

# 2009 H1N1 JUAI TUOM

**WEL KAAM NOK**  
(“col a niop”)

**YENGO YE WIC KU BA NGIC**

Wel juec apei atou, kek aci ke geric e thong Spanish ku jal ya thok juec kok. Neem [www.immunize.org/vis](http://www.immunize.org/vis).

## 1 Yengo yen 2009 H1N1 juai?

2009 H1N1 juai ye ben col (swine flu) aye yok te nong kaam ngot ke kec det yic apath kene ke col atul ku yemene. Aci tuol hon juec yic apei geth kok yic.

2009 H1N1 e juai ye yok alir yic aye yok te nong ran ci dom te hol, yen wale te thiim, yen kua ye yok eya te got yin kok nong gup juai.

Kang 2009 H1N1 nyuoth akiik:

- A rem eguop
- Atuoc eguop
- Yor e rol
- A rem relyic
- Bi luac guop
- Hol
- Ku thiim

Koc kok aye yac ke dom ku jal ngokngok.

Ku koc kok a gup pial nin ka dhorou yic. Ku koc kok aye Kek tueny tueny rec ke dom. Koc kok aye ke tac panakim ku koc kok agua weer wei ku thou ka.

## 2 Yekede ye 2009 H1N1 te thok te nong tuenydet?

Tueny tueny kok aye rot ger e run yic eben ku a thong.

Koc nong gup juai aye ke tom e wel wen (ke kony te nong juai ku jal ya kaam kok e wen juai col atul e koc guop).

2009 H1N1 flu ace ki thong kek tueny tueny kok. Cimene juan e wum rot tem e ruon yic.

Koc kok kec tom e wel 2009 H1N1 flu (ka guop ken aci leu bi thor kek kaam).

## 3 2009 H1N1 juai tuom

Wel koc kony te nong 2009 H1N1 juai atou.

- Ku aci kek loi cimen wel kok koc kony tuenydet.
- Aye ke ngic lon bi kek dhiel piath cimene wel kok.
- Aci tueny tueny kok ye gel cimen e “juai e wum-cit” ye yok alir te nong ran ci dom.
- Aci koc ye kony te nong juai det. *Apath ba wel juai det ci dom kene dhiel loom, te wic yin yen ba rot kony tene juan e wum.*

**Wel kaam nok** aye (ke tuom e ralic cimen wel kok juai gel wei) te yeke loi thin. **Yen kin ye athor kuany yic kale.**

**Rel, ke yi thoi** (ye tau wum yic) atou yemen. Kua bi athor kene kua yic.

Wel juai 2009 H1N1 anong yic kang wen juai gel wei col thimerosal juai tiet wei. Ye koc kok tak lon ye thimerosal thong ke autism. Qon 2004 ka koc wel loi col akiim (dikor) Ku jal ya Akutnhom ake ci nyuc bi wet beei bei ne kam thimerosal ku jal autism. Agut cimene anguot e tou yemene.

## 4 Ye nga yen aleu bi 2009 H1N1 juai yok, ku ye nen?

**NGA**

Koc wic bi wel juai col 2009 H1N1 loom akik:

- Diar liac
- Koc reel kek wale mith thik nong pei ka 6
- Koc wic be ke tom ku bi rot tiet wei te nong juai
- Gol mith nong pei ka 6 agut ci koc dit nong ruon 24 ku neng ka angath e ke gup
- Kwat e ran nong ruon 25 agut ci ruon 64 neng gup tueny awen ke col a thap wale kewen kek nuan gup

Cimen bi wel juec, ka koc nong juai abi ke tom:

- Gol koc nong ruon 25 agut ci ruon 64 abi ke tom
- Koc dit nong ruon 65 abi ke tom eya

Ukuma aci wel beei bei te nong koc ci rot juar. Yemene bik kek yiek koc wale ran e luoi nong gup juai bi kek tom.

**NEN**

Te ci wel ben bei ki col rot atom.

Mith nong run ka 9 aye col atom **kene yic rou**, e pei yic. Ku kocdit aye tom e kene yic tok.

## 5 Koc kok aci wel bi yok wale bi tiit

Koc ci wel juai 2009 H1N1 bi loom a koc nang gup juai det cimen **arem (kang koc nuan-piir yic) cit ayol wale kuat e wel kok**. *Lek ran yen yiek yin wel te neng yin arem e guop.*

Lek akim thok te nong yen ki jor yin:

- teneng ki wen jor yin tenong wel ca kek loom,
  - Guillain-Barre Syndrome (Atueny rec kok col GBS)
- Kak aci yi bi ben ba wel cuk loom, akim abi kony tab a loi yen.

Na ye yi juai ebak ka akim abi lek thok, apath ba tiit ba guop ka pial bi yin jal ben yiek wel kok. Ku nang ye tuentytueny kok ka yin aleu bi yi yiek wel ken.

Diar liac ku diar thuat aleu bi ke tom wel kaam nok 2009 H1N1 juai.

Wel kaam nok 2009 H1N1 aye ke gam cimen wel tueny kok.

## 6 Yengo kang ye yok e tuom 2009 H1N1?

Wel, ku jal ya tuom, aleu bi yi yiek juai, cit arem te ci kek liap. Kua ce koc yiek aremdit wale thuou, aci dit apei.

Kaam wen juai col atul e koc gup 2009 H1N1 aye kek nok, bi thou e tene ka cin juai ben yi yok te ci yi tom.

Kok rec kok ye yok thin e wel 2009 H1N1 athong ke kok ye yok te nong tueny tueny kok cit juan e wum:

### Ka thik ye yok thin akik:

- cimene rem thin kor, koc rem gup te det ka buot, atul yi guop ku ye rem, wale te wen tou buot thin
- thook (rot lac loi te nong koc dit)
- hahar e nhom, ku arem e ralic
- ku atuoc eguop
- ku jal ya juan e wum aye ke bei eya

Te ci ke rot loi, a dhamen thin kor loom cit koltok 1-2.

### Muckila ye ke yok akik:

- Kuat-bec ye yok piir te loom yin wel alik yic. Te tou kek, ka rot loi dhamen kor yic cit dagika likwale te cittene e sahate ci yi tom.
- Cimen run theer cit 1976, ke kuat wel cit tueny col swine flu ake thong ke kang Guillain-Barré Syndrome (GBS). A gut cimene wel ye koc tom angot ke kec thong ke wel GBS.

## 7 Ye ngo kene eke tek thok?

### Yengo wic ku ba ting?

Ka wen koc lac rem gup ku yik ka koc atuoc. Ku ye yic riel lac awei, ku ye puou agut apei, ku niop e guop, ku ci guop ye lo leng apath.

### Ye ngo ba loi?

- Col akim, wale yath e ran panakim.
- **Lek** akim engo ci rot loi, ku ye nen loi yen rot, ku ye nen loom yin wel.
- **Thiec** ran eke yiek yin ba athor Vaccine Adverse Event Reporting System (VAERS) thiong. Wale ting VAERS website enong [www.vaers.hhs.gov](http://www.vaers.hhs.gov), wale yuope **1-800-822-7967**.

*VAERS ace koc moc e wel wale wet ke koc.*

## 8 Aleu bi yin yiek alechu te ci kek yin kuoc tom

Te neng yin muckila ke wel ci yi tom wale menhdu kale ba ting tenong ganun ci kek bei bei.

Yemene, ka ukuma aci rot juar bi ki wic ya tau piny te nong ran ki cit e kene yok. Ku nang wic ba ka juec ngic ke yi, cot **1-888-275-4772** wale ki lor neem website enong: [www.hrsa.gov/countermeasurescomp/default.htm](http://www.hrsa.gov/countermeasurescomp/default.htm).

## 9 Leu ba ka juec ngic ka de?

- Thiec ran eke yiek yin. Abi mioc wel wale abi lek ke juec.
- Col koc pan akiim thiok ke yin.
- Neem koc tueny tueny gel ngic thiok ke yin (Centers for Disease Control and Prevention, CDC):
  - Col tel. **1-800-232-4636 (1-800-CDC-INFO)** wale
  - Neem CDC website te nong [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) wale [www.cdc.gov/flu](http://www.cdc.gov/flu)
- Neem website te nong [www.flu.gov](http://www.flu.gov)



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