



Opposun COVID-19 a eppetuk seni semwen

Sinenap non local, regional, me national health ra pesei om kopwe angei ewe opposun COVID-19. Ren iei, a wor 2 oppos ra katou non U.S. ren mei mukono: Pfizer me Moderna. Ir me ruw kei oppos ra require 2 doses ika epwe ruw kopwe angei an epwe pochokun. **Ukukun 95% aramas re angei fan 2 ir ra tumwun seni an repwe urir COVID-19.**

Mei och an epwe nap seni fan ew om oppos om kopwe fiu ngeni ewe chok ew semwen. Ir me ruwoch kei oppos a fen pwano pwun ir mei safe me pochokun.

Sou safei ir mei chiwen kaeo ifa tamen an kei oppos repwe eppetuk me pwan ika ir mei okkouwono COVID-19 an esapw wateno. Epwe ekis mang ngeni meinisin kewe ra mwochen oppos ar repwe tongeni angei. **Sopweno ne tenu poum, mesemes, katon och nefinom seni ekkoch, me sopweno okukunatiw amwocha mwicheich fengen, ika mwo ka fen angei kewe oppos.**

Met re fori

- **Ra aiti inisum an epwe kuna me fiu ngeni ewe coronavirus ewe a forata COVID-19.**
- A wor rer messenger RNA (mRNA)
- mRNA a usun ita ew puken kait. A aiti inisum an epwe for protein usun chok ewe protein a wor non coronavirus. Inisum a anganga ne fori kewe protein me kewe disease-fighting cells me antibodies kewe ra tongeni kuna me fiu ngeni coronavirus.
- **Ika pwe inisum a kuna ewe coronavirus sefan non kan fansoun mwach, a monota ngeni an epwe eppetuk.**

Met rese fori

- **Ese wor** rer coronavirus iwe rese tongeni ngonuk COVID-19
- **Rese** ekkesiwini om DNA ika pwan genetic material. **Rese** tonong non ewe nucleus non om ewe cells – ewe neni DNA e nom ia.



Met e nom non ewe opposun COVID-19?

Kewe oppos [Pfizer](#) me [Moderna](#) a wor rer mRNA me ingredients ren ar repwe anisi mRNA non inisum: fats, potassium, organic compounds ar repwe anisi mRNA an esapw kon watte acid, salt, me suke.

Kewe safeen oppos **ese wor** rer kewe pekin minen chemical ra angei seni pik, sokun, latex ar repwe nom non ei safeen oppos.

Ion epwe tongeni angei kei oppos?

- Watte 16 ier ngeni mei mukono (Pfizer)
- Watte 18 ier ngeni mei mukono (Moderna)
- Kokori noum tokter ika clinic ika ke:
 - Pwopwo ika en mei oupwu noum monukon, ika
 - Mei wor om watten allergies ika semwen

Scientists ra angang won safeen oppos ren semirit kewe ierir a kukkun seni 16 ettiw.



Memmefin ewe safei mwurin om angei

Napengeni aramas a wor rer ekis memmefin ewe oppos mwurin ar angei. Ina na sain wewen nge inisum mei fori met ururun epwe fori: a fori angangen eppetin ewe semwen.

- Kewe memmef a kapachonong cheuch ika par won inisum ian ewe e oppos ian, cheuch mekur, apwangapwang, me/pwan ekis pwichikar (kukkun seni 100.4). Kei memmef ina epwe kon fis mwurin ewe oruwen oppos.
- Kei memmef ina repwe pwusin wesino non chok fituw ran. Ika pwun rese wes, kokori noum tokter ika clinic.

Ese kon fiffis, nge ekkoch aramas a wor rer allergic reaction ika ngaw ngenir ei safei. Meininis kei re urir semweningaw ren ei safei ra fen angei aninnis seni tokter.

- Meininis chon oppos repwe utiwit 15 minich mwurin ar oppos, faniten kewe chon angangen safei repwe tongeni anisir ika pwun re osukosuk ika e ngawengenir ewe safei.
- Ika pwun mei pin wor safei mei ngaw ngonuk me nom, fos ngeni noum tokter ika clinic.

Aninnis mei kawor ika pwun mei wor om kapaseis ika ke pwan aro tiperuweru

Ka tongeni mefi pochokun pwe ei oppos epwene fori ach sipwe tongeni churi sefani me nonnom unukun kewe aramas sia mwochen nom rer. Ina kopwe tiperuweru. Ika pwun en emon aramas kese pwech ika esapw chon won, ina kopwe tiperuweru ika kopwe chiwen nukuw ei oppos seni ewe medical system a fen pin atai an angangen nukuchar ngeni om ewe community me mwan. Medical racism mei fis seni chok non kewe fansoun tori ikanai. Mei weweoch an epwe wor tiperuweru. **Kaero ngeni me kuta aninnis:**

- Fos ngeni noum tokter ika clinic. Ika ese wor noum tokter, kokori 2-1-1 ika Multnomah County Primary Care Clinic: 503-988-5558 | multco.us/health/primary-care-clinics
- Kokori ewe Oregon Statewide Racial Equity Nampan chon tongeni anisuk ika pwun ke pin osukosuk ren pekin racism: 503-575-3764 | linesforlife.org/racial-equity-support-line
- Kokori ewe Oregon Statewide Safe + Strong Helpline ren pekin emotional support me resource referral repwe tongeni anisechuk. Esapw chok faniten om nom non pekin watten osukosuk ika crisis. 1-800-923-HELP (4357) | linesforlife.org/obhsl
- No ngeni multco.us/covid-vaccine ren pwan ekkoch pworous.