

## Igihambaye: Uritunganya neza ugaruke kuronswa doze ya kabiri.

- Urucanco waronkejwe numusi rusaba ko usubira kuronswa **doze ya kabiri**.
- Hamwe woba ata sango ufise ryo kuronswa doze ya kabiri, iture uwakuronkeje urucanco kugira akuronse isango ningoga bishoboka.

## Urashobora kugira unkurikizi bivanye ku rucanco.

Ingaruka z'imiti ni ibimenyetso bisanzwe bisigura ko umubiri uriko urubaka ubwirinzi bwo kwikingira COVID-19. Ingaruka z'imiti zirashobora kugira inkurikizi ku bikorwa vyawe vy'imisi yose mugabo zikwiye guhera mu misi mike.

Ingaruka z'imiti zikunze gushika:

- Ububabare, kuvyimba canke gutukura ku kuboko aho baguteye urucanco
- Ukuruha
- Kumeneka umutwe
- Kujugumira
- Kubabara mu mitsi no mu ngingo
- Umucanwa
- Iseseme canke kudahwa

Naho bishika gake cane, abantu bamwebamwe bashobora kuziranirwa ku buryo bukaze nyuma yo kuronswa urucanco. Iyi niyo mvoCDC ihanura abantu gucungerwa nyuma yo kuronswa urucanco rwa COVID-19.

## Wokora iki ku ngaruka z'imiti:

- Akura muganga yama akwitaho canke uwakuronkeje urucanco hamwe ingaruka z'imiti ziguteye amakenga canke hamwe zidaheze inyuma y'imisi mike.
- Urashobora gukoresha **V-safe** kugira ubarire CDC ku biraba ingaruka z'imiti kandi ukarungikirwa ubutumwa bukwibutsa kuza kuronswa doze ya kabiri. V-safe ni agaporogarama ko kw'iterefone y'ubuhinga bwa none gakoresha ubutumwa bugufi n'igendereza ryo ku ngurukanabumenyi mu gusuzuma umuntu ubwiye. Ronka amakuru atomoye kandi wiyandikishe kuri [cdc.gov/vsafe](https://www.cdc.gov/vsafe).
- Hamwe woziranirwa cane uhejeje kuronswa urucanco, wewe canke umutangabufasha muvuy'ubuvuzi akwitaho murashobora kubimenyeshya biciye mu buhinga bwo kubimenyeshya ingaruka mbi z'urucanco batazira **Vaccine Adverse Event Reporting System (VAERS)**. Terefona 1-800-822-7967 canke wugurure [vaers.hhs.gov/reportevent.html](https://vaers.hhs.gov/reportevent.html).

## Bandanya gufata intambwe z'ukwikingira kugira uzibire COVID-19 ntikwiragire.

Ni ikintu gihambaye ku muntu wese kubandanya gukoresha ibikoresho vyose biboneka kugira agabanye umurindi wo gukwiragira wa COVID-19, nko kwambara agapfukamunwa, gusigaza ikirere hagati yawe n'abandi bantu, no gukaraba iminwe. Ntiwibagire,

- Bitwara umwanya kugira umubiri wawe wubake ubwirinzi bwo kwikingira nyuma yo kuronswa urucanco. Urashobora kumara indwi nkeya udakingiriwe COVID-19 nyuma yo guterwa doze ya kabiri.
- Abahinga bakeneye gutahura gusumba ingene urucanco rwa COVID-19 rudukingira coronavirus, imbere y'uguhindura impanuro z'ukwikingira.

## Ukeneye kumenya ayandi makuru araba COVID-19: [www.healthvermont.gov/COVID-19](https://www.healthvermont.gov/COVID-19)

## **Important:** Make sure you come back for your second dose.

- The vaccine you received today requires a **second dose**.
- If you don't already have an appointment for a second dose, contact your vaccine provider to make an appointment as soon as possible.

## **You may have side effects from the vaccine.**

Side effects are normal signs that your body is building protection against COVID-19. Side effects might even affect your daily activities but should go away in a few days.

Common side effects are:

- Pain, swelling or redness on the arm where you got the shot
- Tiredness
- Headache
- Chills
- Muscle or joint pain
- Fever
- Nausea or vomiting

While rare, some people may have a severe allergic reaction after getting the vaccine. This is why the CDC recommends people be monitored after getting a COVID-19 vaccine.

## **What to do about side effects:**

- Call your health care or vaccine provider if side effects are worrying you or if they don't go away after a few days.
- You can use **V-safe** to tell the CDC about any side effects and to get reminders for your second dose. V-safe is an optional smartphone tool that uses text messages and web surveys to provide personalized check-ins. Learn more and register at [cdc.gov/vsafe](https://cdc.gov/vsafe).
- If you have a bad reaction after getting vaccinated, you or your health care provider can report it to the **Vaccine Adverse Event Reporting System (VAERS)**. Call 1-800-822-7967 or go to [vaers.hhs.gov/reportevent.html](https://vaers.hhs.gov/reportevent.html).

## **Continue taking prevention steps to stop COVID-19 from spreading.**

It is important for everyone to continue using all the tools available to slow the spread of COVID-19, like wearing masks, practicing social distancing, and washing our hands. Remember,

- It takes time for your body to build protection after any vaccine. You may not be protected from COVID-19 for a few weeks after your second shot.
- Experts need to understand more about how COVID-19 vaccines keep us safe from this coronavirus, before changing prevention recommendations.

## **For more information about COVID-19: [www.healthvermont.gov/COVID-19](https://www.healthvermont.gov/COVID-19)**