Urukingo rwa hib

Ibyo Ugomba Kumenya

(*Ibicurane byo mu bwoko bwa Haemophilus* b)

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?

Ibicurane byo mu bwoko bwa Haemophilus b (Hib) ni indwara mbi iterwa n'agakoko. Ikunze kwibasira abana bari munsi y'imyaka 5. Ishobora no kwibasira abantu bakuru bafite ibindi bibazo by'uburwayi.

Umwana wawe ashobora kwandura Hib kubera kwegerana n'abandi bana cyangwa abakuze bashobora kuba barayanduye ntibabimenye. Udukoko twayo twandura tuva ku muntu tujya ku wundi. Iyo udukoko tugumye mu mazuru no mu muhogo w'umwana, umwana ashobora kutarwara. Ariko rimwe na rimwe utwo dukoko turagenda tukagera mu bihaha cyangwa mu miyoboro y'amaraso, ubwo ni bwo Hib ishobora guteza ibibazo bikomeye. Ibyo bwitwa gukwirakwira kw'indwara ya Hib.

Mbere y'uko havumburwa urukingo rwa Hib, indwara ya Hib yari ku isonga mu gutera agakoko ka mugiga ku bana bari munsi y'imyaka 5 y'amavuko muri Leta Zunze Ubumwe z'Amerika. Mugiga ni indwara ifata ubwonko n'uruti rw'umugongo. Ishobora gutera ubwonko kwangirika no gupfa amatwi. Indwara ya Hib ishobora no gutera:

- umusonga
- kubyimba mu muhogo bikabije, bituma guhumeka bigorana
- kwandura mu maraso, mu ngingo, mu magufwa, no ku gice cy'inyuma ku mutima
- Gupfa

Mbere y'uko havumburwa urukingo rwa Hib, abana bagera kuri 20,000 muri Leta Zunze Ubumwe z'Amerika bari munsi y'imyaka 5 y'amavuko banduraga Hib buri mwaka, kandi abagera kuri 3% - 6% muri abo bagapfa.

Urukingo rwa Hib rushobora kurinda indwara ya Hib. Uhereye igihe urukingo rwa Hib rwatangiriye gukoreshwa, imibare y'abanduye indwara ya Hib ikwirakwira yaramanutse ku kigero kiri hejuru ya 99%. Abana benshi cyane bari kwandura indwara ya Hib iyo duhagarika gukingira.

KWEMERERA UTANGA UBUVUZI GUTANGA AMAKURU AREBANA NO GUKINGIRA, ISESENGURA RYO GUKINGIRA, NO KUGEZAHO UMWANZURO WA GAHUNDA MU GUKINGIRA KWIMBERE, AMAKURU AZOHEREZWA MU NYANDIKO YA MICHIGAN YITAHO UGUTERIMBERE. ABANTU KU GITI CYABO BAFITE UBURENGANZIRA KWAKA KO UTANGA UBUVUZI BUKENEWE ATOHEREZA AMAKURU YO Y'IGITABO CY'AMAKURU Y'IKINGIRA.

2 Urukingo rwa Hib

Haboneka inkingo nyinshi zitandukanye za Hib. Umwana wawe azahabwa ibipimo 3 cyangwa 4, bitewe n'urukingo rwakoreshejwe.

Akenshi ibipimo by'urukingo rwa Hib bigenewe abana bafite iyi myaka:

- Igipimo cya mbere: Amezi abiri
- Igipimo cya kabiri: Amezi 4
- Igipimo cya 3: Amezi 6 (iyo bibaye ngombwa bitewe n'ubwoko bw'urukingo)
- Igipimo cya nyuma: Amezi 12-15

Urukingo rwa Hib rushobora gutangirwa icyarimwe n'izindi nkingo.

Urukingo rwa Hib rushobora gutangwa nk'igice kimwe cy'urukingo rukomatanyije. Inkingo zikomatanyije zikorwa iyo ubwoko bumwe cyangwa amoko menshi y'inkingo yakomatanyirijwe hamwe mu rukingo rumwe, kugira ngo urukingo rumwe rurinde indwara irenze imwe.

Abana barengeje imyaka 5 y'amavuko n'abantu bakuru ntibakunze gukenera urukingo rwa Hib. Ariko bibaye ngombwa ko abana bakuru cyangwa abantu bakuze barwaye indwara z'ibihaha cyangwa imitsi, mbere yo kubagwa ngo havanwemo impindura, cyangwa nyuma yo guterwamo umusokoro. Bishobora kandi kuba ngombwa ku bana b'imyaka 5 – 18 bafite ubwandu bw'agakoko gatera sida (HIV). Ku bindi bisobanuro baza muganga wawe.

Muganga wawe cyangwa ugukingira ashobora kuguha ibindi bisobanuro.

3 Abantu bamwe ntibagomba guhabwa uru rukingo

Urukingo rwa Hib ntirugomba guhabwa abana bari munsi y'ibyumweru 6.

Umuntu wigeze kugira ikibazo cy'ubwivumbure bw'umubiri gishobora guhitana ubuzima bwe nyuma yo guhabwa urukingo rwa Hib rubanza, CYANGWA agira ubwivumbure bw'umubiri bukabije butewe n'igice icyo ari cyo cyose cy'uru rukingo, ntagomba guhabwa urukingo rwa Hib. *Bwira umuntu uguha urukingo ibibazo byose by'ubwivumbure bw'umubiri ugira*.

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

Abantu barwaye byoroheje bashobora guhabwa urukingo rwa Hib. Abantu barwaye biringaniye cyangwa bikabije bashobora kubanza kurindira bakabanza bagakira. Menyesha umujyanama wawe w'ubuzima niba umuntu ugiye guhabwa urukingo atameze neza ku munsi wo gukingirirwaho.

4 Ingorane zo kwivumbura k'umubiri kuri uru rukingo

Umuti uwo ari wo wose, harimo n'inkingoushobora kugira ingaruka. Akenshi izo ngaruka ziba zoroheje kandi zishobora kwikiza. Hashobora kubaho n'ingaruka zikomeye ariko ntibikunze kubaho.

Abantu benshi bahawe urukingo rwa Hib nta bibazo rubatera.

Ibibazo byoroheje bituruka ku rukingo rwa Hib birimo:
- Gutukura, ubushyuhe, cyangwa kubyimba kw'ahatewe urushinge
- Umuriro

Ibi bibazo ntibisanzwe. Iyo ibi bibazo bibayeho, bikunze gutangira vuba nyuma yo guterwa urukingo kandi bimara iminsi 2 cyangwa 3.

Ibibazo bikomeye bikurikira guterwa urukingo urwo ari rwo rwose:
Umuti wose ushobora gutera ubwivumbure bukomeye bw'umubiri. Ubwo bwivumbure buturutse ku rukingo bubaho gake cyane, bubarirwa munsi ya 1 kuri miliyoni y'ibipimo, kandi bibaho mu minota mike kugeza ku masaha make nyuma y'urukingo.

Kimwe n'undi muti wose, hariho amahirwe make cyane y'uko urukingo rwatera ubumuga bukomeye cyangwa urupfu.

Abana bakuru, ingimbi/abangavu, n'abantu bakuru na bo bashobora kugira ibi bibazo nyuma yo guhabwa urukingo urwo ari rwo rwose:
- Rimwe na rimwe abantu bajya bagira isereri 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 cyane mu bitugu kandi bikabagora kunyeganyeza ukuboko kwatewemo urukingo. Ibi bibaho gake cyane.

Umuti uwo ari wo wose ushobora kugira ingaruka zikomeye. 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 bukabije bw'umubiri**, 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. Ibi bitangira nyuma y'iminota mike bikamara amasaha make nyuma yo gukingirwa.

Ni iki nakora?
- Niba wumva ari ubwivumbure bw'umubiri bukabije cyangwa ikindi kintu cyihutirwa udashobora kwihanganira, 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 abantu bashobora kumugazwa 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 urundi 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**

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