
Ibibazo Bikunze Kwibazwa ku Itegurwa ry'Urukingo rwa COVID-19

Byateguwe: **18 Ukuboza, 2020**

Intego nyamukuru y'iyi nyandiko ni ukwerekana abakora mu nzego z'ubuzima ndetse n'abaturage ibibazo bikunzwe kwibazwa hamwe n'ibisubizo bishobora kwifashishwa mu gukuraho inzitizi abaturage bahura nazo.

ICYITONDERWA: Amakuru mashya cyangwa ibyongewemo biragaragara mu ibara rya oranje.

Ese hari urukingo rwa SARS-CoV-2 (COVID-19) rwemejwe n'Ikigo Gishinzwe Ubuziranenge bw'Imiti n'Ibiribwa (FDA)?

Yego, tariki ya 11 Ukuboza, 2020 Ikigo Gishinzwe Ubuziranenge bw'Imiti n'Ibiribwa (FDA) cyatanze uruhushya rw'imikoreshereje ku butabazi bwihutirwa cyane (EUA) ku rukingo rumwe ndetse bikaba byitezwe ko n'izindi zizakurikiraho vubaha.

Ese ni ryari urukingo ruzaba tayari ndetse rukabasha no kugera ku baturage?

Uburyo bwo gutanga urukingo [icyiciro cya 1a](#) bwagejwe kuri Leta ya New Hampshire ndetse ubu rukaba ruri gutangwa mu baturage bari muri icyo cyiciro. Byitezwe ko bishobora gufata ibyumweru byinshi kugira ngo abaturage bo mu Cyiciro cya 1a bese bakingirwe.

Nonese niruboneka, Leta ya New Hampshire izabasha kubona inkingo zingana gute?

Ku ikubitiro, ku nkingo zamaze kuhagera, Leta ya New Hampshire yakiriye (doze 12, 675 z'urukingo) zikaba ziri gukwirakwizwa ahantu hatandukanye hakingirwa abaturage bari mu [Cyiciro cya 1a](#). Gutanga urukingo mu buryo buboneye ni ingirakamaro ku Ishami rya Leta ya New Hampshire Rishinzwe Serivise z'Ubuzima n'Imibereho Myiza y'Abaturage ndetse n'ifatwa ry'ibyemezo ku ikwirakwizwa ry'urukingo rizatangazwa mu mabwiriza ya leta hibandwa cyane mu mahame rusange y'ubuvuzi.

Urukingo rutangwa gute?

Inkingo zombi ziterwa mu mikaya ("bikorerwa ku mukaya"). Ku bantu bakuru, urukingo ruzaterwa ku mukaya wo ku rutugu witwa delitoyide.

Ese birababaza?

Urutewe ashobora kumva atameze neza nk'umuntu uhawe urukingo atewe urushinge, ariko bihita bishira mu gihe gito.

Ese ngomba guterwa urushinge kangahe?

Inkingo zombi za COVID-19, urwa Pfizer ndetse n'urwa Moderna (igihe urukingo rwa Moderna rwamaze kwemezwa), rusaba gufata doze ebyiri. Intera y'igihe (cyangwa, umwanya) iri hagati ya doze ya 1 ndetse na doze ya 2 y'urukingo rwa Pfizer ni iminsi 21. Intera y'igihe (cyangwa, umwanya) iri hagati ya doze ya 1 ndetse na doze ya 2 y'urukingo rwa Moderna, ni iminsi 28.

Niba mfashe urukingo rwa Pfizer, nshobora guterwa bwa kabiri ubundi bwoko bw'urukingo?

Hoya. Urushinge utewe bwa kabiri bugomba kuba ari ubwoko bumwe n'ubwo watewe bwa mbere.

Ni hehe nafatira urukingo?

Biterwa n'igihe wemerewe guhabwa urukingo (ni ikihe cyiciro cyo gukingirwa uherereyemo). Igihe hazaba haboneka inkingi zihagije kuri buri muntu, uzabasha kurubona ku nzego zegereye abaturage z'ubuzima cyangwa ahandi hantu nka farumasi cyangwa ivuriro rya leta. Leta ya NH iri gukora ibishoboka byose ngo itange amahirwe menshi yo kubona urukingo ndetse bikorwe mu buryo butarimo ubusumbane kuri serivise z'ubuzima.

Ese ni ryari nzarubona?

Ntabwo urukingo ruzaboneka kuri buri muntu kugeza muri 2021. Doze za mbere ziri ku mubare zizahabwa abakozi bo mu nzego z'ubuzima bafite ibyago biri - hejuru kandi byinshi, abahura n'abarwayi bwa mbere, hamwe n'abaturage ndetse n'abakozi bakora muri serivise zibahuza n'abantu igihe mu cyiciro cya 1a. Nkuko amabwiriza ya nyuma ya leta ari gutangwa, ibyiciro byuko abaturage bazakingirwa bizashyirwa ahagaragara.

Ubwirinzi bw'uburukingo buzarangira ryari?

Ntabwo biramenyekana igihe umuntu wahawe urukingo azaba afite ubwirinzi: bishobora kuba iby'ubuzima bwose, nk'urukingo rwa poliyo cyangwa bikaba iby'umwaka umwe, nk'urwibicurane. Abashakashatsi bari kubyigaho kugira ngo bamenye ibirenzeho, kandi tuzakomeza kubasangiza amakuru uko agenda aboneka.

Ni gute nzamenya ko urukingo rwa COVID-19 rwizewe?

Uburyo bw'igeragezwa ry'urukingo ntabwo bwahindutse. [Operation Warp Speed \(Gahunda yo Gukora no Gukwirakwiza Urukingo\)](#) yoroheje igeragezwa kugira ngo hihutishwe uburyo

bwo kubona urukingo mbere na mbere binyuze mu nkunga yihuse, aho kugira ngo habeho amasezerano y'icyizere cy'ahazaza. Igihe cyo gukora urukingo cyaragabanyijwe, ariko uburyo busanzwe buri gukoreshwa harimo igeragezwa mu bitaro bikomeye, ku ngeri zitandukanye z'abaturage (harimo abakuzwe cyangwa abakiri mu myaka mito), ubugenzuzi bwigenga bw'Ikigo Gishinzwe Ubuziranenge bw'Imiti n'Ibiribwa (FDA) ndetse na Komite Ngishwanama ku Budahangarwa n'Ubuziranenge (ACIP) hamwe n'inzobere zacu zo mu gihugu.

Ese ndasabwa kuziyishyurira urukingo rwa COVID-19?

Oya. Urukingo ruzaba ruboneka ku buntu ku baturage bose b'Amerika hatitawe ku bwishingizi. Gusa ariko, abatanga urukingo bazajya baca amafaranga ya serivise zisanzwe zigenerwa uwageze ku biro, ndetse n'ubwishyu bwazo bube mu nshingano z'umurwayi. Ariko kandi, ibigo by'ubwishingizi, byaba ibya leta cyangwa ibyigenga bizishingira iki kiguzi. Ni byiza buri gihe kuvugana n'ababaha serivise z'ubuzima ku bijyanye n'ubwishyu bw'iki kiguzi, **ariko byitezwe ko nta kiguzi umurwayi azasabwa gutanga.**

Nonese igihe ntafite ubwishingizi?

Inkingo zizatangwa ku buntu.

Ese hazaboneka inkingo zihagije kuri buri wese?

Yego rwose. Ku ikubitiro hazatangwa inkingo ziri ku mubare, ntabwo buri wese azahita abona urukingo icyo gihe. Urukingo rwa COVID-19 ruzahabwa abantu bafite ibyago biri hejuru byo kwandura. Hagendewe ku mabwiriza y'Ibigo by'Igihugu Bishinzwe Ubumenyi, Siyansi n'Ubuvuzi ku Buryo Buboneye bwo Gukwirakwiza Urukingo rwa COVID-19, icyiciro kizahabwa urukingo ndetse n'uburyo buboneye bwo kurutanga bwateguwe neza na Leta ya New Hampshire.

Nigeze kurwara COVID-19. Ese ubwo nange nzakenera gufata urukingo?

Yego. Kereka aribwo ukirwara COVID-19, ugomba gufata urukingo. **Ubushakashatsi bwagaragaje ko hari abantu kwandura icyorezo inshuro irenze imwe.**

Ese nimbona urukingo, nzahagarika kwambara agapfukamunwa/mazuru ndetse no guhana intera?

Hoya. Mu gihe abashakashatsi bari kwiga byimbitse ku bwirinzi bw'inkingo za COVID-19 zitangiwe igihe, ni ngombwa ko buri wese akomeza gukurikiza amabwiriza aboneka ubu adufasha guhagarika iki cyorezo, harimo gufunga umunwa n'amazuru ukoresheje agapfukamunwa/mazuru, gukaraba intoki kenshi, ndetse no guhana intera n'abandi byibura intambwe 6. Twese hamwe, kwikingiza COVID-19 ndetse no gukurikiza amabwiriza y'Ikigo Gishinzwe Gukumira no Kurwanya Ibyorezo (CDC) bizaturinda kwandura ndetse no

gukwirakwiza COVID-19. Abashakashatsi bakwiye gucukumbura byimbitse ubwirinzi butangwa n'urukingo rwa COVID-19 mbere yuko amabwiriza asanzweho ahindurwa. Izindi mpamvu, zirimo umubare w'abantu babonye urukingo ndetse n'uburyo virusi iri gukwirakwira mu baturage, nabyo bizagira ingaruka kuri iki cyemezo.

Nshobora kwandurira COVID-19 mu rukingo?

Hoya. Urukingo rwa COVID-19 ntabwo rwakwanduza icyorezo.

Mfite ubudahangarwa bucye mu mubiri. Ni byiza ko nafata urukingo?

Yego birashoboka, ariko ugomba kubanza ukaganira n'inzego z'ubuzima zikwegereye ku mpungenge zawe. Amabwiriza ya leta azakorwa hashingiwe ku bushakashatsi harebwa niba urukingo rwizewe ku bafite ubudahangarwa bucye.

Mbana n'umuntu ufite ubudahangarwa buke bw'umubiri. Ni byiza kuri njye ko nafata urukingo?

Yego. Kubera ko uburyo urukingo rukoze, ntirushobora kukwanduza icyorezo kandi kwanduzwa undi muntu kuko wikingije.

Ni hehe nzakura urukingo?

Ku Cyiciro cya 1a, urukingo ruzatangwa n'ibitaro ku bakozi babo mu nzego z'ubuzima, abakozi batanga ubufasha igihe kirekire bo muri CVS ndetse na Walgreens, ndetse no ku masite 13 yo muri Leta ya NH ku bakozi bahura n'abarwayi bwa mbere, abakora mu nzego z'ubuzima badakora ku bitaro ndetse n'abafasha abantu bw'igihe kirekire badakora muri CVS cyangwa Walgreens. Ku byiciro bizakurikiraho, urukingo ruzajya ruboneka muri Leta ya New Hampshire ku bigo bitanga serivise z'ubuzima, farumasi, ndetse n'amavuriro yihariye atanga urukingo, hagenda ku byago byo kwandura COVID-19.

Mfite farumasi. Ese nshobora kugira uruhare mu itangwa ry'urukingo?

Birashoboka. Turashimira ubusabe bwa buri wese burebana no gufatanya natwe gukwirakwiza urukingo rwa COVID-19. Leta ndetse n'imiryango itari iya leta bamaze kugena farumasi ahantu hatandukanye zizafasha mu kwihutisha kwegereza abaturage urukingo. Niba ufite cyangwa uyobora farumasi yigenga, twandikire kuri covidvaccine@dhhs.nh.gov ku bindi bisobanuro birambuye ku bijyanye n'uburyo wajya mu batanga urukingo.

Ishami rya Leta ya New Hampshire Rishinzwe Serivise z'Ubuzima n'Imibereho Myiza

y'Abaturage (DPHS) riri kwitegura gute gukwirakwiza urukingo igihe rwabonetse?

Muri aya mezi ashize, Ishami rya Leta ya New Hampshire Rishinzwe Serivise z'Ubuzima n'Imibereho Myiza y'Abaturage bumaze igihe bupanga uburyo buboneye kandi bwitondewe bwo gukwirakwiza urukingo rwa COVID-19. Uburyo bwo gukingira abaturage ba Leta ya New Hampshire— mu byiciro hashingiwe ku byago byo kwandura byiganywe ubushishozi n'ibigo by'inzobere muri siyansi — kandi bushobora guhinduka. Ishami rya Leta ya New Hampshire Rishinzwe Serivise z'Ubuzima n'Imibereho Myiza y'Abaturage rizayobora iki gikorwa cyo gutanga urukingo ku bufatanye n'inzego z'ubuzima ndetse n'abandi bafatanyabikorwa, hazanagenderwa no ku bugenzuzi buboneye bw'inzobere ndetse hakirindwa kubogama. Umuhate ku myiteguro ugaragazwa no guhitamo neza amatariki ndetse n'ingano y'urukingo, kugena icyiciro cy'abaturage kizitabwaho mbere mu gihe ingano y'urukingo idahagije, kugena abatanga urukingo ndetse n'aho ruzatangirwa, guhugura ndetse no kongerera ubushobozi abatanga urukingo, gushyiraho ubukangurambaga, ndetse no kunoza uburyo bw'igenzura ry'iki gikorwa hamwe n'umusaruro wacyo.

Imbaraga zidasanzwe zizakenerwa mu kugera ku baturage bafite ibyago byinshi byo kwandura ndetse no kurema icyizere abandi baturage bafite impungenge ku rukingo. Ishami rya Leta ya New Hampshire Rishinzwe Serivise z'Ubuzima n'Imibereho Myiza y'Abaturage rishishikajwe no gutegura neza igikorwa kikaba kiboneye kandi gikurikije amahame shingiro y'ubuvuzi, mu rwego rwo gusigasira icyizere cy'uru rukingo mu baturage.

Ndabyumva neza urukingo ko nta ngaruka rwangiraho, ariko se ndamutse nanduye kubera urukingo?

Ikigo Gishinzwe Gukumira no Guhangana n'Ibyorezo (CDC) ndetse n'Ikigo Gishinzwe Ubuziranenge bw'Imiti n'ibiribwa (FDA) birakangurira abaturage bose kugaragaza ingaruka izo ari zo zose zaterwa n'urukingo (byitwa ingaruka zitateganyijwe) ku [Urubuga Rugaragarizwaho Ingaruka Zitateganyijwe Zatewe n'urukingo \(VAERS\)](#). Uru rubuga rw'igihugu rukusanya amakuru mu rwego rwo kumenya ingaruka zitateganyijwe, zigaragara cyane kurusha uko biba byitezwe, cyangwa izindi mpinduka zitamenyerewe. Guha VAERS raporo bifasha Ikigo Gishinzwe Gukumira no Guhangana n'Ibyorezo (CDC) kunoza ubuziranenge bw'inkingo. Ubuziranenge niyo ntego nyamukuru.

Abakora mu nzego z'ubuzima bazasabwa kugaragaza ingaruka izo ari zo zose ziterwa n'urukingo kuri VAERS. CDC kandi iri gukoresha urubuga rwo muri telefone ngendanwa rwitwa [v-safe](#) mu rwego rwo gukurikirana ubuzima bw'abantu nyuma yo gufata urukingo rwa COVID-19. Igihe ufashe urukingo, ugomba kandi kwakira amakuru arambuye kuri [v-safe](#)

ndetse n'uburyo wakwiyandikisha ku rubuga v-safe. Iyo wiyandikishije, uzabona ubutumwa bwanditse bukubiyemo ubushakashatsi aho ushobora kugarahgaza ibibazo cyangwa impinduka zakubayeho nyuma yo gufata urukingo rwa COVID-19.

Ese abana bashobora gukingirwa?

Abana bazabona amahirwe yo guhabwa urukingo mu gihe kiri imbere. Nyamara ariko, amakuru dufite ubu ashingiye ku igerageza ryakorewe ku bantu bakuru badatwite. Uko ibitaro bigenda byongera ibyiciro by'abageragerazwaho, tuzamenya byinshi ku buzirange bw'urukingo mu bana.

Ndatwite. Nshobora gufata urukingo?

Birashoboka. Abagore batwite bagomba kubanza kuganira n'inzego z'ubuzima zibegereye cyangwa ababakurikirana kugira ngo harebwe niba bakwiriye guhabwa urukingo.

Urubuga rwa CDC rufite amakuru arambuye ku nkingo za COVID-19.

Ni iki nakora mu gihe dutegereje urukingo?

COVID-19 ikomeje gukwirakwira mu miryango yacu. Ugomba gukomeza guhana intera n'abandi mutabana mu rugo kandi ukomeze kwambara neza [agapfukamunwa/mazuru](#). Igihe wumva utameze neza, guma mu rugo kandi wihutire [kwisuzumisha](#).

Ahandi wakura amakuru:

- [Ikigo Gishinzwe Guhangana no Gukumira icyorezo \(CDC\)](#),
- [Ikinyamakuru cy'Ishyirahamwe ry'Abaganga muri Amerika \(JAMA\)](#)
- [Ubufatanye ku Bukangurambaga ku Buzima Rusange](#)