

# Safeen Epetin Maater (“Flu”) (“Inactivated” ika “Recombinant”): *Met mei auchea kopwe sinei*

Chomong porousen safeen epet mi kawor non kapasen “Spanish” me pwan ekkoch kapasen ekis. Katon (won kam-puter [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?

Maater (“flu”) eu semwin mi tongeni uri ese pwan nefinifin o a Ntongeni fis ese pwan nefinifin fansoun, nge napengeni a kan teru non Merika seni Aktoper ngeni Mei.

“Flu” a feito seni ena menu itan “influenza virus”, a tongeni suusu menun ren mor, mwesi, ika ren omw nom unukun eman mei fen semwin.

Ese nifinifin ion a tongeni uri maater ika “flu”. Aramas ra tongeni mwutir uri “flu” iwe nape ngeni ikkei ekkei nikinik a uri aramas non fitu ran. Minen maater ekan sisiwin me atun ierum nge mei wor:

- pwichikar/cheta
- metek nechior
- metek fituk (inis)
- menunu
- mor
- metek mekur
- mwongon pwet ika ngutun pwet

Maater ika “flu” ekan pwan osukosukouk non amanom me pwan paikiing non cha, feinseni me ekan mina aan semirit repwe fen ika chech me peno. Ika mei wor omw samwaw, samwawen ngasangas ika amanom ina kopwe fokkun osukosuk ren maater.

Ekkoch aramas re tongeni semwinino meren maater ika “flu”. Kukun semirit, ion 65 ierin, fefin mi pwopwo, me aramas mi aani ekkei sakkun semwaw ika ekkon monun non inisir a apwapwang ra tongeni semwenino.

Iteiten ier chomong seni **ngorou aramas ra mano ren ei menu non Merika**, a fen pwan chomong seni enna ra niwing non pioing ren ena menu.

Epetin maater (“flu”) a tongeni: Ren om angei ei safeen epet, ka tongeni epeti inisum seni ei manu (“influenza”) pwan epeti an epwe uri ekkoch.

- epeti inisum seni ei menu (“flu”)
- ekisatiw ngawan ei menu, pwan
- epeti “flu” an epwe uri ekkoch

## 2 Epetin Maater (“flu”) mei “Inactivated” me “recombinant”

Safeen epetin maater (“flu”) iteiten ier mi auchea. Semirit mi 6 maram ngeni 8 ier repwe angei ruw “dose” pwe epetir. Ekewe ra watte repwe angei ew “dose” ren ena safeen epetin maater (“flu”) iteiten ier.

Ekkoch ekewe safeen epetin maater ika “flu” a wor ew mettoch non itan “thimerosal” (ew sakkun “mercury-based preservative”). Ena mettoch ese ngaw ngeni aramas, iwe mi pwan wor safeen maater (“flu”) ese wor “thimerosal” non.

Ese manaw (mi pe) safeen epet ren opposun epetin maater (“flu”). **Ese tongeni esenipa “flu”.**

A wor chomong sakkun menun maater (“flu”), mi chok sisiwin. Ina pwata ra satuni ne anounou ew safeen epetin menu ngeni unungatin ika ruanun menun maater, met mi fokkun pwe epwe fis non ena ier. Ekewe safeen epetin maater mei tongeni ekis apochokuna ekewe menu ese nom non ewe safei.

Safeen epetin maater (“flu”) ese tongeni epeti:

- ekewe menu ika maater (“flu”) ese nom non ewe safei ika
- pwan ekoch sakkun semwin ika semwaw.

Epwe 2 wik mwirin om angei ewe opos e tongeni wor imanen ewe maater, iwe imanen pochokunan epwe ukukun ew ier ika tori ena fansoun “flu” epwe wes.

## 3 Ekoch aramas ururun resap angei safeen epetin maater

Ereni ewe chon fofori om ena oppos/safeen epet:

- **Ika mei wor met mi ngaw ngonuk (“life-threatening allergies”).** Ika en mi piin semwenino (“life-threatening allergy”) mwurin om angei och safeen epetin maater, mi tongeni esenipa om kopwe ma, ina ew wewe a tongeni esenipa om kosap angei ena safei. Chomong sakkun safeen epetin maater (“flu”) mei kawor sokun non, ina popun kosap angei ena safei ika pwe sokun mei ngaw ngonuk.
- **Ika mei piin uruk semwenin wa, a iteni Guillain-Barré Syndrome (ika GBS).**  
 Ekewe aramas mei piin uri GBS resap angei ei safeen epetin maater. Noum ina tokter epwe finata ika kopwe angei ika kosap.
- **Ika en mi ekis semwen.**

Ekkon ese pwan watte kon ar semwaw ra tongeni angei ena safei/oppos, nge eni noum na tokter epwe era pwe kopwe amweta fansoun om angei epwe safeen epetin maater.



**4****Met ekan ngawen safeen epetin maater?**

Safeen epet, usun chok safei ese pwan nifinifin, mi tongeni esenipwa watten osukosuk. Ekkewe osukosuk ese kon watte, iwe nape ngeni ikkei ekkei nikinik a uri aramas non fitu ran.

Watten osukosuk esenipaten opposun/safeen epetin maater ese kon pwan fis ngeni aramas.

**Osukosuk ese kon pwan watte** mwirin om opposun “flu”:

- metekiek, par, ika pwo arun ian ke oppos inan
- ese tou neuwan
- ika ket mas
- mor
- pwichikar
- metekitek
- metek mekur
- ket
- monunu

Ika ekkei osukosuk e fis, rekan fis mwirin chok ena oppos, iwe wesen mwirin 1-2 ran.

**Osukosuk mi ekis watte** mwirin om ena oppos/safeen epetin maater mei tongeni pachanong:

- Mei wor osukosuken semwen itan Guillain-Barré Syndrome (GBS) mwirin omw opos. Ekan 1 ika 2 an aramas ei osukosuk me non ew million chon opos. Mei fokkun kukun ei osukosuk ekon wate osukosuken maater seni.
- Semirit mi kukkun, ion a angei epetin maater weiweita ika opposun “flu” me ewe opposun “pneumococcal vaccine” (PCV13) me/ika ewe opposun “DtaP” fan ew chok, nikinikin nge e kon watte areren ika repwe chech/man kawekaw esenipaten pwichikar. Eisini noum tokter ren saposapun poraus. Ereni noum na tokter ika noum na mi kan uru chech/man kawekaw mwirin an angei safeen epetin maater.

**Osokosuken safeen ika opposun maater:**

- Fan ekoch aramas rekan peno seni tepetep metoch forforun non piong, me pwan ren ar oppos. Momot ika kokon non 15 minich pwe kosopw peno ika feiengaw ika ke turuno. Ereni noum tokter ika ke mwanien ika sokono me non mesom ika rong metoch non seningom.
- Ekoch aramas rekan metek afarer me osukosuken emwokutu pafarer seni ewe oppos. Mei kukun ei osukosuk an epwe fisino ngenuk.
- Fan ekoch unumom safei ina epwe osukosukouk ren ei oppos, ekan emon non ew minion aramas rekan osukosuk ren ei oppos, nge ina epwe fiis ekoch minich mwirin omw angang oppos.

Usun meinisin safei mei wor fan ekoch chon feiengaw ika maseni ei opos nge mei fokkun kukun.

Ren tumunun safeen epetin semwaw mi chok chehek iteitan. Ren tichikin porousan, katon (won kamputer): [www.cdc.gov/vaccinesafety/](http://www.cdc.gov/vaccinesafety/)

**5****Nge efa ika a esenipa watten semwaw?**

**Met ururun upwe nenengeni/amosona?**

- Nenengeni me amosona ika e wor ekoch mettoch ese pwan ururoch, awewe ren watten pwichikar me sakonon mwokutukut/nikinik.

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

**Met upwe fori?**

- Ika ke osukosuk ren ei oppos ika mei ngaw ngenuk ka kori 9-1-1 ka kori emon unukun piong. Ika, kori noum tokter.
- Osukosuken omw oppos epwe kori chon ewe Vaccine Adverse Event Reporting System (VAERS). Noum tokter epwe wisen fori noum toropwen osukosuken oppos. Ika en mei tongeni pwisin fori noum toropwe ika ke no non noum kamputer ngeni [www.vaers.hhs.gov](http://www.vaers.hhs.gov) ika kori **1-800-822-7967**.

*“VAERS” ese awora eureur ren pekin safei/piong.*

**6****Ewe prokram faniten feiengaw ren safeen epetin semwaw seni Múnap**

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

Aramas ion e nukuw pwe mei feiengaw ren opposun 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 kamputer [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation). Mei wor ukukun innet kopwe for noum toropwen osukosuk seni oppos ren omw kopwe angang aninins.

**7****Ifan usun ai upwei sineai tichikin porausan?**

- Eisini noum tokter, noum tokter epwe tongeni ngonuk toropwen ekei oppos me pwan porousen omw oppos.
- Kokori om ina putain pekin safei/pioing (“state health department”) non neniom na.
- 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 kamputer [www.cdc.gov/flu](http://www.cdc.gov/flu)

Vaccine Information Statement  
Inactivated Influenza Vaccine

08/07/2015

42 U.S.C. § 300aa-26

Chuukese

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