

Inkingo za COVID-19

Idarapo

Inkingo zikora neza za COVID-19 zitangwa ku buntu ku bantu bose baba muri Australia. Harimwo n'abantu batagira ikarata yo kwivurizako yo kwa muganga, abashitsi baje bava mu bindi bihugu, abanyeshuri baje bava mu bindi bihugu baje kwiga muri Australia, abakozi baje bavuye hanze baje kurondera akazi hamwe n'abarondera ubuhungiro.

Kwicandagisha bizofasha kugukingira, gukingira umuryango wawe hamwe n'ikibano cawe COVID-19.

Kuri uru rubuga

Uru rubuga rurafise inkuru zerekeranye na gahunda yo muri Australia y'urukingo rwa COVID-19. Urashobora kandi kurusangako videos, ama audio (ivyo kwumviriza hamwe n'ukuri kugezweho mu rurimi rwawe.

Nashobora kuronka urukingo rwa COVID-19? Nashobora gute kubikisha umubonano wo kuzohabwa urwo rukingo?

Inkingo za COVID-19 zitangwa ku bunt uku muntu wese wo muri Australia, mbere n'aho utoba ufise ubwenegihugu bwa Australia canke ntube uhaba burundu. Muri abo bashobora kuronka urukingo ku buntu harimwo abantu badafise ikarata yo kwivurizako yo kwa muganga, abashitsi canke ingenzi zaje ziva hanze y'igihugu, abanyeshuri baje kwiga bavuye hanze y'igihugu, abaje gushakisha akazi bavuye hanze ya Australia hamwe n'abarondera ubuhungiro.

Umuntu wese wo muri Australia akwije imyaka 12 hamwe n'abayireza barashobora kubikisha umubonano wo kuzohabwa urwo rukingo guhera ubu nyene.

Ushobora kuronkera urukingo rwa COVID-19 aha hakurikira:

- Amavuriro atanga urwo rukingo yo muri Commonwealth
- Ahantu hose hatererwa urwo rukingo
- Mu ma seruvisi ajejwe amagara y'abantu y'Abasangwabutaka kandi agacungererwa na bo
- Amavuriro ya Reta n'ay'intara atanga urwo rukingo,
- hamwe no mu madandarizo y'imiti avyemerewe.

Kugira ngo utore ivuriro rikwegereye rya mbere batangiramwo urwo rukingo kandi ushobora kubikisha isango, koresha [clinic finder](#). Nimba ukeneye telephone canke umuntu

akuba iruhande kugira ngo agusobanurire mu rurimi rwawe kw'isango ryawe wabikishije ryo guhererwako urwo rukingo, hamagara seruvisi y'umusobanuzi n'umusiguzi kuri 131 450.

Nimba udafise ikarata uvurirwako yo kwa muganga

Nimba udafise ikarata uvurirwako yo kwa muganga, ushobora kuronka urukingo rwawe ku buntu aha hakurikira:

- Amavuriro atanga urwo rukingo yo muri Commonwealth,
- Amavuriro ya Reta canke ay'intara atanga urwo rukingo, canke
- hamwe no mu madandarizo y'imiti avyemerewe

Abaganga bavura vyose ntibashobora kukurihisha urwo rukingo.

Kuron ka icemezo c'uko wakingiwe COVID-19

Australian Immunisation Register (AIR) ni igitabu bandikamwo abakingiwe bose bo mu gihugu candikwamwo inkingo zahawe abantu bose bo muri Australia. Muri izo nkingo harimwo inkingo za COVID-19, inkingo zatanze hisunzwe gahunda y'igihugu cose yo gukingira no gucandaga abenegihugu bose, hamwe n'inkingo zitangwa n'abikorera utwabo, nk'inkingo zerekeranye n'ibicurane bikunda kuboneka mu bihe kanaka vy'umwaka canke inking zighabwa abategerezwa gufata ingendo.

Ushobora gushikira gute icemezo c'uko wakingiwe, wahawe urukingo?

Ushobora gushikira gute icemezo c'uko wakingiwe, wahawe urukingo biciye aha hakurikira:

- ku murongo ngurukanabumenyi, mu gushiraho konte yawe bwite wisangije yitwa [myGov account](#) maze rero ukabona gushikira [Medicare online account](#), canke
- biciye kuri [Express Plus Medicare mobile app](#).

Nimba ufafise ikara yo kwa muganga uvurirwako, canke ukaba udashobora gushikira myGov account, ushobora gushikira icemezo cawe c'uko wakingiwe biciye aha hakurikira:

- mu gusaba uwaguhaye urukingo ko yogusohorera kopi akayiguha; canke
- mu guhamagara uwujwe inkingo muri Australia ku mirongo yo kubaza 1800 653 809 (8am-5pm ku wa mbere gushika ku wa Gatanu AEST) maze ugaca ubasaba kukurungikira ico cemezo cawe mu gasandugu k'amakete yawe. Birashobora gufata nk'imisi 14 kugira ngo iyo kopi ishike mu gasandugu k'amakete kawe.

Ku zindi nkuru zirengeye izi zerekeranye n'ukugene ushobora kuronka icemezo c'inkingo zawe za COVID-19, ronderera kuri [Services Australia website](#).

Abakenyezi bibungenze, bonsa, canke bategekanya kuzotwara imbanyi

Abakenyezi bibungenze bahimirizwa kwikingiza no kuronswa urukingo rwa COVID-19. Abakenyezi bariko bararondera kwibungenga, canke bariko baronsa, na bo nyene barashobora kuronswa ata ngorane urwo rukingo.

Iyo umukenyezi yibungenze yanduye COVID-19, aba ari mu kaga karengeye ako abandi bose ko kwandura ingwara zikomeye. Umwana wabo akiri mu nda na we nyene ari mu kaga ko kuvuka hatageze canke agakenera kubanza kuvurirwa mu bitaro. Iki ni co gituma urukingo rwa COVID-19 ruhimirizwa ku bagore bose bibungenze.

Kaminuza y'ingoma ya Australia na New Zealand y'aba Obstetricians n'aba Gynaecologists (RANZCOG) hamwe na Australian Technical Advisory Group ku bijanye n'uncandago (ATAGI) ihimiriza yuko abagore bibungenze bohabwa urukingo rugizwe na Pfizer (Comirnaty) canke Spikevax (Moderna) ku mezi ayo ari yo yose imbanyi yabo yoba igezemwo.

Nimba ugendana ubumuga

Abantu bamwe bamwe bagendana ubumuga bari mu kaga karengeye ako abandi ko kurwara cane ingwara ya COVID-19. [Izindi nkuru ziriho kuri](#) (More information is available) ku vyerekeranye n'ukugene abantu bagendana ubumuga bashobora kwikingiza, bakaronswa urukingo.

Inkingo zikora gute?

Inkingo ni imiti ikingira ingwara kanaka. Zigisha umubiri wawe n'abasoda bo kwikingira kugira ngo bibuke kandi barwanye umugera (umugera canke bacteria) utera iyo ngwara. Urukingo rwa COVID-19 rutangwa n'umuganga w'amagara y'abantu yabimogoreye, yavyigiye mu gutera urushinge ku rutugu.

Inkingo ni inzira igororotse yo gukomeza abasoda bawe b'umubiri hatabanje kuzamwo ingwara. Inyuma ya dose zibiri z'urukingo, hamwe wogwara canke wokwandura iyo ngwara, nta nkeka yuko iyo ngwara itazokubabaza.

Kugira ngo wewe n'ikibano cawe mugume mu mahoro n'umutekano imbere n'inyuma y'urukingo, ni ngirakamaro:

- kuguma muhana inta y'imetero 1.5 hagati y'umuntu n'uwundi. Mwirinde kuramukanya mubanje gukoranako hamwe no kwegerana n'abataba mu nzu yanyu
- guma i muhira iyo wumvise ko utameze neza kandi wipimishe COVID-19. Utegerezwa kuguma i muhira kugeza uronse inyishu y'ivyo wipimishije

- karaba amaboko kenshi kabaho ukoresheje isabuni n’amazi, canke ukoreshe umuti wica imigera, kandi
- ukororere canke wasamurire mu kwaha kwawe canke mu gatambara k’agakaratasi gakoreshwa rimwe gusa kagaca gatabwa. Uhejeje shira ako wasamuriyemwo canke wakororeyemwo mu gaseke k’imicafu.

Urukingo rwa COVID-19 rugura gatatu kubantu bafise ubudahangarwa

Abahinga bo muri Australia bamogoreye ibijanye n’inkingo, [Australian Technical Advisory Group on Immunisation](#) (ATAGI) rihanura abantu kuronka urukingo rwa COVID-19 rugira gatatu kubantu bafise imyaka 12 hamwe no kurenga bafise irwara zitandukanye ([severely immunocompromised](#)). Abantu bafise ubudahangarwa bukabije bafise ubudahangarwa buke kurusha abandi bantu. Bakeneye iyi ncuro ya gatatu kugirango babone uburinzi bumwe nabandi bazagira kuva kuri inkingo zibiri.

Abantu bemerewe basabwa kuronka urukingo rugira gatatu hagati y’amezi abiri kugeza kuri atandatu inyuma yo kuronka incuro igira kabiri y’urukingo rwa COVID-19.

Abantu badafise ubudahangarwa bukabije ntibakenera idozi ya gatatu y’inkingo ya COVID-19 murico kiringo, kuko basanzwe bafise uburinzi buhagije bwa virusi kuva minkingo zibiri baronse.

Ukutagira ingorane kw’inkingo

[Therapeutic Goods Administration](#) (TGA) ni abahinga babimogoreye kandi b’abaganga baraba bagasuzuma neza kandi bakemeza inkingo zose hamwe n’ibindi bikoresho vyo kwa muganga n’imiti irimwo ko bishobora gukoreshwa muri Australia. TGA irafise ingero ifatirako zikomeye kugira ngo yemerere ko inking zikoreshwa muri Australia. Bemeza inking zonyene zidatera ingorane kandi zikora neza. Muri izo harimwo inkingo za COVID-19.

Iyo urukingo rumaze kwemererwa gukora muri Australia, TGA ica isuzuma urucanco rumwe rumwe rwose kugira ngo barabe ko ruri ku rugero rwemewe. Vyongeye TGA ikurikiranira hagufi ibishikirizwa ku ngaruka zo ku ruhande ziterwa n’izo nkingo.

Inkingo ziriho muri Australia ni izi zikurikira:

1. [Urukingo rwa Comirnaty \(Pfizer\)](#)
2. [Urukingo rwa Vaxzevria \(AstraZeneca\)](#)
3. [Urukingo rwa Spikevax \(Moderna\)](#)

Urukingo uzohabwa ruvana n’ibi bikurikira:

- Igihe n’aho uzoharerwa urwo rukingo

- Amategeko y'amavuriro yemeza abo urukingo rwose rukoreshwako.

Ukugerageza kuba mu mavuriro gusuzuma izo nkingo kwerekana yuko izo nkingo zimeze neza, zikora neza mu gukinga ko abantu barware cane canke ko bapfa bishwe na COVID-19. Muri ukwo kugerageza kwageragerejwe ku bantu ibihumbi n'ibihumbagiza kw'isi yose.

Nimba ufise ikibazo ico ari co cose ku bijanye n'inkingo, muganga wawe, umuforomo canke abandira bantu ba karuhariwe mu vyerekeye amagara y'abantu barashobora kugufasha. Urashobora kandi guhamagara umurongo w'igihugu w'umugera wa Corona hamwe n'umurongo wo gufasha urukingo rwa COVID-19 kuri 1800 020 080 kugira ngo uronke inkuru zirengeye izi. Ku bijanye n'ibikorwa canke seruvisi z'ugusigura n'ugusobanura hamagara kuri 13 14 50.

Ingaruka zo ku ruhande zitewe n'inkingo za COVID-19

Imiti yose harimwo n'inkingo zirafise inenge n'inyungu. Mu bisanzwe ingaruka zo ku ruhande si nini na gato kandi zimara imisi mike cane.

Nkuko biri ku rukingo urwo ari rwo rwose, urashobora kugira ingaruka zo ku ruhande utewe n'urukingo rwa COVID-19. Mu ngaruka zo ku ruhande zikunze kuboneka harimwo:

- Ukuvyimba ku kuboko aho urushinge rwacye
- Kuruha
- Kubabara mu mutwe
- Kubabara mu nyama, hamwe
- N'umururumbo no gukanya.

Abantu bamwe bazomera nk'abumva ibimeyetso nk'ivyo ibicurane bamaze kwicandagisha urukingo rwa COVID-19.

Ingaruka nyinshi zo ku ruhande usanga ari ntoya kandi zihera mu musu 1 canke 2. Nk'uko biri ku muti uwo ari wo wose canke urukingo urwo ari rwo rwose, hashobora kuba hariho ingaruka zo ku ruhande zidakunda guhuta ziraboneka kandi /canke zitazwi.

Usabwe kurondera umuganga canke umuforoma, canke wihutire kuja ku bitaro udatevye, iyo:

- Habaye ikintu wibaza ko gikomeye canke utari witeze bivanye n'uko uhejeje guterwa urushinge canke kunywa umuti
- Igihe ufise impungene ku magara yawe uhejeje guhabwa urukingo.

TGA ibandanya gucungerera hagufi inkingo kugira ngo barabe ko ata ngaruka mbi zizana igihe ziba ziriko zirakoreshwa muri Australia. Izindi nkuru zerekanye n'ukugene Australia ikwirikiranira hagufi umutekano w'incandago, inkingo, n'ukugene hashikirizwa ivyicuzwe ko

ari ingaruka zo ku ruhande zitewe n'urukingo tuzisanga ku rubuga ngururukanabumenyi [TGA website](#).

Ingaruka zo ku ruhande inyuma y'ukuronswa urukingo rwa Vaxzevria (AstraZeneca)

Urukingo rwa AstraZeneca rugaragara ko rufatanye n'ingaruka yo ku ruhande idakunze guhuta iraboneka yitwa thrombosis na thrombocytopenia syndrome (TTS). TTS ntikunze guhuta iraboneka kandi iba hagati y'imisi 4-42 inyuma y'urwo rukingo.

Mu bimeyetso harimwo kubabara mu nda hamwe /canke ukubabara kudasanzwe mu mutwe kudahera naho wofata imiti yo kugabanya ububabare. Utegerezwa kwihutira kuja kwa muganga udateveye nimba wibonyeko ibimenyetso nk'ivyo.

Izindi nkuru zerekeranye n'ibimenyetso vya TTS ziboneka ngaha hakurikira [Information on COVID-19 AstraZeneca vaccine factsheet](#).

Ingaruka zo ku ruhande zidasanzwe inyuma yo gufata urukingo rugizwe na Comirnaty (Pfizer) n'urukingo rugizwe na Spikevax (Moderna)

Myocarditis na pericarditis (ugusha ku mutima) vyarashikirijwe inyuma y'ukuronswa urukingo rugizwe na Pfizer na Moderna COVID-19. Ntibikunda guhuta birabaho, kandi ahanini biboneka inyuma ya dose ya kabiri. Ivyo kenshi na kenshi bikunda kuboeka ku bagabo bari musu y'imyaka 30.

Ku bo vyashikiye bose ntivyari bikomeye, kandi abo vyashikiye bose bakize ningoga. Muri ivyo bimenyetso harimwo:

- kubabara mu gikiriza
- kuremerwa canke kumererwa nabi mu gatuza
- guhema uhorobeza, gusimbagurika kw'umutima canke 'gusuhwa'
- kuraba
- Kubura impwemu canke
- Kubabara iyo uriko urahema.

Utegerezwa kwihutira kuja kwa muganga nimba wibonyeko ibimenyetso nk'ivyo.

Mbega ndashobora guhitamwo guhabwa urukingo?

Reta ya Australia ntiyigeze ifata ko urukingo ari itegeko.

Yamara, igisata kijejwe amagara y'abantu c'igihugu n'intara kirashobora gutegeka abantu bose ko bikingiriza, bicandagisha mu bihe kanaka. NK'akarorero, nko mu buzi kanaka hamwe no mu bikorwa kanaka vy'ikibano.

Usabwe rero gusuzuma amategeko atangwa n’igisata c’amagara y’abantu mu gihugu urimwo hamwe no mu ntara urimwo kugira ngo urabe ko ari itegeko kwicandagisha bivanye n’ibihe urimwo.

Guhitamwo kutiteza urukingo rwa COVID-19 ntibizogira ingaruka ku muryango wawe ku nyungu z’ikibuguro ku muryango igice ca A, canke ku kwitwararika no gufasha abana.

Kugira ingendo hanze y’igihugu n’imbere mu gihugu

Abantu bose baza muri Australia bategerezwa:

- kwisuzumisha no COVID-19 amasaha 72 canke ari musi y’ayo imbere yuko indege bagendamwo ihaguruka
- kwerekana ikimenyamenya ko basuzumwe bagasangwa batarwaye igihe baba bariko barategekanya kwurira iyo ndege bakatishijemwo inahuri.

Abantu binjira muri Australia bashobora [gukumirwa imisi 14](#) kandi bashobora gusabwa gukurikiza ayandi mategeko ajanye no kwiyounguruzwa ashingwa [n’igihugu n’intara](#).

Imbere yuko ufata urugendo uja ahandi, banza urabe igihugu caqwe n’ intara yawe yo mu micungararo ku rubuga ngurukanabumenyi bwavyo uronderereho inkuru zerekeranye n’ibibuzanijwe mu ngendo ushaka gufata aha hakurikira:

- [Australian Capital Territory COVID-19](#)
- [New South Wales COVID-19](#)
- [Northern Territory COVID-19](#)
- [Queensland COVID-19](#)
- [South Australia COVID-19](#)
- [Tasmania COVID-19](#)
- [Victoria COVID-19](#)
- [Western Australia COVID-19](#)

Ni hehe woja kuronderera inkuzu zizewe

Ni ngirakamaro kuguma uzi ibiriko biraba ku bijanye na gahunda y’urukingo rwa COVID-19 ubicishije ku masoko yizewe kandi azwi, yemewe.

Ku bijanye n’inkuzu zigezweho kandi z’ukuri ku vyerekeranye n’inkingo za COVID-19 usabwe kurabira aha hakurikira [Home Affairs misinformation page](#). Inyishu ku bibazo bikunze kubazwa ku nkingo za COVID-19 zirahari [mu ndimi 63](#) mu gisata c’urubuga rw’amagara y’abantu.

Urashobora kandi guhamagara umurongo w'igihugu w'umugera wa Corona n'umurongo w'igihugu ufasha urukingo rwa COVID-19 kuri 1800 020 080. Ku bijanye na seruvisi zo gushira mu zindi ndimi hamagara kuri 131 450.

Ivyo dushobora gukoresha