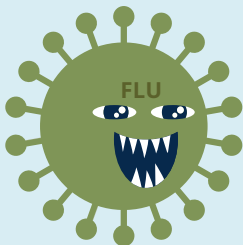
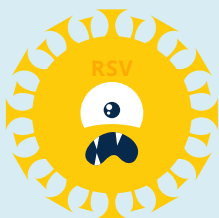
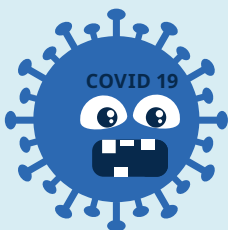




Washington State Department of

HEALTH

Kōjbarok Baamle eo am Jen Wōneḡak in Nañinmej ko Rej Jelot Waween Menono!



Flu, COVID-19, im
RSV (Nañinmej
in Baeroj ilo Jikin
Menono) ej baeroj
ko ekkā aer jelot
waween menono im
rej ajedeed aolepen juon
yiiō ak laplok ilo alloñ in
boḡl im ien molo ko.

Mōnōnō, bwe ewōr wā ko rej
maroñ jibāñ kōjbarok kij jān
nañinmej ko rellap, deḡoñ oḡpito,
im mej jān nañinmej in menono.

Jikeduul in wā ko ñan COVID-19, RSV, im Flu

Lōtak—6 Yiiō Dettan AOLEP ajiri rej aikuj in bōk wā ilo yiiō in JOT ajiri rej aikuj in bōk wā ak kein bobrae jen antibody ilo yiiō in

Wā ak Kein Bobrae jen Antibody	Ilo ien lōtak	1 Alloñ	2 Alloñ ko	4 Alloñ ko	6 Alloñ ko	7 Alloñ ko	8 Alloñ ko	12 Alloñ ko	15 Alloñ ko	18 Alloñ ko	19 Alloñ ko	20-23 Alloñ ko	2-3 Yiiō ko	4-6 Yiiō ko
RSV Antibody	Pedped ion jekjek in RSV wā an jinen im jemen						Pedped ion jekjek in ejmour eo an ajiri eo							
COVID-19	Aikuj 1 alen Covid-19 Wā in Bobrae eo kio*													
Bareoj in Influenza/ Nañinmej in Mej in	Juon alen wā kajojo yiiō. Ruo alen wā ñan jot ajiri													

*Ajiri ro 6 alloñ-4 yiiō dettan remaroñ aikuj eloñ lak alen wā ñe ej kab juon kottan aer bōk COVID-19 wā.

7—18 Yiiō AOLEP ajiri ilo doulol in yiiō rej aikuj bōk wā eo JOT ajiri ilo doulol in yiiō rej aikuj bōk wā eo

Wā ko rej Rojāñ ñan Bōk i	7 Yiiō	8 Yiiō	9 Yiiō	10 Yiiō	11 Yiiō	12 Yiiō	13 Yiiō	14 Yiiō	15 Yiiō	16 Yiiō	17 Yiiō	18 Yiiō
RSV Antibody	Ñe kwoj bōrōro ilo ien RSV											
COVID-19	Aikuj 1 alen Covid-19 Wā in Bobrae eo kio											
Bareoj in Influenza/ Nañinmej in Mej in	Aolep yiiō. Ruo alen wā ñan jot ajiri		Juon alen wā kajojo yiiō									

Rūtto ro 19 Yiiō Loñlak AOLEP ajiri ilo doulol in yiiō rej aikuj bōk wā eo JOT ajiri ilo doulol in yiiō rej aikuj bōk wā eo

Wā ko rej Rojāñ ñan Bōk i	19-26 Yiiō ko	27-49 Yiiō ko	50-64 Yiiō ko	>65 Yiiō ko
RSV Antibody	Ñe kwoj bōrōro ilo ien RSV		Ñe joñan yiiō eo ej 60-74 Ñe /75 ak Ruttolok	
COVID-19	Aikuj 1 alen Covid-19 Wā in Bobrae eo kio			
Bareoj in Influenza/ Nañinmej in Mej in	Juon alen wā kajojo yiiō			

Komaroñ bōk wā in COVID-19, RSV, im flu ilo juon wōt ien loe lak!

RSV (Nañinmej in baerōj ilo jikin menono)

Niñniñ and ro re bwijwoḷā ebidodo lak aer maroñ bōk nañinmej in RSV im aikuj deḷoñ oḷpitōl.



Kōnnaan ippen jikin takto eo am ñan lale ñe kwoj aikuj bōk juon RSV wā, ako ñe niñniñ ej aikuj bōk juon kein jibañ bobrae jen RSV.

Wōn en ej aikuj in bōk RSV Wā?

- Armej ro 75 yiiō ak rūttolak.
- Armij ro 60-74 yiiō dettaer im rej pād ilo kauwōtata elap.
- Ro re bōrōro im rej pād ilo 32 lak ñan 36 wiik in aer nañinmej jen Jeptemba lak ñan Jānwōde.

RSV wā ej iwaj ilo ien bōrōro emoj loe im ñan kōjbarok ajiri eo jān nañinmej elap jān RSV.

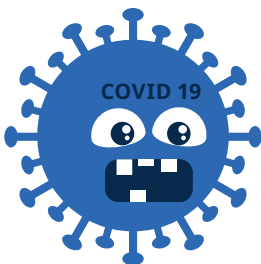
Bobrae Ajiri jen Nañinmej in RSV:

Juon RSV antibody kein jibañ ej rōjañ ñan aolep ajiri mokta jān 8 alloñ in aer mour ñe jinen ako jemen ejjab wā ilo ien bōrōro.

Jot ajiri 8–19 alloñ dettaer im rej pād ilo kauwōtata elap ñan RSV nañinmej eo elap im deloñ ilo karuo alen aer nañinmej in RSV remaroñ in bōk wōt juon alen in RSV antibody kein jibañ.

COVID-19

COVID-19 ej wanmaanlok wōt ilo an ajedeed.



Aolep ro 6 alloñ im rūttolak **rej aiku**

in bōk juon alen wā in bobrae jen

COVID-19 eo kio ñan kōjbarok jen ta ko rej walok jen COVID-19 ilo bōḷ in im ien molo jokdoon ñe emōj aer bōk ak jañin bōk COVID-19 wā.

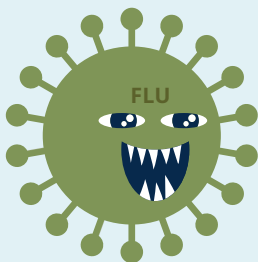
Baeroj eo ej kōmman COVID-19 ej oktak aolep ien im kōjbarok jen COVID-19 wā ej tal im mojno lak ekar ñan ien. Bōk juon wā eo emōj kakāāl ñan:

- Kalaplok kōjbarok jen variant ko rej aer eddo ñan eloñ ian nañinmej ko im unin deloñ oḷpitōl ilo United States.
- Kadiklak am maroñ in bōk COVID ilo ien aitok, juon nañinmej eo elap, eo emaroñ pād ilo juon ien eo aitok.



Flu

Bōk wā in flu am aolep yiiō ilo bọḡ in. Wā in flu eo ej kakāāl aolep yiiō ñan ire ippen baeroj ko elap aer emourur. Aurok in bōk wā in flu aolep yiiō ñan pād wōt ilo am kōjbarok. Armej ro rej bōk wā in flu remaroñ nañinmej wōt, ek ekkā aer jab konan deloñ lowaan oḡpitōl. Kōnaan ippen rikauno ak takto eo am ñan ekatak elaplok.



Wōn ej aikuj bōk wā in flu?

Aolep ro 6 alloñ im rūttolak. Elaptata ro rej pād ilo kauwōtata elap, āinwot:

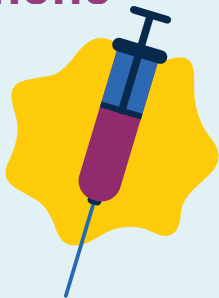
- Jabdewōt eo ej nañinmej in ikijelak, toñal, nañinmej in menono, nañinmej in ār, ak nañinmej ko jot rellap.
- Ribarōḡ ro im ro rej kab keotak.
- Rūtto ro 65 yiiō loñlak.
- Rilale moko ewōr ajiri ediklak jen 6 alloñ dettan.
- Ro re bwijwoḡā.
- Armej ro emojno enbwinnier.

Bōk wā in flu am aolep yiiō ilo bọḡ in. Wā in flu eo ej kakāāl aolep yiiō ñan ire ippen baeroj ko elap aer emourur.

Kadiklak an Ajeded Nañinmej ko rej Jelot Waween Menono

Bōk wā

Waween bobrae eo am eman tata jen nañinmej ko.



Kwale peim

Ikutkut am kwale peim kin joop im aiboj.

Kajenolok eok māke ñe kwoj nañinmej

Lale wōt kakō!le im bojjak ñan kajenolok jāñ ro jot ñe kwoj nañinmej.



Łōmṇak kin am ekanak maaj

Ilo lowaan jikin ko rej kobob.

Kajitok ko ikijen Wā in Kōjbarok jen Nañinmej ko

Kajitōk: Ewōr ke men ko rej walok jen wā ko?

UWAAK: Kain ko ekka aer walok tokelik ej ebboj pā, mōk, metak bar, im metak ilo majel. Ta ko rej walok tokelik ej ekka an dik lak ñan lap im maroñ in walok wōt ilowaan 2 raan elikin wā, im ekka an jako ilowaan 1 ñan 2 raan.

Kajitōk: Ia eo Imaroñ elolo wā in bobrae jen nañinmej ko rej jelot waween menono?

UWAAK: Baamle ko ejelok aer jikin takto ilo torrein rej maroñ in tobar e Help Me Grow WA Lain in Jibāñ ilo 1-800-322-2588 ako etal ñan ParentHelp123.org ñan bukot juon jikin takto, jikin lale nañinmej, ako jibāñ ko jōt ikijen ejmour. Jerbal in ejelok wonaan im ewōr bar jibañ ikijen kajin.

Kajitōk: Ia Eo Imaroñ Bōk Kōmmelele Ko Relabļok?

UWAAK: Kanne ñan MyIR Mobile ilo am etal ñan myirmobile.com im loore kōmelele ko ikijen register.



DOH 348-1044 August 2024 Marshallese
Ñan kajjitōk bwe ren lewōj peba in ilo bar juōn
wāwein, kwōn kaļļok 1-800-525-0127. Armej
ro rej jarroñroñ ren kaļļok 711 (Washington
Relay) ak email doh.information@doh.wa.gov.