

Ibintu 7 ababyeyi bagomba kumenya ku rukingo rwa COVID-19



1. Abana bagomba gukingirwa.

COVID-19 ni mbi cyane kuruta ibyago byaterwa no gukingirwa. Ntituramenya uburyo kwandura COVID-19 bizagira ingaruka ku bana mu gihe kirekire. Abana bavuga ibimenyetso bya "COVID bimaze igihe" bigira ingaruka mu buzima bwabo bwa buri munsu mu byumweru byinshi nyuma yo kwandura COVID¹. Kuri ubu COVID-19 ni imwe mu mpamvu 10 za mbere zitera impfu z'abana, kandi 1/3 cy'ingimbi bashyizwe mu bitaro basabye kwitabwaho cyane². Abana bagera kuri 30% bagiye mu bitaro kubera COVID-19 nta bundi burwayi bagize bwuririyeho³.



2. Urukingo ntirwihutishijwe.

Abahanga mu bya siyansi bamaze igihe kirenga imyaka icumi bakora kuri iri koranabuhanga. Nta ntambwe z'ubwizerwe zasimbutse mu gukora inkingo za COVID-19—gukorera mu biro ni byo byonyine byitajwe— kandi amagerageza yazo yanyuze mu ntambwe izindi nkingo zinyuramo. Amakuru yavuye mu magerageza y'inkingo no mu bushakashatsi bwakozwe yerekana ko inkingo zizewe kandi zikora neza. Abahanga mu bya siyansi bashoboye kwiga urukingo vuba kubera ko abantu ibihumbi n'ibihumbi bitanze mu magerageza yarwo— aho gutegereza imyaka kugira ngo haboneke abayitabira bahagije.



3. Ingaruka zoroheje cyangwa ziri mu rugero ni rusange.

Umwana wawe ashobora kugira ibimenyetso byoroheje cyangwa biri mu rugero nyuma yo gukingirwa, nk'umuriro, kubabara imitsi, kurwara umutwe, kumva ananiwe, cyangwa guhisha ahakikije aho bateye urushinge. Ibi birasanzwe nyuma yo guterwa urukingo urwo ari rwo rwose kandi bivuze ko umubiri wawe uba watangiye kubaka ubudahangarwa, ukaba urimo kwiga kurwanya indwara. Ingaruka zikomeye n'ubwivumbure bw'umubiri bibaho gake. Ibyago wagira by'ikibazo cya COVID-19 cyahungabanya ubuzima biruta kure ibyo wagira biturutse ku ngaruka zikomeye zitewe n'urukingo.



4. Ingaruka z'igihe kirekire, nk'ubugumba cyangwa gukuramo inda, ntizikunze kubaho.

Iyo urebye amateka y'inkingo zose, hafi ingaruka zose z'urukingo z'igihe kirekire zigaragara mu byumweru 6 urukingo rutanzwe. Ni yo mpamvu FDA isaba igihe cyo gutegereza nibura iminsi 60 nyuma y'igerageza ry'urukingo mbere yo gutanga uburenganzira bw'itangwa ryarwo mu bihe byihutirwa (EUA).

Ibihumbi by'abagore bahawe urukingo mu gihe bari batwite cyangwa baratwite nyuma yo kuruterwa. Amakuru⁴ yerekana ko inkingo za COVID-19 zitigeze zitera ubugumba, gukuramo inda cyangwa ingorane zo gutwita cyangwa kubyara haba ku mubyeyi cyangwa ku mwana. Nyamara, twabonye abagore benshi batwite barwara COVID-19 bakagira ibibazo bikomeye bitewe n'iyi virusi⁵.

1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7927578/>

2 [https://www.cdc.gov/mmwr/volumes/70/wr/mm7023e1.htm?s_cid=mm7023e1_w%20\[cdc.gov\]](https://www.cdc.gov/mmwr/volumes/70/wr/mm7023e1.htm?s_cid=mm7023e1_w%20[cdc.gov])

3 <https://yourlocalepidemiologist.substack.com/p/pediatric-vaccines-top-8-parental>

4 <https://www.acog.org/news/news-releases/2021/07/acog-smfm-recommend-covid-19-vaccination-for-pregnant-individuals>

5 <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>



5. Urukingo rukora neza CYANE.

Igerageza ryakozwe ryerekanye ko urukingo rwa COVID-19 rukora neza 90-100% mu kurinda abana bafite imyaka 5 kugeza kuri 15 kwandura iyi virusi⁶. Nta mwana wakoreweho igerageza wigeze arwara COVID-19 ngo arembe. Urukingo rurwanya ubundi bwoko bw'iyi virusi, rurinda ikwirakwira ku bandi bantu⁷ kandi mu by'ukuri rushobora gutuma ibintu bigenda neza⁸ ku bantu bagira ingaruka za COVID-19 z'igihe kirekire. Kwikingiza kandi bituma uburwayi bworoha kandi ntibutinde ku bantu bake cyane bagaragaza ko barwaye nyuma yo gukingirwa⁹.



6. Nubwo umwana wawe yaba yararwaye COVID-19 aracyakeneye gukingirwa.

Umwana wawe agomba gukingirwa, kabone naho yaba atarigeze arwara iyi virusi mbere ngo aremba. Ubushakashatsi¹⁰ bwerekana ko urukingo rutanga ubudahangarwa burambye kuruta ubudahangarwa karemano (ubudahangarwa kuri iyi ndwara) rukanarinda ubundi bwoko bw'iyi virusi. Urukingo rushobora kurinda umwana wawe kongera kwandura iyi virusi.



7. Inkingo za COVID-19 zirimo mRNA ntizihindura ADN yawe.

Hariho ibintu **inkingo zirimo mRNA ZIDASHOBORA** gukora¹¹:

- mRNA ntishobora guhindura ADN yawe
- mRNA ntinashobora kwinjira mu gice cy'ingirangiro zawe aho ADN iherereye (bita intima)
- mRNA ntishobora kwihindura ngo ihinduke ADN

mRNA iroroshye kandi ishangukira mu mubiri wawe vuba. Ibigize urukingo ntibiguma mu mubiri wawe kandi ntibirimo ibice by'iyi virusi bizima, bicitse intege cyangwa bitayanduza bishobora kuguma mu mubiri wawe no gutera ibibazo nyuma mu buzima¹².

6 <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html>

7 <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html>

8 <https://www.yalemedicine.org/news/vaccines-long-covid>

9 <https://www.cdc.gov/media/releases/2021/p0607-mrna-reduce-risks.html>

10 <https://yourlocalepidemiologist.substack.com/p/vaccine-for-5-11-year-olds-acip-cliff>

11 <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>

12 <https://yourlocalepidemiologist.substack.com/p/pediatric-vaccines-top-8-parental>