

# 2009 H1N1 JUAI TUOM

**REL, KE YI THIOI**  
(wel ye ke tau wum yic)

**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.*

Rel, ke yi thioi wel (wale LAIV) bi ke ya tau wum yic. **Aba detic te kuen yin athor kewen rel, ke yi thoi wel kuanyic kene.**

**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.

2009 H1N1 LAIV acin yic thimerosal wale preservatives. A koc wen nong run 2 het 49 a kek ye juai gok.

Wel kaam wen yi col a thoi (niop) aci bi col a juai.

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

**NGA**

LAIV aci wic ku yok lon ye yen koc gol run 2 het 49 ku ace koc ci liec wale koc nong gup juai. (Ting along 5). Koc bi kek kang tom tueng 2009 H1N1 LAIV a koc cin gup juai gol:

- gol koc run 2 het 24,
- gol koc run 25 het 49 ku
  - mith thik nong wale rel ka rot ku neng pei 6, wale
  - koc pol gup ku wick e bi kek tom eya.

Nang bi wel juec ka koc nong ruon 25 het 49 abi ke tom eya.

Detic: Koc wen ci ye leu bi kek tom LAIV - cimene diar liac, ku koc nong gup juai, ku mith thik nong pei 6 agut 2 ruon - apath bi ke dhiel tom. Ku bi juai cuk liep te ci kek wel tuany col aniop loom.

Ukuma aci wel beei bei te nong koc ci rot juar. Yemene bik kek yiek koc wale ran e luoi nong gup tuany 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 LAIV 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.*

2009 H1N1 LAIV aci leu bi ke yiek koc nong:

- mith thik ci run ka 2 dot ku jal ya koc dit nong ruon 50 ler tueng,
- diar liac,
- ku ran cin guop riel bi juai gook,
- ku koc nong gup tueny cit:
  - tueny e puou - tueny e rok ku jal ya cueny
  - ku tueny e yokyok - ku jal ya koc niop gup - adhiama
  - ku te kor riem yi guop ku jal ya te neng riemdu yic angath
- mith nong run ka 5 ke adhiama wale tok wale ka juec rot luoi e ruon yic,
- koc neng rel ken yic angath bi cuk ye lui apath (cit pangok) leu bi yi cuk ye col ace wei e leng,
- ku kuat e ran thiak ke ran nong guop juai cit *arem* e guop col aniop (aleu bi tau te piath a wen bi kony thin, cit bone marrow transplant unit),
- mith wale koc dit nong guop juai ci rel apej kek juai.

Te neng yin guop juai wale arem, ke yin abi yok ba tiit ba wel jal loom. Te neng yin tueny tueny kor ke yin ci leu ba tiit.

Lek akim:

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

Wel 2009 H1N1 LAIV aye keg gam cimen e wel kok. Ku apath ba lek akim te nong ye wel ca ke piac loom wale wel kok ba ke loom dhemen bi ben. Kene H1N1 LAIV ku jal ruonic LAIV aci leu bi kek gam e tok.

## 6 Ye ngo kene muckila 2009 H1N1 LAIV?

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 apej.

Ka wen ye yok tenong 2009 H1N1 LAIV athong ke ka ye yok tenong ruonic LAIV:

**Ka thik ye yok thin akik:**

Mith thik nong run 2-17 anang beny thin kor, cit:

- juan wum ku jal ya hol • atuoc
- ahar e nhom ku arem e relic • arem e yic ku jal ngokngok
- bi wei yic riel

Ku koc ci dit nong ruon 18-49 anong:

- juan e wum • hol
- niop e guop • ahar e nhom

**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). LAIV akec kang athong kek 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 awej, ku ye puou agut apej, 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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CENTERS FOR DISEASE CONTROL AND PREVENTION

