

## ESINESINEN PORAUSEN SAFEEN EPETIN MAATER

# Oposun MMR

## Met Mei Anchea Kopwe Sinei

(Measles, Mumps  
me Rubella)

Chommong porausen safeen epet mi kawor non kapasen "Spanish" me pwan ekkocho kapasen ekis. Katon (won komputer [www.immunize.org/vis](http://www.immunize.org/vis)

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](http://www.immunize.org/vis)

### 1 Pwata ke angei safeen epet?

Measles, mumps, me rubella mei fokkun wate osukosukar. Mwen an wor oposun a men wate maater ngeni aramas pwan kukun semirit.

#### Measles

- Ika e uruk measles mei fiti kiningaw won inis, mor, sur pwotum, metek mesom me pwichikar.
- Ekan fiti osukosuken non sening, pwan nono non amatom me chech inis (chech non inis me neneno chok meser), feiengaw non tupuwom, ika mano.

#### Mumps

- Ika e uruk mumps kekan pwichikar, metek makur, metekitek non inis, kose mwon onom, me po nenien atofom.
- Osukosuken mumps ekan ngaweno seningom, uruk meningitis (ew samwawen non tupuwom me churaraom), metek me po non sunun mwan ika nenien sokunun fefin, me mei fokkun kukun fan ekoch ngaweno om kopwe tongeni nounou.

#### Rubella (German Measles)

- Ika e uruk rubella kopwe kiningaw, metek nechuum (chomwong non chok fefin), me ekis pwichikar.
- Non fefin ika e uriir rubella nge ir mei popo, ina epwe turu seni noun ika noun monukon epwe uputiw nge epwe osukosuk me wate terin.

TEkei maater ekan fetan non aspwan. Epwe uruk ika ke nom unukun emon aramas mei uriir maater.

Oposun Measles, mumps, me rubella (MMR) ekan anisi semirit (me pwan wate) seni ekan maater.

Kinisou ngeni ekei oposun maater pwe ese chiwen chomongchon uriir maater non Merika usun me nom. Nge ika sia wes ne angei ei auchean opos iwe epwe niwin ekei samwaw.

### 2 Ion epwe angei ewe oposun MMR me innet repwe angei?

Semirit rekan angang ruu oposun MMR:

- **Aewin opos:** 12-15 maramer
- **Oruen opos:** 4-6 ierir (mei tongeni opos kai ika mwirin 28 ranin akomwen opos)

Ekoch monukon repwe angei ewe oposun MMR ika repwe chaneno won pwan ew fanu. (Ei opos esopw pwan nom non ar kewe ruu opos.)

**Ekoch wate** sreprewe angang ewe oposun MMR. Aramas re ier 18 ika wate seni 18 ika re uputiw mwirin 1956 repwe angei ewe MMR nge ika rafen uriir ekei unungat samwaw ika rafen angei ei opos iwe resopw pwan opos.

Oposun MMR e tongeni pwan fiti oposun metoch.

Semirit re nom non ier 1 ngeni 12 re tongeni angei ewe "combination" opos itan MMRV, iwe a wor safeen MMR me pwan varicella (chickenpox) non. A wor pwan ew taropwen porausen ewe oposun MMRV a iteni "Vaccine Information Statement for MMRV" (Esinesinen Porausen Safeen Epetin MMRV).

### 3 Ekoch aramas resopw angei ewe oposun MMR ika repwe utiwit.

- Ion chok mei ngaw ngeniir ewe sasei itan neomycin, ika meni jok safein MMR ika maater mei ngaw ngeniir resopw angang ekei opos. Ereni noum tokter ika mei wor safei mei ngaw ngeniir.
- Ion chok mei semwen ika ngaw ngeniir oposun maater MMR ika MMRV resopw angang oruen ewe oposun maater.
- Ika en mei semwen atun om kopwe opos repwe erenuk kopwe mwo utiwit tori ar chikar ar repwe oposun MMR.
- Fefin ir mei popo resopw angang ewe oposun MMR. Repwe akom utiwit tori ar nounou. Fefin resopw popo me mwirin 4 weeks mwirin ar angang ewe oposun MMR.
- Ereni noum tokter ika ewe aramas epwe angei ewe oposun maater ika:



- Mei uri HIV ika AIDS ika mei uriir samwawen non inis.
- Mei uun safein inis mei kan fori met inis epwe semwenikai usun steroids.
- Mei uri meni chok sakun cancer
- Mei uun safein cancer ika angei radiation
- Mei kukun nampan char (apwangepwangen) ika mei wor semwenin char
- Ra angei pwan ew opos me non 4 weeks
- Re angei cha seni piong ika pisekin cha non piong

Meni chok ekei osukosuk repwe utiwiw ne angei ewe oposun maater.

## 4 Met osukosuken ewe oposun MMR?

Ew opos, usun meni chok sokopatin safei mei kan awora ekoch osukosuk usun ika mei ngaw ngenuk.

Osukosuken oposun MMR ekan fan ekoch afeingawakich ika sipwe mano seni nge mei fokkun kukunumwet ei osukosuk.

E och ngonuk om kopwe angei oposun MMR me mwen an epwe uruk measles, mumps me ika rubella.

Mei tepetep chon opos ese wor ar osukosuk seni ei opos.

### Ekis osokosuk

- pwichikar (1 me non 6 aramas e fis ngeniir ei osukosuk)
- ekis kiningaw (1 me non 20 aramas re kan fis ngeniir ei osukosuk)
- po non sapom ika uwom (1 non 75 aramas e fis ngeniir ei osukosuk.)

Ika ekei osukosuk re fisino re kan fis non 6-14 ran mwirin ar opos. Ese kan kon fis ekei osukosuk mwirin ewe oruan opos.

### Osukosuken opos mei ekis wate

- Chech inis (chech ika neneno jok non meser) ekan fis mwirin an uriir pwichikar (1 me nukun 3,000 opos)
- Fan ekoch ekan metekitek non inisum, ekon chomong non teenage (serafo) nengin me wate fefin (feta won 1 nukun 4)
- Fan ekoch kukun nampan char ekan fis osukosuken char (usun 1 me nukun 30,000 opos)

### Wate osukosuk (mei fokkun kukun ekei osukosuken oposun maater)

- Ika mei fokkun ngaw ngenuk ewe safei mei nom non ewe oposun MMR (kukun seni 1 me nukun ew million opos)
- Pwan ekoch osukosuken oposun MMR mwirin emon semirit e angei ewe opos ekan fan ekoch:
  - Ngaweno non seninger ika rese chiwen tongeni rong metoch
  - Chomwong chechin inisiir, coma (peno), ika ekis umwesino.
  - Feiengaw non tupuwer

Mei fokkun kukun ekei osukosuken oposun maater nge sise sinei ika seni ekei opos.

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## Nge efa ika a esenipa watten samwaw?

### Met ururun upwe nenengeni/amosona?

- Katon metoch ke kan noninen ren usun ika mei ngaw ngeniir ewe safei non ewe opos, wate pwichikar ika siwin netiper.

Esinesinen an a wate an eman feiengaw ren, epwe wor kiningaw won unuchan (“hives”), ngaweno me po nechioran, weires an ngasangas, torotor fanimwar, mwanien, ika apwangepwang. Ika pwe ekei osukosuk a fis, feiengawen a fis fitu minich ngeni fitu awa mwirin ewe oposun MMR ika safeen epetin maater.

### Met upwe fori?

- Ika ke osukosuk ren ei opos ika mei ngaw ngenuk ka kori 9-1-1 ka kori emon unukun piong. Ika, kori noum tokter.
- Mwirin ewe osukosuken opos a kunokun kopwe ereni chon ewe Vaccine Adverse Event Reporting System (VAERS). Ika ereni noum tokter iwe noum tokter epwe wisen koko ika en chok pwisin kopwe koko ika no won computer [www.vaers.hhs.gov](http://www.vaers.hhs.gov), ika kori **1-800-822-7967**.

*Chon VAERS rekan chok mwochen sinei om samwaw nge rese kan aninis non om samwaw.*

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## Ewe prokram faniten feiengaw ren safeen epetin semwaw seni Múnap

Ewe pirokramin angang opos itan The National Vaccine Injury Compensation Program (VICP) ew pirokramin muu (federal) ekan awora monien aninis ngeni aramas re feiengaw seni oposun MMR me pwan meinisin opos.

Aramas ion e nuku pwe mei feiengaw ren oposun epetin semwaw a tongeni sineiochu porousen ei prokram me faen (atoura) an “claim” an epwe kori **1-800-338-2382** ika katon an “VICP” iwe website won computer [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation).

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## Ifan usun ai upwei sinei tichikin porausan?

- Eisini noum tokter.
- Kori ewe departmen non om state ika sop.
- Kori ewe Putaiin Tumunun me Epetin Semwaw (Centers for Disease Control and Prevention):
  - Kori **1-800-232-4636 (1-800-CDC-INFO)** ika
  - Katon an “CDC” ina website won computer [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

## Vaccine Information Statement (Interim) MMR Vaccine

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