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## TSIK CH'Í' DIIK'ATR'INAHTII GWI'AGOONDÀII' GEENJIT DIIYAH TR'IGWAANDAK COVID-19 mRNA Vaccine

Moderna's Spikevax ts'at Pfizer-BioNTech's Comirnaty t'at messenger RNA (mRNA) vaccines k'it t'igiinch'uh gòò ejùk guutr'oozrih. Jii vaccine duuyeh v'ah hahts'ik, COVID-19 hàh hahts'ik kwaa geenjit nizhin gaonahtanh. Jii mRNA vaccines neekaii diits'an tr'ahahtsaa December 2020 dàì' Health Canada geenjit ahà' gidiinù'.

Ts'ik ch'í' diik'atr'inahtii gwi'agoondàii' ts'ik tr'ihedyaa kwaa geenjit diits'at tr'iinjih. Jii ts'ik tr'ihedyaa vaoguunuu, jii vaccine diits'an tr'ahtsii k'iighè' gwiiyeendoo diyeenjii gwiteezah.

### mRNA vaccines diitthaii tat dadi'inh?

Jii mRNA vaccines ejùk t'igiinch'uh, virus niint'aa kwaa gòò virus adàì' hee vikwaa vizhit diinch'uh kwàh.

Jii mRNA vaccines t'at, protein vitr'ahnuu hahtsaa geenjit niitthaii tat goo'aa gaonahtan jii t'at aii virus k'it diinch'uh. Jii protein altsaii t'ee COVID-19 hàh hàhts'ik kwaa geenjit antibodies hàhtsaa ts'at aii COVID-19 nidi'ii k'it nitthaii tat t'ihèech'ah. Jii antibodies t'at COVID-19 duuyeh hiindyaa geenjit nits'at tr'igiinjih.

ANizhin zhìt antibodies altsaii t'ee aii mRNA ts'at protein nitthaii t'ihèech'ah kwàh. Duuyeh jii mMRNA DNA nidi'in ejùk ahtsih. Jii vaccine vizhit virus kwaa k'iighè' duuyeh v'ah COVID-19 tr'ihedyaa'ah.

### Nits'òò dèè jii vaccine diits'an tr'ahtsih?

mRNA vaccines diigin ch'at zhìt neekat diits'an tr'ahtsih. Pfizer-BioNTech tr'oochit diits'an tr'ahtsii aii t'ee drin k'ideetak 3-16 t'ee chan diits'an tr'ahahtsaa gwiiindhanh, aii ts'at Moderna tr'oochit diits'an tr'ahtsii t'ee drin k'ideetak 4-16 t'ee chan diits'an tr'ahahtsaa gwiiindhanh. Chan diist'an tr'igwahahtsaa niinzhùk nitr'iguuhaa'aa jì' nijùk geenjit goo'aa khanh diits'an tr'igwahahtsah. Chan diits'an tr'igwahahtsaa niinzhùk v'ah gwahthaa jì' tr'oochit diits'an tr'igwiłtsaii

gwik'it chan diits'an tr'igwahahtsah kwàh.

Jii vaccine dahshùk diits'at tr'ihèendal gahgwidandaih kwàh. Jii vaccine gwiiyeendoo leii diits'an tr'ahahtsah kwaa jùk gwiiindhanh.

### Jii vaccine juudin kat ts'an tr'ahahtsah?

Moderna Spikevax ts'at Pfizer-BioNTech Comirnaty vaccines kat leii guuveenjii nizih, tr'iinin k'òò t'igiinch'uu kat, bèebii a'ah't'ok kat, gahahts'ik guuveenjii g'igwidhan kat gòò juudin gilts'ik ts'at duuyeh srii gugwiheendaii kat chan jii vaccine guuveenjii nizih.

Jii vaccine nits'an tr'ahahtsaa gwichih danich'uu geenjit elts'ik k'anahtii nits'at giheekhyah.

### Juudin dèè jii vaccine DUUYEH gidi'ih?

Jii mRNA vaccines neekaii leii kat guuveenjii nizih. Jii vaccine geenjit gwiiyeendoo gahvidandàì' niindhan jì' nits'an tr'ahahtsaa gwichih elts'ik k'anahtii geenjit vits'at ginjjkhih.

mRNA adàì' hee diits'an tr'igwiłtsaii k'iighè' diit'agwiji'ee jì' duuyeh jii vaccine guuts'an tr'ahahtsah, tr'oochit elts'ik k'anahtii geenjit vits'at tr'igiheekhyah.

### Jii vaccine diits'an tr'ahtsii t'ee nits'òò dèè duuleh diit'agwihee'èh?

Agoondaih tthak gwik'it, jii vaccine diits'an tr'igwahahtsii t'ee vik'iighè' duuleh diit'agwiji'èh? Jii Moderna COVID-19 vaccine diits'an tr'igwahahtsii t'ee vik'iighè' duuleh diit'agwiji'èh, diyeenjii gwiiyeendoo gweehezuh kwaa ts'at drin srii t'igwinyaanch'uu gwizraih t'igwiheech'ah. Jii vaccine neekat diits'an tr'itsaii t'ee duuleh gwiiyeendoo diit'agwihee'èh.

Diigin kak nijin diits'an tr'igwiłtsaii danh duuleh guulat kat vik'iighè' ejùk digoonch'uu gahnah'ah. Dits'an tr'igwiłtsaii t'ee drin ihlak, drin neekaii gòò'

# TSIK CH'Ì' DIIK'ATR'INAHTII GWI'AGOONDÀII' GEENJIT DIIYAH TR'IGWAANDAK

## COVID-19 mRNA Vaccine

drin k'ideetak ihlak ndòo nyaa'aai t'ee duuleh ejùk t'igoonch'uu tr'igwahnah'ah. Jùu digoonch'uu jì' drin làt gwizraih akòo digwiheech'ah.

Moderna COVID-19 vaccine diits'an tr'itsaii t'ee duuleh diit'agwiji'eh zhat gwidinithit'oh:

- diichi' elts'ik;
- diich'at gòo diitth'an khadinthizheii gwilts'ik
- tr'idluu
- ts'ik niidhaa
- aii vaccine diits'an tr'itsaii gwideek'it jidii ch'ik nilii gòo duuleh alzhah
- diigèe' duuleh alzhah ts'at gwilts'ik
- diitat vah

Nigyin gwilts'ik jì' dohsroo niik'oo vakak t'ahthan ts'at ninàngh gwilts'ik gòo ts'ik niidhaa nidi'in jì' agoondaii (Tylenol) k'it, aduuleh uuhiindal srii gwiihndaii geenjit nik'anahtii geenjit uujàhkat.

Dinjii guughaii 30 gwiyeeshak goonlii kat mRNA vaccines neekat guuts'an tr'igwiltsaii t'ee duuleh guudrii eeheezuu, jii t'at (myocarditis ts'at pericarditis) gwitr'ahnuh, geetak gwizraih jùu digoonch'uh. Jii vaccine diits'an tr'igwiltsaii drin k'ideetak ihlak t'ee duuleh jùu digwiheech'ah, gwiyeendoo niint'aih kwaa, geenjit agoondaih guuts'an tr'ahtsaii ts'at nagaazhii t'ee guuveenjit gwiteezah. Nanh gòo nitr'iinìn khwizhak nighweenjit gugoontrii, nikhwideeghan asrah aantth'at gòo khanhts'at dhohts'ik k'it t'ohch'uu (palpitations) khwi'ii jì' juudin srii gohdaii geenjit nikhwik'anohtii kxanh vits'at ginjikhiih.

### Jii vaccine nits'an tr'itsaii t'ee dahiindya'ah?

Jii vaccine nits'an tr'itsaii t'ee 15 minutes gahshùk ezhik t'ihinch'aa gwijiinchi goonlii, duuleh vik'iighè' neenjit gweehezuu geenjit. Diika'uujil nikak goo'aai, shù' nidizhak, nihdàii, nichàa gòo nideevaa gwilzhah, jii tthak duuleh neejit gwihee'ah.

Nijìn aii vaccine nits'an tr'itsaii geh'at niniinzhiih t'ee neenjit gwiizuu jì' 9-1-1 gòo nehghèe elts'ik zheh t'yah zhìt guuts'at ginjikhiih gòo elstik zheh kxanh

nitr'ahnah'aa geenjit gwits'at chijhah.

### Diits'an tr'igwiltsaii t'ee diit'agwiji'ee geenjit diiyah tr'igwahaandak

Jii vaccine nits'an tr'igwiltsaii k'iighè' ejùk t'inich'uu jì' srii gwiihndaii geenjit nik'anahtii vits'at ginjikhiih. COVID-19 vaccine nits'an tr'itsaii t'ee neenjit gwiizuu jì' srii gwiihndaii geenjit nik'anahtii vits'at ginjikhiih gòo nikaiik'it gwizhit eltsik zheh danh elts'ik k'anahtii vits'at ginjikhiih.

### Chan lèe tthah tsal shits'an tr'ahahtsah?

COVID-19 vaccine neekat diits'an tr'igwiltsaii t'ee sriinanh nihk'ii tik gwitoh gwichuudhat t'ee chan vaccine diits'an tr'ahahtsah, jii t'at booster vitr'ahnuh, aii k'iighè' gwiyeendoo jii ts'ik gwich'i' diik'atr'ahnahtyah. Vaccine neekaii nits'an tr'itsaii t'ee niinzhuk gwahthaa duuleh gwiyeendoo niint'aih kwaa, aii k'iighè' COVID booster nits'an tr'igwahahtsaa gwiiniindhanh. Tr'ahahts'ik gwich'i' niinzhuk diik'atr'ahnahtyaa geenjit jii booster diits'an tr'igwahahtsah.

### Jii vaccine nits'an tr'igwiltsaii t'ee shik srii gwiihndaii geenjit lèe nitr'ahnah'aa?

Jii COVID-19 vaccine neekat nits'an tr'igwiltsaii t'ee gwizraih aii ts'ik gwich'i' t'ihinch'ah. Vaccine nits'an tr'igwiltsaii gòo akwaa, uu'òk kat tthak jùu digiheedyah:

- Nihkhan nikhwinli' k'ee'ohtrah
- Uu'òk kat guuveh'ok t'ihinch'ah
- Nijìn diiyeh'ok t'ihinch'aa neenjit goo'aih kwaa dàì' ninìn' kak ejiich'ii t'ahthanh
- Uu'òk diiyah dhiindii gwiyeendoo giinleii t'igiheech'ah kwaa
- Nizheh gwizhit shik gi'nyahjii ts'at sraih gwich'i' k'anyahtih
- Dhahts'ik jì' uu'òk nachiidik kwàh
- Jii ts'ik nidi'in gwik'it t'inich'uu jì' geenjit nitr'ahnah'aa gwits'at chijhah