

FONFONA AÑKORADA 2009 H1N1 FONFONA UBURATA (Lelidada)

NITAKENA KOGOŠAMA

Añkorade Abbara Kabaromma Latte, Spanish ñelabbuna ñeillebbuna kilattano okoske. Woynabbu www.immunize.org/vis woykedaki ikida.

1 Fonfona bada 2009 H1N1 ayšino?

Fonfona bada 2009 H1N1 ‘si Inglisabbu minda bodela Swayn Flu dabbu kokidamala, badena nokobinina wabbu kokkontinnima biyya ñaññala tamebbu (vayresbu) deya. Ide laga arteta salas kišake.

Fonfona bada 2009 H1N1 fonfona jinisa bode kokala ka ella kin elellata kosadabbuna atidabbuna minda bodela inna vayresena koynama date nisenemabbuna kokadana.

Fonfona bada 2009 H1N1 alemate:

- Takara aw lila
- Tokoma ketuna
- Sala kesalena
- Mola ebinina
- Kosada
- Atida
- Karida ketuna

Ka bodesi makilabbu kutubu gonki utana kowtana.

Ka arte sambatellala šabomuna. Ditta ka bodela fuca badatana bada bayelletana kokadda kišana. Bodesi sarenombu onabona ide bode obalena.

2 Fonfona bada 2009 H1N1, Mola Fõnfona kin ay aññadi kinano?

Mola terelana fanakellelana fonfona kokokasoma vayrese galla kay jinisa kofegedana; lakin bubiyeye kokaloke deya.

Ka ella šamma fanakela fonfona ibinbkišibu eboyya, woyna kin kurata uliya mola terelana fanakellelana kolona vayres jinise darisuna heleta kussu kikke.

Fonfona bada 2009 H1N1 kikoma vayresa, vayresa jinisa taman. Woyna mola fanakelana galla kofegedamalana fonfona kokoma vayresa jinisa bodowaye kin anda aññada.

Ke arte fonfona bada 2009 H1N1 darimuna heleta oynamme (uliyaya badena kikoma vayresasi darisunni).

3 Fonfona bada 2009 H1N1 añkorada

Fonfona bada 2009 H1N1 darimuna añkorade okoske.

- Inna añkoradenaye, fonfona elette darin kasonasi kileyama añkorade kokala kileyke.
- Añkoradenaye, fonfonelle kanababoma añkorade kokala kanabonan ditta baya ammininni.
- “Fonfona-kokkaloma” bada elette kikona vayresesi darin kasonni.
- Mola fanakela kabinima fonfonasina okolanni. *Mola fanakala aw fanakellela kabinima fonfona jinise darin nikanasi añkorada elette nikana kogošake.*

Inna **Fonfona Uburata** dabbu kokidama añkoradana (kasakiyala vayresa acce kibinima) woyna gallala aw mola fanakela fonfona abinno alelema uburutowa kokala kellena. **Inna orgatena woyna Fonfona Uburata dabbu kokidamowañña kifalike.**

Bobonala Tokkomma Añkoradana koske. Ditta woyna añkoradawa damana šita elellala kofalibu nitena.

Fonfona Uburata 2009 H1N1 dabbu kokidama añkoradana germise kin darisunasi Timerozal (Thimerosal) dabbu kokidama sada kinake. Ka bode Timerozal’si angolgola bada kikonanki odame okoske. Galla higida 2004’la Institute of Medicine dabbu kokidamowalle añkorada atake okobuceki inna awrena amanambessa okkase kontike ditta inna añkoradenatte anasanga badatte kotengena minammowa kotalalike. Kurinki fanakellelana kokkasa kontike ditta kotengena minammowa kotalalike.

4 Fonfona bada 2009 H1N1 añkorada ka iñkaye okandadino, fanakaki iñkaddi koka?

NA IKA

Fonfona bada 2009 H1N1 añkorada kokana haka koynama, afiyatineko inna dargala kokosima bulukenaye:

- Darka kate,
- Tere 6 kin dargala koynama dede kinname aw inna dedenaye akkaben gommena,
- Afiyata asane aw kolalabbu fulkuda koggošamala koliki fulkun gomma ke,
- Tere 6 koynama ke kin ašik galle 24 koynama ke,
- Galle 25 kin 64’ta koynama keko fanaka gera kin añkoradabbu woyniyomme aw uliya bada kolana heleta dawsuma ke okana.

Sadena artabu kosanaki koytemala, inna bulukenaye okana:

- Afiyatineko galle 25 kin 64 ‘ta koynama
- Ka andeko galle 65 koynamena baddala koynamena

Federal Manna, ke inna sadenassi niyatiyabbu aw eredyabbu kokanasi kussukišoke. Ditta, asane kinnama tikileyde ka elliddokesi kilelana.

IÑKADDI KIKA

Inna añkoradana koytemala luditta nikan dada

Galle 9 ‘ta kokosima dede terellala **añkoradenassi minde bare** kokana heske. Galliya baddala kosama dedette ka andette mindelloka kokana.

5 Ka bode sadenassi okana aw okoludana

Kokonya aw inna sadena kasakala kokosima date kin ella alarjik (**šukayasi baya kišama**) kibokesona kišayya Fonfona Uburata 2009 H1N1 añkorada nikanni. *Alarjik taggima ninama kišayya woyna añkorada kesona kowassi isasabu itake.*

Inna anala inna dargala kokosimenaye ninna nišiyya doktereya kisasa:

- fonfona ebinno kanine nikamala alarjik keminno anda hayn nišima
- Gullain Barré Syndrome (tutuna kinolama bada bayako bodela GBS dabbu kokidana)

Ditta innaye sabababbu sadena nikandaditta kišayya hakima ayniya eyšišaki iwisuna aw esona.

Badeya taggima kišayya hakime ayniye eyšišabu fanake lunuki šabonuma kurassibu nikana. Ditta anambina aw bada ayokkoma ninayya, añkoradena tagamitta nikanan ditta nokoludana kogošamme.

Darka kate aw kuta awsa koynama Fonfona Uburata 2009 H1N1 añkorada šonkokana.

Fonfona añkoradanda Fonfona Uburata 2009 H1N1 dabbu kokidamenassi añkorada bodette (kokalasi, anambina añkoradette) samarabbu kišayyana nikana.

6 Fonfona bada 2009 H1N1 añkorada nikamala ay tagame keso?

Inna añkoradena, añkorada bode kokaloka tagama ellidde kinnana. Kokalasi, alarjik anda kemininan suna. Lakin sada bode kokala bada taggimatana balatana kekina bakata arta inamme.

Fonfona Uburata 2009 H1N1 kasakala kosima vayresasi oyafamma sabbatasi inna añkoradena sabababbu fonfona ebadinni.

Fonfona bada 2009 H1N1 añkorada nikamala kolona tagamowaye, mola fanakela fonfona abinno añkorada kakamala kibakayama kin tagisunni.

Tagama ayokkome:

- nokkollema wagowa šoski košeyšina, biba kiyana, tokoma kotikkeyana, aw tida tisuna
- ayfana nucuna (bubiya kin amfura aw sola wamumme)
- asanga ñada, ula karida ketuna
- tokomana ketuna
- urfa arudaya

Inna alematenaye sadowa nokkollema kurassibu itetiayala kokkontiki uye 1-2 agasala kewina.

Tagama ande:

- Añkorada arte alarjik koboki šukeya dawnuna hirata ekinni. Añkorade sabababbu alarjik fesuyyana, dagigate aw sate aŋgude kurassibu feski ewina.
- Galla 1976'la, swayn fl u dabbu kokidama fonfona jinisa añkorada kišono Guillain-Barré Syndrome (GBS) dabbu kokidama nerve bada kibokišomowa kofalike. Woyna fanakowa kin, fonfona añkorade kekabbu GBS yette ileydaki odakoynamme.

7 Añkorada nakabu anda kibakayayyaki?

Alemata iñka uleta lina?

Ninti ninamma alemate okkontina. Kokalasi adaba nifegedana aw tokoma ketuna. Alerjik alemate hakada bora toma, mena keteyna, agaleya kollora kifegedana, uleya guccida guccisuna, kofala kotikana, urfeya badibadala kiyana, anasanga higisuna.

Ay naminin dadino?

- Doktora **kikida**, aw badinowassi luditta doktorata kiki.
- Dokterasi añkorada iñkaddi kikabessana, ay iminibessana, uya inkaddila, ay satala kiminibessa **isasa**.
- Añkoradowa kesoma hakimosi añkorade nikamala koloma tagame kisasama forma Vaccine Adverse Event Reporting System (VAERS) kesobu wanunasi **kokelabu** esobu wadabu esame. Aw ayneyabbu VAERS website www.vaers.hhs.gov nuluki riporta šannola nišona aw telefona numurata **1-800-822-7967** kiyaki isasa.

VAERS añkorada ardalabu keyšišana inamme

8 Añkoradena baya keminibu esona haka

Uleya aw ekka inna sadena kikamala baya kiminina kišayya, faneda yeskesobu šakenonuna haka aŋguda ninake.

Sadena kokama kurassibu alarjik kiboki ibadimesi, uliya fulkumunasina solda kogošama datelle jabinki itanasina mala kišonasi Federal Programa kossuke. Innassi kililikimabbu kabara iddima nitenasi telefona numurata **1-800-275-4772** kiyaki kokela aw website: www.hrsa.gov/countermeasurescomp/default.htm.

9 Iñkeddabu natafe nakosasa?

- Añkorada kesogosumosi kokela. Hakimeya sadenassi kililikima orgate kesona aw inka kin niteki nikidanissa osson kesona.
- Higideyowalle kosima hakima ita aw balateyowa afiyata magadesi kokela.
- Centers for Disease Control and Prevention (CDC) dabbu kokidamanda bade kolasi kisana gosuma kite.
 - Telefona **1-800-232-4636 (1-800-CDC-INFO)** kiya aw
 - CDC website: www.cdc.gov/h1n1flu aw www.cdc.gov/flu kulu
- Website www.flu.gov kuluki heda.



DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

