Repubulika y'u Rwanda
Minisiteri y'Ubuzima

Rwanda Biomedical Centre
Healthy People, Wealthy Nation

AMAKURU KU BAHABWA URUKINGO RWO GUKUMIRA COVID-19 (Urukingo rwa Pfizer)

- Uru rukingo ruhabwa abantu barengeje imyaka 16
- Uru rukingo rwa Pfizer-BioNTech COVID-19 uruhabwa kugirango wirinde Coronavirus COVID-19) iterwa na virusi yitwa SARS-CoV-2.
- Urukingo rwa COVID-19, ushobora kuruhabwa kuko kuri ubu hariho icyorezo cya COVID-19.

Ibyo ukwiye kubwira utanga uru rukingo kubyerekeye ubuzima bwawe, harimo niba wowe:

- Ugira ubwivumbure bw'umubiri (allergie)
- Ufite umuriro
- Ugira ikibazo cyo kuva amaraso cyangwa ufata imiti ituma amaraso atavura
- Umubiri wawe waratakaje ubudahangarwa cyangwa uri ku miti igabanyiriza umubiri ubudahangarwa
- Utwite cyangwa uteganya gusama
- Wonsa
- Warahawe urundi rukingo rwa COVID-19

Ninde utagomba guhabwa urukingo rwa Pfizer-BioNTech?

- Ntugomba guhabwa uru rukingo niba waragize ubwivumbure bw'umubiri (Allergie) bukomeye nyuma yo gufata urukingo ruherutse.
- Wagize cyangwa ugira ubwivumbure (allergie) bukomeye ku rukingo.

Ni gute uru rukingo rutangwa?

- Urukingo rwa Pfizer-BioNTech COVID-19 ruterwa nk'urushinge ku kuboko.
- Rutangwa incuro 2 zitandukanijwe n'ibyumweru 3 kugera kuri 4.
- Niba uhawe urukingo rumwe rwa Pfizer-BioNTech COVID-19, ugomba gufata urukingo rwa kabiri nyuma y'ibyumweru 3 cg 4 kugirango ushimangire gukingirwa,
- Niba hari impamvu zitumye udafata urukingo rwa 2 mu gihe cyagenwe (ibyumweru 3-4) ntugomba kurenza iminsi 42 (Ibyumweru 6) uhereye igihe wafatiye urwa 1 utarafata urwa kabiri.

Ingaruka zinyuranye zishobora kubaho:

Ingaruka zinyuranye zagaragajwe ko zishobora kuboneka ku rukingo rwa Pfizer-BioNTech COVID-19 harimo:

- Kubabara aho watewe urushinge
- Umunaniro
- Kubabara umutwe
- Ububabare bw'imikaya (muscles)

- Kumva ufite ubukonje mu mubiri
- Kubabara mu ngingo
- Kugira umuriro
- Kubyimbirwa aho bateye urushinge
- Gutukura aho bateye urushinge
- Isesemi
- Kumva utameze neza
- Kugira amasazi (lymphadenopathie)
- Ubwivumbure bw'umubiri budakomeye (allergie) nko gufuruta umubiri, kwishimagura, "hives", cyangwa kubyimba mumaso
- Ubwivumbure bw'umubiri bukomeye

Niba ufite kimwe muri ibi bimenyetso, wihangayika. Ntibikunze kubaho ko urukingo rwa Pfizer-BioNTech COVID-19 rushobora gutera ubwivumbire bukomeye bw'umubiri . Biba ku bantu mbarwa (bake cyane) mu minota mike nyuma yo guhabwa urukingo rwa Pfizer-BioNTech COVID-19. Kubera iyo mpamvu, usabwa kuguma aho wakingiriwe habugenewe igihe gito ngo ukurikiranwe neza

Ibimenyetso by'ubwivumbure bukabije bishobora kuba:

- Guhumeka bigoye
- Kubyimba mu maso no mu muhogo
- Gutera k'Umutima wihuta
- Gufuruta bikabije umumubiri wose
- Kuzungera no gucika intege

Byashoboka ko hababo n'izindi ngaruka zitavuzwe hano. Ingaruka zikomeye kandi zitunguranye zishobora kubaho.

Ni iki nakora igihe habayeho ingaruka?

- Niba ufite ikibazo gikomeye cy'Ubwivumbure, hamagara 114, cyangwa wihutire kujya ku ivuriro rikwegereye.
- Ushobora kandi gufata imiti igufasha kutababara (Paracetamol) cyangwa igabanya umuriro mugihe ibimenyetso bidakabije.
- Hamagara abatanga inkingo cyangwa abashinzwe ubuzima niba hari ingaruka zikomeye wumva zikubangamiye cyane cyangwa zitinda gukira.