URUKINGO COVID-19

MENYA UKURI.

UBU IRABONEKA KU MYAKA 5+

RINDA UMWANA WAWE. RINDA ABATURAGE BAWE.

Abana n'urubyiruko bazagira umutekano mugihe bakingiwe.

Urukingo rurinda abantu bose, harimo abana n'urubyiruko, kurwara/gufatwa COVID-19. Urukingo kandi rurinda abana n'urubyiruko kuremba iyo bayirwaye.

Hariho ubwoko bushya bwa COVID-19, harimo ubwoko bwa Delta, ikwirakwira byoroshye kandi ishobora guteza ibimenyetso bikomeye. Inkingo zirinda ubwoko bushya nka Delta.

Gukingira abana n'urubyiruko birinda abaturage bose.

Iyo umuntu yakingiwe, ntibyoroha gukwirakwiza COVID-19 ku bandi. Iyo abana bujuje ibisabwa bakingiwe barinda:

- Inshuti zabo ndetse n'imiryango yabo itarakingirwa.
- Abageze mu zabukuru n'abantu bafite uburwayi bumwe na bumwe bubatera kugira ibyago byinshi byo kurwara/gufatwa vuba bikabije na COVID-19.

Mu gihe abana n'abakuze benshi bakingiwe, bizoroha gukomeza gufungura n'ubucuruzi.

KWIZERWA N'AKAMARO

- Nta rundi rukingo rwageragejwe cyane basuzuma umutekano warwo mu mateka ya Amerika.
- Urukingo rwagaragaye ko rwizewe ku bana, urubyiruko ndetse n'abantu bakuru, mu ataramwe ndetse n'imyaka itandukanye.
- Nta kimenyetso kigaragaza ko hari igihe inkingo zizabuza umwana wawe kuba yabyara abana be igihe ni kigera.

N'UBUNTU KURI BOSE

- Wowe hamwe n'umwana wawe mushobora kubona urukingo k'ubuntu nta kurobanura **imiterere y'abimukira**.
- Yaba wowe cyangwa umwana wawe ntukenera **kwerekana irangamuntu** cyangwa kugira **ubwishingizi bw'ubuzima** kugira ngo uhabwe urukingo k'ubuntu.

NRC-RIM
National Resource Center for Refugees, Immigrants, and Migrants

ku busobanuro burambuye: cdc.gov/coronavirus

Icyo ugomba gutegereza

Umwana wawe amaze gukingirwa COVID-19, ashobora gusubira mubikorwa bisanzwe afite umutekano nko kwiga amashuli, gukora siporo, ndetse no gusura inshuti n'abavandimwe.

Kuri gahunda:

- Mbere ko umuforomo cyangwa muganga aha umwana wawe urukingo, azabanza arukubwireho, basuzume ibijyane n'amateka ye y'ubuvuzi, amagara y'umwana wawe ndetse bakubaze nimba hari ibibazo ufite.
- Umwana wawe azakenera kuguma aho iminota iri hagati ya 15-30 kugira ngo bamenye ko umubiri utivumbuye k'urukingo ko ntangaruka zifite.

Ingaruka zoroheje ni ibisanzwe

Ingaruka ntabwo bisobanuye ko umwana wawe afite COVID-19.

Ingaruka zisobanuye ko urukingo rurimo kwigisha umubiri w'umwana wawe uburyo bwo kurwanya COVID-19.

Ingaruka zoroheje zishobora kubamo:

- ☐ Kubabara cyangwa kubyimba ku kuboko aho urukingo rwatewe
- ☐ Tiredness
- ☐ Kubabara umutwe
- ☐ Kubabara imitsi
- ☐ Gukonja
- ☐ Umuriro
- ☐ Iseseme

Ingaruka zikomeye ntizikunze kubaho

Ikingo zirizewe Birashoboka cyane ko umwana wawe yarwara cyane indwara ya COVID-19 kuruta urukingo.

Umubare muto w'urubyiruko wahuye n'ingaruka yo kubyimba umutima (bita myocarditis cyangwa pericarditis) cyangwa kuvura kw'amaraso.

- Ingaruka zikomeye ni **ntizikunze kubaho**
- Ingaruka zikomeye **ziravurwa** kandi abantu benshi bazigize bamererwa neza
- Inyungu z'urukingo ziruta kure ingaruka zose zituruka kuri rwo

BAZA MUGANGA WAWE IBISOBANURO BIRAMBUYE

Vugana na muganga cyangwa umuforomo wumwana wawe kugirango umenye byinshi ku nkingo za COVID-19 nizindi nkingo umwana wawe ashobora gukenera.

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