

## Inyandiko y'amakuru y'ukuri yerekeye COVID-19 Ubwizerwe n'ikigero k'Imikorere y'inkingo za COVID-19

COVID-19 ishobora guteza ibibazo [bikomeye, byateza ingaruka zikomeye ubuzima](#), kandi nta buryo buhari bwo kumenya uko COVID-19 yagira ingaruka kuri buri muntu. Inkingo [za COVID-19 z'ubwoko butatu zoze](#) zirimo gukoreshwa muri Leta zunze ubumwe z'Amerika zemejwe ko zizewe kandi zikora neza [mu kurwanya izahazwa, kurwarira mu bitaro, n'urupfu bitewe na COVID-19](#).

Intambwe ya mbere mu gufata umwanzuro wabanje gutekerezaho ujyanye no kuba wakwikingiza ni ukubona [amakuru y'ukuri kandi yizewe](#). Amakuru ari ahakurikira yatanzwe n'inzobere zo mu [Bigo bishinzwe gukumira no kurwanya indwara \(CDC\)](#), Ikigo [Gishinzwe ubuziranenge bw'ibiribwa n'Imiti \(FDA\)](#), Ikigo [K'igihugu gishinzwe ibijyanye n'ubumenyi bwa Siyansi, Ubwenjenyeri n'Ubuvuzi \(NASEM\)](#), hamwe [n'Ishami ry'Umuryango w'Abibumbye ryita ku buzima \(WHO\)](#), n'Ishami [rya Leta Zunze Ubumwe z'Amerika Rishinzwe Ubuzima n'Imbereho Myiza y'Abaturage \(HHS\)](#).

### **Ni ku kihe kigero inkingo za COVID-19 zikoraho?**

Inkingo za COVID-19 zakozwe na [Pfizer-BioNTech](#), [Moderna](#) na [Johnson & Johnson \(Janssen\)](#) zemerewe uburenganzira bwo gukoreshwa ku buryo bw'ingoboka na FDA, kandi CDC na yo isaba ko zajya zikoreshwa. Muri ubu bushakashatsi, inkingo zemejwe ko **zirinda, ku kigero cyo hejuru, kuba umuntu yarembya cyangwa yazahazwa na COVID-19**. Inzobere zo ku rwego rw'igihugu zivuga ko hari imbogamizi mu kugereranya ibipimo by'imikorere y'inkingo bigaragazwa mu bushakashatsi bwo mu rwego rw'ubuvuzi hagati y'izo nkingo uko ari eshatu kubera ko zitigeze zisuzumwa rumwe rugeranywa n'urundi, cyangwa ngo hagenderwe ku bintu bimwe cyangwa ngo bikorwe mu bihe bimwe. CDC isaba ko wafata urukingo rwa mbere wabona kugira ngo wirinde COVID-19.

### **Ese urukingo rushobora kunyaduza COVID-19?**

Nta na rumwe mu nkingo za COVID-19 rushobora kuyikwanduza. Inkingo zikora mu buryo bwo gutegura ubwirinzi karemano bw'umubiri kugira ngo wige guhangana na za virusi runaka. [Inkingo za COVID-19 zikoresha uburyo butandukanye](#) kugira ngo zibashe kugera ku ntego zihuriyeho, ari yo gukoresha **gace ka virusi itagize icyo itwaye** itera COVID-19 : poroteyine yo muri virusi ifata ku turemangingo tw'umubiri-ubundi ikigisha umubiri uko uzajya utahura iyo poroteyine, ubundi rukayiwurinda igihe waba uhuye na yo mu gihe kizaza.

[Inkingo za Messenger RNA \(mRNA\)](#), zirimo urwa Pfizer n'urwa Moderna ntizifashisha virusi nzima. Zimenyereza uturemangingo uko dukora poroteyine ituma habaho igikorwa cy'ubwirinzi mu mubiri. [Inkingo zinyuzwa muri virusi](#), iharimo urwa Janssen, rwifashisha verisiyo ya virusi itagira icyo itwaye itera indwara z'imyanya y'ubuhumekero (nk'ibicurane byo kwitsamura bisanzwe) kugira ngo ihe amabwiriza uturemangingo. Urwo rukingo ntirushobora kukwanduza COVID-19 cyangwa rwifashishije iyo virusi itari nzima yakoreshejwe nk'agakoresho ko kukugezaho ubwirinzi.

### **Ese inkingo za COVID-19 zizewe mu buhe buryo?**

Ubuziranenge bwagizwe ikintu k'ingenzi mu [ikorwa n'iyemezwa ry'urukingo](#). Buracyakomeje kuba ikintu k'ingenzi, uko itangwa ry'inkingo rikomeje, binyuze mu ngamba z'ikurikirana ry'ubwizerwe bw'urukingo zihoraho.

- **Isuzuma ryimbitse:** Ikorwa ry' [urukingo rwa COVID-19](#) ryasabye ibyiciro byinshi kandi bitandukanye ugereranyije n'ibikurikizwa mu ikorwa ry'izindi nkingo, nk'urw'ibicurane n'iseru. [Ubushakashatsi bwo mu rwego rw'ubuvuzi bwakozwe ku buziranenge no ku gipimo cy'uko rukora bwitabiriwe n'abantu babarirwa mu bihumbi](#). Nta mpungenge zikomeye zerekeye ubuziranenge zagaragaye mu bushakashatsi bwo mu rwego rw'ubuvuzi.
- **Igenzura ryimbitse:** FDA ikoresha amahame akomeye n'ibitekerezo by'abanyamwuga bo mu rwego rw'ubuzima bo mu nzego zigenga bigamije gusuzuma amakuru yose ahari kugira ngo hizere ko urukingo [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 ikoresha ry'urukingo.
- **Igenzura rw'ubwizerwe bw'urukingo rikomeje:** Ikigo gishinzwe Gukumira no kurwanya indwara (CDC) n'abandi bafatanyabikorwa ba leta bakomeje gukurikirana inkingo ku ngaruka mbi zikomeye zatera, bifashishije uburyo bwinshi bw'ikurikirana ry'ubwizerwe bw'urukingo. Iri kurikirana rikomeje rishobora kugaragaraza ingaruka mbi ziterwa n'urukingo zishobora kuba zitaragaragaye mu gihe k'igerageza ryo mu rwego rw'ubuzima.

Ubu bushakashatsi bw'amagerageza yo mu rwego rw'ubuzima yo mu buryo butatu bwitabiriwe n'abarenga 116000. Dr. Jerome Adams, ubwo yakoraga nk'umuganga w'igihugu ubaga abarwayi, yavuze ko ubushakashatsi busanzwe bugira abitabira hafi 5000 mbereye y'uko urukingo rwemezwa, asobanura agira ati, "Izo nkingo, mbere y'uko zihabwa abaturage ba Leta zunze ubumwe za Amerika, zizaba zishingiye ku makuru menshi y'ubushakashatsi kuruta urundi rukingo rwigeze gukorwa mu mateka."

## **Ni gute urukingo rwa COVID-19 rwabashije gukorwa vuba bigeze aho?**

Mu bihe byahise, inkingo zafataga imyaka kugira ngo zikorwe. Ikorwa ry'inkingo za COVID-19 ryarihutishijwe kubera impamvu nyinshi. Nta nzira n'imwe yasimbutse, gusa hari izo abashakashatsi bagiyeye bakorera icyarimwe. Iyi irimo ibyiciro by'igerageza byakorewe icyarimwe n'ibihe byagabanyijwe bigakuraho ibihe birebire byo gutegereza. Kubera ko COVID-19 ikomoka mu muryango wa za virusi zirimo SARS Koronavirusi ya 2002 na MERS Koronavirusi ya 2012, abahanga mu bya siyansi bari barakoze ubushakashatsi bujyanye n'ukuntu Koronavirusi zagiye zitwara ubundi batangira gukorwa bene izo nkingo. Ibi byaciriye inzira ikorwa ry'inkingo za COVID-19 ku buryo bwihuse.

## **Inkingo za COVID-19 zaba zizewe ku byiciro byose by'abantu?**

Amagerageza yo mu rwego rw'ubuzima yakozwemo ubushakashatsi ku kigero urukingo rukoraho n'ubwizerwe bwari arimo ibyiciro binyuranye by'abantu, harimo imiryango itaragiye ihagararirwa ku buryo buhagije mu bushakashatsi bwo mu nzego z'ubuzima bwagiye bukorwa. Iyo miryango kandi yagiye igerwaho n'ingaruka za COVID-19 ku bigero bitandukanye. Hafi ya [42% by'abitabiriye ubushakashatsi bwa Pfizer BioNTech mu mageregeza yakozwe ku isi hose](#), [37% by'abitabiriye ubwa Moderna](#), na [35% by'abitabiriye ubwa Johnson & Johnson \(Janssen\)](#) bakomoka mu miryango itari iy'abazungu, ikaba isa n'urusobe rw'ituye leta zunze ubumwe za Amerika muri rusange.

Byongeye, ubushakashatsi bw'igerageza bwari abitabiriye bo mu kigero cy'abakuzwe gifite ibyago byinshi byo kwandura (21% by'abitabiriye igerageza rya Pfizer-BioNTech, 23% by'abitabiriye irya Moderna, 34% by'abitabiriye irya Johnson & Johnson (Janssen)); n'abantu bafite ibyago byinshi bishingiye ku ndwara za karande bibashyira mu byago byinshi byo kurwara ku buryo bukomeye COVID-19 (46% by'abitabiriye igerageza rya Pfizer-BioNTech, 42% by'abitabiriye irya Moderna, na 40% by'abitabiriye irya Johnson & Johnson (Janssen)).

Abana n'ababyeyi batwite cyangwa bonsa [ntibashyizwe](#) mu igerageza ryo mu rwego rw'ubuzima, ku bw'iyi mpamvu nta makuru ahari kuri ubu ajoyanye n'ubwizerwe bw'izo nkingo kuri abo bantu. Amagerageza kuri ibyo byiciro by'abantu ari gukorwa cyangwa azatangira vuba.

## **Ni ibihe byiza byo guhabwa urukingo rwa COVID-19?**

**Inkingo za COVID-19 zirema ubudahangarwa ntihabeho ibyago byo kurwara.** Abantu bigeze kurwara COVID-19 bashobora kugira ubudahangarwa bw'umubiri bw'igihe gito bukomoka ku basirikari bafite, ariko ntibizewe neza igihe ubu bwirinzira bwazamara. Ibimenyetso bya COVID-19 bishobora guhindagurika cyane biva ku byoroheje bijya ku bikomeye, kandi bishobora kumara igihe kirekire ndetse bikanagira ingaruka ku buzima. Gukingirwa bizakurinda haremwa ubudahangarwa bw'umubiri ntihabeho kuba warwara.

**Inkingo za COVID-19 zishobora kugufasha kutarwara ngo urembe igihe waba waranduye virusi.** Ubwirinzi kuri COVID-19 ni ingenzi cyane kubera ko ku bantu bamwe na bamwe, ishobora kubatera kurwara bakaremba cyangwa bagapfa..

## **Ni izihe ngaruka mbi ziterwa n'inkingo za COVID-19?**

Ingaruka mbi [zikumaze kugaragara ziterwa n'inkingo za COVID-19](#) zisa n'ingaruka ziterwa n'ubundi bwoko bw'inshi bw'inkingo. Iyo uhawe urukingo rwa COVID-19, ushobora kwitegura ingaruka mbi ziterwa n'urukingo zishobora kubamo: kuribwa, gutukura, cyangwa kubyimbirwa ahatewe urukingo; umururi na/cyangwa gutitira; kuribwa umutwe; umunaniro, kubabara mu mikaya cyangwa mu ngingo. Izo ngaruka mbi ziterwa n'urukingo zirasanzwe kandi ni ikimenyetso cy'uko umubiri wawe uba uri kurema ubudahangarwa bwo kukurinda COVID-19. Ingaruka mbi ziterwa n'urukingo ubusanzwe zimara iminsi mike gusa, kandi zishobora kwiyongera igihe ufashe doze ya kabiri.

## **Wigeze ugira impungenge zishingiye ku bwizerwe bw'inkingo za COVID-19?**

[Ubwivumbure bw'umubiri bukabije](#), nk'indwara yo kwivumbura k'umubiri, aho umuntu akenerwa kuvurwa atewe urushinge rwa epinephrine (epinephrine) cyangwa akajyanwa mu bitaro, bugaragara gake. [Ibyago byo kugira ingaruka mbi bishobora kwiyongera igihe ufite ibibazo runaka by'ubuzima](#), nk'ubudahangarwa buke bw'umubiri, cyangwa mbere warigeze kugira ubwivumbure bw'umubiri butewe n'urukingo. CDC yamenye umubare muto w'abantu bigeze kugira [ingaruka mbi](#) nyuma yo guhabwa urukingo rwa COVID-19 rwa mRNA.

## **Haba hari umuntu UTAGOMBA guhabwa urukingo rwa COVID-19?**

Yego, inkingo za COVID-19 ntizigomba gukoreshwa mu bihe bimwe na bimwe.

- **Abantu bagira ubwivumbure bukabije ku nkingo:** Abantu bigeze kugira [ubwivumbure bukabije kuri](#) kimwe mu bigize inkingo cyangwa uwo ariwe wese wagize ubwivumbure bukabije kuri doze ya mbere y'urukingo rwa COVID-19 **NTAGOMBA** guhabwa urukingo.
- **Abantu bagira ubwivumbure bw'umubiri kuri PEG cyangwa polizobate ( polysorbate):** Polisobabate si kimwe mu bikoze urukingo haba mu rukingo rwa COVID-19 rwa mRNA ariko ijya gusa na PEG, iri muri ubwo bwoko bubiri bw'inkingo. Abantu bagira [ubwivumbure bw'umubiri kuri PEG cyangwa polizobate](#) ntibagomba guhabwa urukingo rwa mRNA.
- **Abantu barwaye COVID-19 cyangwa bari kwishyira mu kato :** Niba waranduye koronavirusi, tegereza kugeza igihe ukiriye ubundi wubahirize ibisabwa na CDC [ku gihe ugomba guhagarikira akato ko mu rugo](#). Niba hari aho wahuriye na COVID-19 kandi ukaba uri kwishyira mu kato, tegereza kugeza icyo gihe kirangire kugira ngo wirinde ibishoboka ko wakanduza abandi.

Yavuguruwe ku wa 4 Werurwe 2021.

Ku yandi makuru, wasura [coronavirus.ohio.gov](https://coronavirus.ohio.gov) cyangwa ugahamagara 1-833-4-ASK-Ishami ry'Ubuzima rya Ohio (1-833-427-5634).