



LET'S DO THIS – Kirundi

Abantu bamaze imyaka 16 n'abayirenta bahimirizwa kuronka inkabuzo y'urucanco rwa COVID-19 mu buryo bwihuta bushoboka

Kubera iki iyo nkabuzo ikenewe?

Mbere naho woba uja wararwaye COVID-19, ubushakashatsi bwerekanye yuko ubushobozi bw'umubiri bwo kwigwanirira butangura kugabanuka uko igihe kigenda congerekana.

Doze y'inkabuzo yibutsa ubushobozi bw'umubiri bwawe bwo kwigwanirira kubona umugera no kuwurwanya. Inkabuzo irwiza ukwikingira kwawe ingwara zikomeye zikomoka kuri COVID-19 gushika ku rwego rw'ibice 95%.

Ni nde ashobora kuronka urukingo rw'ugukabura?

Abantu bamaze imyaka 16 n'abayirenta bashobora kuronka urukingo rw'inkabuzo azezi atatu inyuma ya doze ya kabiri y' urukingo rwa COVID-19.

Mbere n'ababoneka ko bakiri bato kandi ko bafise amagara meza barakeneye kuronswa urukingo rw'inkabuzo. Mu gihe c'urushana, igihe c'imbeho nyinshi cane, ugushobora kwandura umugera kurongerekana, ni co gituma urukingo rw'inkabuzo ari intambuko yoroshe ushobora gufata ubwawe hamwe n'abakwegereye bakaba amahoro.

Noba nkeneye inkabuzo nimba nja nararwaye COVID-19?

Ego. Ubushobozi bw'umubiri w'uwo ari we wese mu kurwanya ukuzokwandura muri kazoza buratandukanye. Inkabuzo zishobora gukomeza inkomezi zawe z'umubiri zo kwigwanirira gushika ku rwego rwa 95% ingwara zikomeye.

Ushobora kuronka urukingo rw'inkabuzo igihe uba uja warakize neza uwo mugera. Ku bantu benshi ibi biba hagati y'amayinga 4 n'amayinga 6 inyuma yuko baba baranduye.

Ni inkingo izihe zihari kuri doze y'inkabuzo?

Inkingo za Pfizer na Moderna mRNA ni zo zisabwa gukoreshwa nka doze y'ugukabura ku bantu bamaze imyaka 18 n'iyirenga, mbere naho boba baronse ubundi bwoko bw'urukingo kuri dose zibiri za mbere. Urukingo rwa Pfizer ni yo nkabuzo yemewe ku bantu bari hagati y'imyaka 16-17.

Urukingo rwa AstraZeneca rurashobora gukoreshwa igihe urukingo rwa mRNA wabujijwe kurukoresha, canke umuntu yanse urukingo rugizwe n'urukingo rwa mRNA. Urukingo rwa Novavax rurashobora gukoreshwa nimba ata rundi rukingo rwa COVID-19 ruriho ata bibazo rutera kuri uwo muntu.

Mbega hari ingaruka mbi nshobora guterwa n'inkabuzo?

Urashobora kugira ingaruka mbi ntoyza zisanzwe zikunda kuboneka igihe uhawe doze yawe y'inkabuzo, zisa na zimwe zaboneka inyuma ya doze zibiri zawe za mbere. Muri izo hashobora kuba harimwo ukuvyimba ku kuboko, umururumbo, kubabara mu nyama canke ukwumva yuko ucotse, urushe. Vugana n'umuganga wawe akuvura ibintu vyose nimba ivyo vyoba biguteye uruhagarara.

Kubera iki abantu bari muni y'imyaka 16 batarabwa n'inkabuzo?

Madoze y'inkabuzo ntiyemerewe guterwa abantu bari muni y'imyaka 16 muri iki gihe. Muri uyu murwi w'imyaka, ingwara zikomeye zikomoka kuri COVID-19 ntizikunda guhuta ziraboneka, kandi doses zibiri za mbere zivyara ubukomezi bw'umubiri bukomeye.

Mbega nta ngorane ziterwa n'ukuronswa urukingo rw'inkabuzo igihe umuntu aba yibungenze?

Doze y'inkabuzo nta ngorane iteza kandi irasabwa ku bagore baba bibungenze kandi baba bararonkejwe doses 2 z'urukingo rwa COVID-19.

Mu kwicandagisha, uba vyongeye ukingiye umwana wawe. Hariho ibimenyetso vyerekana ugukingirwa uronka kuvuye ku rukingo guca kuja no ku mwana wawe.

Ibindi bimenyetso vyerekana yuko inkungo za COVID-19 ata ngorane zitera nimba wibungenze, nimba wonsa canke uriko uragerageza kurondera ikibondo. Izo nkingo nta ngaruka zigira ku kuvyara kwawe.

Mbega ibigize urukingo ntaco bintwara?

Ibigize urukingo vyose bikoreshejwe mu nkingo za COVID-19 vyaradonowe muri **Australian Register of Therapeutic Goods (igitabu bandikamwo ibintu vyose vyo kuvura)**.

Nta rukingo na rumwe rwa COVID-19 rwemewe muri Australia:

- > rurimwo amagi canke ibintu bivuye mu gikoko
- > rurimwo umugera muzima utera COVID-19
- > rushobora kugira ingaruka canke ngo rwivange na DNA yawe mu buryo na bumwe
- > rurimwo ikintu na kimwe gishobora kumenyekanisha aho uba uri canke gishobora gukurikiranwa
- > Kitajanye no ku bantu bamwe bamwe bo mu madini canke ukwizera kanaka.

Nimba wisonzesheje nka kimwe mu bigize akaruhuko kawe k'imisi mikuru, nta ngorane kuronswa urukingo rwa COVID-19 n'inkabuzo. Inkingo za COVID-19 ntibizoca bikuraho ukwisonzesha kwawe kuko bidatuma habaho ikintu na kimwe cinjira mu nda yawe.

Inkingo za COVID-19 ntizihindura DNA yawe canke ngo zihindure inkaburamubiri (genes) zawe. Inkingo zigisha umubiri wawe ukugene wikingira COVID-19 kandi ivyo bica vyikora mu mubiri mu misi kanaka. Ntibigira ingaruka canke ngo bihindure DNA yawe na gatoya.

Mbega inkabuzo z'inkingo ni itegeko?

Oya, ariko nimba ugeze guterwa urukingo yamara ukaba utarahabwa doze y'inkabuzo hakaba harenze amezi 6 kuva uronse doze y'urukingo rwawe ya kabiri ntuzoba ukugezweho ku bijanye n'inkingo zawe za COVID-19 kuko zizoba zataye agaciro, zitakigezweho.

Inkabuzo yo kwongerako ya COVID-19 kubera ubukanye budasanzwe ni ukuvuga iki kandi ni nde akwiye kuyihabwa?

Abantu bamwe bamwe bari mu kaga kanini ko kwandura ingwara zikomeye zikomoka kuri COVID-19. Kugira ngo aba bantu bakingirwe imbere yuko imbeho irenze urugero ishika, urundi rukingo rwa (kabiri) rw'inkabuzo rurakenewe.

Guhera mu kwezi kwa ndamukiza 2022, urashobora guterwa urukingo rwa COVID-19 (dose y'inkabuzo ya kabiri) nimba

- > umaze imyaka 65 canke uyirengeje
- > uri umusangwabutaka canke umu Torres Strait Islander amaze imyaka 50 canke ayirenta
- > nimba uri umuntu aba ahantu harerewe abageze mu zabukuru canke aba aharerewe abagendana ubumuga
- > nimba amaze imyaka 16 canke ayirenta kandi akaba afise ingorane zijanye n'ububasha bw'umuburi bwo kwikingira ingwara. Ku bantu bari muri uwo murwi, doze y'urukingo rw'igihe c'ubukanye ruzoba urugira gatanu rwa COVID-19 (doze zitatu nkuru nkuru, inkabuzo ya mbere n'inkabuzo utewe kubera ikirimo c'ubukanye budasanzwe).

Urashobora kuronka inkabuzo yawe y'urukingo rwa COVID-19 y'ikirimo c'ubukanye kidasanzwe azezi ane aheze iyuma ya doze ya mbere y'inkabuzo, canke azezi ane inyuma yuko vyemejwe ko wanduye COVID-19 nimba wararwaye COVID-19 kuva uronse doze yawe ya mbere y'inkabuzo.

Abantu benshi batowe kugira ngo bongerezwe urukingo rwo mu rushana, mu gihe hakanye cane COVID-19 ruriho kandi bakanaronka urukingo rwo k'ubuntu rubakingira ibicurane.

Vyoba ata ngorane bitera kuronkerezwa rimwe urukingo rwa COVID-19 n'urw'ibicurane?

Ni vyiza kandi birabereye kuronka urukingo rwa COVID-19 n'urw'ibicurane ukazironkera rimwe. Usabwe kugendera aho bavurira ingwara zose, idandarizo ry'imiti nimba wipfuzwa kuronka izo nkingo zose.

Kuronka umubonano

Kubikisha imibonano yo kuronswako inkabuzo ariho ku bwinshi kandi ahantu henshi muri NSW, harimwo amandarizo y'imiti n'aho bavurira ingwara zose.

NSW Health amavuriro menshi aremera vyongeye ko "umuntu apfa kwinjira" atarinze gusaba umubonano

- > Rondera umubonano canke ugende kuri [NSW Health ivuriro batererako urukingo](#)
- > Rondera umubonano kuri [clinike, umuganga \(GP\) canke aho badandariza imiti iruhande yaho uba](#).

Nimba ukomeye gufashwa kubikisha isango, hamagara National Coronavirus Helpline, (umurongo w'igihugu wo kwihutira gufasha) kuri **1800 020 080** maze uce ufyonda kuri 8 herekeranye n'ibikorwa vy'ugusobanura mu zindi ndimi.