

Inyandiko y'amakuru y'ukuri yerekeye COVID-19 Gusobanukirwa uko inkingo za COVID-19 zitandukanye zikora

Gukingirwa COVID-19 bishobora gufasha umuntu kugira ubudahangarwa kuri virusi itera COVID-19 ya SARS-CoV-2, ntabe yarwara. Ubwoko butatu bw'inkingo zahawe uburenganzira bwo gukoreshwa mu buryo bw'ingoboka muri Leta zunze Ubumwe z'Amerika kandi zihabwa abaturage bo muri Ohio bemerewe. Ni gute mu by'ukuri ubwoko bw'inkingo za COVID-19 butandukanye bukora? Zihuriye he? Zitandukaniye he? Zaba [zujuje ubuziranenge kandi zikora neza](#)? Dore ibyo wamenya ku nkingo.

Inkingo za COVID-19: Amakuru y'ukuri yihutirwa

	Pfizer-BioNTech	Moderna	Johnson & Johnson (Janssen)
Itariki rwemereweho	Ku wa 11 Ukuboza 2020	Ku wa 18 Ukuboza 2020	Ku wa 27 Gashyantare 2021
Ubwoko bw'urukingo	Messenger RNA (mRNA)	Messenger RNA (mRNA)	Urukingo rwakozwe hifashishijwe virusi
Doze	Doze ebyeri, imwe ifatwa mbere indi nyuma y'iminsi 21	Doze ebyeri, imwe ifatwa mbere indi nyuma y'iminsi 28	Doze imwe gusa
Imyaka y'ubukure	16 no hejuru yayo	18 no hejuru yayo	18 no hejuru yayo
Amakuru yerekeye gukora neza k'urukingo yo mu bushakashatsi bwo mu rwego rw'ubuvuzi	rukora neza ku kigero cya 95% mu kwirinda uburwayi bwa COVID-19 bwemerejwe muri laboratwari ku bantu bahawe doze ebyiri.	rukora ku kigero cya 94% mu kwirinda indwara ya COVID-19 yemerejwe muri laboratwari ku bantu bahawe doze ebyiri.	Rurinda ku buryo bwose kurwarira mu bitaro n'urupfu, rukora ku kigero cya 85% mu kurinda kuba umuntu yazahazwa na COVID-19, rugakora ku kigero cya 72% muri Leta zunze Ubumwe z'Amerika (66% muri rusange) mu kurinda COVID-19 yoroyeje kugeza ku ikaze.
Ingaruka z'urukingo	Kubabara ahatewe urukingo, umunaniro kuribwa umutwe, kubabara imikaya, kubabara mu ngingo, umuriro. Ingaruka mbi ziterwa n'urukingo zikunze kugaragara cyane nyuma ya doze ya kabiri y'urukingo. Ubwivumbure bw'umubiri bukabije (anaphylaxis) budakunze kubaho.	Kubabara ahatewe urukingo, umunaniro, kuribwa umutwe, kubabara imikaya, kubabara mu ngingo, umuriro. Ingaruka mbi ziterwa n'urukingo zikunze kugaragara cyane nyuma ya doze ya kabiri y'urukingo. Ubwivumbure bw'umubiri bukabije (anaphylaxis) budakunze kubaho.	Kubabara ahatewe urukingo, kuribwa umutwe umunaniro, kubabara mu mikaya. Iseseme n'umuriro ntibyakunze kugaragara. Uru rukingo ntiwigeze ruhuzwa n'ingaruka zo kugira ubwivumbure bw'umubiri bukabije.
Inyandiko z'amakuru y'ukuri	Inyandiko y'amakuru y'ukuri ku burenganzira bw'ikoreshwa ry'urukingo ku buryo bw'ingoboka rwa Pfizer-BioNTech	Inyandiko y'amakuru y'ukuri ku burenganzira bw'ikoreshwa ry'urukingo ku buryo bw'ingoboka rwa Moderna	Inyandiko y'amakuru y'ukuri ku burenganzira bw'ikoreshwa ry'urukingo ku buryo bw'ingoboka rwa Janssen

Ni gute inkingo zizasaranganywa muri Ohio?

Mu gihe inkingo zaba zikomeje kuba nke, abantu bahabwa urukingo rwa COVID-19 bashobora guhabwa inkiko batihitiyemo.

Urukingo ruri kuri site y'ikingira yihariye cyangwa ku ivuriro ni rwo rukingo umuntu azahabwa. Gukingirwa hifashishijwe urukingo ruhari mbere bishobora kugufasha kwirinda COVID-19.

Inkingo za COVID-19 uko ari ubwoko butatu zemejwe ko zifite ubuziranenge kandi ko zikora neza mu kwirinda kuzahara, kurwarira mu bitaro, no gufata bitewe na COVID-19.

Ubwoko butandukanye bw'inkingo

Inkingo ni bwo buryo bwiza dufite bwo kurinda kuzahazwa na COVID-19. Inkingo zirema uburyo bw'ubudahangarwa ku buryo umubiri wawe uzirikana uburyo bwo guhangana na virusi mu gihe kizaza.

Inkingo za COVID-19 zikoreshwa muri Leta zunze Ubumwe z'Amerika zikora ku buryo butandukanye, ariko zose zifitemo poroteyine iba muri ya virusi ya SARS-CoV-2 itagira ikibazo itera, ituma COVID-19, yubaka ubudahangarwa.

Poroteyine isanzwe yo muri virusi isiga virusi ku turemangingo, dutuma virusi ibona aho yinjirira kuri utwo turemangingo. Iyo poroteyine yo ubwayo ntacyo itwara, kandi kuyikoresha mu rukingo byigisha gusa umubiri wawe uko wajya uyimenya, n'uburyo wajya uyirwanya mu gihe kizaza.

Inkingo za Messenger RNA (mRNA)

[Inkingo za Messenger RNA \(mRNA\)](#) zikoresha uduce tw'utremangingo ndangasano twitwa [mRNA](#) kugira ngo dutange kode yatwo ku turemangingo tw'umubiri ubundi ireme poroteyine yarwo kuri virusi ya SARS-CoV-2. Poroteyine zikorwa hagendewe ku buryo bwa mRNA zikangura ubudahangarwa bw'umubiri, bukawigisha kubona poroteyine ya virusi nk'icyonyi, ubundi igakora abasirikari bo kuyirwanya. Umubiri wiga uko uzajya wirinda ubwandu bwo mu gihe kizaza.

Iri koranabuhanga ry'inkingo rikoreshwa ku nkingo za [Pfizer-BioNTech](#) kimwe na [Moderna](#). N'ubwo inkingo za mRNA ari nshya, abashakashatsi barukoragaho ubushakashatsi banakora ku rukingo rwa mRNA mu myaka za mirongo ishize. Nk'urugero bakoze ubushakashatsi mbere ku bicurane, Zika, indwara y'ibisazi biterwa no kurumwa n'inyamaswa. Usibye inkingo, ubushakashatsi bwo kuri kanseri bwifashishije mRNA kugira ngo bukangurire ubudahangarwa bw'umubiri guhangara utunyangingho twihariye twa kanseri.

Inkingo zinyuzwa mu nzira virusi

Urukungo [runyuzwa mu nzira ya virusi](#) rwifashisha virusi yahinduwe y'ubundi bwoko kugira ngo rutange amabwiriza ku turemangingo ubundi dukore poroteyine yo muri virusi bisa. Virusi idafite icyo itwara, nk'itera ibicurane byo kwitsamura bisanzwe, yifashishwa nk'inzira (igikoreshe gitwara) kugira ngo itange amabwiriza yo gukora poroteyine za virusi. Ubudahangarwa bw'umubiri bubona ko iyo poroteyine idakwiriye kuba aho, ubundi igatangira kuyirwanya. Umubiri wiga uko uzajya wirinda ubwandu bwo mu gihe kizaza.

Iri koranabuhanga rikoreshwa ku [rukungo rwa Johnson & Johnson \(Janssen\)](#). Abashakashatsi batangiye kurema inzira za virusi mu myaka ya za 1970. Uretse kuba zikoreshwa mu nkingo, nk'urw'ibicurane ndetse na RSV, inzira zinyuzwamo virusi kandi zakozweho ubushakashatsi ku mivurire yifashisha utremangingo ndangasano, kuvura kanseri, n'ubushakashatsi ku duce duto tw'ibinyabuzima. Inkingo zikoresha iri koranabuhanga zifashishijwe mu gihe cy'icyorezo cya Ebola.

Ni gute inkingo zemezwa ko zifite ubuziranenge kandi ko zikora neza?

Ubwizerwe bw'inkingo za COVID-19 buri gukurikiranirwa hafi n'ibigo bishinzwe Gukumira no kurwanya indwara (CDC) n'ikigo cya Leta zunze Ubumwe z'Amerika Gishinzwe ubuziranenge bw'ibiribwa n'Imiti (FDA).

Ikigo gishinzwe ubuziranenge bw'ibiribwa n'Imiti (FDA) gishobora gutanga [uburenganzira bw'ikoreshwa ku buryo bw'ingoboka](#) (EUA) kugira ngo imiti yifashishwa mu rwego rw'ubuzima iboneke vuba mu gihe ubuzima rusange buri mu kaga nk'igihe cy'icyorezo cya COVID-19. FDA ikoresha amahame akomeye n'ibitekerezo by'abanyamwuga bo mu rwego rw'ubuzima bo mu nzego zigenga hagamiywe gusuzuma amakuru yose ahari kugira ngo hizerwe ko urukungo rwizewe kandi rukora neza, kandi ibyiza byo kurukoresha biruta ibyago rwateza. Nyuma y'icyemezo cya FDA, CDC nayo isuzuma amakuru ahari mbere y'uko itanga inama za nyuma ku ikoreshwa ry'urukungo. Uburyo bw'ikurikirana [ry'ubwizerwe bw'urukungo](#) burakomeje mu gihe urukungo ruri gukoreshwa.

Ibyifashishijwe:

- [Pfizer-BioNTech COVID-19 Vaccine EUA](#)
- [Moderna COVID-19 Vaccine EUA](#)
- [Johnson & Johnson \(Janssen\) Vaccine EUA](#)

Gusobanukirwa ikigero k'imikorere y'urukingo mu gihe k'igerageza ryo mu rwego rw'ubuzima

Ushobora kuba warumvise ibijyanye n'ikigero inkingo za COVID-19 zikoraho. Ariko se iyo mibare mu by'ukuri isobanuye iki? [Ikigero k'imikorere y'urukingo](#) ni ijanisha ry'igabanuka ry'indwara mu itsinda ry'abantu bahawe urukingo mu gihe k'igerageza ugereranyije n'abantu bitabiriye ubushakashatsi batigeze bahabwa urukingo. Urugero, ikigero k'imikorere cya 85% bivuze ko abantu bakingiwe bafite ibyago bike ku kigero cya 85% byo kurwara COVID-19 ku buryo bukomeye ugereranyije n'itsinda ry'abitabiriye ubushakashatsi.

Kugereranya ibigero by'imikorere hagati y'izo nkingo za COVID-19 z'ubwoko butatu ni ikibazo kubera imitandukanire y'uburyo zikoze mu n'igihe ikiciro cya 3 k'igerageza ryo mu rwego rw'ubuzima rimara. Ayo magerageza yakorwaga agaragaza ibisubizo bitandukanye, inkingo ntizagiye zisuzumwa rumwe ku rundi, kandi zose ntizigeze zisuzumwa ku [bwoko bushya bw'indwara](#). Igereranya si iry'ibintu bisa nk'impanga.

- Igerageza [rya Pfizer](#) na [Moderna](#) ryose ryasuzumye ibijyanye no kureba ko inkingo zirinda ubwandu bwa COVID-19 bugaragaza ibimenyetso.
- [Igerageza rya Janssen](#) ryakoze isuzuma rigamije kwemeza niba urukingo rurinda uburwayi bwa COVID-19, bworohereje cyangwa bukomeye, busobanurwa nk'uruvange rw'ikizami kigaragaza ubwandu n'ikimenyesto byibuze kimwe.
- Inkingo za Pfizer na Moderna zakorewe isuzuma hafi mu gihe kimwe mbere y' [umwaduko w'ubwandu bushya](#) mu Bwami bw'Abongereza, Afurika y'Epfo na Burezili. Kugeza ubu ntibyizewe uburyo inkingo zizahangana na virusi zo mu yindi sura, n'ubwo ubushakashatsi bw'ibanze bwerekanye ko ziguma gutanga ubwirinzi. Urukingo rwa J&J rwakorewe isuzuma nyuma ubwundu bushya burimo kwaduka, kandi ibisubizo byaje bitanga ikizere cyo hejuru.

Nk'umwanzuro ni uko izo nkingo uko ari ubwoko butatu zikurinda uburwayi burimo kuremba, harimo kujyanwa mu bitaro n'urupfu.

Yateguwe ku wa 28 Gashyantare 2021.

Ku yandi makuru, wasura coronavirus.ohio.gov. Ku bisubizo bijyanye n'ibibazo waba ufite kuri COVID-19, hamagara 1-833-4-ASK-ODH (1-833-427-5634) cyangwa wohereze imeyiri kuri COVIDVACCINE@odh.ohio.gov.

Ubuzima bwawe bwo mu mutwe ni ingenzi nk'ubuzima bw'umubiri busanzwe. Niba wowe cyangwa uwawe muri kugira umuhangiyiko ufite isano n'icyorezo cya Koronavirusi, hatangwa ubufasha amasaha 24 ku munsu mu minsi irindwi y'icyumweru. Hamagara umurongo utangirwaho ubufasha bwa COVID-19 kuri 1-800-720-9616.