

Ni iki nkwiye kwitega nyuma yo guhabwa urukingo rwa COVID-19?



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Ushobora kugira zimwe mu ngaruka z'urukingo zoroheje kugera ku ziri mu rugero, mu minsi mike. Ibi ni ibimenyetso bisanzwe byerekana ko umubiri wawe urimo kurema ubwirinzi. Izi ngaruka z'urukingo zigomba gushira mu minsi mike. Abantu bamwe nta ngaruka z'urukingo bagira cyangwa bakaba bagira ingaruka zitandukanye nyuma y'urukingo rwa 2 kurenza izo bagize nyuma y'urukingo rwa mbere. Ntibikunze kubaho kugira ingaruka z'urukingo zikabije cyangwa zikomeye nyuma yo guhabwa urukingo.



Ingaruka rusange urukingo rutera

Ku kaboko aho watewe urushinge:

- Ububabare
- Guhisha
- Kubyimbirwa

Ahandi hose hasigaye mu mubiri wawe:

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

Inkingo zimwe za COVID-19 zisaba gukingirwa inshuro 2 kugira ngo umuntu agire uburinzi bwa virusi bwuzuye. Ni ngombwa guhabwa inkingo zombi, nubwo wagira ingaruka nyuma y'urukingo rwa mbere. Ugomba guhabwa inkingo zombi keretse umuganga wawe cyangwa ushinze gutanga urukingo akubujije.



Bifata umubiri wawe igihe kubaka ubwirinzi nyuma y'urukingo urwo ari rwo rwose. **Ufatwa nk'ugarangije inkingo cyangwa ufite ubwirinzi nyuma y'ibyumweru 2 uhawe urukingo rwa nyuma.** Biracyashoboka ko warwara COVID-19 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. Inkingo ntabwo zitambamira ibisubizo by'isuzuma. Mu rwego rwo kurinda abandi kwandura kugeza igihe abantu benshi bazaba bakingiwe, ambara agapfukamunwa igihe uri ahahirira abantu benshi cyangwa iruhande rw'abantu benshi.

Inama z'ingenzi

Ni byiza cyane gutegereza igihe kirekire uko ushoboye kugira ngo ufate umuti uwo ari wo wose wo kurwanya ububabare nyuma yo guhabwa urukingo. Nyamara, niba ukeneye gufata umuti wo kurwanya ububabare cyangwa kumva ubangamiwe nyuma yo guhabwa urukingo, vugana n'umuganga wawe ku byerekeye gufata umuti wiguriye utawandikiwe na muganga, nka ibuprofen cyangwa acetaminophen(akenshi yitwa Tylenol).

Ni ingenzi gukomeza gufata imiti ya buri muni y'igihe kirekire, keretse umuganga wawe akubwiye kuyihagarika nyuma yo gukingirwa. Bishobora gutera ibyago bikomeye guhagarika imiti ufata mu buryo buhoraho.

Kugira ngo ugabanye ububabare no kumva ubangamiwe aho watewe 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, ingaruka z'urukingo zirasanzwe. Hamagara muganga wawe cyangwa uguha serivisi z'ubuzima:

- Niba guhisha cyangwa ububabare by'aho watewe urushinge bitangiye kurushaho kuba bibi nyuma y'amasaha 24 (cyangwa umunsi 1).
- Niba ufite impungenge z'ingaruka z'urukingo cyangwa zisa n'izitarangira nyuma y'iminsi muke.
- Niba warahawe urukingo rwa Johnson & Johnson ukaba ufite bimwe muri ibi bimenyetso: Kurwara umutwe bikabije, kuribwa umugongo, ibimenyetso bishya ku ndwara zifata ubwonko, kubabara mu nda bikabije, kubura umwuka, kubyimba ukuguru, petechiae (utudomo dutukura ku ruhu), cyangwa amabara mashya cyangwa yoroheje ku ruhu .



Baza ushinzwe kuguha urukingo uko wakwiyandikisha muri 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 bukwibutsa niba ukeneye urukingo rwa 2.



v-safeSM
igikoresho cyo
gusuzuma ubuzima
nyuma yo gukingirwa



Menya andi makuru kuri v-safe kuri www.cdc.gov/vsafe.