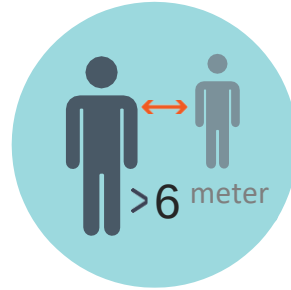


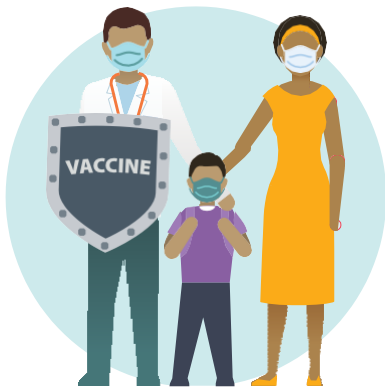
Ukuri ku bijyanye n'inkingo za COVID-19

Inkingo ni bumwe mu buryo dufite bwo kurwanya icyorezo cya COVID-19.



Tugomba gukoresha uburyo bwose bwo kwirinda kugira ngo duhagarike iki cyorezo. Inkingo ni bumwe mu buryo buboneye bwo kurinda ubuzima bwawe no kwirinda indwara. Inkingo zikorana n'ubwirinzi karemano ku buryo **umubiri wawe uba witeguye kurwanya virusi**, igihe uhuye nayo (byitwa kandi ubudahangarwa bw'umubiri). Ibindi bikorwa, nko kwambara agapfukamunwa gatwikira izuru n'umunwa no gusiga nibura intera ya metero 2 hagati yawe n'abandi bantu mutabana, nabyo bifasha guhagarika ikwirakwira rya COVID-19.

Ubushakashatsi bwerekana ko **inkingo za COVID-19 zikora neza cyane** mu kuba zakurinda kuyandura. Abahanga kandi batekereza ko kubona urukingo rwa COVID-19 bishobora gufasha umuntu kutaremba n'ubwo yayandura. Izi nkingo ntizishobora kukwanduza iyi ndwara nyirizina.



Inkingo zirizewe. Uburyo bwo kugenzura ubuziranenge bw'inkingo muri Leta zunze ubumwe z'Amerika bukora ku buryo inkingo zose ziba zizewe uko bishoboka. Inkingo zose za COVID-19 zirimo gukoreshwa zanyuze muri ubwo buryo bw'igerageza ryo kureba ko zizewe kandi zujuje ibisabwa nk'uko byakozwe ku zindi nkingo zagiye zikorwa mu myaka yashize. Ubwo buryo bukora mu gihugu hose butuma ikigo gishinzwe kurwanya no gukumira indwara cyo muri Leta zunze ubumwe z'Amerika (CDC) gikurikirana ibibazo by'ubuziranenge kikanakora ku buryo izo nkingo zihora zizewe.

Hazakorwa ubwoko butandukanye bw'inkingo za COVID-19. Inyinshi muri izo nkingo zitangwa uziterwa kabiri, rumwe mu gihe runaka kandi harimo intera y'igihe. Urukingo rwa mbere uterwa rutegura umubiri. Urukingo rwa kabiri uruterwa nibura hashize ibyumweru bitatu kugira ngo hizerwe ko umubiri wawe ufite uburinzi buhagije. Niba ubwiwe ko ukeneye guterwa inkingo ebyiri, kora ku buryo zombi uzihabwa. Inkingo zishobora gukora mu buryo butandukanye gato, ariko ubwoko bwazo bwose buzafasha kukurinda.



www.cdc.gov/coronavirus/vaccines

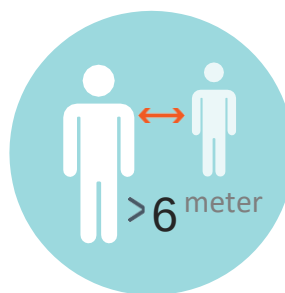


Inkingo zishobora gutera ubwivumbure bw'umubiri ku bantu bamwe na bamwe, nko kuribwa imikaya, kumva umuntu ananiwe, cyangwa umuriro muke. Izo mpinduka zisobanuye ko urukingo ruba rurimo kwigisha umubiri wawe uko warwanya COVID-19 uramutse uyanduye. Ku bantu benshi, ubwo bwivumbure bw'umubiri ntibumara iminsi irenze umwe cyangwa ibiri. **Kugira ubwo bwoko bw'ubwivumbure bw'umubiri SI ukuvuga ko uba waranduye COVID-19.** Niba ugize ikibazo ku buzima bwawe nyuma yo guterwa urukingo, hamagara muganga, umuforomo cyangwa ivuriro. Kimwe no ku miti iyo ari yo yose, ni gake ariko birashoboka kugira impinduka zikomeye, nko kutabasha guhumeka. Bishoboka gake ko ibi byabaho, ariko igihe bibaye, wahamagara 911 cyangwa ukajya ahatangirwa serivisi z'ubuvuzi bwihutirwa hakwegereye.



Igihe uhabwa urukingo, wowe n'umukozi wo mu rwego rw'ubuzima mwembi muzasabwa kwambara udupfukamunwa.

CDC isaba ko muri iki gihe k'icyorezo, abantu bambara agapfukamunwa gatwikira izuru n'umunwa igihe bahura n'abandi hanzu y'urugo babamo, igihe bari mu nyubako z'amavuriro, n'igihe barimo guhabwa urukingo urwo ari rwo rwose, harimo n'urwa COVID-19.



Na nyuma yo guhabwa urukingo, ugomba kuzakomeza kwambara agapfukamunwa gatwikira izuru n'umunwa, gukaraba intoki kenshi no gusiga intera ya metero 2 hagati yawe n'abandi bantu mutabana. Ibi biguha uburyo bwiza bwo kwirinda kuba wakwandura virusi wowe n'abandi kugeza ubu, abahanga ntibazi igihe urukingo ruzamara rukurinzwe, ku bw'iyi mpamvu ni byiza kuguma gukurikiza amabwiriza atangwa na CDC ndetse n'ishami ry'ubuzima ryawe. **Tuzi kandi ko atari buri wese uzahita akingirwa, ku bw'iyi mpamvu biracyari ingenzi kwirinda ukanarinda abandi.**