

Inyandiko y'amakuru y'ukuru ajyanye na COVID-19

Ibyo ugomba kumenya mbere yo guhabwa urukingo rwa COVID-19, mu gihe uruhabwa ndetse na nyuma yo kuruhabwa

Ubu noneho kuba abatwaga ba Ohio bafite imyaka 12 n'abayirengeje bemerewe guhabwa urukingo rwa COVID-19, kwitegura ni ingenzi. Dore uko wakwitegura gukingirwa, ibyo wakwitegura mu gihe cya gahunda yo gukingirwa n'ibyo wakwitegura nyuma yo gukingirwa.

Mbere yo guhabwa urukingo rwa COVID-19

Igihe [wahisemo guhabwa urukingo](#), hari ibintu byinshi ugomba gukora mu rwego rwo kwitegura.

- **Ikingize wifitiye ikizere.** Kora [ubushakashatsi bwawe ku rukingo](#) wifashishije [ahakurwa amakuru hizewe](#), nka [Ibigo bishinzwe Kurwanya no Kwirinda indwara\(CDC\)](#), muganga ushinze, [Ishami rishinzwe ubuzima aho utuye](#) cyangwa [Ishami rishinzwe Ubuzima muri Ohio \(ODH\)](#) kugira ngo [ubashe kubona ibisubizo by'ibibazo](#) ufite.
 - Ikigo gishinzwe kurwanya no gukumira indwara (CDC) gishishikariza abantu gufata urukingo ruhari bashobora guhabwa. Izo nkingo zose [zirizewe kandi zikora neza cyane](#) mu kugabanya ibyago byo kuremba kubera COVID-19, kujyanwa mu bitaro no guhitanywa na yo. Hari igihe usanga urukingo runaka rushobora kuba ari rwo rwiza ku muntu bitewe n'uburwayi afite cyangwa ubwivumbure bw'umubiri. Ariko nanone hashobora gukurikizwa amabwiriza yo gutanga urukingo hashingiwe ku myaka. Kuri iyi nshuro, urukingo rwa Pfizer rwemewe ku bana bafite 12-17 n'abayirengeje. Moderna na Johnson & Johnson zombi zemewe ku bafite imyaka 18 n'abayirengeje. Kuri ubu, nta nkingo za COVID-19 zemerewe guhabwa abana bari muni y'imyaka 12.
 - Gufata inkingo no gukomeza kwirinda, harimo guhana intera no kwambara agapfukamunwa, ni bwo buryo bwiza bwo kwirinda COVID-19. Kwikingiza kwawe bifasha kugera vuba ku mubare uhagije w'abantu bagomba gukingirwa, bikagabanya ibyago byo kwandura ku bantu badafite ubudahangarwa buhagije.
- **Genzura neza ko inkingo nta ngaruka zishobora kukugiraho bitewe n'indwara waba usanganywe cyangwa wigeze kurwara.** Wigeze kugira ubwivumbure bw'umubiri butewe n'urukingo? Waba uri kugaragaza ibimenyetso bya COVID-19 cyangwa uri mu kato kuri ubu? Waba ugira ubwivumbure bw'umubiri butewe n'ibigize inkingo za COVID-19 cyangwa umusemburo wa polisorbate (polysorbate)? Wigeze uhabwa urundi rukingo mu byumweru bibiri bishize? Ibyo [bintu byose ugomba kubiganira n'umuganga ushinze kukwitaho](#) mbere yo gusaba gahunda yo guhabwa urukingo rwa COVID-19. Niba utwite cyangwa wonsa, ushobora guhabwa urukingo, ariko ni byiza ko ubanza kubiganira n'umuganga ushinze kukwitaho. Soma amabwiriza ya CDC yerekeye [UTAGOMBA guhabwa urukingo rwa COVID-19](#).
 - Urukingo [rwa Johnson & Johnson](#) rwavuzweho kugira ingaruka mbi zidakunze kubaho ariko zikomeye, harimo kuvura kw'amaraso hamwe n'uturemangingo duke tujyana amaraso mu bwonko (indwara yo kubyimba imitsi ijyana amaraso mu bwonko, cyangwa TTS). Nyuma yo gusuzuma amakuru yose ajyanye n'ubwizerwe mu gihe cy'iminsi 10 yo guhagarikwa gukoreshwa, ikigo gishinzwe gukumira no kwirinda indwara (CDC) n'ikigo gishinzwe kuzamura ubuziranenge bw'ibiribwa n'imiti (FDA) byasabye ko ikoreshwa ry'uru rukingo risubukurwa muri Leta zunze ubumwe za Amerika ku bantu bafite imyaka 18 n'abayirengeje, dore ko ibyiza bizwi n'ubushobozi bwo kurinda kwandura COVID-19 biruta ingaruka zizwi n'izishobora kubaho.
 - Izi ngaruka mbi ntizikunze kubaho kuko usanga zigaragara ku kigero kijya kungana na karindwi muri miliyoni ku bagore batingiwe bafite hagati y'imyaka 18 na 49. Ku bagore bafite imyaka 50 n'abayirengeje ndetse n'abagabo b'imyaka inyuranye, izi ngaruka zirushaho kugaragara gake cyane.
 - Abagore bafite muni y'imyaka 50 bagomba kumenya ingaruka zidakunze kubaho ariko zigenda ziyongera zijyanye no kubyimba imitsi ijyana amaraso mu bwonko (TTS). Kandi hari izindi nkingo zishobora gukoreshwa kuko usanga izi ngaruka zitaragaragaye ku nkingo za COVID-19 nka Pfizer cyangwa Moderna.
 - Mu byumweru bitatu nyuma yo guhabwa urukingo, abantu bagomba guhora bacunga ibimenyetso bishobora kubaho byo kuvura kw'amaraso no kugira uturemangingo duke maze **bakihutira kujya kwa muganga igihe baramutse bagaragaje kimwe cyangwa byinshi mu bimenyetso bikurikira**. Abarwayi bafite kimwe muri ibyo bimenyetso bagomba kubwira abaganga ibijyanye n'inkingo bagiye bafata kugira ngo babashe kwitabwaho uko bikwiye.
 - Kurwara umutwe ukabije cyangwa udakira cyangwa kureba ibikezekezi.
 - Kubura umwuka.
 - Kubabara mu gatuza.
 - Kubyimba amaguru.
 - Kubabara mu nda bidakira.
 - Gutukura cyangwa uduheri duto twipfunditsemo amaraso biri ahatari aho bateye urushinge.
 - Abantu ntibakwiye guhangayikishwa no kurwara umutwe woroheje n'ibimenyetso bimeze nk'iby'ibicurane bigaragara mu minsi mike nyuma yo guhabwa urukingo. Izo ni ingaruka mbi z'urukingo zidafite icyo zitwara ziterwa n'uburyo ubudahangarwa bw'umubiri bwakiriye urukingo.
 - **Menya niba wemerewe guhabwa urukingo, ubundi ushake aho barutangira hakwegereye.** Uburyo bwa Ohio [bwo gukurikirana ibijyanye n'inkingo \(VMS\)](#) butangwa n'Ishami rishinzwe ubuzima muri Ohio (ODH) ni uburyo bukubiyemo ibikenerwa byose bufasha abatwaga ba Ohio kumenya niba [bemerewe](#)

[guhakwa urukingo rwa COVID-19](#), gushaka abarutanga, gusaba gahunda zo kuruhakwa na kwakira amakuru mashya n'inyibutsa. Urubuga rwa interineti ushobora kwifashisha ni [gettheshot.coronavirus.ohio.gov](#). Soma [ibibazo bikunze kubazwa](#) ubundi urebe [ibyifashishwa mu mahugurwa ku rubuga rwacu](#). Byongeye, wanareba ikarita [y'Aho abagejeweho inkingo za COVID-19 muri Ohio bakaba bashobora kuzitanga bahereye](#). Shakisha ugendeye ku ntara cyangwa ukoresheje kode y'iposita kugira ngo ubone urutonde rw'abatanga inkingo n'amakuru y'uburyo wabahamagara cyangwa wabandikira.

- **Saba gahunda yawe.** Ahenshi usanga bategeka gusaba gahunda, mu gihe ahandi bakira abaje babasanga. Sura urubuga rwa [gettheshot.coronavirus.ohio.gov](#) kugira ngo ushyireho gahunda yawe. Leta ya Ohio iri gushyiraho [ahantu hatangirwa inkingo ku buryo bwa rusange n'amavuriro](#) mu rwego rwo gukora ku buryo abaturage ba Ohio bose babona inkingo za COVID-19 uko zigenda zirusha kuboneka ku bwishyamba. Ahandi hantu bashobora gutanga inkingo bagendeye ku waje mbere. Aha hashobora kuba aho bazihira abantu mu modoka zabo cyangwa babanje kujya mu mavuriro. Baza ugomba kugukingira kugira ngo umenye ibyo ugomba kwitwaza kuri gahunda yawe. Niba uzaherwa urukingo mu ivuriro bidasabye ko usaba gahunda, wasoma cyangwa ugahamagara kugira ngo ubone amabwiriza ajyanye n'ibisabwa kugira ngo wemererwe kuruhakwa, ibyo kwitwaza n'uburyo ivuriro rizagufasha kwitegura mbere yo kujyayo. Niba ukeneye umusemuzi cyangwa serivisi z'ubufasha bwo koroherezwa, wahamagara cyangwa ukandikira ugomba kugukingira kugira ngo umenye ubufasha ushobora guhabwa.
- **Sabira gahunda umwana w'ingimbi cyangwa w'umwagavu.** Abantu bafite imyaka 12 n'abayirengeje ubu bemerewe guhabwa urukingo rwa Pfizer, ari rwo rukingo rwa COVID-19 rwemewe gukoreshwa gusa kuri ubu ku bantu bafite hagati y'imyaka 12 na 17. Kuri ubu nta nkingo za COVID-19 zemerewe gukoreshwa ku bana bari muni y'imyaka 12. Hari ahantu henshi uruburako rushobora kwikingiriza muri leta yose, harimo ku biro by'umuganga uvura indwara z'abana, amavuriro atangirwaho inkingo, amashyamba ashinzwe ubuzima aho utuye, ibitaro, ibigo n'ubuzima by'abaturage n'ahandi henshi. Ariko ababyeyi b'abana bafite imyaka 12 bagomba kumenyeshwa ko amategeko akurikizwa muri leta asaba ko abana bafite imyaka 12 n'abaturage bagomba kwandikirwa na muganga urukingo bafatira kuri farumasi. Ntibagomba gukingirwa kuri farumasi. Uruburako rufite imyaka 13 n'uruyirengeje n'urukenera kwandikirwa urukingo na muganga, kandi rushobora guherwa urukingo rwabo rwa COVID-19 kuri farumasi cyangwa ahandi batangira urukingo hagaragara ku rutonde ruri kuri [gettheshot.coronavirus.ohio.gov](#).

Igihe uhabwa urukingo

- **Niba urwaye COVID-19 cyangwa ugaragaza ibimenyetso bya COVID-19 cyangwa utekereza ko ushobora kuba hari aho wahuriye na COVID-19,** bimenyeshye umuganga ushinze kwakwitaho mbere y'uko ujya kwa muganga kandi ukurikirikize amabwiriza. Bishobora kuba ngombwa ko wimura gahunda yawe maze igashyirwa ku wundi muni igihe iminsi yo kwishyira mu kato izaba yarangiye.
- **Mbere ya gahunda wahawe.** Rya uhage kandi unanywe amazi menshi mbere y'uko uhabwa urukingo. Ibi ni ingenzi cyane ku bana n'ingimbi n'abangavu kubera ko [ingimbi n'abangavu bakunda kuraba nyuma yo guhabwa urukingo urwo ari rwo rwose](#) kurusha uko bigaragara ku bantu bakuru, nk'uko CDC ibivugako. Ruhuka bihagije mu ijoro ribanziriza gahunda yawe niba bishoboka. Ambara ishata y'amaboko magufi cyangwa idafite amaboko kugira ngo bitume kugera ku gice cyo hejuru cy'ukuboko byoroha. Niba hakonje kuri uwo muni renzaho umupira w'imbeho cyangwa ijaketi byoroshye kubikuramo vuba.
- **Irinde igihe ugiye muri gahunda wahawe.** Ushobora gutegerereza ku murongo mu nyubako cyangwa hanze cyangwa ugategereza mu modoka yawe. Itegereza byibuzwe kujya uhana intera ya metero 2 hamwe n'abandi igihe utegerereje. Ambara agapfukamunwa gatwikira izuru ryawe n'umunwa wawe ubundi usige intera ya metero ebyiri hagati yawe n'abandi igihe uri mu nzu, ku murongo cyangwa ahandi.
- **Ikwaze ibyangombwa bikuranga:** Utanga urukingo akenera ibyangombwa byawe kugira ngo agenzure umwirondoro, amazina n'imyaka. Si ngombwa kwerekana icyangombwa cy'ubwenegihugu cyangwa icyo gutura. Ibyangombwa byawe n'ubundi biremerwa byaba byarataye agaciro cyangwa byaratangiye mu yindi leta cyangwa ikindi gihugu. Bumwe mu bwoko bw'ibyangombwa byemewe bigaragaza umwirondoro wawe ni ibi bikurikira:
 - Uruhushya rwo gutwara ibinyabiziga cyangwa ikindi cyangombwa kiriho ifoto, hatitawe ku gihe kizatera agaciro cyangwa aho cyatangiye.
 - Ikarita iranga ingabo y'ukiri mu kazi/wavuye ku rugerero.
 - Raporo ya muganga (irimo amakuru y'urukingo watewe).
 - Amakuru y'ibarura.
 - Amakuru yo kurerwa n'abandi babyeyi.
 - icyemezo cy'ubwenegihugu.
 - Inyandiko y'ivuka, yaba umwimerere cyangwa yasizweho umukono ugaragaza ko yemewe.
 - Ikarita y'abimukira itangwa na ambasade.
 - Pasiporo.
 - icyemezo cy'ubwenegihugu.
 - Ikarita yo gutura bya burundu.
 - Inyandiko yo gusaba gusimbuza icyemezo cy'ubwenegihugu cyatakaye.
 - Amafishi atangwa n'ishami ry'Ubutetezi bw'Igihugu.
 - Inyandiko zigaragaza ko wakoze mu rwego rwa Gisirikari (DD-214)
 - icyemezo kiriho umukono wo kwemerwa ko kuvukira mu mahanga ku muturage wa Leta Zunze Ubumwe za Amerika (FS-545)
 - icyemezo kiriho umukono wo kwemerwa kwa raporo yo kuvukira mu mahanga ku muturage wa Leta Zunze Ubumwe za Amerika (DS-1350)
 - Raporo itangwa na Ambasade igaragaza kuvukira mu mahanga ku muturage wa Leta Zunze Ubumwe za Amerika (FS-240)
 - icyangombwa cy'uko wemerewe gukora (I-766/EAD)
 - Ikemezo cy'ubwikorezi (I-797F)
- **Inyandiko itanga uburenganzira ni ngombwa ku bana bataruzuzwa imyaka y'ubukure:** Nyuma yo kwerekana ibyangombwa, abana bari muni y'imyaka 18 batahawe uburenganzira bwisumbuyeho bagomba kuba bafite inyandiko itanga uburenganzira itangwa n'umubyeyi cyangwa umurezi wemewe kugira ngo bahabwe urukingo urwo ari rwo rwose. Umubyeyi cyangwa umurezi wemewe bagomba guherekeza umwana utaruzuzwa imyaka y'ubukure kugira ngo ahabwe urukingo, keretse igihe itangwa ry'urukingo ribera mu biro by'umuganga cyangwa mu ivuriro rikorerwa mu kigo cy'amashuri cyangwa ivuriro rikorana n'ikigo cy'amashuri n'ahandi nka ho. Ababyeyi cyangwa abarezi bemewe basabwa gutanga inyandiko itanga uburenganzira yo mu buryo bw'ikorana ubungabunga igihe basabira gahunda muri VMS. Bashobora kandi gusabwa gushyira umukono ku nyandiko itanga uburenganzira ahatangirwa urukingo.
- **Ni iki ugomba kubanza kubwira ukingira mbere yo guhabwa urukingo:** Ubazwa ibibazo bitandukanye bijyanye n'ubwivumbure bw'umubiri cyangwa ibindi

bibazo by'ubuzima waba ufite kugira ngo hamenyekane ingaruka cyangwa ubundi burwayi bishobora kuba ngombwa ko mubanza kuganira byisumbuyeho. Tanga amakuru ajyanye n'ubwivumbure bw'umubiri, niba ugira indwara yo kuva amaraso menshi cyangwa uri ku miti irinda amaraso kuvura, niba ufite abasirikare bake mu mubiri cyangwa uri ku miti igira ingaruka ku budahangarwa bw'umubiri, niba utwite cyangwa uteganya gutwita, niba uri konsa, niba warahawe urundi rukingo rwa COVID-19 cyangwa niba hari urundi rukingo wigeze guhabwa mu minsi 14 ishize. Ibi ntibisobanura ko udashobora guhabwa urukingo, ariko uragirwa inama yo kubanza kubiganiraho n'umuganga ushinze kukwitaho.

- **Aho batera urushinge rw'urukingo:** Urukingo rwa COVID-19 rutangwa nk'urushinge ruterwa mu mutsi w'ukuboko ku gice cyo hejuru. Urukingo ruterwa ku gice kingana n'ubugari bw'intoki eshatu uvuye ku rutugu mu mikaya. Ambara imyenda ituma kugera ku kuboko byoroha.
- **Niba wumva uhagayitse:** Humeka gake ubundi uhumeke cyane mbere yo gutwite urushinge ubundi utekereze ku kintu cyatuma utwite. Reka kureba urushinge, ubundi uvane imbaraga mu kuboko igihe ugiye gutwite urushinge. Ababyeyi bashobora gukora [utuntu tworoheje twogutwite abana babo ngo bakungirwe kandi bigatuma ibyo babona bitabatera guhangayika](#). Ababyeyi bashobora kugabanya impungenge z'abana babo babibutsa guhumeka cyane no kubarangaza babaganiriza igihe bagiyeye gukingirwa.
- **Nta mafaranga asabwa kwishyurwa.** Nta mafaranga ava mu mufuka w'abababwira inkingo. Ariko niba ufite ubwishingizi bw'ubuzima, ugomba kwitegura guha ayo makuru ukingira.
- **Nyuma yo gukingirwa, uzakurikiranwa kugira ngo harebwe niba nta ngaruka urukingo rukugiraho.** Abantu bese bahabwa urukingo rwa COVID-19 bazajya bakurikiranwa aho baruhereye byibuzemo mu gihe k'iminota 15 kugira ngo harebwe [ibijyanye n'ubwivumbure bw'umubiri ubwo ari bwo bwose bagaragaza](#). Abantu bigeze kugira ubwivumbure bw'umubiri bukabije mu gihe cyashize cyangwa ubundi bwivumbure bw'ako kanya nyuma yo guhabwa urukingo cyangwa gutwite urushinge bazajya bakurikiranwa byibuzemo mu gihe cy'iminota 30 nyuma y'uko bamaze gukingirwa.
- **Bika ikarita yawe yo gukingirwa n'inyandiko y'amakuru y'ukuri.** Ugomba guhabwa ikarita yo gukingirwa cyangwa inyandiko igaragaza urukingo rwa COVID-19 wahawe, itariki waruhereyeho n'aho waruhereye. Bika iyi karita ahantu hizewe, ubundi uyizane ugarutse gutwite doze ya kabiri y'urukingo. Irinde gufunika ikarita yawe kuko hari igihe byaba ngombwa ko uhabwa izindi doze zo kongerera imbaraga iyo wahawe mu gihe kizaza. Turakugira inama yo kuyifotora na telefone yawe kugira ngo ubashe kubika kopi ngoboka muri telefone yawe. Ugomba guhabwa inyandiko y'amakuru y'ukuri ikubiyemo ibindi bisobanuro bijyanye n'urukingo rwa COVID-19 runaka wahawe. [Urubuga rwa interneti rw'ikigo gishinzwe ubuziranenge bw'ibibwira n'imiti \(FDA\) ruriho kandi inyandiko ziri mu ndimi zitandukanye](#). Igihe utwite ikarita yo gukingirwa:
 - Igihe utwite ikarita yo gukingirwa COVID-19 kuri gahunda yawe ya mbere, andikira cyangwa uhamagare ishamba ry'ahatungirwa inkingo uwagukingiyeye akorera ari na ho wahereye doze ya mbere.
 - Niba waratwite ikarita yawe yo gukingirwa cyangwa udafite kopi yayo, hita uhamagara utanga urukingo uwagukingiyeye kugira ngo ubashe kugera ku makuru y'inkingo akwerekeye. Niba, bitewe n'impamvu runaka, udashobora guhitwa wandikira cyangwa uhamagara utanga inkingo uwagukingiyeye, hamagara ishamba rishinzwe ubuzima rikwegereye, ushobora kubona kuri <https://odh.ohio.gov/wps/portal/gov/odh/find-local-health-districts>, kugira ngo rigufashe kubona amakuru ajyanye no kwikingirwa kwawe.
 - Niba wariyandikishije mu buryo bwa v-safe cyangwa VaxText, ushobora kubona amakuru ajyanye no gukingirwa ukoresheje izo apurikasiyo.
 - Ushobora kandi gusaba amakuru ajyanye no gukingirwa kwawe ku Ishamba rishinzwe ubuzima rya Ohio ukurikije aya mabwiriza: <https://coronavirus.ohio.gov/static/vaccine/public-instructions-to-access-impactsis-record.pdf>.
 - Igihe wakoze ibishoboka byose ngo ugere ku makuru ajyanye no gukingirwa kwawe, ntubashe kubona kopi cyangwa igisimbura ikarita, wavugana n'uwagukingiyeye.

Nyuma yo guhabwa urukingo

- **Ingaruka zitewe n'urukingo zoroheje zikunze kugaragara.** Abantu benshi bahawe urukingo bagiye bavuga ko bagize ingaruka zoroheje ziterwa na rwo. Ingaruka zikunze [kugaragara zifitanye isano n'inkingo za COVID-19](#) zisa n'izagiye zigaragara ku zindi nkingo nko gutukura, kubabara cyangwa kubyimba aho bateye urukingo, kubabara imikaya cyangwa mu ngingo, umuriro, gutitira, umunaniro no kurwara umutwe. Izo ngaruka mbi ziterwa n'inkingo zishobora kumera nk'ibicurane kandi zishobora kugira ingaruka ku bushobozi bwawe bwo gukora imirimo ya buri muni, ariko zihita zikira mu minsi mike. **Ibyo ni ibimenyetso bisanzwe bigaragaza ko umubiri wawe uri kubaka ubudahangarwa.**
 - **Kuraba nyuma yo guterwa urushinge:** Kuraba nyuma y'urukingo urwo ari rwo rwose bikunze kugaragara ku bana b'ingimbi cyangwa abangavu kurusha uko bigaragara ku bantu bakuru, kandi ahanini biterwa no guhangayika kubera guhabwa urukingo nk'uko ikigo gishinzwe gumira no kwirinda indwara (CDC) kibivugaga. Fasha mu kwirinda kuraba wicara cyangwa uryama hasi igihe uterwa urushinge rw'urukingo kandi ugume wicaye mu gihe kingana n'iminota 15 nyuma yo guhabwa urukingo. Niba wowe cyangwa umwana wawe muri kumva, mwacitse intege, muzungera, mufite isereri cyangwa mukabira ibyuya nyuma yo guhabwa urukingo mu gihe cyo kugenzura ko nta ngaruka ruteza, mumenyeshe abakozi b'aho batangira inkingo kandi mube muryanye iminota myinshi. Munywe amazi cyangwa umutobe ubundi murye ibiryo byoroheje bigendanwa kugira ngo mwongere mugarure amazi mu mubiri munagumisha isukari yo mu mubiri ku kigero gisanzwe.
 - **Kuvura ingaruka mbi ziterwa n'inkingo.** Niba wumva ububabara cyangwa wumva utameze neza, vugana na muganga wawe ibijyanye no kuba wagura umuti, nka ibuprofeni cyangwa asetaminofeni. Kugira ngo wigabanyirize ububabare no kutamererwa neza ahantu wawe urushinge, shyira umwenda usukuye, ukonje, utose aho hantu. Ibuka kuzengurutsa ukuboko kwawe no kugukoresha imyitozo. Kugira ngo wigabanyirize kutamererwa neza kubera guhinda umuriro, nywa amazi menshi kandi wambare imyambaro yoroheje.
 - **Ni ryari wahamagara muganga wawe cyangwa ugasaba ubuvuzi bwihutirwa:**
 - Igihe ingaruka mbi wawe n'urukingo zitakize nyuma y'iminsi mike cyangwa zikiyongera, wahamagara cyangwa ukandikira umuganga ushinze kukwitaho. Zimwe mu ngaruka ziterwa n'urukingo zisa n'ibimenyetso bya COVID-19.
 - Ugendeye ku byo wabonye na nyuma y'uko uvuye ahatangirwa urukingo, niba utekereza ko ushobora kuba uri kugira ubwivumbure bw'umubiri bworoheje, harimo kuribwaribwa cyangwa kubyimbirwa, menyeshe uwagukingiyeye ibyo bimenyetso.
 - **Ubwivumbure bw'umubiri bukabije**, nk'indwara yo kwivumbura k'umubiri ntibukunze kugaragara. Ubwivumbure bw'umubiri bufatwa nk'ubukabije igihe busaba kuvurwa hakoreshejwe epinephrine (epinephrine) cyangwa butuma ushyirwa mu bitaro. Ikigo gishinzwe gukumira no kwirinda indwara (CDC) cyamenye ko hari abantu bake bagize bene ibi **bibazo** nyuma yo guhabwa urukingo rwa COVID-19 kandi kizakomeza gukurikirana **ubwizerwe** bw'inkingo.
 - Niba utekereza ko uri kugira ubwivumbure bw'umubiri bukabije nyuma yo kuva ahatangirwa urukingo kandi ukaba uri kugaragaza ibimenyetso by'indwara yo kwivumbura k'umubiri bukabije, harimo ibibazo byo guhumeka, kuzungera, kuraba, gutera cyane k'umutima, gufutura cyangwa kubyimba iminwa, isura cyangwa umuhogo, saba ubuvuzi bwihutirwa ako kanya.
 - Niba nyuma y'iminsi 14, ugize ikibazo cyo kubura umwuka, kubabara mu gatuzi, kubyimba amaguru, kubabara mu nda bidakira, ibimenyetso by'indwara z'ubwonko (birimo kuribwa umutwe bikomeye cyangwa bihoraho cyangwa kureba ibikezekezi), cyangwa gufutura (uduheri tw'umutuku) hatari aho wawe urukingo, hita ushaka uko witabwaho n'abaganga ako kanya.
 - **Tanga amakuru ajyanye n'ingaruka mbi z'urukingo/ibibazo wagize:** Ikigo gishinzwe gukumira no kwirinda indwara (CDC) n'ikigo gishinzwe ubuziranenge bw'ibiribwa n'imiti (FDA) gishishikariza abahabwa inkingo cyangwa abakingira gutanga amakuru ajyanye n'ingaruka mbi ziterwa nazo (ibihe bibi) banyuze ku **Rubuga rutangirwaho amakuru y'ibibazo byatwawe n'inkingo (VAERS)**. CDC kandi yashyizeho apurikasiyo ya telefoni zigewe igenewe abahabwa inkingo yitwa **v-safe**. Abiyandikishamo bakorerwa isuzuma ry'ubuzima ryihariye hakoreshejwe ubutumwa bugufi n'ubushakashatsi bwo kuri interineti. Iyo apurikasiyo ituma abahabwa urukingo bamenyeshaga CDC ingaruka izo ari zo zose bagize nyuma yo guhabwa urukingo rwa COVID-19. V-safe kandi itanga ubutumwa bukwiye kujya gufata doze ya kabiri.
 - **Saba gahunda yo gufata doze ya kabiri.** Urukingo rwa Pfizer n'urwa Moderna zombi zisaba guhabwa doze ebyiri. Urukingo rwa Johnson & Johnson rusaba guhabwa doze imwe. Abaturage ba Ohio bahawe doze ebyiri z'urukingo runaka bagomba gufata doze ya kabiri y'urwo rukingo rwakozwe n'uruganda rumwe kubera ko zidasimburana. Niba gahunda yawe yo gufata urwa kabiri itarashyizweho mu gihe cya gahunda ya mbere, byandike ku ndagaminsi yawe kugira ngo uzasabe gahunda igihe nikigera.
 - Niba warahawe [urukingo rwa Pfizer](#), ugomba guhabwa indi doze nyuma y'iminsi 21 umaze guhabwa doze ya mbere.
 - Niba warahawe [urukingo rwa Moderna](#), indi doze uyihabwa mu minsi 28 nyuma ya doze ya mbere.
 - Doze za kabiri zitanze mbere cyangwa nyuma y'iminsi ine y'igihe zagakwiriyeye gutangwamo n'ubundi zifatwa nk'izifite agaciro. Doze zatanze ku bwo kwibeshya mbere y'igihe kitagenwe ko igomba gutangwamo ntigomba gusubirwamo ngo yongere itangwe.
 - Ariko iyo bidakunda ko iyo ntera y'igihe yubahirizwa, doze za kabiri z'inkingo za COVID-19 zishobora kugenerwa gahunda yo kuzatangwa mu byumweru bitandatu (iminsi 42) nyuma ya doze ya mbere. Iyo doze ya kabiri yatanze nyuma y'icyo gihe cyagenwe, nta mpamvu yo kongera gusubiramo ngo bahere kuri zeru nanone.
 - **Ubudahangarwa ntibuhita bwiyubaka ako kanya.** Bitwara igihe kugira ngo umubiri wawe wubake ubwirinzi nyuma yo guhabwa urukingo urwo ari rwo rwose. Umuntu afatwa nk'uharangiye kwikingiza iyo amaze byumweru bibiri nyuma yo guhabwa doze ya nyuma y'urukingo rwa COVID-19.

Ni ryari biba ntacyo byatwara gukomeza imirimo ya buri muni ku bantu barangije kwikingiza: Ibyumweru bibiri nyuma yo guhabwa doze ya nyuma, abantu barangije kwikingiza bashobora gufata ingamba nke mu bihe runaka. Ikigo gishinzwe kugenzura ubuziranenge bw'ibiribwa n'imiti (CDC) gitanga inama z'uburyo bwo gusurana butateza ibibazo abandi bantu mutabana mu nzu, icyo wakora nyuma yo guhura n'umuntu wanduye COVID-19 n'uburyo bwo kwirinda ku bantu bakingiwe n'abatarangiye bitabira [ibikorwa runaka bibera ahantu hafunze cyangwa bibera hanze](#).

- Abantu barangije kwikingiza bashobora guteranira mu nzu hamwe n'abandi barangije kwikingiza batagombye kwambara udapfukamunwa cyangwa gusiga intera ya metero 2.

- Abantu barangije kwikingiza bashobora guteranira ahantu hafunze hamwe n'abantu badakingiye b'imyaka iyo ari yo yose bo mu rundi rugo (urugero: gusura abo mufitanye isano babana ahantu hamwe) batambaye udupfukamunwa cyangwa badasiga intera ya metero 2, keretse iyo umwe muri abo bantu cyangwa uwo babana afite ibyago byinshi byo kuba yarembe kubera COVID-19.
 - Abantu barangije kwikingiza bashobora guteranira cyangwa bagakorera ibikorwa hanze batambaye udupfukamunwa keretse iyo bari ahantu runaka hahurira abantu benshi n'ahabera ibikorwa byateguwe, nk'amasitade, ibitaramo cyangwa ibirori biteraniyemo abantu benshi.
 - Abantu barangije kwikingiza bashobora kureka kwishyira mu kato no kwipimisha igihe batagaragaza ibimenyetso bya COVID-19 nyuma yo guhura n'umuntu wanduye COVID-19. Abantu barangije kwikingiza babana ahantu hamwe ari benshi (nko muri gereza cyangwa kasho cyangwa urugo rubamo abantu benshi) kandi bakaba baregereye umuntu urwaye COVID-19 bagomba n'ubundi kutegera abandi mu gihe cy'iminsi 14 kandi bakipimisha n'ubwo baba batagaragaza ibimenyetso.
 - Abantu barangije kwikingiza bakorerera ingendo muri Leta zunze ubumwe za Amerika ntabwo basabwa kwipimisha mbere na nyuma y'urugendo cyangwa se kwishyira mu kato nyuma y'urwo rugendo.
- **Igihe ingamba zo kwirinda zigomba gukomeza gukurikizwa:** Ikigo gishinzwe gukumira no kwirinda indwara(CDC) gisaba ko abantu barangije kwikingiza bakomeza gufata izo ngamba zo kwirinda igihe bari ahahurira abantu benshi, igihe basuye abantu badakingiye bo mu zindi ngo nyinshi, kandi igihe begereye abantu badakingiye bafite ibyago byinshi byo kuba barembe kubera COVID-19.
 - Ambara agapfukamunwa kagukwira neza gatwikira umunwa n'izuru igihe uri ahantu hahurira abantu benshi hafunze, amateraniri abera ahantu hafunze hamwe n'abantu badakingiye, barimo abana, baturutse mu zindi ngo zirenze rumwe cyangwa igihe wasuriye ahantu hafunze umuntu udakingiye ufite ibyago byinshi byo kurembe cyangwa gupfa bitewe na COVID-19 cyangwa ubana n'umuntu ushobora kugira ibyo byago.
 - Irinde amateraniri y'abantu benshi.
 - Igihe ukora ingendo, ugomba gukomeza kubahiriza ingamba zo kwirinda no kurinda abandi. Uzaguma gusabwa kwambara agapfukamunwa igihe uri mu ndege, bisi, gariyamoshi n'ubundi buryo bwo gutwara abantu muri rusange bukoreshwa mu ngendo zo kwinjira cyangwa gusohoka muri Leta zunze ubumwe za Amerika no ku bibuga by'indege n'aho bategera imodoka na gariyamoshi muri Leta zunze ubumwe z'Amerika.
 - Abantu barangije kwikingiza bakorerera ingendo mu mahanga bazakenera gukurikiza ibisabwa mu gihugu bagiyemo. Abo bantu ntibasabwa kwipimisha mbere yo kuva muri Amerika keretse igihugu bagiyemo kibibisaba.
 - Aba bantu bazakomeza gusabwa kwerekana icyemezo kigaragaza ko bipimishije kandi batanduye cyangwa icyangombwa cy'uko bakize COVID-19 mbere yo kurira indege igana muri Leta zunze ubumwe za Amerika.
 - Abo bantu bagomba n'ubundi kwipimisha iminsi 3-5 nyuma y'urugendo rwo mu mahanga.
 - Abo bantu ntibasabwa kwishyira mu kato nyuma yo kugaruka muri Leta zunze ubumwe za Amerika.
 - Ipimisha igihe uri kubona ibimenyetso bya COVID-19.
 - Abantu bafite indwara cyangwa bari gufata imiti ica intege ubudahangarwa bw'umubiri bagomba kuganira na muganga ushinzwe kubitaho kugira ngo baganire ku buryo bagomba kwitwara mu bikorwa byabo. Bashobora gusabwa gukomeza kubahiriza ingamba zose zo kwirinda COVID-19.
 - Kurikiza amabwiriza uhabwa n'umukoresha wawe.
 - Kurikiza amabwiriza ajyanye n'ingendo yashyize n'Ishami rishinzwe gukumira no kwirinda indwara (CDC) n'Ishami rishinzwe ubuzima.

Urukingo no gukomeza kubahiriza amabwiriza yo kwirinda ni bwo buryo bwiza bwo kwirinda COVID-19.

Yavuguruwe ku wa 12 Gicurasi 2021.

Ukeneye andi makuru, wasura [coronavirus.ohio.gov](https://www.coronavirus.ohio.gov). Ukeneye ibisubizo by'ibibazo byawe byerekeye COVID-19, wahamagara 1-833-4-ASK-ODH (1-833-427-5634).

Ubuzima bwawe bwo mu mutwe bufite akamaro nk'ubundi buzima bwo ku mubiri. Niba wowe cyangwa umuvandimwe wawe muri kunyura mu bihe by'umuhangayiko bitewe n'icyorezo cya koronavirusi, ubufasha butangwa amasaha 24 ku munsi, mu minsi yose igize icyumweru. Hamagara umurongo wa telefoni wagenewe gutangirwaho ubufasha bujyanye na COVID-19 ari wo 1-800-720-9616.