

KA FEN ANGEI OPPOSUN COVID-19 MET IEI?

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Om angei ewe opposun COVID-19 ina ewin ouwchean om kopwe eppetuk pwan epeti ekkoch. Iei ka fen angei ewe safein oppos, met a ouwchea kopwe sinei?



Met ewe safein oppos e fori an eppetuk

Ewe safein opposun COVID-19 a aiti inisum an epwe kuna me sinei iwe fiu ngeni ewe coronavirus a efisata COVID-19.

Ewe kaeo ren kewe safei ra urenikich pwun kewe oppos Pfizer me Moderna ra eppetuk an esapw uruk COVID-19. Ukukun 94% (Moderna) ngeni 95% (Pfizer) aramas ra nomw non ewe pekin kaeo ra angei kei oppos ese urir semweningaw.

Kewe sinenap sou safei ir mei chiwen kaeo ngeni ika ifan tamen an kei oppos eppetuk. Ir mei chiwen pwan kaeo ngeni ika kewe aramas ra oppos ir mei chiwen tongeni esemweni ekkoch. Repwe tongeni sinei nupwen a tepetep aramas ra oppos.

Kopwe angei me ruwoch kewe oppos an epwe watte pochokunan an eppetuk

Kopwe angei 2 doses (ruwofoch oppos) seni Pfizer ika Moderna an epwe tongeni watte me pochokun pekin eppet seni ewe semwen COVID-19.

Ren mwittirin ika mangonon nefinen om angei ewe oruwen oppos a anongonong won menni oppos ke angei:

- Ren ewe [Pfizer-BioNTech](#) – oruwen oppos a 3 week (ika 21 ran) mwurin om ewe ewin angei
- Ren ewe [Moderna](#) – oruwen oppos a 1 maram (ika 28 ran) mwurin om ewe ewin angei

Achochongeni ne angei om ewe oruwen oppos akkana ngeni inet na fansoun ra mwochen ika pwun mei tufich. Ewe CDC a pesei om kopwe angei om ewe oruwen oppos esapw mang seni 6 week seni ewe fansoun ka angei ewe ewin. Ese pwan namwot om kopwe pwopwuta sefan ne angei ewin oppos ika pwun e mang om ranin angei ewe oruwen oppos seni ewe fansoun ururun kopwe angei.

Angei om ewe oruwen oppos epwe chok taitap itan ngeni iten ewe ewin ka fen angei.

Mei pwan aro tam fansoun an inisum epwe forata kewe pekin angangen eppetin semwen mwurin om angei sokkun oppos. Ina epwe wor remw sokkun eppet mwurin ewe ewin oppos, nge inisum epwe kon monoochuta an epwe eppetuk mwurin ruw week mwurin om ka angei ewe oruwen oppos.



Kewe memmef non mwochomwochen fansoun

Chommong aramas ra mefi ekkoch sokkun memmef mwurin ar oppos. Kana memmef esapw COVID-19. Ewe oppos Pfizer me Moderna ese wor rer kewe monumonun samwau iwe **rese** tongeni esemwenuk. Memmefin mwurin oppos ikana kana sain ren inisum a fori met ururun epwe fori . A fori an angangen eppeteni seni kewe monumonun semwen. Ekkoch aramas rese mefi memmef, nge ewe oppos a fen fori an angangen eppeteni semwen non inisum.

Kewe memmef ra soun fis:

- Par ika ekis metek ikewe ia ke oppos ian
- Metek mokur
- Monunu
- Pwichikar

Kewe memmef repwe pwusin wes won ar non chok fituw ran. Ika rese wer, kokori noum tokter ika clinic. Ika ese wor noum tokter, kokori 211 ren an epwe wor chon anisuk ne kut.

Angei ewe oruwen oppos ina mwo ika mei wor met ka mefi ren ewe ewin oppos – chienon uchok ika pwun na chon ngonuk oppos ika noum tokter e ura kosapw chiwen angei. Napengeni aramas re kon mefi memmef ren atun ar angei ewe oruwen oppos.

Ese kon chew, nge ekkoch aramas ir mei mefi memmefin ei oppos non ukukun 15 ngeni 30 minich atun ar ra oppos. Meinsin kei aramas ir mei angei mwitirin aninnis seni kewe chon safei. Ina wewen ar uronuk kopwe witiwin mwurin 30 minich mwurin om angei ewe oppos. Ika pwun en mei mefi chowun ei oppos, kopwe fos ngeni noum tokter me mwen om kopwe angei ewe oruwen oppos.

Eppetuk, pwan eppeteni meinsin

Ina mwo ika ka angei kewe oppos, kopwe chok eppetuk pwan eppeteni meinsin. Pwata?

- ✓ Epwe ukukun ruw week mwurin om ewe oruwen oppos an epwe tongeni fori an angangen pochokunen eppeteni inisum.
- ✓ Epwe aro mang ren an aramas meinsin mei mwochen angei ei oppos ar repwe tongeni angei.
- ✓ Ekkoch aramas rese tongeni angei ei oppos iei. Ren iei, ese wor opposun ei COVID-19 ren monukon me semirit mei kukkun seni ier 16.
- ✓ Ekkoch aramas rese tongeni angei ei oppos faniten ir mei semweningaw a ngaw ngenir ei safei ika oppos.
- ✓ Ese wor sokkun oppos epwe 100% an epwe och.
- ✓ Kewe sou safei a ouwchea ar repwe kaeo me katon ika ifa usun an ei oppos epwe eppetikich me ika mei tongeni awora ach sisapw tongeni chiwen achouwnoi ei semwen ngeni ekkoch. A pwan ouwchea ar repwe katonoch ika pwun ei oppos epwe ekkesiwin me foffor och sefan anongonong won ifa usun ekkesiwinin ewe monumonun semwen. Iei mwo, ewe oppos ren Pfizer me Moderna ra tongeni eppeteni monumonun me sokosokun ekkesiwinin ewe semwen.

Non ei atun kich mei fori angangen eppeteni semwen seni ach kewe nenien iechu fengen, kich mei ouwcheani atun ach mwochen anisi me tumwunuw ach kewe famini, chiechiach, me kewe ir mei nonnomw unukuch kewe ra tongeni masini ei semwen.

- Mesemes nupwen om nomw ngeni ekkoch
- Tonu poum iteitan, ika aea kewe sanitizer
- Afani nefinom seni ekkoch (awora 6 feet nefinomw seni ekkoch)
- Fori kewe angangen chufengenin aramas repwe kukkun, mwittir me repwe fis nukun nupwen epwe tufich
- Nomweti non imw ika pwun ke mefi semwen iwe fos ngeni noum tokter ren om kopwe angei ewe tesin COVID-19.

