

Urutonde rw'imbere yo gucandarwa kubw'incanco za COVID-19



Kubaronswa urucanco:

Ibi bibazo bizodufasha kwemeza nimba hari imvo n'imwe yotuma udaterwa urucanco rwa COVID-19 uno muni. **Nimba wishuye "ego" ku kibazo ico arico cose, ntibisigura ko udategerezwa gucandagwa.** Bisigura gusa ko hari ibindi bibazo bishobora kubazwa. Hamwe ikibazo kidasobanutse, nkundira usabe umutangabufasha wawe muvuy'ubuvuzi agusigurire.

Amazina: _____

Imyaka _____

	Ego	Oya	Sindabizi
1. Wumva urwaye uyu muni?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Woba wararonse doze y'urucanco rwa COVID-19?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> Nimba ari ego, ni uruhe rucanco waronse? <ul style="list-style-type: none"> <input type="checkbox"/> Pfizer <input type="checkbox"/> Moderna <input type="checkbox"/> Janssen (Johnson & Johnson) <input type="checkbox"/> Urundi rucanco _____ Woba wazanye ikarata y'urucanco canke urundi rupapuro? (ego/oya) 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Umubiri wawe woba warigeze guhurirwa na: (Uku guhurirwa harimwo kugira ubukazi [akarorero., anaphylaxis] vyabaye nkenerwa ko uvurwa na epinephrine canke na EpiPen® canke vyaratumye ushirwa mu bitaro. Bitegerezwa kuba ari uguhurirwa kwatye uruhere, kuvyimba, canke guhema bigoranye, harimwo guhema uhuhuta.)			
<ul style="list-style-type: none"> Bimwe mubigize urucanco rwa COVID-19 harimwo kimwe mubikurikira: <ul style="list-style-type: none"> <input type="checkbox"/> Polyethylene glycol (PEG), dusanga mu miti imwimwe, nk'ibituma umuntu acibwamwo bimwe bifashe no gutegura ibikorwa vyo gusuzuma munda bisunzwe ubuhinga bwa videwo <input type="checkbox"/> Polysorbate, dusanga muncanco zimwe, imiti itekeye, hamwe n'ibinyabuzima bica mumitsi Doze itangura y'urucanco rwa COVID-19 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Woba warigeze guhurirwa n'urundi rucanco (atari urucanco rwa COVID-19) canke umuti batera mu rushinge? (Uku guhurirwa harimwo kugira ubukazi [akarorero., anaphylaxis] vyabaye nkenerwa ko uvurwa na epinephrine canke na EpiPen® canke vyaratumye ushirwa mu bitaro. Bitegerezwa kuba ari uguhurirwa kwatye uruhere, kuvyimba, canke guhema bigoranye, harimwo guhema uhuhuta.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Raba vyose bikwerekeye:			
<input type="checkbox"/> Ndi umukenyezi w'imyaka iri hagati ya 18 na 49			
<input type="checkbox"/> Narahuriwe bikaze n'ibintu bitandukanye n'urucanco canke ibindi biterwa mumubiri nk'ingaburo, ivyankenerwa, ubumara, uguhurirwa gutewe n'ahantu canke imiti yo kunywa			
<input type="checkbox"/> Naranduye COVID-19 kandi naratewe imiti ikingira umubiri canke serumu ikingira			
<input type="checkbox"/> Natowe umugera wo gusha mumubiri (MIS-C or MIS-A) inyuma yo kwandura COVID-19			
<input type="checkbox"/> Mfise abasoda b'umubiri bagoyagoya (ni kuvuga, umugera wa sida, kanseri)			
<input type="checkbox"/> Ndafata imiti yo kwongereza abasoda b'umubiri canke iyindi miti ifasha			
<input type="checkbox"/> Mfise indwara yo kuva amaraso			
<input type="checkbox"/> Mfata ibituma amaraso adafatana			
<input type="checkbox"/> Mfise akahise karimwo ukwambika amaraso (HIT)			
<input type="checkbox"/> Ubu ndibungenze canke ndonsa			
<input type="checkbox"/> Nararonse ivyuzuzwa urukoba			

Urukaratasi
rwasubiwemwo na _____

Igenekerezo

**Uru rupapuro rwasizwe rugaragara kubw'imvo
kanaka.**

Urutonde rw'imbere yo gucandarwa kubw'incanco za COVID-19

Inkuru kubahinga muvy'amagara y'abantu



Kubijanye n'izindi nkuru k'urucanco rwa COVID-19 n'amerekezo y'ibitaro, raba <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>.

Kubijanye n'izindi nkuru kuri komite y'impanuro zijanye n'imigirwa yo gukingirwa Ibiza. Ingingo nyamukuru zerekeye umugirwa wo gukingirwa ibiza, raba <https://www.cdc.gov/vaccines/hcp/acip-recs/general-recs/index.html>.

Incanco za COVID-19 zemewe ku migwi itandukanye y'imyaka kandi zitangwa ubukurikirana doze zibiri canke imwe.

URUCANCO	IMIGWI Y'IMYAKA YEMEWE	URUKURIKIRANE	UMWANYA UCAMWO
Urucanco Pfizer-BioNTech rwa COVID-19	Imyaka 12 y'amavuka n'iyirenga	Doze 2	Imisi 21
Urucanco Moderna rwa COVID-19	Imyaka 18 y'amavuka n'iyirenga	Doze 2	Imisi 28
Urucanco Janssen (Johnson & Johnson) rwa COVID-19	Imyaka 18 y'amavuka n'iyirenga	Doze 1	Ntibikora

Uwariwe wese atari mumigwi y'imyaka yemewe ntakwiye guhabwa urucanco.

Imyanya y'isuzumwa inyuma y'urucanco kubantu badafise ingorane z'urucanco rwa COVID-19

- **Iminota 30:**
 - Akahise k'uguhurirwa vyibonekeza ubwo nyene kuvuye k'urucanco canke itegwa ry'umuti mu rushinge.
 - Ukudahuza n'urucanco rwa COVID-19 (akarorero, abantu badahuza n'incaco za mRNA aronse urucanco Janssen (Urucanco Johnson & Johnson rwa COVID-19)
 - Akahise k'ububabare buvuye ku cabitumye ico arico cose
- **Iminota 15:**
 - Abandi bantu bose

Uburongozi bujewe ivy'incanco za COVID-19 hamwe n'izindi ncanco

Incanco za COVID-19 hamwe n'izindi ncanco **zishobora guterwa hatarabwe umwanya**. Muri ibi harimwo uguterwa wikurikiranya incanco za COVID-19 hamwe n'izindi canco muri uwo mwanya nyene wo kugendera. Izindi ncanco zishobora guterwa umwanya uwo riwe wese imbere canke inyuma y'urucanco rwa COVID-19

1. Wumva urwaye uyu muni?

Mugihe atavyemezo bihari vy'indwara igabanya ubukare bw'urucanco canke yongereza nko gukingira, **cereza gucandaga abagwayi bafise indwara zidakaze n'izikazegushika aho indwara ikize.**

Ugucandaga abantu bafise indwara y'amaraso SARS-CoV-2 gutegerezwa kwigizwayo gushika uyo muntu akize iyo ndwara kandi ashobora kutabandanya kwiyugarana. Ibi vyitonderwa bikora

hatarabwe nimba yari afise indwara y'amaraso SARS-CoV-2 vyibonekeje imbere y'uko umurwayi aronse doze ya mbere canke hagati y'ama doze, k'urucanco rwa doze zibiri. Ugupima kudasanzwe kugenzura indwara yo mumaraso kugira urabe ko wofata ingingo yo gucandarwa ntibihanuwe.

Abantu bagwaye indwara zidakaze bashobora gucandarwa. Ntureke gucandaga umuntu ariko afata imiti ikingira umubiri.

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Inkuru kubahinga muvy'amagara y'abantu



2. Woba wararonse doze y'urucanco rwa COVID-19?

Incanco za COVID-19 ntizihindagurirwa.

K'urucanco rwa doze zibiri, raba inyishu zo kwa muganga, ibijanye n'inkuru zo gukingira umubiri, hamwe n'amakarata y'incanco kugira hamenyekane urucanco rwa mbere rwatwe. Nimba urucanco rwakoreshejwe muri doze ya mbere rudashobora kumenyekana canke rutagihari, urucanco rwa mRNA rubonetse rushobora guterwa

(tandukanya doze n'imiburiburi iminsi 28). Nimba doze zibiri zitandukanye z'urucanco mRNA COVID-19 zitewe bataravye neza, nta doze zindi zemewe.

Abo baronse urucanco rwo gupima bategerezwa kuraba abazanye iryo pima kugira barabe ko bishoboka ko bohabwa doze z'inyongera.

Ku bantu baronse urucanco rwa COVID-19 hanze ya Leta zunze ubumwe:

- Abantu baronse doze zemewe z' urucanco rwemewe na FDA rwa COVID-19 ntibakeneye izindi doze. Abantu baronse doze ya mbere y'urucanco rwemewe na FDA rwa COVID-19 rukeneye doze zibiri **ntibakenere** gutangura urukurikirane rw'urucanco muri Leta zunze ubumwe ariko bashobora kuronka doze ya kabiri nk'igihe cegereje c'umwanya bahawe.
- Abantu baronse doze zose zisabwa z'urucanco rwa COVID-19 ziri mw'ikoreshwa ryihuse rya WHO **ntibakenere** doze n'imwe z'urucanco rwemewe na FDA rwa COVID-19. Raba ivy'ibitaro vyemera mubijanye n'incanco za COVID-19 zemewe muri Leta zunze ubumwe (<https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>) k'urutonde rw'incanco za WHO zikoreshwa vyihuse.
- Abantu bataronse doze zose zisabwa z'urucanco rwa COVID-19 ziri mw'ikoreshwa ryihuse rya WHO bashobora guhabwa urukurikirane rw' urucanco rwemewe na FDA rwa COVID-19. Rindira n'imiburiburi iminsi 28 inyuma ya doze iheze y'urucanco rutemewe na FDA imbere yo gutera urucanco rwemewe na FDA rwa COVID-19.
- Abantu baronse doze zose zisabwa z'urucanco rwa COVID-19 zitari mw'ikoreshwa ryihuse rya WHO bashobora guhabwa urukurikirane z'urucanco rwemewe na FDA rwa COVID-19. Rindira n'imiburiburi iminsi 28 inyuma ya doze iheze y'urucanco rutemewe imbere yo gutera urucanco rwemewe na FDA rwa COVID-19.

3. Umubiri wawe woba warigeze guhurirwa na:

- Bimwe mubigize urucanco rwa COVID-19 harimwo:
 - Polyethylene glycol (PEG), dusanga mu miti imwimwe, nk'ibituma umuntu acibwamwo bimwe bifashe no gutegura ibikorwa vyo gusuzuma munda bisunze ubuhinga bwa videwo
 - Polysorbate, dusanga muncanco zimwe, imiti itekeye, hamwe n'ibinyabuzima bica mumitsi
- Doze itangura y'urucanco rwa COVID-19

Abantu bahurirwa ubwo nyene* na doze y'urucanco rwa COVID-19 batewe canke uguhurirwa (kwapimwe) kw'urucanco bafise ingorane zo gucandarwa.

Abantu bafise ingorane k'urucanco rumwe muzigize mRNA COVID-19 ntibakwiye kuronka doze yaba z'urucanco mRNA (Pfizer-BioNTech canke Moderna). Abantu bafise ingorane ku ncanco za mRNA COVID-19 (harimwo ivyatewe n'ububabare [bwapimwe] bwa PEG) bafise ivyitondera k'urucanco Janssen COVID-19.

Abantu bafise ingorane k'urucanco Janssen COVID-19 (harimwo ivyatewe n'uguhurirwa [bwapimwe] bwa polysorbate*) bafise ivyitondera ku ncanco mRNA COVID-19.

Abantu bahurirwa n'urucanco canke guterwa umuti uterwa mu rushinge harimwo ibibigize vyinshi, imwe ari ikigize urucanco rwa COVID-19, baritondera gucandarwa n'urwo urucanco rwa COVID-19, naho bitazwi ikirimwo catumye higaragaza ibimenyetso uyo mwanya nyene.

*Mugihe abacandazwe bavuze ko babonye guhurirwa bibaye muri uyo mwanya, ababitanga bategerezwa kwihweza nimba ibimenyetso vyavuzwe inyuma yo gucandarwa bisa n'ibisanzwe bizwi atari ibindi bimenyetso bikunda kuboneka bikurikira ugucandarwa, nka vasovagal canke ibimenyetso vy'inyuma y'ugucandarwa (bikaba atari ingorane mukuronka doze ya kabiri y'urucanco mRNA COVID-19).

†Polyethylene glycol (PEG) ni ikiri muncanco mRNA COVID-19, hamwe na polysorbate 80 ari ikiri m'urucanco Janssen COVID-19. PEG na polysorbate zisa n'izikozwe kumwe, kandi zirakabura umuvuduko w'amaraso ushobora kuba.

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Inkuru kubahinga muvye amagara y'abantu



Ibigize urucanco rwa COVID-19*

Umwidondoro	Urucanco Pfizer-BioNTech rwa mRNA COVID-19	Urucanco Moderna rwa mRNA COVID-19	Urucanco Janssen rwa COVID-19
Ibibigize bikora cane	Nucleoside ihinyanyuye mRNA ishira ahabona urushinge (S) glycoprotein rwa SARS-COV-2	Nucleoside ihinyanyuye mRNA ishira ahabona urushinge (S) glycoprotein rwa SARS-COV-2	Akaringoti, agahuza, akaringoti Ad26 kisubiriza-kadakora neza, gashira ahabona urushinge rumeze neza rwa protein CoV-2
Ibibigize bidakora cane	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)
	Cholesterol	Cholesterol	Aside yo muwoko bwa Citric monohydrate
	(4-hydroxybutyl)azanediyilbis(hexane-6,1-diyil)bis(2-hexyldecanoate)	SM-102: heptadecan-9-yl 8-((2-hydroxyethyl) (6-oxo-6-(undecyloxy) hexyl) amino) octanoate	Icunyunyu Trisodium citrate dihydrate
	Icunyunyu Sodium chloride	Tromethamine	Icunyunyu Sodium chloride
	Icunyunyu Monobasic potassium phosphate	Icunyunyu Tromethamine hydrochloride	Ethanol
	Icunyunyu Potassium chloride	Aside ya Acetic	
	Icunyunyu Dibasic sodium phosphate dihydrate	Icunyunyu Sodium acetate	
Sucrose	Sucrose		

*Ntarucanco na rumwe muri izo harimwo amagi, gelatin, latex, canke ibikingizo.

Ibimenyetso sindamusiga biranga vyo uguhurirwa, ugutera cane kw'umutima, hamwe n'ingaruka zikurikira ugucandarwa COVID-19

Mubagwayi bahuye n'ingaruka z'inyuma yo gucandarwa, kumenya igitera indwara (harimwo uguhurirwa cane, ugutera cane kw'umutima, canke ingaruka z'urucanco) birahambaye kumenya nimba umuntu ashobora kuronka izindi doze z'inyongera (harimwo doze ya kabiri y'urucanco mRNA COVID-19). Aka

kameza gakurikira k'ibimenyetso kabonwa ko gafasha nk'isoko ry'inkuru mugabo vyose ntivyanditswe, kandi abagwayi bashobora kutagira ibimenyetso vyose. Ababitanga bategerezwa gukoresha urubanza rw'abaganga mugihe basuzuma abagwayi kugira bamenye ibijanye n'ingene bikurikiranwa.

Ibiranga	Uguhurirwa kwibonekeza ubwo nyene (harimwo amaphylaxis)	Ugutera cane kw'umutima	Ibikunda kugaragara nk'ingaruka mbi z'urucanco (mukibanza kimwe canke mu mubiri wose)
Umwanya inyuma yo gucandarwa	Vyinshi biboneka inyuma y'iminota 15-30 y'urucanco	Vyinshi biboneka muminota 15	Urugero rw'umunsi 1 kugera kuri 3 inyuma yo gucandarwa (vyinshi biboneka haheze umunsi inyuma yo gucandarwa)

IBIMENYETSO

Ibiranga	Uguhurirwa kwibonekeza ubwo nyene (harimwo amaphylaxis)	Ugutera cane kw'umutima	Ibikunda kugaragara nk'ingaruka mbi z'urucanco (mukibanza kimwe canke mu mubiri wose)
Ibibigize	Ukwiyumva ugomba umererwe nabi	Ukwiyumva ushushu canke ukanye	Ubushuhe, gukanya, uburuhe
Ihinduka ry'urukoba	Ibimenyetso vy'umubiri bihari muri ~90% vy'abantu na anaphylaxis, harimwo kwiyagaza cane, gutukura ku mubiri, gutukura ku matama, kuvyimba mumaso kubera guhurirwa	Uburuhe mumaso, kubira icya birenze, umubiri ufata, kwunva ufise mumaso hashushu	Ukubabara, gutukura canke kwaguka aho bacumise, kugira akantu kameze nkakabuye kukuboko kumwe yaho bagucandaze
Ibifatira mu mumutwe	Ukwitiranya, ukuterekeza neza, ukuzungurirwa, umutwe umenetse bukebuke, ukutagira inguvu, uguta ubwenge	Ukuzungurirwa, umutwe umenetse bukebuke, guta ubwenge vy'agateganyo (cane cane inyuma y'ibimenyetso vyo hagati yo kumeneka umutwe) ukugoyagoya, impinduka mukubona (nk'amatara yo mw'ibarabara, imbono iraba kure, kutumva neza), impindika mukwumva	Kumeneka umutwe

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Inkuru kubahinga muvy'amagara y'abantu



Ibiranga	Uguhurirwa kwibonekeza ubwo nyene (harimwo amaphylaxis)	Ugutera cane kw'umutima	Ibikunda kugaragara nk'ingaruka mbi z'urucanco (mukibanza kimwe canke mu mubiri wose)
Ibijanye no guhema	Guhema nabi, guhema uhuhuta, gukorora cane, kwunva akantu kameze nkagafirimi iyo uhemye, kutaronka ogisijene ikwiye	Birahindagurika; mugihe bikurikijwe n'ubwoba, igitigiri c'impemu gishobora kuduga	Ntibikora
Ibijanye n'umutima	Hypotension, ugutera kw'umutima kwihuta bidasanze	Birahindagurika; shobora kugira hypotension canke bradycardia mugihe utaye ubwenge	Ntibikora
Bica mumara	Iseseme, ukudahwa, kubabara munda, ugucibwamwo	Iseseme, ukudahwa	Iseseme canke gucibwamwo bishobora kuba
Ibijanye n'amagufa	Ntibikora	Ntibikora	ukubabara mumitsi, ukubabara kwimitsi aho amagufa ahura

IBIHANURWA K'URUCANCO

Ibiranga	Uguhurirwa kwibonekeza ubwo nyene (harimwo amaphylaxis)	Ugutera cane kw'umutima	Ibikunda kugaragara nk'ingaruka mbi z'urucanco (mukibanza kimwe canke mu mubiri wose)
Nimba wacandazwe urucanco mRNA COVID-19 nka doze ya mbere, usabwe kuronka doze ya kabiri y'urucanco mRNA?	Oya	Ego	Ego

Abahinga muvy'amagara y'abantu canke ibisata vy'amagara y'abantu muri leta zunze ubumwe bashobora gusaba kubonana na muganga ku bitaro bijejwe isesangura n'ugukingira umugambi COVIDvax (<https://www.cdc.gov/vaccinesafety/ensuringsafety/monitoring/cisa/index.html>) k'ugukingira urucanco rudasanzwe rwa COVID-19 ikibazo kitarabishwa ku nyobozo ya CDC ijanye n'umugwayi aba muri leta zunze ubumwe.

Abahinga muvy'amagara y'abantu bategerezwa kwimenyereza uguhurirwa gushobora kuba muri uyu mwanya, harimwo anaphylaxis, kandi bakitaho kuzivura kumwanya w'ugucandaga. Uburyo bwo kuvura budasanze iryo kabura riba muri uyo mwanya butegerezwa kuba buhari mugihe habaye ukuduga kwa anaphylactic gukurikira urucanco rwa COVID-19. Raba abajejwe Anaphylaxis kumbuga ngurukanabumenyi z'ugucandaga COVID-19 | CDC for nimba ukeneye ayandi merekezo <https://www.cdc.gov/vaccines/covid-19/info-by-product/pfizer/anaphylaxis-management.html>

Ukuraba gushobora kuba harimwo incanco ziterwa, cane cane mumiyabaga. Hari ibikurikira bica biba mukwirinda ko haba ugukomereka mugihe uguye hasi kandi no kumenya ingene uvuyifatamwo mugihe uravye. Abantu bose bahamagariwe gusuzumwa inyuma yo gucandarwa COVID-19 n'imiburiburi iminota 15. Abagwayi bategerezwa kwicara canke bakaryama hasi mugihe bariko babasuzuma kugira hagabanuke ingaruka zo gukomereka mugihe baravye. Nimba kuraba bije, abagwayi bategerezwa gusuzumwa gushika ibimenyetso biheze.

4. Woba warigeze guhurirwa n'urundi rucanco (atari urucanco rwa COVID-19) canke umuti batera mu rushinge?

Akahise k'uguhurirwa vyibonekeza ubwo nyene (mumasaha 4) kuvuye urucanco urwarirwo rwose canke umuti utegwa mumutwe (ni kuvuga, izomumitsi, mumisokoro, canke incanco zikurikirana canke ukuvugwa kutajanye n'ikigize urucanco rwa COVID-19) ni icitonderwa ku ncanco za COVID-19 zirekuwe. Urucanco rushobora gutangwa, yamara hanura abagwayi kuvyerekeye ingorane zitazwi z'uguhurirwa bikaze kandi murabe ukungene ivyago ari bike k'unyungu z'ugucandarwa. Ugucandarwa kwigijweyo kandi/ canke ukubonana n'umuganga araba

ivy'uguhurirwa bishobora gufatwa nkama. Ukuraba kubw'ugucandarwa harimwo ingorane ziterwa na SARS-CoV-2, ingorane z'indwara ikaze canke urupfu bitewe na COVID-19, ingorane zitazwi za anaphylaxis zikurikira ugucandarwa COVID-19, hamwe n'ubushobozi bw'uwakira kuronka ukwitabwaho ubwo nyene kuri anaphylaxis, nimba bikenewe. **Abo bantu bategerezwa kwihwezwa iminota 30 inyuma yo gucandarwa.**

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Inkuru kubahinga muvy'amagara y'abantu



5. Ibibazo bifatwa nkama n'ibitaro:

Inyishu	Ugufatwa nkama
<p>Umukenyenzi w'imyaka iri hagati ya 18 na 49</p>	<p>Abakenyenzi bo muryaka 18 gushika 49 bashobora kuronka urucanco rwemerwe na FDA rwa COVID-19 urwarigo rwose. Yamara, bategerezwa kumenyeshwa ingaruka nkeya ariko riri hejuru ryo kuvura kw'amaraso hamwe n'ibimenyetso vya thrombocytopenia (TTS) inyuma yo guhabwa urucanco Janssen rwa COVID-19 www.fda.gov/emergency-preparedness-and-response/coronavirus-disease-2019-covid-19/urucanco-janssen-rwa COVID-19 hamwe n'iboneka ry'izindi ncanco zemewe na FDA.</p> <p>TTS ni ikimenyetso kiboneka gake cane kizana n'imitsi canke ukuvura kw'amaraso hamwe na thrombocytopenia nshasha mubagwayi batamenye mbere ukuvura kw'amaraso.</p> <p>Ibindi bijanye n'ivyigwa vy'agagwayi biboneka kuri www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/JJUpdate.html.</p>
<p>Narahuriwe bikaze n'ibintu bitandukanye n'urucanco canke ibindi biterwa mumubiri nk'ingaburo, ivyankenerwa, ubumara, uguhurirwa gutewe n'ahantu canke imiti yo kunywa</p>	<p>Uguhurirwa, harimwo uguhurirwa bimwe bidasanzwe, bitajanye n'incanco canke imiti iterwa, ibigize incanco za COVID-19, NTAnkorane bagira canke ibisabwa k'ugucandarwa n'incanco za COVID-19 zemewe ubu. Yamara, abantu bafise uguhurirwa kudasanzwe kuri buri kintu, hatarabwe imvo, bategerezwa kwihwezwa mumubiri 30 inyuma yo gucandarwa.</p>
<p>Naranduye COVID-19 kandi naratewe imiti ikingira umubiri canke serumu ikingira</p>	<p>Ugucandarwa vyateregerwa kuba ku bantu hatarabwe akahise kibimenyetso canke ata bimenyetso k'indwara ya SARS-CoV-2. Nta mwanya wo hagati wemewe hagati yo kwandura hamwe no gucandarwa.</p> <p>Yamara, ugucandarwa kwategerezwa kwigizwayo n'imiburiburi iminsi 90 nimba umugwayi yaratewe serumu yongereza abasoda b'umubiri nko gukinga COVID-19. Ubu ni uburyo bwo kugabishwa kare gushika habonetse amakuru yandi, kwirinda kuvanga uguterwa abasoda b'umubiri hamwe n'inyishu z'urucanco.</p>

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Inkuru kubahinga muvy'amagara y'abantu



Inyishu	Ugufatwa nkama
<p>Naronse ibimenyetso vyo gusha mumubiri; yaba MIS-C (abana) canke MIS-A (abakuze)</p>	<p>Ntibizwi nimba abantu bahuye na MIS-C canke MIS-A bashobora kugira ingaruka ku nyishu y'abasoda b'umubiri mugucandaga COVID-19.</p> <p>Abantu bafise kahise ka MIS-C canke MIS-A bashobora guhitamwo gucandarwa. Ugufatwa nkama k'ugucandagwa hashobora kubamwo:</p> <ul style="list-style-type: none"> ■ Ugukirira kwa muganga kuvuye kuri MIS-C canke MIS-A, harimwo kugaruka kw'ikora ry'umutima nk'uko vyahora ■ Ingaruka z'umuntu ubwiwe zikabije za COVID-19 (akarorero, imyaka, uko amagara yifashe) ■ Urugero rw'ikibano ca COVID-19 mukwanduzanya hamwe n'ingaruka z'umuntu ubwiwe gushobora kwandura ■ Kubura urukingo rwiza rw'urucanco rwa COVID-19 zikurikiye izi ndwara ■ Umwanya wo guterwa abasoda b'umubiri (imigirwa myiza yo kwongereza abasoda b'umubiri ishobora kurondera mukurondera ayandi makuru https://www.cdc.gov/vaccines/hcp/acip-recs/general-recs/index.html) <p>Kubera ko ibimenyetso sindamusiga bisaba ko ingaruka zo gusubira kwandura SARS-CoV-2 ziri hasi mumezi inyuma yo kwandura ubwa mbere, abantu bafise kahise ka MIS-C canke MIS-A bashobora guteba gato gucandarwa gushika aho bakiriye ivya mbere kandi muminsi 90 inyuma y'igihe batowe MIS-C canke MIS-A.</p> <p>Ikiyago hagati y'umugwayi, abagwaza hamwe n'umugwi wo kubitaro canke umuhinga gishobora gufasha mugufata ingingo zo gucandarwa COVID-19. Abahinga muvy'amagara y'abantu canke ibisata vy'amagara y'abantu bashobora gusaba kubonana na muganga ku bitaro bijejwe isesangura n'ugukingira umugambi kuri www.cdc.gov/vaccinesafety/ensuring-safety/monitoring/cisa/index.html.</p>
<p>Mfise abasoda b'umubiri bagoyagoya (ni kuvuga, umugera wa sida, kanseri)</p> <p>Ndafata imiti yo kwongereza abasoda b'umubiri canke iyindi miti ifasha</p>	<p>Incanco za COVID-19 zishobora guterwa abantu bafise amagara make, n'abanduye HIV canke izindi ndwara zifata abasoda b'umubiri, canke abafata imiti yo kwongereza abasoda b'umubiri, batabangamirwa no gucandarwa.</p> <p>Yamara, bategerezwa guhanurwa k'ukutamenyekana kw'ikingira ry'urucanco hamwe no kumera neza kw'abantu, na cane cane inyishu z'inkaburamubiri hamwe no gukenera kubandanya gukurikirana inyoboze zose mukwikingira ubwabo COVID-19.</p> <p>Incanco za COVID-19 zishobora guterwa hatarabwe ibijanye na cortisteroid, harimwo no kuvurwa imitsi. Kwongera gucandarwa ntivyemewe munyuma yo kuronka abasoda b'umubiri bakwiye kandi.</p>
<p>Mfise indwara yo kuva amaraso</p> <p>Mfata ibituma amaraso adafatana</p>	<p>Nko muri izo canco zose, urucanco rwa COVID-19 urwo arirwo rwose rushobora gutangwa kubagwayi, nimba umuganga amenyeranye n'ingorane z'ibikomere vy'amaraso biboneka ko urucanco rushobora guterwa mumitsi n'ugukingirwa gukwiye.</p> <p>ACIP isaba ko hoba ubuhinga bukurikira bujanye n'ugucandarwa kw'imitsi mubagwayi harimwo kuva amaraso canke amaraso adafatana: Urushinge ruto (rupima 23 canke ruri muni gato) rwategerezwa gukora mugucandarwa, bikurikirwa no gufyonza neza aho wateye, ata gukanya, n'imiburuburi mu minota 2.</p> <p>Abantu banywa asupirine buri muni canke imiti ikingira ukuvura kw'amaraso ntibategerezwa kuyihagarika imbere yo kuronka urucanco rwa COVID-19.</p>

Urutonde rw'imbere yo gucandarwa kubw'incanco za COVID-19

Inkuru kubahinga muvy'amagara y'abantu



Inyishu	Ugufatwa nkama
Kahise ko kuvura kw'amaraso thrombocytopenia (HIT)	<p>Naho ibitera ukuvura kw'amaraso thrombocytopenia hamwe n'ibimenyetso (TTS) vyivanze n'urucanco Janssen rwa COVID-19 bitaboneka neza, biboneka nk'uko umengo birasa n'umugera ufata abasoda b'umubiri, ufata thrombocytopenia (HIT). Gushika aho iyandi makuru azoboneka, abahinga bahanura ko abantu bafashwe n'imigera ibangamira abasoda b'umubiri iboneka nka thrombosis na thrombocytopenia, nka HIT, bategerezwa guhabwa urundi rucanco rwa COVID-19 (ni kuvuga, urucanco mRNA) nimba haheze iminsi 90 canke iri muni gato kuva aho iyo ndwara ikiriye. Inyuma y'iminsi 90, abagwayi bashobora gucandarwa n'urucanco urwarirwo rwose rwemewe na FDA rwa COVID-19.</p> <p>Abahinga bizera ko ibi bikurikira bidatuma abantu baremba kubera TTS inyuma yo kuronka urucanco Janssen rwa COVID-19. Abantu bafise aya magara bashobora gucandarwa n'urucanco urwarirwo rwose rwemewe na FDA rwa COVID-19, harimwo urucanco Janssen rwa COVID-19.</p> <ul style="list-style-type: none"> ■ Akahise ko kugira ikibazo c'amaraso mumitsi ■ Ibituma haba ikibazo c'amaraso mumitsi (akarorero, ukuragwa thrombophilia harimwo Factor V Leiden; prothrombin gene 20210A mutation; antiphospholipid syndrome; protein C, protein S canke ugukinga antithrombin) ■ Akahise k'ubwo bwoko bw'ikibazo c'amaraso mumitsi bitavanze na thrombocytopenia ■ Ugutwara inda, post-partum, canke ukuronka imiti ibuzwa gusama inda (akarorero, harimwo uguca mukanwa, patch, impeta) <p>Ibindi bijanye n'ivyigwa vy'agagwayi biboneka kuri www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/JJUpdate.html.</p>
Ubu ndibungenze canke ndonsa	<p>Abantu bibungenze canke basamye bashobora kuronka urucanco rwa COVID-19 rwemewe ubu.</p> <p>Dufatiye k'ubumenyi bw'iki gihe, abahinga barizera ko incanco za COVID-19 zidashobora kugira ingaruka k'uwibungenze canke umwana. Incanco zemewe za FDA ntizishobora gutera kwandura yaba umuyeyi canke umwana. Yamara, ingaruka zishobora kuba z'incanco za COVID-19 kuri aba bantu ntizizwi kubera ko incanco zitizwe ku bantu bafise imbanyi.</p> <p>Mugufata ingingo, abantu bibungenze hamwe n'abaganga babakurikirana bategerezwa kwisunga urugero rwo gukwiragiza mukibano COVID-19, ingorane z'umugwayi kwandura COVID-19, ingorane ca COVID-19 k'umugwayi hamwe n'ingorane zofata umwana munda, ubukomezi bw'urucanco, ingaruka mbi z'urucanco, ibura ry'ibiharuro vyerekeye ikoreshwa ry'urucanco mukwibungenga.</p> <p>Abibungenze, abasamye, hamwe n'abaheruka kugwara bafise imyaka iri hagati ya 18 na 49 bategerezwa kumera magabo ku ngaruka nke za TTS zishobora gushika inyuma yo kuronka urucanco Janssen rwa COVID-19 hamwe n'iboneka z'incanco zemewe za FDA za COVID-19 (ni kuvuga, incanco mRNA).</p>
Urafise ubwuzura urukoba?	<p>Incanco za COVID-19 zemewe za FDA zishobora gutwara abantu baronse ubwuzura urukoba badafise ingorane n'ugucandarwa.</p> <p>Gake, aba bantu bashobora kugira ugukweguka kw'umubiri canke ibindi bisa n'ivy' (cane cane mumaso canke kumunwa) inyuma yo gutwara urucanco rwa COVID-19. Abo bantu bategerezwa guhanurwa ngo barondere abaganga babo nimba bavyimvye ahatwe kwuzura urukoba canke hafi y'ahatwe urucanco.</p>