

KA MONNOTA?



**Get
Ready**

www.aphagetready.org

Meta H1N1 (Swine flu)?

H1N1 (wesetan itan “swine flu”) I ew minafon influenza virus, ika semwenin matter mei mwitir an choufetan ina popun a wor ewe asinesin ngeni unusen non fonufan an epwe wor monnofich ngeni. A keran pwano fan ewe Mas 2009, iwe semwenin a usun chok pwan semwenin ewe matter mei kan sou teter iteitan, mei fiti pwichikar, naw (mwor), monu ika apwangapwan non inis, metek mekur, fou, metekitek non inis, metek non chior, fein seni me mus. Mei wor mei fokkun chou ei semwen me wor fen pwan ma ren ei matter H1N1 virus usun chok pwan ei matter ekkar terefetan.

Ifa usun an ei matter H1N1 epwe uruk?

H1N1 a usun chok terin ewe matter mei kan terefetan, mei tongeni an epwe fetan seni emon aramas ngeni emon, akkaewin seni naw (mwor) ika mwesi. Mei tongeni an epwe pwan uri emon nupwen a atapa ew metoch mei wor monun ewe semwen won iwe mwirin a atapa awan ika potun. Ese tongeni uruk ewe semwenin H1N1 virus seni omw ochoch pik.

Ifa usun omw kopwe epeti ewe matter H1N1?

Mei wor ekkoch ane mecheresin omw kopwe epeti ei matter H1N1 sonuk. Kopwe tonu poumw iteitan, akkaewin nupwen omw nomw nein aramas. Kopwe towaw senir ekkewe ra naw (mwor) me mwesi, towawan esapw kukun seni unungat ngaf ika feet. Ika pwe ke nom ren emon mei mesemesen semwen, kosapw mo atapa mesomw, potumw, me awomw pwan tori ikewe ia ewe mei semwen e atapa ia tori omw kopwe tongeni tonu poumw.



Met kopwe fori ika pwe a uruk ewe matter H1N1?

Ika pwe ka poputa ne mefi ekkewe esissinen semwenin ewe matter H1N1, kopwe ne achocho ngeni kosapw chuwen no fetan nein aramas ika chiechi ngenir ekkoch. Kosapw no angang me nomw neir aramas non ukukun 7 ran tori an epwe wes sonuk esissinen ewe matter 24 awa seni ewe efisouwan ran. Kopwe pwan ekisekisatiw omw nomw neir chochon non imwomw we pun ete torir ewe semwen. Kopwe epwenueta omw kopwe pwonu awomw me potumw nupwen omw mwesi me aturanong omw we tisu non kapich, nge kosapw chok aturu fetanei ian ewe menonun paiking epwe tongeni pacheri me ia. Ika pwe mei wor omw semwen watte ika en emon mei soun chouw semwenin matter womw, kopwe kokori noumw we tokter ren pekin aninis. Mei wor safean ei sokun paiking en mei tongeni un an epwe anisuk nupwen ka semweni chou.

Esissinen semwenin ei matter mei fokkun effeengaw

Ewe Centers for Disease Control me Prevention ra pesei omw kopwe no ngeni nenien safei ren emergency ika pwe ami me noumw we auwa poputa ne aani ekkei tetenin semwen:



Esissinen ei matter mei effeengaw rer Semirit:

- Weires ngasangas (ewe esin e mwitir ar ngasangas (ngasechin) ika resin ne ngasangas)
- Parano ika kiorono unucher
- Rese mochen repwe un met mei nono.
- Watte mus ika mus ese tongeni ukuno.
- Rese tongeni neno me mour ika monu non inisir.
- Nisosong, rese mochen emon epwe amochur ika ataper.
- Semwenin matter a nikinikin chikareta, nge nupwen an niwinitir, a fiti pwichikar me watten naw ika moor
- Pwichikar mei wor kingawan

Esissinen ei matter mei effeengaw ngeni mei watte:

- Weires ngasangas (mwitir ar ngasangas (ngasechin) ika resin ne ngasangas)
- Metek ika ngut fan aunger ika nuker.
- Mwanien
- Rukoruk ika fatangawno non ekiek
- Watte mus ese tongeni epwe kouno.

Kopwe rongorong me fori ekena eureur a fen afat me asan, me mwitir kaiti ekkena nenien safei nupwen ka mefi semweni chow. Ikkei ekkewe anen omw kopwe epeti seni inisum me aramasom kewe seni ei matter H1N1.



800 I Street, NW · Washington, DC · 20001-3710
202-777-APHA · www.aphagetready.org · getready@apha.org



Tichikin porousan e nom :
www.apiahf.org/healthalerts