

Influenza (flu)

FAQ

Elecha Ongeteruich el buil mo lmuut er a Ongeim el buil eng kmal mo klou a terreter er a beluu ra Merikel ma ikrel a merikel.

Aikakid a kuk bebil er a ker ma nger el bleochel loker a rechad el kirel tial rakt el sebechel lolngeseu er a kau meng diak bom secher.

Mekerang tial rakt e oberk?

Tial rakt a sebechel loberk alsekum a chad el smecher a okluk,ousngos malechub eng kuk di mangedecheduch.



Techang a kirir nguu tial orus?

A rechad el rokui a kmal kirir nguu tial orus. A rechad ra CDC a olengit ra rechad el elolm el buil el mora bab a rekrir a nguu tial orus ra flu. Ng dirrek el kmal kirir char dioll el nguu.

Ngarang a olechotel el kmo ke mecha smecher er tial flu?

A rechad el mo smecher ar tial rakt a blechoel el mo okluk,osngos meringel a bedengrir malechub eng kora mo mekoll a omerkolor. Meringel a btelum, kora di omeksaik el sel bebil e ke mo omudech malechub ke smecher el omachediil (omsingd ti di rengalk).



Techang a sebechel mo smecher er tial terreter?

A rebek el chad a sebechrir el mo smecher tia flu, eng di a tolechoi, mekekerei el ngalk ma mechuodel el 65 a rekrir el mo rebab, dioll ma rechad el diak le mesisiich a immune system er tir. A di tal rolet eng diak mnguu tial terreter a kirem el nguu a vaccine ra bek el rak.

Oingerang a ungil taem el nguu tial vaccine?

Tial flu a bleochel klou er a deleongel a e. lecha Ongeteruich el buil mo lmuut er a Ongeim el buil. Sel bol mekelekolt eng kmal ungil taem el om nguu tial vaccine.



Ngerang meng kirek el nguu tial vaccine?

Tial orus a sebechel ngosukau me a telungalk er a kau me diak el bol secher er tial terreter meng diak el bol niuing er a ospitar malechub diak el bol secher ra kodall.

Al soam el lemuut el mo medengei a betok el chisel tial terreter, eng sebechem el mor tial website

cdc.gov/flu/prevent/vaccine-benefits.htm

Mekerang eng sebechem el nguu tial vaccine?

Tial vaccine a blechoel orus el mora uchul a chimam ,malechub eng spray el mora isngem. A rengalk el 6 months el mora tolechoi sebechrir nguu a orus. A spray el mora isngem a rechad el eru rekrir el mo okeuang ma eltiu a rekirira sebecherir el nguu. Betok el bedengel a orus el sebechem el nguu ngdi mo ior ra basio el bo molai ra choruser ngii.

Al soam el lemuut el mo medengei a betok el chisel tial terreter, eng sebechem el mor tial website

cdc.gov/flu/prevent/flushot.htm



Source: Centers for Disease Control and Prevention (cdc.gov)

APIAHF
ASIAN & PACIFIC ISLANDER
AMERICAN HEALTH FORUM



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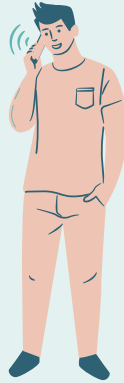
Ker el Blechoel Loker

Tela cheral tial orrus?

A cheral a orrus a di mo ior ra insurance ra ukeruul er a kau. Sebechem el di call ra insurance er a kau e oker er tir el kmo ngarker a sebechem el mo ra ngii el beot a cheral malechub eng tada. Ng dirrek el bleochel beot a cheral malechub eng tada ra health department era beluu el om kiei er ngii.

Alsekeum eng soam a lemuut el bebil ra chisel tial terreter, eng sebechem el mor tial website

aa-nhpihealthresponse.org



Ngarker a sebechek el mo nguu tial orrus?

You can get your flu vaccine at any of the following places:

- Primary Care Physicians
- Urgent Care/Minute Clinics
- Federally Qualified Health Centers
- Rural Health Clinics
- Native Hawaiian Health Centers
- Indian Health Service
- Local health departments
- Pharmacies
(e.g., Walmart, Walgreens, CVS, Rite-Aid)



Tial orrus ngara ngii a side effect er a ngii?



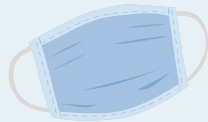
Tial orrus a diak el betok a side effect er a ngii. Mo telekib el medauch a uchul chimam el mlornngii a orus er ngii,, dengu eng kora di meringel a bedengem erul klebesei ra bom merek el melai ra orus.

Ngak eng sebechek el nguu a orus er a COVID-19 ma flu ra di osisiu el taem?

Alsekeum a toktang a kongei eng sebechem el ngmai el teblong er osisiu el taem, a rechad ra CDC a recommend er a ngii.

Ngerang a klakarous er a COVID-19 ma tial terreter?

Aikal teblong a rakt el bekoiiuuul el rakt eng di kakerous a virus el lomuchul er a ngii. A COVID-19 omuchuel ra coronavirus (el domekedong er ngii el kmo SARS- COV-2), e tial rakt a chomuchel ra lmuut el bebil ra virus el kuk di rechad a sebecherir kaiuiull.



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