

Murakoze kwikingiza COVID-19 mu rwego rwo kugira ngo wowe, umuryango wawe n'umuryango mugari mugire ubuzima buzira umuze.



Ufatwa nk'ufite ubudahangarwa bw'umubiri cyangwa urinzwe virusi, umaze ibyumweru 2 uhawé urukingo rwa nyuma rwa COVID-19. Arikó kandi, niba warahuye n'uwanduye virusi mbere y'uko ugira amahirwe yo guhabwa urukingo rwa nyuma, cyangwa mwarahuye mbere y'uko umubiri wawe ugira ubudahangarwa bwuzuye, biracyashoboka ko urwara.



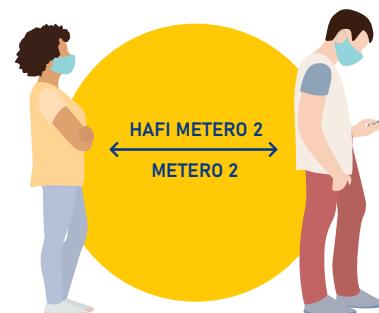
Ugomba gukomeza kwambara agapfukamunwa no gufata ingamba zo gukumira ikwirakwira rya COVID-19 kugeza igihe abantu benshi bazashoborera kubona urukingo.

Inkingo zose za COVID-19 zemewe na FDA zirizewe kandi zikora neza mu kukurinda iyi virusi. Zikurinda kurwara, kujyanwa mu bitaro no/cyangwa kwicwa na COVID-19. Ubushakashatsi buheruka¹ bwerekana ko inkingo zishobora kurinda kwanduza abandi virusi kandi zikarwanya ubwoko bushya bwayo bwamenyekanye kugeza ubu.

Kugeza igihe abahaha mu buvuzi bazabonera mu buzima busanzwe niba ushobora cyangwa udashobora gukwirakwiza virusi ku bandi nyuma yo gukingirwa, ni ngombwa gukomeza gukoresha ibikoresho byose dufite kugira ngo dufashe guhagarika iki cyorezo:ambara agapfukamunwa igihe cyose uri kumwe n'abantu mutabana, siga intera ya hafi metero 2 (metero 2) hagati yaye n'abandi, karaba intoki kensi kandi ugume mu rugo igihe urwaye. **Igihe abantu benshi cyane bazaba batewe urukingo, ubuzima bushobora kuzasubira uko bwahoze.**

Ubwoko bushya bwa COVID-19

Ubundi bwoko bushya bwa COVID-19 (rimwe na rimwe bita "ubuyikomokaho") bushobora kwandura kuruta ubwoko bwa COVID-19 yabanje. Ubu rero kuruta ikindi gihe cyose, abatuye Utah bagomba kwambara agapfukamunwa, kubahiriza gusiga intera hagati yabo n'abandi no kwirinda ahantu hahuriye abantu benshi.



¹ <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html>

Ni gute inkingo za COVID-19 zigira ingaruka ku mabwiriza yo kujya mu kato iyihe ukeka ko wanduye no kujya mu kato iyihe wanduye?

Niba hashize ibyumweru birenga 2 uhawé urukingo rwa nyuma, ntugomba kujya mu kato, kabone n'ubwo waba wahuye n'umuntu wapimwe bagasanga arwaye. Ariko kandi, hari ibihe runaka ushobora kwishyira mu kato, na nyuma yo guterwa urukingo rwa COVID-19.

Icyo wakora mu gihe ufite ibimenyetso bya COVID-19:

Niba ufite ibimenyetso bya COVID-19 kandi:	
Ukaba utarakirwa	Ukaba utararangiza inkingo (waratewe urukingo 1 gusa ku rukingo rutangwa inshuro 2, nka Pfizer cyangwa Moderna)
<u>Jya mu kato</u> kandi uhite wipimisha .	<u>Jya mu kato</u> kandi uhite wipimisha .

Niba wararangije inkingo ukaba ufite ibimenyetso bya COVID-19: (warahawé urukingo rwa Pfizer cyangwa Moderna inshuro 2 cyangwa urukingo 1 rwa Johnson & Johnson)	
Niba nta byumweru 2 birashira uhoreye igihe waterewe urukingo	Niba hashize nibura ibyumweru 2 uhoreye igihe waterewe urukingo
<u>Jya mu kato</u> kandi uhite wipimisha .	Jya mu kato uhamagare muganga wawe cyangwa uguha serivisi z'ubuzima. Birashoboka ko haba hari ikindi kintu kitari COVID-19 kigutera ibyo bimenyetso. Ariko kandi, muganga wawe ashobora kugusaba kwipimisha COVID-19. Inkingo za COVID-19 ntizituma ikizami kidatanga amakuru y'ukuri.

Icyo wakora igihe uhuye n'umuntu wanduye:

Niba utaraterwa urukingo rwa nyuma ugahura n'umuntu bapimye bagasanga arwaye:	
Ukaba utarakirwa	Ukaba utararangiza inkingo (waratewe urukingo 1 gusa ku rukingo rutangwa inshuro 2, nka Pfizer cyangwa Moderna)
<u>Jya mu kato</u> kandi wipimishe COVID-19.	<u>Jya mu kato</u> kandi wipimishe COVID-19.

Niba waratewe urukingo rwa nyuma ugahura n'umuntu bapimye bagasanga arwaye: (warahawé urukingo rwa Pfizer cyangwa Moderna inshuro 2 cyangwa urukingo 1 rwa Johnson & Johnson)	
Niba nta byumweru 2 birashira uhoreye igihe waterewe urukingo	Niba hashize nibura ibyumweru 2 uhoreye igihe waterewe urukingo
<u>Jya mu kato</u> kandi wipimishe COVID-19.	Si ngombwa kujya mu kato. Ariko kandi, niba ugaragaje ibimenyetso bya COVID-19 nyuma yo guhura n'uwanduye (ibi bibaho gake), hamagara muganga wawe cyangwa uguha serivisi z'ubuzima. Byaba ngombwa kwipimisha bakareba niba urwaye COVID-19.