

Makounchaghe Ichiyaza Hokhpapi Wisdaye

Oyate Kin Wichozani – Wowapi De Taku Hechitu

Pezhuta un tuwe chawichapa hena wichoni shkan pi hed otohan. Tuwe chawichapa yuha pi kin, hena woyazan awayanka naku anaptan. Wisdaye hena tachan ichewakta cha heche woyazan anapta kte.

Makounchaghe ichiyaza hokhpapi hena taku he?

Oni washte shni kinhan he makounchaghe ichiyaza he e. Tuwe howakhpe wayazan kinhan, unghe wayazahdata tain shni, tka tohan hokhpe ga psha kinhan tuwe k'u kte okihihi. Makounchaghe ichiyaza hena howakhpe nakun oni wayazan ikiyeda heche che. Tka, woyazan hena iye che che. Wadake kinhan tachan nichuwita kte, tachan ata oniyaseza, nikutuke nikhba, dote niyazan, howakhpe nakun. Shichecha chistina kin hena iyota tezi yazan, hdepapta khta cha che. Tuwe makounchaghe ichiyazan kinhan, henukh oni shichaya iyaye ke okihi, wayazan tipi hetkiya iyaye kte.

Tuwe hokhpe ish psha nakun woyute yatkan pi hena okichi'chupi kinhan, makounchaghe ichiyaza o'kshan wichak'u kte. Tukted woyazan hed odutan kinhan dukapi oyakihi, ite odutan kinhan. Heun, tohan psha ish howakhpe kinhan, pasu kin nakun e hed akakhpe kich'un. Nape kin tayeda hduzhazha, hahan ite hena oduta shni. Tohan psha howakhpe kinhan, wipazhazha napeg ite hena tanyan hduzhazha.

Waniyetu iyohida, makounchaghe ichiyazan hi okihi. Manitoba hed, ptanyetu hed woyazan kin hena wetu hehanyan ihunni okihi. Wisdaye ptanyetu kinhan heched ich'u pte washte, heched niye nakun oyate kin hena woyazan iyachupi kte shni.

Wisdaye he taku he?

Waniyetu ata, wounspe odepi wichashta hena woyazan abdez un pi. Taku wounspe ichu pi hena tokatakiya tokedked woyazan iye kta hed wadaka pte. Taku wisdaye hena waniyetu hed kaghapte. Wiyeya wichak'u pte. Waniyetu ata, wisdaye tokcha okihi. Wisdaye okutakinyan iyaye che, heun wisdaye iyachu nina washte kte.

Health Canada hena wisdaye obe he iyechitu da pi. Wisdaye hena Manitoba's omaka hokhpe woyazan ikchewakta waechun ituya wichak'upi.

Hokhpe wisdaye he, taku woyazan tokcha, hokhpe, tezi wayazan, oni wayazan, nakun COVID-19 hena choya asni okihi shni.

Manitoba wanna de wisdaye yuha pi, hena tachan washagichiya yaun kte heched waniyazan kte shni. Woyazan topa hena asni okihi. Wisdaye nupin pezhuta un chapa. Wisdaye nupin howakhpe woyazan yuke shni.

Shicheche pi hena wichak'upi okihi pi, wisdaye hena taku ota koyagye unkan tuwe kan pi hena owichunkiyapi kte, heched washagichiye yaun pte.

[Manitoba.ca/flu](https://www.manitoba.ca/flu) hed owa pte, taku studya yachin pi kinhan, hed awayanka.

Tokecha wisdaye wanzhi iyachu pta he?

Hena pezhuta wichashta chonana titokan yaun pte, wayazan tipi nakun, wichakte shni pte tuwe nina wayazan kin se.

Wisdaye iyachu kinhan hena niwashte kte, nitiwahe nakun, nakun oyate kin, unghe nina wayazanke khche, hena tanyan un pte.

Wisdaye nakun tachan nitawa kin tokatakiya awawichayanke kte, tachan nitawa kin unshagya yaun kte.

Tuwe wisdaye iyachu kta he?

Shicheche owas Manitoba pezhuta awanyankapi hena wisdaye akta nich'u pte. Dena ituya nich'u pte.

Makounchaghe akta wisdaye he oko nunpa iyopta che e. Heun, ptanyetu kinhan wisdaye iyachu kinhan he nina washte kte, waniyetu shni ched.

He nina washte kte, tuwe wisdaye iyachu kte kinhan washagye nichaghe kte, nakun tuwe awanyaniye kinhan, tuwe ostodye nakun. Dena izha:

- tuwe wikchemna shakpe samn zaptan wakantuya
- tuwe kan tipi hed waechun pi, nakun hed tipi
- shicheche pi wi shakpe ga wakantkiya
- tuwe taku waniyazanke:
 - tuwe wayazan hda ish yuhunke shni tohan woyazan ichupi ish pezhuta wichashta okiyapi che
 - chante wayazan hda (e.g. cystic fibrosis, athsma)
 - (tuwe shicheche wi shakpe ni unpi iyoka ohna ake shakhdoghan koshka wikoshke) hena acetylsalicylic acid (Aspirin®) hena owichakiyapi che
 - nasu wayazan hda
 - chanhanpi wayazan
 - pekshin wayazan
 - we wayazan hda
 - chepa (tachan ≥ wikchemna topa iyahunni)
- tuwe ihdushake
- woyazan awayanka pi nakun tuwe tokahe awayanka pi
- tukted t'is yankapi hena awayankapi (watakiya wichaunpi hena)
- tuwe oyate okiyapi che
- tuwe shicheche waniyetu zaptan hena awanwichakapi

Makounchaghe Ichiyaza Hokhpapi Wisdaye

- tuwe tib hed shicheche awanwichakapi, tuwe ounpapi hokshiyopa nina wayanzake khche
- Dakod oyate
- shicheche pi hena wisdaye ichupshni kinhan tuwe napchiwanke kutkiya, wisdaye num ichu pte, wi wanzhi akta, heched howakhpe wayanzan iyachu pte shni. Makounchaghe akta hed wanzhida ichupte.

Taku wisdaye hena kaghapi hed studyaye yachin kinhan, tuwe hena kaghapi ish, Manitoba omaka hokhpe woyazan website (manitoba.ca/flu) wadapakte, ish tuwe woyazan awayankapi okiyaka, hena studyapte onichiyapte.

Tuwe wisdaye ichu pi kte SHNI he?

Dena wisdaye ichupte shni:

- hokshiyopa kin hena
- tuwe wisdaye ichub tka wonatuze
- tuwe hokhpe wisdaye wonatuze ya pi kinhan (witka icheda)
- tuwe Guillain-Barre syndrome (GBS) shakpe oko wisdaye kinhan, ichu pi kte shni

Wisdaye washake tuwe wikchemna shakpe sanm zaptan wakanutya un pi hena ichu pte. Tuwe wikchemna shakpe sanm zaptan kutkiya wisdaye washake ichu pi kte shni. Tka wisdaye ikche wanzhi ichu pte.

Tohan ichub kinhan, ihnunakh unghe dechitu kte

Health Canada awayankapi hena wisdaye tanyan okakhnighapi studyapi.

Unghe tuwe ichub kinhan ihnunakh shicheche pi hena oyasaza, shayedda ish po iyaye kte, tukted chapap kinhan.

Wisdaye washake hena proteins ota yuke, heun tukted oyasaza, shayedda ish po iyaye kte, tukted chapap kinhan.

Naku unghe tachan nichuwita kte, pa yazan, naku wanituka kte. Acetaminophen (e.g., Tylenol®) unghe ichu kinhan waniyazan kte shni. Acetylsalicylic acid (e.g., Aspirin®) shicheche TOHNI hena ichu pi kte shni. Nasu wayazan kin kte ish Pi yushiche kte. Woyazan he Reye's Syndrome eyapi che e.

Unghe oni washte shni ayapi, oculo-respiratory syndrome (ORS) eyapi che e, anpetu wanzhi hed iyopta che. ORS he ishta shayedda yaun pi kte nakun ite po iyaye kte, naku ihnunakh dena: howakhpe, chuwi or'inza kte, oni washte kte shni, ho shiche kte, dote niyazan kte. Tuwe woyazan awayankapi hena kchi iwohdaka, tohan taku wisdaye ish oniyazanke yaun pi kinhan.

Woyazan tipi hed dake kte tohan wisdaye nich'upi kinhan, ihnunakh wonatuze inichiche kte. Dena nakun iyachu okihi: nashdi, oni washte shni, dote po iyaye, chezhi, nakun ishti po iyaye kte. Tohan wayazan tipi itaye ikiyahda kinhan, ake woyanzanhdha kinhan yuinakhne chipash woyazan tipi idade kte.

Tohan ake woyanzanhdha kinhan, woyazan awayanka hed ake owichakiyaka.

Tohan wisdaye nich'u pi he wowapi kagha pi

Manitoba Immunization Registry hed owa yanke kte.

De owichakiyapi che:

- taku pezhuta iyachu hena owayanke kte, nakun shicheche wichaduhe kin izha,
- tohan pezhuta iyachu kinhan hed owaya yanke kte, ahantuya ake tohan iyachu kte kinhan onichiyaka pte,
- wisdaye hena tanyan waechun kinhan awayankapi kta, izha studyapi chin pi.

Tohan wowapi kagha pi hena yachin pi kinhan forms.gov.mb.ca/immunization-update-request hed wowapi nitawa kin da. Akan wisdaye wowapi tokshu hena nich'u pte. Hecheche wanzhi hiyuniya pte:

- wichozi tipu kin hed masapa;
- wichozi tipu ish pezhuta wichashta tib hed ihnunakh, owichakiyaka kinhan onich'iyapte;
- wayazanka awanyanka ish wichozi tipu hed owichakiyaka.

Tukted wichozi tipu yuke kinhan ded owa pte:

manitoba.ca/health/publichealth/offices.html

Wowapi kaghapi hena nitawa nakun shicheche nitawa do. Hed awayanka pte. Yachin kinhan zani wowapi nitawa hena woyazan awayankapi hena wadaka pte shni. Taku studyaye yachin pi kinhan, manitoba.ca/health/publichealth/surveillance/phims.html ish wichozi tipu hed ob wohdaka po.

Hokhpe woyazan nakun hokhpe woyazan wisdaye hena studyaya yachinpi kinhan:

- wichozi tipu awayankapi ob wohdaka po; ish
- Health links – Info Santé Inyan Tipu hed masapa, 204-788-8200; Manitoba masapa ituya 1-888-315-9257; ish
- titokan ya:

Manitoba makounchanghe ichiyaza hokhpa website:

manitoba.ca/flu

Health Canada ichiyaza hokhpa website:

healthycanadians.gc.ca/diseases-conditions-maladies-affections/disease-maladie/flu-grippe/index-eng.php

Immunize Canada:

immunize.ca

Tukted taku kaghapi hena makounchanghe ichiyaza wisdaye hed un:

manitoba.ca/flu