

Ni ryari nahabwa urukingo?

Amatsinda y'abantu akurikira ashobora guhabwa urukingo rwa COVID-19 nonaha. Hamagara [Ishami ry'ubuzima rikwegereye, farumasi ikwegereye, cyangwa utanga serivisi z'ubuzima](#) ufate randevu. Aho urukingo rutangirwa wahasanga ku rubuga <https://coronavirus.utah.gov/vaccine-distribution>.

- Abakozi bita ku buzima bahura n'abarwayi (nk'abaganga b'amenyo, abavuzi b'ingingo cyangwa abafasha abarwayi gukoresha umubiri, abakira abaje ku ivuriro, ubuvuzi bugamije kongera ubwiza, abaganga bafashiriza abarwayi mu ngo, n'abandi.)
- Abakozi b'ibigo bitanga ubuvuzi bw'igihe kirekire n'abavurwa babibamo
- Abahura n'abarwayi ku ikubitiro nk'abakozi bo muri serivisi z'indembe (EMS), abashinzwe iyubahirizwa ry'amategeko, abashinzwe kwakira ubutumwa no kubugeza kuri ba nyirabwo n'abashinzwe imfungwa
- Umwarimu cyangwa umukozi w'ishuri kuva mu wa mbere kugera mu wa 12
- Abaturage ba Utah bafite imyaka 50 kuzamura
- Abantu bafite imyaka 16 kuzamura basanganywe ubundi uburwayi (reba muni)

Abantu bafite imyaka 16 kuzamura bafite bumwe mu burwayi bukurikira bemerewe guhabwa urukingo rwa COVID-19 (niba ufite imyaka 16 cyangwa 17, ushobora guhabwa GUSA urukingo rwa Pfizer):

- Ibibazo by'urwagashya harimo kurukuramo burundu cyangwa igihe rudakora neza
- Igipimo cy'umubyibuho n'uburebure (BMI) cya 30 cyangwa birengaho
- Indwara y'umutima y'akarande (itari umuvuduko w'amaraso ukabije) harimo indwara y'intege nke z'umutima y'akarande, gufungana kw'imitsi y'umutima no kwangirika cyane kw'imihaha itembereza amaraso mu mutima cyangwa indwara y'umutima yavukanywe
- Indwara y'impayiko y'akarande
- Indwara y'umwijima y'akarande harimo epatite y'akarande yo mu bwoko bwa B cyangwa C, indwara y'umwijima iterwa n'ibisindisha, indwara yangiza indurwe y'umwijima, cyangwa indwara imunga agasabo k'indurwe cyangwa indwara ikomoka mu muryango aho imyunyu y'ubutare yirunda mu turemangingo bikangiza umwijima.
- Kanseri yasuzumwe mu myaka 5 ishize yatangiye mu maraso, imisokoro cyangwa ingirabuzima fatizo zigize ubudahangarwa bw'umubiri. Ubu bwoko bwa kanseri bwitwa kanseri ifata uturemangingo tw'amaraso (nka kanseri yo mu maraso, kanseri itangirira mu ngirangingo zishinzwe kurwanya ubwandu mu myubakire y'ubudahangarwa bw'umubiri n'indwara zibumbiye hamwe z'ibibyimba mu misokoro) .
- Kanseri yasuzumwe mu mwaka 1 ushize itatangiriye mu maraso cyangwa mu misokoro. Ubu bwoko bwa kanseri bwitwa kanseri idafata uturemangingo tw'amaraso. (havuyemo kuba warasuzumwe bumwe mu bwoko bwa kanseri y'uruho.)
- Diyabete (Ubwoko bwa I cyangwa ubwa II)
- Kuba ubudahangarwa bw'umubiri budakora neza (ubudahangarwa bwacitse intege) biturutse mu maraso, imisokoro cyangwa gusimbura ingingo; agakoko gatera sida,

gukoresha igihe kirekire imiti igabanya ububabare no kubyimbirwa cyangwa indi miti igabanya ubushobozi bw'ubudahangarwa bw'umubiri

- Uburwayi bw'imitsi y'ubwonko bumugaza imikorere y'ubuhumekero, harimo kuremara ingingo bivukanwa bikomoka ku kudakura neza k'udutsi tw'ubwonko, sendorome ya Down, igicuri, gucika intege no kunanirwa byihuse kw'imitsi, indwara ifata urwungano rw'imyakura, indwara yangiza uturemangingo tw'ubwonko no kuremara uruhande rumwe rw'umubiri
- Guhabwa ubuvuzi bwo gusukura impyiko ku ndwara yo kwangirika impyiko gukabije
- Guhabwa ubuvuzi ku igabanuka ry'ubudahangarwa bw'umubiri
- Indwara yo kugira insoro z'amaraso zitukura nke mu mubiri
- Indwara karande ikomeye y'ubuhumekero (itari asima) harimo indwara karande ikomeye iziba inzira y'ubuhumekero, indwara y'ibihaha itera kubura umwuka, indwara yangiza inzira z'umwuka z'ibihaha, cyangwa indwara ikomoka mu miryango yangiza ibihaha ikanatera kubura umwuka
- Uwatewe urugingo rushya
- Guturika udutsi tw'ubwonko cyangwa indwara yo kwibagirwa (indwara yangiza ubwonko n'imikorere yabwo, inzira z'amaraso, cyangwa amagufwa yo mu gahanga)

Si ngombwa inyandiko ya muganga kugira ngo utegure igihe cyo guhabwa urukingo.

Abarwayi batujuje ibi [bisabwa](#) bagomba gutegereza kugeza igihe abafite ibyago byinshi kurusha abandi bazaba bamaze gukingirwa. Turabizi ko hari ubundi burwayi butari kuri uru rutonde, ababufite nabo bakaba bafite ibyago byinshi; ariko kandi ubu dufite gusa inkingo zihagije ku bantu bujuje ibi bisabwa. Aba bantu bafite ibyago byinshi cyane byo gushyirwa mu bitaro no kwicwa na COVID-19 kandi dukeneye gukora ibishoboka byose kugira ngo bahabwe urukingo vuba bishoboka.

Hazakurikiraho ba nde?

Twiteze ko inkingo za COVID-19 zizaboneka guhera muri Mata zigenewe ayandi matsinda y'imyaka y'ubukure, abantu basanganywe ubundi burwayi butari ku rutonde rwatanzwe hejuru n'abatuye mu nsiro kandi bafite ibyago byinshi byo kwibasirwa na virusi itera COVID-19. Inkingo zigomba kuba zabonetse ku baturage bose mu mpera z'urugaryi no mu ntangiriro z'impeshyi.

Si ngombwa "kuba ku rutonde rwo gutegereza" kugira ngo ukingirwe. Urukingo niruboneka, turateganya kurugeza ahantu henshi aho mutuye. Aho hantu hazatangazwa kuri <https://vaccinefinder.org/>.