

Epetin Semwinin Influenza

Ekkoch Auchean Poraus Mei Namot Reom

(Epetin Flu, Ese Manaw)

2013-2014

En mei tongeni angei ei toropwen Poraus Epetin Samwaw non Spanish pwan ekkoch sakkun fosun fonu. Kopwe katton won: www.immunize.org/vis
Hojas de información Sobre Vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Pwata ei appos mei auchea?

Influenza (“flu”) ew sakkun menun samwaw mei kan nonom non Merika atun fansoun winter, seni maramen Oktober tori Mei.

Semwinin flu a etto ngeni kich seni ewe influenza virus, o a kan chooufetan pokiten mwor, mwesi, are seni ach nom aron emon mi semwen are fen pwan nom ren.

Emon me emon epwe tongeni semwin ren flu, nge mei watten osukosuk ngeni semirit. Osukosuken flu ekan tongeni nonom tori wukukun ruu ika aunungat ran. Mei pachengeni:

- pwichikar/fefew
- metekin chior
- cheuch
- apwangapwang
- mwor
- metekin mokur
- mongomong non pwet

Semwinin flu ekan tongeni pochokun ika pwetete ngeni emon me emon. Mei ngaw ngeni ekkewe mi kukkun, me ekkewe mei nap seni 65 ierir, me ekkewe re pwopwo, pwan ngeni ekkewe mei fen semwin ren och osukosuken inis—usun semwinin ngas, ammat ika kipwin, are ika och sakkun apwangapwangan inis. Ei apposun flu mei fokkun namot ngeni ekkei aramas.

Semwinin flu epwe pwan tongeni chooufetan me siwini ngeni semwinin niuomnia. Mei pwan mecheres an emon semirit epwe semwinin feinseni me seizure (weiwei).

Iteiten ier non Merika **mei wor fokkun chommong aramas ir mei kan mano**, o ra pwan tonong non ewe pioing pokiten semwinin flu.

Epetin apposun flu mei nap seni pwan ekkoch foforen epetin flu. Apposun flu mei pwan epetin emon me emon pwe ewe samwaw ese fokkun chooufetan.

2 Apposun epetin flu, ese manaw (inactivated)

Mei wor ruu sakkun foforen epetin flu:

Ikenai en kopwe angei apposun flu, **ese manaw**, wewen, ewe apposun flu ese pachenong ekkoch menun virus mei manaw nge ekan inactivated. Sipwe ngonuk ewe saffei meren efoch tikekin appos, iwe sia iteni “flu shot”.

Ewe orruan sakkun foforen epetin flu mei manaw, nge a kan spray non pwetach, nge **a apwangapwang** seni epetin Influenza (inactivated) VIS - Chuukese (7/26/13)

appos (ekkis chok). *Mei wor pwan ew toropwen Poraus Epetin Samwaw faniten ei orruan sakkun foforen epet.*

Mei namot ach sipwe angei apposun flu iteiten ier. Semirit maram 6 tori ier 8 repwe angei ewe appos fan ruu atun aewin ierir.

Semwinin flu e keran sopoulosono me akasiwin fansoun meinisin. Iteiten ier mei wor apposun flu mei minafo pokiten ekkewe siwin. Nupwen sia angei apposun flu, a kan anisikich pwe sipwe pochokun, o a kan mamasa kich seni ewe samwaw. Ei sakkun apposun flu (ewe appos “ese manaw”) a keran pochokun ngeni 3 ika 4 sakopaten semwinin flu.

Ewe appos epwe poputani epetin ewe semwinin flu murin wukukun 2 wik, me epwe pochokun fan wukukun ekkoch maram tori ew ier.

Mei wor ekkoch sakkun samwaw mei ekkis nono ngeni ewe semwinin flu. Ewe apposun flu ese tongeni epetin ekkewe samwaw. A men tongeni epetin semwinin flu chok.

Faniten ekkewe mei nap seni 65 ierir, mei wor ew apposun epetin flu mei watten pochokun, a iteni “high dose”. Ewe chon awora mei tongeni esine ngonuk porausan ekkei fofor.

Mei pachenong ekkis thimerosal (ew sakkun mercury ren preservative) non ekkoch apposun flu. Thimerosal ese afeiengaw ngeni kich, nge ika kese mochen angei appos mei pachengeni thimerosal, en mei tongeni tingor pwe kopwe angei ew appos ese pachenong ena sakkun preservative.

3 Ei sakkun appos mei ngaw ngeni ekkoch aramas

Kopwe esine ngeni ewe chon awora appos:

- **Ika mei wor om allergy (wewen, saffei ika minge mei ngaw ngonuk)**, o mei pwan pachenong ngeni allergy ren sokun. Ika och sakkun appos mei ngaw ngonuk me noom, kopwe ereni ewe chon awora appos pwe epwe tongeni finata ika epwe och ika epwe ngaw ngonuk.
- **Ika emon a fen semwin ren Guillain-Barré Syndrome** (ew watten samwaw mei fokkun apwangapwangano inis, e pwan iteni GBS). Iwe, ei appos epwe tongeni afeiengaw ngeni emon chon semwinin GBS. Kosemochen kopwe kapas ngeni noum tokter usun ekkei poraus.
- **Ika kese meefi och.** Ika ka meefi ingaw, iwe kopwe witiwit tori fansoun kopwe pochokun sefan. Nge kosemochen kopwe niwinto angei.



4**Met ekan fis ngeni kich murin ach epetin samwaw**

Nupwen kopwe appos, fan ekkoch mi wor met ekan fis ngeni kich murin ach appos. Nge ese ngaw ekan pusin morukeno.

Watten afeiengawan inis mi tongeni fis, nge ese fis fan chommong, nge fan ekkoch chok. Faniten ewe apposun flu (“ese manaw”), iwe ese pachenong och virus mi manaw, **ina popun ewe semwin ese tongeni chooufetan.**

Fan ekkoch murin reyrey ika foforen tumun, emon epwe tongeni ekkis weiweino (o pwan ekkis chech), nge ekkei osukosuk mei pwan tongeni fis murin ach appos. **Epwe och ika kopwe momot me asoso fan wukukun 15 minich murin om appos.** Kosemochen kopwe ereni noum tokter nupwen ika kopwe ekkis mwanien, ika epwe pwan tiik non seningom, are ika epwe kawor osukosuken mesom murin om appos.

Tettenin ekkoch sakkun **osukosuken ei appos ese watte:**

- ekkis metek, parapar, ika pwo non nenien appos
- nger non naw; metekin mes me mesata; mwor
- pwichikar
- cheuch
- metekin mokur
- koot
- apwangapwang

Ekkei osukosuken inis repwe tongeni sopwono fan wukukun 1 ika 2 ran.

Tettenin ekkoch sakkun **osukosuken appos mei ekkis watteno:**

- Ekkewe semirit ra angei apposun flu me apposun pneumococcal (PCV13) non ew fansoun, repwe tongeni weiwei (seizure). Tingoren noum tokter ren sopesopun poraus. Ika noum semirit e fen weiwei (seizure) me noum, kopwe pwan ereni noum tokter.

Tettenin ekkoch sakkun **osukosuken ei appos mei fokkun tekia:**

- **Afeiengawan allergy (mei watteno)** a tongeni fis ngeni emon murin an appos (nge a chok fis ngeni 1 chok me nein 1,000,000).
- Emon chon angeian ei apposun flu a tongeni semwin ren Guillain-Barré Syndrome (GBS) pokiten an appos, nge e chok fisata ngeni 1 ika 2 chok me nein ekkewe 1,000,000 mei angei ei appos. Iwe, fisafisen afeiengawan apposun flu mei kis seni afeiengawan ewe samwaw, ina popun mei och an emon epwe angei, pun epwe fokkun epetin inisin.

Foforen “safety” mei fokkun auchea faniten iteiten sakopaten appos. Ren sopesopun poraus, kopwe katton: www.cdc.gov/vaccinesafety/

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Translation provided by the Hawaii Department of Health

5**Met upwe fori ika upwe afeiengaw ren ewe appos?**

Met sakkun osukosuk upwe katton?

- Kopwe katton ren weiresin allergy mei watteno, are ika weiresin pwichikar, me osukosuken/siwinin inis. Iei met ekan fis ngeni kich nupwen ika epwe wor watten osukosuken allergy: tir me koot, pwo fan mes me chior, weiresin ngasangas, amwiritin tukutukun ngas, mwanien, me apwangapwang. Ekkei osukosuk mei tongeni poputa atun ewe aewin minich tori ekkoch ouwa murin angeian appos).

Met upwe fori?

- Ika mei wor watten om afeiengaw ika atapwanapwan seni om appos, kori 9-1-1 ika tingoren emon epwe uweyuk ngeni pioing. En mei pwan tongeni kori noum tokter.
- Murin, kosemochen kopwe esine porausen om osukosuk ngeni ewe Vaccine Adverse Event Reporting System (VAERS). Noum tokter epwe atononga ew repot, nge en kopwe pwan tongeni pwisen atoura non ewe VAERS website: www.vaers.hhs.gov, ika kori: **1-800-822-7967**.

VAERS a chok nonom faniten repot chok. Ekkewe chon angangen VAERS rese tongeni penueni och kapas eisen saffe.

6**Ewe National Vaccine Injury Compensation Program**

Ewe National Vaccine Injury Compensation Program (VICP) ew prokramen muun mei nonom faniten aramas mei afeiengaw ren appos.

Emon chon afeiengaw ren appos a tongeni kaeo porausen ei prokram pwan porausen foforen atoura ew claim, ren **1-800-338-2382** ika katton ewe VICP website: www.hrsa.gov/vaccinecompensation.

7**Ifa usun upwe kaeo sopesopun poraus?**

- Tingor ren noum tokter.
- Kori ewe ofesen health department non sopwom/neniom.
- Kori ewe ofesen Centers for Disease Control and Prevention (CDC):
 - Kori **1-800-232-4636 (1-800-CDC-INFO)** ika
 - Katton ewe CDC website: www.cdc.gov/flu

Porausen Epetin Samwaw (Interim)

Epetin Flu (Inactivated), Ese Manaw

07/26/2013

42 U.S.C. § 300aa-26

Ren Chon Angan-
gen Ofes Chok

