

FONFONA AÑKORADA 2009 H1N1

BOBONALA TOKKONUNA (the nasal spray vaccine)

NITAKENA KOGOŠAMA

Añkorade Abbara Kabaromma Latte, Spanish ñelabbuna ñeillebbuna kilattano okoske. Woy nabbu 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 ellellata 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 bubiye kokaloke deya.

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

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

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

3 Fonfona bada 2009 H1N1 añkorada

Fonfona bada 2009 H1N1 darimuna añkorade okoske.

- Inna añkoradenaye, fonfona elette darin kasonasi kileyma 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.*

Bobonala Tokkomma Añkorada Live, attenuated intranasal vaccine (LAIV) tikkoddadan deya. **Šitena, bobonala tokkomma añkorada ayšibessa saskifalina.**

Fonfona Uburata (Inactivated vaccine) koske. Ditta woy na añkoradowa damana šita ellallala kofalibu nitena.

Fonfona bada 2009 H1N1 añkoradanda bobonala tokkodabbu kesonowa, baya keminina aw kayla kesona inamme. Akedabbu galliye 2 kin 49 kosama ke nafon kokanasi kosanake.

Baya kammininnimasi ekkena kosananala okamali kolaki osanama sabbatasi bayellana kinamme.

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

NA IKA

Bobonala Tokkomma Añkoradowa galliye 2 kin 49’ta kosama keko kata kosammena, afiyata tagama ellidde kinnammena (dargala numurata 5 kikida) okana. Fonfona bada 2009 H1N1 añkorada kokana haka koynama, afiyatineko inna dargala kokosimenaye:

- galliye 2 kin 24 ‘ta kosama kena,
- galliye 25 kin 49 ‘ta kosama kena,
 - tere 6 kin dargala koynama dede kinname aw inna dedenaye akkaben gommena,
 - afiyata asane aw kolalabbu fulkuda koggošamala koliki fulkun gomma ke okana.

Inna sadena artabu kosanaki koytemala, galle 25 kin 49’ta koynama ka afiyatinena okana.

Abbareda-sa: Buluka ellidde, kokalasi darka katena fanaka gerasi badabbu hayn košima kena tere 6 kin galle 2’ta koynama dedena Bobonala Tokkomma Añkorada kokana haka oynamma kišayyana lelidadowa kokkollen dada. Woy nabu okkollen dada.

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

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 (šukeyasi baya kišama) kibokesona kišayya Bobonala Tokkomma Añkorada 2009 H1N1 nikanni. *Alarjik taggima ninama kišayya woyna añkorada kesona kowassi isasabu itake.*

Fonfona bada 2009 H1N1 añkoradanda bobonala kišomowa inna bulukenayesi nišonni:

- galle 2 kin dargala koynama dedena galle 50 aw inna kin baddala kosama ke
- darka kate
- uliya bada darisuna kalma aŋguda kinama ke
- fanaka gerasi badabbu hayn košima keda inna dargala kokosimenaye:
 - urfa badine - una-kiša aw desa bada koynama
 - fuca badine - šukkara bada koynama
 - azma kibadime - kokoba dawdana kokoba bada ellette koynama
- galle 5 kin digidala kinama dedako azma kinama aw šasuma gallowalle hakada tagama kina kišima
- ula aw angongolatte kotengena koynama sarte (nerve) tagama kinabu hakadana medana bays kiyakikayloma ka
- ka ellako uliya bade darisuna helata *šillay dawsuno* inna kena korala koski kotengena anda kinama ka (kokalasi, hakima itala kilšima kotukosonala olle goski idadi gosuma ka)
- dede aw ka andeko aspirin fanaka gera kin kokki fulkun košime.

Bada taggima ninaki fulkun gonuma ka nišayya, inna añkoradana uleya šabonuma kurassibu nikanasi keyšišana. Anambina elella aw bada ayokkoma ninayya lakin nikanan ditta lununni.

Inna anala innaye ninna nišiyya doktereya kisasa:

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

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

Fonfona bada 2009 H1N1 añkorada, añkorada bodette samarabbu kišayyana nikana. Lakin šasuma terala añkorada elella nikkinišima kišayya aw kulata añkorada elella nikana lawa ninayyana hakimosi nisasana heske. Fonfona bada 2009 H1N1 añkoradatte Mola Fonfona añkoradatte ellala nikanni.

6 Fonfona bada 2009 H1N1 añkorada nikamala ay tagame keso?

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

Fonfona bada 2009 H1N1 añkorada nikamala kolona tagamowaye, Mola Fonfona abinno añkorada kakamala kibakayama kin tagisunni.

Tagama ayokkome:

Galliye 2 kin 17 ‘ta koynama deda damadette ka andette añkoradenabu inna tagamenaye kiniteke:

- bobona kin fonfona arta ejina, bobona kitomana, kosada kutuna
- tokoma kutuna
- asanga ñadana, ula sansañana
- hakada tagama
- kasa kibakiyana, fanakellela uta kowtana, makilabbuna gomuna

Galle 18-49 koynama inna tagamenaye kasoke:

- bobona kin fonfona arta ejina, bobona kitomana
- menala sala kisalena
- kosadana, molana, kofolana kotikkiyana
- asanga kišana

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 flu dabbu kokidama fonfona jinisa añkorada kišono Guillain-Barré Syndrome (GBS) dabbu kokidama nerve bada kibokišomowa kofalike. Woyna fanakowa kin, Bobonala Tokkomma Añkorada kekabbu GBS yette ileydaki odakoynamme.

7 Añkorada nakabu anda kibakayayaki?

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 Añkoradana 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 nitiki 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)** kiyi 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

