



Australian Government



INYUMA Y'URUKINGO RWAVE RWA Spikevax (Moderna) COVID-19

Ubwa nyuma vyashizwe ahabona: 2 Nyakanga 2021

Ku vyerekeranye n'urukingo

Uyu musi waronkejwe **urukingo rwa Spikevax (Moderna)**.

Uru rukingo rurashobora gukingira abantu ntibarware COVID-19. Urukingo rwa Moderna COVID-19 ntirurimwo umugera muzima n'umwe, kandi ntirushobora gutuma urwara COVID-19. Rurimwo code genetic ku gace kanini kagizwe n'umugera wa SARS-CoV-2 witwa protein ya spike. Uhejeje kuronka urwo rukingo, umubiri wawe uca ukora kopi ya protein ya spike. Ubushobozi bw'umubiri wawe bwo kwikingira buzoca bwiga kumenya no kurwanya umugera wa SARS-CoV-2. Iyo code genetic ica isamburwa vyihuta m'umubiri.

Ico wokwitega uhejeje kuronswa urukingo

Nk'uko bigenda ku rukingo urwo ari rwo rwose, urashobora kugira ingaruka mbi kanaka uhejeje kuronswa urukingo rwa COVID-19.

Mu ngaruka mbi zihuta ziraboneka uhejeje kuronswa Moderna ni nk'izi:

- Ukubabara aho urushinge rwatwe
- Kwumva ko umuntu arushye
- Kubabara mu mutwe
- Kubabara mu nyama
- Umururumbo n'ugukanya
- Ububabare bwo mu ngingo.

Mu ngaruka mbi zidahuta ziraboneka inyuma ya Moderna ni nk'izi:

- Ugutukura canke ukuvyimba ahatewe urushinge
- Kuvyimba canke ukworoha mu kwaha
- iseseme/kudahwa
- utuvyimba twagutse.

Izo ngaruka ziza inyuma y'urwo rukingo kenshi na kenshi ni ntoya kandi zihera mu misi ibiri canke itatu. Abantu bamwe bamwe baca mu kugira ibimenyetso bisa n' ibiseru bikomotse kuri urwo rukingo hagereranjwe n'izindi nkingo zikunze gutangwa kandi bishobora gusaba ko udakora ibikorwa wahora ukora mu gihe kanaka. Iryo bimenyetso birashobora gushika inyuma yuko umaze guhabwa dose ya mbere canke ya kabiri ariko kenshi na kenshi bikunda kuboneka inyuma ya dose ya kabiri.

Nimba wumva ufise ukubabara aho watewe urushinge canke umururumbo, ukubabara mu mutwe canke kubabara mu mubiri inyuma y'urukingo, urashobora gufata paracetamol canke ibuprofen. Ibi bifasha mu kugabanura bimwe muri ivyo bimenyetso vy'aho hejuru. Ntukeneye gufata paracetamol canke ibuprofen imbere y'urukingo. Nimba habayeho ukuvyimba aho watewe urushinge, urashobora gukoresha aga compress gakanye.

Ingaruka **zidakunda** guhuta ziraboneka zashikirijwe inyuma y'urukingo rukoresha **Moderna** ni nk'izi:

- kugira allergy zikomeye (anaphylaxis).
- Myocarditis (ugusha mu nyama zo mu mutima) na pericarditis (ugusha mu nyama zo mu gice c'inyuma co mu mutima). N'aho Abantu benshi bavuga ko vyabashikiye, ntivyari bikabije canke bibabaje cane kandi bakize, vyaheze n'ingoga, nubwo gukwirikirana abo bantu igihe kirekire kuguma kubandanya. Iryo bikunda kuba kenshi nakenshi inyuma ya dose ya kabiri kandi ahanini mu bagabo bakiri bato (bari musi y'imyaka 30).

Utegerezwa kuja kwa muganga inyuma y'urukingo iyo:

- Wibaza ko ufise allergy, hamagara kuri 000 nimba ufise ibimenyetso bikomeye nk'uguhema bigoranye, guhema nk'uwuvuza ifirimbi, ugutera kw'umutima canke gutemba
- Ufise ububabare bwo mu gikiriza, urengewe canke wiyumva nabi, gusemagirika guhena uhorokereza 'guhema udashikana', kuraba, kubura impwemu canke ukubabara iyo uriko urahema
- Igihe ufise ubwoba yuko hoba hariho ingaruka canke ufise ibimenyetso bishasha canke bitari vyitezwe
- Ufise ibimenyetso bitari vyitezwe vy'urukingo, vyabandanije inyuma y'imisi mikeya.

Ku bimenyetso bitihutirwa, urashobora kuja kuraba umuganga wawe (kenshi na kenshi avura vyose).

Gukurikiranira hafi mu mutekano ingaruka z'urukingo hamwe no kuzishikiriza

Urashobora gushikiriza ingaruka wagize kubera urukingo ukabishikiriza uwaguteye urwo rukingo canke ukabishikiriza abakaruhariwe mu bijanye n'amagara y'abantu. Abo bazoshikiriza icegeranyo cemewe mw'izina ryawe bagishikirize mu gisata c'amagara y'abantu mu gihugu cawe canke intara ubamwo canke bagishikirize muri Therapeutic Goods Administration (TGA).

Nimba wipfuzwa kuvyishikiriza wewe nyene, usabwe kubirabira ku muhora ngurukanabumenyi witwa [reporting suspected side effects associated with a COVID-19 vaccine webpage](#) ku muhora wa TGA kandi ukwirikize ivyo bakubarira biri aho nyene.

Gusuzuma COVID-19 inyuma y'urukingo

Ingaruka zimwe zimwe zikomoka ku rukingo rwa COVID-19 zishobora kuba zisa n'ibimenyetso vya COVID-19 (uburorero, umururumbo). Yamara urukingo rugizwe na Moderna ntirurimwo umugera muzima kandi ntirushobora gutera COVID-19. Ushobora kuba udakeneye kwipimisha COVID-19 canke kwikumira:

- Hamwe ugize ibimenyetso vyo muri rusangi nk'umururumbo, kubabara mu mutwe canke ugucoka umubiri wose mu misi ibiri ya mbere uhejeje guterwa urwo rukingo, kandi
- Nimba uzi udakekeranya ko ata bimenyetso vy'ingorane z'uguhema ugira (uburorero ibiseru bitemba, gukorora, kuvyimba mu muhogo, kutamoterwa canke kutamenya ko ibintu biryoshe canke bibishe).

Yamara, ukwiriye gusuzuma no kumenya inkuru zigezweho mu gihugu cawe/ mu ntara yawe. Ivyihanikirijwe bishobora guhinduka mu gihe COVID-19 yadutse mu karere utuyemwo, ubamwo. Urashobora kandi kuba ukeneye kwipimisha COVID-19 nimba ufise ibindi bimenyetso, nk'akarorero nimba waregeranye n'umuntu bizwi ko yari afise COVID-19. Iyo ufise amazinda, baza muganga.

Wibuke isango ryawe rya kabiri

Ni ngirakamaro ko uronswa dose zibiri za Moderna. Ayo ma dose abiri ategerezwa gutandukana mu bisanzwe hagati y'amayinga 4-6, ariko ibirango birengeye ayo mayinga bishobora kuba vyiza kurushiriza mu bihe bidasanzwe. Dose ya kabiri ishobora kwongereza ikiringo c'ukwikingira COVID-19.

Ingene inkuru utanga ku musu w'isango ryawe zikoreshwa

Ku vyerekeranye n'ukugene ido n'ido vyawe vyegeranijwe, bikabikwa kandi bikanakoreshwa ronderera kuri <https://www.health.gov.au/using-our-websites/privacy/privacy-notice-for-covid-19-vaccinations>