

# Urukingo rwa koronavirusi:

## – Comirnaty (Pfizer/BioNTech)

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### Amakuru y’igihe waherewe uru rukingo

Ubwoko bushya bwa koronavirusi butera ubwandu bw’inzira y’ubuhumekero. Abantu benshi bagira ibimenyetso byoroheje cyangwa ntibabigire, ariko bamwe muri bo banashobora kuremba. Abageze mu za bukuru n’abandi basanzwe bafite izindi ndwara bafite ibyago byinshi byo kuremba cyangwa gupfa. Urukingo rwa koronavirusi rurinda kurwara indwara ya COVID-19. Intego y’ibanze ni ukurinda imibereho n’ubuzima.

### Ni nde ugomba guhabwa urukingo rwa koronavirusi?

Inkingo za koroanvirusi zitangwa muri gahunda yo gutanga inkingo ku rwego rw’igihugu zikaba ziboneka ku bantu batuye muri Noruveje. Urukingo ni ubuntu kandi uruhabwa ku bushake.

### Ni gute nabona urukingo?

Reba urubuga rw’umujiy utuyemo ubone amakuru yerekeye uhabwa urukingo, uko gutanga urukingo biri gutegura n’igihe bizabera.

### Ni gute uru rukingo rutangwamo?

Urukingo ruterwa mu kuboko hejuru. Mbere yo guhabwa urukingo, ubazwa niba uri kumva umeze neza kandi niba umubiri wawe warakiriye nabi izindi nkingo wahawe. Ibuka kuvuga niba wararwaye indwara ya COVID-19 cyangwa warigeze guhabwa urukingo, utwite, ufite ubwivumbure bw’umubiri, ufata imiti cyangwa ufite ibibazo by’ubuzima. Kurikiza amabwiriza ku mubare wa doze n’intera ikurikizwa mu itsinda ryawe. Ikigo gitangirwaho inkingo gishobora kugufasha kubikora. Ni ngombwa ko ufata doze ku gihe cyateganyijwe. Birasanzwe ko ushobora guhindura igihe uhererwaho urukingo bitewe ni uko urwaye indwara y’igikatu cyangwa ufite umuriro urenga 38 °C. Nyuma yo guhabwa urukingo, usabwa gutegereza aho waherewe urukingo byibuze iminota 20.

### Ni gute uru rukingo rukora?

Urukingo rurimo ibigize (RNA ntangamakuru) y’agace ka koronavirusi gatuma ifata ku ngirangingo fatizo y’umuntu uyirwaye. Umubiri ukora utundi duce tutangiza rw’izo poroteyine za virusi ubudahangarwa bw’umubiri bushobora gukoresha. Bityo, ubudahangarwa bw’umubiri bwiga kumenya uduce twa koronavirusi kandi bushobora kurinda umubiri iyo wanduye virusi. RNA ntangamakuru ihita icibwamo ibice n’umubiri kandi ntigire icyo ihindura ku gace k’akoko

Urukingo ntabwo rurimo virusi nzima kandi ntabwo ruterwa indwara ya COVID-19. Urukingo rwa koronavirusi rukurinda kurwara. Ntabwo ruvura umuntu urwaye.

Ubu buryo bwo gukoramo urukingo ntabwo bwari bwagakoreshejwe ku ndwara zandura mu bantu, ariko iryo koranabuhanga ryari rizwi kandi ryarakoreshejwe mu kuvura kanseri.

## **Ni gute uru rukingo rukora neza?**

Urukingo rukurinda indwara iterwa n'ubwoko bushya bwa koronavirusi. Igipimo cyo kurindwa ko indwara *yakurembya* kiri hejuru nyuma yo guhabwa doze ya mbere n'iya kabiri. Doze ebyiri ni ngombwa mu kurindwa neza ko *wandura* koronavirusi. Ntitwari twamenya igihe uko kurindwa kumara. Iyo kwirinda bigabanutse mu gihe runaka, bishobora kuba ngombwa ko wahabwa doze yongerera imbaraga urukingo. Inkingo ntabwo zikurinda ku buryo busesuye gukwirakwiza ubwandu. Bityo, ni ngombwa ko dukomeza kubahiriza inama zo kwirinda ubwandu ziriho.

## **Ingaruka**

Inyinshi mu ngaruka zibaho mu minsi ya mbere mike nyuma yo guhabwa urukingo. Inkingo za koronavirusi zigira ingaruka zisanzwe kurusha izindi nkingo. Ubusanzwe, ibimenyetso biva ku byorohereje ukagera ku bidakomeye cyane kandi birikiza nyuma y'iminsi mike ariko hari abandi bagira ibimenyetso bikomeye cyane. Akenshi, urubyiruko rugira ingaruka zikomeye cyane kurusha abasaza.

Abahawe urukingo bagira uburibwe aho batewe urushinge. Izindi ngaruka rusange zirimo umunaniro, kubabara umutwe, kubabara imikaya, kugira imbeho, kubabara ingingo n'umuriro. Izo ngaruka ni rusange nyuma yo guhabwa urukingo rwa 2.

Ingaruka zikomeye ntizikunze kubaho. Ingaruka zidakunze kubaho zirimo indwara y'umutima (indwara ifata igice cy'umutima cyangwa yo kubyimba agasaho k'umutima). Ubusanzwe, bibaho nyuma yo guhabwa doze 2 kandi akenshi biba mu bangavu, urubyiruko n'abana bato. Ingaruka zidakunze kubaho nko kugira ubwivumbure bw'umubiri bukabije n'indwara y'umutima bishobora kuvurwa igihe bibayeho. Ntabwo twahakana ko hatabaho ingaruka zitazwi ariko zidakunze kubaho kugeza ubu cyangwa ingaruka zigaragara nyuma y'igihe kirekire uhawe urukingo.

## **Ni iki nakora urukingo rungizeho ingaruka?**

Nugira ibimenyetso utari witeze, bikomeye cyangwa bimara igihe kirekire, ubimenyeshe umuganga ukuvura cyangwa undi ukora mu buvuzi kugira ngo agusuzume anakugire inama. Birakurikizwa hatitawe ku kuba wizera ko byatewe cyangwa bitatewe n'urukingo. Abakora mu buvuzi bafite inshingano zo gutanga raporo buryo bukomeye cyangwa butari bwiteze umubiri witwayemo bakeka ko byatewe n'urukingo. Unashobora kubimenyesha ukoresheje [helsenorge.no](https://helsenorge.no).

## **Kwemeza urukingo by'agateganyo**

Uru rukingo rwa koronavirusi rwapimiwe ku bantu benshi bakoreweho ubushakashatsi aho ibihumbi byinshi byahawe urwo rukingo. Ubushakashatsi bwakoze mu buryo bumwe nk'ubw'izindi nkingo, ariko igihe cyo kubugenzura cyaragabanyijwe. Inzego zishinzwe kugenzura imiti zatangze urukingo by'agateganyo. Bivuze ko nta makuru ahagije yereke ko ibyiza by'urukingo birenga ibyago rwateza, ariko uwakoze urukingo agomba gukomeza gukora ubushakashatsi bwe no gukomeza guha amakuru y'ubuvuzi zishinzwe gukurikirana ubuvuzi igihe urukingo rubonetse.

## **Ni uruhe rukingo nahawe?**

Iyo uhawe urukingo rwa koronavirusi, rwandikwa mu Kigo gishizmwe kwandika inkongo muri Noruveje cyitwa SYSVAK. Ushobora kubona amakuru kuri [helsenorge.no](https://helsenorge.no).

## **Urifuzza kumenya byinshi?**

Baza muganga ukuvura n'undi ukora mu buvuzi cyangwa usure urubuga rw'ikigo cy'ubuvuzi cya Norwegian Institute of Health kuri [fhi.no/cvp](https://fhi.no/cvp).