

Eb' chi ilonteq eb' iqal ix b'ay tx'otx' Champaign - Urbana

B'ay jun tzan oxeb' pojan tzet chi yun taynon eb' ix' iqal ix', heb' nene' unin chi alji b'ay yatutal amb'al Carle b'ay Urbana

Christie Clinic

(217) 366-1255

101 West University Avenue, Champaign



Carle Health

(217) 383-3311 o (217) 383-6434

A jun tzan yatutal amb'al yet iqal ix chi ilchaj ok kawilal yet amb'al b'ay Carle Urbana



Frances Nelson

(217) 356-1558

819 Bloomington Road, Champaign



OSF HealthCare

(217) 337-2010

1400 West Park Street, Urbana
Chi ok alojb'al bay bloomington ma b'ay Danville



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

201 West Kenyon Road
Champaign, IL 61820

Awtebal : (217) 352-7961

c-uphd.org

Jun nahil ilomteq kawil ti tol chi yaltej ma yaq'on
watx'ilal b'ay masanil.

Kolwal b'ay eb' ix iqal ix yul maqb'ej tx'otx' Champaign



Sayajteq bideho.



A jun tzan kolwal chi a'lay b'ay eb' iqal ix yet CUPHD

Wic (Heb' ix, Heb' nene', Heb' unin)

A jun tzan chi a'lay yuj WIC, chi kolwaj yetoq eb' ix iqal ix, k'ax heb'ix ix tolto chi ok tutxej yetoq heb' nene' unin chi a'lay jun chi yiq (EBT) juntu xin chi je' manon heb' lojej tol watx' b'ay is mimanil b'ay txonb'al lobej. K'apaxoq chi ya' k'ax kuyoq yet loj tol watx' k'apaxoq chi kolwaj ton yetoq heb'ix ix chi ya' yim yune'.

Ula'nej on ton xin b'ay jun tzan oxeb' maqanil b'ay chon ilchaj ok tila.

Champaign | 201 W. Kenyon Rd., Champaign

Yet lunes masanta viernes yet junjun oxeb' way xajaw sabado, 8:30 yet q'inib' masantak'al 12:00 yet chuman k'ax yet la 1 masantak'al yet 4:30 yet yayk'u

Rantoul | 520 E. Wabash Ave., Rantoul

Martes, miércoles k'apax viernes

Tol chi chaton el yich yet q'inib'alil 8:30 masan ta yet alas 12 yet chuman chi jaqay k'apax yet ala 1pm masanta a las 4:30

Orchard Downs | 2040A S. Orchard St, Urbana

Jueves

Tol chi chaton el yich yet q'inib'alil 8:30 masan ta yet alas 12 yet chuman chi jaqay k'apax yet ala 1pm masanta alas 4:30

Awjan b'ay 217-531-4529 ma 217-531-4307 yet lunes masanta viernes yet 8:30 yet q'inib' masantak'al 4:30 yet yayk'u. Yet chi je' jojtaqnej mas yib'an ma yet cha q'anon junoq a cita



MIMEQ YICHB'ANIL



Mimeq yichb'anil: kuyoq sab'il b'ay jun nahil anima lanan yechb'anen junoq nene' ma ay yalixh unin k'amto chi lajwi yab'ilal yin oxeb' ab'il. Heb' kuywajwon chi ek'eb' b'ay tilaqla yet chi kolwaj heb' jetoq tzet chiyun jilon ch'ib' heb' unin, chi yaleb' jetoq tzet chi yun ch'ib'i ma tzet chi yun
yel lehehoq yin jun nene' ma jun yalixh unin, kax chi kolwaj ok heb' jetoq tzet chi jochej yin ko q'inal.

K'apaxoq chi yaltej heb' kolwal yet jun maktxel chi kolwajok yin snab'al ma mimanil ix ix ayok yalan unin yetoq yet b'i k'al heb' yet kajyomal. Chi chail yich yet wax'aqeb' skawinaq semana yok ix ix yalan unin, chi ayji k'apax ek'heb' yin yaljob'al unin chi kolwaj k'al ok heb' masanta k'al yin kab'xa xajaw yet mayal watx'i k'ul ix ix.

Ta chi jochej chi jab' k'al txolilal chon awji b'ay jun tzan b'isb'al ti 217-531-4342 ma chi je' ko tz'ib'litoq b'ay rcharters@c-uphd.org Jopil yechel un codigo QR tila t'ay chi ojtaqnej yibantaoq jun kuyoq yet mimeq yichb'anil.



Heb' chi ilonteq kawxinaqil heb' familia

A jun programa chi yilteq kawxinaqil heb' familia aton chi yaq' kolwal b'ay heb' ix iqal ix, eb' nene' ma b'ay heb' mamej ay mulnajil chi a'lay jun tzan kolwal ti. Aton heb' chach ilontoq, ma heb' chi ihon ok txolilal, chi ilontoq jun tzan kawxinaqil yet junjun mamej ma heb' txutxej, chi wat'nej el heb' jun tzan chi pojlay eloq, chi yaltej heb', chi yahon k'apax heb' kuyojal yib'an toq q'inalej, chach yula'nej heb' b'ay hana tay chi yalton ok heb' juntzan kawxinaqil anima. Awjan b'ay awteb'al 217-531-4529 ma b'ay 217-531-4309 yet lunes masantak'al viernes, Chi jaqay yet 8:30 q'inib' masantak'al 3:30 yet yayk'u.

Amb'al b'ay eb' ix iqal ix tol sabil toni

A jun tzan amb'al tila tol ayton xin b'ay heb' ix iqal ix, yet mayal jay yune', k'al yeb' lanan yahon yim yune' k'apax heb' lanan nahoni tol oq chahon jay yune' yin jun tzan xajaw chi b'ey jayokoq. Q'ana' K'exan maqan yet kolwal b'ay heb' ach'ej ma q'opoj yetoq heb' icham anima ma b'ay nahil yet q'inalej chi ilonteq heb' txutxej tol iqal ix masantak'al yet chi alji yune'.



Yunal yet anteb'al

Programa yet yunal yet anteb'al b'ay heb' chi sik'layi (MPE)

A jun tzan programa yet MPE chi a'lay yet chi kolwaj yin aymanil ma yinej k'uhalil b'aytalil chach ilaytoq axka heb' ix iqal ix. Tatol chach chalay toni. K'am ton tojolal ma tojlob'al. Xiwil xa ton jun tzan yatatal amb'al tila b'ay chi ilaytoq heb' ix iqal ix, chi kolwaj ton ok a q'anon yet k'am cha tojlanoni ma chach awji k'apax b'ay ch'en awteb'al 866-255-5437.

Txutxej k'al nene'

A jun tzan programa ti chi a' lay b'ay heb' txutxej k'apax b'ay heb' nene', jun tzan ihon ok yamb'al yet heb' ix iqal ix, tol man mimanoq tojol chi yi' yet ayok yalan unin, masanta k'al lajkaweb' (12) xajaw yet mayal jay yune'. Aton jun chi ihon ok tojlob'al, oq ya' k'apaxoq yet chi toj ix yin jun tzan awteb'al b'ay yatatal amb'al, b'aytal chi antelay anima, b'ay chi alji unin, jun tzanoq amb'al chi tzib'ej ajoq' cham anton anima chi kolwaj k'apax okoq yet chi illay toq jun unin b'ay yatatal amb'al masan ta yet chi lawji jun ab'il.

- Man yowaliloq tol aljinaq ach kay ti ma ay junoq onal tol chi yala' ay alon et kayti yet chach chalayi.
- K'am k'apax chi ochelay junoq b'isb'al yunal yet cha q'anoni
- K'am k'apax junoq tojolal yin jun tzan tzet chi altelay ayach ti.

Jopil yechel un codigo QR tila tay chi ojtaqnej yibantaoq jun programa ti

