INYANDIKO IKUBIYEMO AMAKURU AJYANYE N'URUKINGO

# Urukingo rwa Mugiga ACWY:

## *Amakuru ukeneye kumenya*

Many Vaccine Information Statements are available in Spanish and other languages. See www.immunize.org/vis

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite www.immunize.org/vis

## 1 Kuki ngomba kwikingiza?

**Indwara ya mugiga** ni indwara ikaze iterwa n'ubwoko bw' mikorobe kitwa *Neisseria meningitidis*. Gatuma umuntu yandura indwara ya mugiga (ubwandu bufata utwugara dufubitse ubwonko n'urutirigongo) ndetse n'amaraso akandura. Akenshi iyo indwara ya mugiga ijya kuza ntiteguza, kabone n'ubwo umuntu yaba yari asanzwe nta kibazo kijyanye n'ubuzima afite.

Abantu bashobora kwanduzanya indwara ya mugiga igihe baramutse begeranye cyane (binyuze mu nkorora cyangwa mu gusomana) cyangwa baramutse bategeranye igihe kirekire, cyanecyane nko ku baba mu rugo rumwe.

Hari byibuze ubwoko 12 bw'udukoko twa *N. meningitidis*, cbwitwa "amatsinda y'udukoko." Udukoko two mu matsinda ya A, B, C, W na Y nitwo twanduza cyane indwara ya mugiga.

Umuntu wese ashobora kwandura indwara ya mugiga ariko hari ababa bafite ibyago byinshi byo kuyandura kurusha abandi, twavuga nka:

- Impinja zitagejeje ku mwaka umwe
- Abangavu, ingimbi n'urubyiruko bafite kuva ku myaka 16 kugeza kuri 23
- Abantu bafite uburwayi runaka bwibasira abasirikare b'umubiri
- Abahanga mu bijyanye n'utunyabuzima duto usanga buri munsi baba bari gukora ubushakashatsi ku dukoko twa *N. meningitidis*
- Abantu bafite ibyago byo kuyandura kubera yateye aho batuye

N'ubwo indwara ya mugiga yaba yavuwe, ishobora guhitana abantu kuva ku 10 kugeza kuri 15 ku 100 bayanduye. N'ababashije kuyikira na bo, usanga kuva ku 10 kugeza kuri 20 ku bantu 100 bayanduye bakurizamo ubumuga nko kutumva, kwangirika ubwonko, kwangirika impyiko, gucibwa ingingo, ibibazo bijyanye n'imikorere y'ubwonko cyangwa inkovu nini kubera aho bakuye umubiri.

**Urukingo rwa Mugiga ACWY** rushobora gufasha kwirinda indwara ya mugiga iterwa n'udukoko turi mu matsinda ya A, C, W na Y. Hari ubundi bwoko bw'urukingo rushobora gufasha kwirinda mugiga iterwa n'udukoko two mu itsinda rya B.

## 2 Urukingo rwa Mugiga ACWY

Urukingo rwa mugiga z'ubwoko butandukanye (**MenACWY**) rwemejwe n'Ikigo k'Igihugu Gishinzwe Ubuziranenge bw'Ibiribwa n'Imiti (FDA) ko rushobora kurinda mugiga iterwa n'udukoko two mu matsinda ya A, C, W na Y.

Abangavu n'ingimbi bafite kuva ku myaka 11 kugeza kuri 18 bagirwa inama yo gufata uru rukingo rwa "MenACWY" inshuro ebyiri: urukingo rwa mbere barufata ku myaka 11 cyangwa 12, naho urwa kabiri rwunganira urwa mbere bakarufata ku myaka 16. Bamwe mu bangavu n'ingimbi, barimo abanduye mikorobe gatera Sida, bagomba guhabwa izindi nkingo. Baza uguha serivisi z'ubuvuzi ibijyanye n'andi makuru.

Usibye inkingo zisanzwe abangavu n'ingimbi bahabwa, hari amatsinda y'abantu agirwa inama yo gufata urukingo rwa "MenACWY":

- Abantu bashobora kugira ibyago byo kwandura indwara ya mugiga kubera ko mugiga iterwa n'udukoko two mu matsinda ya A, C, W, cyangwa Y yateye
- Abantu banduya mikorobe gatera Sida
- Umuntu wese urwaye urwagashya cyangwa wavanywemo urwagashya, harimo n'abantu barwaye indwara ihindura imiterere y'uturemangingo tw'umutuku tw'amaraso
- Umuntu wese urwaye indwara idasanzwe yibasira abasirikare b'umubiri yitwa "indwara y'imikorere mibi y'abasirikare b'umubiri"
- Umuntu wese unywa umuti witwa "eculizumab" (uzwi nanone ku izina rya Soliris®)
- Abahanga mu bijyanye n'utunyabuzima duto usanga buri munsi baba barigukora ubushakashatsi ku dukoko twa *N. meningitidis*
- Umuntu wese ukora urugendo akajya mu bice by'isi bikunda kurangwamo mugiga cyangwa akaba ahatuye, twavuga nka bimwe mu bice by'umugabane w'Afurika
- Abanyeshuri bashya bagitangira kaminuza baba mu byumba rusange bararamo
- Abakinjira mu gisirikare cya Leta Zunze Ubumwe z'Amerika

Hari abantu usanga bakeneye inkingo nyinshi kugira ngo bagire ubwirinzi buhagije. Baza uguha serivisi z'ubuvuzi ibijyanye n'inshuro ndetse n'igihe ugomba guherwa urukingo ndeste n'igihe waba ukeneye guterwa urwa kabiri rwunganira urwa mbere.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

## 3 Hari abantu batagomba guterwa uru rukingo

Bimenyeshe umuntu uri kugukingira **niba ugira ubwivumbure bw'umubiri bukomeye ndetse bushobora no kukuviramo urupfu**. Igihe uramutse warahawe urukingo rwa mbere rwa Mugiga ACWY maze ukagira ubwivumbure bw'umubiri bwashoboraga no kukuviramo urupfu cyangwa ukaba ugira ubwivumbure bw'umubiri bukomeye kubera kimwe mu bigize uru rukingo, ntabwo ugomba guterwa uru rukingo. Uguha serivisi z'ubuvuzi agomba kukubwira ibigize uru rukingo.

Nta makuru menshi ahari ku bijyanye n'ingaruka uru rukingo rushobora kugira ku mugore utwite cyangwa ku mubyeyi wonsa. Ariko kuba uri umugore utwite cyangwa umubyeyi wonsa ntabwo ari impamvu zatuma udaterwa urukingo rwa "MenACWY". Umugore utwite cyangwa umubyeyi wonsa bagomba gukingirwa igihe hari ibyago byinshi byo kuba bakwandura indwara ya mugiga.

Niba urwaye byoroheje, nk'inkorora, ushobora n'ubundi guhabwa urukingo uyu munsi. Niba urwaye bidakabije cyangwa bikabije, byaba byiza utegereje kugeza igihe uzakirira. Muganga wawe ashobora kukugira inama.

## 4 Ingaruka z'urukingo

Igihe wahawe imiti, irimo n'inkingo, birashoboka ko ishobora kukugiraho ingaruka. Akenshi izo ngaruka ziba zoroheje ndetse zikaba zishobora kwikiza, ariko birashoboka ko byakugiraho n'ingaruka zikomeye.

Nka kimwe cya kabiri cy'abantu baterwa urukingo rwa Mugiga ACWY **rubagiraho ingaruka zoroheje** nyuma yo kuruterwa, nko kuba aho barutewe hatukura cyangwa hababaza. Igihe bene ibi bibazo biramutse bigaragaye, usanga akenshi bimara umunsi 1 cyangwa iminsi 2.

Abantu bake ni bo usanga baterwa uru rukingo bakababara imikaya cyangwa mu ngingo.

### Ibibazo bishobora kuvuka nyuma yo guterwa urushinge rw'urukingo urwo ari rwo rwose:

- Rimwe na rimwe abantu bakunda kurabirana nyuma yo kuvurwa, nko guterwa urukingo. Kwicara cyangwa kwirambika mu gihe k'iminota 15 bishobora kukurinda kurabirana no gukomereka igihe wituye hasi. Bimenyeshe muganga wawe igihe uramutse ugize isereri cyangwa utaye ubwenge.
- Hari abantu usanga babara cyane urutugu ndetse bakananirwa gukoresha akaboko kateweho urushinge. Ibi biba gake cyane.
- Umuti uwo ari wo wose ushobora gutera ubwivumbure bw'umubiri bukomeye. Bene ubwo bwivumbure bubaho gake cyane igihe umuntu yatewe urukingo, ku buryo bubarirwa nko ku gipimo cy'umuntu 1 muri miliyoni batewe urukingo kandi bukaba bushobora kugaragara mu minota mike kugeza ku masaha make nyuma yo guterwa urukingo.

Kimwe n'undi muti uwo ari wo wose, haba hari ibyago bike cyane byo kuba urukingo rwakugiraho ingaruka zikomeye cyangwa ukaba wakurizamo no gupfa.

Buri gihe haba hagenzurwa niba inkingo nta ngaruka zagira. Ku bijyanye n'andi makuru, wasura: **www.cdc.gov/vaccinesafety/**

## 5 Byagenda bite haramutse hari ubwivumbure bw'umubiri bukomeye?

### Ni ibiki ngomba kureba?

- Reba ibintu byose bijyanye n'ubuzima bwawe, nk'ibimenyetso by'ubwivumbure bw'umubiri bukomeye, umuriro ukabije cyangwa imyitwarire idasanzwe.

  Ibimenyetso by'ubwivumbure bw'umubiri bukomeye bishobora kuba birimo gufuruta, kubyimba isura n'umuhogo, kunanirwa guhumeka, umutima ugatera vuba, kugira isereri ndetse no gucika intege. Akenshi usanga biba kuva ku minota mike kugeza ku masaha make nyuma yo guterwa urukingo.

### Nakora iki?

- Igihe ukeka ko ari ubwivumbure bw'umubiri bukomeye cyangwa ikindi kibazo gisaba ubutabazi bwihuse, ushobora guhamagara kuri 9-1-1 maze ukajyanwa ku bitaro bikwegereye. Igihe utabigenje utyo, hamagara muganga wawe.

  Nyuma y'aho, ubwo bwivumbure bugomba kwandikwa muri “Sisitemu y'Amakuru Ajyanye n'Ubwivumbure bw'Umubiri buterwa n'Urukingo” (VAERS). Muganga wawe agomba gukora iyi raporo cyangwa nawe ubwawe ukayikorera unyuze ku rubuga rwa sisitemu ya VAERS ari rwo **www.vaers.hhs.gov**, cyangwa ugahamagara kuri**1-800-822-7967**.

*Sisitemu ya VAERS ntabwo itangirwamo inama zijyanye n'ubuvuzi.*

## 6 Gahunda y'Igihugu yo Guha Indishyi Abagizweho Ingaruka n'Inkingo

Gahunda y'Igihugu yo Guha Indishyi Abagizweho Ingaruka n'Inkingo (VICP) ni gahunda y'igihugu yashyizweho hagamijwe guha indishyi abantu bashobora kuba bagizweho ingaruka na zimwe mu nkingo.

Abantu bumva bashobora kuba bagizweho ingaruka n'urukingo bashobora gusobanurirwa ibijyanye n'iyo gahunda ndetse n'uburyo ikirego gitangwa baramutse bahamagaye kuri **1-800-338-2382** cyangwa bagasura urubuga rwa VICP kuri **www.hrsa.gov/vaccinecompensation**. Hari igihe ntarengwa icyo kirego gisaba indishyi kigomba gutangirwa.

## 7 Ni gute namenya andi makuru?

- Baza uguha serivisi z'ubuvuzi. Ashobora kuguha agapapuro kaza mu ikarito y'urukingo cyangwa akakurangira ahandi wavana amakuru.
- Hamagara ishami ry'ubuzima rikwegereye cyangwa Minisiteri y'Ubuzima.
- Menyesha Ikigo Gishinzwe Kurwanya no Kwirinda Indwara (CDC):
  - Hamagara kuri **1-800-232-4636** (**1-800-CDC-INFO**) cyangwa
  - Usure urubuga rw'Ikigo Gishinzwe Kurwanya no Kwirinda Indwara kuri **www.cdc.gov/vaccines**

Vaccine Information Statement (Interim)
**Meningococcal ACWY Vaccines** Kinyarwanda

Office use only

08/24/2018 | 42 U.S.C. § 300aa-26

Translation provided by the Minnesota Department of Health