

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 hokhpape ga psha kinhan tuwe k'u kte okihipi. 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 hokhpape 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 tayed hduzhazha, hahan ite hena oduta shni. Tohan psha howakhpe kinhan, wipazhazha napege ite hena tanyan hduzhazha.

Waniyetu iyohida, makounchaghe ichiyazan hi okihi. Manitoba hed, pranyetu hed woyazan kin hena wetu hehanyan ihunni okihi. Makounchaghe akta wisdaye he oko nunpa iyopta che e. Heced un, Niyega tuwe niohomni, Takuhca unninyega tiwahe nitawa hoh'papi pezuta kin iyacupte, Manitoba imahed tanka iyohpaye sni ced.

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 hokhpape woyazan ikchewakta waechun ituya wichak'upi.

Hokhpape wisdaye he, taku woyazan tokcha, hokhpape, oni wayazan, nakun COVID-19 hena choya asni okihi shni.

Hoh'papi pezuta ikceka ya hoh'papi pezuta sanpa kagapi, Manitoba yuhapi. Hoh'papi okahdoken de hoh'papi okage kin owas icuwa waste, woawanyake kigapi waste. Pezuta okahdoke kin de tuwe wi sakpe hetanhan wakantakiya iwaste pi. Hoh'papi okahdoke sanpa kayapi kin de tuwe hoh'papi iyoyakesa kin un owaste kte. Waniyetu wicemna s'akpe sum zaptan hetanhan wakanta kiya wicaku.

Tuwe waniyetu wicemna s'akpe sum zaptan hena. Pezuta okahdoke sanpa kayapi wacinyapi okihipi hena manitoba.ca/flu hed wayakapi kte.

Tokecha wisdaye wanzhi iyachu pta he?

Niyega tiwahe nitawa ga niohomni hena pezuta okahdoke kin un woawanyaka was'te heca, hoh'papi sice okihi. Hoh'papi pezuta kin de, pezuta wicas'ta es' woyazantipi ekta ewankapi hena ayuhanhi anapte okihi. Nakun hoh'papi un takaunpi hena anapta okihi.

Tuwe wisdaye iyachu kta he?

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

Heced tuwe dena takuhca un hoh'papi:

- 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 $\geq$ wikchemna topa iyahunni)
- tuwe ihdushake
- tuwe dakod pezuta un wapiye tuwe woawayanke, kicopi waecun
- tukted t'is yankapi hena awayankapi (watakiya wichaunpi hena)
- tuwe oyate okiyapi che
- tuwe shicheche waniyetu zaptan hena awanwichakapi
- tuwe tib hed shicheche awanwichakapi, tuwe ounpapi hokshiyopa nina wayanzake khche
- Dakod oyate
- tuwe wos'kate icunsa wicho'han yuhapi wicohan unpi hena hoh'papi sica yukapapi okihipi A(H5N1) woyazan

Makounchaghe Ichiyaza Hokhpapi Wisdaye

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 yachinp kinhan, tuwe hena kaghapi ish, Manitoba omaka hokhpe woyazan website (manitoba.ca/flu) wadappte, 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

Tachan chuwita iyaye kin hena ichu pi kte shni, tohan asni kinhan hed ichu pte. Tuwe kitana hoh'pe yas' pezuta de icu okihi.

Tohan ichub kinhan, ihnunakh unghe dechitu kte

Health Canada awayankapi hena wisdaye tanyan okakhnighapi studyapi.

Manitoba imahed tuwe wisakpe hetanhan pezute kin de ihnuhan iyoyaka okihi. Tainspa icu ed yazan okihi, ostanhe ga s'a ya po okihi.

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 shayeda yaun pi kte nakun ite po iyaye kte, naku ihnunakh dena: howakhpe, chuwi ot'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.

Pezuta kin de icupi kanhan hdicu cni ced kitana iyakipe pte Ecines' ihnuna iyoyakpi 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 woyanzanhda kinhan yuinakhne chipash woyazan tipi idade kte.

Tohan ake woyanzanhda 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.

manitoba.ca/health/publichealth/cdc/div/records.html hed taku sdodyaya yacin hena owaniyake.

Wowapi kaghapi hena nitawa nakun shichecha nitawa do. Hed awayanka pte. Yachin kinhan zani wowapi nitawa hena woyazan awayankapi hena wadaka pte shni. Taku sdodyaya yacin kihan; ded wayaka manitoba.ca/health/publichealth/surveillance/phims.html.

Hokhpe woyazan nakun hokhpe woyazan wisdaye hena studyaya yachinp kinhan:

- wichoza awayankapi ob wohdaka po;
- Health links – Info Santé Inyan Tipi hed masapa, 204-788-8200; Manitoba masapa ituya 1-888-315-9257;
- ded wayaka **Manitoba makounchanghe ichiyaza hokhpa website:** manitoba.ca/flu