

Ifishi y'Ibibazo Suzuma Mbere y'Ibarura

Q#	Ibibazo Suzuma	Igikorwa Kigomba Gukorwa
1.	<p>Waba waragize <u>ibimenyetso ku buzima bwawe byo kwivumbura gukabije k'umubiri*</u> (nko guhungabana ku rwego rukomeye k'ubuzima) igihe ufata doze ya mbere y'urukingo rwa COVID-19, Pfizer-BioNTech, cyangwa iyindi miti mu yigize urukingo (harimo nka polyethylene glycol ikunze gukoreshwa mu kuvura impatwe)?</p> <p>CYANGWA</p> <p>Waba waragaragaje <u>ibimenyetso byo kwivumbura k'umubiri gukabije</u> mu masaha 4 nyuma yo kwakira doze ya mbere y'urukingo rwa COVID-19 Pfizer-BioNTech cyangwa indi miti mu yigize urukingo (harimo nka polyethylene glycol ikunze gukoreshwa mu kuvura impatwe)? <i>(Icyitonderwa: Ibibazo byo kwivumbura k'umubiri bigaragazwa n'ibimenyetso birimo gufuruta; kubyimbirwa mu isura, umunwa, cyangwa mu muhogo; guhirita ndetse no guhumeka bigoranye.)</i></p> <p>Ibigize Urukingo rwa Pfizer-BioNTech harimo:</p> <ul style="list-style-type: none"> • Akanyangingo gatoya ka RNA gafitanye isano n'urusobe rw'uturemangingo (Messenger RNA (mRNA)) • Intungamubiri dusanga mu mavuta n'imiseburo (Lipids): <ul style="list-style-type: none"> ○ (4-hydroxybutyl)azanediyil)bis(hexane-6,1-diyl)bis(2-hexyldecanoate) ○ 2[(polyethylene glycol)-2000]-N,N-ditetradecylacetamide ○ 1,2-distearoyl-sn-glycero-3-phosphocholine ○ Intungamubiri zituruka ku bikomoka ku matungo (Cholesterol) • Ikinyabutabire cy'umunyu (Potassium chloride) • Ikinyabutabire kirimo umunyu ushinzwe gushyira ku murongo kalisiyumu zo mu mubiri (Monobasic potassium phosphate) • Umunyu (Sodium chloride) • Ikinyabutabire cya (Dibasic sodium phosphate dihydrate) • Isukari (Sucrose) 	
	➤ YEGO	NTABWO ahabwa urukingo rwa Pfizer-BioNTech cyangwa Moderna. Umuntu ashobora guhabwa urukingo rwa Janssen niba nta mpamvu zihari zigaragaza ko hari ingaruka urukingo rwatera (reba Ikibazo 3 hasi aho), ariko umuntu <u>agomba</u> kubanza kuganira na muganga we wa hafi ku bibazo byo kwivumbura k'umubiri we mbere na mbere hanyuma agakorerwa isuzuma ry'ubuzima. Urukingo rwa Janssen rugomba gupangirwa gutangwa byibura mu minsi 28 nyuma yo guhabwa doze iheruka y'urukingo rwa Pfizer (niba bishoboka).
	➤ OYA	Komezwa ku Kibazo cya #2
2.	<p>Waba waragize <u>ibimenyetso ku buzima bwawe byo kwivumbura gukabije k'umubiri *</u> (nko guhungabana ku rwego rukomeye k'ubuzima) igihe ufata doze ya mbere y'urukingo rwa COVID-19 Moderna, cyangwa indi miti mu yigize urukingo (harimo nka polyethylene glycol ikunze gukoreshwa mu kuvura impatwe)?</p> <p>CYANGWA</p> <p>Waba waragaragaje <u>ibimenyetso byo kwivumbura k'umubiri gukabije</u> mu masaha 4 nyuma yo kwakira doze ya mbere y'urukingo rwa COVID-19 Moderna cyangwa indi miti mu yigize urukingo (harimo nka polyethylene glycol ikunze gukoreshwa mu kuvura impatwe)? <i>(Icyitonderwa: Ibibazo byo kwivumbura k'umubiri bigaragazwa n'ibimenyetso birimo gufuruta; kubyimbirwa mu isura, umunwa, cyangwa mu muhogo; guhirita ndetse no guhumeka bigoranye.)</i></p> <p>Ibigize Urukingo rwa Moderna harimo:</p> <ul style="list-style-type: none"> • Akanyangingo gatoya ka RNA gafitanye isano n'urusobe rw'uturemangingo (Messenger RNA (mRNA)) • Intungamubiri dusanga mu mavuta n'imiseburo (Lipids): <ul style="list-style-type: none"> ○ SM-102 (ikoreshwa cyane kuri Moderna) ○ Polyethylene glycol [PEG] 2000 dimyristoyl glycerol [DMG] ○ 1,2-distearoyl-sn-glycero-3-phosphocholine [DSPC] 	

	<ul style="list-style-type: none"> ○ Intungamubiri zituruka ku bikomoka ku matungo (Cholesterol) ● Ikinyabutabire cya (Tromethamine) ● Ikinyabutabire kigabanya aside mu mubiri (Tromethamine hydrochloride) ● Aside ya Vinegere (Acetic acid) ● Ikinyabutabire cy'umunyu (Sodium acetate) ● Isukari (sucrose)
	<p>➤ YEGO</p> <p>NTABWO ahabwa urukingo rwa Moderna cyangwa Pfizer-BioNTech. Umuntu ashobora guhabwa urukingo rwa Janssen niba nta mpamvu zihari zigaragaza ko hari ingaruka urukingo rwatera (reba Ikibazo 3 hasi aho), ariko umuntu <u>agomba</u> kubanza kuganira na muganga we wa hafi ku bibazo byo kwivumbura k'umubiri we mbere na mbere hanyuma agakorerwa isuzuma ry'ubuzima. Urukingo rwa Janssen rugomba gupangirwa gutangwa byibura mu minsi 28 nyuma yo guhabwa doze iheruka y'urukingo rwa Pfizer (niba bishoboka).</p>
	<p>➤ OYA</p> <p>Komeza ku Kibazo cya #3</p>
3.	<p>Waba waragaragaje <u>ibimenyetso byo kwivumbura k'umubiri gukabije</u> *(gucika intege bikabije k'umubiri) mbere yo gufata doze y'urukingo rwa COVID-19 rwa Janssen, cyangwa ibigize urukingo (birimo umuti wa polysorbate)?</p> <p>CYANGWA</p> <p>Waba waragaragaje <u>ibimenyetso byo kwivumbura k'umubiri gukabije</u> mu masaha 4 nyuma yo kwakira doze ya mbere y'urukingo rwa COVID-19 Janssen cyangwa indi miti mu yigize urukingo (harimo nka polysorbate)?</p> <p><i>(Icyitonderwa: Ibibazo byo kwivumbura k'umubiri bigaragazwa n'ibimenyetso birimo gufuruta; kubyimbirwa mu isura, umunwa, cyangwa mu muhogo; guhirita ndetse no guhumeka bigoranye.)</i></p> <p>Ibigize Urukingo rwa Janssen harimo:</p> <ul style="list-style-type: none"> ● Uduce duto tw'urusobe rwa virusi zidakora (Inactivated adenovirus particles) ● Aside ituruka mu ndimu (Citric acid monohydrate) ● Ikinyabutabire cy'Umunyu utuma ibintu bimara igihe kirekire (Trisodium citrate dehydrate) ● Ikinyabutabire cy'Umusemburo (Ethanol) ● 2-hydroxypropyl-β-cyclodextrin (HBCD) ● Polysorbate-80 ● Ikinyabutabire cy'Umunyu (Sodium chloride)
	<p>➤ YEGO</p> <p>NTABWO ahabwa urukingo rwa Janssen. Umuntu ashobora guhabwa urukingo rwa Pfizer-BioNTech cyangwa Moderna niba nta mpamvu zihari zigaragaza ko hari ingaruka inkingo zatera (reba Ibibazo 1 & 2 hasi aho), ariko umuntu <u>agomba</u> kubanza kuganira na muganga we wa hafi ku bibazo byo kwivumbura k'umubiri we mbere na mbere hanyuma agakorerwa isuzuma ry'ubuzima</p>
	<p>➤ OYA</p> <p>Komeza ku Kibazo cya #4</p>
4.	<p>Waba waragize <u>ibimenyetso ku buzima bwawe byo kwivumbura gukabije k'umubiri*</u> (nko guhungabana ku rwego rukomeye k'ubuzima) ku kintu runaka (harimo indi miti, amafunguro, ibinyabutabire runaka, ibiterwa n'ibidukikije, n'ibindi)?</p>

	CYANGWA Waba waragaragaje <u>ibimenyetso byo kwivumbura k’umubiri gukabije</u> mu masaha 4 nyuma yo gufata urundi rukingo cyangwa ugaterwa umuti binyuze mu rushinge (harimo inshinge ziterwa mu mutsi, mu mukaya, cyangwa mu ruhu)?	
	➤ YEGO	Umuntu ashobora gupanga igihe yafatira urukingo, ariko mbere na mbere agirwe inama yo kubanza kuganira na muganga we ku kwivumbura k’umubiri we, ingaruka zifatika byamugiraho ndetse n’ibyiza byo kuba yahabwa urukingo. Musangize uyu muntu “ <i>Amakuru Arebana n’Urukingo rwa COVID-19 ku Bantu Bafite ibyo Bibazo by’Ubuzima</i> ”. Igihe bahawe urukingo, bazakurikiranwa mu gihe cy’iminota 30 nyuma yo gukingirwa.
	➤ OYA	Komeza ku Kibazo cya #5
5.	Waba warafashe imiti ku buryo buhoraho yongera ubudahangarwa bw’umubiri mu rwego rwo kurwanya COVID-19 mu minsi 90 ishize (harimo nko guhabwa amaraso y’abandi bantu bakize uburwayi ndetse no kongererwa uturemangingo dushinzwe kongera ubwirinzi bw’umubiri, nka bamlanivimab ndetse na casirivimab/imdevimab)? (Icyitonderwa: <i>Inkingo za COVID-19 ntzigomba gutangwa byibura mu minsi 90 nyuma yaho umuntu afatiye imiti ku buryo buhoraho yongera ubudahangarwa bw’umubiri mu rwego rwo kurwanya COVID-19 mu rwego rwo kwirinda ko ubuvuzi bwo kongerwa ubudahangarwa bw’umubiri bwabangamira imikorere y’urukingo.</i>)	
	➤ YEGO	NTABWO wemerewe gupanga igihe wafatira urukingo kugera iminsi 90 ishize kuva igihe wafashe imiti ku buryo buhoraho yongera ubudahangarwa bw’umubiri.
	➤ OYA	Komeza ku Kibazo cya #6
6.	Waba warafashe urundi rukingo rutajyanye n’urwa COVID-19 (urugero., ibicurane) mu minsi 14 ishize? (Icyitonderwa: <i>urukingo rwa COVID-19 rugomba gutangwa rwonyine kandi byibura mu minsi 14 itandukanye n’izindi nkingo.</i>)	
	➤ Niba ari Yego, ni iyihe tariki wafasheho urukingo rwa nyuma rutandukanye n’urwa COVID-19? (Shyiraho Itariki)	
	➤ YEGO	NTABWO wemerewe gupanga igihe wafatira urukingo kugera iminsi 14 ishize kuva igihe wafatiyeho izindi nkingo).
	➤ OYA	Komeza ku Kibazo cya #7
7.	Waba ufite ubudahangarwa bw’umubiri buri hasi ** (ubudahangarwa bw’umubiri bwaba bunaniwe kandi bukaba budakora neza)?	
	➤ YEGO	Umuntu ashobora gupanga igihe cyo gufata urukingo, ariko mbere na mbere agirwe inama yo kuganira n’ushinzwe gukurikirana ikibazo cye ku birebana n’uburwayi bwe bwo kugira ubudahangarwa buri hasi, ingaruka zifatika byamugiraho ndetse n’ibyiza byo kuba yahabwa urukingo. Musangize uyu muntu “ <i>Amakuru Arebana n’Urukingo rwa COVID-19 ku Bantu Bafite ibyo Bibazo by’Ubuzima</i> ”.
	➤ OYA	Komeza ku Kibazo cya #8
8.	Waba utwite?	

➤ YEGO	Umuntu ashobora gupanga igihe cyo gufata urukingo, ariko mbere na mbere agirwe inama yo kuganira n’ushinzwe gukurikirana ababyeyi batwite ku birebana no gutwita kwe, ingaruka zifatika byamugiraho ndetse n’ibyiza byo kuba yahabwa urukingo. Musangize uyu muntu <i>“Amakuru Arebana n’Urukingo rwa COVID-19 ku Bantu Bafite ibyo Bibazo by’Ubuzima”</i> .
➤ OYA	Umusozo

* Kwivumbura gukabije k’umubiri harimo ibimenyetso byo guhungabana k’ubuzima nko kubyimbirwa mu isura, iminwa, cyangwa umuhogo; guhirita cyangwa guhumeka bigoranye; guhindagurika k’umuvuduko w’amaraso, n’ibindi, kandi bikenera gukoresha imisemburo kugira ngo umubiri usubire ku murongo ndetse no kujya kwa muganga.

** Ibibazo by’ubudahangarwa buri hasi cyane bw’umubiri harimo kuba uri ku miti ya kanseri, kumara umwaka uhabwa utunyangingo binyuze mu guterwa amaraso cyangwa guhabwa urukingo rushya, ubwandu budakira bw’agakoko gasenya ubudahangarwa bw’umubiri (HIV) bufite utunyangingo twa CD4 turi muni ya 200, ihuzagurika ry’ubudahangarwa bw’ibanze bw’umubiri, imisemburo myinshi mu mubiri, n’ibindi.