

# Ibintu 7 vyerekeye COVID-19 abavyeyi bategerezwa kumenya.



## 1. Abana bakeneye gucandagwa.

COVID-19 ni mbi cane kuruta inzitizi zikomeye ziturutse ku guhabwa urucanco. Ntaturamenya ukuntu kwandura COVID-19 ku bana bizogira ingaruka igihe kinini. Abana bavuga ibimenyetso vya “COVID bimaze igihe kirekire” bisinzikaza ubuzima bwabo bwa buri muni haciye indwi nyinshi inyuma yo kwandura COVID<sup>1</sup>. COVID-19 ni imwe mu ndwara 10 zica abana muri reta nzuze ubumwe, hamwe 1/3 c’imiyabaga baryamitswe mu bitaro bari bakeneye ukwitabwaho gukomeye<sup>2</sup>. Ibice vy’abana bigera kuri 30% baryamitswe mu bitaro kubwa COVID-19; ntibaribafise ingorane z’amagara<sup>3</sup>.



## 2. Urukingo ntirwihutishijwe.

Abahinga muri siyanse bamaze igihe bakora kuri bu buno hinga imyaka irenga icumi. Ntantambwe yizewe yirengagijwe kugira haboneke incanco za COVID-19—kwisunga gusa amategeko y’uko bikorwa hamwe n’amategeko ya reta. Ibiharuro bivuye mu mavuriro y’igeragerezo hamwe n’ivyigwa vyo kw’isi vyerekana ko urucanco rwizewe kandi rukora neza. Abahinga bo muri siyanse barashoboye kwiga ningoga urucanco kuko amajana y’ibihumbi vy’abantu baritanze mu mageragezo—ha kurindira imyaka kugira haboneke abahagije babikora.



## 3. Ingaruka zibayabaye canke zisanzwe zirasa.

Umwana wawe ashobora kuba afise ibimenyetso bibayabaye canke bidakomeye inyuma yoguhabwa urucanco, wunva urushe, nk’ubushushe, kubabara mu mitsi, kumeneka umutwe, kwunva urushe, canke gutukura aho bateye urushinge. Ibi birasanzwe inyuma y’urucanco urwarirwo rwose, kandi bisigura ko umubiri wawe wamaze gutangura kwumva ikintu kidasanzwe kandi uriko uratangura kukirwanya. Ingaruka mbi hamwe n’ukuziranirwa ni imbonekarimwe. Ivyago vyo kurwara COVID-19 ukaremba biri hejuru kuruta ivyago bishoboka vyo kutigera ugira ingaruka mbi zivuye ku rucanco



## 4. Ibimenyetso vy’ingaruka z’igihe kirekire, nk’ubugumba canke gukorara inda, ntibishika.

Iyo uravye amakuru y’inkingo zose, ingaruka mbi nka zose z’igihe kirekire zivuye ku rucanco ziboneka neza mu ndwi 6 inyuma yo guhabwa urucanco. Nicogituma FDA isaba igihe co kurindira nimiburuburi iminsi 60 inyuma y’igerageza ry’urukingo imbere y’uko ikoresheya ryihuse ritangwa.

Ibihumbi vy’abagore barahawe urucanco mu gihe bari bibungenze canke bibungeze inyuma yo kuruterwa. Ibiharuro<sup>4</sup> vyerekana ko inkingo za COVID-19 zitateje ubugumba, gukorara inda, canke ingorane zo gutwara inda canke kwibaruka haba ku muvuyeyi canke ku mwana. Ariko kandi twabonye abagore benshi barwaye COVID-19 kandi bagize ingorane zikomeye zivuye ku mugera<sup>5</sup>.

1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7927578/>

2 [https://www.cdc.gov/mmwr/volumes/70/wr/mm7023e1.htm?s\\_cid=mm7023e1\\_w%20\[cdc.gov\]](https://www.cdc.gov/mmwr/volumes/70/wr/mm7023e1.htm?s_cid=mm7023e1_w%20[cdc.gov])

3 <https://yourlocalepidemiologist.substack.com/p/pediatric-vaccines-top-8-parental>

4 <https://www.acog.org/news/news-releases/2021/07/acog-smfm-recommend-covid-19-vaccination-for-pregnant-individuals>

5 <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>



## 5. Urukingo rukora neza CANE.

Igerageza ryerekanye ko 90-100 vy'urukingo rwa COVID-19 rukora neza mu gukingira umugera abana b'imyaka 5-15<sup>6</sup>. Nta mwana mw'igeragerezo yagize indwara ikomeye iturutse kuri COVID-19. Urukingo rurwanya ubundi bwoko bwa korona, rukinga ikwiragira ku bandi bantu,<sup>7</sup> ubu rero rushobora guhindura ibintu<sup>8</sup> kuri abo barwaye COVID-19 y'igihe kirekire. Kwicandagisha navyo biratera indwara isanzwe kandi y'akanya gato ku bantu bake bandura inyuma yo guhabwa urucanco<sup>9</sup>.



## 6. Naho umwana wawe yoba yararwaye COVID-19, aracakeneye gukingirwa.

Umwana wawe ategerezwa gukingirwa naho imbere yoba atararwaye cane bivuye ku mugera. Ivyigwa<sup>10</sup> vyerekana ko urucanco rutanga ubudahangarwa bw'umubiri buramba kuruta ubudahangarwa karemano (ubudahangarwa bwo kutandura indwara) no gukingira ubundi bwoko bwa korona. Urucanco rushobora gukingira umwana wawe kwongera kwandura umugera.



## 7. Incanco za COVID-19 mRNA ntizihindura DNA yawe.

Hari ibintu **inkingo mRNA NTI** zikora:<sup>11</sup>

- mRNA ntishobora guhindura DNA yawe.
- mRNA ntishobora gushika mu bice vy'utaremangingo aho DNA iri (yiswe nucleus)
- mRNA ntishobora guhinduka ubwayo ngo ibe DNA

mRNA iroroshe kandi ikwiragira vuba mu mubiri wawe. Ibigize urukingo ntibiguma mu mubiri wawe kandi ntibigira ikintu coroheje, canke igice kitandukira c'umugera muri vyo gishobora kuguma mu mubiri wawe ngo gitere ingorane mu buzima bwawe mri kazoza<sup>12</sup>.

6 <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html>

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

8 <https://www.yalemedicine.org/news/vaccines-long-covid>

9 <https://www.cdc.gov/media/releases/2021/p0607-mrna-reduce-risks.html>

10 <https://yourlocalepidemiologist.substack.com/p/vaccine-for-5-11-year-olds-acip-cliff>

11 <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/mrna.html>

12 <https://yourlocalepidemiologist.substack.com/p/pediatric-vaccines-top-8-parental>