

Urucanco rwa COVID-19 ruzoboneka ku bantu b'i Vermont bafise ibibazo vy'amagara bimwe bimwe. Iyo bibazo vyabonetse ko bishobora gutuma abantu bagira inzitizi zotuma baremba cane kubwa COVID-19 dufatiye ku bindi bibazo vy'amagara.

## Kanseri y'ubu

Abantu bagwaye kanseri mu mubiri bagira ibinyabuzima bitameze neza kandi vyigabaguye bitari hamwe. Iyo binyabuzima bishobora kuja mu zindi ngingo zigize ibihimba vy'umubiri. Ibinyabuzima vya kanseri bishobora kuja mu bindi bihimbamba vy'umubiri biciye mu maraso hamwe n'ubundi buryo. Kanseri nyinshi zitwa amazina bivanye n'igihimbamba c'umubiri zafashe (nk'akarorero, kanseri yo mu mahaha itangurira mw'ihaha).

## Indwara iguma igaruka y'amafyigo

Abantu bagwaye ingwara y'amafyigo iguma igaruka bafise amafyigo yononekaye canke adashobora gusukura amaraso nk'uko amafyigo akomeye abikora. Mugihe amafyigo adakora neza, imyandahamwe n'amazi arengako biriyubaka mumubiri. Ibi bishobora gutera indwara y'umutima, ugutembera cane kw'amaraso, hamwe n'izindi ngorane z'amagara.

## Umugwi w'ingwara y'amahaha, harimwo ingwara yo guhema nabi hamwe no gukorora kudakira.

COPD (ingwara kudakira izibira amahaha) ni umugwi w'ingwara zituma inzira z'ihemero zizitana kandi ishobora gutuma udahema neza. Ingwara yo guhema nabi n'inkorora idakira nizo zibiri zigize umugwi w'ingwara yamahaha, COPD.

## Ingwara y'umutima

Aha harimwo ingwara ziguma zigaruka zibabaza umutima. Muri izi harimwo ingwara y'umutima, harimwo ugufatwa n'umutima, uguhagarara kw'umutima, ugusanagurika kw'umutima, amaraso atemba m'umutima, indwara y'iyononekara ry'umutima (nta maraso n'impwemu zikwiye bishikira umutima). Ingwara yonona inzira zitwara amaraso ku mutima zishobora gutuma ugwara ibisebe mu muhogo canke ububabare bwinshi mugikiriza. Mu zindi ngwara harimwo ingorane zingene umutima utera (bituma umutima utarungika amaraso neza) hamwe n'umuvuduko udasanzwe w'amaraso muhemero (umuvuduko munini w'amaraso mudutsi tuja k'umutima). Umuvuduko munini w'amaraso nturimwo.

### **Uguta inguvu z'abasoda b'umubiri (abasoda b'umubiri bafise intege nke)**

Abantu bafise iyi ngorane ntibashobora guhangana n'ibiza kuko abasoda b'umubiri wabo batariko bakora neza. Ibi bishobora kuba ari kubera waronse igihimba gikomeye kivuye kuwundi muntu, amaraso, canke umusokoro w'igufa bashizemwo uvuye mu wundi muntu, canke ukugoyagoya kw'abasoda b'umubiri. Muri ibi harimwo abantu bagwaye umugera wa SIDA kandi bafise ibinyabuzima bike vya CD4 bivuye k'uguhera kw'ibinyabuzima canke badafata imiti ipfupfahaza umugera wa SIDA, Ugufata ibiyayuramutwe bishobora kwica abasoda b'umubiri.

### **Umuyibuho urenze cane (BMI ya 40 canke irenga)**

Ibiro bifatwa kobirenze ivy'amagara meza bivanye n'igihagararo c'umuntu – nk'akarorero, umuntu areha n'imetero 1 na santimetero 60, hama akagira ibiro 108 afise BMI ya 40.

### **Ukwibungenga**

Abantu bibungenze baja mu mugwiw'abafise ingorane z'amagara kubera abo bibungenze bashobora kuremba cane bivuye kuri COVID-19.

### **Indwara y'igisukari yo mu bwoko bwa 1 n'iyi mu bwoko bwa 2**

Abantu bagwaye igisukari bafise igihimba c'impindura kitayungurura neza isukari yo mu mubiri. Insurine n'inkaburamubiri iremwa n'umubiri mugufasha gusya inguvu (isukari) iri mumfungurwa.

### **Ubumuga**

Ukumugara gutuma abantu bashobora kuremba cane bivuye kuri COVID-19 harimwo ihinduka yama koromozome, nka Tirizomiya (Down Syndrome) ; uguhungabana kw'ubwenge; ukumugara gutuma amahaha adakora, bigizwe n'ubumuga bwo kwononekara kwa mahaha n'inzira yo kuyungurura ivyo munda.

### **Ingwara y'amaraso bita sickle cell**

Ubumuga bw'uduce twamaraso dutuma umubiri ugira amaraso makeya cane gose igatuma kandi uduce tw'amaraso atukura ahinduka akagira ishusho nka "C", aho amaraso aca afatwa mu miringoti y'amaraso bigatuma amaraso adatembera.

The COVID-19 vaccines will be available to people in Vermont who have certain health conditions. These conditions have been found to put people at more risk for getting really sick from COVID-19 compared to other health conditions.

## **Current Cancer**

People living with cancer have cells that are not normal and divide out of control. These cells can spread to other tissues that make up organs in the body. Cancer cells can move to other parts of the body through the blood and other systems. Many cancers are named after the part of the body they impact (for example, lung cancer begins in the lung).

## **Chronic Kidney Disease**

People living with chronic kidney disease have kidneys that have become damaged or cannot clean the blood as well as healthy kidneys. When the kidneys don't work well, wastes and extra water build up in the body. This can cause heart disease, high blood pressure, and other health problems.

## **COPD, Including Emphysema and Chronic Bronchitis**

COPD (chronic obstructive pulmonary disease) is a group of diseases that cause your airway to be blocked and can make it hard to breathe. Emphysema and chronic bronchitis are two kinds of COPD.

## **Heart Disease**

This includes several chronic illnesses that hurt the heart. This includes heart attack, heart failure, congestive heart failure, and coronary artery disease or ischemic heart disease (not enough blood and oxygen can reach the heart). Coronary artery disease can cause angina, or bad pain in the chest. Other heart diseases include cardiomyopathies (conditions that make it harder for the heart to pump blood) and pulmonary hypertension (high pressure in the blood vessels leading to the heart). High blood pressure is not included.

## **Immunocompromised (Weakened Immune System)**

People with this condition are not able to fight off infections because their immune system is not working well. This can be due to solid organ transplant, blood or bone marrow transplant, or immune deficiency diseases. This also includes people who have HIV and a low CD4 cell count or are not on HIV treatment. Using corticosteroids or other drugs can also make the immune system weaker.

### **Severe Obesity (BMI of 40 or above)**

Weight that is considered above what is healthy for a given height – for example, someone who is 65 inches, or 5 feet 5 inches tall, and weighs 240 pounds has a BMI of 40.

### **Pregnancy**

Pregnant people are included in the health conditions phase because those who are pregnant are at an increased risk of becoming very sick from COVID-19.

### **Type 1 and Type 2 Diabetes**

People with diabetes have pancreases that do not use insulin well. Insulin is a hormone created by the body to help break down energy (sugar) from food.

### **Disabilities**

Disabilities that put people at the highest risk of becoming very sick from COVID-19 include chromosomal disorders, like Down syndrome; intellectual disabilities; and disabilities that make it hard for lungs to work, including cystic fibrosis.

### **Sickle Cell Disease**

Blood cell disorders that cause the body to have too few red blood cells and cause red blood cells to change into a “C” shape, which makes them get stuck in blood vessels and stop blood from flowing.