Ighambaye: Uritunganya neza ugaruke 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.

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

Ingarkura z’imiti zikunze gushika:

- Ububabare, kuwyimba canke gutukura ku kuboko aho baguteye urucanco
- Ukuruha
- Kumeneka umutwe

Naho bishika gake cane, abantu bamwebamwe bashobora kuziraniwa ku byoro 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 agapororara ko kw’iterewe y’ubuhinga bwa none gakoresha ubutumwa bugufi n’igendereza ryo ku ngurukanabumenyi mu gusuzuma umuntu ubwiwe. Ronka amakuru atomoye kandi wiyandikishe kuri cdc.gov/vsafe.
- Hamwe woziranirwa cane uhejeje kuronswa urucanco, wewe canke umutangabufasha muvy’ubuvuzi akwitaho murashobora kubimenyesha biciye mu buhinga bwo kumenyesha ingaruka mbi z’urucanco batazira Vaccine Adverse Event Reporting System (VAERS). Terefona 1-800-822-7967 canke wugurure 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 bishobora kugira agabanye umurindi wo gukwiringira 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 bakene kugira gutahura gusomba ingene urucanco rwa COVID-19 rudukingira coronavirus, imbere y’uguhindura impanuro z’ukwikingira.

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

- The vaccine you received today requires a **second dose**. If you got the Pfizer-BioNTech vaccine, get the second dose in 17-21 days. If you got the Moderna vaccine, get the second dose in 24-28 days. If you miss your second dose, please get it as soon as you can.
- 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](http://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](http://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](http://www.healthvermont.gov/COVID-19)