

KŌMELEL E KO IKIJEN N WĀ

MMRV Wā (mijol, Lobbor , im Lennab): *Ta Eo Kwoj aikuj Jella*

Eloñ kōmelele ko ikijen wā rej wōr ilo kajin Jipānij im kajin ko jōt. Lale www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Etal ñan www.immunize.org/vis

1. Etke aikuj in bōk wā?

MMRV wā emaroñ kabojrak **mijol, lobbor,** im **lennab** .

- **MIJOL (M)** ej kōmman bwe en wōr piba, pokpok, uwūr boti, im būrōrō, denden mej, ekkā aer walok elikin an wōr **idid** rej eddōk ilo aolepen enbwin. Emaroñ **kōmman an** dibūbūb (ekkā an walok ippān piba), inbekjōn ilo lojilñi, bidodo lojje, im **nimonia**. Ejeja an walok, ak **mijol** emaroñ kakure kōmalij im jelōt mij.
- **LOBBOR (M)** emaroñ kōmman bwe en wōr piba, metak bar, metak ko ilo majōl, emōkmōk, jatur, im ebbōj im emetaktak **orkon** ko ilo jikin kabilo reber iumin lojilñi ko. Emaroñ kōmman bwe kwon jaroñroñ, ebbōj kōmalij im/ak aolep turin di eo elap, ebbōj bōqol ak jikin niññin, im, ejab lukin maron, naj mej
- **LENNAB (R)** ej kōmman piba, metak kabin burō, **idid** eo ej eddrōk ilo enbwin, metak bar, im **ebonojnoj loan** mej. Emaroñ kōmman bwe en wōr kūrro ibben enañin jimattan in ledrik jodikdik ro im kōrā ro. Ñe juōn armij ej bōk nañinmij in **lennab** ilo ien bōroro, emaroñ wōtlak niññin eo jen lojje ak niññin eo emaroñ lōtak kōn jorāan ko rellap ilo enbwin.
- **VARICELLA (V)**, bar nae etan "bok," ej kōmman bwe en wor kinej ebbōñōjñōj, koba ippān piba, emokmok, jako an konan moña, im metak bar. Emaroñ in tol ñan joraan in kil, nimonia , ebbōj eke in bōtōktōk, ebbōj kōmalij im/ak di kilep eo, im an jelōt bōtōktōk, di, ak eo. Jot armij ro rej bōk nañinmej in bok rej bōk kinej eo ekametak nae etan "shingles" (bar nae etan herpes zoster) iio ko tokelik.

Eloñ armij ro rej bōk wā in MMRV renij pad ilo kōjbarok ilo aolepen mour. Wā ko im joñan lap in an wōr armij rej wā emōj aer kōmman bwe nañinmij rōt kein ren jeja aer walok ilo United States.

2. MMRV wā

MMRV wa emaroñ etal ñanajiri ro 12 alloñ lak ñan 12 iio dettan, ekkā:

- **Uno** eo jinion ilo 12 lak ñan 15 alloñ joñan drettan
- **Uno** eo kein karuo 4 lak ñan 6 iio drettan

MMRV wā emaroñ in etal ilo juon wōt ien ainwot wā ko jot. Ijelakin MMRV, jot ajiri remaroñ bōk wā ko rejenolok ñan MMR (mijol, lobbor, im lennab) im varicella. Taktō eo **am** emaroñ lewaj melele ko relaplok.

3. Kōnnaan ippen taktō eo am

Ba ñan jikin bōk wā eo am ñe armij eo ej bōk wā:

- Emōj **ankadok e juon wā in MMR, MMRV, ak varicella wā mōkta lak**, ak ewōr jabdewōt **men ko ej kadok i rellap, im kakure mour**
- Ej ke **bōroro** ak lōmnak emaroñ baroro—armij ro rej bōroro rejjab aikuj in bōk MMRV wā
- **Ewor an mōjno jeptom ilo enbwinnin**, ak ewōr **jinen ak jemen, jein ak jatin ladrik, ak ledrik eo ekar wōr nañinmij in bōrañ ko ibbeir ak jen ien lōtak ikijein jorāan ko ilo enbwin**
- Emōj an pād ilo juōn jekjek eo ej kōmman bwe en **bidodo an mao im toor bōtōktōk**
- Ekar **dibūbūb mōkta lak**, ak ewōr juon ian **jinen ak jemen, jein ak jatin emaan, ak jein ak jatin kora im emōj an dibūbūb mōkta lak**
- Ej **bōk ak būlaan in bōk salicylates** (ainwot aspirin)
- Emōj an ilo raan ko remootlak **bōk bōtōktōk jen bar juōn armij ak kobwebweien ko jōt ilo bōtōktōk**
- Nañinmij in **tibi**
- Emōj **an bōk jabrewōt wā ko jōt ilo wiik ko 4 remootlak**

Ilo jot keij, jikin takto eo am emaroñ kelet in kōmman bwe en to lak ien bōk MMRV wā ñan bar juon ien loelak ilju jeklaj ak emaroñ rojāñ bwe ajiri eo en bōk MMR im varicella wā ijelakin MMRV.

Armij ro edik nañinmij ko ibbeir, einwot mej in, remaroñ bōk wā. Ajiri ro rej nañinmej jidik ak lap ekkā aer aikuj kottar aer mour lak mōkta jān bōk MMRV wā.

Taktō eo **am** emaroñ lewaj melele ko relaplok.



U.S. Tibaaten eo an Jipan ilo Lelok Ejmour nan Aolep
Jentor nan Kantirol im Bobrae Kij Naninmej

4. Uwōta ko ilo an maroñ walok jabrewōt ilo enbwin elikin wā

- Ebboj pā jān wā ak būrōrō ijo wā eo ekar kōmman, piba, im juon kinej eo edik emaroñ walok elikin MMRV wā.
- Ebbōj ko ilo turin jep ak kōnwa ak metak ko ilo jidik ien im kijñeñe ilo bukwe ej walok jot ien elikin MMRV wā.
- Dibūbūb, ekkā an walok ippān piba, emaroñ walok elikin MMRV wā. Kauwōtata in an walok dibūbūb elaplok elikin MMRV jān elikin an jenolok MMR im varicella wā ñe ej etal wā eo jinion jān ruo-alen wā ilo ajiri ro rediklak. Takto eo am emaroñ lewaj rojāñ ikijen wā ko rekkañ ñan ajiri eo nejum.
- Ejeja an walok men ko relap, koba ippāñ an jabwe bōnbōn in bōtōktōk, im emaroñ kōmman bwe en wor bōtōktōk ej māke walok ak kinej.
- Ilo armij ro ewōr aer joraan ko relap ilo enbwin, wā in emaroñ kōmman bwe en wor nañinmej eo emaroñ kauwōtata ñan mour. Armij ro elap an joraan enbwin joraan rejab aikuj bōk MMRV wā.

Ñe juon armij ej wor an kinej elikin an bōk MMRV wā, emaroñ in koneek ñan jabdewōt ian kobban wā eo kin mijol, ak pok eja motan wot wa eo Varicella wā baeroj emaroñ in ajeeded ñan juon armij eo ejjab kōjbarok. Jabdewōt eo ej walok an kinej ej aikuj in etolak jān ajiri im armij ro emojno enbwin ñan ñe kinej eo enij māke jako. Kōnaan ippān takto eo ñan ekatak elaplok.

Jot armij emōj aer wā jān bok rej bōk shingles (herpes zoster) iio ko tokelik. Ediklak an walok elikin wā lok jān elkin nañinmej in bok.

Armij rej lotlok jet ien elikin jerbal in ejmour ko, koba ien bōk wā ko. Ba ñan taktō eo am ñe kwoj eñjake am adiboulul ak oktak am lolokijen ak riiñ lojilñim.

Eja einwōt ñan jabrewōt uno, jidik wot an maroñ walok an wā jelōt im kōmman kadōk eo ekauwōtata, jorāan ko jōt im relap, ak mij.

5. Ta elaññe enaaj wōr jorāan eo elap?

An walok an juōn kadōk emaroñ walok elikin an armij eo ekar wā etal jen jikin wā eo. Ñe kwoj elolo kakōlle in kadok (nenab, ebbōj turin mej im kōnwa, ben an menono, ak eñjake an mokaj an bam menono, erolol lalin, ak mojno), kurlok **9-1-1** im boklok armij eo ñan ojpital eo epaak tata.

Ñan kakōlle ko jōt kwoj abunōnō kaki, kall e **lok** taktō eo am.

Kadōk ko relukun kauwōtata rej aikuj in riboot lok ñan Vaccine Adverse Event Reporting System (VAERS). Taktō eo am enej ekkā an **bael** riboot in, ak komaroñ bar make kōmmame. Lale VAERS webjait eo ilo www.vaers.hhs.gov ak kurlok **1-800-822-7967**. *VAERS ej ñan riboot wōt jabrewōt men ko walok ilo enbwin elikin wā, im rijerbal ro an VAERS rejjab lewaj naan in rojañ ikijen ejmour.*

6. Būrookraam in Jibañ an Kien ikijen Onean Joraan in Wā

National Vaccine Injury Compensation Program (VICP) ej juōn būrookraam eo an kien ekar kōmman ñan kōllā wōnāan armij ro remaroñ kar bōk jorāan jen jōt kain wā. Kleim ko ikijen jorāan ak mij itok wōt jen wā ewōr joñan ien lewaj ñan kanne, im emaroñ joñan kadu in einwōt ruo iio. Lale VICP webjait eo ilo www.hrsa.gov/vaccinecompensation ak **1-800-338-2382** ñan katak kin būrookraam eo ikijen bael kleim.

7. Ewi wāwen ao jelā elaplok?

- Kajitōk ippen taktō eo am.
- Kall e ra eo an ejmour ilo jukjukinbed ak **tibaatmen ilo bukwōn** eo.
- Lale webjait eo an Rā eo an Moña im Uno ko Rekajur (FDA) ñan kadeloñ ko an kadeloñ im elaplok melele ilo www.fda.gov/vaccines-blood-biologics/vaccines.
- **Kir lok** Jentor eo **ikijen** Kantirol im **Bobrae** Naninmej in **Kij** (CDC, jikin ko ñan Dāpij im Bōbrae Nañinmij ko
 - Kall e **1-800-232-4636** (**1-800-CDC-INFO**) ak
 - Etal ñan webjait eo an CDC ilo www.cdc.gov/vaccines.

