

Uno in Influenza

Men ko Kwōj Aikuj in Jelā

(Uno in Flu, Ejelok
kij in Flu ie emour)
2013-2014

Elōñ Pepa in Kamelele kake Uno ko ilo
kajin Spanish im kajin ko jet. Lale
www.immunize.org/vis

Hojas de información sobre vacunas están
disponibles en español y en muchos otros
idiomas. Visite www.immunize.org/vis

1 Ta unin am bōke uno ko?

Influenza (“flu”) ej juōn nañinmij eo ekapopo ilo America ilo aolep winter ak ien molo ko, ekkā kōtaan Oktoba im May.

Flu ej walok jen kij in influenza, im emāroñ ajedeed ilo an juōn armij bokbok, maje, im kebaake ro jet.

Jabrewōt armij emāroñ bōke nañinmij in flu, bōtaap elaplok an ajiri ro bed ilo kauatata ñan bōke flu jen ro jet. Kakkale ko rejidimkij aer walok im mārōñ bed iumwin elōñ raan ko. Kakkale ko rej einwōt:

- biba/bio
- metak boro
- metak kaneek
- mōk
- bokbok
- metak bar
- uwurwur ak bwōn boti

Flu emāroñ kōmman an jet armij laplok aer nañinmij jen ro jet. Armij rein rej einwōt ajiri jiddik ro, armij ro 65 aer yiō im rittolok, ri bororo ro, im armij ro ewōr jet kain naniñmij ko ibbeir--einwōt nañinmij in menono, ār ak kidney, ak emōjno enbwinnier ñan bōbrae an walok nañinmij ko. Uno in flu elukkin aurōk ñan armij rein, im jabrewōt ro rej bed turier.

Flu emāroñ bar kōmman nimonia, im kōmman bwe en dolool lok wōt ri nañinmij eo. Emāroñ kaal bidodo im dibubbub ilo ajiri ro.

Aolep yiō **thousand jima armij ilo America rej mij jen nañinmij in flu**, im elōñ lok rej dreloñ hospital.

Uno in flu eo ej kein bōbrae eo emman tata ñan aolep armij jen nañinmij in flu im jorāān ko an. Uno in Flu ej bar jibañ bōbrae jen an ajedeed nañinmij in flu kōtaan armij.

2 Wā in flu, kij in uno eo ejjab emourur ak marōñ mij

Ewōr ruo kain uno in influenza:

Kwōnaaj bōke wā in flu eo, im **ejelok kij in influenza emour ie**. Kwōj bōke uno in ilo wā ewōr nitōl ie, im ekkā āñinñin men in “wā in flu.”

Ewōr bar juōn uno in **flu im emōjno kij in influenza eo ie**, im ej buttik in boti. *Kamelele ko kin uno in ej bed ilo juōn make Pepa in Kamelele Kake Uno ko.*

Uno in Flu ko raurōk ñan bōke aolep yiō. Ajiri ro 6 aer allōñ ñan 8 aer yiō rej aikuj in bōke ruo alen ilo yiō eo kein kajuōn aer bōke uno eo.

Kij in flu eo ej jāñij aolep ien. Aolep yiō uno in flu eo ej oktak ñan bōbrae kij ko me renaaj kōmman nañinmij ko ilo yiō eo ej kōmman uno eo. Meñe uno in flu eo ejjab bōbrae aolep armij jen aer bōke nañinmij in flu, uno eo ej kein bōbrae eo emman tata jen bōke nañinmij in. Wā in flu eo ej bōbrae 3 ak 4 kain kij in influenza.

Ej bōk 2 wiik ñan an jino jermal uno eo ñan bōbrae nañinmij, im enej bōbraik nañinmij ko iumwin jet allōñ ko ñan juōn yiō aitokin.

Ewōr jet nañinmij ko me rejjab walok jen kij in influenza ak jej bwōd im lemnak ke flu. Uno in flu eo eban bōbrae nañinmij rōt kein. Ej bōbrae wōt influenza.

Ewōr uno in flu eo “ekajor” ñan armij ro 65 aer yiō im ritto lok. Armij eo ej lewaj uno eo emāroñ kameleleik kwe kake men in.

Jet wā in flu ko emoj no ak emij kij in flu ie ewōr jidik mōttan mercury ie im etan kāre eo in thimerosal. Ekatak ko rej kwalok ke thimerosal ilo uno ko ejjab kauatata, bōtaap ewōr uno in flu ko ejelok kein kāre ko ie.

3 Jet armij rejjab aikuj in bōke uno in

Ba ñan armij eo ej lewaj uno eo:

- **Elañe ewōr men kwōj kadōki im elap aer kauatata ñan ejmour eo am**, einwōt kadōk lep. Elañe emōj am kar lukkin jorāān jen am kadōke uno in flu eo, ak ewōr jabrewōt mōttan uno in kwōj kadōke, kwōn jab bōke uno eo.
- **Elañe ewōr am nañinmij in Guillain-Barré Syndrome** (juōn nañinmij eo ej kakure enbwinnim, āt eo juōn etan GBS.) Jet armij ro ear walok nañinmij in GBS ñan er rejjab aikuj in bōke uno in. Kwōj aikuj in kenono kake menin ibben taktō eo am.
- **Elañe ejjab emman am mour**. Remāroñ ba bwe kwōn kōttar mae ien eo emman lok am mour. Bōtaap kwōj aikuj in rollok.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

4**Kauatata ko remāroñ walok jen am bōke uno eo**

Uno in flu eo, einwōt jabrewōt uno ko, emāroñ kōmman bwe en walok jet oktak ñan enbwinnid. Reddik men kein im rej make jakolok.

Emāroñ bar walok jet oktak ko rekauatata ñan enbwinnid, bōtaap elap aer jeiija. Wā in flu eo ejelok kij in flu emour ie, **im kwōjjab māroñ bōke nañinmij in flu eo elikin am bōke.**

Lōtlok ilo jidik wōt ien im men ko jet (einwōt makitkit in enbwin ilo ejelok am māroñ in bōbrae) emāroñ walok elikin jet jermal in kamadmōd ko an taktō ro, bareinwōt jen wā ko. **Jijet ak babu 15 minit elikin am bōke wā eo emāroñ bōbrae kwe jen am lōtlok im jorāān ko jen am okjak.** Ba ñan taktō eo am ñe kwōj adboluul ak rool laliin, ak oktak am erre ak ejañ loan lojilñum.

Oktak ñan enbwin ko rejjab kauatata elikin am bōke wā in flu:

- metak, burōrō, ak ebbōj ijo raar wāik kwe ie
- bwōn buruōm; metak, burōrō ak bonenej mejam; bokbok
- biba
- metak ko
- metak bar
- bonenej
- mōk

Elañe enaj walok oktak kein, ekkā aer jinoe elikin wōt am bōke wā eo im jemlok 1 ak 2 raan.

Oktak ko ñan enbwin ko rekauatata elikin am bōke wā in flu:

- Ajiri jiddik ro rej bōke wā in flu eo im wā in nimonia im meningitis (PCV 13) ilo juōn wōt ien rej bed ilo kauatata ñan bōke nañinmij in dibubbub ñe ewōr aer biba. Kajjitōk ibben taktō eo am kin melele ko rellap lok. Ba ñan taktō eo am ñe ajiri eo me ej ten bōke wā in flu eo emōj an kar dibubbub mokta lok.

Oktak ko ñan enbwin elap aer kauatata elikin am bōke wā in flu:

- Emāroñ **walok** juōn jorāān elap an kauatata jen kadōke uno eo (edrik jen 1 ilo juōn million ri bōke uno ko).
- Emāroñ wōr jet armij remāroñ bōke nañinmij in Guillain-Barré Syndrome (GBS) itok jen aer bōke wā in flu eo, ejjab lōñ lok jen 1 ak 2 armij ilo juōn million armij ro raar wā. Elap an drik joñan in jen jorāān ko rakauatata ñan armij jen nañinmij in flu, ko im wā in flu eo emāroñ bōbrae jen aer walok.

Jermal ko ñan kajjeoñ bōbrae jorāān jen uno ko rej kōmman ien ñan ien. Kin melele ko rellap lok, etal ñan: www.cdc.gov/vaccinesafety/

Translation provided by the Hawaii Department of Health.

Influenza (inactivated) VIS - Marshallese (7/26/13)

5**Ak ñe ewōr juōn jorāān elap enej walok jen uno eo?**

Ta kakkale ko ij aikuj jelā kake?

- Kwōj aikuj in lale kakkale ko ñe kwōj kadōke uno ko einwōt, biba eo elap, ak oktak ko jet ñan enbwinnim.

Kakkale ko rej walok jen am kadōke uno ko einwōt lennap, ebbōj turin mejam im buruōm, entan am emenono, emōkaj an pump menono eo am, adboluul, im mōjno. Men kein rej jinoe jet minit ñan jet awa elikin am bōke uno eo.

Ta eo ij aikuj kōmane?

- Elañe kwōj tōmak ke kadōk uno men eo ak bar juōn jorāān eo kwōjjab māroñ in bed kake, kirlok 9-1-1 ak boklok armij eo ñan hospital eo ebaak tata. Elañe jaab, kirlok taktō eo am.
- Elikin, jorāān eo ear walok jen am kar bōke uno eo ej aikuj in bed ilo ripoot ko an Vaccine Adverse Event Reporting System (VAERS) ak wāwein kōjjelā kin jorāān jen uno ko. Taktō eo am emāroñ kanne ripoot eo, ak komāroñ make kōmane ilo web site eo an VAERS ilo www.vaers.hhs.gov, ak kirlok **1-800-822-7967**.

VAERS ej ñan kōjjelā wōt kin jorāān ko rej walok jen uno ko. Ejjab lelok jibañ ikijen jermal ko an taktō ñan ri nañinmij ro.

6**Burokraam eo an America ikijen kōllāik jorāān ko jen uno ko**

Burokraam eo an America ikijen kōllāik jorāān ko jen uno ko (VICP) ej burokraam an federal ñan kōllāik armij ro raar jorāān jen uno ko.

Armij ro rej tōmak ke raar jorāān jen uno ko remāroñ ekatak kin burokraam in im kin kanne juōn claim ilo an kirlok **1-800-338-2382** ak etal ñan VICP website eo ilo www.hrsa.gov/vaccinecompensation.

7**Ewōr ke melele ko rellap lok?**

- Kajjitōk ibben taktō eo am.
- Kirlok ra eo an ejmour an local im state.
- Kirlok Obiij eo elap ikijen Kadriklok im Bōbrae Nañinmij ko (CDC):
 - Kirlok **1-800-232-4636 (1-800-CDC-INFO)** ak
 - Etal ñan website eo an CDC ilo www.cdc.gov/flu

Pepa in Kamelele kake Uno ko (Jidik wōt ien)

Wā in Flu, kij in uno eo ejjab emourur ak maroñ mij

07/26/2013

Jermal an Obiij
eo wōt

