

# Kein Jerbal in Leto Letak Melele: Jibañ Armij in Oregon ro Ewōr Kadede Aer Nañinmij Bōk Wā ko an COVID-19

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Jibañ ko ñan aikuj ko ikijen am bōk im lelok melele:  
Melele ñan anōk im likūt ilo Email, Kobban letā in nuuj, kobban  
melele ilo Social Media



## Juon kōjellā jen Oregon Health Authority

Oregon Health Authority ej kamoolol eok kin am jibañ an armij bōk wā eo ñan aer bōbrae jen COVID-19. Am kobatok ibbam enaj jibañ an armij maron mour. Kim ej tiljok in lewaj melele ñan kwe ilo amim wōnmaanlok in kōjejjēt kütien burokraam in wā eo an Oregon.

Kein Jerbal in Leto Letak Melele eo amim ej lewaj kein jermal ko ekkā, link ko, im kein jermal in anōk ko kwōnaj aikuji ñan am tōbar armij in lelok melele im uwaake kajitōk ko aer. Jouj im anemkwōj in ukōt kobban melele kein ñan armij ro kwōnaj kenono ibbeir. Kwōj juon mōttan eo aurōk ilo kōmadmōd eo an state ñan lolorjak ke armij in Oregon ro ejimwe melele ko ibbeir kin ia eo remaron etal in wā. Ńe ewōr am kajitōk kin kein jermal in, jouj im kebaak Jikin Melele in Ejmour eo an OHA ilo [COVID.19@dhsosha.state.or.us](mailto:COVID.19@dhsosha.state.or.us).

Bukōt kein jermal eo ñan bōk im lelok melele ilo  
<https://sharedsystems.dhsosha.state.or.us/DHSForms/Served/1333646.pdf>.

# Mennin Kenono ko / Naan ko Raurōk



## WŌN ro remaron bōk wā eo? ŅAAT?

Oregon ej kōmmāni wā ko ekkar ñan ien ko emōj kōlaajrak. Armij ro wōt ilo kumi ko remaron tōbrak remaron wā. Rijerbal ro an jikin ejmour, armij ro rej jokwe ilo jikin kejbarok ko iomwin ien aitōk, rikaki, ro rej jerbal ilo jikin lale ajiri, im armij ro 65 aer yiō im rūttolok remaron wā

**ŅAAT:** Jino ilo Maaj 29, 2021

**WŌN:** Rūtto ro joñan yiō 45-64 kin juon ak lablok im emōj kōmelele jen Obij eo ej bōk eddon Kejbarok im Bōbrae Nañinmij (CDC) \*nañinmij ko ewōr kadede im elablok uwōta ñan nañinmij kauwōtata jen COVID-19:

- Cancer
- Nañinmij in kitini ejab bōjrak
- Nañinmij in ār, ekoba COPD (nañinmij eo ej kōmman abañ in emenono), wōrlōk (ebwe ñan kauwōtata), nañinmij in kinejneñ ār, nañinmij in cystic fibrosis, im nañinmij in lab an aer ār
- Nañinmij in Memālele ak nañinmij in kōmelij ko jet
- Nañinmij in toñal (taip 1 ak taip 2)
- Utamwe in Down Syndrome
- Nañinmij in menono, einwōt jorren menono, nañinmij in coronary artery, ak cardiomyopathies
- Nañinmij in HIV
- Mojno an enbwin maron bōbrae jen nañinmij (emojno kein bōbrae eo an enbwin)
- Nañinmij in Āj
- Kileb im tebu (emōj kōmelele BMI elablok jen 25 kg/m<sup>2</sup>)
- Bōroro
- Nañinmij in bōtōktōk in cell sickle cell or thalassemia
- Kōbaatat, kiō ak moktalok
- Mwijmwij in jolok ak likūt kobban enbwin ak bōtōktōk cell
- Stroke, ak nañinmij in jabwe bōktōk ñan kōmelij
- Jorren jen kōjerbal uno ko rekajur

**ŅAAT:** Jino ilo Ebrol 5, 2021

**WŌN:** Rūtto ro joñan yiō 16-44 im ewōr juon ak lablok nañinmij ko ewōr kadede ibbeir emōj kōmelele jen ibben CDC im lablok uwōta emōj kōlaajrak ijin lōñ.

 **Melele kin Laajrakin len Wā**

# Kajitōk ko kin Nañinmij ko Ewōr Kadede

## 1. Armij ro kin juon ak lablok nañinmij ko ewōr kadede ibbeir im elablok uwōta ñan aer nañinmij renaj ke aikuj kwalok kein kamool kin nañinmij eo aer koba ibben juon beba jen taktō eo aer?

Jab, kwōjab aikuj kwalok kein kamool. Kwōjab aikuj kūrlok taktō eo am ak loe jaat in taktō eo am ñan kamool ewōr am kadede nañinmij.

## 2. Enaj ke wōr jabdewōt kaurōk ien wā ñan ro joñan ko aer ej 16-64 ak renaj aoleb maron tōbrak ilo juon wōt ien?

Aet. Rūtto ro joñan aer yiō 45-64 kin nañinmij ko ewōr kadede ibbeir im elablok uwōta ñan aer nañinmij einwōt kōmelele jen ibben CDC rar jino maron tōbrak ilo Maaj 29. Rūtto ro joñan aer yiō 16-44 renaj jino maron tōbrak jab rumijlok jen Ebrol 5, 2021. Ribōroro ro 16 aer yiō im rūttolek renaj bar maron tōbrak ilo Ebrol 5.

## 3. Ia eo armij ro ewōr kadede juon ak lablok aer nañinmij im elablok uwōta ñan aer nañinmij bōk wā eo?

Rūtto ro joñan aer yiō 16-44 im ewōr kadede aer nañinmij im elablok uwōta ñan aer nañinmij renaj bōk wā eo ilo jikin wā ko/makūtūt in wā ko relab, ibben obj in ejmour ko an kien ilo jukjukined (LPHA ko), Jikin Ejmour ko Emōj an Kien eo an Federal Kili, jikin wia uno ko, im ibben doulul ko rej koba ilo jukjukinbed im an kabuñ ko.

## 4. Imaron ke wā ñe ij ebōk uno?

Aet, kwōmaron. Ejellok melelele ilo ien in ej kwalok ke wā eo ej kōmman abnōnō kin jabdewōt uno ko jet. Lale beba kin melele mool ko kin kōmelim in kōjeral ilo ien idin jorren (EUA) ñan Pfizer, (<https://www.fda.gov/media/144413/download>), Moderna (<https://www.fda.gov/media/144637/download>) and Johnson & Johnson (<https://www.fda.gov/media/146304/download>).

## 5. Wā eo enaj ke letōk jorren ñe ewōr men ko ij kadeki (allergy) ak ewōr abnōnō ak jorren ko rej walok ibba alikin aō bōk wā ko jet?

Kwōj aikuj kenono ibben taktō eo am kin jejetin jekjek eo am. Ba ñan er kin jabdewōt men ko kwar kadeki ak abnōnō ak jorren ko rej walok ibbam alikin wā jen tōrre ko moktalok. CDC ej rōjañ am JAB bōk juon wā an COVID-19 elañe ear walok ibbam:

- Juon jorren kauwōtata (einwōt anaphylaxis) alikin am kar bōke wā in COVID-19 eo am kein kajuon.
- Kaju walok abnōnō ñan jabdewōt kain wā an COVID-19 ilo tōrre ko maanlok, ak jabdewōt men ko kobban (ekoba polyethyleneglycol).
- Kaju walok abnōnō ñan jabdewōt men eo ewōr polysorbate.

Elañe ewōr am melele ko maanlok kin an kaju walok jabdewōt abnōnō ñan jabdewōt wā, uno rar wākare, mōñā, uno ak baijin in loñ, ak ewōr melele maanlok kin anaphylaxis, rej aikuj lale kwe iomwin 30 minit alikin am bōke wā eo an COVID-19.

# Kajitōk ko kin Bōroro, Kaninnin, im Maron wōr Nejū

## 1. Ij ke aikuj bōk wā eo elañe ibōroro?

Ej am kelet in bōk wā eo. Jabdewōt wā ko an COVID-19 im ewōr ilo Amedka remaron lelok ñan ribōroro ak ro rej kaninnin. Ñe ewōr aō kajitōk kin wā, am bwebwenato ibben taktō eo am emaron jibañ, bōtab ejab mennin aikuj.

Aoleben joñan uwōta ñan nañinmij kauwōtata edik, ro rebōroro elablok uwōta ñan nañinmij kauwōtata jen COVID-19 ñan ro rejab bōroro. Nañinmij kauwōtata ej melelein kwōj deloñ ilo aujbitol ak mij. Im bareinwōt, ro rebōroro kin COVID-19 remaron lablok uwōta kin jemlok ko rejab emmon kin bōroro eo aer, einwōt, jabikbik ien an lotak niñniñ, ñan ro rebōroro im ejellok COVID-19 ibbeir.

## 2. Wā eo enaj ke kejbarok elañe ibōroro? Wā eo emaron ke lelok jorren ñan niñniñ eo nejū?

Edik melele ko kin kejbarok in wā eo an COVID-19 ñan ribōroro. Ekkar ñan waween an wā kein jermal iloan enbwinnid, ro ewōr aer kabel kin wā kein rej tomak rebañ kōmman jejetin uwōta ñan ribōroro.

CDC im obij eo ej bōk eddon kakien mōñā im uno (FDA) emōj aer likūt [kein jermal in lale kejbarok ko](#) ñan aen melele kin wā ilo ien bōroro im renaj lukkun lale melele eo.

Elōñ ribōroro ro ilo kein jermal kein rej wōnmaanlok, innem ejañin de lōñ jemlok in melele kin bōroro kein. Jej aikuj wōnmaanlok in loor aitōkin ien bōroro eo ñan melele kin ta ko renaj walok ilo ien bōroro im niñniñ ko.

Wā ko an Moderna im Pfizer-BioNTech rej [wā in mRNA](#) im ejellok kobban kij in nañinmij mour iloaer im ej kōmman COVID-19, im melelein ebañ lelok COVID-19 ñan juon.

Im bareinwōt, wā ko an mRNA rejab leto letak ibben kij in bōrañ (DNA) ko an armij ak kōmman oktak in bōrañ ko kinke mRNA ejab deloñe dānin (nucleus) eo an cell eo, im ej jikin eo DNA eo ad ej bed ae. Bōk melele ko relablok kin [wāween an wā ko an COVID-19 mRNA jermal](#).

Wā in COVID-19 eo an Johnson & Johnson ej juon wā ej kōjermal mōttan nañinmij eo oktak, melelein ej kōjermal mōttan eo oktak jen nañinmij eo (vector) ñan lelok kōmelele ko raurōk ñan cell ko ad. Kein jermal kabel in kin an wā eo kōjermal mōttan nañinmij eo emōj jañiji emōj aer kar jermal ilo burokraam in kōlablok wā ko. Wā ko rej kōjermal ejjā nañinmij eo emōj jañiji rar lelok ñan ribōroro ro ilo aoleben ien bōroro eo aer, ekoba ilo katak in wā eo an Ebola elab. Ejellok jorren ko relab ikijen bōroro, ekoba jemlok ko rejab emmon im rej jelōte niñniñ, im rar kobalok ilo katak ko an wā kein. Bōk melele ko relablok kin [wāween an jermal wā eo ewōr kobban ej boklok kōmelele ñan cell ko ad](#).

### 3. Ta abnōnō ko remaron walok ālikin wā ñan ribōroro?

Abnōnō ko rej walok alikin wā remaron walok alikin jabdewōt wā ko an COVID-19 ewōr, elabtata alikin wā eo kein karuo ñan wā ko rej aikuj ruo. Ribōroro ro rejañin kōjellā kin abnōnō ko roktak jen ro rejab bōroro alikin aer wā kin wā ko an mRNA (wā ko an Moderna im Pfizer-BioNTech). Abnōnō ko alikin wā emaron koba metak beim, metak majel, metak mōkwaj, mōk, metak bar, biō, im biba. Ñe ewōr am biba alikina am wā, kwōj aikuj bōk uno acetaminophen (Tylenol), kinke biba eo emaron kar kobalok ñan jemlokin bōroro ko rejab emmon.

### 4. Wā ko rej ke letōk kejbarok elañe ij kaninnin?

Katak in uno ko ñan wā ko an COVID-19 kiō im emōj kōmelim ilo Amedka ear jab koba armij ro rej kaninnin. Kinke wā ko rejañin kar katak ibben kora ro rej kaninnin, ejellok melele ewōr kin:

- Kejbarok eo an wā ko an COVID-19 ibben ro rej kaninnin
- Jorren ko jen wā eo ñan niñniñ eo ej ninnin ibben jinen
- Jorren ko jen wā eo ñan an kōmman milik ak an toor

Wā ko an COVID-19 im emōj kōmelim kiō rejab kōmman jen wā ko jet, melelein remaron kōmman kein bōbrae bōtab rejab maron bar kōmman jikin cell ko iload. Kinke wā ko rejab einwōt juon rejab kōmman uwōta ñan ro rej kaninnin ak niñniñ ko nejeir, rej bar lomnak ke wā ko an COVID-19 rejab lelok uwōta ñan niñniñ eo ej ninnin. Innem, ro rej kaninnin remaron kelet ñe rekōnaan wā.

### 5. Wā ko remaron ke jelōte an maron wōr nejū ajiri?

Elañe kwōj kajeoñ bōroro kiō ak kwōkōnaan bōroro ilo jeklaj, kwōmaron bōke wā eo an COVID-19 ilo ien eo kwōmaron bōke.

Ejellok kein kamool ej kwalok ke jabdewōt wā, ekoba wā ko an COVID-19 rej kōmman jorren ko ikijen wōrañe. Elañe kwōj kajeon in bōroro, kwōjab aikuj jab bōroro alikin am bōke wā eo an COVID-19. Einwōt aoleb wā ko, scientist ro rej lukkun etale katak ko aer kin wā ko an COVID-19 ñan abnōnō ko rej walok alikin wā kiō im renaj ripoot kin melele kein renaj loi ilo ien eo ewōr.

Ñan kajitōk ko relablok kin wā COVID-19, lale [Kajitōk ko Rekut Amim](#).



**Jibañ ko ñan aikuj ko am ikijen leto letak melele**  
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