



COVID-19 BOOSTER

LET'S DO THIS – Kinyarwanda



Abantu bafite imyaka 16 nirenga basabwwe kubona urukingo rwa COVID-19 booster (rukomeza) vuba bishoboka

Kuki hakenewe booster?

Nubwo waba umaze kugira COVID-19, ubushakashatsi bwerekana ko ubudahangarwa bwawe butangira kugabanuka mugihe runaka.

Doze ya booster yibutsa sisitemu yabasirikali bumubiri uburyo bwo kubona no kurwanya virusi. Booster yongera uburinzi burwanya uburwayi bukomeye buva kuri COVID-19 kugeza kuri 95%.

Ninde ushobora kubona urukingo rwa booster?

Abantu bafite imyaka 16 nirenga barashobora guhabwa booster mumezi 3 nyuma ya doze yabo ya kabiri yurukingo rwa COVID-19.

Ndetse nabakiri bato kandi bafite ubuzima bwiza bagomba kubona urukingo rwa booster. Mu gihe c'itumba, ibyago byo kwandura virusi biriyongera, bityo urukingo rwa booster nintambwe yoroshye ushobora gutera kugirango wirinde hamwe nabagukikije.

Nkeneye booster naho naba naramaze kurwara COVID-19?

Yego. Ubudahangarwa bwa buri muntu burwanya kwandura buratandukanye. Ama booster arashobora gushimangira uburinzi bwawe kugeza kuri 95% kuburwayi bukomeye.

Urashobora kubona urukingo rwa booster umaze gukira neza virusi. Kubantu benshi ibi ni ibyumweru 4 kugeza kuri 6 nyuma yo kwandura.

Ni izihe nkingo ziboneka kuri doze yo gukomeza (doce ya booster)?

Inkingo Pfizer na Moderna mRNA zirasabwa nka doze ya booster kubantu bafite imyaka 18 nirenga, niyo waba warafashe urundi rukingo kuri doze ebyiri zambere. Urukingo rwa Pfizer nirwo rukingo rwemewe kubantu bafite hagati yimyaka 16 - 17.

Urukingo rwa AstraZeneca rushobora gukoreshwa mugihe urukingo rwa mRNA ubuvuzi buvuzi ko rudakwiriye, cyangwa umuntu akanga gukingirwa urukingo rwa mRNA. Urukingo rwa Novavax rushobora gukoreshwa niba nta rundi rukingo rwa COVID-19 rufatwa nkurukwiriye kuri urwo muntu.

Nzobona ingaruka zituruka kuri booster?

Urashobora guhura ningaruka mbi zisanzwe zoroshe mugihe ubonye doze ya booster, zisa nizo wagize nyuma ya doze ebyiri zibanza. Zirashobora gushiramo ukuboko kubabara, umuriro, kubabara imitsi cyangwa kumva unaniwe. Ganira na GP wawe niba ufite impungenge.

Kuki abantu bari munsi yimyaka 16 batemerewe guhabwa booster?

Ingano za booster ntabwo zisabwa kubantu bafite munsi yimyaka 16. Muri iki cyiciro, uburwayi bukomeye buturuka kuri COVID-19 ntibusanzwe, kandi doze ebyiri zambere zitanga ubudahangarwa bukomeye.

Gufata urukingo rwa booster mugihe utwite kuratekanye?

Doze ya booster ifite umutekano kandi irasabwa kubagore batwite bakiriye doze 2 z'urukingo rwa COVID-19.

Mugukingirwa, urinda kandi umwana wawe. Hariho ibimenyetso byerekana ko uburinz ubona kurukingo nabwo bugera kumwana wawe.

Ibimenyetso byinshi byerekana ko inkingo za COVID-19 zifite umutekano niba utwite, wonsa cyangwa ugerageza gusama. Ntabwo bigira ingaruka ku burumbuke bwawe.

Ibikoresho by'inkingo birankwiriye?

Ibikoresho byose bikoreshwa mu rukingo rwa COVID-19 byanditswe kurutonde rwa **Australian Register of Therapeutic Goods (Urutonde rwa Ositaraliya rwibicuruzwa Bivura)**.

Nta nkingo za COVID-19 zemewe muri Ositaraliya:

- > zirimo amagi cyangwa ibikomoka ku nyamaswa
- > zirimo virusi nzima iyo ari yo yose itera COVID-19
- > zishobora kugira ingaruka cyangwa gukorana na ADN yawe muburyo ubwo aribwo bwose
- > zikubiyemo ikintu cyose gishobora kugukurikirana
- > zidakwiriye kubantu bava mumadini amwe n'amwe.

Niba wiyiriza ubusa mu rwego rwo kwizihiza iminsi mikuru, biratekanye kubona urukingo rwa COVID-19 na booster. Inkingo za COVID-19 ntizishobora kwonona kwirinda kurya kwawe kuko ntacyo zinjiza munda.

Inkingo za COVID-19 ntizihindura ADN cyangwa ngo zihindure genes zawe. Inkingo zigisha umubiri wawe uburyo bwo kwirinda COVID -19 kandi bigakorwa muminsi mike. Ntabwo bigira ingaruka cyangwa gukorana na ADN yawe muburyo ubwo aribwo bwose.

Urukingo rwa booster ni itegeko?

Oya, icyakora niba wemerewe kandi ukaba utarigeze ufata doze ya booster ukarenza amezi 6 kuva doze yawe ya kabiri ntuzongera gufatwa nkuwujuje ibisabwa kubwirekeye urukingo rwa COVID-19 kandi uzaba waracherewe.

Booster ya COVID-19 yinyogera mwitumba niki kandi ninde ugomba kuyibona?

Abantu bamwe bafite ibyago byinshi byo kurwara bikomeye kuva COVID-19. Kurinda aba bantu mbere yubukonje, doze yinyongera (ya kabiri) ya booster irasabwa.

Kuva muri Mata 2022, wemerewe urukingo rwitumba rwa COVID-19 (booster ya kabiri) niba:

- > ufite imyaka 65 cyangwa irenga
- > Uri umu Aboriginal n'Umutura Ibirwa bya Torres Strait ufite imyaka 50 nirenga
- > utuye mu kigo cyita ku bageze mu za bukuru cyangwa ababana n'ubumuga
- > Ufite imyaka 16 nirenga kandi ufite abasirikali bumubiri badakora neza. Kubantu bari muri iri tsinda, doze yurukingo rwitumba izaba icya gatano cya doze yurukingo rwa COVID-19 (doze zibanze eshatu, booster ya mbere na booster yitumba).

Urashobora kwakira urukingo reitumba rwa booster rwa COVID-19 amezi 4 nyuma ya booster yawe yambere, cyangwa amezi 4 nyuma yo kwandura COVID-19 niba wirafashe COVID-19 kuva booster yawe ya mbere.

Abantu benshi bemerewe urundi rukingo rwitumba rwa COVID-19 kandi bemerewe guhabwa urukingo rwibicurane kubuntu.

Guhabwa urukingo rwa COVID-19 hamwe no rwibicurane biratekanye?

Biratekanye kandi birakwiriye gufata urukingo rwa COVID-19 hamwe nurukingo rwibicurane icyarimwe. Sura GP yawe, farumasi niba ushaka kwakira inkingo zombi hamwe.

Shaka isango

Amasango ya booster arahari ahantu ibihumbi muturere twa NSW, hashizwemo amafarumasi namavuriro ya ba GP.

Amakililiki menshi ya NSW Health nayo aremera kuza utigeze usaba isango, bisobanura ko utagomba kubanza gusaba isango.

- > Shaka isango cyangwa uze utigeze usaba isango kuri [kililini ikingira ya NSW Health](#).
- > Shaka isango kuri [kiliniki, GP cyangwa farumasi iri hafi yawe](#).

Niba ukeneye ubufasha gusaba isango, hamagara the National Coronavirus Helpline (Umurongo wa Coronavirus Ufasha) kuri **1800 020 080** hanyuma ukande amahitamo ya 8 kugirango ubone serevisi yabasemuzi.