

# 7 men ko jinen im jemen rej aikuj jelā kin wā eo an COVID-19



## 1. Ajiri ro rej aikuj wā.

Elablok an COVID-19 kauwōtata jen uwōta ko remaron walok jen am bōke wā eo. Elukkun lablok ajiri rej eñtan jen abnōnō ko rekauwōtata im aitōk aer bed jen nañinmij eo im rej deloñ aujbitol ilo aer loe otkak ko rekāāl an nañinmij eo. COVID ej kiō juon mōttan 10 ko relab rej kōmman an rūtto mij, im ½ rūtto ro rar deloñ aujbitol rar aikuj kejbarok nañinmij kauwōtata.<sup>1</sup>



## 2. Rar jab ekirir kin wā eo.

Elablok jen joñoul yiō in an scientist ro ibelakin lal kōmadmōde kein jermal kabel in. Ejellok buñten kejbarok ko rar kajeoñe ñan kōmmane wā ko an COVID-19—laajrak ko wōt an kakien im kien—im katak ko an wūno rar bōk ejjā buñten ko einwōt jabdewōt bar wā. Kim jelā ke wā ko rej letōk kejbarok im jejjet aer jermal kinke buki taujin armij rar lelok ien ko aer ñan aer bed ilo katak in wūno ko. Ear maron mōkaj an scientist ro katak kin wā eo --- im jab kattar iomwin yiō in kabōk armij ro remaron bōk kwōnaer.



## 3. Ekkā abnōnō ko rej walok alikin wā redik ak ebwe joñaer.

Ajiri eo nejum emaron walok kakōlkōl ko redik ak ebwe joñaer alikin aer wā, einwōt biba, metak majel, metak bar, mōk, ak būrōrō iturin jikin eo rar wākare. Melelein mennin ej enbwinnim emōj an jino jermal in kōmmane wāween an bōbrae jen nañinmij im ej katak an tarinae ibben nañinmij eo. Abnōnō ko rekauwōtata im nañinmij jen wā eo relukkun jejā. Am bōk juon kejj in COVID-19 elukkun kauwōtata ñan mour elablok jen uwōta in am maron bōk juon jorrāan kauwōtata jen wā eo.



## 4. Jorrāan ko rej walok iomwin ien aitōk, einwōt waroñe ak mij lojeen kūrae, ejab maron walok.

Ñe kwōnaj lale melele kin wā ko kar moktalok, eiten aoleb jorrāan ear walok iomwin ien aitōk jen wā rej walok ikōtaan 30-45 raan alikin an jemlok ien katak kin wūno in wā eo. Wuñin an FDA aikuj ien kattar jab diklok jen 60 raan alikin jemlokin ien katak in wūno eo mokta jen aer maron lelok kōmelim eo ñan kōjermal ilo idin ien (EUA).

Taujin armij remaron bōke wā eo aer ilo ien aer bōroro ak jino bōroro alikin aer wā. Melele ko rej kwalok ke wā ko an COVID-19 rejab kōmman wōrañe, mij lojeen kūrae, ak abañ ko ilo bōroro ak ien lotak ñan ribōroro eo ak niñniñ eo. Bōtab, emōj amim loe an eloñ ribōroro ro bōk COVID-19 im eñtan jen abañ ko an nañinmij eo.

<sup>1</sup> [https://www.cdc.gov/mmwr/volumes/70/wr/mm7023e1.htm?s\\_cid=mm7023e1\\_w%20\[cdc.gov\]](https://www.cdc.gov/mmwr/volumes/70/wr/mm7023e1.htm?s_cid=mm7023e1_w%20[cdc.gov])



## 5. ELUKKUN LAB an jejjet an jermal wā eo.

Katak ko an wūno eo emōj aer kwalok ke wā eo an COVID-19 elukkun jejjet 100% an jermal ilo an kejbarok ajiri ro joñan yiō 12-15 jen aer bōke wā eo. Wā ko rej jermal ñan oktak ko an nañinmij eo, bōbrae an ajeeded ñan armij ro jet<sup>2</sup>, im emaron kōkmanmanlok men ko<sup>3</sup> ñan ro rej eñtan jen jorrāān ko iomwin ien aitōk jen COVID-19. Am bōke wā eo enaj bar kōmman an nañinmij eo diklok im kadulok ñan armij ro relukkun eiiet im teej ko aer renaj kwalok ewōr nañinmij alikin aer wā.<sup>4</sup>



## 6. Jekdoñ emōj an ajiri eo nejum kar bōke COVID-19, ej aikuj wōt wā.

Ajiri eo nejum aikuj wā, jekdoñ ear jab lukkun doulul jen kij in nañinmij eo moktalok. Katak ko rej kwalok ke wā eo ej kōmman an enbwin aitōklok an bōbrae jen an enbinnid make bōbrae (bōbrae jen nañinmij) im kejbarok jen oktak ko an nañinmij eo. Wā eo emaron kejbarok an ajiri eo nejum bar bōke nañinmij eo.



## 7. Wā ko an mRNA ñan COVID-19 rejab ukōt DNA eo am.

Ewor men ko **wa ko an mRNA REBANK**kommane<sup>5</sup>:

- mRNA eban ukot ak janiji DNA eo am
- mRNA eban delone jidikin jikin cell ko am ilo jikin eo DNA eo ebed (etan nucleus)
- mRNA eban make janij im erom DNA

<sup>2</sup> <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html>

<sup>3</sup> <https://www.yalemedicine.org/news/vaccines-long-covid>

<sup>4</sup> <https://www.cdc.gov/media/releases/2021/p0607-mrna-reduce-risks.html>

<sup>5</sup> <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>