



# Irinde COVID y'igihe kirekire: Ikingize

Abantu bamwe na bamwe barwaye COVID bashobora kugira ibimenyetso bimara ibyumweru cyangwa amezi—uburwayi bwitwa “COVID y'igihe kirekire.”

Ibimenyetso bya COVID y'igihe kirekire bikunze kuvugwa birimo:

- Kumva unaniwe cyane
- Inkorora
- Guhumeka nabi cyangwa kubura umwuka
- Ububabare
- Urujijo mu bwonko (ikibazo cyo gutekereza cyangwa kwibuka)
- Ibibazo byo gusinzira
- Guhinduranya akanyamuneza n'umunabi
- Gutakaza uguhumurirwa cyangwa kumva uburyohe
- Umuriro

COVID y'igihe kirekire ishobora gufata abantu b'imyaka yose.

Gabanya ibyago byawe byo kugira COVID y'igihe kirekire ugendana n'igihe ku nkingo za COVID.

**Shaka aho wikingiriza COVID hafi yawe kuri [vaccines.gov](https://www.vaccines.gov).**

