

# Bok uwaak ko kin wa eo an COVID-19



Emōj an FDA kōmelim wā eo an COVID-19 an Pfizer/BioNTech ñan jab dewōt armij eo 12 an yīō im rūttolok. Mennin ej juon buñten eo ej letōk emōnōnō im aurōk ilo tarinae eo ad ñan kōbōjrak jorrāān eo elab im emōj an jelōte aoleben lal in. **Wā eo an Pfizer ej wā eo an COVID-19 wōt emōj kōmelim ñan ajiri.** Wa eo an Moderna im Johnson/Janssen emoj komelim nan ro 18 aer yio im ruttolok.

Wā ko an COVID-19 rejab jejjēt wōt aer jermal ñan bōbrae jen nañinmij, deloñ aujbitol, im mij<sup>1</sup> bōtab renaj jibañ an ajiri ro nejid maron rool ñan makūtkūt ko aer ekkā ilo jikuul im ibben ro mōttaer. Katak ko an raan kein rej kwalok ke wā ko remaron bōbrae an jab ajeeded kij in nañinmij eo ñan armij ro jet<sup>2</sup> im remaron jermal ñan oktak in nañinmij eo emōj loi ñan kiō. Jodikdik ro remaorn kelet in bōk wā eo ñan jab kejbarok wōt er jen nañinmij eo, bōtab bar kejbarok ro ilo jukjukinbed eo im elablok aer mōjno im maron jab bōk wā eo ilo tōrre in.



## Ij ke aikuj wā elañe emōj aō kar bōk COVID-19 moktalok?



Jekdoñ emōj an ajiri eo nejum kar bōke COVID-19, ej aikuj wōt wā. Wā ko rej lelok kejbarok eo elablok jen nañinmij eo im am bar bōke nañinmij eo. Katak ko rej kwalok ke emmonlok an wā eo kejbarok kwe jen oktak ko ilo nañinmij eo. 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. Elablok kejbarok im jejjēt an jermal wā eo ñan kōmman am maron bōbrae jen nañinmij jen am nañinmij jen kij eo im bōk COVID-19 einwōt juon nañinmij.

## Ta abnōnō ko remaron walok ibba alikin aō bōk wā eo?<sup>3</sup>

Elukkun letōk kejbarok im jejjēt an jermal wā ko an COVID-19. Bōtab, einwōt aoleb wūno, jet armij emaron walok abnōnō ibbeir, innem aurōk am jelā ta men ko im men ko kwōj aikuj lale.

### Abnōnō ko rej walok alikin wā.

Kwōmaron eñjaak jet abnōnō ko edik ak bwe joñāer, iomwin jet raan. Men kein rej aoleb kakōlle ko ekkā ke enbwinnim ej kōmman an kein bōbrae jen im jikin bōbrae eo an enbwinnim ej kōmmāne men eo aikujin kōmmāne. Ekkā an abnōnō kein jako iomwin 12-48 awa. Jet armij ejellok abnōnō ko rej eñjaake ak jet emaron oktak abnōnō ko ibbeir alikin wā eo aer kein 2 jen wā eo aer kein kajuon. Bōke abnōnō eo ekkā alikin wā ejab melelein kwōjab aikuj bōke wā eo kein 2 an wā in mRNA eo an COVID-19. Kwōj aikuj wā ko ruo ñan am bōk aoleben joñan kejbarok eo.

1 <https://www.cdc.gov/vaccines/acip/meetings/downloads/slides-2021-05-12/04-COVID-Oliver-508.pdf>

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

3 <https://www.cdc.gov/vaccines/covid-19/info-by-product/pfizer/reactogenicity.html>

## Ilo ijo beim rar wāiki:

- Metak
- Būrōrō
- Ebbōj

## Ilo aoleben enbwinnim:

- Biō
- Bidodo loje
- Biba ak menokadu
- Metak bar
- Metak majel
- Maloñloñ, ak eñjaak an metak lojem
- Mōk

## Abnōnō ko ekka aer walok alikin wā

Jet ajiri remaron loe an ebboj im metak lymph node ko aer (etannin lymphadenopathy), ekkā ilo merwañ ak kenwaer.

Jet armij emaron wōr nennab ko rebūrōrō, ebbōj, ak metak ilo jikin eo rar wākare, ekkā aer ba “ba in COVID.” Nennab kein remaron jinoe jet raan ñan lablok jen juon wiik alikin wā eo kein 1. Ñe ewōr an ajiri eo nejum “ba in COVID” alikin an bōke wā eo kein 1, ej aikuj wōt bōk wā eo kein 2. Kajitōk ibben taktō eo an ajiri eo nejum kin kōmadmōde kin juon antihistamine ñan jibañe kin ebōnōjnōj eo, ak acetaminophen ak juon wūno ej jolok ebbōj ejellok steroid (NSAID) ñan metak.



## Melele ñan jibañ kejbarok abnōnō ko

Emmontata kōttar ñan joñan eo aitōktata ñan am bōke jabdewōt wūno in metak alikin am wā. Bōtab, ñe kwōj aikuj ebōk wūno ñan metak ak abnōnō alikin am wā, kenono ibben taktō eo am kin am ebōk wūno ko kwōmaron make wiaiki, einwōt ibuprofen ak acetaminophen (ekkā an etannin Tylenol).

Aurōk bwe kwōn woñmaanlok in bōki wūno ko ekkā am bōki, ijellokun ñe taktō eo am enaj ba kwōn bōjrak alikin am wā.

### Ñan kadiklok an metak im abnōnō jikin eo rar wākare:

- Likūt juon nuknuk erre, molo, im etutu ion jikin eo.
- Kōjbal ak kōmakūtkūti beim.

### Ñan kadiklok am abnōnō kin biba:

- En Lab am idaak aebōj.
- Jab kōnak nuknuk ko rebwil, kōnaki nuknuk ko rebañ kabwili eok.



# Ñaat eo kwōj kūrlok taktō

Ilo eloñ keij ko, kwōnaj ioone wōt abnōnō ko rekkā. Kōjenolok kwe make im kūrlok taktō eo am ak jikin ejmour eo.

- Ñe enaj nanalok an būrōrō ak metak jikin eo rar wākare alikin 24 awa (ak 1 raan).
- Ñe kwōj inebata kin jabdewōt kakōlkōl ko rejab ekkā emaron wōr am kajitōk kin abnōnō ko reloñ jen am bōke lablok jen juon wā ilo juon wōt ien.
- Ñe kwōj inebata kin abnōnō ko ak rejab jako iomwin jet raan.

Kūrlok juon taktō ilo ien eo wōt elañe ej wōr wōt jabdewōt kakōlkōl kein lok ñan 3 wiik alikin am bōke wā in COVID-19:

- Ejab jimwe jonan paam in menono
- Etab am lolokjen
- Metak ob
- Boktak ak aban am kenono
- Lotlak ak jajelokjen
- Ebboj neem
- Ekaal ak ebidodo am mao
- Petechiae (anan buroro ko redik ilo kilim)
- Elab an metak lojeem im ejab bojrak
- Elab metak bar im metak bar eo ejab bojrak
- Dibubbub
- Kajjinok
- Mojno ak oktak am enjaak, neman im bwin jabdewot, lolakjen, ronjak



## Abnono ko rekauwotata im lab alikin am boke wa eo relukkun jeja<sup>4</sup>

Emōj watōke aoleb nañinmij ko rej walok rekauwōtata elañe armij eo aikuj bōk kōmadmōd kin epinephrine ak EpiPen<sup>®</sup> ak etal nan aujbitol. Kain nañinmij kein ettaer in anaphylaxis, im elab aer walok iloan 30 minit alikin an juon wā. Armij ro remaron abañ aer emenono, ebbōj mejaer im būruer, mōkaj an paam menono, im nennab eo enana ilo aoleben enbinnier, ak addeboulul im mōjno. Wūnin an aurōk bed 15-30 minit alikin am wā, bwe taktō eo am en maron lale kwe im lolorjak emmon aoleb men. Ewor wuno nan komadmod anaphylaxis. Jabdewōt eo enaj walok anaphylactic ibben alikin wā eo kein 1 an wā eo aikuj **jab** boke wa eo kein 2.

### Elukkun bar jeja nañinmij ko rejab kauwōtata im rej kaju walok.

Nañinmij ko rej walok im rejab aikuj idin kōmadmōd ak deloñ aujbitol ettaer in nañinmij ko rejab kauwōtata im rej kaju walok. Kain abnōnō kein rej walok iloan 4 awa alikin wā. Armij remaron walok nennab, ebboj, ak kajjinok. Elañe ajiri eo nejum ear kaju walok juon abnōnō ibben alikin an bōke wā eo an COVID-19 ejab aikuj bōke wā eo kein 2, jekdon ñe abnōnō eo ear jab kauwōtata ñan aikuj idin kōmadmōd ak deloñ aujbitol.



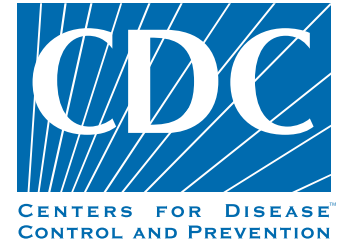
<sup>4</sup> <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/allergic-reaction.html>

## Elukkun dik joñan eo ñan an walok abnōnō ko ibbam iomwin ien aitōk.

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 kōjberbal ilo idin ien (EUA).

## FDA im CDC renaj woñmaanlok aer lale ñe ewōr jabdewōt abnōnō ko rejejä

An mōkaj an kar kōmman wā ko ear walok jen an kar diklok kakien ko rekōmman abañ, jab tiljek in kōmmāne aoleb mennin aikuj ko ak kōjekdoñ jabdewōt wāween kejbarok ko. Scientist ro rar jberbal kin kein jberbal kapeel emōj kar kōjberbali ñan kōmmani wā ko elablok jen joñoul yiō. Milien keij in COVID-19 ko ibelakin lal in rar komelīm an scientist ro mokaj aer katak kin kij in naninmij in nan kommane juon wa eo ej letok kejbarok im ejejjet an jberbal. Milien armij ilo Amedka emoj aer boke wa ko an COVID-19 ilo juon wāween lale kejbarok eo elukkun lab ilo bwebwenato. FDA, CDC, im Kamiti in Rojan kin Kultien Wa (Advisory Committee on Immunization Practices, ACIP)<sup>5</sup> emoj aer lukkun etale aoleb melele ko ewor im rej loke ke wa ko rej letok kejbarok im ejejjet aer jberbal nan bobrae jen COVID-19. **Am bōk juon keij in COVID-19 elukkun kauwōtata ñan mour elablok jen uwōta in am maron bōk juon jorrāan kauwōtata jen wā eo.**



Emmon tata kein jerba eo an Amedka ilo lal in <sup>6</sup> nan kabok abnonon ko rejeja im jemaron wot loi ilo ien rej lelok wa ko nan elon armij. CDC ej kojella nan armij ke jabdewot ien juon armij ej kojella kin juon naninmij alikin an wa, jekdon naninmij eo ear walok ak jab walok jen wa eo. Jabdewot armij emaron kojella kin juon naninmij ak abnono alikin an wa, ejab takto ro wot. Melele in ej kojella ilo Kein jberbal eo nan ripoot abnono ko rej walok jen wa (Vaccine Adverse Event Reporting System, VAERS). Aurok in kememej ke elane juon jorraan in ejmour ej ripoot ilo VAERS, ejab melelein wa eo ear kommane jorraan eo. Mennin ej lelok wot kojella nan scientist ro, ro ewor aer kapeel kin kejbarok, im takto ro kin jabdewot jorraan ko remaron aikuj bar lukkun lale.

Juon waanjonok in wāween an emmon an jberbal kein jberbal eo ej an kar mokaj aer loe wa in COVID-19 eo an Johnson & Johnson ear kobalok ibben juon kain mekak in botoktok ejeja (thrombosis ibben thrombocytopenia syndrome ak TTS) im ear aikuj oktak komadmode jen kain mekak in botoktok ko jet. Kein jberbal eo an VAERS ear maron kalikar abnono eo ejeja im CDC ear maron ba nan takto ro wāween eo emmontata nan komadmode mekak in botoktok kein. Kio, jekdon juon armij enaj boke abnono in ejeja, takto ro remaron jējjet aer komadmode. Aurok in bar ba ke wa eo an Johnson & Johnson ej juon kain wa oktak jen wa in mRNA ko an Pfizer im Moderna. Ejellok mekak in botoktok emoj an kobalok nan elonlok jen 20 milien wa ko an Pfizer im Moderna emoj lelok nan armij. Wā eo an Pfizer ej wā eo an COVID-19 wōt emōj kōmelim ñan ajiri.

Emoj an kein jberbal eo ej lale kejbarok in wa eo loe jet ripoot kin myocarditis (ebboj majel in menono) ak pericarditis (ebboj kaneek eo torerein menono).<sup>7</sup> Naninmij in ejmour kein rejab jeja. Ekka an myocarditis im pericarditis walok alikin juon naninmij kin kij ko einwot bulu, naninmij in Lyme, im bar COVID-19, im remaron komadmode. Tarrin 10 nan 20 armij jen 100,000 armij ilo Amedka emoj kakolkole er kin myocarditis kajojo yio. Ejanin wor melele elane keij in myocarditis ko rejeja rej kobalok nan wa ko. Doulul in Menono eo an Amedka (American Heart Association) emoj an kar kwalok juon melele ilo raan ko rej kab jemlok<sup>8</sup> rojan armij ke kin an keij ko emoj ripoot jeja im elab an dik jonan uwota in naninmij, ej lab wot bok jiban jen wa ko an COVID-19 nan jabdwot uwota emaron walok jen abnono in.

<sup>5</sup> [https://www.cdc.gov/mmwr/volumes/70/wr/mm7020e1.htm?s\\_cid=mm7020e1\\_w](https://www.cdc.gov/mmwr/volumes/70/wr/mm7020e1.htm?s_cid=mm7020e1_w)

<sup>6</sup> <https://www.cdc.gov/vaccinesafety/index.html>

<sup>7</sup> <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/myocarditis.html>

<sup>8</sup> <https://newsroom.heart.org/news/covid-19-vaccine-benefits-still-outweigh-risks-despite-possible-rare-heart-complications>

## Etke ajiri rej aikuj bōk wā eo an COVID-19?

Elab an loñ ebōd melele eo ibbeir ke ajiri rejab bōk COVID-19 ak rejab bed ilo uwōta ñan nañinmij kauwōtata jen kij in nañinmij eo. Bōtab, jet ajiri ebwe aer nañinmij im rej aikuj bōk jibañ in kōmadmōd iloan aujbitol Ej lab wōt melele jejañin jelā kin wāween an COVID-19 naj woñmaanlok in jelōt ajiri iomwin ien aitōk.

Elablok an COVID-19 kauwōtata jen uwōta ko remaron walok jen am bōke wā eo. Ajiri rej eñtan jen abnōnō ko rekauwōtata im maron aitōk ien kin joñan ko einwōt rūtto, jekdoñ ñe ear ejellok kakōlkōl ibbeir ak ear wōr wōt kakōlkōl ko redik ilo ien aer kar nañinmij. Eloñ ajiri rej woñmaanlok in eñtan jen mok, metak bar, metal loje, metak majel im mokwōj in enbwin, im wōr abañ ilo aer ememej im madmōd melele.

Jen jinoin jorrāan eo elab ear jelōte aoleben lal in, 77,827 ajiri in Utah joñan yiō 0-18 emōj kar kakōlkōle er kin COVID-19, im 683 aer aikuj deloñ aujbitol. Jen ro rar aikuj deloñ aujbitol ilo kumi in ajiri ro joñan yiō in, 74 rar bōk nañinmij in ebbōj ilo eloñ jikin ko iloan enbwin ej walok ibben ajiri (MIS-C). MIS-C ej juon nañinmij kauwōtata emaron kōmman mij.



## Emōj ke wōr mij jen wā ko an COVID-19?

Ejañin wōr mij rar walok kaju jen wā ko, jen 259 milien wā ko an COVID-19 emōj lelok ilo Amedka jen Tijemba 14, 2020 ñan Mae 10, 2021.<sup>9</sup>

Emōj an CDC loe ke wā in COVID-19 eo an Johnson & Johnson ear kōmman an walok juon nañinmij eo elukkun jejā im kauwōtata –mekak in bōtōktōk kin platelet ko redik joñaer—ibben joñan armij ro relukkun eiēt. Ilo ien in, eloñ taktō ro rar jab jelā ke mekak in bōtōktōk kein relukkun jejā rej aikuj otkak kōmadmōdi jen wāween aer kōmadmōd mekak in bōtōktōk ko jet. Jerata eo ej, kōmadmōd mekak in bōtōktōk kein relukkun jejā kin ejjā wūno eo an mekak in bōtōktōk ko jet emaron walok abnōnō ko relukkun kauwōtata—im jet armij emōj aer mij—kinke mekak in bōtōktōk ko aer rar jab kōmadmōdi kin wūno eo ekkar. Ejañin wōr melele ej kakoba mekak in bōtōktōk ibben wā ko an mRNA (Pfizer ak Moderna).

Ejañin wōr mij jen jabdewōt abnōnō (jekdon abnōnō ko rejejā) jen wā ko an mRNA (Pfizer im Moderna). Pfizer ej wā eo wōt emōj kōmelim ñan ajiri ro rediklok jen 18 aer yiō Wā eo an Johnson & Johnson ejab melim ñan ajiri ro rediklok jen 18 aer yiō.



moderna

Johnson & Johnson

<sup>9</sup> <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/adverse-events.html>

## Woñ eo ejab aikuj bōk wā in COVID-19 eo an Pfizer?

Wā in COVID-19 eo an Pfizer/BioNTech emōj kōmelim ñan ro 12 aer yiō im rūttolok. Kwōjab aikuj bōk wā in elañe:

- Ear walok juon abnōnō kauwōtata alikin wā eo kein 1 an wā eo.
- Ear walok juon abnōnō kauwōtata nan jabdewot [kobban](#) wa eo.



Kenono ibben taktō eo am mokta jen am bōke wā eo an COVID-19 elañe armij eo ear kaju walok juon abnōnō ibben alikin an bōke wā eo kein 1 an wā eo an COVID-19, ak ear walok juon abnōnō ibben jen bar juon kain wā ak wūno rar lelok ilo wā kin bar juon nañinmij, jekdoñ ear jab kauwōtata

Kwōmaron bōk wā eo jekdoñ ear walok abnōnō kauwōtata ibbam ilo tōrre ko maanlok im rejab ikijen wā ko ak wūno ko rar lewaj kin wā, einwōt, mōñā, menninmour, baijin in menninmour, mejatoto, ak kadeke latex. Kwōmaron bōke wā eo elañe ewōr wūno in idaak ko kwar kadeki maanlok ak ewōr melele ko maanlok kin an kar walok abnōnō kauwōtata ibben baamle eo am.<sup>10</sup>



## Imaron ke bōke wā ko jet ilo ejjā ien eo ij bōke wā eo an COVID-19?

Ilo ien eo kwōnaj bōke wā eo an COVID-19, ebar emmon ien in ñan lolorjak an jab jabikbik wā ko am im an ajiri eo nejum. **Wā ko an COVID-19 im wā ko jet remaron kiō lelok ilo ejjā raan eo, im ejako am aikuj kattar ñan bōke wā eo COVID-19 elañe ewōr bar juon kain wā oktak ilo raan ko 14 aliktata.**<sup>11</sup> Kajitōk ibben taktō eo am kin abnōnō ko remaron walok jen kajojo wā, innem kwōn jelā ta ko kwōn lale. Emaron walok abnōnō ko ibbam jen wā kein JIMOR ilo ejjā ien eo wōt.

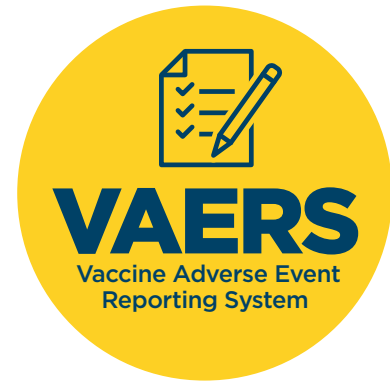


<sup>10</sup> <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/specific-groups/allergies.html>

<sup>11</sup> <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html#Coadministration>

## Ij ke aikuj kōjellā kin jabdewōt abnōnō ko alikin aō bōke wā eo an COVID-19?

Ñe kwōj lomnak ear walok juon abnōnō ibbam alikin am kar wā, kwōmaron kōjellā kake ilo [Jikin Jerbal eo an Kojella kin Abnono ko rej Walok jen Wa \(Vaccine Adverse Event Reporting System, VAERS\)](#) an CDC. Kwōmaron bar kajitōk ibben taktō eo am bwe en kōjellā kake ñan VAERS. VAERS ej jibañ an mōkaj an scientist ro im ro ewōr aer kapeel ikijen taktō loe jekjek ko rejab ekkā im rejab katmāni ikijen jorrān in ejmour (bar etan in “adverse events”) im ej kwalok ke emaron wōr juon uwōta in jorrān kin wā eo.



## Kadelon etam ibben V-safe

V-safe ej juon kein jermal online ej kōtlok am ba ñan CDC elañe kwōnaj bōke jabdewōt abnōnō ko alikin am bōke wā eo an COVID-19. Kwōmaron bar loe kein kōkememej ko elañe kwōj aikuji wā eo kein 2. Bōk melele ko relablok kin v-safe ilo [www.cdc.gov/vsafe](http://www.cdc.gov/vsafe).



5 <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html#Coadministration>

6 <https://www.cdc.gov/vaccinesafety/concerns/multiple-vaccines-immunity.html>