VERMONT
DEPARTMENT OF HEALTH

Ico Mwomenya ku Gasama

Ndamukiza 2024

Agasama ni ingwara ifatira mu bice vy'ubuhumekero yandukira cane gose kandi ishobora kugira ingaruka zikomeye, na cane cane ku nzoya no ku bana bakiri bato. Mu gihe abantu benshi muri Leta Zunze Ubumwe za Amerika no muri Vermont bahawe urucanco rwo kubakingira agasama, ibice bimwe bimwe bitacancwe bikwiye birahura n'ibibazo vy'ivyaduka vy'iyo ngwara. Agasama karaboneka kenshi mu bihugu bimwe bimwe, rero uraraba neza ko wakingiwe agasama imbere yo gutembera mu mahanga.

Agasama kandukira biciye mu muyaga kava ku muntu akarwaye.

- Umugera utera agasama uba mu museru wo mu muhogo no mu zuru vy'umuntu yandukiwe.
- Uwo mugera kenshi ukwirakwira hose mu gihe umuntu yawanduye akoroye canke yitsamuye.
- Ushobora kuwandura mu gihe uhemye umuyaga w'umuntu yanduye canke ukoze ahantu hariho uwo mugera, hama ugaca ukora mu maso, mu zuru canke ku munwa.
- Uwo mugera ushobora kuguma mu muyaga mu gihe gishika ku masaha abiri.

Agasama ni umwe mu migera yandukira cane kurusha iyindi.

- Ibimenyetso birimwo ubushuhe bwinshi, inkorora, hamwe n'amaso atukurije yuzuyemwo n'amarira.
- Ugufurutirwa ku mubiri kenshi biribonekeza hagati y'imisi 3 na 5 inyuma y'ibimenyetso vya mbere.
- Umuntu yanduye ashobora gukwirakwiza agasama n'imbere yo kumenya ko ayirwaye.

Urucanco rw'agasama rurizewe kandi rurakora neza cane.

- Incanco zibiri z'agasama, amasambambwika, hamwe n'ibihara (Measles, Mumps, and Rubella (MMR)) zirakingira agasama ku bice 97%.
- Abana bategerezwa guhabwa incanco zibiri z'urucanco rwa MMR—urwambere bagifise amezi 12 gushika kuri 15 hamwe n'urwakabiri ku myaka 4-6.
- Inzoya z'amezi 6 gushika kuri 11 ziri ku ngendo mpuzamakungu zitegerezwa guhabwa urucanco rwa MMR hakiri kare n'imiburiburi indwi zibiri imbere y'urugendo.

Urabe neza ko wewe n'umuryango wawe mwacancwe bikwiye mu kwikingira agasama.

- Subiramwo urabe impapuro z'incanco zawe n'iz'umuryango wawe canke uganirize umuganga wawe ni waba utibuka neza ko mwacancwe ku ngwara y'agasama.
- Ni ingirakamaro kwikingira agasama imbere yo kugira urugendo hanze ya Leta Zunze Ubumwe za Amerika.

Terefona muganga wawe mu maguru masha ni waba wibaza ko urwaye agasama.

- Guma muhira kandi wigirwe kure y'abandi bantu bimwe bishoboka.
- Ambara agatambara gafuka umunwa ni waba urwaye canke uriko urakwirikirana uwundi muntu arwaye.
- Ni waba udafise umuntu akuvura, terefona 2-1-1 kugira ngo tuguhuze n'umuntu agukwirikirana, canke uvugane n'Ikigo Kijejwe Amagara y'Abantu Cemewe na Reta (Federally Qualified Health Center) canke rimwe mu Mavuriro y'Ubuntu & Arungikwamo Indembe yo muri Vermont (Free & Referral Clinics).

Menya vyinshi kuri HealthVermont.gov/Measles.