Urukingo rwa Hepatite A

Amakuru 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 nikingiza?

Hepatite A ni indwara ikaze y'umwijima. Iterwa n'agakoko ka hepatite A (HAV). Abantu bashobora kwanduzanya Agakoko ka hepatite A (HAV) binyuze mu mabyi, uko kwanduzanya gushobora kubaho mu buryo bworoshye igihe umuntu atakarabye neza intoki. Ushobora kandi kwandurira hepatite A mu biryo, amazi cyangwa ibindi bintu byagiyemo Agakoko ka hepatite A (HAV).

Ibimenyetso by'ubwandu bwa hepatite A bishobora kuba bikubiyemo:

- guhinda umuriro, umunaniro, kubura ubushake bwo kurya, iseseme, kuruka cyangwa kubabara mu ngingo
- Kuribwa mu gifu cyane n'impiswi (cyane cyane ku bana) cyangwa
- jondise (uruhu cyangwa amaso bihinduka umuhondo, inkari zijimye, umwanda wituma uba ufite ibara risa nk'iry'ibumba).

Akenshi ibi bimenyetso bitangira kugaragara mu byumweru 2 kugeza kuri 6 nyuma yo kwandura kandi akenshi bimara igihe kiri munsi y'amezi 2, ariko hari abantu bashobora kumarana ubwo burwayi igihe kigera ku mezi 6. Igihe urwaye hepatite A ushobora kuremba ku buryo no gukora byakunanira.

Akenshi abana ntibakunze kugaragaza ibimenyetso, ariko abantu bakuru barabigaragaza. Ushobora kwanduza abantu Agakoko ka hepatite A n'ubwo waba utagaragaza ibimenyetso.

Hepatite A ishobora kukuviramo uburwayi bw'umwijima ndetse n'urupfu, nubwo ibi bidakunze kubaho cyane ndetse bikaba bikunda kugaragara cyane ku bantu bafite kuva ku myaka 50 ndetse n'abantu barwaye izindi ndwara z'umwijima nka hepatite B cyangwa C.

Urukingo rwa hepatite A rushobora kurinda kwandura hepatite A. Inkingo za hepatite A zategetswe gutangwa muri Leta Zunze Ubumwe z'Amerika guhera mu 1996. Guhera icyo gihe, umubare w'abantu banduye watangazwaga buri mwaka muri Leta Zunze Ubumwe z'Amerika waramanutse uva ku 31.000 ugera munsi ya 1.500.

2 Urukingo rwa hepatite A

Urukingo rwa Hepatite A ni urukingo rurimo virusi yishwe. Ugomba guterwa **inkingo 2** kugira ngo wirinde mu buryo burambye. Hagati y'izi nkingo zombi hagomba kunyuramo byibuze igihe cy'amezi 6.

Ubusanzwe abana bakingirwa mu gihe kiri hagati y'umwaka wabo wa mbere n'uwa kabiri (hagati y'amezi 12 n'amezi 23 bamaze bavutse). Abana bakuru, abangavu n'ingimbi bashobora gukingirwa na nyuma y'amezi23. Abantu bakuru batigeze bakingirwa mbere ariko bakaba bifuza kwirinda hepatite A, na bo bashobora guhabwa urukingo.

Ushobora guhabwa urukingo rwa hepatite A igihe:

- ugiye gukora urugendo mu bihugu bikunze kurangwamo hepatite A,
- uri umugabo ukorana imibonano mpuzabitsina n'abandi bagabo,
- ufata ibiyobyabwenge,
- urwaye indwara y'umwijima w'igikatu nka hepatite B cyangwa hepatite C,
- uri kuvurwa hakoreshejwe imiti ivura indwara yo kuvirirana,
- ukoresha inyamaswa zanduye virusi ya hepatite A mu kazi kawe cyangwa ukora muri laboratwari y'ubushakashatsi kuri hepatite A cyangwa
- uteganya kubonana n'umwana urera avuye mu gihugu kizwiho kwibasirwa na hepatite A

Baza muganga wawe niba ukeneye andi makuru ajyanye n'itsinda iryo ari ryo ryose muri ayo.

Nta byago bizwi ushobora guhura nabyo igihe uterwe urukingo rwa hepatite A rimwe n'izindi nkingo.

3 Hari abantu batagomba guterwa uru rukingo

Bimenyeshe umuntu urikugukingira:

- **Niba ugira ubwivumbure bw'umubiri bukomeye, bushobora no kugira ingaruka ku buzima bwawe.** Niba hari ingaruka z'ubwivumbure bw'umubiri wagize bukagira ingaruka ku buzima bwawe nyuma yo guhabwa urukingo rwa hepatite A cyangwa ukaba waragize ubwivumbure bw'umubiri bukomeye bufitanye isano iyo ari yo yose n'uru rukingo, ushobora kugirwa inama yo kudakingirwa. Baza muganga wawe niba ukeneye amakuru ajyanye n'ibigize urukingo.
- **Niba wumva utamerewe neza.** 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.

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

4 Ibyago by'ubwivumbure buterwa n'urukingo

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

Abenshi mu bantu batewe urukingo rwa hepatite A nta ngaruka rwigeze rubagiraho.

Ingaruka zoroheje zigaragara nyuma yo guhabwa urukingo rwa hepatite A zirimo:
- kubyimbirwa cyangwa gutukura aho baguteye urushinge
- umuriro muke
- kubabara umutwe
- umunaniro

Iyo izi ngaruka zigaragaye, akenshi zitangira ukimara guterwa urushinge maze zikamara umunsi 1 kugeza ku minsi 2.

Umuganga wawe ashobora kugusobanurira birenzeho ibijyanye n'izi ngaruka.

Izindi ngaruka zishobora kugaragara nyuma yo guterwa uru rukingo:

- Rimwe na rimwe abantu bakunda kurabiranara isereri nyuma yo kuvurwa, nko guterwa urukingo. Kwicara cyangwa kwirambika mu gihe cy'iminota 15 bishobora kukurinda kurabirana no gukomereka igihe wituye hasi. Bimenyeshe uguha serivisi z'ubuzima niba wumva ufite isereri cyangwa warwaye amaso cyangwa wumva uduhirwa mu gutwi.
- Hari abantu bababara urutugu ndetse bikaba bishobora no gukomera cyane bikamara igihe kinini kurusha igihe ushobora kumara ubabara nyuma yo guterwa urushinge. Ibi bibaho gake cyane.
- Umuti uwo ari wo wose ushobora kugira ingaruka zijyanye n'ubwivumbure bw'umubiri. Izo ngaruka zijyanye n'urukingo ntizikunze kugaragara, usanga zigaragara ku rukingo rumwe mu nkingo miliyoni kandi bikaba mu gihe cy'iminota mike kugeza ku masaha make nyuma yo guterwa urukingo.

Nk'uko bishobora no kugaragara ku yindi miti, hari ibyago bike cyane byo kuba urukingo rwakomeretsa umuntu bikabije cyangwa rukamwica.

Umutekano w'inkingo uba uri gukurikiranwa buri gihe. Ku bijyanye n'andi makuru, sura: **www.cdc.gov/vaccinesafety/**

5 Bigenda bite iyo hagaragaye ingaruka ikomeye?

Ni iki nakwitaho?
- Ite ku bikubaho byose, nk'ibimenyetso by'ubwivumbure bw'umubiri bukomeye, umuriro mwinshi cyane cyangwa ibimenyetso bidasanzwe.

  Ibimenyetso **by'ubwivumbure bw'umubiri bukomeye** bishobora kuba birimo gufuruta, kubyimba isura no mu muhogo, kunanirwa guhumeka, umutima ugatera vuba vuba, isereri n'intege nke. Ibi bishobora gutangira kugaragara mu gihe cy'iminota mike kugeza ku masaha make nyuma yo guterwa urukingo.

Ni iki nakora?
- Niba ukeka ko ari **ubwivumbure bw'umubiri bukomeye** cyangwa ikindi kibazo gikeneye ubutabazi bwihutirwa, hamagara kuri 9-1-1 cyangwa ujye ku bitaro bikwegereye. Cyangwa se uhamagare ivuriro ryawe.

  Nyuma, izo ngaruka zikamenyekanishwa binyuze muri Sisitemu ya raporo y'ingaruka zijyanye n'inkingo (VAERS). Muganga wawe agomba gukora iyi raporo cyangwa ukabyikorera ubwawe
  unyuze ku rubuga rwa Sisitemu ya raporo y'ingaruka zijyanye n'inkingo (VAERS)
  www.vaers.hhs.govcyangwa ugahamagara kuri **1-800-822-7967**.

Sisitemu ya raporo y'ingaruka zijyanye n'inkingo (VAERS) ntitanga inama zijyanye n'ubuvuzi.

6 Gahunda y'igihugu itanga indishyi ku bagizweho ingaruka n'inkingo (VICP)

Gahunda y'igihugu itanga indishyi ku bagizweho ingaruka n'inkingo (VICP) ni gahunda ihuriweho na Leta yashyizweho kugira ngo ihe indishyi abantu bashobora kuba bakomerekejwe na zimwe mu nkingo.

Abantu bumva ko bashobora kuba bagizweho ingaruka n'urukingo bashobora guhabwa amakuru ajyanye na gahunda ndetse no gutanga ikirego bahamagara kuri **1-800-338-2382** cyangwa bagasura urubuga rwa Gahunda y'igihugu itanga indishyi ku bagizweho ingaruka n'inkingo (VICP) kuri **www.hrsa.gov/vaccinecompensation**. Hari igihe ntarengwa cyo gutanga ikirego kugira ngo uhabwe indishyi.

7 Ni gute namenya andi makuru?

- Baza uguha serivisi z'ubuzima. Ashobora kuguha agatabo k'amakuru ajyanye n'inkingo cyangwa akakurangira ahandi wakura amakuru.
- Hamagara ishami rishinzwe ubuzima aho utuye cyangwa Minisiteri y'ubuzima ya Leta.
- Menyesha Ikigo Cy'igihugu Gishinzwe Kurwanya no Kwirinda Indwara (CDC):
  - Hamagara kuri **1-800-232-4636** (**1-800-CDC-INFO**) cyangwa
  - Sura urubuga rw'Ikiigo cy'igihugu gishinzwe kurwanya no kwirinda indwara (CDC) kuri **www.cdc.gov/vaccines**

DCH-0452KI AUTH: P. H. S., Act 42, Sect. 2126.

Vaccine Information Statement

Hepatitis A Vaccine - Kinyarwanda

7/20/2016

42 U.S.C. § 300aa-26

Office Use Only

Translation provided by Minnesota Department of Health

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.