

# Makambo 7 baboti basengeli koyeba mpona mangwele ya COVID-19



## 1. Bana basengeli kozwa mangwele.

COVID-19 eza likama makasi koleka likama nyonso ekoki kobima na kozwa mangwele. Toyebi nanu te bopusi oyo kozwa COVID-19 ekoki kozala na yango na bomoi ya bana. Bana bamonisi bilembo ya "ntango molai ya COVID" oyo eza na bopusi na bomoi na bango ya mokolo na mokolo bamposo mingi nsima ya kozwa COVID<sup>1</sup>. COVID-19 eza sikoyo moko ya bantina 10 ya liwa ya bana na États-Unis, mpe  $\frac{1}{3}$  na bilenge bakotaki lopitalo oyo esengaki bakota na soins intensifs<sup>2</sup>. Pene ya 30% ya bana bakotaki lopitalo mpona COVID-19 bazalaki te na maladi oyo esilaka te<sup>3</sup>.



## 2. Basali te mangwele mbangumbangu.

Bato ya siansi babanda kosala mayele oyo banda mibu mingi. Basotaki etambe moko te ntango basalaki mangwele ya COVID-19—longola kaka malako ya bakonzi mpe misala ya biro—mpe bomeki esalemaki na kolanda bitambe oyo basalaka mpona mangwele nyonso mosusu. Bansango euti na bomeki mpe na bolukiluki ya mokili emonisi ete mangwele eza na likama te mpe eza malamumu. Bato ya siansi bayekoli mangwele noki mpo bankoto ya bato bandimaki bameka yango—olie ya kozela mibu mingi mpona kozwa bato oyo bakondima.



## 3. Bilembo ya katikati to ya pete ezomonana mbala mingi.

Mwana na yo akoki kozala na bilembo ya katikati to ya pete nsima ya kozwa mangwele, neti fievre, mpasi na misisa, moto mpasi, kolemba, to motane na esika azwaki mangwele. Esalemaka mingi nsima ya mangwele nyonso, mpe elakisi nzoto nayo ebandi kosala mpe ezoyekola kobunda na maladi. Mikakatano ya makasi mpe allergie ezomonana mingi te. Likama ya kobela COVID-19 oyo ekotya bomoi nayo na likama eza makasi koleka likama ya kozwa mikakatano makasi nsima ya kozwa mangwele.



## 4. Makama ya ntango molai, neti kokanga mabota to kosopa zemi, eza mpasi emonana.

Soki olandeli lisolo ya mangwele nyonso, makama nyonso ya ntango molai emonanaka na eleko ya bamposo 6 nsima ya kozwa mangwele. Yango wana FDA ezosenga kozela ata mikolo 60 nsima ya komeka mangwele na nzoto ya bato liboso ya kopesa ndingisa ya kosalela na urgence (EUA).

Bankoto ya basi bazwi mangwele ntango bazalaki na zemi to bazwaki zemi nsima ya kozwa mangwele. Bansango<sup>4</sup> emonisi ete mangwele ya COVID-19 ezokanga te mabota, kosopa zemi, to kobimisa mikakatano na zemi to na kobota na mama to na bebe. Kasi, tomoni basi mingi ya zemi bazwi mangwele ya COVID-19 mpe koniokwama makasi na virus<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. Mangwele eza MPENZA malamu.

Bomeki emonisi ete mangwele ya COVID-19 eza malamu na 90-100% na kobatela bana ya mibu 5-15 mpo bazwa te virus oyo<sup>6</sup>. Na ntango ya bomeki, mwana moko te azwaki maladi makasi euti na COVID-19. Mangwele ezobundisa ba variant, ezokanga nzela mpo epalangana te na bato mosusu,<sup>7</sup> mpe ekoki kobongisa makambo<sup>8</sup> mpona bato oyo bazoniokwama na bampasi ya ntanog mingi ya COVID-19. Kozwa mangwele ezolembisa mpe maladi mpe ezokomisa mokuse na bato mike oyo bazozwa yango nsima ya kozwa mangwele<sup>9</sup>.



## 6. Ata soki mwana nayo asi abelaki COVID-19, asengeli kaka kozwa mangwele.

Mwana nayo asengeli kozwa mangwele, ata soki virus ebelisaki ye te makasi liboso. Bolukiluki<sup>10</sup> emonisi ete mangwele ezosalisa nzoto na kobundisa maladi koleka makila ya nzoto oyo ebundisaka mikroba mpe ezobatela na ba variant. Mangwele ekoki kosalisa mwana na yo azwa lisusu te virus.



## 7. Mangwele mRNA ya COVID-19 ezobongola te ADN nayo.

Eza na makambo oyo **mangwele ya mRNA EKOKI TE** kosala:<sup>11</sup>

- mRNA ekoki te kobongola ADN nayo
- mRNA ekoki nkutu te kokota na baselile ya nzoto nayo esika ADN eza ya kokanga (ebengami noyau)
- mRNA yango moko ekoki kobongwana te mpe kokoma ADN

mRNA eza pete mpe epanzanaka noki na nzoto nayo. Biloko basaleli mangwele etikalaka te na nzoto nayo mpe eza te na eteni ya virus oyo eza na bomoi, oyo elemba to oyo epesaka maladi te oyo ekoki kotikala na nzoto na yo mpe komemela yo mikakatano na mikolo ezoya na bomoi<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>