami shinallara sumakta kuyrarinamanda yachayra paktachinami chaygunami kan:

- Kara wangurishka kuchu amonio cuaternario de quinta generación nishkawan picharina.
- Alcohol yakuwan 70% tupuwan makira mayllarina.
- Tukuy sami hillaygunara alcohol yakuwa 70% tupuwan mayllana.

3.5. Puchukay rimarina rikurinagunapash

1 Sumak kuyrarinamanda yachayguna tukuy kay Fundación Altrópico, wangurishka ayllullaktagunawak runaguna paktachinami kan.

2 Imasna rimaringawa whatsApp willarishkapi wichachinami kayguna pushashkawan rimasha katinami:

Wangurishka shuti	Llankakrunakuna	Pushakguna	Riksichikguna
PROAmazonía	Ejecutivos de Altrópico y Equipo Técnico del Proyecto	Marcos Jiménez- Coordinador General Altrópico	Coordinación Quito-Oficina Puyo
Coordinadores PRF	Coordinador Altrópico y Coordinadores de Organizaciones	Armando Chamorro- Coordinador Altrópico-PRF	Coordinación Oficina Puyo- Oficinas de Organizaciones
Equipo de RF-Organizaciones	Equipos Técnicos contratados de las 3 organizaciones	Coordinadores de Campo de las 3 Organizaciones	Coordinación del equipo técnico en cada organización

3 Ima sami ruraygunara wiñachingawa kullkigunara tiripasha katinanga Restauración Forestal kipapakchiruray paktachinara mana washalla sakingawa.

B. ¿Imami kan Coronavirus COVID-19?

Kay unguay viral an mi, yapa Wakllichinmi ñukanchi samayta, chasnallata intiru allpa mamaypi tiyanmi, tukuy runakuna waklinchi. Kay virus mana rikunata Ushanchichu ñawibi, maypis kawsan.

Kay coronavirus (CoV) shuk ayllu kuyta an kay virus, ashkata waklichich aychaybi, chinanta kunmi lumarisu chasnallayta wañunkawa unguykuna, imasna pawan kar coronavirus kay [síndrome alita samankawa Oriente Medio \(MERS-CoV\)](#) chasnallayta kay pawachinmi mana ali samanayta síndrome respiratorio agudo severo (SRAS-CoV).

Shuk mushuk coronavirus (CoV) kallarinmi shuk mushuk coronavirus, mana alita rikurimushka ñukanchi runa aychaypi. Kay mushuk coronavirus, kunan shutiyachiska [2019-nCoV o COVID--19](#), chasnallayta mana yachachinushka kay unguay pawashkamanta kay llaktaypi (China) ñen diciembre de 2019.† Mana ali unguay an, tukuy allpa panpaypi waklichiska, chinbachisha, chasnallayta unguichisha ashka runakunata kay intiru pachamamaypi. Kay virus mana rikunata ushanchi, chasnallayta may kuskaypi tuparinkaraw.

Kay virus ñukanchi aychaypi mitikunmi, chasnallayta ñukanchi puskushunku kawsanata munan, waklichisha ñukanchi samayta, umachisha lumarisu unkuy kuyta, chasnallata paktanmi ñukachi puskushunku, chaypi mana alita samankawa kallarinca rawchi, manasha wañunkawa kayarinchi.

Shuk yanaparik. Allita taripasha yachana kay COVID-19 unkuymanta.

A. ¿Imami kan virus?

Kay man shuk ichilla kawsak virus, mana rikunata ushanchi ñukanchi ñawiba, rikunata ushanchi shuk microscopio electrónico. Kay virus yaykunmi ñukanchi aychaypi, ñawibi, sinkaypi, shimibi, chasnallata ñukanchi mikunaypi.

Kay COVID-19 yaykunmi pasakta sinkamanta, ñawimanta, makiwan jampiripi ñukanchi ñawikaral, manasha tuparipi shuk unguuska runakunawan pay ujupi, atsik nipi

C. ¿Pi runakunata kuyrarina an, kay unkuyta mana japinkawa, chasnallata nana chinbachinkawa?

- Ruku yayakuna 60 Wataguna charikgunara.
- Runakuna kay unkuuy crónicas chasnallayta: diabetes, hipertensión arterial, enfermedad pulmonar obstructiva crónica, cáncer, problemas renales.
- Runakuna mana ali kawsayta charik kunata, chasnallata mana alita yawarta Charikguna.

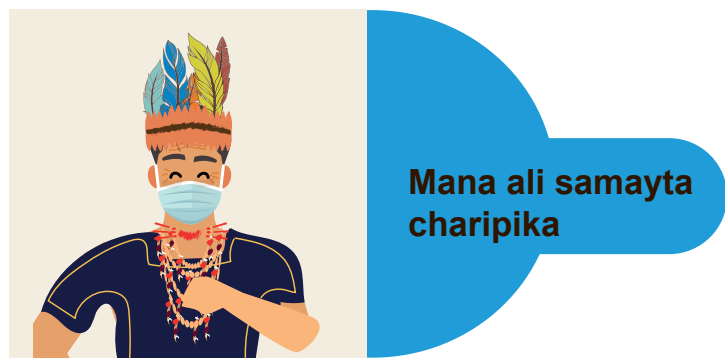
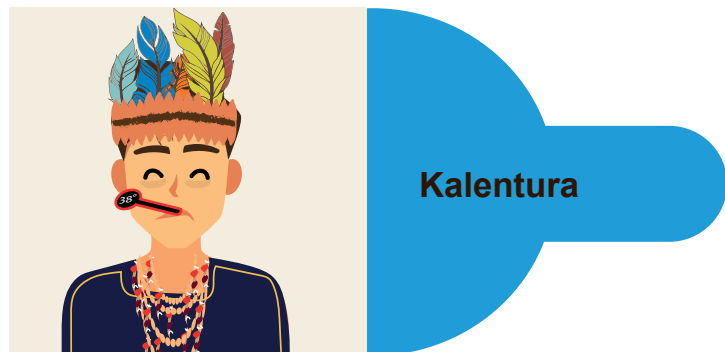
D. ¿Imasnata kay unguyta chinbapi ñukanchi aychaypi?

- Shuk runaka unguushka api, pay rimashkaypi, wayrapi muyurinmi, chaybi Chimbanmi.
- Shuk runa api unguushka, pay ujupi, atsik Nikpi.
- Shuk cosas kunata japipi, manapika allpamanta japipi, chasna ñukanchi shimita, sinkata, waita japinchi.

E. ¿Imata tukun ñukanchi mana kuyrari, chasnallata mana ambikunata upikpi.?

- Ashka ayllukunata chinbachinkarawchi, manasha intiru ayllu llaktaypi kay COVID-19.
- Yapakta undarinkaraw ambirina wasipi, chasnallayta illangarawn , ambirinkawa kay runakunata.
- Chasnallayta mana ursata charinkaranun kay runakuna, chasnamalla ali kawsayta charinkaranun, manasha wañunka kallarinkaranun.
- Mikunata mana wakachipi wasi ukuypi, mana ali mikunata charinkarawchi ñukanchi ayllukunawan, manasha kallarinkarawchi llukshinkawa mikunata randikawa, chibi unguyta japinkarawchi.

F. ¿Imasnata unguurinkawa kayarinun kay COVID-19 japishkata, ima nanaykunata charinun?



Yanapayta maskana shuk runaka mana ali kawsayta charipi

Samayta pishin, mana usan samankawa.

Ashka kalentura paraceltamol upisha mana shallarin.

Kayta rikusha katina anchi, ayllu llaktagunay, kay mamallaktamanta

G. ¿Imarasha wasi ukuy tiyana kay unguyta japisha, asilamiento-cuarentena niskata?

- Kay aislamiento nishkata, runaku uyana mi kan, unguyska asha kay COVID—19, chasnallayta pishishkawan, mana chinbachinkawa shuk runakunata, shuk ayllukunata.
- Kay unkuy mirashisha rin kalentura, uju, charipi, shuk unguy charipi kay COVID 19, wasimanta mana llukshina, mana llankankawarina, mana yachana wasima rina, mana llaktama llukshina.
- Kay aislamiento ñukanchillata rurana an, manakpi shuk ambikta runakunata rimana an mi.

H. ¿Imata rana an mana unguchinkawa shuk runakunata?

- Wasipi sakirinkawa mana pishisha.
- Churarina mascarillata wasimanta llukshisha, churarina puntallaypi ña punkuta paskarishkaypi.
- Makita mayllana ashka yakuwan, jabón durante 20 segundos (kayta yupankawa 20 segundos, chasna yupana an: shuk waranka, iskay waranka, kimsa waranka, chusku waranka, pichika waranka)
- Mana llankana ñawaibi, sinkaybi, chasnallata ñukanchi makiwa shimibi, alita mayllarina lukanchi makita.
- Karu karu shayarina 2 metros, mercadoy, plazay, tienday, jatun tantarishka ayllu llaktay.
- Lumarusuwa tiyapika uju, atsik nikarawchi, shimita, sinkata taparina anchi, kunkuri makiwa.
- Mana mañachina upina tasunpi, platos, chasnallata kinki cosas kunata, alita pichana kikin cosas kunata karankuti.

I. ¿Ima tan yawar análisis?

Kay yawar análisis an, ñukanchi yawarta ali o mana anchu shuk ambirina wasiman kachanun rikunkawa. Hambikgunawan kachanun kay yawar análisis rurankawa manchu kay concentración de glucosa, hemoglobina o los glóbulos blancos yawarpi. Kayta rurashkata yanapan machu shuk unguyta charinkimi. Chasnallata yachachinun imasna tiyan ñukanchi yawar, ñukanchi órgano (hígado o los riñones).

J. ¿Ima tan kay prueba rapida la inmunoglobulina: ¿IgG, IgM?

Kay prueba rápida an de inmunoglobulina yupan karan shuk anticuerpos yawarbi. Kay sistema inmunitario mirachin anticuerpos yanapankawa kay ñukanchi aychay, chasnallay wanchin kay bacterias kuna, virus y alérgenos.

Kay IgM punta anticuerpo an, rurashaka yanapan ñukanchi aychata, chasnallata sinchi shayachinkawa mana unguykunata, chasnallata kay infección mana mas katisha richu, kay IgG mana ukta pawan ñukanchi aychapi, unayanmi shuk infección o vacunación charipi; kay prueba rápida kuna yanapan, tupankawa kay anticuerpo kuna, yachankawa manchu kay runa unguyskata asha o manshu kay virus charin (IgM) kay puralla (IgG)

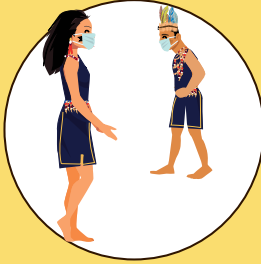
K. ¿Ima tan kay pruebas PCR?

Kay prueba PCR an (inglés shimibi kilcashka) parijulla kay Polimerasa', yanapan tupankawa ARN kay virus. Kay prueba positiva llukshimupi, chibi kay análisis, detectan karaw kay material genético manasha tupan kay virus. Kay prueba negativa llukshimupi, alita yuyarina, kutillata rurana shuk probata tupankawa o mana tupankawa kay virus. Kay probata rurankawa llukchina an kay exudado nasofaríngeo, kay resultado unayanmi 2, 3 puncha.

Kay prueba an especificidad, sensibilidad, yanapanmi kay diagnóstico yachankawa, chasnallayta rikuchinkawa unguykunata ñukanchi aychay, chasnallata tupan viruskunata.

L. Yachana tukun kay COVID -19 mana alita ungurikawa ayllu llaktaypi.

ARI



Mana sakina yaykunkawa, llukshinkawa ayllu llaktamanta runakunata. Llukshinata, yaykunata ushanun unkuska runakunata, kay mikuna kuskaypi.



Shuk runakuna paktapi ayllu llakyama, wasi ukuypi aislamiento paktachina an, 14 punchakunata. Chakrama rinata ushanun, chasnallayta mana llaktama llukshinkawa.

MANA



Kay runakuna, kalenturata charisha, lumarisu, kunka nanay. Mana yaykuna an ayllu llaktama.



Mana raymita, minkakunata, asuwa upinata, tandarinaguna, chasnallaya jatun tantanakuy, mana runakunata, ayllukuna tantarinkawa.

Ishkay yanaparik. Imata rurana kanki kan kay unkuyta charisha shinallara shuk runakunara kay COVID-19 unkuy charishka runakunawan.

MANA



Mana llukshina wasimanta, llukshina an shuk doctor rikunkawa.

ARI



Unkuska runakunarayku kayt rana: Tukuy pachagunara shimi churarinara mana llukchinachu.



Mana unkuska runakunarayku kayta rana: Wasimanda llukshingawa shimi churarinara churarishpa llukshinami.

ARI

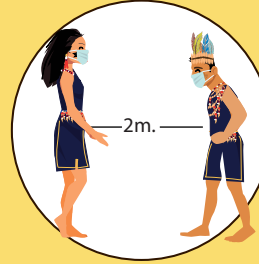


Chunga chusku punchagunara wasipi ayllugunamanda chikanyasha tiyanami chay unguyra alliyangawa.



Chunga chusku punchagunara wasipi ayllugunamanda chikanyasha tiyanami chay unguyra alliyangawa.

ARI



Karuypi shayarina 2 metrol, chasnallayta mikunata japinkawa, kuyankawa.



Platos, kuchara, tasun, shuk mankaypi ashka jabon mayllankawa.

Kimsa yanaparik. Shimipi churanata alli churarinamanta.

ARI



Ashka yakuta upina



Kalenturata charisha irkuchina, shuk chiri llachapawan, chasnallayta sachá hambigunara upina.



Imasnata churarina, llukshina, pichana shuk mascarilla.

Ñawpapunta mascarilla churankawa. Alita mayllana makita, shuk desinfectante makirayku, chasnallata ashka alcohol, jabon chasna aska yakuwan.

SHIMI CHURARINARA

KAYKUNATA RURANA



1) Sumakta makita mayllana mascarilla japinkawa



2) Alita rikuna an, mashu mascarilla mayllashka, turu, masha ña churarishka



Mascarilla alita watana an, mana sakisha shuk uktu.



Katarina an, shimi, singa, intiru shimi allpayi.



Mana llankana mascarilla.



Mayllana makita, ña mascarilla llukchinkawa kayaripi.



Rinri waskamanta japisha llukchinkawa mascarilla.



Ñawi karamanta anchuchina mascarilla ña llukchipi.



Wakachi shuk ali bolso mascarilla, mana yapa tarbarus kunany.



Bosamata mascarilla japina waslamanta



Ali mayllana mascarilla, jabon, detergente, manasha rupak yakuwa, cara pincha.



Makita mayllana, mascarilla llukshish washa.

KAYKUNATA MANA RURANA



Mascarilla mana churarina, mana ali awpi.



Mana churarina mascarilla mana alita tukupi ñukanchi singay.



Mana churarina mascarilla, singa allpaypi.



Mana llukchina mascarilla, may runakuna tiakpi.



Mana churarina mascarilla, mana alita samanka api.



Mana churarina mascarilla, turu manasha ukushka.



Mana kunbirana mascarilla shuk runakunawan.

Kay llachapa mascarilla jarkan mi maykan mayanbi tiyak runakunata. Kay COVID-19 ungunmanta jarkankawa, iyarina mankichi, ña iskay tupuchi shayarina an shuk runakunamanta, chasnallayta sumakta makita mayllana karan kuti, mana llankana ñukanchi ñawi karata chasnallata mascarilla panpaypi.

Chusku yanaparik. Kilkasha apankawa unkushka runakunata – karan ayllu llaktakunamanta

Wata 2020	Killa:	Kawa:							
Shuti- Gasta	Imashina yachin	Opciones de respuesta	Kuyllur	Chiki	Licha	Puri	Wituk	Sasi	Chaska
Geovanny Murillo	Temperatura	Termómetro							
	Uju chakirish, mana alita sayta charin.	Ari							
		Mana							
	sanbayashka	Ari							
		Mana							
	Uma nanay	Ari							
		Mana							
	Kunka nanay	Ari							
		Mana							
	Mana samanata ushasha , 10 sengundos charina saymata puskushunkuypi.	Ari							
		Mana							
	Mana alita muktina, munana ushapi.	Ari							
mana									
Observaciones (shuk puncha)									



Pichka yanaparik. Imasna makita alli mayllanamanta.

OPS

Organización Panamericana de la Salud Organización Mundial de la Salud
CENTRO REGIONAL DE LAS AMÉRICAS

¿Mana charinki jabon, ali yaku? Charak tiyanmi makita mayllanka.



Alita an sumakta mayllanka yakuwa, jabon makita, mayllana 40 segundos, mana charipi ali yakuta, jabon shuk tunu mayllarinka tiyanmi.

YAKU

Sumak yakuta charisha ali an, kay tunuy rayku:

Arroz yaku talirishkata

Ali yaku mayumanta, mamakuchamanta

Yaku, llachapa a, akcha, mulukuna mayllashkamanta.

Yaku vegetal yanushka

+ ASNAK ARMANA +

Shuk alternativakuna tiyanmi, may kiwamanta o mineralesmanta, kasna kuwta:

cafe kara

Purutu

Coco kara

Kachi

Arena

Ceniza

Caléndula

Guaraná

Tomillo

Ña ushanunmi champu, jabon liquido, jabon comunishkata

+ FROTAMIENTO

Sumakta makita mayllanka, sillukunatas chasnallayta yakuwan, jabon

CHASNA MAYLLANA MAKITA

1

Makita yakuwan ukuchina

2

40 segundos

Makita frotana ashka jabon 40-60 segundos, mana ministin yaku ña jabon mayllarishkapi

3

Makira ashka yakuwan mayllanami kan.

4

Makira sumakta pichasha llachapawan chakirina. Chay llapachata kara puncha taksana

Sukta yanaparik. Ima sami ushutakunara sumakta pichanamanta

Kanchis yanaparik. Uhunamanta atsinamanta alli ruranakuna.

ALITA MAÑANI
Sumakta pichanka ushukunata.



Labakara sumakta picharinkawa.

ARI



Ujusha, atsik nipika, makimukuwan kilparina shimita, sinkata, Manasha shuk llachapawa kilparina, chasnallata karan ratu mayllana chi llachapata.

Pusak yanaparik. Karan aylluktaman alliyashka runakunata killkapi shutiyachisha killkankawan rikunkawan rina.

COMUNA KICHWA ANCESTRAL DE CANELOS

REGISTRO DE VISITAS

No.	Pacha	Shuti-Gasta	Kikin yupana iñu	Comunidad y/o Organización	Telefono	Motivo	Wata	Temperatura	ashpina
No.									
No.									
No.									
No.									
No.									
No.									

Iskun yanaparik. Yachasha katina ima sami mikunakunara mana ruranamanda kay COVID-19 rimarina tantarinakunabi.

Chunka yanaparik. Runakunabi karulla shayarinaamanta.

MANA



Mana mañachina cuchara, platos, vaso, pilchi.

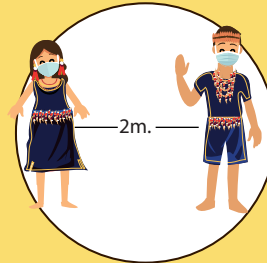


Mana maskana shuk yachak kunapi, manapi chi unguyta chinbachin karanun. Chishpichinkawa ñukanchi rukuyayakuna, rukumamakunata paykuma charinun sumak muskuyta.

ARI



Chasna kay virus mana rikurin, karan kuti mayllana yakuwa, jabon makit, 60 segundo chaymata churarina alcohol.




Shayarina 2 metros runa ukuypi, napana karunamata, mana llutarina.



Chunka shuk yanaparik. Makita alli picharisha yachasha katinamanta.

Kay makita mayllay

Picharina gel chasnallayta alcohol

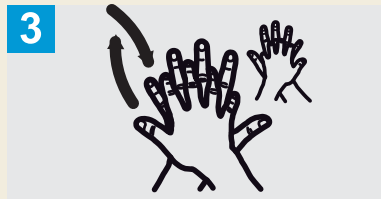
 Kay runagunara imasna pachagunara unayan.
20-30 segundos



Makibi kay hambira churarinami kan, intiru makita paktangawa



Kan makillawa pichari



Kan iskay makiwa alita kuyusha pichari awapura makimanta.



Kan ishka makiwan alita pichari ukumanta makimanta.



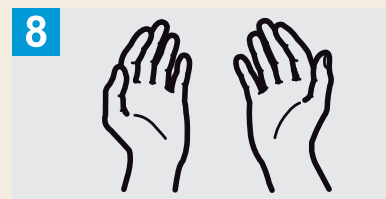
Ruka makiwan picharina an shuk Maki ukumanta.



Ruka makiwan picharina an iskandi makita.



Alita picharina an rukata, iskay maki, lluki maki, alli makitas, kuyuchisha kuyuchisha.



Makita chakirishka ña chibi alita kawsana an.

Sumak makita picharisha charipika mana unkuyta japinanka kay COVID-19.

Chunka ishkey yanaparik. COVID-19 unkuy charik runakunata alli tariparishkawasha yachasha katinamanda.

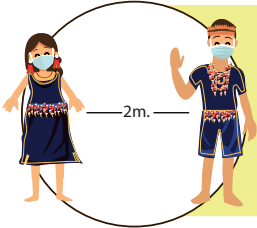
May unguushka runakuna yanapankaranun.



Ungushka runakuna rikunka, shuk malta yanapana an, ali kawsakta charikta.

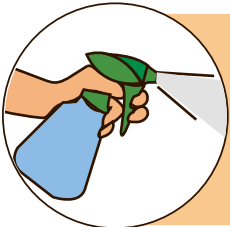


Shimi churarinara churarinami kan shinallara shuk llachawan ñawaibi churarina.

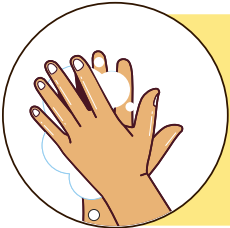


Shayarina an 2 metros, unguurishka runakunamanta, llutarina an manchu chi unkushka mana ushapi sapalla mikunka, jatarinka.

May unguushka runakuna yanapankaranun.



Pichana an intiru wasita ashka yakuwan, jabon, chasnallayta alcohol.



Chasna kay virus mana rikurin, karan kuti mayllana yakuwa, jabon makita, 60 segundo chaymata churarina alcohol.



Unguy runakunata yanapasha armana anmi, ashka yakuwan, jabon.

ARI



Ishpana, ismana ukuta alita pichana an, chasnallayta guantes churarina an.



Ishpana, ismana ukuta mana charisha, allpaypi rurana shuk uktuta, chibi unkushka runa isma, ishpay an, chasnallaya mana yakuta waklichinka.



Chunka kimsa yanaparik. Ayllullaktaman mana rishkawasha taripana killkata charina.

Kilkata apana runakunata, ayllu llaktama yaykunkawa

Parámetros por revisar	Shuk killkay rimashka.	Muyukpi alita .	
1. Katiyachik del COE Cantonal.	puka	killu	waylla
2. Ñampikunata purinkawa.	ari	mana	
3. Shuti llaktakunamanta llankaykuna rurankawa.			
4. Alita rukuna tukun manchu chi unkuyta chinpaskami.	ari	mana	
5. Chunka runakunawanmi tantarina kan mana shukkunawanpash.	ari	mana	
6. Tantarishkaypi chi runakuna kurarina tukun kay bioseguridad tukurinakama.	ari	mana	
7. Tandarinagunabi tukuy runaguna shimi churarinara churarisha tiyana tandarina tukuringama.	ari	mana	



Sumakta kuyrarisha katinamanta ichillayachishkayuyay

Ala killa ishka waranka watakunapi shuk arinakuyma kay Fundacion Altropico shinallara Programa de Naciones Unidas para el Desarrollo (PNUD) wankurishkakunawan asipirishka chay kanchis waranka sukta patsak shuk patsaktipampara yallichisha katinkawa imasna kimsa wankurishka Antisuyu ayllullaktakunapi: Rukullakta Kichwa ayllullaktapi, San Jacinto del Pindo wankurishka ayllullaktapi chasnallara Canelos kichwa Runakuna wankurishka ayllullaktapi, kaymi kallariyasha ala killa ishka waranka watakunamanta ala killa ishka waranka ishka chunka ishka watakunaman.

kay Ecuador mamallaktapi tukuy kawsaypachapi ala killamanta SRAS-COV-2(COVID-19) unkuyma nishka ñukanchik llaktapi ashkami llakichishka chaymantami tukuy wankurishka ayllullaktakunapi sumakta kuyrarisha tiyankawa sumak kuyrarinakunara yachachishkanchik hatun hamipirina wasikunay llankasha katikkuna rimashka shina paktachinamanta kay kipapakchirurayta karan ayllullaktakunapi llankasha katinay.

Chaymantami kay killkapi sumakta kuyrarisha tiyanamanta yachachinchik kay yachaykunami kan: tukuy pachakuna kipapakchirurayta rurasha apakkunara taripasha katiamanta ima sami Fundacion llankakkuna shinallara ayllullakta runakunawak, kushka hillaykunara sumakta kuyranamanta, unkuyma mana yapa chimpachisha katinamanta, tukuy pachakunara taripasha katinamanta, COVID-19 unkuyma riparasha yachasha katinamanta chaymi kan sumakta kuyrarisha katina ima sami hillaykunata imasna kuyrasha katinamanta shuk killkapi killkasha riksichina.

Kay killkapi sumakta kuyrarisha katinamantami rimarin chasna paktachishami ñukanchik ayllukunata kishpichinanka chay COVID-19 unkuymanta.

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