

Ghaiyeh duneldtu influenza vaccine dtcha neidi ghehl dene ghigui

Dene ghenakanelni – Ghenih editlis gholihn

Dene ghenakanelni bazi eghalaghada dene ghigui eyi deghadeh bedtodeahs. Dene ghigui dta dedah dta dene bekagha tai bedtah eya tai dtcha chu bedtzodelthi chu dtcha gheni tthi deghadeh bedtodeahs. Eyi neidi neyagha dta bedta kedindighi yekolya ghadthn ghu yedta nedtthi dtzeni ghu bedta yedadendteh gha yedtzenihs.

Edtlaghi adtzedi ah ghaiyeh duneldtu influenza sni?

Ghaiyeh duneldtu influenza (the flu) sni ghedtzodelthi nadtihn ini adtzedis deda dene dtzedithe bekagha nahlihn virus ghedtzodelthi dta. Detthiyeh dene dta flu bek'e nadtih etledaldte ghile, kulu eyi dene tthi bedta dedah ghedtzodelthi nadtihns delkoth tai yelais tai dta. Eyi flu dtzedjih ghudenile dta dene eyai tai dekoth dta dene eyai tai landtehs. Kulu, bedta dene eya de dekoth dene k'e asihn eya ghunidhen tlis. Bedta dene eya ghaneh de, dene dtthi dti nedhel ghadthn ghudtthi dene tthi dti ghehltdtzi ghadihn, dene ninidtzahn ah landteh ghudtthi dene dhiyeh tthi eya ghadthn ghu tthi dtzelkoth kulu deyai landteh tlis. Nadtzekui gha tthi laundteh ghudtthi dene bed tthi eya tli, dene gotheh kaneh daniyei gha kughundeh tis. Eyi flu sni bedta ghoazih due nadtih dtaghah pneumonia tthi dene bek'e nadt bedtzihn aneh bedta neidi k'olyai kue dene ghek'eghonih nadtihns.

Eyi flu bedtzodelthi dene tah dtzelkoth dta chu yedtzelaishi dta chu ahtla asi dtzeldehl ghidtah chu ahtla asi gha sichelyi dta chu dta dene yedta eya nadtihn eyis. Eyi ghehl tthi flu dene ghuini gha ghudenihns dene flu bek'ei asi ghedehdi de eyi deda dene ghuini nadtihn dene beniyeh ghodtzihn tai beda ghodtzi tai benagha ghodtzi tai dta eyi ghededih deh eyi virus ghededih tlagha. Eyi ghodta ghodis neniye chhu nedtha chu dadughulchuth sni dihnkuth tai yilais gha tai de sni. Neneh ghedughundi sanah nela tthi elghani bek'e naultzil ghudtthi sni. Dene la k'enaltdzili dtazeldei (dadtluk) chu tu chu ghehl tai yudtzel landti kundtue dta gholihn dta dene la kenaghaldei dtzelkoth tai yihlais nileh ghodttagha de.

Nedidi flu ghaiyeh duneldtu bedtzodelthi eyis. Nedjahn Manitoba eyed ghu ghaidtasihn ghotzih gholukagha ghodtzen kundteh tlis. Nen edughulni gha, dta nebaneh nadeh si chu gha, flu dtcha nigui naulih la ghaidtazi ghunidhed ekughu deh flu ghenunilthed ghile ghidtu nedjah Manitoba.

Flu vaccine sni edtlaghi adtzedi ah?

Ghaiyeh duneldtu scientists yuwelnih sih eyi flu nedjah nih k'e dtandtu bedtzodelthi si. Eyi editlis etlughetleh si ghadeh dtandti flu strains (elkedtchai) bedta dene tlai eyai gha kudelya ghadthn flu season gha nudeldhed ghilei dtu. Eyi dta flu strains bedta dene eyai tlagh gha si eyi bedta flu vaccine ghotleh nagholihi eyi ghaiyeh gha. Eyi ghodta, vaccine gholihn desi eteldteh ghileh ghaiyeh duneldtu. Eyi ghehl tthi, eyi dta ghodi sihn vaccine dene ghachu naulih dekulu dene dtzeni sih tthi kedaqhn ghadthn tlis

suwanilthagha ghoyaze nadtih ghu, eyi dta ghodih nigui ghuleh woleh sni ghaiyeh duneldtu.

Eyi flu vaccine si tthi elk'edtchai tthi tlagh eyi dta Health Canada bedta ghodtihn gha suwa dadi de eyi ghadeh bedtautdi ghalihns. Dta neidi vaccine dta bedta ghodtihn gha suwa sni desi eyi nedjah Manitoba bedtzih Seasonal Influenza Immunization Program gheltzih sih asi naili dene ghachus dta Manitoba nadadeh si ba.

Eyi flu vaccine bedta etladuni deda viral dta tai bacterial dta eya tai de eyi dtzeni eyi ghileh sihn, dekoth dta dene eya tai, dene biech dta dene eya tai dene dtzeditheh dta dene ghedjih dta ba duwe de COVID-19 dta tai de eyi tthi dtzeni eyi ghileh sihn.

Manitoba vaccine dene ghachu sih eyi nadtzed wolih ghunidhen de eyi tthi ghulihns, eyi bedtodeahs dighih flu strains dta ghoazih bedta dene eya nadtih dtcha gha. Baneldtu vaccines eyi dene ghachui dtzantilihi dta dene ghachus. Baneldtu eyi vaccine dene ghachu si flu virus ghenai ghehl dene ghachui eyi ghile sihn.

Eyi influenza vaccine sni standard-dose eyi dtalos dene gha eyis elkedtai bezagha ghodtzi ghoaneldtei ghodtzen, ku dta high-dose flu vaccine eyi dighih dta ghoanailtdtzed eyis influenza virus protein (antigen tthi ghulyei) bedta gholih eyi ah eyi dedtthiye dene 65 beghaiyeh ghodtzi ghoaneldtei eyi bayilchu tlis yedta eyi deda ghedeldteh gha.

Eyi gha ahtlqh kudushai ghunidhen de nedidi high-dose flu vaccine gha dtandtu dene ghughijni ghili sih ghulei gha de manitoba.ca/flu k'ilni de beghulei ghas.

Edtlai ghoka flu vaccine dene ghachu sni ah?

Flu vaccine dene ghachu de elghane neidi ghanai ghedthn gha ghileh, neidi ghanai kuwe tzetih ghileh ghudtthi thadtzidhi gha ghile flu season gha nudeldhed de, ghoteghe eltthi dta dene suwena landteile si dedah dta flu bek'e nighilei dtzianeh ghodtah.

Dene ghigui eyi bedta dene yedtodelah, dene ghagholeh tthi ghuelni ghu, kuwe dene nadadei tthi ghuelni landtu dtagha bedta dene tthi thaghadhi ghidta begha nanighodeh ah ghodis.

Eyi vaccine neidi nedtthi dtzeni yanathe gho gha flu betzodeltthi naudja de, nedtzi immune system dtzedtah aneleh gha sihn.



Ghaiyeh duneldtu influenza vaccine dtcha neidi ghehl dene ghigui

Edtlāghi eyi flu vaccine begħalchu gha ah?

Ghaiye duneldtu eyi flu vaccine dtalosih dene beba ghulihns asi na ghileh ghudtthi nedjā Manitoba nadei elkedtaghi bezagha ghodtzih ghoaneldtei ghodtzen dtau Manitoba bedtzi routine immunization schedule theltzi desi ekughu ghodtzih.

Eyi ghaiyeh duneldtu influenza vaccine dene ghālchui nah dtzidatagha nilthagha deku eghalaghana tliš. Eyi dta ghodis nen chu neghāgholeh chu jhngħaidtu nughugui ghutleh sni nadtihn ghaidtazih ghu flu ghodtzodeltthi ghodtthei dtu ghunidhen ghidtah.

Ghaiye duneldtu flu vaccine dene ghālchui eyi nedja Manitoba nadei dta suwena lanteh ghileh sih, eyi chu, dta yekedalnih chu dta yedtzenildui nadei chu tthi dedtthiyeh badahlchu dezaḥs. Didi dene adtzedis:

- dene 65 begħaiyeh tai ghoaneldtei begħaiye tai de eyi ghel tthi
- dene theni edeghelna gha dui bek'egoni tagħa gho gha bek'eghoni chu
- sekwi elkedtai bezagha ghodtzih sulaghi begħaiye ghodtzen chu
- dene deda bek'ei yedta suwena ghilei didi landtei:
 - deda dta bedtzi immune system nadtzed ghileh ghadjai neidi begħalchui dta chu
 - dene dtziyeh dta dene dajahi bedtzedithe dta tai kundti (cystic fibrosis tai asthma dta tai) eyi kundti dene adtzedis
 - tagħa ghodtzih acetylsalicylic acid (Aspirin® dene tthi eyai gha neidi) begħalchui ghaldhen si (eyi dta elkedtai bezagha ghodtzi 18 begħaiyeh ghodtzen adtzedis eyi ghuyini)
 - dene bedtthi dta daj ahi gheldo dta tai asi ghodta suwena ghile si chu
 - suga dta dene daj ahi chu metbolic kundti dedah dta chu
 - dene dtezeh dta dene daj ah de eyi chu
 - dene bedele dta asundteh de eyi dene chu
 - dene bedtthi nedcha ghundtledhe de eyi chu (dene tthi editlis ghade 40 nuhtchasi de)
- dene sekwiāzeh bedtzi de ghuneshe gha de
- dta dene neidi ghanai kuwe eghadalaghana chu dene ghenakanelni dālihn chu
- dene dta dene suwena ghile si tzenildui eghadalaghana si eyi tthi adtzedi (dtzicho yeh eghadalaghana dene dālihn dene kundti tthi adtzedi)
- dene dta bedijh ghadi asi dta dene dtzeni dālihn eyi tthi adtzedis

- dene sekwi k'edalni sulaghi begħaiyeh ghodtzen sekwi ghel eyi chu
- dtalosi dene dta dene ghel eghadalaghana suwena ghilei dene ghel sekwi elkedtai bezagha k'edauhn chu k'aneh sekwi godhe banudelihn ghuneshei ghenihn dtachu
- Dtalosi dene dtahtthei dene dālihn
- sekwi eltlaghatahn begħaiyeh ghilei dtei chu sekwi neidi flu vaccine begħalchu nighilei ghulei chu eyi nah begħalchu dezaḥs, eyi dijghī dtzidatagha nudeghelihn ghūldū ghoteghe yedtodelah ghas. Eyed ghodtzi de, ihtla ghuyini begħayilchu gha ghaiye duneldtu.

Ghoteghe eltthi dta eyi flu vaccine beyeh nalihn si kudushai nidhen de, eyi dta yeltzih bedtzihn product monograph nuwulihn la (eyi dtandtu begħa editlis gholihn si Manitoba ghaiyeh duneldtu influenza website manitoba.ca/flu gheni bekilni de nedtzihn tzatzane benī ghulihn ke, bewulai ghas) eyi le de dene ghenakanelni dene bel yaghilti de nel kughodi ghas.

Edtlanghi dene eyi flu vaccine begħalchu GHA DUWE ah?

Nedidi bek'eni dehtlisi eyi dene flu vaccine dta bedtzeni gha duwe sihn:

- sekwi elketaghi bezagha ghile dtei chu
- dene dta nadezih neidi begħalchu nisi bedta deghadeh daj ah nighilei ba nezuleh si eyi chu
- dtalosh dene neidi ba nezule dta daj ah nighilei neidi dta bedta gholihn si dta (egheze eyi bedihn) chu
- dtalosi dene Guillain-Barré syndrome (GBS) elketaghi dtzidatagha nilthagha ghu flu vaccine dta gheghod nighile ghodttagħa chu

Eyi neidi dta nadtzed eyi dta 65 begħaiyeh si tai ghoaneldtei tai begħalchu si chu. Dene dta 65 begħaiyeh ghile dtei eyi neidi dta nadtzed sih eyi begħalchu gha duwe ghu tthi. Neidi dta nadtzed ghonethe ghile sih begħalchu ghaldhen dezaḥs.

Flu vaccine bedta tthi dta ghā tthi bedta duwe tli si tthi gha buwedis

Health Canada eyi bedaghade nedtihn ghade ghoteghe ghunidhen ghu ghuwedi ghehl dene gha ghotlei eyis.

Dtandtu bedta dene ghālchui ghade, dene ghigui dta dtakelosi Manitoba keyagha standard dose dta sekwi elketaghi bezagha ghodtzi ghoaneldtei eyi eya ghudtthi, delk'os ghudtthi ghilghas tli dta dene gheghod si.

Eyi dta high dose flu vaccine neidi dta nadtzed si eyi ghoaneldtei flu virus protein beyeh ah (antigens ghulyei) bedta ghoazih eya wonih ghudtthi ghoazī delkos tai ghoazih ghilghas tai gha dta k'e dene gheghod si.

Eyi begħatheni tthi dta gha tthi bedta dene tthi nidhil tli dene bedtthi eya tai nininitzā labaghundte ghas.

Ghaiyeh duneldtu influenza vaccine dtcha neidi ghehl dene ghigui

Acetaminophen (e.g. Tylenol®) eyi beghalchu gha asundtile sihn dene kodja de, bedtthi nidhil tai eyai ghundtledhe ladjade. Acetylsalicylic acid (e.g. Aspirin® dene tthi eyai gha neidi) sekwi ghalchu GHA DUWE sihn bedta deghade daj ah gha bedhed dta chu bedtthigha tthi deda bek'e gha Reye's Syndrome ghulyei deda dta.

Nani dene tthi flu vaccine beghalchu de 24 hours ghudhed ghilei dtu oculo-respiratory syndrome (ORS) dta daj ah tlis. ORS sni bedta dene benagha dikkus adadtihn ghu dtaghah tthi bedtah beneh tthi ghigas ghu eyi ghehl tthi benedidi ihtlaghi tai tthi ghehl ghadtihn: delkoth tai, ghedjih tthi dta bebah duwe ghadtihn ghu bezih tthi denidti labaghundteh tli, eghelnei tthi gha duwe tai, dadeldhil ghadtihn ghu bek'asihn gha tthi eya tlis. Dta dene nughenakanelni nadti si behl yawulti la ORS nuk'e nighileh suthen de yanisi nughagod nighile nisi ekghu, nen tai neyaze tai kodja nedi nidhen de flu vaccine nughalchu ghokezj.

Dta dene ghigui kuwe dene ghudelagh tlis 15 minutes nilthagha dene ghehgod ghokezj neidi dene gha nezule de godja gha. Dene doja de neidi ba nezule kotdjas, bedtthi ghegheth ghadtai tai, ghedjih ba ghudenile tai bedhiyeh ghilghas tai, bedtthu tai beda tai ghade k'odja tlis. Dene kodja de, ghehgod ghodtzi tinja ghokezj neidi ghanai kuwe dtzen nadtchaghadi dezas bedtzeni gha.

Asi tai ghodta duwe ghudja de edane dtu kughodi dezas, dene dtzeni gha.

Nen edegha edughulni dta ghuwulni dehtlis gha

Dedtthiyeh dtau dene ghehgod nisi editlis k'e bek'eghonis dta dene ghigui ditlisch thelai kuwe eyed Manitoba Immunization Registry eyed.

Eyi Registry beggade dughoneh gha asundtiles:

- beggade dtai dta nen chu neyazeh chu nughagod nisi nel kughodi gha ghoqhs,
- dene ghigui ditlisch k'eghoni ghadeh dtau dene ghigui dene ghehl kughodi tai dtandt dta dene ghigui ghanisi beghayedi deh tthi k'olyai ghade dene ghel kughodi gha ghoqhs beghaunidhen de,
- eyi ghoghadeh tthi kodjah ghas dtandt neidi bedtodeai dedah dtcha gheni bedtaudtj gha.

Nen tthi eyi editlis ghudikeh gha asundtiles tzatzaneh bini ghulih k'e ghodtzi nedidi bekilnih de forms.gov.mb.ca/immunization-update-request. Nedtzi editlis editlis naghalyi ini ye negha nilchuth gha. Eyi dta ghileh de dondtu tthi dene ghuwinih gha ghoqhs:

- dta nandhed si dene ghadeh kuwe budighike de, neba bekayadi gha ghoqhs; didi tai

- dta nandhed si eyed thela tai nedtzi neidi ghanai ghudighilke de neba beghanilchuth gholeh tthi gha ghoqhs; didi dta tai
- dta dene ghenakanelni nadtihn si ghudilke tai.

Dtak'e dene ghenakanelni kuwe gholah si kudushai nidhen de nedjah kundta nauya la:

manitoba.ca/health/publichealth/offices.html

Eyi Personal Health Information Act gholihi nisi nuwolnih nedtzi editlis nen tai neske ne tai detthiye buwodihs. Nedtzi editlis neskene bedtzi editlis chu buwedis eyi dta dene ghenakanelni dene kuwe eghadalagha si yeihni gha eyiles. Eyi ghoghah ghozi ghuwusai nidhen de nedja nauya ghu eyed begah dtaundte si kughonis manitoba.ca/health/publichealth/surveillance/phims.html nedidi tai dene ghadeh ghudilke tai.

Flu tai flu vaccines tai gha ghuwusai nidhen de:

- dene ghenakanelni dene bel yaulti; tai
- nejau dtzen yaulti Health Links – Info Santé Winnipeg eyed 204-788-8200; naghani ghileh dtak'elosi nejau Manitoba k'eyagha 1-888-315-9257; tai
- kuntah naneghai:

Manitoba ghaiyeh duneldtu influenza website:

manitoba.ca/flu

Health Canada influenza website:

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

Immunize Canada:

immunize.ca

Dtaudtzi aneh product monographs detthiyeh detlis sh ghaiyeh duneldtu influenza gha beggadeh begah ghuwilei dehtlis nughu budetj ghalay:

manitoba.ca/flu