

**Inyandiko Igenewe Umurwayi (AVS) nyuma yo Guhabwa Urukingo rwa
COVID-19 ku Ivuriro
ndetse n'Amabwiriza Arebana n'Imyitwarire y'Uwakingiwe
5 Werurwe, 2021**

Urakoze kwakira urukingo rwa COVID-19 no kugira uruhare mu kwirinda, kurinda umuryango wawe, ndetse n'umuryango mugari icyorezo cya COVID-19.

Tegereza iminota 15 uri ku ivuriro nyuma yo kubona urukingo mu gihe waba ugaragaje ingaruka z'ako kanya zitewe n'urukingo. Niba waba warigeze ugira ikibazo cyo kwivumbura k'umubiri uko ariko kose amasaha menshi nyuma yo guhabwa urundi rukingo cyangwa se watewe umuti mu rushinge, cyangwa se niba mbere waba warigeze ugira ukwivumbura gukomeye k'umubiri (nko kwivumbura gukomeye k'ubuzima) ku kintu runaka mu gihe cyashize, ugomba gutegereza ugakurikiranwa mu minota 30 nyuma yo guhabwa urukingo. Ukwivumbura gukomeye k'umubiri ntigusanzwe, ariko turasabwa kwitonda cyane. Ushobora gukoresha icyo gihe usoma ibi ndetse n'izindi mpapuro twaguhaye.

Ushobora kuzajya ugaragaza ibimenyetso nyuma yo gukingirwa; ibi bisobanura ko urukingo rurimo gukora neza ndetse n'umubiri wawe urimo kuzamura ubwirinzi ku cyorezo cya COVID-19. Ibimenyetso bikunze kugaragara ni ukubabara, gutukura, no kubyimba ahantu urukingo barutereye, ndetse hari n'ababyimbirwa bakababara ku rutugu aho bateye urushinge. Abantu bashobora kugira ibimenyetso rusange nko kubabara umutwe, kumva bafite umunaniro, kubabara mu mikaya cyangwa se aho ingingo zihurira, kumva urwaye utabasha kweguka, ndetse no kugira umuriro no gukonja. Akenshi ibi bimenyetso biba byoroheje, bitangira hagati y'umunsi umwe kugeza kuri ibiri nyuma yo guhabwa urukingo, nyuma bikongera bikijyana bidatinze. Ushobora gukoresha umuti wa acetaminophen cyangwa se ibuprofen (imiti nka Tylenol, cyangwa se Advil cyangwa se Motrin) mu rwego rwo kugufasha kumererwa neza cyane niba ugize kimwe muri ibi bimenyetso. Ugomba kandi kwiwandikisha mu Kigo Gishinzwe Kurwanya Ibyorezo (CDC) ukoresheje uburyo bw'ikoranabuhanga bwa "v-safe" kuri telephone igezweho kugira ngo ubamenyeshe niba hari ingaruka wagaragaje nyuma yo guhabwa urukingo rwa COVID-19 (ugomba kwakira amabwiriza atandukanye y'uko wakwiwandikisha). Ibi ni ingenzi cyane mu rwego rwo gukurikirana ingaruka zagaragaye ku bantu bafashe izi nkingo nshya.

Niba ufite ibimenyetso bikomeye, byarenze hagati y'iminsi 2-3, cyangwa se ugakomeza kumererwa nabi cyane, ugomba guhamagara muganga wawe w'ibanze kugira ngo witabweho, ndetse kandi ushobora gukenera gupimwa COVID-19. Urukingo rwa COVID-19 ntirushobora kukwanduza COVID-19, ariko ushobora kuba warayanduye mbere, cyangwa se vuba nyuma yo gukingirwa mbere yuko urukingo rukora. Niba udafite muganga wawe w'ibanze, jya ku ishamba rishinzwe ubuvuzi bwihutirwa, ikigo cyita ku buvuzi bwihutirwa, cyangwa se ku ivuriro rikwegereye (Nyabuneka hamagara mbere).

Kwivumbura gukomeye k'umubiri ntigukunze kubaho, ariko bishobora kubaho igihe wafashe urukingo urwo arirwo rwose, ndetse yewe mu masaha make nyuma yuko urukingo rutanzwe. Bityo niba ufite ibimenyetso bikomeye (nko kubabara mu gatuza, guhumeka bigoranye, kubyimba mu maso cyangwa se mu muhogo, gufuruta cyangwa se kubyimba ku ruhu, kudatekereza neza, cyangwa se ikindi kimenyetso icyo aricyo cyose kijyanye nabyo) ugomba kwitabwaho ako kanya cyangwa ugahamagara kuri 9-1-1.

Niba wahawe urukingo rwa Janssen uyu munsi, ubwo urasoje ndetse nta yindi doze y'urukingo rwa COVID-19 ukeneye gufata. Niba wahawe doze yawe ya mbere uyu munsi ku nkingo za Pfizer cyangwa Moderna, uzakenera

gufata doze ya kabiri ku rukingo rumwe n'urwo wahawe uyu muni kugira ngo wizere ko wakingiwe neza COVID-19. Iyi gahunda yo gufata urukingo rwa kabiri igomba kugenwa nawe ku ivuriro runaka. Nyabuneka shyira akamenyetso ku ngengabihe yawe bityo utazibagirwa gufata doze ya kabiri!

Urakoze nanone kugira uruhare mu guhagarika ikwirakwira rya COVID-19. Niba ufite ikibazo icyo aricyo cyose kigendanye n'urukingo, cyangwa se ugahura n'ingaruka izo arizo zose, nyabuneka vugana na muganga wawe. Ayandi makuru ajyanye n'urukingo ndetse na COVID-19 araboneka ku rubuga rwacu: www.nh.gov/covid19.