

COVID – 19 NATDAL ZA NAUPANG KUM 5 – 11 TE AADING IN

011822.ZOMI

Neekledawn leh Zatuizaha Thunei pawl (FDA) in kum 5 -11 kikal nuapang te aa ding in COVID-19 natdal za phalna kipsak ta uhi. Nuapang kum 5 – 11 kikal te aading in za sutkhat pen kumcing khinsa te sut seh thum suah seh khat hiding hi. Kumcinga temah bangin, nuapang te in nipi thum kihal in nih vei sut ding kism dinghi.

Nulepa tein thudotnop leh khensat haksatna ngaihsutna omkha mahding hi

Nuapang te natdal zatui sutsak ding pen khensat ding thu hamsa pi khat hi mahhi. Hunhoih khat geelin, theihnop dotding thu kiging khol kawmsa tawh, a muanhuai na siavuan te hopih masa lecin thukhen sat nading hong vanzang tuam mahmah ding hi. Nuapang siavuan, zatui hawmte leh sanglam nuapang cidamna vaisai te in na dotnop thute hong dawngthei ding uhi.

Naupang kum 5–11 kikal te aa ding in natdal za kisut kulmah hiam?

COVID-19 natdal za in-

- » **Naupang te COVID-19 lungno kilawh khakloh** nading kidal kholhna **ding in honghuh ding hi.**
- » **COVID-19 kilawh kha phial ahizong in a suksia gawp aa cinat** lohna ding in **hong kem ding hi.**
- » **Naupang te sangkah pelh se loding ahihman in tua in naukeem buaina ding hong phatuam sak ding hi.** Cisa nat gual hongnei ahih liangkei naak leh natdal za kopcing aa ki sunkhin nuapang khat COVID-19 a nei khatpeuh tawh a kisawh khak hangun ki tuamkepna kullo ding hi.
- » Midang te tung ah COVID-19 ki lawhsawn sak khak nading a piangthei dinmun **kiamsak zaw ding hi.**

COVID-19 natdal za nuapang te aading in lauhuai lo hiam?

Kumcing khinsa leh nuapang kum 12 le a tungsiah mi awn tampi Pfizer natdal za ki sunkhin ta uhi.

- » Thu theihbeh nang in nuapang 3000 tung ah ki sinna vuah, **COVID-19 natdal za pen muanhuai mah hi cih kimu khia in leh nuapang kum 5-11 kikal te tung ah natgual kilawh sawn nading pan in kidal sak zo hi cih kician** tak in kimu khia cih.
- » Hih nuapang kumgual te in natdal za hangin a **suksia gawp damlohna** in nungzuih lo hi cih kimu khia thei hi. Natgual Vaisai leh Kidalkholh sakna ding Vaisai na Phualpi (CDC) leh FDA in hih natdal za hangin natsiatna in a nungzuih hiam cih ki tatsat lo in nungzuih in encik toto lai uh ahihi.
- » Nuapang kum 5 - 11 kikal te tung ah a sehtawm zaw milligrams 10 apha natdal za kisutna hoihihi cih kician mah hi. (kumcing sa te zutkhat pen milligram 30 pha hi)
- » FDA te, CDC te, leh Western States Scientific Safety Review Workgroup te tung panin nuapangte natdal za ding **sittel masak na nei in tua khitciang in kipsakna phalna** a ngah uh ahihi.

COVID-19 natdal za kisun khin khangno leh kumcing sa (50000 lak ah 1) khawng in a lauhuai leh a suksia Myocarditis (lungtang natsiatna) a lam dangpi in hongnei leh hong suksia gawp in hong cina sak thei cih kimu hi. Natdal za kisun kum 5-11 kikal tua nuapang 3000 val a ki sinsak na lakvuah kuamah in tua lungtang natsiatna tuakkha lo uhi. COVID-19 natdat za sehtawm zaw ki sun uh ahih manin nuapang te in tua lungtang natsiatna a ngah khak ding uh lamet na tawm zaw ding in ki ummawh zaw ahihi.



Tua a ki paamthuak theih bangteng ahiam?

- » Natdal na namkhat peuh kisut takciang in pumpi zong na kidal kholh sawm ahih manin paamthuak na khatpeuh hong om pen a lamdang hilo hi.
- » Sehtawm zaw sutkhat milligram 10 pha bek ahihman in, kum hamzaw naupang te Sangin sut nihna sutkhit ciangin a paamthuak ding cisa nat, khuasik cihte zong tawmtuam zaw ding hi.
- » Naupang kum 5-11 kikal te a tamzaw paamthuak na te lak ah, a banbul san bawk aihkeh polsuah, thazaw in tawl uh, lutang na, ci le sa gualnat, khuasik sak, cisa nat, aihkeh sung nim in luaksuak. Paamthuak damloh na tuamtuam te ni tawmvei sungin beikik pah ding hi.
- » Mi pawlkhat in tua a suuksia damloh paamthuakna tuak thei khamah ding ahizong in mimal tawmcik bek mah hi. Hih mite khempeuh in kisapna ombang in cidam kikep panpihna ngah ding uhi.



COVID-19 natdal za in:

- » **Coronavirus lungno kihel peuhmah lo** in leh naupang te COVID-19 ngah zawsop sak lo ding hi.
- » **Nuapang te DNA aihkeh khaici pianken dan ki khelsak peuhmah lo** hi, leh tuate DNA sungah ki khol in omlo ding hi.
- » **Hong ciing sak peuhmah lo** ding hi.
- » A beisa kum tampi sung kisin na pan aa ki mukhia thuttheihna bulpuh in natdal za ki bawlkhia ahihi.

	Kumcing (12+)	Naupang (5-11)
Sutkhat a phazah	Milligram 30	Milligram 10
Number of doses	2	2
Sut masak leh a nihna kikal ah nipi kal bangzah kihal in	Nipi kaal 3	Nipi kaal 3

Ki encian hunsung in, natdal za sehtawmzaw a kisin naupang te in kum 16 pan in 25 kikal a phakhin te mahbang in natgual ngahloh nading kidal na dinmun kibang veve uh hi cih kimu khia thei hi.

Koi mun ah naupang te in natdal za ki sunsak thei uhiam?

- » Zatui thohna mun, siavuan te zum, sanginn zum, leh adang vengsung natdal za kisut theihna mun te panin nuapang te COVID-19 natdal za pen ki sunsak thei ding ahihi.
- » Hih mun te ah zong en dih in:
 - » [Getvaccinated.oregon.gov](https://getvaccinated.oregon.gov)
 - » [Vaccines.gov](https://vaccines.gov)
 - » Multnomah Khawksung Sangnaupang te Cidamna munte - multco.us/health/student-health
 - » A dang kisapbehna na neih leh 2-1-1 ah zong sam in. (kamphen hong ki vaihawmsak ding)