

# LET'S DO THIS – Kirundi

## Urukingo rwa COVID-19 ku bana bari hagati y'imyaka (5-11)

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### Kubera iki abana bari hagati y'imyaka 5-11 bategerezwa kwikingisha COVID-19?

COVID-19 ni umugera ushobora gutera ingwara ikomeye mbere n'urupfu rukajamw, co kimwe n'ibindi bibazo vyo mu magara bishobora kumara igihe kirekire. Uwo mugera urashobora kwandukira no kurandagata mu buryo bworoshe cane abantu bakawuhanahana kandi rimwe na rimwe hakaboneka ibimenyetso bike canke mbere ntibinaboneke, bigatuma bitoroha kumenya ko wanduye n'imbere yuko wandukiza abandi.

Mbere naho ukwandura COVID-19 ku bana bidakomera cane nk'uko bikomera ku bakuze, hariko ibituma bikomeye vyotuma dushigikira ko abana na bo nyene bicandagisha:

- Urukingo rufasha ubukomezi bw'umubiri kwikingira ingwara. Mu gukingiza umwana wawe, uba uriko uramufasha kwikingira ingwara ikomeye ikomoka kuri COVID-19 kandi ukaba umukingiyiye n'ingaruka z'igihe kirekire zishobora gukomoka kuri iyo ngwara.
- Urukingo vyongeye rufasha gukingira incuti, umuryango n'ikibano, harimwo n'abagendana ibibazo bo mu myaka itandukanye, mu kubafasha kugabanura ukuyandukizanya.
- Urukingo rufasha kugumiza abana kw'ishuri kandi bagashobora kuja mu bikorwa vy'ikibano bibafitiye akamaro mu kwiga kwabo hamwe n'ugushira imbere kwabo.

Amamiliyoni y'abana mw'isi yose baja baracandazwe mu mutekano ata ngorane barakingirwa COVID-19. Iki menyetso simusiga cerekana yuko urukingo rutanga ugukingirwa kudasanzwe ku ngwara zikomeye zikomoka kuri COVID-19 mu bana kandi rugafasha ko umuryango uba mu mu mutekano no mu mahoro ata ngorane.

### Mbega abana baronka inkingo zimwe hamwe na doze zimwe nk'iz'abakuze?

**Oya.** Urukingo rwemejwe ku bana bari hagati y'imyaka 5-11 ni urukingo rudasanzwe rugizwe na Pfizer (Comirnaty) rw'abana, rukaba rugizwe na dose zibiri zitandukanijwe n'amayinga munani imwe imwe.

Doze y'urukingo rugizwe na Pfizer mu bana bari hagati y'imyaka 5-11 ni nka kimwe ca gatatu ca dose ihabwa abantu bamaze imyaka 12 no kuyirenta. Doze ntoya ni yo ikoreshwa muri uwu murwi w'abantu bari muri iyo myaka kubera ishobora gushika ku rwego rwo hejuru rwo gukingira mu bana nk'izo doze zihabwa abantu bamaze imyaka 12 n'abayirenta.

### Mbega ingaruka mbi ku bana zoba zimeze nk'ingaruka mbi zishikira abakuze?

**Ego.** Abana barashobora guhura n'ingaruka mbi zimwe nk'iz'abakuze bamaze guhabwa urukingo COVID-19.

Izo ngaruka mbi mu bisanzwe ziraza ariko zikagenda inyuma y'umusi umwe canke ibiri kandi hashobora kuba harimwo:

- Ukumeneka umutwe
- Umururumbo n'uguhinda agashitsi
- Uburuhe / gucika intege
- Kubabara mu nyama hamwe n'ukuvyimba ku kuboko aho baguteye urushinge

Ingaruka ntonto mbi ni izisanzwe kandi zerekana yuko ubushobozi bw'umubiri bwo kwirwanirira buriko burakora kuri urwo rukingo. Ingaruka zindi mbi zikomeye zikomoka ku nkingo ntizikunda guhuta ziraboneka, nk'akaga k'izo ngaruka mbi nyene ziri hejuru kurusha ukwandura COVID-19 ubwayo. Iyo izo ngaruka mbi zibandaniye canke ukaba ufise amakenga, vugana n'umuganga wawe asanzwe akuvura vyose.

### **Mbega akaga k'ingaruka mbi zikomeye bisigura yuko ntokingiza umwana wanje?**

**Oya.** Inkingo zose za COVID-19 zikoreshwa muri Australia zifise kahise keza k'uko zidatera ingorane kandi ko zasuzumwe bihagije kandi zikaba zarasuzumwe n'ikigo kibijewe (TGA) hamwe n'umurwi mpanuzwajambo w'ubuhinga ku bijanye n'ivyerekeranye n'ubushobozi bw'umubiri bwo kwikingira (ATAGI) imbere y'ukwemezwa n'ugutegekwa ko ikoreshwa.

Abana barenga imilyoni 5 muri Reta Zunze Ubumwe za Amerika hamwe n'abandi bana amamiliyoni bo mw'isi yose bafise imyaka iri hagati ya 5-11 baja bararonkejwe urukingo rwa COVID-19 aha turiko turavugana kandi vyabaye mu mutekano n'amahoro, ntivyazanye ingaruka mbi.

### **Mbega urukingo rwa COVID-19 ruzogira ingaruka ku gukura kw'umwana wanje, ku gushira imbere kwiwe, canke ku gushobora kurondoka kwiwe kwo muri kazoza?**

**Oya.** Nta kimenyamenya na kimwe cemeza ko urukingo rwa COVID-19 rushobora kugira ingaruka ku gukura kw'umwana canke ku gushira imbere kwiwe.

Ingaruka mbi z'igihe kirekire zikomoka kuri COVID-19 zishobora kugira ivyononekara ku magara n'ukumererwa neza. Akaga k'uko ibintu bishobora gukomera ku muntu yanduye umugera ni kanini kurusha ingaruka ntoto z'urukingo.

### **Mbega umwana wanje yokwikingiriza nimba aja yararwaye COVID-19?**

**Ego.** Abana baja bararwaye COVID-19? Bakwiriye kuronswa urukingo igihe baba bamaze gukira iyo ngwara kugira ngo bibafashe gukinga ukundi kwandura.

### **Mbega umwana wanje arashobora guhabwa urukingo, gucandagwa ntavyemeye?**

**Oya.** Bisabwa ko abana bari hagati y'imyaka 5-11 babanza kwemererwa n'umuvyeyi canke umurezi yemewe n'amategeko ko atanga uburenganzira bw'uko umwana wiwe ahabwa urwo rukingo.

Icemezo c'umuvyeyi kirakenewe igihe umuntu aba ariko arabikisha isango, vyongeye no ku musu w'iryo sango ahashitse. Iyo umuvyeyi canke umurezi avyemerewe n'amategeko adashoboye kuza kuri iryo sango ari kumwe n'umwana, barashobora gutuma uwundi muntu akuze kugira ngo aze azananye n'uwo mwana ku musu w'iryo sango mu kibanza c'abo igihe bariko baruzuzwa icemezo ku buhinga ngurukanabumenyi igihe baba bariko barabikisha isango.

Ido n'ido ry'umuntu akuze azoherekeza uwo mwana aje kwicandagisha zizotegerezwa kwerekanwa mu gihe c'ukubikisha isango kugira ngo ibibaranga n'uruhusha rwabo ko batanze uburenganzira kandi bavyemeye bari kumwe bishobore gusuzumwa ku musu w'iryo sango aba agiye gukingirwako.

Ku zindi nkuru zirengeye izi ku bijanye n'icemezo, ronderera kuri: [Vaccination consent FAQs for parents and guardians](#).

### **Mbega urukingo rwa COVID-19 ni itegeko ku bana (harimwo n'ishuri n'ukwinonora imitsi, n'ibindi)?**

**Oya.** Ukwikingiriza COVID-19 si itegeko, ariko birahirizwa cane.

Nta gasabwa ku bana ko babanza guhabwa urukingo kugira ngo bashobore kw'ishuri canke mu bikorwa vy'ukwinonora imitsi mu kibano.

### **Mbega umwana wanje arashobora guhabwa urukingo rw'ugushimangira izo aja yarahawe?**

**Oya.** Inkingo za mbere yaronse zivyara ubukomezi bukwiriye bw'umubiri bwo kwikingira mu bantu bakiri bato. ATAGI izoraba ko urukingo rundi rwo gukabura iza mbere rukenewe kuri uwo murwi w'imyaka muri kazoza.

### **Mbega abana bazokingirwa COVID-19 bari kw'ishuri?**

**Oya.** Bikisha isango ry'urukingo rw'umwana wawe rwa COVID-19 biciye ku muganga wawe avura vyose, kw'idandarizo ry'imiti ryo mu micungararo ubamwo, ibikorwa vy'ikibano c'abasangwabutaka biraba amagara y'abantu canke ivuriro ryo gucandagirako rijejwe amagara y'abantu NSW.

### **Nobikisha isango gute?**

Abavyeyi bahimirizwa kubikisha isango ry'ugukingira abana babo mu maguro masha.

**Saba isango ubu nyene ukoresheje umurongo wo ku ngurukanabumenyi** - [www.nsw.gov.au/COVID-19/vaccination/get-vaccinated](http://www.nsw.gov.au/COVID-19/vaccination/get-vaccinated)

**Hamagara kugira ngo usabe isango:** umurongo wo guhamagara kugira ngo usabe isango: 1800 57 11 55 / igikorwa c'ugusigura no gusobanura (TIS): 131 450