

Urukingo rwa koronavirusi

– Nuvaxovid (Novavax)

Ubwoko bushya bwa koronavirusi butera indwara ifata imyanya y'ubuhumekero. Abantu benshi bagira ibimenyetso bidakomeye cyangwa ntibagire ibyo bagira, ariko bamwe muri bo bashobora kurembywa n'indwara. Abakuze n'abandi basanzwe bafite ubundi burwayi bafite ibyago byinshi byo kuremba cyangwa gupfa. Urukingo rurinda ko umuntu yarembywa na COVID-19.

Ni nde ugomba guhabwa urukingo rwa koronavirusi?

Inkingo za koronavirusi zitangwa muri gahunda y'ikingira ku rwego rw'igihugu zihabwa abantu batuye muri Noruveje. Guhabwa urukingo ni ubuntu kandi ni ubushake.

Jya ku rubuga rw'umujiyi utuyemo ubone amakuru yerekeye uri guhabwa urukingo, uko gutanga inkingo byateguwe n'igihe bizabera.

Uru rukingo rutangwa gute?

Urukingo ruterwa hejuru ku kuboko. Mbere yo guhabwa urukingo, uzabazwa niba wumva umeze neza ndetse niba warigize ugira ubwivumbure bw'umubiri ku zindi nkingo. Ibuka kuvuga niba warigeze kurwara COVID-19 cyangwa warigeze uhabwa urukingo rwa koronavirusi, utwite, ufite ubwivumbure bw'umubiri, ufata imiti cyangwa ufite ibindi bibazo by'ubuzima. Kurikiza amabwiriza y'umubare wa doze n'intera iba iri hagati y'urukingo n'urundi bikorashya ku itsinda ubarizwamo. Ikigo gitangirwaho urukingo gishobora kubigufashamo. Ni ngombwa gufata izo doze mu gihe cyateganyijwe. Birasanzwe gusubika igikorwa cyo gufata urukingo iyo urwaye indwara y'igikatu n'umuriro urenze 38 °C. Nyuma yo guhabwa urukingo, usabwa gutegerereza ahangirwa urukingo byibuze iminota 20.

Uru rukingo rukora rute?

Uru rukingo ni urukingo rushingiye kuri poroteyine rushingiye ku ikoranabuhanga gakondo ryo gukora inkingo. Harimo amoko atandukanye y'ibice bya koronavirusi (poroteyine yo mu bice bya virusi) aho urwungano rw'ubudahangarwa bw'umubiri rushobora kwitwaza. Urukingo runarimo umuti mushya (umuti wongerera imbaraga urukingo) ufasha kongerera imbaraga ubudahangarwa bw'umubiri zo kurwanya indwara. Bityo, urwungano rw'ubudahangarwa bw'umubiri rwiga kumenya ibice bya koronavirusi kandi rukanabasha kurinda umubiri iyo wanduye virusi. Urukingo ntabwo rurimo virusi nzima kandi ntabwo rushobora gutera indwara ya COVID-19. Urukingo rwa koronavirusi rukumira indwara. Ntishobora kuvura indwara usanzwe urwaye.

Uru rukingo rukora neza ku kihe kigero?

Inkingo ntabwo zirinda ku buryo bwuzuye ikwirakwira ry'ubwandu. Bityo, ni ngombwa gukomeza gukurikiza inama zo kurwanya ubwandu zigezweho.

Ingaruka

Inyinshi mu ngaruka zibaho mu minsi ya mbere mike nyuma yo guhabwa urukingo. Ubusanzwe, ibimenyetso biba byoroheje cyangwa bidakomeye kandi bishira nyuma y'iminsi mike, ariko abantu bamwe na bamwe bashobora kuremba. Akenshi urubwiruko rugira ingaruka zikomeye mo gake kurusha abakuze. Ingaruka zikunze kubaho ni ukubabara aho watewe urushinge, umunaniro, kubabara imikaya no mu ngingo, kubabara umutwe, kumva utameze neza, isesemi no kuruka. Bamwe bagira umuriro, akenshi nyuma ya doze ya kabiri. Muri rusange, hari ingaruka nyinshi nyuma ya doze ya kabiri kurusha nyuma yo gufata doze ya mbere. Uhereye ku bushakashatsi bukorerwa ku nkingo, biragaragara ko Nuvaxovid ituma umuntu agira ingaruka zidakomeye cyane mu gihe gito kurusha umaze guhabwa inkingo za mRNA. Ntitwakuraho ingaruka zidakunze kubaho cyangwa zigaragara gusa nyuma yo guhabwa urukingo.

Nakora iki ngize ingaruka?

Nugira ibimenyetso bitari byitezwe, bikaze cyangwa bimara igihe kirekire, bimenyeshe umuganga ukuvura cyangwa undi mukozi ukora mu by'ubuzima kugira ngo agusuzume anakugire inama. Ibi birakurikizwa hatitawe ku kuba wizera ko byatewe cyangwa bitatewe n'urukingo. Abakora mu by'ubuvuzi bafite inshingano zo gutanga raporo ku bwivumbure bw'umubiri bukomeye cyangwa butari bwitezwe bakeka ko bwatewe n'urukingo. Unashobora koherereza imenyeshya ubwawe kuri helsenorge.no.

Ni uruhe rukingo nahawe?

Iyo wahawe urukingo rwa koronavirusi, wandikwa mu Kigo gishinzwe inkingo muri Noruveje, SYSVAK. Unashobora kugera ku makuru yawe kuri helsenorge.no

Urashaka kumenya byinshi?

Urifuza kumenya ibindi? Bibaze umuganga ukuvura cyangwa undi ukora mu by'ubuzima cyangwa ujye ku rubuga rw'ikigo gishinzwe ubuzima rusange muri Noruveje kuri www.fhi.no/cvp