

Urutonde rukurikizwa rwa mbere y'ikingira ku nkingo za COVID-19



Ku bahabwa urukingo:

Ibibazo bikurikira bizadufasha kumenya niba hari impamvu runaka yatuma udahabwa urukingo rwa COVID-19 uyu muni. **Niba hari ikibazo usubijeho “yego”, ntibivuze ko utagomba guhabwa urukingo.** Bivuze ko ushobora kubazwa ibindi bibazo. Niba ikibazo kidasobanutse, saba uguha serivisi z'ubuzima kugisobanura.

Amazina _____

Imyaka _____

	Yego	Oya	Simbizi
1. Urumva urwaye uyu muni?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Wigeze uterwa urukingo rwa COVID-19?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> Niba ari yego, ni ubuhe bwoko bw'urukingo wahawe? <ul style="list-style-type: none"> <input type="checkbox"/> Pfizer <input type="checkbox"/> Moderna <input type="checkbox"/> Janssen (Johnson & Johnson) <input type="checkbox"/> Urundi rukingo _____ Ese witwaje ikarita yawe iriho amakuru yo kwikingiza cyangwa ikindi cyangombwa? (yego/oya) 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Waba warigeze ugira ubwivumbure bw'umubiri kuri ibi: (Ibi bishobora kubamo ubwivumbure bw'umubiri bukabije [urugero, ubwivumbure bw'umubiri buturutse ku bumara bw'agakoko kakudwinze cyangwa ku byo kurya] kwasabaga kuvurwa hakoreshejwe epinephrine cyangwa EpiPen® cyangwa bwatumye ujya kwa muganga. Bishobora kandi kubamo ubwivumbure bw'umubiri bwateye ibihari ku mubiri, kubyimbirwa cyangwa guhumeka bigoranye, harimo gusemeka.)			
<ul style="list-style-type: none"> Ikigize urukingo rwa COVID-19, harimo kimwe mu bikurikira: <ul style="list-style-type: none"> Polyethylene glycol (PEG), iboneka mu miti imwe n'imwe, nka laxatives n'imyiteguro y'ikizami gikorwa ku rura runini Polysorbate, iboneka mu nkingo zimwe na zimwe, ibinini biriho agahu kabitwikiriye, steroide ziterwa mu mitsi Urukingo ruheruka rwa COVID-19 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Wigeze ugira ubwivumbure bw'umubiri ku rundi rukingo (rutari urukingo rwa COVID-19) cyangwa umuti uterwa mu rushinge? (Ibi bishobora kubamo ubwivumbure bw'umubiri bukabije [urugero, ubwivumbure bw'umubiri buturutse ku bumara bw'agakoko kakudwinze cyangwa ku byo kurya] kwasabaga kuvurwa hakoreshejwe epinephrine cyangwa EpiPen® cyangwa bwatumye ujya kwa muganga. Bishobora kandi kubamo ubwivumbure bw'umubiri bwateye ibihari ku mubiri, kubyimbirwa cyangwa guhumeka bigoranye, harimo gusemeka.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Shyira akamenyetso ku bihuye n'ukuri byose kuri wowe:			
<input type="checkbox"/> Ndi igitsina gore mfite imyaka iri hagati ya 18 na 49			
<input type="checkbox"/> Nagize ubwivumbure bw'umubiri bukabije buturutse ku kintu kitari urukingo cyangwa umuti natewe mu rushinge nk'ibyho kurya, itungo ryo mu rugo, ubumara, ibidukikije cyangwa imiti inyobwa			
<input type="checkbox"/> Narwaye COVID-19 mvuzwa imiti yongera abasirikare mu mubiri cyangwa nterwa amaraso y'uwakize arimo ubudahangarwa bw'umubiri			
<input type="checkbox"/> Nasuzumwe kubyimba kw'ibice bitandukanye by'umubiri (MIS-C cyangwa MIS-A) nyuma y'ubwandu bwa COVID-19			
<input type="checkbox"/> Mfite ubudahangarwa bw'umubiri bwaciye intege (nk'ubwandu bw'agakoko gatera sida, kanseri)			
<input type="checkbox"/> Mfata imiti yambura umubiri ubushobozi bwatuma ingirangango zangirika			
<input type="checkbox"/> Mfite indwara yo kuva amaraso			
<input type="checkbox"/> Mfata imiti irinda kwipfundika kw'amaraso			
<input type="checkbox"/> Nigeze kugira igabanuka ry'ingirangango zo mu maraso bitewe na herparin (HIT)			
<input type="checkbox"/> Ndatwite cyangwa ndonsa			
<input type="checkbox"/> Natewe inshinge zirwanya iminkanyari			

Ifishi yasuzumwe na _____

Itariki _____

Uru rupapuro rwasizwe ntacyanditsweho ku bushake.

Urutonde rukurikizwa rwa mbere y'ikingira ku nkingo za COVID-19

Amakuru agenewe abanyamwuga mu byo kwita ku buzima



Ku yandi makuru yerekeye amabwiriza yo kwa muganga ku rukingo rwa COVID-19, reba

<https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>.

Ku yandi makuru yerekeye komite ngishwanama ku bikorwa by'ikingira Amabwiriza agenga imikorere myiza muri rusange ku ikingira, reba <https://www.cdc.gov/vaccines/hcp/acip-recs/general-recs/index.html>.

Inkingo za COVID-19 ziremewe ku byiciro by'imyaka bitandukanye kandi ziterwa mu mutsi zikurikiranye ari ebyiri cyangwa rukaba rumwe.

UBWOKO BW'URUKINGO	IBYICIRO BY'IMYAKA BYEMEREWE	UMUBARE	IGIHE KINYURAMO HAGATI
Urukungo rwa COVID-19 rwa Pfizer-BioNTech	Imyaka 12 gusubiza hejuru	Inkingo 2	Iminsi 21
Urukungo rwa COVID-19 rwa Moderna	Imyaka 18 gusubiza hejuru	Inkingo 2	Iminsi 28
Urukungo rwa COVID-19 rwa Janssen (Johnson & Johnson)	Imyaka 18 gusubiza hejuru	Urukungo 1	Ntayo

Umuntu wese utari mu kiciro k'imyaka kemejwe ku bwoko bw'urukungo ntagomba guhabwa urukungo.

Ibihe by'igenzura rya nyuma yo guhabwa urukungo ku bantu batagira ingaruka mbi zibabuza guterwa urukungo rwa COVID-19

■ Iminota 30:

- Amateka y'ubwivumbure bw'umubiri runaka bukabije bw'ako kanya bitewe n'urukungo cyangwa umuti watwe mu rushinge
- Ingaruka mbi zibuza guterwa ubwoko butandukanye bw'inkingo za COVID-19 (urugero, abantu batemerewe guterwa inkingo za mRNA bahabwa Janssen (urukungo rwa COVID-19 rwa Johnson & Johnson)
- Amateka y'ubwivumbure bw'umubiri butewe n'ikintu icyo ari cyo cyose

■ Iminota 15:

- Abandi bantu bose

Gukomatanya inkingo za COVID-19 n'izindi nkingo

Inkingo za COVID-19 n'izindi nkingo zishobora gutangwa hatagendewe ku gihe. Ibi bikubiyemo gutangira igihe kimwe inkingo za COVID-19 n'izindi nkingo. Nanone izindi nkingo zishobora gutangwa ikindi gihe cyose mbere cyangwa nyuma y'urukungo rwa COVID-19.

1. Urumva urwaye uyu muni?

Nubwo nta kimenyetso kigaragaza ko uburwayi bw'igikatu bugabanya ubushobozi bw'urukungo cyangwa bwongera ingaruka mbi, mu rwego rwo kwirinda, **tinza guha urukungo abarwayi bafite uburwayi buri mu rugero cyangwa bukabije** kugeza igihe borohereye.

Tinza guha urukungo abantu bafite ubwandu bwa SARS-CoV-2 kuri ubu kugeza igihe umuntu akiriye uburwayi bw'igikatu kandi agakurwa mu kato. Iyi nama irakurikizwa hatitawe ko ubwandu bwa

SARS-CoV-2 bwaje mbere y'uko umuntu ahabwa urukungo rwa mbere cyangwa hagati mu nkingo, ku rukungo rutangwa inshuro ebyiri. Gupima virusi cyangwa amaraso mu rwego rwo gusuzuma ubwandu buriho cyangwa bwabayeho ku mpamvu rukumbi yo gufata ikemezo ku rukungo si ngombwa.

Abantu bafite uburwayi bworohereye bashobora gukingirwa. Ntubure gutanga urukungo niba umuntu afata imiti yo kwica bagiteri.

Urutonde rukurikizwa rwa mbere y'ikingira ku nkingo za COVID-19

Amakuru agenewe abanyamwaga mu byo kwita ku buzima



2. Wigeze uterwa urukingo rwa COVID-19?

Inkingo za COVID-19 ntizihinduranywa.

Ku bwoko bw'inkingo ziterwa inshuro ebyiri, genzura amakuru ajyanye n'uburwayi, amakuru ajyanye n'ikingira n'amakarita ariho amakuru y'inkingo mu rwego rwo gufasha kumenya ubwoko bw'urukingo rwatanze mbere. Niba ubwoko bw'urukingo rwatanze mbere budashobora kumenyekana cyangwa budahari, urukingo urwo ari rwo rwose rwa mRNA ruhari rushobora gutangwa (tandukanya inkingo usiga

nibura iminsi 28 hagati yazo). Niba inkingo ebyiri zitandukanye za COVID-19 za mRNA zaratanze mu buryo butagenderewe, nta rundi rukingiro rw'ubundi bwoko rukenewe.

Abantu bahawe urukingo rwari rukiri mu igeragezwa bakwiye kuvugana n'abaterankunga b'igerageza kugira ngo harebwe niba ari ngombwa guhabwa izindi nkingo.

Ku bantu baherewe urukingo rwa COVID-19 hanze ya Leta zunze ubumwe z'Amerika:

- Abantu bahawe inkingo zose zisabwa z'urukingo rwa COVID-19 rwemejwe na FDA nta nkingo z'inyongera bakeneye. Abantu bahawe urukingo rwa mbere rwa COVID-19 rwemejwe na FDA rusaba urukingo rwa kabiri **ntibakeneye** kongera gutangira inkingo muri Leta zunze ubumwe z'Amerika, ahubwo bakwiye guhabwa urukingo rwa kabiri bagakora uko bashoboye ntibarenze cyane igihe cyagenwe.
- Abantu bahawe inkingo zose zigenwe ku rukingiro rwa COVID-19 ziri ku rutonde rwo gukoresha mu bihe byihutirwa rw'ishami ry'umuryango w'abibumbye ryita ku buzima **ntibakeneye** izindi nkingo izo ari zo zose za COVID-19 zemejwe na FDA. Reba ibyitabwaho mu buvuzi by'agateganyo mu gukoresha inkingo za COVID-19 kuri ubu zemewe muri Leta zunze ubumwe z'Amerika (<https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>) ubone urutonde rw'inkingo ishami ry'umuryango w'abibumbye ryita ku buzima ryemeye ko zikoreshwa mu bihe byihutirwa.
- Abantu batarahabwa inkingo zose zisabwa za COVID-19 ishami ry'umuryango w'abibumbye ryita ku buzima ryashyize ku rutonde rw'izikoreshwa mu bihe byihutirwa bashobora guhabwa urukingo rwa COVID-19 rwuzuye ruri mu zemejwe na FDA. Tegereza hashire nibura iminsi 28 urukingo rutemejwe na FDA rutanzwe, ubone gutanga urukingo rwa COVID-19 rwemejwe na FDA.
- Abantu bahawe inkingo zimwe cyangwa zose zisabwa ku rukingiro rwa COVID-19 rutari mu z'ubutabazi z'ishami ry'umuryango w'abibumbye ryita ku buzima kandi rutemejwe na FDA bashobora guhabwa urukingo rwa COVID-19 rwuzuye ruri mu zemejwe na FDA. Tegereza hashire nibura iminsi 28 urukingo rutemejwe na FDA rutanzwe, ubone gutanga urukingo rwa COVID-19 rwemejwe na FDA.

3. Waba warigeze ugira ubwivumbure bw'umubiri kuri ibi:

- Ikigize urukingo rwa COVID-19, harimo:
 - Polyethylene glycol (PEG), iboneka mu miti imwe n'imwe, nka laxatives n'imyiteguro y'ikizami gikorwa ku rura runini
 - Polysorbate, iboneka mu miti imwe n'imwe, ibinini biriho agahu kabitwikiriye, steroide ziterwa mu mitsi
- Urukingo ruheruka rwa COVID-19

Abantu bahise bagira ubwivumbure* ku rukingiro rwa COVID-19 rwa mbere cyangwa ubwivumbure bw'umubiri buzwi (bwasuzumwe) bwatewe n'ikigize urukingo ntibemerewe guhabwa urukingo.

Abantu batemerewe guhabwa urukingo rwa COVID-19 rwa mRNA ntibagomba guterwa inkingo za mRNA (Pfizer-BioNTech cyangwa Moderna). Abantu batemerewe guhabwa inkingo za COVID-19 za mRNA (harimo n'izitewe n'ubwivumbure buzwi [bwasumwe] kuri PEG†) bagomba kwitondera urukingo rwa Janssen COVID-19.

Abantu batemerewe guhabwa urukingo rwa COVID-19 rwa Janssen (harimo n'impamvu z'ubwivumbure buzwi [bwasuzumwe] kuri polysorbate*) bagomba kwitondera inkingo za COVID-19 za mRNA.

Abantu bafite amateka yo guhita bagira ubwivumbure bw'umubiri ku rukingiro cyangwa ku miti batera mu nshinge igizwe n'ibintu byinshi, kimwe cyangwa byinshi muri byo bikaba bigize urukingo rwa COVID-

19, bagomba kwitondera guhabwa urwo rukingiro rwa COVID-19, nubwo icyo cyataye bwivumbure bw'umubiri cyaba kitazwi.

*Iyo abahabwa urukingo batangaje ko bafite amateka yo guhita bagira ubwivumbure bw'umubiri, abatanga serivisi bagomba kugerageza kumenya niba ubwivumbure bwatanzwe nyuma yo gukingirwa bujyanye n'ubwivumbure bw'umubiri buhita bubaho babugeranyije n'ubundi bwivumbure bw'umubiri bukunze kubaho nyuma yo gukingirwa, burimo kugabanuka k'umuvuduko w'amaraso cyangwa ingaruka ziza nyuma yo guterwa urukingo (bikaba bitaba impamvu ibuzaza umuntu guhabwa urukingo rwa COVID-19 rwa kabiri rwa mRNA).

†Polyethylene glycol (PEG) iri mu bigize inkingo zombi za COVID-19 za mRNA, kandi na polysorbate 80 ni kimwe mu bigize urukingo rwa COVID-19 rwa Janssen. Kubera ko PEG na polysorbate bifitanye isano y'imiterere, uruhurirane rw'ibizigize bushobora gutera ingaruka zikabije.

Urutonde rukurikizwa rwa mbere y'ikingira ku nkingo za COVID-19

Amakuru agenewe abanyamwaga mu byo kwita ku buzima



Ibigize urukingo rwa COVID-19*

Ibisobanuro	Urukingo rwa COVID-19 rwa Pfizer-BioNTech	Urukingo rwa COVID-19 rwa Moderna mRNA	Urukingo rwa COVID-19 rwa Janssen
Ibigize urukingo bikora	Nucleoside-modified mRNA iranga za poroteyine za viral spike (S) ya SARS-CoV-2	Nucleoside-modified mRNA iranga za poroteyine za viral spike (S) ya SARS-CoV-2	Viral Vector; Recombinant, replication-incompetent Ad26 vector, iranga ubundi bwoko buhamye bwa poroteyine ya SARS-CoV-2 Spike (S)
Ibigize urukingo bidakora	2[(polyethylene glycol {PEG}- 2000]-N, N-ditetradecylacetamide	PEG2000-DMG: 1,2-dimyristoyl-rac-glycerol, methoxypolyethylene glycol	Polysorbate-80
	1,2-distearoyl-sn-glycero-3-phosphocholine	1,2-distearoyl-sn-glycero-3-phosphocholine	2-hydroxypropyl-β-cyclodextrin (HBCD)
	Koresterore	Koresterore	Citric acid monohydrate
	(4-hydroxybutyl)azanediyilbis(hexane-6,1-diyl)bis(2-hexyldecanoate)	SM-102: heptadecan-9-yl 8-((2-hydroxyethyl) (6-oxo-6-(undecyloxy) hexyl) amino) octanoate	Trisodium citrate dihydrate
	Kororide ya Sodiyumu	Tromethamine	Kororide ya Sodiyumu
	Monobasic potassium phosphate	Tromethamine hydrochloride	Ethanol
	Kororide ya Potasiyumu	Acetic acid	
	Dibasic sodium phosphate dihydrate	Asetate ya sodiyumu	
Sucrose	Sucrose		

*Nta na rumwe mu nkingo rurimo amagi, jelatine, lategisi, cyangwa imiti ikoresheya mu kubuza ibintu kwangirika.

Ibishobora kuranga ubwivumbure bw'umubiri, kuvuduka gake kw'amaraso n'ingaruka z'urukingo nyuma yo guterwa urukingo rwa COVID-19

Mu barwayi bagaragaza ibimenyetso nyuma yo gukingirwa, kumenya igitera indwara (harimo n'ubwivumbure bw'umubiri, kugabanuka kw'umuvuduko w'amaraso cyangwa ingaruka z'urukingo) ni ingenzi kumenya niba umuntu yahabwa inkingo zisigaye (harimo urukingo rwa 2 rwa COVID-19 rwa mRNA). Iyi mbonerahamwe y'ibimenyetso

igamije gukoreshwa nk'ikifashishwa ariko ntitimo ibintu byose, kandi abarwayi bashobora kutagira ibimenyetso byose. Abatanga serivisi bagomba gukoresha ubushishozi bwabo mu gihe basuzuma abarwayi ngo bamenye icyo basuzuma n'imicungire ikwiye.

Ibibiranga	Ubwivumbure bw'umubiri bw'ako kanya (harimo ubwivumbure bukabije buturutse ku bumara bw'agakoko cyangwa ku biribwa)	Umuvuduko muke w'amaraso	Ingaruka z'urukingo rwa COVID-19 (izigaragara inyuma n'imbere mu mubiri)
Kubara igihe nyuma cyo gukingirwa	Akenshi biba mu minota 15-30 nyuma yo gukingirwa	Akenshi biba mu minota 15	Mu gihe cy'umunsi 1 kugeza kuri 3 nyuma yo gukingirwa (aho byinshi bibaho umuntu yaraye akingiwe)
IBIMENYETSO			
Ibibiranga	Ubwivumbure bw'umubiri bw'ako kanya (harimo ubwivumbure bukabije buturutse ku bumara bw'agakoko cyangwa ku biribwa)	Umuvuduko muke w'amaraso	Ingaruka z'urukingo rwa COVID-19 (izigaragara inyuma n'imbere mu mubiri)
Uruhurirane rw'ibimenyetso bigira ingaruka ku buzima rusange	Kumva hari ikintu kibi kenda kuba	Kumva ushyushye cyangwa ukonje	Umuriro, imbeho, umunaniro
Ingaruka ku ruhu	Ibimenyetso byo ku ruhu mu bantu ~90% bafite ubwivumbure bukabije, birimo ububabare bukabije ku ruhu, guhisha ku ruhu, gutukura no kokera, kubyimbirwa imbere mu ruhu	Guhinduriza uruhu, icyokere, gututubikana, kumva ushyuhiranye mu maso	Ububabare, kuzana ibihari by'umutuku cyangwa kubyimbirwa aho bateye urushinge, amatakara mu kaboko kakingiwe
Ibibazo mu rwungano rw'imyakura	Urujijo, kutamenya ibiri kuba, isereri, kurabirana, intege nke, gutakaza ubwenge	Kuzungera, kurabirana, kugwa igihumire (akenshi nyuma y'ibimenyetso bibimburira indwara mu gihe cy'amasegonda cyangwa iminota mike), intege nke, impinduka zijyanye no kubona (nk'ibidomo by'urumuri rумыasa, kutabasha kureba ku ruhanda), impinduka zijyanye no kumva	Kurwara umutwe

Urutonde rukurikizwa rwa mbere y'ikingira ku nkingo za COVID-19

Amakuru agenewe abanyamwuga mu byo kwita ku buzima



Ibibiranga	Ubwivumbure bw'umubiri bw'ako kanya (harimo ubwivumbure bukabije buturutse ku bumara bw'agakoko cyangwa ku biribwa)	Umuvuduko muke w'amaraso	Ingaruka z'urukingo rwa COVID-19 (izigaragara inyuma n'imbere mu mubiri)
Imihumekere	Kubura umwuka, gusemeka, kwifunga kw'inzira z'ubuhumekero, guhirita, kwinjiza ogisijeni idahagije	Bigenda bihindagurika; iyo biri kumwe n'umuhangayiko, bishobora no gutuma umuntu ahumeka insigane	Ntizihari
Ibibazo by'umutima	Umuvuduko muke w'amaraso, gutera kurenze kw'umutima	Bigenda bihindagurika; byatera umuvuduko muke w'amaraso cyangwa gutera cyane kw'umutima mu gihe umuntu aguye igihumure	Ntizihari
Ibibazo mu gifu n'amara	Iseseme, kuruka, kubabara mu nda, gucibwamo	Iseseme, kuruka	Kuruka cyangwa gucibwamo bishobora kuba
Ibishingiye ku rwungano rw'amagufwa	Ntibuhari	Ntibuhari	Ububabare mu mikaya, kuribwa mu ngingo

INAMA ZEREKEYE URUKINGO

Ibibiranga	Ubwivumbure bw'umubiri bw'ako kanya (harimo ubwivumbure bukabije buturutse ku bumara bw'agakoko cyangwa ku biribwa)	Umuvuduko muke w'amaraso	Ingaruka z'urukingo rwa COVID-19 (izigaragara inyuma n'imbere mu mubiri)
Niba wawe urukingo rwa COVID-19 rwa mRNA bwa mbere, usabwa gufata urukingo rwa kabiri rwa mRNA?	Oya	Yego	Yego

Abatanga serivisi z'ubuzima cyangwa amashami y'ubuzima muri Leta zunze ubumwe z'Amerika bashobora gusaba isuzumwa rikozwe n'umushinga wa "Clinical Immunization Safety Assessment COVIDvax" (<https://www.cdc.gov/vaccinesafety/ensuringsafety/monitoring/cisa/index.html>) ku bibazo by'ubwizerwe bw'urukingo rwa COVID-19 bitari mu mabwiriza ya CDC birebana n'abarwayi runaka batuye muri Leta zunze ubumwe z'Amerika.

Abanyamwuga mu by'ubuzima bagomba kuba bamenyerereye kumenya ubwivumbure bw'umubiri bw'ako kanya, harimo ubuterwa n'ubumara cyangwa ibyo kurya, kandi bakaba bafite ubushobozi bwo kubwira mu gihe cyo gutanga urukingo. Ubuvuzi bwagenewe kuvura ubwivumbure bw'umubiri bukabije bugomba kuba buhari ako kanya mu gihe havutse iki kibazo nyuma yo guhabwa urukingo rwa COVID-19. Reba uko bigenda iyo ubwivumbure bw'umubiri bukabije bubaye ahatangirwa inkingo za COVID-19 | CDC ubone andi mabwiriza. <https://www.cdc.gov/vaccines/covid-19/info-by-product/pfizer/anaphylaxis-management.html>

Hashobora kubaho kugwa igihumure bitewe n'inkingo bateye umuntu, by'umwihariko ku ngimbi n'abangavu. Hagomba kuba hariho uburyo bwo kwirinda gukomereka no gukurikirana abagize ikibazo cyo kugwa igihumure. Ni ngombwa ko abantu bese bakurikiranwa nyuma yo guhabwa urukingo rwa COVID-19 nibura mu gihe k'iminota 15. Abarwayi bagomba kwicazwa cyangwa kuryamishwa mu gihe cyo kubitaho mu rwego rwo kugabanya ibyago byo gukomereka baramutse barabiranye. Niba habayeho kugwa igihumure, abarwayi bagomba kwitabwaho kugeza ibimenyetso bishize.

4. Wigeze ugira ubwivumbure bw'umubiri ku rundi rukingo (rutari urukingo rwa COVID-19) cyangwa undi muti uterwa mu rushinge?

Amateka yo guhita ugira ubwivumbure bw'umubiri (mu masaha 4) ku rundi rukingo cyangwa umuti uterwa mu rushinge (nk'inkingo ziterwa mu mitsi cyangwa mu ruhu cyangwa ubuvuzi budafitanye isano n'ibigize inkingo za COVID-19) ni ikintu cyo kwitondera ku nkingo za COVID-19 zemewe kuri ubu. Urukingo rushobora gutangwa, ariko gira inama abarwayi ku byago bitazwi byo kugira ubwivumbure bw'umubiri bukabije hanyuma ugereranye ibi byago n'inyungu z'urukingo. Gutinza urukingo no/cyangwa kwisuzumisha ku muganga w'inzobere mu

ubwivumbure n'ubudahangarwa by'umubiri byatekerezawo. Ibyo umuntu atekerezaho ku ikingira birimo ibyago byo kugira SARS-CoV-2, ibyago by'indwara zikomeye cyangwa urupfu bituruka kuri COVID-19, ubwandu buheruka bwa COVID-19, ibyago bitazwi by'ubwivumbure bukabije buterwa n'ubumara cyangwa ibyo kurya nyuma yo guhabwa urukingo rwa COVID-19, n'ubushobozi bw'ukingirwa bwo guhita avurwa, igihe bibaye ngombwa. **Aba bantu bakwiye kugenzurwa mu minota 30 nyuma y'urukingo.**

Urutonde rukurikizwa rwa mbere y'ikingira ku nkingo za COVID-19

Amakuru agenewe abanyamwaga mu byo kwita ku buzima



5. Ibyitabwaho ku buzima:

Igisubizo	Ibyitabwaho
Igitsina gore hagati y'imyaka 18 na 49	<p>Abagore bafite imyaka 18 kugera kuri 49 bashobora guhabwa urukingo rwose rwa COVID-19 rwemejwe na FDA. Ariko, bakwiye guhabwa amakuru ku byago bidakunze kugaragara ariko byiyongera byo kwipfundika kw'amaraso kubera ingirangingo nkeya mu maraso (TTS) nyuma yo guhabwa urukingo rwa COVID-19 rwa Janssen www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/janssen-covid-19-vaccine n'iboneka ry'izindi nkingo za COVID-19 zemejwe na FDA.</p> <p>TTS ni uburwayi budakunze kugaragara bugizwe no kuvura kw'amaraso mu migarura cyangwa imijyana no kugira ingirangingo nkeya mu maraso bishya ku barwayi batahawe vuba umuti wa heparin.</p> <p>Ibindi byifashishwa mu kwigisha uwikingiza bishobora kuboneka kuri www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/JJUpdate.html.</p>
Yagize ubwivumbure bw'umubiri bukabije buturutse ku kintu kitari urukingo cyangwa umuti yatewe mu rushinge nk'ibyo kurya, itungo ryo mu rugo, ubumara, ibidukikije cyangwa imiti inyobwa	<p>Ubwivumbure bw'umubiri, burimo ubwivumbure bukabije, buDAfitanye isano n'inkingo, imiti yo mu nshinge cyangwa ibigize inkingo za COVID-19, SI impamvu yo kutemererwa cyangwa imbuzi ku gukingizwa inkingo za COVID-19 zemejwe vuba. Ariko, abantu bagize ubwivumbure bw'umubiri bukabije ku kintu icyo ari cyo cyose, hatitawe ku mpamvu, bakwiye kugenzurwa mu minota 30 nyuma yo gukingirwa.</p>
Yarwaye COVID-19 avuzwa imiti yongera abasirikare mu mubiri cyangwa aterwa amaraso y'uwakize arimo ubudahangarwa bw'umubiri	<p>Urukingo rukwiye guhabwa abantu hatitawe ku mateka yo kugira cyangwa kutagira ibimenyetso mu gihe cyashize kuri SARS-CoV-2 . Nta gihe runaka gitoya gitangwaho inama cyo gusiga hagati y'uburwayi no guhabwa urukingo.</p> <p>Ariko, urukingo rukwiye gutinzwa nibura iminsi 90 igihe umurwayi yahawe imiti yongerera umubiri abasirikare cyangwa amaraso y'uwakize arimo ubudahangarwa bw'umubiri nk'uburyo bw'ubuvuzi bwa COVID-19. Iyi ni ingamba y'ubwirinzi kugeza igihe hazabonekera andi makuru, mu rwego rwo kwirinda igongana ry'imiti yongera abasirikare mu mubiri n'ubudahangarwa bw'umubiri bwakozwe n'urukingo.</p>

Urutonde rukurikizwa rwa mbere y'ikingira ku nkingo za COVID-19

Amakuru agenewe abanyamwuga mu byo kwita ku buzima



Igisubizo	Ibyitabwaho
<p>Yagize ibimenyetso byo kubyimba ibice bitandukanye by'umubiri; haba MIS-C (abana) cyangwa MIS-A (abakuru)</p>	<p>Ntibizwi niba abantu bafite amateka ya MIS-C cyangwa MIS-A bafite ibyago byo kugira ubudahangarwa bw'umubiri budahamye nyuma yo guhabwa urukingo rwa COVID-19.</p> <p>Abantu bafite amateka ya MIS-C cyangwa MIS-A bashobora guhitamo gukingirwa. Ibihabwa agaciro mu gukingirwa bishobora kubamo:</p> <ul style="list-style-type: none"> ■ Gukira MIS-C cyangwa MIS-A, harimo kongera gukora bisanzwe k'umutima ■ Ibyago byihariye ku muntu byo kuzahazwa na COVID-19 (urugero: imyaka, impamvu zibitera) ■ Urwego rwo gukwirakwira kwa COVID-19 mu muryango mugari n'ibyago byihariye byo kongera kwandura ■ Kubura amakuru y'ubwizerwe bw'inkingo za COVID-19 nyuma y'ubu burwayi ■ Igihe cyo kuvura indwara zibasira ubudahangarwa bw'umubiri (amabwiriza y'imikorere myiza muri rusange ku kubaka ubudahangarwa ishobora gusurwa ubaye ukeneye andi makuru kuri https://www.cdc.gov/vaccines/hcp/acip-recs/general-recs/index.html) <p>Bitewe n'uko ibimenyetso bihari ubu bivuga ko ibyago by'ubwandu bushya bwa SARS-CoV-2 biri hasi mu mezi ya nyuma y'ubwandu bwa mbere, abantu bafite amateka ya MIS-C na MIS-A bakwiye gutekereza ku gutinza urukingo kugeza igihe bakiriye uburwayi bwabo kandi mu minsi 90 nyuma y'itariki basuzumiweho MIS-C cyangwa MIS-A.</p> <p>Ikiganiro hagati y'umurwayi, umurwaza (abarwaza) n'itsinda ryo kwa muganga rimukurikirana cyangwa inzobere bashobora kumufasha gufata ibyemezo byerekeye urukingo rwa COVID-19. Abatanga serivisi z'ubuzima n'amashami y'ubuzima ashobora kandi gusaba kuganira n'umushinga ugamije kuzuzura ubwizerwe bwo kubaka ubudahangarwa bw'umubiri kwa muganga kuri www.cdc.gov/vaccinesafety/ensuringsafety/monitoring/cisa/index.html.</p>
<p>Afite ubudahangarwa bw'umubiri bwaciwe intege (ubwandu bw'agakoko gatera Sida, kanseri)</p> <p>Afata imiti yambura umubiri ubushobozi bwatuma ingirangango zangirika</p>	<p>Inkingo za COVID-19 zishobora guhabwa abantu basanganywe uburwayi nka virusi itera sida cyangwa ubundi burwayi bugabanya ubudahangarwa bw'umubiri, cyangwa abafata imiti yambura umubiri ubushobozi bwatuma ingirangango zangirika, badafite ikibabuza guterwa urukingo.</p> <p>Ariko, bakwiye kugirwa inama ku bwizerwe bw'urukingo butazwi n'akamaro karwo mu bantu bafite ibibazo by'ubudahangarwa bw'umubiri, ndetse n'ibiterwa n'ubudahangarwa buke n'ibikenewe mu gukomeza gukurikiza amabwiriza mashya kugira ngo birinde COVID-19.</p> <p>Inkingo za COVID-19 zishobora gutangwa hatitawe ku buvuzi bw'imisemburo harimo ubuvuzi bukorewe ahantu runaka ku/mu mubiri no mu ngingo. Kongera gukingira ntawo ari ngombwa nyuma y'uko ubushobozi bw'ubudahangarwa bw'umubiri bugarutse.</p>
<p>Afite indwara yo kuva amaraso</p> <p>Afata imiti irinda kwipfundika kw'amaraso</p>	<p>Kimwe n'inkingo zose, urukingo rwa COVID-19 urwo ari rwo rwose rushobora guhabwa aba barwayi, igihe umuganga uzi ibyago by'umurwayi byo kuva amaraso yanzuye ko urukingo rushobora guterwa mu mutsi nta kibazo.</p> <p>ACIP itanga inama zo gukurikiza tekinike ikurikira mu gutera urukingo mu mutsi ku barwayi bafite uburwayi bwo kuva amaraso cyangwa bafata imiti irinda kwipfundika kw'amaraso: Urushinge (rwo mu kigero cya 23 cyangwa ururi mu kigero cyo munsu) rukwiye gukoreshwa mu ikingira, rukurikiwe no gutsindagira ahatewe urushinge, nta gukuba, mu gihe k'iminota itari munsu y'2.</p> <p>Abantu bafata aspirine cyangwa imiti irinda kuvura kw'amaraso ku buryo buhoraho ntibakeneye guhagarika iyi miti mbere yo guhabwa urukingo rwa COVID-19.</p>

Urutonde rukurikizwa rwa mbere y'ikingira ku nkingo za COVID-19

Amakuru agenewe abanyamwuga mu byo kwita ku buzima



Igisubizo	Ibyitabwaho
<p>Amateka y'igabanuka ry'ingirangiro mu maraso bitewe na heparin (HIT)</p>	<p>Nubwo ibitera kwipfundika kw'amaraso kubera ingirangiro nkeya (TTS) bifitanye isano n'urukingo rwa COVID-19 rwa Janssen bidasobanutse, bisa n'ubundi burwayi budakunze kubaho bw'ubudahangarwa bucagase, bitewe na heparin (HIT). Kugeza igihe andi makuru azabonekera, abahanga batanga inama ko abantu bafite amateka y'ibyiciro by'ibimenyetso by'ubudahangarwa butuzuye bugaragazwa no kuvura kw'amaraso n'ingirangiro nke mu maraso, nka HIT, bakwiye guhabwa urundi rukingo rwa COVID-19 (nk'urukingo rwa mRNA) igihe hashize iminsi 90 cyangwa muni yayo uhereye igihe uburwayi bwabo bwavuriwe. Nyuma y'iminsi 90, abarwayi bashobora gukingirwa urukingo rwa COVID-19 rwemejwe na FDA.</p> <p>Abahanga bizera ko impamvu zikurikira zitaganisha abantu kuri TTS nyuma yo guhabwa urukingo rwa COVID-19 rwa Janssen. Abantu bafite ubu burwayi bashobora gukingirwa urukingo rwa COVID-19 rwemejwe na FDA, harimo urukingo rwa COVID-19 rwa Janssen:</p> <ul style="list-style-type: none"> ■ Amateka yo hambere yo kuvura kw'amaraso mu migarura ■ Impamvu zitera ibyago byo kuvura kw'amaraso yo mu migarura (urugero, indwara yo kuvura kw'amaraso ikomoka ku babyeyi cyangwa yanduwe harimo V Leiden; gene 20210A mutation; antiphospholipid syndrome; kudahaza kwa poroteyine C, poroteyine S cyangwa poroteyine antithrombin ■ Amateka yo hambere y'ubundi bwoko bwo kuvura kw'amaraso bidafitanye isano n'ingirangiro nkeya mu maraso ■ Gutwita, nyuma yo kubyara, cyangwa guhabwa imiti irinda gusama (urugero, imiti irinda gusama ikomatanyije inyobwa, igipfuko, impeta) <p>Ibindi byifashishwa mu kwigisha uwikingiza bishobora kuboneka kuri www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/JJupdate.html.</p>
<p>Aratwite cyangwa aronsa</p>	<p>Abantu batwite cyangwa bonsa bemerewe kandi bashobora guhabwa urukingo urwo ari rwo rwose rwemewe rwa COVID-19.</p> <p>Hashingiwe ku bumenyi bw'ubu, abahanga bizera ko inkingo za COVID-19 zidashobora guteza ibyago umuntu utwite cyangwa umwana uri munda. Inkingo za COVID-19 zemejwe na FDA ntawe zishobora gutera ubwandu yaba umubyeyi cyangwa umwana atwite. Nyamara, ibyago bishoboka by'inkingo za COVID-19 kuri aba bantu ntabwo bizwi kubera ko inkingo zitariye ku bantu batwite.</p> <p>Igihe cyo gufata ikemezo, abantu batwite n'ababaha serivisi z'ubuzima bakwiye guha agaciro ikigero k'ikwirakwira rya COVID-19 mu muryango mugari, ibyago bwite by'umurwayi byo kwandura COVID-19, ibyago byiyongera byo kuzahazwa na COVID-19 ku murwayi n'ibyago bishoboka ku mwana uri munda, ibyiza bishoboka bizwi by'urukingo, imikorere y'urukingo, ingaruka z'urukingo n'amakuru adahagije ariko yiyongera ku bwizerwe bw'urukingo mu gihe cyo gutwita.</p> <p>Abantu batwite, bonsa, n'abamaze kubyara bafite imyaka 18 kugeza kuri 49 bakwiye kumenya ibyago bidakunze kubaho bya TTS nyuma yo guhabwa urukingo rwa COVID-19 rwa Janssen n'iboneka ry'izindi nkingo za COVID-19 zemejwe na FDA (nk'inkingo za mRNA)</p>
<p>Afite inshinge zirwanya iminkanyari</p>	<p>Inkingo za COVID-19 zemejwe na FDA zishobora guhabwa abantu batewe inshinge zirwanya iminkanyari badafite ibimenyetso bibi cyangwa imbuzi ku rukingo.</p> <p>Ni gake, aba bantu bashobora kugira ubu byimbirwe budahoraho kuri cyangwa hafi y'ahatewe urushinge rwo kugabanya iminkanyari (muri rusange mu maso cyangwa iminwa) nyuma yo guhabwa urukingo rwa COVID-19. Aba bantu bakwiye kugirwa inama yo kuvugana n'abashinzwe kubaha serivisi z'ubuzima igihe ubu byimbirwe bwiyongereye kuri cyangwa hafi y'ahatewe urushinge rwo kurwanya iminkanyari nyuma y'urukingo</p>