

# Ibintu 7 ababyeyi bagomba kumenya ku rukingo rwa COVID-19



## 1. Abana bagomba gukingirwa.

COVID-19 ni mbi cyane kuruta ibyago byaterwa no gukingirwa. Abana benshi cyane barimo guhura n'ingaruka zikomeye, zimara igihe kinini zitewe na virusi kandi bari kugenda bashyirwa mu bitaro uko ubundi bwoko bwa virusi bugenda butera. Kuri ubu COVID-19 ni imwe mu mpamvu 10 za mbere zitera urupfu mu ngimbi n'abangavu, kandi  $\frac{1}{3}$  cy'ingimbi bari n'abangavu bari bashyizwe mu bitaro basabwa kwitabwaho cyane.<sup>1</sup>



## 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 y'ubuvuzi yanyuze mu ntambwe izindi nkingo zinyuramo. Turabizi ko inkingo zizewe kandi zikora neza kuko ibihumbi amagana by'abantu bahisemo ku bushake gukorerwaho igerageza ry'ubuvuzi. Abahanga mu bya siyansi bashoboye kwiga urukingo vuba— aho gutegereza imyaka myinshi kugira ngo babone abitabira 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, ntibikunze kubaho.

Iyo urebye amateka y'inkingo zose, hafi buri ngaruka y'urukingo y'igihe kirekire igaragara hagati y'iminsi 30 na 45 nyuma yo kurangiza igerageza ryarwo. Ni yo mpamvu FDA isaba igihe cyo gutegereza nibura iminsi 60 nyuma y'igerageza ry'urukingo mbere yo gutanga uburenganzira bwo kugira ngo rutangwe mu bihe byihutirwa (EUA).

Ibihumbi by'abagore bahawe urukingo mu gihe bari batwite cyangwa baratwite nyuma yo kuruterwa. Amakuru 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 na virusi.

<sup>1</sup> [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])



## 5. Urukingo rukora neza CYANE.

Igeragezwa ryakorewe mu mavuriro ryerekanye ko urukingo rwa COVID-19 rufite akamaro 100% mu kurinda abana bafite imyaka 12 kugeza kuri 15 kwandura iyi virusi. Urukingo rurwanya ubundi bwoko bw'iyi virusi, rurinda ikwirakwira ku bandi bantu<sup>2</sup>, kandi mu by'ukuri rushobora gutuma ibintu bigenda neza<sup>3</sup> ku bantu bafite ingaruka za COVID-19 z'igihe kirekire. Kwikingiza kandi bituma uburwayi bworoha kandi bukaba bugufi ku bantu bake cyane bagaragaza ko barwaye nyuma yo gukingirwa.<sup>4</sup>



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

Umwana wawe agomba kwikingiza, kabone naho yaba atarigeze aremba mbere kubera iyi virusi. Ubushakashatsi 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** gukora<sup>5</sup>:

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

<sup>2</sup> <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html>

<sup>3</sup> <https://www.yalemedicine.org/news/vaccines-long-covid>

<sup>4</sup> <https://www.cdc.gov/media/releases/2021/p0607-mrna-reduce-risks.html>

<sup>5</sup> <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>