

Bona ibisubizo byerekeye urukingo rwa COVID-19



Ikigo gishinzwe kugezura ibiribwa n'imiti (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 Moderna na Johnson & Johnson/Janssen zemerewe abantu bafite imyaka 18 kuzamura.

Inkingo za COVID-19 ntizifite akamaro gakomeye gusa mu kurinda indwara, gushyirwa mu bitaro n'urupfu¹ ahubwo zizadufasha gusubira mu bikorwa bisanzwe. Ubushakashatsi buheruka bwerekana ko inkingo zirwanya ubwoko bushya bwa virusi bwagaragaye kugeza ubu² kandi zikarinda kwanduza abandi iyi virusi. Abantu bahitamo kwikingiza ntibirinda virusi gusa, ahubwo banafasha kuturindira abaturage bashobora kwibasirwa cyane cyangwa badashobora gukingirwa nonaha.



Nkwiye kwikingiza niba naramaze kurwara COVID-19?



Yego, nubwo waba wararwaye COVID-19 ni ngombwa ko ukingirwa. 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.

Ni izihe ngaruka nagira nyuma yo kwikingiza?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

Ushobora 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 mpamvu yo kudahabwa urukingo rwa 2 rurimo COVID-19 rwa mRNA. Ugomba guhabwa inkingo zombi kugira ngo ube ukingiye byuzuye.

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>

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

Ku kaboko ahatewe 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

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 gufata umuti wiguriye utandikiwe na muganga, nka ibuporofene 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 kawe cyangwa ugakoreshe imyitozo.

Kugira ngo ugabanye ukubangamirwa guturuka ku muriro:

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



Igihe cyo guhamagara muganga

Akenshi, uzagira ingaruka zisanzwe gusa. Hamagara muganga cyangwa utanga serivisi z'ubuzima:

- Niba guhisha cyangwa ububabare by'aho watewe urushinge bitangiye kurushaho kuba bibi nyuma y'amasaha 24 (cyangwa umunsi 1).
- Niba utewe ubwoba n'ibimenyetso bidasanzwe ushobora kuba ufite cyangwa ufite ibibazo bijyanye n'uruhurirane rw'ingaruka zatewe no guterwa inkingo zirenze rumwe icyarimwe.
- Niba utewe ubwoba n'ingaruka z'urukingo cyangwa izi ngaruka zikaba zitari kurangira nyuma y'iminsi mike.

Hita uhamagara muganga niba ufite kimwe muri ibi bimenyetso kugeza ku byumweru

3 nyuma yo guterwa urukingo rwa COVID-19:

- Gutera k'umutima mu buryo budasanzwe
- Kugira ibikezikezi mu maso
- Kubabara mu gatuza
- Urujijo cyangwa kugorwa no kuvuga
- Kugwa igihumure cyangwa guta ubwenge
- Kubyimba ukuguru
- Amabara ahishije mashya cyangwa yizana ku ruhu
- Petechiae (utudomo duto dutukura ku ruhu)
- Ububabare bwo munda bukabije budashira
- Kuribwa umutwe cyane cyangwa kurwara umutwe udakira
- Kuzungera
- Kubura umwuka
- Intege nke cyangwa impinduka mu byumviro



Ingaruka zikabije nyuma yo guhabwa urukingo zibaho gakeya⁴

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.



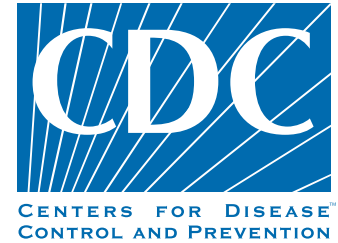
⁴ <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/allergic-reaction.html>

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).

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 bizewe 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 bwatewe cyangwa butatewe 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 bikangururwa.

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 abantu 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>

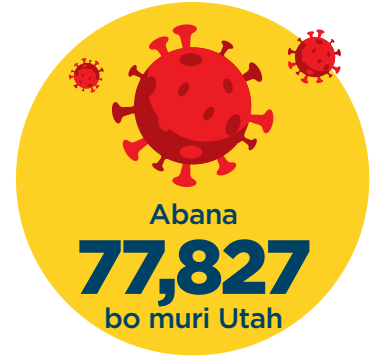
8 <https://newsroom.heart.org/news/covid-19-vaccine-benefits-still-outweigh-risks-despite-possible-rare-heart-complications>

Kuki abana bagomba kwikingiza COVID-19?

Hari imyumvire rusange itari yo ivuga ko abana badakingirwa COVID-19 cyangwa ko badafite 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 bakomeye 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 urufu.



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

CDC yasanze urukingo rwa COVID-19 rwa Johnson & Johnson rwarateje ingaruka zibaho gake kandi zikomeye - 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'imyaka 18. Urukingo rwa Johnson & Johnson ntirwemewe ku bana bari munsi y'imyaka 18.



moderna

Johnson & Johnson

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

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

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

- Waragize ubwivumbure bw'umubiri bukabije nyuma yo guterwa urukingo rwa 1.
- Waragize ubwivumbure bw'umubiri bukomeye kuri kimwe mu [bigize](#) urukingo.



Vugana na muganga wawe mbere yo guterwa urukingo rwa COVID-19 niba waragize ubwivumbure bw'umubiri bw'ako kanya ku rukingo rwa COVID-19 rwa 1, cyangwa ubwivumbure bwatewe n'ubundi bwoko bw'urukingo cyangwa umuti watewe mu rushinge kubera indi ndwara, n'ubwo byaba bitari bikabije.

Ushobora kwikingiza nubwo waba ufite 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. Ushobora kandi gukingirwa niba ufite amateka y'ubwivumbure bw'umubiri ku miti banywa cyangwa amateka mu muryango ku bibazo by'ubwivumbure.¹⁰



Mbese naterwa 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 muni umwe, kandi ntibikiri ngombwa gutegereza kuzakingirwa COVID-19 niba waratewe ubundi bwoko bw'urukingo mu minsi 14 ishize.¹¹ Baza muganga wawe ingaruka zishobora guterwa na buri rukingo, kugira ngo umenye icyo ugomba kwitondera. Birashoboka ko wagira ingaruka zitewe n'inkingo ZOMBI icyarimwe.



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 zabayeho nyuma yo guterwa urukingo rwa COVID-19?

Niba utekereza ko wagize ingaruka nyuma yo gukingirwa, wabimenyesha [Sisitemu yo kumenyesha ingaruka zifitanye isano n'urukingo ya CDC \(VAERS\)](#). Wasaba kandi muganga wawe kubikumenyeshereza VAERS. VAERS ifasha abahanga mu bya siyansi n'inzobere mu buvuzi kuvumbura bidatinze ibibazo bidasanze 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 bukwiye niba ukeneye urukingo rwa 2. Menya andi makuru kuri v-safe kuri www.cdc.gov/vsafe.



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

6 <https://www.cdc.gov/vaccinesafety/concerns/multiple-vaccines-immunity.html>