

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 etledalde 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 ghehldtzai 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 gothch kaneh daniyei gha kughundeh tis. Eyi flu sni bedta ghoazih due nadtih dtaghah pneumonia tthi dene bek'e nadtih bedtzihn aneh bedta neidi k'olyai kue dene ghek'eghonih nadtihns.

Eyi flu bedtzodelthi dene tah dtzelkothi 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 ghedehti 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'enaldtzili dtazeldei (dadtuk) 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 ghaidrasihn ghotzih gholukagha ghodtzen kundteh tlis. Eyi ghaiyeh duneldtu flu vaccine dene ghajchui nah dtzidatagha nilthagha deku eghalaghana tlis. Eyed ghodtah, nen edegha chu dta nedtzenilduwe budelahn si chu buwilnih kesihn ghuwilnih dezahns neghahnghole daghigui ghuhle dedah dtcha neidi ghehl, dedah bedtzodelthi nadja ghile ghidtu.

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 ghaj nudeldhed ghilei dtu. Eyi dta flu strains bedta dene eyai tlagha si eyi bedta flu vaccine ghotleh nagholih eyi ghaiyeh gha. Eyi ghodta, vaccine gholihn desi etledteh ghileh ghaiyeh duneldtu. Eyi ghehl tthi, eyi dta ghodi sihn vaccine dene ghajchu naultih deku dene dtzeni sih tthi kedauhn ghadthn tlis suwanilthagha ghoyaze nadtih ghu, eyi dta ghodih nigui ghuleh woleh sni ghaiyeh duneldtu.

Eyi flu vaccine si tthi elkedtchai tthi tlaghs eyi dta Health Canada bedta ghodtihn gha suwa dadi de eyi ghadeh bedtaudti ghalihs. Dta neidi vaccine dta bedta ghodtihn gha suwa sni desi eyi nedjah Manitoba bedtzih Seasonal Influenza Immunization Program gheltzih sih asi naili dene ghajchus 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 dtzeditheh dta dene ghedjih dta ba duwe de COVID-19 dta tai de eyi tthi dtzeni eyi ghileh sihn.

Manitoba dughu dedah dtzihn neidi dtalos dene gha kelnih tthi ghehl naghih ghodtihn nezu ghalyai neidi tthi ghulihn ghedja si. Nedidi neidi ghagahn ghadjai bedtodeahs dedah flu elkedtchai ghedtzodelthi nadtihn bedta eya naghodtihn dtcha ghenih. Dtalos dene gha neidi ghotlei dedtthiye dene elkedtai bezagha ghodtihn ghodahn neldtei eyi benihn ghotlei eyis. Ku dta neidi ghodahnzi nezu ghotle ghedjai eyi dta dene bedtthi nadtzed ghile ghadjai si deda nethe bek'e nighilei dta tai ahlnethi 65 beghaiyeh ghodtzi ghodahn neldtei chu eyi tthi beba ghotle ghulyai eyi sihn.

Eyi neidi godhe ghotle ghedjai begahn ghuwusahl nidhen de chu nen tthi neghalchu gha suwa tai naultih nidhen tai de, 65 dene ghaiyeh chu ghodahn neldtei chu beba nuwusihn nuthen de nedjahn kuntah nawudehl la manitoba.ca/flu.

Edtlai ghoka flu vaccine dene ghajchu sni ah?

Flu dtcha neidi ghehl dene ghigui eyi bedtodeah ghonethe sihn edughulnih gha chu neghahnghole beba chu nelodtineh dahnlin kuwe ghonade dene nadadei chu beba dedah dtcha dtaghahn tthi dedah deazihn nadtzed nadtihn dta dene tthi deghade dadatheah nadtihn sih. Eyi flu dtcha neidi ghotlei dtaghodtihn dta neidi ghanai dtzen nadtchanihn kedauhn ghadtihn ghudtthi neidighanai kuwe dtzedtes ghonethe ghile ghudtthi bedta tthi kedauhn dene tlaghahndai, eyi ghehl tthi dta deda nethe bek'e nighilei dta tai dta dene bedtthi nadadtzed ghile sih tthi kedauhn neidi ghanai kuwe nahndihl ghedjas.

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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 ghodtah dta Manitoba k'eyagha nadadei deda nadtzed ghone the ghedtzodelthi dtcha flu gheni neidi ghehl dene dta deda ba nadtzedi eyi daghigui ghuldhen dezahns ghahnsei dtu.

- dene 65 beghaiyeh tai ghoaneldtei beghaiye tai de eyi ghel tthi
- dene theni edeghelna gha dui bek'egoni thagha gho gha bek'eghoni chu
- sekwi elkedtai bezagha ghodtzih sulaghi beghaiye 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
 - thagha ghodtzih acetylsalicylic acid (Aspirin® dene tthi eyai gha neidi) begħalchui ghaldhen si (eyi dta elkedtai bezagha ghodtzi 18 beghaiyeh 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 ghuntledhe de eyi chu (dene tthi editlis ghade 40 nuhtchasi de)
- dene sekwi azeh bedtzi de ghuneshe gha de
- nihni ghodtzihn neidi ghanai chu kuwe dene ghenakadanelni chu dtattei dene ghahn nidehl ghu deneghedtzen danih dene chu eyi dene ghehl tthi
- dene dta dene suwena ghile si tzenildui eghadlaghana si eyi tthi adtzedi (dtzicho yeh eghadlaghanai dene dalihi dene kundti tthi adtzedi)
- dene dta bedih ghadi asi dta dene dtzeni dālihi eyi tthi adtzedis
- dene sekwi k'edalni sulaghi beghaiyeh ghodtzen sekwi ghel eyi chu

- dtalosi dene dta dene ghel eghadlaghanai suwena ghilei dene ghel sekwi elkedtai bezagha k'edauhn chu k'aneh sekwi godhe banudelihi ghuneshei ghenihi dtachu

- Dtalosi dene dtahtthei dene dālihi

- dene nadeh eghadlaghanai dene chu sahn k'e dagholai senadtzedeh gha dene nadeh si eyi tthi deda begħuinihi dtcah avian influenza A(H5N1) ghulyei deda ghulihni dtcha

Sekwi eltlaghatahn beghaiyeh ghilei dtei chu sekwi neidi flu vaccine begħalchu nighilei ghulei chu eyi nah begħalchu dezaḥs, eyi dighi dtzidataḡha nudeghelihi ghuldū ghoteghe yedtoḡelah ghas. Eyed ghodtzi de, ihtla ghuyini begħayilchu gha ghaiye duneldtu.

Ghoteghe eltthi dta eyi flu vaccine beyeh nalihi si kudushai nidhen de, eyi dta yeltzihi bedtzihi product monograph nuwulihni la (eyi dtandtu begħa editlis gholihi si Manitoba ghaiyeh duneldtu influenza website manitoba.ca/flu gheni bekilni de nedtzihi tzatzane beni ghulihni 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 sihi:

- sekwi elketaghi bezagha ghile dtei chu
- dene dta nadezihi 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 gholihi si dta (egheze eyi bedihi) chu
- dtalosi dene Guillain-Barré syndrome (GBS) elketaghi dtzidataḡha nilthagha ghu flu vaccine dta gheghod nighile ghodtlaḡha chu

Dtalosi dene bedtthi nedhel ghuntlethe de naghada ghulduhn ghigui dezaḥs. Eyi neidi ahtlo nughalchu gha asundteh ghilehs ghuntledhe bedta duwe ghileh de dekoth dene k'e landteh tai de.

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

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

Influenza neidi dene ghahnchui ghade, dene ghigui dta dtakelosi Manitoba keyagha dta sekwi elketaghi bezagha ghodtzi ghoaneldtei eyi eya ghudtthi, delk'os ghudtthi ghilghas tli dta dene gheghod si.

Eyi begħatheni tthi dta gha tthi bedta dene tthi nidhil tli dene bedtthi eya tai nininitzi labaghundte ghas. Acetaminophen (e.g. Tylenol®) eyi begħalchu gha asundtile

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sihn dene kodja de, bedtthi nidhil tai eyai ghundtledhe ladja de. 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 begchalchu de 24 hours ghudhed ghilei dtu oculo-respiratory syndrome (ORS) dta daj ah tlis. ORS sni bedta dene benagha dilkus 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 labaglundteh 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 nughegod nighile nisi ekghu, nen tai neyaze tai kodja nedi nidhen de flu vaccine nughalchu ghokezj.

Dta dene ghigui kuwe dene ghudelah tlis 15 minutes nilthagha dene ghehgod ghokezj neidi dene gha nezule de kughodtihn ghonethe ghile kulu kughuja ghili de gha dene ghughedi ghaldhen. Dene doja de neidi ba nezule kotdjas, bedtthi ghegheth ghadti tai, ghedjih ba ghudenile tai bedhiyeh ghilghas tai, bedtthu tai beda tai ghade k'odja tlis. Dene kodja de, ghehgod ghodtzj tinja ghokezj neidi ghanai kuwe dtzen nadtaghadi dezaj bedtzendi gha.

Asi tai ghodta duwe ghudja de edane dtu kughodi dezaj, dene dtzendi gha; kuwuhneh la.

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 beghade dughoneh gha asundtiles:

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

Dtandti neidi ghehl nehgohd nisi kudushai nidhen de nedjah bek'eni dehtlisi nauya la: manitoba.ca/health/publichealth/cdc/div/records.html.

Eyi Personal Health Information Act gholihn nisi nuwolnihs nedtzj editlis nen tai nesk'ene tai detthiye buwodihs. Nedtzj editlis neskene bedtzj editlis chu buwedis eyi dta dene ghenakanelni dene kuwe eghadalaghana si yeihn gha eyiles. Ghoajzi ghuwusai nidhen de, nedidi bek'eni dehtlis si eyed nauya: manitoba.ca/health/publichealth/surveillance/phims.html.

Flu tai flu vaccines tai gha ghuwusai nidhen de:

- dene ghenakanelni dene bel yaulti;
- nejau dtzen yaulti Health Links – Info Santé Winnipeg eyed 204-788-8200; naghani ghileh dtak'elosi nejaj Manitoba k'eyagha 1-888-315-9257;
- nedjahn kuntah naudehl la **Manitoba Ghaiyeh Duneldtu Influenza Ghahn Gholihn Website:** manitoba.ca/flu