AMAKURU MPAMO KU RUKINGO

Urukingo rw'bicurane (rudakora cyangwa rukomatanyije)
Ibyo ugomba kumenya

Many Vaccine information Statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

1 Kuki ari ngombwa kwikingiza?

Ibicurane ni indwara yandura ikwirakwira muri Leta Zunze Ubumwe z'Amerika buri mwaka, cyane cyane hagati y'Ukwakira na Gicurasi.

Ibicurane biterwa na virusi y'ibicurane, bikandurira cyane mu nkorora, kwitsamura no kwegerana.

Uwo ariwe wese ashobora kwandura ibicurane. Ibicurane biratungurana kandi bishobora kumara iminsi myinshi. Ibimenyetso byabyo bihinduka bitewe n'imyaka, ariko birimo:
- umuriro/imbeho
- kubabara mu muhogo
- kubabara mu nyama
- umunaniro
- inkorora
- kubabara umutwe
- gushongonoka cyangwa gufungiza mu mazuru

Ibicurane kandi bishobora gutera umusonga no kwandura kw'amaraso, bigatera n'impiswi n'indwara z'ubwonko ku bana. Uramutse urwaye indwara nk'umutima cyangwa ibihaha, ibicurane bishobora gutuma uremba.

Ibicurane ni bibi cyane ku bantu bamwe. Abana bato n'abakuze, abantu bafite imyaka 65 y'amavuko n'abayirengeje, abagore batwite, n'abantu barwaye indwara runaka cyangwa bafite ubudahangarwa buke bw'umubiri birabazahaza cyane.

Buri mwaka **ibihumbi by'abantu muri Leta Zunze Ubumwe z'Amerika bapfa bazize ibicurane**, abandi benshi bakajya mu bitaro.

Urukingo rw'ibicurane rushobora:
- kugufasha kutandura ibicurane,
- kugabanya ubukana bw'ibicurane uramutse ubirwaye, kandi
- rukagufasha kutanduza ibicurane abo mu muryango wawe ndetse n'abandi.

2 Inkingo z'ibicurane zidakora cyangwa zikomatanya

Urasabwa kujya ufata igipimo cy'urukingo rw'ibicurane uko igihe cyabyo kije. Abana bafite imyaka 6 kugeza ku 8 y'amavuko bakeneye ibipimo bibiri by'urukingo muri icyo gihe cy'ibicurane. Undi wese akeneyeigipimo kimwe cy'urukingo buri gihe cy'ibicurane.

Inkingo zimwe z'ibicurane zidakora zibamo uburinzi bushingiye kuri merikire bwitwa timerosari. Ubushakashatsi ntibwagaragaje ingaruka z'inkingo zirimo timerosari zigira, ariko inkingo z'ibicurane zitarimo timerosari ziraboneka.

Nta virusi y'ibicurane yandurira mu nshinge. **Ntizishobora kwanduza ibicurane.**

Hariho virusi nyinshi z'ibicurane, kandi zihora zihinduka. Buri mwaka hakorwa urukingo rushya rw'ibicurane mu rwego rwo kwirinda virusi eshatu cyangwa enye zishobora gutera icyorezo mu gihe cy'ibicurane kiri imbere. Ariko nubwo urukingo rutahura neza n'izi virusi, rukomeza kurinda umubiri.

Urukingo rw'ibicurane ntirushobora kurinda:
- Ibicurane biterwa na virusi utakingiwe, cyangwa
- Uburwayi busa n'ibicurane ariko atari byo.

Bisaba byibura ibyumweru bibiri nyuma y'urukingo kugira ngo uburinzi butangire gukora, kandi bumara igihe cyose cy'ibicurane.

3 Abantu bamwe ntibagomba guhabwa uru rukingo

Bwira ugukingira:
- **Niba ugira ubwivumbure bw'umubiri bukabije bushobora guhitana ubuzima bwawe ituruka ku miti.**
  Niba warigeze ugira ubwivumbure bw'umubiri bushobora guhitana ubuzima buturuka ku miti nyuma yo guhabwa igipimo cy'urukingo, cyangwa ukagira ubwivumbure bw'umubiri bukabije buturuta kuri uru rukingo, ubwo ushobora kugirwa inama yo kudakingirwa. Inyinshi mu nkingo z'ibicurane (ariko si zose) zibamo poroteyine nke y'igi.
- **Niba warigeze ufatwa n'indwara ya Guillain-Barré (na none yitwa GBS).**
  Abantu bamwe bafite amateka ya GBS ntibagomba gufata uru rukingo. Ibi ugomba kubiganira na muganga wawe.
- **Niba utameze neza.**
  Buri ngihe nta cyo biba bitwaye gufata urukingo rw'ibicurane urwaye indwara yoroheje, ariko ushobora gusabwa kuzagaruka worohewe.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

4 Ingorane zo kwivumbura k'umubiri kuri uru rukingo

Umuti uwo ari wo wose, harimo n'inkingo, iba ishobora kugira ingaruka. Akenshi izo ngaruka ziba zoroheje kandi zishobora kwikiza, ariko na none hashobora kubaho ingaruka zikomeye.

Abantu benshi bahawe urukingo rw'ibicurane nta bibazo rubatera.

Ibibazo byoroheje bituruka ku rukingo rw'ibicurane birimo:
- Kubabara, gutukura, cyangwa kubyimbirwa ahatewe urushinge
- Kubabara mu muhogo
- Kubabara, gutukura cyangwa kuryaryata kw'amaso
- Inkorora
- Umuriro
- Kubabara
- Umutwe
- Kwishima
- Umunaniro

Iyo ibi bibazo bibayeho, bikunze gutangira vuba nyuma yo guterwa urukingo kandi bimara umunsi 1 cyangwa 2.

Ibindi bibazo bikomeye bikurikira guterwa urukingo rw'ibicurane bishobora kubamo ibikurikira:
- Hashobora kubaho ingorane zisumbuyeho zo kwandura ya Guillain-Barré (GBS) nyuma yo guhabwa urukingo rw'ibicurane rudakora. Izi ngorane zagaragaye ku muntu 1 cg 2 biyongera ku bandi muri miliyoni y'abantu bakingiwe. Aba ni bake cyane kurusha ibibazo bikomeye bituruka ku bicurane, bishobora kwirindwa hifashishijwe urukingo rw'ibicurane.
- Abana bawe baterwa urukingo rw'ibicurane hamwe n'urukingo rw'umusonga (PCV13) na/cyangwa urukingo rwa DTaP icyarimwe bashobora kwandura indwara y'ubwonko kurusha abandi. Ku bindi bisobanuro baza muganga. Bwira muganga niba umwana uje gukingiza ibicurane yarigeze gufatwa n'imbwa.

Ibibazo bishobora kubaho nyuma yo guterwa urukingo:
- Rimwe na rimwe abantu bajya bagira isereri nyuma yo kuvurwa, ndetse na nyuma yo gukingirwa. Kwicara cyangwa kuryama iminota 15 bishobora kukurinda isereri no gukomereka biturutse ku kugwa. Bwira muganga wawe niba ugira isereri, cyangwa ukaba ureba ibirorirori cyangwa ukagira umusonga mu matwi.
- Abantu bamwe bababara cyane mu bitugu kandi bikabagora kunyeganyeza ukuboko kwatewemo urukingo. Ibi bibaho gake cyane.
- Umuti uwo ari wo wose ushobora gutera ubwivumbure bw'umubiri bukabije. Bene izo ngaruka zitewe n'urukingo ntizikunze kubaho, zibarirwa nko kuri 1 ku bipimo bigera kuri miliyoni imwe kandi zishobora kumara iminota mike kugeza ku masaha make nyuma yo guhabwa urukingo.

Nk'uko bigenda ku muti uwo ari wo wose, si kenshi ko urukingo rukomeretsa umuntu cyane cyangwa ngo rumwice.

Umutekano w'inkingo uhora ucungwa. Ku bindi bisobanuro sura: **www.cdc.gov/vaccinesafety/**

5 Habayeho kwivumbura gukomeye byagenda bite?

Ni iki ngomba gukurikirana?
- Kurikirana ikintu icyo ari cyo cyose kikureba, nk'ibimenyetso biranga ubwivumbure bw'umubiri bukabije, umuriro mwinshi ukabije, cyangwa imyitwarire idasanzwe.

  Ibimenyetso biranga ubwivumbure bw'umubiri bukabije bishobora kubamo kubyimba uruhu, amaso n'umuhogo, gutera cyane k'umutima, isereri no gucika intege. Ibi bitangira nyuma y'iminota mike bikamara amasaha make nyuma yo gukingirwa.

Ni iki nakora?
- Niba wumva ari ubwivumbure bw'umubiri bukabije cyangwa ikindi kintu cyihutirwa, hamagara 9-1-1 uhabwe umuntu wo kugufasha ku bitaro bikwegereye. Naho ubundi wahamagara muganga wawe.
- Ikibazo cy'ubwivumbure gishobora kugezwa kuri sisitemu ya raporo ku by'inkingo (VAERS). Muganga wawe agomba kwegeranya iyi raporo, cyangwa nawe ukabyikorera unyuze ku rubuga rwa VAERS ari rwo , cyangwa ugahamagara kuri **1-800-822-7967**.

VAERS ntitanga inama ku bijyanye n'ubuvuzi.

6 Porogaramu y'igihugu ishinzwe indishyi z'abamugajwe n'inkingo

Porogaramu y'Igihugu ishinzwe Indishyi z'abamugajwe n'inkingo (VICP) ni porogaramu ikorera muri Leta zose yashyiriweho guha indishyi abantu bashobora kumugazwa n'inkingo runaka.

Abantu bashobora kumva baramugajwe n'urukingo bashobora kumenya iby'iyo porogaramu n'uburyo bagaragaza ikibazo cyabo bahamagaye **1-800-338-2382** cyangwa basuye urubuga rwa VICP ari rwo **www.hrsa.gov/vaccinecompensation**. Igihe cyo kuregera indishyi kirabaze.

7 Nabona nte ibindi bisobanuro?

- Baza umujyanama wawe w'ubuzima. Ashobora kukwandikira urundi rukingo cyangwa akakugira inama y'aho wakura andi makuru.
- Hamagara ku ishami ry'ubuzima rikwegereye cyangwa ku ishami ry'igihugu ry'ubuzima.
- Menyesha ibigo bishinzwe kuvura no gukumira indwara (CDC):
  Hamagara kuri **1-800-232-4636** (**1-800-CDC-INFO**) cyangwa usure urubuga rwa CDC ari rwo **www.cdc.gov/flu**

Vaccine Information Statement

Inactivated Influenza Vaccine - Kinyarwanda

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