

KŌMELEL E KO IKIJEN N WĀ

Varicella (Chickenpox) Wā: Ta eo Kwoj Aikuj Jelā

Eloñ kōmelele ko ikijen wā rei 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?

Varicella wā emaroñ kabojrak varicella.

Varicella, bar nae etan "bok", ej kōmman juon kinej ebbōñōjñōj im ekkā an pād iumin juon wiik. Emaroñ kōmman piba, emokmok, jako an konan moña, im metak bar. Emaroñ tōl ñan nañinmej ilo kil, nimonia, ebboj in eke in bōtōktōk, ebboj kōmalij im/ak di, im joraan ilo ial in bōtōktōk, di, ak bukwe. Jot armij ro rej bok naninmej in pok ej wor aer kinej kametak nae etan "shingles" (bar nae etan herpes zoster) yiiō ko tokelik.

Bok ekkā an dik, ako emaroñ in lap ilo ajiri ro lalin 12 alloñ dettan, jodikdik, rutto, armij ro rebōroro, im armij ro emojno enbwinnier. Jot armij relukkun nañinmej im aikuj deloñ lowaan aujpitōl. Ejeja an walok, ak armij remaroñ mej jān bok.

Eloñ armij ro rej bōk 2 alen wā in pok aidik renij pād ilo kōjbarok aolepen mour ko aer.

2. Wā in Pok

Ajiri aikuj 2 wā in pok eo, ekkā an:

- Wā eo jinion: 12 lak ñan 15 alloñ dettan
- Wā eo kein karuo: 4 lak ñan 6 iiō dettan

Ajiri ro re ruttolak, jodikdik, imrūtto rej bar aikuj 2 wā in pok ñe rejjab ilo kio jab maroñ bōk nañinmej in bok

Wā in Pok emaroñ iwaj ilo juon wōt ien āinwot wā ko jot. Barāinwōt, juon ajiri kotoan 12 alloñ im 12 iiō dettan emaroñ bōk wa in pok eo koba ippān MMR (mijol, lobbor, im lennab) wā ilo juon jaat, nae etan MMRV. 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 an **kadok e juon wā in pok mōkta lak**, ak ewōr jabdewōt **men ko ej kadok i rellap, im kakure mour**
- Ej **bororo** ak lõmnak emaroñ bororo— armij ro rej bororo rejjab aikuj bōk varicella 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**
- Ej **bōk salicylates** (āinwot 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 ejmour eo am emaroñ kelet in kōmman bwe en to lak ien bōk wā in pok aidik eo ñan ien lolak eo ilju jeklaj.

Armij ro edik nañinmij ko ibbeir, einwot mej in, remaroñ bōk wā. Armij ro rej pād ilo nañinmej iolap ak lap an nañinmej rej aikuj kottar ñan ñe renij mour lak mōkta jān bōk wā in pok eo.

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



U.S. Tibaatmen 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 eo, būrōrō ak kinej ijo wā eo ekar kōmman ie, ak piba emaroñ walok elikin pok aidik wā.
- Elaplok men ko remaroñ walok ako ejeja. Emaroñ koba nimonia, inbekjon ilo kōmalij im/ak ijo ej kalbobo di lep eo , ak dibūbūb ej koneek ippān piba.
- Ilo armij ro ewōr aer joraan ko rellap ilo enbwin, wā in emaroñ kōmman bwe en wor inbekjon eo emaroñ kauwōtata ñan mour. Armij ro ewor aer joraan elap ilo enbwinier rejjab aikuj bōk wā in pok eo.

Emaroñ walok kinej ñan juon armij ededelak an wā. Ñe ej walok, kij in wa in pok eo emaroñ 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.

Jet armij rej wā in kōjbarok jān bok rej bōk shingles (herpes zoster) iiō ko tokelik. Menin elap an diklak an walok elikin wā jān elikin nañinmej in kij i naninmej.

Armij rej lotlok jet ien elikin jermal 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 rellap, ak mij.

5. Ta elañne enaaj wōr jorāan eo elap?

Kadok eo emaroñ walok elikin an armij eo ekar wā etal jen jikin wā eo. Ñe kwoj loe kakōlle ko ilo ien an juōn kadōk (lennab, ebbōj tōrerein mejād im burued, ben an emenono, mōkaj an bam ubōn, adiboulul, ak mōjno), kall e **9-1-1** im boklok armij eo ñan aujpitōl eo epaak tata ñan eok.

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 kōmmane. 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 rōjañ 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 **iiō** . Etal ñan webjait eo an VICP ilo **www.hrsa.gov/vaccinecompensation** ak kall e **1-800-338-2382** ñan jelā kin būrookraam eo im kin wāwein kanne juōn 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**.
- Etal ñan webjait eo an **Mona im Uno ko rekajoor im Jeban ro Ilon** (FDA), Ra eo an Mōñā im Uno) ñan peba jirikrik ko ilowaan pakij in wā im bōk melele ko relaplok 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**.

