

**INYANDIKO Y'AMAKURU AGENEWE ABAKINGIRWA N'ABABITAHU
URUHUSHYA RW'IKORESHWA RY'URUKINGO (EUA) RWA
COVID-19 RWA MODERNA MU RWEGO RWO KURWANYA ICYOREZO CYA KORONAVIRUSI
(COVID-19) MU RWEGO RW'UBUTABAZI KU BANTU BAFITE KUVA KU MYAKA 18 Y'UBUKURE**

Urimo guhabwa urukingo rwa COVID-19 rwa Moderna mu rwego rwo kurwanya icyorezo cya koronavirusi (COVID-19) giterwa na virusi yo mu bwoko bwa SARS-Cov-2. Iyi nyandiko ikubiyemo amakuru agufasha gusobanukirwa ingaruka n'inyungu by'urukingo rwa COVID-19 rwa Moderna, ushobora guhabwa bitewe n'uko hari icyorezo cya COVID-19.

Urukingo rwa COVID-19 rwa Moderna ni urukingo rushobora gutuma utandura COVID-19. Nta rukingo rurwanya COVID-19 ruhari rwemejwe n'Ikigo cy'Amerika Gishinzwe Ubuziranenge bw'Ibiribwa n'Imiti.

Soma iyi nyandiko kugira ngo ubone amakuru yerekeye urukingo rwa COVID-19 rwa Moderna. Niba hari ibibazo wifuza kubaza, baza ushinze igikorwa cyo gukingira. Guhabwa urukingo rwa COVID-19 rwa Moderna ni amahitamo yawe.

Urukingo rwa COVID-19 rwa Moderna ruterwa mu mikaya mu byiciro bibiri mu gihe cy'ukwezi.

Urukingo rwa COVID-19 rwa Moderna ntirushobora kurinda buri wese.

Iyi nyandiko y'amakuru ishobora kuba yaravuguruwe. Ukeneye inyandiko y'amakuru nshya, wasura urubuga www.modernatx.com/covid19vaccine-eua.

ICYO UKWIYE KUMENYA MBERE YO GUFATA URUKINGO

COVID-19 ni iki?

COVID-19 iterwa na virusi yo mu bwoko bwa SARS-CoV-2. Ubu bwoko bwa virusi ntibwari bwarigeze kumenyekana na mbere hose. Ushobora kwanduzwa COVID-19 n'undi muntu mwahuye uyirwaye. Yibasira imyanya y'ubuhumekero ikaba ishobora kwangiza n'ibindi bice by'umubiri. Abarwayi ba COVID-19 bagiye bagaragaza ibimenyetso bitandukanye, birimo ibyoroheje n'ibitera umurwayi kuremba. Ibimenyetso bishobora gutangira kugaragara hagati y'iminsi 2 na 14 nyuma yo guhura na virusi ya koronavirusi. Ibimenyetso bikubiyemo: umuriro cyangwa gutengurwa, inkorora, guhumeka bigoranye, umunaniro, kubabara imikaya cyangwa umubiri, kumenagurika umutwe, gutakaza icyanga, kubabara mu muhogo, gufungana amazuru, iseseme cyangwa kuruka, impiswi.

URUKINGO RWA COVID-19 RWA MODERNA NI IKI?

Urukingo rwa COVID-19 rwa Moderna ni urukingo rutaremeza rushobora kurwanya COVID-19. Nta rukingo rwa COVID-19 ruhari rwemejwe n'Ikigo cy'Amerika Gishinzwe Ubuziranenge bw'Ibiribwa n'Imiti(FDA).

Ikigo cy'Amerika Gishinzwe Ubuziranenge bw'Ibiribwa n'Imiti (FDA) cyemeje ikoreshwa ry'urukingo rwa COVID-19 rwa Moderna nk'ubutabazi bwihutirwa mu rwego rwo kurwanya COVID-19 mu bantu bafite kuva ku myaka 18 y'ubukure.

Ukeneye andi makuru kuri EUA, wayabona kuri "**Urwego rushinzwe ko kwemeza ko urukingo ruhita rukoresha (EUA) ni iki?**" Igice kiri ku musozo w'iyi Nyandiko y'Amakuru

NI IKI UKWIYE KUGARAGARIZA USHINZWE IGIKORWA CYO GUKINGIRA MBERE Y'UKO UHABWA URUKINGO RWA COVID-19 RWA MODERNA?

Garagariza ushinzwe igikorwa cyo gukingira uburwayi bwawe bwose, harimo no kuba:

- ugira ubwivumbure bw'umubiri
- ugira umuriro
- kuba ufite ikibazo cyo kuva amaraso cyangwa uri ku miti irinda amaraso kuvura
- ufite abasirikare bake mu mubiri cyangwa uri ku miti igira ingaruka zijyanye n'ubwirinzi bw'umubiri
- utwite cyangwa uteganya gutwita
- uri konsa
- warahawe urundi rukingo rwa COVID-19

NI NDE UKWIYE GUHABWA URUKINGO RWA COVID-19 RWA MODERNA?

Ikigo cy'Amerika Gishinzwe Ubuziranenge bw'Ibiribwa n'Imiti (FDA) cyemeje ikoreshwa ry'urukingo rwa COVID-19 rwa Moderna mu bantu bafite kuva ku myaka 18 y'ubukure.

NI NDE UDAKWIYE GUHABWA URUKINGO RWA COVID-19 RWA MODERNA?

Ntukwiye gufata urukingo rwa COVID-19 rwa Moderna mu gihe:

- waba waragize ubwivumbure bw'umubiri bukabije kuri doze ya mbere y'uru rukingo
- waba waragize ubwivumbure bw'umubiri bukabije butewe na bimwe mu bigize uyu muti

NI IBIKI BIGIZE URUKINGO RWA COVID-19 RWA MODERNA?

Urukingo rwa COVID-19 rwa Moderna rugizwe n'ibikorwa: aside za mRNA, Amavuta (SM-102, polyethylene glycol [PEG] 2000 dimyristoyl glycerol [DMG], cholesterol, na 1,2-distearoyl-sn-glycero-3-phosphocholine [DSPC]), tromethamine, tromethamine hydrochloride, aside asetike, umunyu, n'isukari.

URUKINGO RWA COVID-19 RWA MODERNA RUTANGWA RUTE?

Urukingo rwa COVID-19 rwa Moderna rutangwa mu buryo bw'urushinge ruterwa mu mukaya.

Urukingo rwa COVID-19 rwa Moderna rutangwa mu byiciro bya doze 2 mu kwezi kumwe.

Mu gihe uhawe urukingo rwa COVID-19 rwa Moderna, ugomba gufata urundi nyuma y'ukwezi 1 kugira ngo ube wujuje ibyiciro by'urukingo.

ESE URUKINGO RWA COVID-19 RWA MODERNA RWABA RWARIGEZE GUKORESHWA NA MBERE?

Urukingo rwa COVID-19 rwa Moderna ni urukingo rutaremezwa. Mu masuzuma y'ubuvuzi, abagera ku 15.400 bafite kuva ku myaka 18 y'ubukure bamaze gufata nibura doze ya mbere y'urukingo rwa COVID-19 rwa Moderna.

NI IZIHE NYUNGU ZIRI MU GUFATA URUKINGO RWA COVID-19 RWA MODERNA?

Mu isuzuma ry'ubuvuzi rikomeje gukorwa, urukingo rwa COVID-19 rwa Moderna rwagaragajwe ko rwahangana na COVID-19 haba hubahirijwe doze 2 mu kwezi zitangwa mu bihe bitandukanye. Igihe rumara cyo kwirinda COVID-19 ntikiramenyekana.

NI IZIHE NGARUKA ZIRI MU GUFATA URUKINGO RWA COVID-19 RWA MODERNA??

Ingaruka zamaze kugaragazwa ziterwa n'Ukingo rwa COVID-19 rwa Moderna ni:

- Impinduka z'ahatewe urushinge: kubabara, kubyimbarwa kw'igice cyateweho urushinge no gutura
- Ingaruka rusange: umunaniro, kumenagurika umutwe, kubabata imikaya, kubabara aho amagufa ahurira, kokera mu gatuza, iseseme no kuruka, ndetse n'umurimo

Amahirwe menshi ahari ni uko urukingo rwa COVID-19 rwa Moderna rudatera ubwivumbure bw'umubiri bukabije. Ubwivumbure bw'umubiri bukabije bushobora kubaho mu gihe kitarenze isaha nyuma yo guhabwa doze y'urukingo rwa COVID-19 rwa Moderna. Ku bw'iyi mpamvu, ushinze igikorwa cyo gukingira ashobora kugusaba kuguma aho agukingiriye kugira ngo akomeze agukurikiranane na nyuma yo kugukingira.

Ibimenyetso by'ubwivumbure bw'umubiri bikabije bikubiyemo:

- Kugorwa no guhumeka
- Kubyimba mu maso no mu ijosi
- Gutera vuba k'umutima
- Gusesa urumeza umubiri wose
- Gusinzira bya hato na hato (guhondobera) no kugira intege nke

Izi si zo ngaruka zonyine ziterwa n'urukingo rwa Moderna Ingaruka z'urukingo zishobora kuba zikomeye kandi zititezwe. Urukingo rwa COVID rwa Moderna ruracyari gukurikiranirwa mu masuzumiro.

NI IKI NAKORA KIYANYE N'INGARUKA Z'URUKINGO?

Mu gihe ugize ubwivumbure bw'umubiri bukabije, hamagara muganga kuri 9-1-1-, cyangwa ujye ku bitaro bikwegereye.

Mu gihe hari ingaruka ufite zikubuza gutekana cyangwa zidashira, hamagara ushinze igikorwa cyo gukingira cyangwa muganga.

Menyekanisha ingaruka z'urukingo wifashishije **Sisitemu Itangirwaho Amakuru Ajjanyane n'Ingaruka z'Inkingo y'Ikigo cy'Amerika Gishinzwe Ubuziranenge bw'ibiribwa n'imiti (FDA) cyangwa Ikigo cy'Amerika Gishinzwe kurwanya no Gukumira Indwara cya CDC (VAES)**. Nimero itishyurwa y'Inkingo [y'Ikigo cy'Amerika Gishinzwe kurwanya no Gukumira Indwara cya CDC](#) ni Shyia "Uruhushya rwo Kwemeza ko Urukingo rwa COVID-19 rwa Moderna ruhita rukoreshwa" ku murongo wa mbere w'akazu gafite No. 18 k'ifishi ya raporo.

Ushobora kandi kumenyesha ingaruka z'urukingo wagize ModernaTX, Inc. kuri 1-866-MODERNA (1-866-663-3762).

Ushobora kandi guhabwa uburyo bwo kwiyandikisha muri **v-safe**. **V-safe** ni uburyo bushya bukoreshwa ku bushake kuri telephone yawe (smartphone) bukoresha uburyo bwo kohereza ubutumwa n'ubushakashatsi bushingiye ku mbuga za murandasi kugira ngo hakorwe amasuzuma mu bantu bakingiwe agamije kumenya ingaruka z'urukingo nyuma yo gukingirwa COVID-19. **V-safe** ibaza ibibazo bifasha Ikigo cy'Amerika gishinzwe kurwanya no gukumira indwara(CDC) gukurikiranana umutekano w'inkingo za COVID-19. **V-safe** itanga kandi inyibutsa za doze ya kabiri mu gihe bikenewe no gukurikiranwa n'Ikigo cy'Amerika gishinzwe kurwanya no gukumira indwara (CDC) mu gihe uwakingiwe agaragaje ikibazo cy'ubuzima cyumvikana gikomoka ku rukingo rwa COVID-19. Ukeneye kumenya andi makuru y'uburyo bwo kwiyandikisha, wasura urubuga: www.cdc.gov/vsafe.

BYAGENDA BITE MAFASHE UMWANZURO WO KWANGA URUKINGO RWA COVID-19 RWA MODERNA?

Guhabwa urukingo rwa COVID-19 rwa Moderna ni amahitamo yawe. Mu gihe uhisemo kutarufata, ntacyo bizahindura kuri serivisi z'ubuzima wahabwaga.

ESE HABA HARI ANDI MAHITAMO YO KWIRINDA COVID-19 ATRI AY'URUKINGO RWA COVID-19 RWA MODERNA?

Kugeza ubu, nta rundi rukingo rwo kurwanya COVID-19 ruhari rwemejwe n'Ikigo cy'Amerika Gishinzwe Ubuziranenge bw'Ibiribwa n'Imiti (FDA). Izindi nkingo zo kurwanya COVID-19 zishobora kuboneka hakurikijwe Urushya rwo guhita zikoreshwa.

ESE NSHOBOGA GUFATA URUKINGO RWA COVID-19 RWA MODERNA HAMWE N'IZINDI N KINGO?

Nta makuru araboneka ajyanye n'ikoreshwa ry'urukingo rwa COVID-19 rwa Moderna hamwe n'izindi nkingo.

BYAGENDA BITE MBAYE NTWITE CYANGWA NONSA?

Niba utwite cyangwa wonsa, ungurana ibitekerezo n'ushinzwe igikorwa cyo gukingira ku bundi buryo wahitamo.

ESE URUKINGO RWA COVID-19 RWA MODERNA NTABWO RUZANYANDUZA COVID-19?

Oya rwose! Urukingo rwa COVID-19 rwa Moderna ntabwo rurimo SARS-Cov-2 kandi ntirushobora kukwanduza COVID-19.


BIKA NEZA IFISHI Y'IKINGIRA YAWE

Mu gihe umaze guhabwa doze ya mbere y'urukingo, uhabwa ifishi y'ikingira igaragaza randevu y'igihe uzasubirira gufata doze ya kabiri y'urukingo rwa COVID-19 rwa Moderna. Zirikana ko ugomba kugaruka witwaje ifishi yawe.

ANDI MAKURU

Niba hari ibbazo ufite, sura urubuga rwa murandasi cyangwa uhamagare numero ya telefone iri hepfo.

Ukeneye gusoma inyandiko z'amakuru za vuba, sikana kode QR iri hepfo.

Urubuga rwa murandasi rw'urukingo rwa COVID-19 RWA Moderna	Nomero ya telefone
www.modernatx.com/covid19vaccine-eua 	1-866-MODERNA (1-866-663-3762)

NI GUTE NAMENYA BYINSHI BIRUSEHO?

- Baza ushinze igikorwa cyo gukingira
- Sura urubuga rw'Ikigo gishinzwe kurwanya no gukumira indwara (CDC) kuri <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Sura urubuga rw'Ikigo gishinzwe kurwanya no gukumira indwara (CDC) kuri <https://www.fda.gov/emergency-preparedness-and-response/mcm-legal-regulatory-and-policy-framework/emergency-use-authorization>
- Itabaze Ishami ry'ubuzima rya leta cyangwa ry'aho utuye

AMAKURU Y'IKINGIRA ANYEREKEYE ABIKWA HE?

Ushinzwe igikorwa cyo gukingira ashobora kongera amakuru yawe y'ikingira muri Sisitemu ya leta/agace utuyemo y'Amakuru yerekeye Ikingira (IIS) cyangwa indi sisitemu yashyizweho. Ibi bizatuma hizerwa neza ko wafashe urukingo rumwe n'urwo wafashe ubushize. Ukeneye andi makuru yerekeye IIS, wasura: <https://www.cdc.gov/vaccines/programs/iis/about.html>.

NI IYIHE GAHUNDA YISHINGIRA INDISHYI MU GIHE URU RUKINGO RUNGIZEHO INGARUKA (CICP)?

CICP ni gahunda ya leta ishobora gufasha mu kwishyura ibiguzi bya serivisi z'ubuvuzi n'ibindi byakoreshejwe byihariye by'abantu nk'abo baba bagizweho ingaruka n'imiti runaka cyangwa inkingo, harimo n'uru. Muri rusange, ikirego kigomba gushyikirizwa CICP mu gihe cy'umwaka umwe (1) uhereye igihe umuntu yafatiye urukingo. Ukeneye kumenya byinshi bijyanye n'uru rukingo, wasura www.hrsa.gov/cicp/ cyangwa ugahamagara 1-855-266-2427.

URUHUSHYA RWEMEZA KO URUKINGO RUHITA RUKOreshwa (EUA) NI IKI?

Ikigo cy'Amerika Gishinzwe Ubuziranenge bw'Ibiribwa n'Imiti (FDA) cyemeje ikoresha ry'urukingo rwa COVID-19 rwa Moderna mu buryo bw'ubutabazi buteganywa n'Urwego rw'Igihugu Rufite mu Nshingano Kwemeza ko Urukingo ruhita gukoreshwa (EUA). Urwego rushinzwe kwemeza ko urukingo ruhita rukoreshwa rwunganirwa n'Inyandiko y'Ubunyamabanga bw'Ishami rishinzwe Imibereho myiza n'Ubuzima (HHS) igaragaza impamvu zihari zisobanura neza impamvu iyo miti n'ibindi bikoreshwa mu kwita ku mubiri w'umuntu bigomba guhita bikoreshwa mu gihe cy'icyorezo cya COVID-19.

Urukingo rwa COVID-19 rwa Moderna ntabwo rwakorewe isuzuma nk'iryo ibindi bikorerwa mbere yo kwemezwa n'Ikigo Gishinzwe Ubuziranenge bw'Ibiribwa n'Imiti. Ikigo Gishinzwe Ubuziranenge bw'Ibiribwa n'Imiti gishobora gutanga uruhushya rwo Kwemeza ko Urukingo ruhita rutangira gukoreshwa mu gihe ibisabwa byuzuye, birimo kuba nta bundi buryo buboneye kandi bwemejwe buhari. Byongeye kandi, Ikigo Gishinzwe Ubuziranenge bw'Ibiribwa n'Imiti kigendera ku bigaragazwa na siyansi bihari byemeza ko umuti uzabasha guhangana n'icyorezo cya COVID-19 kandi ko ibyiza byawo bizwi kandi by'ingenzi biruta ibyago bizwi wateza. Ibi bisabwa byose bigomba kuba byuzuye kugira ngo umuti wemererwe gukoreshwa mu gihe cy'icyorezo cya COVID-19.

Uruhushya rwo Kwemeza ko Urukingo rwa COVID-19 rwa Moderna ruhita rutangira gukoreshwa rukoreshwa mu gihe kigaragazwa mu Nyandiko yemeza ko Urukingo rwa COVID-19 ruhita rutangira gukoreshwa isobanura neza ubutabazi bwihutirwa butumye habaho ikoresha ry'iyi miti, uretse igihe rurangiye cyangwa ruvanyweho (nyuma yaho, iyo miti ntiyongera gukoreshwa).

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