



**Mass  
Measures**

Utzilal K'axk'olom rech Ajawarem pa Massachusetts

# K'utb'al chi re samaj

Jun nuk'am k'ut chi rij ri U.S. Centers for Disease Control and Prevention (CDC)

## Ruq'atb'al ri samaj

- **Mass Measures** ri' jun samaj k'ut ri k'utamaj che ri k'oxomal rech ri winaq pa k'axk'ol rech ri k'olik, jun winaq ri ruxi'ik ri ch'ich', e k'ut k'olik, ri xkan winaq. Ri samaj ri xk'amaj k'o jun k'utamaj re ri k'oxomal chi k'o jun winaq pa ch'ak'ulew rech ri k'oxomal k'iy ruk' ri junam.
- Ri samaj ri xk'amaj chi winaq pa ri tinamit rech ri ruk'uxik pa ri k'oxomal k'iy chi winaq
- Ri samaj ri k'o chi kaq'a' ri Departamento de Salud Pública pa Massachusetts (DPH) k'utamaj ri k'olik pa ri k'oxomal k'iy
- Ri samaj ri k'o chi kaq'a' pa ri Programa Nacional de Biomonitoring ri CDC



## Jas k'o ruk'uxik?

- K'olik che ri man kaq'ojik chi ri winaq pa ri ch'akul rech ri k'amal tzij
- Tetamäx chi k'utamaj chi ri k'oxomal k'iy ruk' ri winaq, chuqa' xkotch'ij ri ruk'uxik pa le winaq rech ri United States
- Tetamäx chi k'utamaj k'o jun k'amal chi ruk'ux ri k'oxomal k'iy, uchal wach ri k'o'
- Ruk'uxik chi k'o ri DPH chi k'utamaj ch'ajil pa ri k'utam ri k'amal tzij pa ri winaq

## Samaj

Ri k'o junamaj ruk'uxik pa ri samaj, k'o ri katb'ij chi jun samaj chi jun ruk'amal chi' ri':

1. Ri ajb'äl ri' chi kachoch — Xkatb'ij ri k'oxomal chi ch'ich' k'u'x ri k'olik chi uk'ux.
2. Ri k'otb'al ri kachoch — Xkaj ri k'otb'al chi kit pa ri kachoch, ruk'uxik chi katb'ij ri samaj uk'ux (man k'u'x ch'ich').

Ri DPH k'o:

- Tijon ri samaj pa ri Laboratorio K'amal Tzij pa le Tinamit
- K'amon ri samaj chi ruk'uxik ri k'o k'utamaj chi ri samaj ri' (man xk'amal chi ruk'uxik chi ak'otaj o k'axik ri samaj pa ruk'ux re ri ruk'uxik)
- Xk'utuj ri samaj pa 6 k'iche', uchal xk'amal pa ri ruk'uxik

## Achike ri katz'ul ruk'ux ri k'ajb'al chi k'utunik

K'o chi ruk'ux ri k'ajb'al chi k'utunik y k'axk'olom pa ch'akul chi k'o chi k'ul pa (866) 626-4224 wa k'o chi ruk'ux ri email [MassMeasures@mass.gov](mailto:MassMeasures@mass.gov).

### Jun Kaq'ij 1: K'o chi ruk'ux ri k'utun chi ri wachib'al rech k'ajb'al

Pa chi k'utunik, ri DPH k'o chi ruk'ux ri utzij pa ruk'ux ri q'axk'olom wa ri kit pa chiwach pa i'.

### Jun Kaq'ij 2: K'axk'ol chi k'ajb'al chi k'utunik

K'o chi ruwach y k'utun ri forma rech k'axk'ol. K'o chi ruk'ux ri k'amik pa ri achi' rech ch'akul pa telefóno wa email man kin ri k'o chi ruk'ux ri k'utun.

### Jun Kaq'ij 3: Ruk'ux ri k'amam

K'o chi ruk'ux ri k'amam pa ri qach'och rech k'aslemal, k'amal chi k'utun, y ri k'amal chi ulew.

### Jun Kaq'ij 4: K'o chi ruk'ux jun juk'ul ruk'ux

#### Q'axk'olom ruk'ux ri ruk'u'x

- K'o chi katz'ul man kin chi jun q'ij
- K'o chi ruk'ux jun juk'ul ri k'iq', i' o manka chi wach
- Ri ajk'amal chi ruwach k'iq' k'o chi k'axk'olom y k'o chi ruk'ux chi man kin chi k'utun
- K'o chi ruk'ux ri ja' pa k'utun, jun k'ojsik, y ri utzij pa ri k'axk'olom ri q'ij rech

#### Kit ruk'ux pa chiwach

- DPH apuvoyej jun twous chawe pa correo
- Kaya' jun ruxul chqe pa jun simana, k'ut katzij chi qachap pa taq k'utb'al

### Jun Kaq'ij 5: K'o chi k'axk'olom ri k'axk'olom

K'o chi ruk'ux ri k'amik chi k'ajb'al man k'aq'ulik wa ri email man k'aq'ulik.

## Ri K'axk'olom Rech Ri K'ajb'al Chi K'utunik

- K'atzinaj ri b'anik rub'ey chuwäch ruk'uj ri ruk'amal richin ri ri samaj ri atzij k'o pa ri samaj
- Ri samaj xub'ij jun ruk'amal che ri k'oxomal k'iy chuwäch, chuqa' achike k'ak'am ri k'ax k'ut ri achib'il chi re' rumal ri k'oxomal
- Katb'ij chiwe re Mass Measures ajch'akul re, we k'o achike k'atz'inem o k'ut pe ri samaj
- Ri DPH k'ax ri samaj re ri winaq ri k'atzin samaj pa le tinamit chi rij jun rutzijol
- DPH man xk'utuj ta ri rutzijol achib'il; katb'ana' chi rij ri rutzijol achib'il k'o chi k'ut pa ri b'atz'uk



#### Tetamäx chi kij:

Tija' ri b'ixan (man k'ulun ta)  
**866-626-4224**

Email  
**[MassMeasures@mass.gov](mailto:MassMeasures@mass.gov)**

B'e ri k'ojlib'al **[www.mass.gov/MassMeasures](http://www.mass.gov/MassMeasures)**

Ri samaj k'ut "Mass Measures" k'o chi rij jun nuk'am k'ut richin q'anej chi ri Departamento de Salud Pública pa Massachusetts (DPH) chuqa' ri U.S. Centers for Disease Control and Prevention (tajin pa ri k'ojlib'al NU88EH001345). Chi rij ri le ch'ab'äl pa Massachusetts (**M.G.L. c.111, § 24A**), ri K'ute' Rutzijol ri DPH (IRB) chuqa' ri Komisionado ri Salud Pública xqato' chuqa' xk'ulmata' ri ruk'ux ri b'isonel chi ri samaj k'ut "Mass Measures." We nawajo' nawetamaj ch'awe ri k'ut k'ulmata'mab'al chi ri IRB, katb'ij chiwe ri DPH IRB pa [DPH.IRB@state.ma.us](http://DPH.IRB@state.ma.us) o kech tij b'ixan pa (617) 624-5621, chuqa' tikirib'äx IRB #2289318. We nawajo' nawetamaj ch'awe chi ri samaj k'ut "Mass Measures," katb'ij chi Meg Blanchet, M.S., REHS, Ajtz'ib'anik Ruk'amal, pa 866-626-4224 o pa [MassMeasures@Mass.gov](mailto:MassMeasures@Mass.gov).