AMAKURU MPAMO KU RUKINGO

Urukingo rwa Tdap

(Tetanosi, akaniga na pertussis)

Ibyo Ugomba 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 ari ngombwa kwikingiza?

Tetanosi, akaniga n' **indwara** zifata mu myanya y'ubuhumekero ni indwara mbi cyane. Urukingo rwa Tdap rushobora kuturinda izi ndwara. Ikindi, urukingo rwa Tdap ruhawe abagore batwite rushobora kurinda impinja zivutse kwandura indwara zifata mu myanya y'ubuhumekero.

Kuri ubu TETANOSI (gufatana kw'inzasaya) iboneka hake muri Leta Zunze Ubumwe z'Amerika. Ituma imikaya yiyegeranya kandi igakomera bituma umuntu ababara, kenshi umubiri wose.

- Ishobora gutuma imikaya yiyegeranya mu mutwe no ku gikanu ku buryo umuntu adashoboora kubumbura akanwa, kumira cyangwa guhumeka rimwe na rimwe. Tetanosi yica byibura umuntu 1 ku 10 bayanduye ndetse na nyuma yo kuvurwa.

Muri iki gihe AKANIGA na ko kanobeka hake muri Leta Zunze Ubumwe z'Amerika. AKANIGA gashobora gutuma inyuma mu muhogo habyimba.

- Gashobora gutuma guhumeka bigorana, kuba ikinya, guhagarara k'umutima no gupfa.

KOKORISHE (Inkorora idacika) itera ibibazo bikomeye byo gukorora, bishobora gutuma guhumeka bigorana, kuruka no kudasinzira.

- Ishobora kandi gutera umuntu akonda, kugira uruhago rudakomeye no kuvunika imbavu. Abantu 2 ku 100 mu rubyiruko na 5 ku 100 mu bakuze barwaye kokorishe bahabwa ibitaro cyangwa bakagira ibibazo bishobora kubamo umusonga bikanavamo urupfu.

Iyi ndwara iterwa na mikorobe. Akaniga na kokorishe ni indwara zandura ziva ku muntu umwe zijya ku wundi binyuze mu matembabuzi igihe umuntu akoroye cyangwa yitsamuye. Tetanosi yinjira mu mubiri inyuze mu bikomere, aho umuntu yitemye cyangwa mu bisebe.

Mbere yo gutangira gukingira, muri Leta Zunze Ubumwe z'Amerika abantu bagera kuri 200,000 banduraga kokorishe abandi amagana bakandura tetanosi. Kuva aho gukingira bitangiriye, imibare y'abandura tetanosi n'akaniga yamanutseho byibura 99%, na kokorishe imanukaho 80%.

2 Urukingo rwa Tdap

Urukingo rwa Tdap rushobora kurinda urubyiruko n'abantu bakuru kwandura tetanosi, akaniga na kokorishe. Ubusanzwe igipimo kimwe cya tdap gitangwa ku myaka 11 cyangwa 12. Abantu batafashe *urukingo rwa* Tdap kuri iyo myaka bakwiriye kurufata vuba hashoboka.

Tdap ni ingenzi cyane cyane ku nzobere mu by'ubuvuzi n'undi muntu uwo ari we wese ugira aho ahurira n'umwana uri munsi y'amezi 12.

Abagore batwite bagomba gufata igipimo cya Tdap **igihe cyosebatwite**, kugira ngo barinde umwana uzavuka kwandura kokorishe. Abana bato ni bo bari mu kaga cyane ko guhura n'ingaruka za kokorishe zikomeye ndetse zishobora guhitana ubuzima.

Habonetse urundi rukingo rwitwa Td rurinda tetanosi n'akaniga, ariko ntirurinda kokorishe. Urukingo rutsindagira izindi ni ngombwa nyuma ya buri myaka 10. Tdap ishobora gutangwa nka rumwe muri izi nkingo ziha izindi imbaraga iyo utigeze uyihabwa mbere. Umuntu ashobora guhabwa Tdap nyuma yo kwitema bikabije cyangwa gushya kugira ngo bimurinde kwandura tetanosi.

Muganga wawe cyangwa undi muntu wese ugukingira ashobora kuguha ibindi bisobanuro.

Tdap ishobora gutangirwa icyarimwe n'izindi nkingo ntiteze ikibazo.

3 Abantu bamwe ntibagomba guhabwa uru rukingo

- Umuntu wigeze kugira ikibazo cyo kwivumbura k'umubiri gishobora guhitana ubuzima bwe nyuma yo guterwa igipimo cy'urukingo rwa tetanosi cyangwa urw'akaniga, CYANGWA akaba agira ubwivumbure bw'umubiri kuri uru rukingo ntagomba guterwa urukingo rwa Tdap. Bwita umuntu ugukingira ubwivumbure bwose bukomeye umubiri wawe waba ugira.
- Umuntu wigeze kujya muri koma cyangwa akagira ibibazo byo gufatwa n'imbwa byikurikiranya mu minsi 7 nyuma yo guhabwa igipimo cya DTP or DTaP mu bwana, cyangwa igipimo cya Tdap aheruka guterwantagomba guhabwa urukingo rwa Tdap keretse hamaze kugaragara indi mpamvu ibitera itari urwo rukingo. Ariko ashobora guhabwa Td.
- Menyesha muganga wawe niba:
  - ugira ikibazo cyo gufatwa n'imbwa cyangwa ikindi cyose kijyanye n'imyakura
  - warigeze kugira uburibwe bukomeye cyangwa ukabyimbirwa nyuma yo guhabwa urukingo rurimo urw'akaniga, urwa tetanosi cyangwa urwa kokorishe,
  - warigeze ufatwa n'agakoko kitwa Guillain Barré (GBS),
  - wumva utameze neza ku munsi wo guterwa urukingo.

4 Ingorane

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

Umuti uwo ari wo wose harimo n'inkingo ushobora kugira ingaruka. Akenshi izo ngaruka ziba zoroheje kandi zirikiza. Gusa na none hashobora kubaho ingaruka zikomeye.

Abantu benshi baterwa urukingo rwa Td nta bibazo rubatera.

Ibibazo byoroheje bikurikira urukingo rwa Tdap
(Bitagira ingaruka ku kazi)

- Kubabara ahatewe urushinge (abantu nka 3 kuri 4 mu rubyiruko, cyangwa 2 kuri 3 mu bakuze)
- Gutukura cyangwa kubyimbirwa ahatewe urushinge (umuntu nk'1 kuri 5)
- Umuriro woroheje byibura ungana na 100.4°F (abagera kuri 1 kuri 25 mu rubyiruko cyangwa 1 ku 100 mu bakuze)
- Kuribwa umutwe (nka 3 cg 4 ku 10)
- Umunaniro (umuntu nk'1 kuri 3 cg 4)
- Isesemi, kuruka, impiswi, kuribwa mu gifu (umuntu 1 kuri 4 mu buryiruko cg 1 ku 10 mu bakuze)
- Imbeho, kuribwa mu ngingo (umuntu nk'1 ku 10)
- Kuribwa ku mubiri (umuntu nk'1 kuri 3 cg 4)
- Uduheri, kubyimbirwa (ntibisanzwe)

Ibibazo bidakanganye bikurikira urukingo rwa Tdap
(Bigira ingaruka ku kazi ariko bidasaba kwivuza)

- Kubabara ahatewe urushinge (nk'umuntu 1 kuri 5 cg 6)
- Gutukura cyangwa kubyimbirwa ahatewe urushinge (nk'umuntu kuri 16b mu rubyiruko, cyangwa 1 kuri 12 mu bakuze)
- Umuriro urenga 102°F (nk'umuntu 1 ku 100 mu rubyiruko cyangwa 1 kuri 250 mu bakuze)
- Kuribwa umutwe (nk'umuntu 1 kuri 7 mu rubyiruko cg 1 ku 10 mu bakuze)
- Isesemi, kuruka, impiswi, kuribwa mu gifu (umuntu 1 cg 3 ku 100)
- kubyimbirwa ukuboko kose kwateweho urushinge (umuntu nk'1 kuri 500)

Ibibazo bikomeye bikurikira urukingo rwa Tdap
(Bituma umuntu atabasha gukora imirimo isanzwe; bisaba kwivuza)

- Kubyimbirwa, kubabara cyane, kuva amaraso no/cyangwa gutukura ku kuboko ahatewe urushinge (ni gake).

Ibibazo bishobora kubaho nyuma ya buri rukingo:

- Rimwe na rimwe abantu bajya bacika intege nyuma yo kuvurwa, ndetse na nyuma yo gukingirwa. Kwicara cyangwa kuryama iminota 15 bishobora kukurinda isereri no gukomereka biturutse ku kugwa. Bwira muganga wawe niba ugira isereri, cyangwa ukaba ureba ibirorirori cyangwa ukagira umusonga mu matwi.
- Abantu bamwe bababara mu bitugu ndetse bakaribwa igihe bakoresheje ukuboko kwatewemo urushinge. Ibi bibaho gake cyane.
- Umuti uwo ari wo wose ushobora kugira ingaruka zikomeye. Bene izo ngaruka zitewe n'urukingo ntizikunze kubaho, zibarirwa nko kuri 1 ku bipimo bigera kuri miliyoni imwe kandi zishobora kumara iminota mike kugeza ku masaha make nyuma yo guterwa urukingo.

Nk'uko bigenda ku muti uwo ari wo wose, si kenshi ko urukingo rukomeretsa umuntu cyane cyangwa ngo rumwice.

Umutekano w'inkingo uhora ucungwa. Ku bindi bisobanuro sura: **www.cdc.gov/vaccinesafety/**

5 | Habayeho kwivumbura gukomeye byagenda bite?

Ni iki ngomba gukurikirana?

- Kurikirana ikintu icyo ari cyo cyose kikureba, nk'ibimenyetso biranga ubwivumbure bw'umubiri bukabije, umuriro mwinshi ukabije, cyangwa imyitwarire idasanzwe.
- Ibimenyetso biranga ubwivumbure bw'umubiri bukabije bishobora kubamo kubyimba uruhu, amaso n'umuhogo, gutera cyane k'umutima, isereri no gucika intege. Akenshi ibi bitangira nyuma y'iminota mike kugeza ku masaha make nyuma yo guhabwa urukingo.

Ni iki nakora?

- Niba wumva ari ubwivumbure bw'umubiri bukabije cyangwa ikindi kintu cyihutirwa, hamagara 9-1-1 uhabwe umuntu wo kugufasha ku bitaro bikwegereye. Naho ubundi wahamagara muganga wawe.
- Ikibazo cy'ubwivumbure gishobora kugezwa kuri sisitemu ya raporo ku by'inkingo (VAERS). Muganga wawe agomba kwegeranya iyi raporo, cyangwa nawe ukabyikorera unyuze ku rubuga rwa VAERS ari rwo **www.vaers.hhs.gov**, cyangwa ugahamagara kuri **1-800-822-7967**.

VAERS ntitanga inama ku bijyanye n'ubuvuzi.

6 | Porogaramu y'igihugu ishinzwe indishyi z'abamugajwe n'inkingo

Porogaramu y'igihugu ishinzwe indishyi ku bamugajwe n'inkingo (VICP) ni porogaramu ikorera muri Leta zose yashyiriweho guha indishyi abamugajwe n'inkingo runaka.

Abantu bashobora kumva baramugajwe n'urukingo bashobora kumenya iby'iyo porogaramu n'uburyo bagaragaza ikibazo cyabo bahamagaye **1-800-338-2382** cyangwa basuye urubuga rwa VICP ari rwo **www.hrsa.gov/vaccinecompensation**. Igihe cyo kuregera indishyi kirabaze.

7 | Nabona nte ibindi bisobanuro?

- Baza muganga wawe. Ashobora kukwandikira urndi rukingo cyangwa akakugira inama y'aho wakura andi makuru.
- Hamagara ku ishami ry'ubuzima rikwegereye cyangwa ku ishami ry'igihugu ry'ubuzima.
- Menyesha ibigo bishinzwe kuvura no gukumira indwara (CDC):
  - Hamagara kuri **1-800-232-4636** (**1-800-CDC-INFO**) cyangwa usure urubuga rwa CDC ari rwo **www.cdc.gov/vaccines**

Vaccine Information Statement

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