



COVID-19, batazira kandi coronavirus, iriko iratuma abantu barwara hirya no hino kw'isi. Vyongeye kwambara agapfukamunwa, kwitandukanya nki metero 2 hagati y'umuntu n'uwundi no gukaraba iminwe, **incanco ni uburyo buhambaye gusumba ubundi bwo gufasha kugabanya gukwiragiza COVID-19**. Incanco zifasha umubiri kurwanya umugera kandi zikakurinda kurwara. Uko abantu benshi bagenda bacandarwa, niko ikza ca COVID-19 kinyaruka guhera.

Ngaha hari ibintu utegerezwa kumenya biraba incanco za COVID-19:

## 1. Incanco za COVID-19 zigisha umubiri wawe ingene urwanya umugera ugutera indwara.

Incanco za COVID-19 nta ndwara zizogutera. Incanco zituma umubiri wawe wiyumvira ko ufise indwara mugabo muvuy'ukuri utarwaye. Abasoda b'umubiri, ibihimba vy'umubiri wawe birwanya indwara, vyishura urucanco baguteye mu guhigura abasoda. Abasoda ni indemamubiri ziteguriwe indwara zirwanya umugera hamwe ziwubonye. Nta rucanco na rumwe ruhari rufata canke rukorana n'igipimo c'amaraso y'umuntu ca DNA.

## 2. ubushakashatsi bwerekanye ko ata ndwara buteza kandi ko bukora neza.

Abantu barenga 117,000 bariko barageragerezwako ubwo buhinga bwo gucandarwa ku incanco zitatu zimaze kuboneka – abantu barenga 43,000 bariko barageragerezwako gucandarwa na Pfizer-BioNTech, abarenga 30,000 bariko barageragerezwako gucandarwa na Moderna hamwe n'abandi barenga 44,000 bariko barageragerezwako gucandarwa na Johnson & Johnson . Abantu benshi batandukanye, harimwo abantu bakuze n'abantu b'abirabure, abasangwabutaka n'abantu batari abazungu, bashizwe muri iri geragezwa ryo gucandarwa. Incanco zitatu zose zimeze neza mu gukingira kwinjizwa ibitaro canke urupfu. Ubu ni uburyo bukoreshwa cane mu gusuzuma izindi canco nk'urucanco rukingira ibicurane.

Incanco zashizwe mw'igeragezwa ryo gucandarwa, zemewe kugira zitabare mu buryo bwihutirwa n'urwego rujeje gutohozza ibifungurwa n'imiti rwa Reta zunze Ubumwe za Amerika no ku mpanuro yatanzwe n'abahinga bo mu gihugu muvuy'ubuvuzi n'amagara y'abanyagihugu no ngaha i Vermont. Rimwe na rimwe, hamwe urucanco rukenewe vyihutirwa, nk'akarorero incanco za COVID-19, abashakashatsi bafatira hamwe intambwe zikenerwa guterwa kugira banyarutse igikorwa co kwemera urucanco. Ibi ntibisigura ko bategerezwa gusimbuka intambwe zihambaye, mugabo biratuma igikorwa kinyarutswa gusumba.

Ibigize urucanco rwa COVID-19 birasa n'ibindi dusanga mu zindi canco. Rurimwo ndemamubiri, ntanganguvu, umunyu hamwe n'icunyunyu sorubate. Incanco za mRNA (Pfizer-BioNTech hamwe na Moderna) zirafise kandi ibisukari hamwe n'ubundi bwoko bwisukari budasazwe bwitwa polyethylene glycol. Nta bihimba na bike zifise biva ku mwana w'inda ikorotse,

bikomoka ku ngurube, ku magi, indemamubiri ya gelatine, latex, canke indemamubiri z'ukubungabunga ubuzima.

### **3. Incanco zakozwe hari haheze imyaka mirongo y'ubushakashatsi.**

Hamwe coronavirus tudomako itera COVID-19 uravye ari nshasha, abahinga muri siyansi batohoje incanco zikingira iyindi migera ya coronavirus mu myaka mirongo. Ubushakashatsi ku ncanco za coronavirus bwatanguye mu mwaka wa 2003 mu kiringo haduka ikiza caterwa n'umugera ufise ubukazi bukomeye wafatira mu bihimba bifasha umuntu guhema (SARS) bubandanya mu mwaka wa 2012 mu gihe mu Ntara z'ubuseruko bwo hagati kw'isi haduka umugera watera ikiza c'indwara yafatira mu bihimba bifasha umuntu guhema (MERS). Hamwe COVID-19 yamaze gutahurwa, isi yose yibanze ku ngene yokwikurako uyu mugera mushasha wa coronavirus, yatorokanije igitigiri kinini c'amahera, yafashije kunyarutsa igikorwa c'ubushakashatsi kugira hahingurwe urucanco rutagira inkomanzi kandi rukora neza.

### **4. Urucanco rwa COVID-19 ruterwa rimwe canke kabiri bivanye n'ubwoko bw'urucanco.**

Urucanco rwa Pfizer-BioNTech rutangwa kw'idozi zibiri haciyemwo iminsi 21. Urucanco rwa Moderna rutangwa kw'idozi zibiri haciyemwo iminsi 28. Urucanco rwa Johnson & Johnson rutangwa rimwe. Uko ari zitanu zose zifata iminsi 14 imbere y'uko umubiri wawe ushobora guhangana neza n'umugera utera COVID-19.

### **5. Inkurikizi zisigura ko urucanco ruriko rurakora.**

Abantu bamwe bamwe bitabiriye igeragezwa ry'izo ncanco berekanye inyishu y'abasoda b'umubiri bakomeye batuma kenshi na kenshi haboneka ingaruka z'umuti. Ku biraba izo ncanco zompi, urwa kabiri rurashobora gutuma hibonekeza inyishu y'abasoda b'umubiri bakomeye gusumba urwa mbere, bisigura ko hashobora kuboneka ingaruka nyishi kurushiriza. Ibi ni ibintu bisanzwe kandi ni ingene umubiri wawe wiga kurwanya COVID-19. Ingaruka mbi zine zikunze kwibonekeza gusumba izindi ni ububabare ugira ukiri aho baguteye urushinge, uburuhe, kumeneka umutwe, n'ububabare bwo mu mitsi. Zitegerezwa guhera mu misi mike. Abantu bamwe bamwe nibo baziraniwe n'urucanco, mugabo bishika gake cane.

### **6. Abantu benshi bafise ubundi burwayi barashobora kubandanya kuronswa urucanco.**

Mu bushakashatsi bw'ubuvuzi, incanco za COVID-19 zakora neza ku bantu bafise n'abadafise ubundi burwayi. Mu vy'ukuri, abantu basanzwe bafise ubundi burwayi barashobora kuremba cane hamwe banduye COVID-19, gutyo rero gucandarwa ni nkenerwa cane kuri bo. Nimba ukekeranije hamwe wibaza nimba woronswa urucanco, yaga na muganga wawe akwitaho umubarire uburwayi ufise. Hamwe woba ata muganga akwitaho ufise, terefona 2-1-1 kugira baguhuze n'ivuriro riri hafi yawe.

## **7. Ukeneye kubandanya gufata ingingo kugira wikingire COVID-19 mu nyuma y'ugucandarwa.**

Birafata umwanya kugira ngo urucanco rwigishe umubiri wawe kurwanya COVID-19, gutyo rero ntushobora guca ukingirwa n'urucanco gushika haheze indwi nkeya inyuma yo kuronka incanco zose bivanye n'ubwoko bw'urucanco uriko uraronka. Ntituratahura neza nimba wokwiragiza uyu mugera utabizi inyuma yo gucandarwa. Imbere yuko abantu bakwiye bazocandarwa kandi tukamenya vyinshi, dutegerezwa kuguma dukurikiza amabwirizwa yo kwikingira nko kwambara agapfukamunwa, guhanahana imetero nka zibiri hamwe no gukaraba, cane cane turi kumwe n'abantu batacandazwe canke abantu bashobora kwandura COVID-19.

## **8. Ushobora gutahura nimba ukwije ibisabwa kugira uronswe urucanco ubu, n'ahantu woruronswa niwaba ukwije ibisabwa.**

Ku muhora wo ku ngurukanabumenyi w'Igisata Kijejwe Amagara y'Abantu uronka amakuru y'umuntu ukwije ibisabwa ubu kugira aronswe urucanco rwa COVID-19, n'undi uzoba abikwije ubukurikira. Nimba ukwije ibisabwa, urashobora kwiyandikisha kugira ngo uronke isango ry'igihe co kuronswa urucanco. Tuzokumenyeshya amakuru mashasha ku muhora wacu, ku mihora yo kuri Internet bahanahanirako amakuru, no mu bimenyeshamakuru.

## **9. Incanco za COVID-19 ni ubuntu.**

Incanco za COVID-19 zironswa abanyagihugu baba i Vermont ku buntu, naho woba ata bwishingizi bwo gutegekaniriza amagara yawe ufise. Muganga agutera urucanco rwawe arashobora kurihisha amahera y'igikorwa yaranguye isosiyete yawe y'ubwishingizi, mugabo urafise ububasha bwo kuronswa urucanco rwa COVID-19 ata mahera utegerejwe kuriha.

**Soma amakuru atomoye ku muhora wa [healthvermont.gov/COVID19vaccine](https://www.healthvermont.gov/COVID19vaccine)**