

## KADEHDE EN SAWAS DUWEN WAKSEN

# Foulun Zoster (Shingles)

## Waksen: *Metto a Asili*

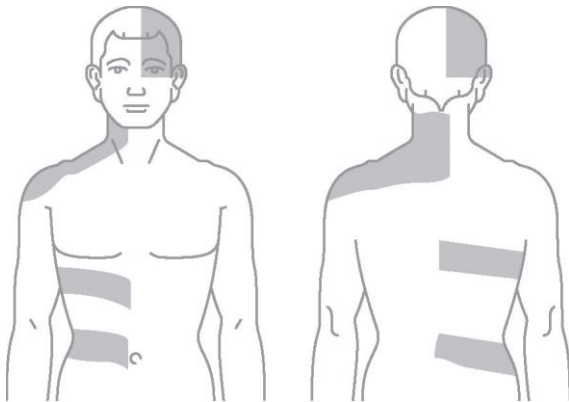
Many vaccine information statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Sapwung kasalehdahng kepin waksin mie nan Spanish oh pil nan lengoas teikan tohto. Kekene [www.immunize.org/vis](http://www.immunize.org/vis)

### 1. Keir kohl pahn mwahuki?

**Epwe tongeni amwar ewe Foulun Zoster (Shingles) waksen ren ewe shingles.**

**Shingles** (me adaneki pil herpes zoster, de zoster), iei kair auetik nan kili, keieu kin iei pil pwopwohng. Iangete kair, Shingles kakete kahrehda fefer, auetik pali mwool, ngaragar, de auetik nan mohngiong. Lapalap, epwe tongeni pwal wor aninisin seni ewe Shingles, usun ewe pneumonia, weires, mata, tipisin ewe pwal (encephalitis), are fansoun, malo.



Kahpwal en soumwahu Shingles kin laudla ahnsou me aramas tohtohla. Ewe aninisin mi lapalap seni ewe Shingles, ewe pwal mi tongeni feffeito, aramas a apil ngeni ewe postherpetic neuralgia (PHN). A ewe PHN mi fis me ren ewe lenienin mi wor ewe sas seni ewe Shingles, me epwe tongeni feffeito ren fitu maram are fitu ier mwirin an molun ewe sas. Auetik sang PHN kakete auetik laud oh kahrehda aramas en sohte kak doadoahk mwahu.

A feffeito an ewe PHN mi lapalap ika aramas a watte. Aramas mi watte mi wor ewe Shingles, aramas lapalap an epwe wor ewe PHN me ewe pwal mi tongeni feffeito ren fitu maram me aramas a lapalap ewe mecheres.

Aramas mi lapalap an ewe apupwul, aramas a lapalap an epwe wor ewe Shingles me ewe aninisin seni ewe sakit.

Shingles kin kahrehda sang virus varicella-zoster, iei virus teikihte me kin kahrehda chickenpox. Mwirin an wor ewe chickenpox, ewe waaw a chok nonnom lon en om me epwe tongeni wor ewe Shingles mwirin an. Ese tongeni lifilifil ewe Shingles seni emon aramas ngeni emon, nge ewe waaw mi fori ewe Shingles epwe tongeni lifilifil me fori ewe chickenpox ngeni emon aramas ese pwal wor ewe chickenpox are ese pwal lapalap ren ewe foulun chickenpox.

### 2. Waksen en Shingles me kahrehda

Waksen en Shingles me kahrehda sang tehnoloji toupahk kin kahrehda tumwuk kehlail sang Shingles. Ren an amwar ewe Shingles, ewe Foulun Zoster (Shingles) mi Lapalap mi Ach a pwal amwar ewe aramas seni ewe PHN me ekkewe aninisin mi lapalap.

Aramas mi lapalap an epwe tongeni angei ewe Foulun Zoster (Shingles) mi Lapalap mi Ach:

■ **Aramas mi watte mi fen 50 ier me ren**

■ **Aramas tohtoh soun isek tiu pahr oh laud me pali lih en tumwuk mengei** pwehki soumwahu de sawas teikan

Ewe Foulun Shingles mi lapalap a tongeni angei ren ruu aliso. Ren an lapalap an epwe tongeni angei ewe aliso mi ach, aramas a lapalap an epwe tongeni angei ewe aliso mi ruu mwirin an 2 ngeni 6 maram mwirin an angei ewe aliso mi ach. Ekei aramas me pali lih en tumwuk mengei de pahn mengeila kakete apwalih karau pak waksen 1 mwirin 2 soun ehu lel riau sounpahr sang apwalih keieu. Kerehkin sawas en kout en doadoahk uhkihn kout ong arail kaweid.

Aramas akan me mi aramas pwukoahs pohn likou me mwohn oh me irail me alehdo sahpuw en varicella (likou) re kin menlau ale sahpuw en recombinant shingles.

Waksen wet kin apwalih pil ong aramas me apwalih waksen en Shingles tohrohr ehu mwohn, waksen en Shingles me mie bacteria momour ie. Sohte virus momour nan sahpuw en recombinant shingles waksen.

Sahpuw en shingles kak ale alehdi pwehki atapwal mete sahpuw teikan.



**Dipatmen en Wehin Merika duwen Kemehla oh Sapwung en Mour en Aramas**  
Sentahs akan ong Kemehkihla oh Kemehkihla Soumwahu

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### 3. Kohl en mehn mwahuki pwehn mehnpiil keihdahr

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Kasalehdahng irail me kin kahrehda waksin ma aramas me pahn ale waksin:

- Ma mie aramas **alehdo kahpwal laud mwurin ale sahpw en recombinant shingles waksen**, me mwohn **de mie kahpwal laud me kak kemehla aramas**
- **Eahpw kin pwukoahs likou rahnwet**
- **E ketieu**

Mie at pai, soudoht komwi kak pilipil en kairkihdo ale sahpw en shingles lao ehu wie tik.

Aramas me mie soumwahu tikitik, sukaleki karakar, kak pil ale waksin. Aramas akan me soumwahu laud de soumwahu kehlail kin pwung en wiaht likin lao re pahn mour mwahu mwohn re ale sahpw en recombinant shingles.

Tohtor omw kak kahrehda sapwung tohto ong komw.

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### 4. Mwenimwahu Ika ngese

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- Auetik nan peh me apwalih waksen ie me tikitik de kid tikitik kin pwarodo keieu mwurin apwalih waksen en shingles me kahrehda sang tehnoloji toupahk. Marain oh pweipwei kak pil wiawi nan wasahn ale sahpw.
- Mwurin ale sahpw en recombinant shingles, kak me rehmwahk, me pehng, me melahn, me wiah, me mahn, me kech, oh me nemik.

Eni me melahn kak me pwehsahk en aramas mi pwung alehdo sahpw en recombinant shingles, pwung me kak me anahne me keweid me aramas me mwohn. Soahng pwukat kin mwesemwese irail nan kid riau lel 2 siluh 3 rahn. Kom anahne apwalih karau pak waksen en Shingles me kahrehda sang tehnoloji toupahk ahpw ma kom ahneki soahng pwukat mwurin apwalih keieu.

Guillain-Barré syndrome (GBS), ehu soumwahu apwal nan pali lih en nerve, pwarodo kid tikitik mwurin apwalih waksen en zoster me kahrehda sang tehnoloji toupahk.

Aramas kin mwadang mwuri wiawi sohte ong kemehla, patohwan ale waksin. Aramas kin mwadang mwuri wiawi sohte ong kemehla, patohwan ale waksin.

Diherehng sohte teikan, mie kisin chance tikitik me waksin kak kahrehda allergic reaction lapalap, kehkehlik lapalap teikan, de mate.

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### 5. Dahme ma mie soumwahu lapalap?

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Mehnpiil allergic reaction e pahn wiahn pwehn mehnpiil keihdahr pwehn mwahuki ehu mwahsehs pwehn clinic. Sohn en wahu pwehn mehnpiil depein allergic reaction (hives, sohtepwe en likou ohpwehn lihmwahu, sohtepwepwepwe en lihmwahu ohpwehn likou, sohtepwe en pwehn wiahn, pwehn mwahuki, ohpwehn mehnpiil mwahsehs), kahlilngen **9-1-1** ohpwe pwehn mehn mwahsehs pwehn hospital.

Pwehn ke wahu men mehnpiil ehu pwehn kahlilngen mehn mwahuki pwehn keihdahr.

Mehnpiil depein takai e pahn ke report pwehn Vaccine Adverse Event Reporting System (VAERS). Mehn mwahuki pwehn keihdahr e pahn ke report pwehn, ohpw e pahn ke pwehn wiahn. Kom kak kohla ong website en [www.vaers.hhs.gov](http://www.vaers.hhs.gov) de kehl **1-800-822-7967**. *VAERS iei wasa en repotkihla soahng sohte mwahu me kohsang pwong, ah sounpadahk en VAERS sohte kin kihda kaweid en soumwahu.*

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### 6. Pwe fitiw riek meke?

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- Kerehdi re tohtor omw.
- Meka local r state health department.
- Kohla ong website en Food and Drug Administration (FDA) pwe kom en kilang pahrek en sahpuwng kapehd oh sawas tohrohr nan [www.fda.gov/vaccines-blood-biologics/vaccines](http://www.fda.gov/vaccines-blood-biologics/vaccines).
- Kasalehdahng re Sentahs akan ong Kemehkihla Soumwahu oh Kemehkihla (CDC):
  - Phone **1-800-232-4636 (1-800-CDC-INFO)** r
  - Fengen a website rehn CDC en [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

Pohnpeian translation of recombinant zoster vaccine VIS provided by Cerro Gordo County Public Health Department

