

Umuntu wese ufite imyaka 12 gusubiza hejuru ashobora gukingirwa COVID-19



Ikigo gishinzwe kugezura ibiribwa n'iminti (FDA) cyemereye umuntu wese ufite imyaka 12 kuzamura guhabwa urukingo rwa COVID-19 rwa Pfizer/BioNTech. Iyi ni intambwe ishimishije kandi y'ingenzi mu rugamba rwo kurandura iki cyorezo.

Pfizer ni rwo rukingo rwa COVID-19 rwonyine rwemewe ku bana.

Inkingo za COVID-19 ntizifite akamaro gakomeye gusa mu kurinda indwara, gushyirwa mu bitaro n'urupfu ¹ ahubwo zizadufashiriza abana gusubira mu bikorwa bisanzwe ku ishuri hamwe n'urungano rwabo. Ubushakashatsi buheruka bwerekana ko inkingo zirwanya ubwoko bushya bwa virusi bwagaragaye kugeza ubu² kandi zikarinda kwanduza abandi iyi virusi. Uruburiko ruhita mu kwikingiza ntibirinda virusi gusa, ahubwo banafasha kuturindira abaturage bashobora kwibasirwa cyane cyangwa batakingirwa nonaha.



Kuki abana bagomba kwikingiza COVID-19?

Hari imyumvire rusange itari yo ivuga ko abana badakingirwa COVID-19 cyangwa ko badafitse ibyago by'indwara zikomeye ziterwa n'iyi virusi. Nyamara, abana bamwe na bamwe bararwara cyane bigasaba ko bavurirwa mu bitaro. Hari byinshi tutaramenya byerekeye uburyo COVID-19 izakomeza kugira ingaruka ku bana igihe kirekire.

COVID-19 ni mbi cyane kuruta icyago cyose cyaterwa no gukingirwa. Ingaruka zikomeye, zishobora kumara igihe kirekire zigera ku bana ku rwego rungana n'urw'abantu bakuru, n'aho baba batigeze bagaragaza ibimenyetso cyangwa baragize gusa ibimenyetso byoroheje mu gihe banduraga. Abana benshi bakomeje kubabazwa n'umunaniro, kurwara umutwe, kuribwa munda, ububabare bwo mu mitsi no mu ngingo no kugorwa no kwibuka ndetse no kunonosora amakuru.

Kuva iki cyorezo cyatangira, abana 77.827 bo muri Utah bafite imyaka 0 kugeza kuri 18 basuzumwe COVID-19, aho byabaye ngombwa ko 683 bashyirwa mu bitaro. Mu bakeneye kuvurirwa mu bitaro muri icyo cyiciro cy'imyaka, 74 barwaye uburwayi bwo kubyimba ibice bitandukanye by'umubiri ku bana (MIS-C). MIS-C ni indwara ikaze ishobora gutera urupfu.



1 <https://www.cdc.gov/vaccines/acip/meetings/downloads/slides-2021-05-12/04-COVID-Oliver-508.pdf>

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

Mbese umwana wange akwiye kwikingiza niba yaramaze kurwara COVID-19?



Yego, nubwo umwana wawe yaba yararwaye COVID-19 ni gnombwa ko akingirwa. Inkingo zitanga ubundi burinzi ku ndwara no kongera kwandura biba bishobora. Ubushakashatsi bwerekana ko urukingo rukurinda neza ubundi bwoko bw'iyi virusi. Ibi byanavuga ko urukingo rutanga ubudahangarwa burambye ugereranije n'ubudahangarwa karemano, cyangwa ubudahangarwa kuri iyi ndwara. Inkingo ni uburyo bwizewe kandi bwiza bwo kubaka ubudahangarwa kuruta kwandura virusi no kurwara COVID-19.

Umwana wanjye ashobora kugira ingaruka nyuma yo guterwa urukingo?³

Inkingo za COVID-19 zirizewe kandi zikora neza. Ariko, kimwe n'imiti yose, abantu bamwe bashobora kugira ingaruka, akaba ari yo mpamvu ari byiza kumenya izo ari zo n'ibintu ugomba kwitondera.

Ingaruka rusange urukingo rutera

Umwana wawe ashobora kugira ingaruka z'urukingo zoroheje kugera ku ziri mu rugero, mu minsi mike. Ibi byanavuga ko urukingo rutanga ubudahangarwa burambye ugereranije n'ubudahangarwa karemano, cyangwa ubudahangarwa kuri iyi ndwara. Ubusanzwe izi ngaruka zishira mu masaha 12 kugeza kuri 48. Abantu bamwe nta ngaruka bagira cyangwa bakaba bagira ingaruka zitandukanye nyuma y'urukingo rwa 2 kurenza izo bagize nyuma y'urukingo rwa mbere. Kugira ingaruka rusange si impamvu yo kudahabwa urukingo rwa 2 rurimo COVID-19 rwa mRNA. Ugomba guhabwa inkingo zombi kugira ngo ube ukingiye byuzuye.

Ku kaboko aho wawe urushinge:

- Ububabare
- Guhisha
- Kubyimbirwa

Ahandi hose hasigaye mu mubiri wawe:

- Gutengurwa
- Impiswi
- Umuriro cyangwa kubira ibyuya
- Kurwara umutwe
- Ububabare bw'imikaya
- Isesemi cyangwa kumva urwaye mu gifu
- Umunaniro



³ <https://www.cdc.gov/vaccines/covid-19/info-by-product/pfizer/reactogenicity.html>

Ingaruka nke zisanzwe

Abana bamwe na bamwe bashobora kubyimbirwa no kugira amashyaganga (bita lymphadenopathie), akenshi afata mu kwaha cyangwa ku ijosi.

Abantu bamwe na bamwe bashobora gufuruta aho bateye urushinge hagahisha, hakaryaryata, hakabyimba cyangwa hakabababaza, bakaba bakunze kubyita "akaboko ka COVID." Ibi biheri bishobora gutangira nyuma y'iminsi mike kugeza ku cyumweru kirenga umuntu atewe urukingo rwa 1. Niba umwana wawe agize "akaboko ka COVID" nyuma y'urukingo rwa 1, agomba no guhabwa urwa 2. Baza muganga w'umwana wawe ku kubivurisha antihistamine kugira ngo irwanye uburyaryate, cyangwa acetaminofene cyangwa imiti irwanya kubyimbirwa itari siteroyide (NSAID) irwanya ububabare.



Inama z'ingenzi zo guhangana n'ingaruka

Ni byiza cyane gutegereza igihe kirekire uko ushoboye kugira ngo ufate umuti uwo ari wo wose wo kurwanya ububabare nyuma yo guhabwa urukingo. Vugana na muganga wawe ku byerekeye guha umwana wawe umuti uguriye atandikiwe na muganga, nka ibuprofene cyangwa acetaminophene (akenshi yitwa Tylenol), cyangwa naprosyne, kugira ngo urwanye ububabare cyangwa kumva utameze neza bitewe n'ingaruka izi n'izi.

Ni ingenzi gukomeza gufata imiti y'igihe kirekire ya buri muni nyuma yo gukingirwa, keretse muganga wawe yabikubujije.

Kugira ngo ugabanye ububabare no kumva ubangamiwe aho wawe urushinge:

- Koresha igitambaro cyo kwihanagura gisukuye, gikonje kandi gitose hejuru y'aho hantu.
- Koresha akaboko kawo cyangwa ugakoreshe imyitozo.

Kugira ngo ugabanye ukubangamirwa guturuka ku muriro:

- Nywa amazi menshi.
- Ambara imyenda yorohereye, imyenda itazagutera ubushyuhe.



Igihe cyo guhamagara muganga

Akenshi, umwana wawe azagira ingaruka zisanzwe gusa. Hamagara muganga cyangwa utanga serivisi z'ubuzima:

- Niba guhisha cyangwa ububabare by'aho wawe urushinge bitangiye kurushaho kuba bibi nyuma y'amasaha 24 (cyangwa umunsi 1).
- Niba utewe ubwoba n'ibimenyetso bidasanzwe umwana wawe ashobora kuba afite cyangwa afite ibibazo bijyanye n'uruhurirane rw'ingaruka zatewe no guterwa inkingo zirenze rumwe icyarimwe.
- Niba utewe ubwoba n'ingaruka z'urukingo ku mwana wawe cyangwa izi ngaruka zisa n'izitarangira nyuma y'iminsi mike.



Ingaruka zikabije nyuma yo guhabwa urukingo zibaho gakeya⁴

Ubwivumbure bw'umubiri bukomeye bubaho gake.

Ubwivumbure bw'umubiri bufatwa nk'ubukomeye iyo umuntu agomba kuvurwa na epinephrine cyangwa EpiPen[®] cyangwa kujya ku bitaro. Ubu bwoko bw'ubwivumbure bwitwa anaphylaxis, kandi hafi igihe cyose buza mu minota 30 nyuma yo guterwa urukingo. Abantu bashobora kugira ikibazo cyo guhumeka, kubyimba mu maso no mu muhogo, gutera cyane k'umutima, gufuruta umubiri wose cyangwa kuzungera no gucika intege. Ni yo mpamvu ari byiza gutegereza iminota 15 kugeza kuri 30 nyuma yo guterwa urukingo, kugira ngo muganga wawe abashe kukwitaho yizere ko nta kibazo na kimwe. Imiti yo kuvura ubwivumbure bukabije iraboneka. Umuntu wese ugize ubwivumbure bukabije nyuma yo guterwa urukingo rwa 1 nta gomba guterwa urwa 2.



Ubwivumbure bw'umubiri budakabije bw'ako kanya nabwo bubaho gake.

Ubwivumbure bw'umubiri budasaba ubuvuzi bwihutirwa cyangwa kujya mu bitaro bwitwa ubwivumbure budakabije bw'ako kanya. Ubu bwoko bw'ubwivumbure bubaho mu gihe cy'amasaha 4 nyuma yo guterwa urukingo. Abantu bashobora gufuruta, kubyimbarwa cyangwa gusemeka. Niba umwana wawe ahise agira ubwivumbure bw'umubiri budakabije nyuma yo guhabwa urukingo rwa 1 rwa COVID-19 ntagomba guhabwa urwa 2, nubwo ubwivumbure bw'umubiri butari bukomeye ku buryo bisaba ubuvuzi bwihutirwa cyangwa kujya mu bitaro.

Ibyago byo kugira ingaruka z'igihe kirekire ni bike cyane.

Iyo urebye amateka y'inkingo zose, igice kinini cy'ingaruka z'urukingo z'igihe kirekire zibaho 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).



⁴ <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/allergic-reaction.html>

FDA na CDC bizakomeza gukurikirana ingaruka zose zibaho gake zishoboka.

Inkingo zakozwe vuba, gukorera mu biro biragabanywa, hatabayeho kubereka cyangwa gusimbuka ingamba n'imwe yo kurengera ubuzima. Abahanga bakoranye n'ikoranabuhanga rikoresheya mu gukora inkingo mu myaka irenga icumi. Miriyoni z'abantu banduye COVID-19 ku isi yose zateye abahanga kwiga vuba virusi kugira ngo bakore urukingo rwizewe kandi rwiza. Muri Amerika miriyoni z'abantu zahawe inkingo za COVID-19 mu rwego rwo gukurikirana umutekano ukomeye mu mateka. FDA, CDC na komite ngishwanama ku bikorwa byo gukingira (ACIP)⁵ basuzumye bitonze amakuru yose aboneka kandi bizeye ko inkingo zizewe zikaba zikora neza mu kwirinda COVID-19. **Ibyago wagira biturutse ku kwandura COVID-19 yahungabanya ubuzima biruta kure ibyo wagira biturutse ku ngaruka zikomeye zitewe n'urukingo.**



Amerika ifite sisitemu nziza kuruta izindi ku isi⁶ yo gushakisha ingaruka zidakunze kubaho zishobora kugaragara gusa mu gihe inkingo zitanze ku bantu benshi. CDC imenyeshya abaturage igihe cyose umuntu yamenyekanishije uburwayi nyuma yo gukingirwa, uburwayi bwaba bwatwe cyangwa butatwe n'urukingo. Umuntu wese ashobora kuvuga uburwayi cyangwa ingaruka byabayeho nyuma yo guterwa urukingo, si abaganga gusa. Aya makuru atangazwa binyuze muri Sisitemu yo kumenyeshya ingaruka zifitanye isano n'urukingo (VAERS). Ni ingenzi kwibuka ko kuba ikibazo cy'ubuzima cyamenyeshajwe VAERS bidasobanuye ko urukingo rwateje ikibazo. Iburira gusa abahanga mu bya siyansi, inzobere mu bijyanye no kwizerwa kw'inkingo n'abaganga ibibazo byose bishobora gusaba kwitonderwa bikagenzurwa.

Urugero rw'imikorere myiza ya sisitemu rwabayeho ni ukumenya vuba ko urukingo rwa COVID-19 rwa Johnson & Johnson rwahujwe n'ubwoko budakunze kubaho bwo kuvura kw'amaraso (trombose hamwe na sendrome ya trombocytopenia cyangwa TTS) byari ngombwa kuvurwa mu buryo butandukanye n'ubukoreshwa ku bundi bwoko bwo kuvura kw'amaraso. Sisitemu ya VAERS yashoboye kumenya ingaruka zibaho gake kandi CDC yashoboye kubwira abaganga uburyo bwiza bwo kuvura uko kuvura kw'amaraso. Ubu n'aho umuntu yagira ingaruka mbi zidakunze kubaho, abaganga bashobora kumuvura neza. Ni ingenzi gushimangira ko urukingo rwa Johnson & Johnson ari ubwoko butatandukanye n'inkingo zirimo mRNA za Pfizer na Moderna. **Nta** sano yigeze ibaho y'inkingo no kuvura kw'amaraso muri miriyoni z'inkingo zirenga 200 za Pfizer na Moderna. Pfizer ni rwo rukingo rwa COVID-19 rwonyine rwemewe ku bana.

Iyi sisitemu yo kwizerwa kw'inkingo yahawe raporo zimwe na zimwe za myocarditis (kubyimba imitsi y'umutima) cyangwa pericarditis (kubyimba agahu gafubitse umutima).⁷ Ubu burwayi bukunze kubaho. Ubusanzwe myocarditis na pericarditis bibaho nyuma yo kwandura virusi nk'ibicurane, indwara ya Lyme ndetse na COVID-19, kandi ishobora kuvurwa. Buri mwaka hafi abantu 10 kugeza kuri 20 kuri 100 000 muri Amerika basuzumwa indwara yo kubyimba imitsi y'umutima. Kugeza ubu ntibiramenyekana niba ubu burwayi bwo kubyimba imitsi y'umutima budakunze kubaho bufitanye isano n'inkingo. Ishyirahamwe nyamerika rikurikirana ibirebana n'umutima (American Heart Association) riherutse gutangaza⁸ rimenyeshya ababyeyi ko kubera ko indwara zavuzwe zibaho gake kandi ahanini zoroheje, inyungu z'inkingo za COVID-19 ziruta kure cyane ibyago byose byaterwa n'izi ngaruka.

⁵ https://www.cdc.gov/mmwr/volumes/70/wr/mm7020e1.htm?s_cid=mm7020e1_w

⁶ <https://www.cdc.gov/vaccinesafety/index.html>

⁷ <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/myocarditis.html>

⁸ <https://newsroom.heart.org/news/covid-19-vaccine-benefits-still-outweigh-risks-despite-possible-rare-heart-complications>

Mbese inkingo za COVID-19 zaba zarateje impfu?

Nta mpfu zabayeho bitewe n'inkingo nyirizina, mu nkingo za COVID-19 zirenga miliyoni 259 zatanzwe muri Amerika kuva kuwa 14 Ukuboza 2020 kugeza kuwa 10 Gicurasi 2021.⁹

Basanze urukingo rwa COVID-19 rwa Johnson & Johnson rwarateje ingaruka zibaho gake kandi gikomeye - kuvura kw'amaraso n'umubare muto w'udufashi mu maraso - mu bantu bake cyane. Muri icyo gihe, abaganga benshi ntibari bazi ko uko kuvura kw'amaraso kubaho gake byagombaga kuvurwa mu buryo butandukanye n'ubwo bavuramo kuvura kw'amaraso bisanzwe. Ikibabaje, kuvura uko kwipfundika kw'amaraso bibaho gake hakoreshejwe imiti imwe n'ivura kwipfundika bisanzwe bishobora kugira ingaruka zikomeye - kandi abantu bake barapfuye - kubera ko kuvura kw'amaraso bitavuye hifashishijwe imiti nyayo. Nta sano yigeze ibaho hagati yo kuvura kw'amaraso n'inkingo zirimo mRNA (Pfizer cyangwa Moderna).



Nta mpfu zabayeho zitewe n'ingaruka iyo ari yo yose (yewe n'izibaho gake) ku nkingo zirimo mRNA (Pfizer na Moderna). Pfizer ni rwo rukingo rwonyine rwemewe ku bana bari munsi y'inyaka 18. Urukingo rwa Johnson & Johnson ntirwemewe ku bana bari munsi y'inyaka 18.



Ni nde udakwiye guterwa urukingo rwa COVID-19 rwa Pfizer?

Urukingo rwa COVID-19 rwa Pfizer/BioNTech ruremewe ku bantu bafite imyaka 12 kuzamura. Umwana wawe ntagomba guterwa uru rukingo niba:

- Waragize ubwivumbure bw'umubiri bukabije nyuma yo guterwa urukingo rwa 1.
- Waragize ubwivumbure bw'umubiri bukomereye kuri kimwe mu [bigize](#) urukingo.
- Vugana na muganga w'umwana wawe mbere y'uko aterwa urukingo rwa COVID-19 niba yaragize ubwivumbure bw'umubiri bw'ako kanya ku rukingo rwa COVID-19 rwa 1, cyangwa ubwivumbure bwatwe n'ubundi bwoko bw'urukingo cyangwa umiti yatwe mu rushinge kubera indi ndwara, n'ubwo byaba bitari bikabije.

Umwana wawe ashobora kwikingiza nubwo yaba afite amateka y'ubwivumbure bw'umubiri bukabije butajyanye n'inkingo cyangwa imiti iterwa mu nshinge, nk'ibyo kurya, inyamaswa zo mu rugo, ubumara, ibidukikije, cyangwa ubwivumbure buterwa n'ibifite kawucu. Umwana wawe ashobora kandi gukingirwa niba afite amateka y'ubwivumbure bw'umubiri ku miti banywa cyangwa amateka yo mu muryango yo kugira ubwivumbure bukabije.¹⁰

Mbese umwana wanjye yaterwa izindi nkingo mu gihe kimwe n'urwa COVID-19?

Mu gihe uhawe urukingo rwa COVID-19, ni igihe cyiza cyo gucunga ko wowe n'umwana wawe mufite amakuru ajyanye n'igihe ku zindi nkingo. **Ubu inkingo za COVID-19 n'izindi nkingo zishobora gutangwa ku munsi umwe, kandi ntibikiri ngombwa gutegereza kuzakingirwa COVID-19 niba waratewe ubundi bwoko bw'urukingo mu minsi 14 ishize.**¹¹ Baza muganga w'umwana wawe ingaruka zishobora guterwa na buri rukingo, kugira ngo umenye icyo ugomba kwitondera. Birashoboka ko umwana wawe yagira ingaruka zitewe n'inkingo ZOMBI icyarimwe.



⁹ <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/adverse-events.html>

¹⁰ <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/specific-groups/allergies.html>

¹¹ <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html#Coadministration>

Mbese nkwiye kuvuga ingaruka zose umwana wanjye yagize nyuma yo guterwa urukingo rwa COVID-19?

Niba utekereza ko umwana wawe yagize ingaruka nyuma yo gukingirwa, wabimenyeshya [Sisitemu ikoresheya mu kumenyeshya ingaruka zifitanye isano n'urukingo \(VAERS\) ya CDC \(VAERS\)](#). Wasaba kandi muganga wawe kubikumenyeshereza VAERS. VAERS ifasha abahanga mu bya siyansi n'inzobere mu buvuzi kuvumbura bidatinze ibibazo bidasanzwe cyangwa bitari byitezwe by'ubuzima (nanone bita "ingaruka mbi") bishobora kwerekana ikibazo gishobora kubaho ku buzima gitewe n'urukingo.



Iyandikishe kuri V-safe

V-safe ni igikoresho cyo kuri interineti gituma ubwira CDC niba hari ingaruka z'urukingo wagize nyuma yo guhabwa urukingo rwa COVID-19. Ushobora no guhabwa ubutumwa bukwiibutsa niba ukeneye urukingo rwa 2. Menya andi makuru kuri v-safe kuri www.cdc.gov/vsafe.

