

Amakuru y'ibanze ku bantu bakuru

Impamvu 3 z'ingenzi

Zituma abantu bakuru bakingirwa

Mu buzima bwawe, iyo umaze gukura ushobora kutabona ko ugikeneye inkingo. Inkingo ni ingenzi ku buzima bwawe kandi dore impamvu eshatu zibitera.



1. Ushobora kuba ufite ibyago byo kurwara indwara zikomeye zikigaragara muri Amerika.

Buri mwaka abantu bakuze ibihumbi n'ibihumbi bo muri Amerika barwara indwara zishobora kwirindwa binyuze ku nkingo-abantu bamwe zibajyana mu bitaro, ndetse hari nabo zihitana bagapfa.

Niyo waba warabonye inkingo zawe zose ukiri umwana, ubushobozi bwa zimwe muri zo bwo kukurinda bushobora kugenda bushira nyuma y'igihe runaka. Ushobora kugira ibyago byo kwandura izindi ndwara bitewe n'imyaka yawe, akazi ukora, uburyo bwawe bwo kubaho, ingendo ukora cyangwa imimerere y'ubuzima bwawe.

2. Ntushobora kwihanganira ibyago byo kurwara.

N'abantu Bari basanganywe amagara mazima bashobora kurwara ku buryo basiba akazi, cg ishuri. Niba urwaye, ntushobora kwita k'umuryango wawe cyangwa ku zindi nshingano.

3. Ushobora kurinda ubuzima bwawe n'ubuzima bw'abawe ufata inkingo zose zisabwa.

Inkingo zigabanya amahirwe yawe yo kurwara. Inkingo zikorana n'ubwirinzi kamere bw'umubiri wawe mu kugabanya ibyago byo kwandura indwara zimwe na zimwe ndetse no guhangana n'ingaruka ziterwa nizi ndwara.

Inkingo zigabanya ibyago byo gukwirakwiza indwara zimwe na zimwe. hari ibintu byinshi wifuza gusangiza abo ukunda; ariko urukingo rw'indwara za kwirindwa ntabwo ari kimwe muri byo. Impinja, abantu bakuru, n'abantu bafite intege nke z'umubiri (nk'abari kuvurwa kanseri) bibasirwa cyane n'urukingo rw'indwara zishobora kwirindwa.

Inkingo ni bumwe mu buryo bwizewe bwo kurinda ubuzima bwawe. Ingaruka mbi z'urukingo mu busanzwe ntiziba zikomeye cyane kandi zirikiza. Ntibikunze kubaho ko urukingo rukugwa nabi cyane.

Kwikingiza

Abantu bakuru bashobora gukingirwa ku biro bya muganga, farumasi, aho bakorera, amavuriro y'abaturage, ishami ry'ubuzima, n'ahandi hantu. Ushaka kumenya aho wakura urukingo hafi yawe, Jya kuri <http://vaccine.healthmap.org>.

Gahunda nyinshi z'ubwishingizi bw'ubuzima hafi ya zose ziba zikubiyemo n'ikiguzi cy'inkingo zisabwa. Ku bisobanuro birambuye vugana n'ikigo cy'ubwishingizi ukorana nacyo, baguhe n'urutonde rw'aho wabonera inkingo. Niba nta bwishingizi bw'ubuzima ufite, sura www.healthcare.gov kugira ngo umenye byinshi ku byerekeye uburyo bwo kwivuza.



Ni izihe nkingo ukeneye?

Abantu bakuze bose bagomba gufata:

- Urukingo rw'ibicurane buri mwaka kugira ngo birinde ibicurane
- Td/Tdap zo kwirinda akaniga, agakwega na kokorishe (Inkorora)

Dushingiye ku myaka yawe, ubuzima bwawe, inkingo wafashe ukiri umwana, n'ibindi bintu, ushobora gukenereza izindi nkingo nka:

- Ibihara
- Hepatite A
- Hepatite B
- Kanseri y'inkondo y'umura (HPV)
- MMR (Iseru)
- Urukingo rwa mugiga
- Urw'indwara zifata imyanya y'ubuhumekero (pinemoni)
- N'indwara zifata uruhu

Witegereza. IKINGIZE!

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www.cdc.gov/vaccines/adults

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Indwara hamwe n'inkingo zifasha kuzikumira	Uburyo icyorezo cy'indwara gishobora kukugiraho ingaruka
Icyorezo cy'ibicurane bisanzwe Urukungo rw'ibicurane bisanzwe	Umuriro mwinshi, kumva ushyushye mu mubiri/cg ukonje, gukorora, kubabara umutwe, gupfuna amazuru, kubabara mu muhogo, kubabara imitsi cg kubabara umubiri wose, umunaniro ukabije, hari bamwe bashobora kuruka no gucibwamo, nubwo ibi bikunze kugaragara mu bana kurusha abakuze. Ingaruka mbi z'indwara: Umusonga (infegisiyo yo mu bihaha) kuremba cyane ku bafite indwara zidakira bahanganye nazo, kujyanwa mu bitaro, kuviramo bamwe ubumuga, cyangwa n'urupfu
Hepatite A Urukungo rwa Hepatite A	Umuriro, umunaniro, kubabara igifu, kubura ubushake bwo kurya, kuruka, jaunice (umuhondo w'uruho n'amaso), n'inkari zijimye, usibye ko hari n'igihe nta bimenyetso bishobora kubaho. Ingaruka mbi z'indwara: Kunanirwa k'umwijima, arthralgia (Kubabara mu ngingo); n'impayiko, impindura, n'indwara y'amaraso
Hepatite B Urukungo rwa Hepatite B	Uburwayi bw'ibicurane no kubura ubushake bwo kurya, kugira umuriro, umunaniro, gucika intege, isesemi, kuruka, guhinduka umuhondo ku ruhu n'amaso, kubabara mu ngingo, ark hari n'igihe nta bimenyetso bishobora kugaragara. Ingaruka mbi z'indwara: Indwara idakira y'umwijima, kunanirwa k'umwijima, na kanseri y'umwijima
Kanseri y'inkondo y'umura (HPV) Urukungo rwa kanseri y'inkondo y'umura HPV	Akenshi, hashira imyaka nta bimenyetso bigaragara kugeza kanseri igaragaye. Ingaruka mbi z'indwara: Inkondo y'umura, kanseri y'imyanya myibakiro y'abagore; Kanseri y'igitsina ku bagabo; n'imyanya ndangagitsina, hamwe na kanseri yo mu kibuno na kanseri yo mu muhogo byaba ku bagore no ku bagabo
Iseru Urukungo rwa MMR	Umuriro mwinshi, gupfuna amazuru, gukorora no gufuruta umubiri wose. Ingaruka mbi z'indwara: Infegisiyo yo mu gutwi, umusonga, ibibyimba byo ku bwonko bitewe na infegisiyo cyangwa n'urupfu
Indwara ya mugiga Urukungo rwa mugiga	Isesemi, kuruka, kurwara urukebu, umuriro, kubabara umutwe, kudashaka urumuri rwinshi, amazinda, umunaniro, no gufuruta. Ingaruka mbi z'indwara: Kwangirika k'ubwonko, gutakaza amaboko cg amaguru, gutakaza ubushobozi bwo kumva, guta ubwenge, guturika imitsi yo mu bwonko, cyangwa n'urupfu
Indwara zifata imyanya y'ubuhumekero (pinemoni) Urukungo rwa pinemoni	Umuriro, ubukonje mu mubiri, kudahumeka neza, kubabara mu gatuza, kurwara urukebu, kubabara ugutwi, kudashaka urumuri rwinshi no gukorora. Ingaruka mbi z'indwara: Infegisiyo yo mu bihaha, mu gutwi hagati cg mu mazuru, ibibazo by'umutima, kwangirika k'ubwonko, gutakaza ubushobozi bwo kumva, gutakaza amaboko cg amaguru, cyangwa n'urupfu
Ibihara Urukungo rwa virusi ya zoster	Uburibwe bwinshi butewe no gushesha ibintu mu maso uruhande rumwe cg rw'umubiri, bibanza gututumba bigaturika nyuma bigasiga inkovu, kubabara umutwe, umuriro, ubukonje mu mubiri no kubabara igifu. Ingaruka mbi z'indwara: Ububabare bukabije bushobora kumara amezi cyangwa imyaka nyuma yuko gufuruta bikize, umusonga, gutakaza ubushobozi bwo kureba no kumva, cyangwa n'urupfu.
Tetanusu Urukungo rwa Td/Tdap	Kubabara cyane bitewe no gufatwa n'imbwa, no kugaragara kw'inyama zose, gufungana urwasaya (kwasamura akanwa bikanga), kumira ukababara cg guhumeka ukababara, gufatwa n'imbwa, n'umuriro. Ingaruka mbi z'indwara: Kuvunika amagufwa, guhumeka nabi, cyangwa n'urupfu.
Inkorora y'igikatu (Kokorishe) Urukungo rwa Td/Tdap	Ibimenyetso bihoraho by'ibicurane (Gukorora no gupfuna amazuru) biganisha ku gukorora bikabije no gufungana mu muhogo bituma guhumeka bigorana, kunywa cg kurya nabyo bikagorana. Ingaruka mbi z'indwara: Kuvunika imbavu, umusonga, cyangwa n'urupfu.

Ushaka urutonde rwuzuye rw'indwara zishobora kwirindwa binyuze ku nkingo, wasura: www.cdc.gov/vaccines/vpd-vac

Ugiye gutemberera mu mahanga? Hashobora kuba hari izindi nkingo ukeneye. Shakira kuri: www.cdc.gov/travel

Vugana n'inzobere mu by'ubuvuzi ikwitaho kugira ngo umenye neza inkingo usabwa gufata.

Ku bindi bisobanuro ku bijyanye n'inkingo, wasura www.cdc.gov/vaccines/adults cg ukoreshe igikoresho cyigenzura inkingo z'abakuze kuri www2.cdc.gov/nip/adultimmsched/ kugira ngo umenye inkingo ushobora kuba ukeneye.



Witegereza. IKINGIZE!

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