Kinyarwanda

Communication with Communities Vaccination Task Force FAQ

Mai/ Gicurasi 2021

1) Ni izihe nyungu mugira mumaze gukingirwa cyangwa nyuma yahoo mutewe urukingo?

Urukingo n' inzira yoroshye isanzwe kandi yizewe ilinda abantu bose indwara z' ibyorezo.
Inkingo za COVID-19, zitulinda iki cyorezo nizindi ndwara ziyongera ,kubera zifasha umubili kongera abasirikales bawulinda kwandura AGAKOKO < SARS-CoV-2 >, alinako gatera indwara bita COVID -19; ubwo buhangarwe budufasha kurwanya aka GAKOKO iyo umbili uhuye nako.
Aha rero bisobanure ko uba ulinda n 'abandi bantu bagukikije cyangwa abo muhura. Iyo wakingiwe, bisobanuye ko wirinze kwandura kandi byumwihariko w' ikirenga urinze nabo murikumwe kuko ubwandu bwabo buba bugabanutse cyane. Nigikorwa cyingenzi rero ukoreye abandi bafite ubuzahare by' umubili burenze bwatuma bakwandura iyi ndwara COVID-19, nkurugero Abakozi bo kwa muganga, abasaza n 'abakechuru, n' abarwaye indwara zidakira[1]. Nyuma y' urukingo, ubudahangarwa bw' umubili bulinda AGAKOKO ka COVID-19, bukomeza gukora nibuze hagati y' amezi atandatu n' umunani dukurikije ibyo tuzi kugeza magingo aya.
Nyuma yo gukingirwa, buri gihe amahirwe make yokuba umuntu yakwandura covid-19 niyo yaba yarakingiwe; ntarukingo rulinda aka GAKOKO 100%.
Niyo mpamvu aringobwa gukomeza twubahiriza amabwiriza n' ingamba zifatwa tudatezuka turinda ubuzima murirusange; nkurugero rwo gusiga intera hagati y 'umuntu n' undi kwambala udupfuka munwa no gukaraba intoki inshuro nyinshi. Igihe igiche kinini cy 'abaturage (nka 70-85%) bazaba balikingije, ukudahangarwa k'umubili na COVID-19 kuzajya kurwego rwo hejuru muri rubanda nyamwinshi[2].

2) Ninde ugomba cyangwa se utagomba gukingirwa?

Intego y'ubutegetsi by 'UBUGIRIKI mu kwamamaza ukwikingiza kwa COVID-19, nukugira ngo bakingire abantu bose barengeje imyaka cumi n'umunani. Inaralibonye zo mu bigo ndera buzima nizo zifite ubushobozi bwo kugira abantu inama niba bagomba gukingirwa cyangwa se niba ataringombwa.
Abantu basanzwe bafite ikibazo mumaraso (nkurugero amaraso avura), cyangwa za alergi zitandukanye zibazahaza, bagomba kubanza kwipimisha mbere yo kwikingiza. Hari buri gihe ukuntu ubwandu bwa COVID-19 bushoboka niyo waba warakingiwe; nta kitwemeza rero ko urukingo rwa COVID–19 rutulinda ubwandu ijana kw 'ijana. Ntani icyemezo kigaragaza ko Urukingo rwa COVID-19 rushora kugira ingaruka mbi mu mahirwe yanyu yokuba mwatwita. Si ngombwa rero kuba mwa kwanga gutwita nyuma yuko mukingiwe. Dukurikije ubuhamya dufite, abantu bagira ingaruka mbi m'umubili wabo nyuma yuko bakingiwe Covid -19, bagomba muri rusange kudafata urukingo rwa COVID-19 kugira ngo hilindwe ingaruka mbi zitifuzwa. Mugihe hari imiti ibatera za alergi mubimenyeshe umuganga mbere yuko abatera urukingo. Mugihe mwumva murwaye cyangwa se mwumva mufite ibimenyetso bya COVID-19, mushobora kuba muretse kw'ikingiza, mukazafata urukingo ibyobimenyetso bishize.

Nshobora kwikingiza, nyuma yuko nakize COVID-19?

Niyo waba wararwaye COVID-19 igakira utegetswe gufata urukingo mugihe babi guhitiyemwo. Ubudahangarwa kuri COVID-19 umuntu agira m'umubili we buhindagulika umuntu k' uwundi, kandi ubudahangarwa bw'umubili,kubwandule busazwe ntiburasobanuka neza[3].

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[1] WHO Benefits of getting vaccinated, https://www.who.int/news-room/q-a-detail/coronavirus-disease-(covid-19)-vaccines
[2] See https://emvolio.gov.gr/syxnes-erotiseis
[3] WHO. Should I be vaccinated if I get COVID-19 https://www.who.int/news-room/q-a-detail/coronavirus-disease-(covid-19)-vaccines

3) Nigute nshobora kwikingiza ndamutse mbishatse?

Ingamba y'Igihugu mur'urukingo rwa COVID-19, niyogukingira buri muntu wese ufite hejuru y 'imyaka cumi n'umunani. ikindi kandi nuko inkingo ar'ubuntu kuri bose.

Inkingo zitegurwa bakurikije amatsinda ashingiye ku myaka y 'amavuko, no kutuzi abantu bakora aha reka tuvuge inzobere mubuhanga bwo kurinda ubuzima bw 'abaturague alinabo baboneka kumwanya wambere murugamba, cyangwa se itsinda ry' abafite ibibazo by' ubuzima bigaragara. ITSINDA ryabatahiwe gukingirwa, bagenda babamenyesha uko bakurikiran.

Niba itsinda ry'imyaka yawe ryarahawe uburenganzira mubagomba gukingirwa, ushobora kwisabira irandevou yo gufata urukingo. Muriki gihe umuntu wese ufite hejuru y 'imyaka mirongo itatu y 'amavuko afite uburenganzira bwo gukingirwa. Ashora gutoranya isaha yo gukingirwa ho, n 'itariki bazamukingiriraho. Nyuma yaho ugategereza ubutumwa bugufi bwemeza ko ubikiwe umwanya wa randevou wasabye.

Mushobora no gushishoza mukareba niba muri mu Itsinda litahirwa gukingirwa:

- Mukoresheje AMKA yanyu (ariyo numero y 'ubwiteganyirize bw 'ubuzima), na AFM yanyu (numero y 'ubwiteganyirize bw 'abakozi cygwa se mukoresheje urubuga)

NKangura mbaga (INTERNET) mukoresheje izina ryanyu ry' abyeyi.

- Mushobora no kujya kubaza muri za buro zifasha abaturage (K.E.P.), cyangwa se muri za farmasi uturiye kugira ngo umenye ko wemerewe gufata urukingo.
- Ushobora no kwifashisha ubutumwa bugufi SMS kugira ngo umenye niba uri mu Itsinda ry 'abazakingirwa icyo gihe, ushobora kandi no kwifashisha ubutumwa bugufi SMS buherekejwe na numero AMKA ugasigamwo akanya ukandika izina ryawe ry' ababyeyi ukohereza kuri 13034.

Kugira ngo usabe IRANDEVOU:

Uburyo bwihariye bwo kugira ngo ukingirwe mu GIHUGU cy' UBUGIRIKI, nukubanza wasaba irandevu mu bigo indera buzima uchiye, mu bigo bifasha abaturage (K.E.P.). byashyizwe kurutonde rwo gufasha abaturage, cyangwa se muri farmasi, cyangwa gucya kurubuga nkangurambaga rw'ubutegetsi bw' igihugu (Plateform y 'ubutegetsi gouvernement) https://emvolio.gov.gr/ kubijyanye n'inkingo nkuko byanditse aha hasi. Ntacyo muriha kuko urukingo ari k'ubuntu mu BUGEREKI kuri mwese.

- Niba udafite numero y'ubwitegenyirize bw'ubuzima (AMKA cyangwa PAAYPA) kandi ukaba wamaze kureba ukisanga mu ITSINDA ry 'abazakingirwa, ushobora kwaka randevu muri farmasi cyangwa muri KEP.
- Niba kandi ufite AMKA cyangwa PAAYPA ushobora gukoresha numero za TAXISnet kubera ariyo numero ikugaragaza muri sisteme y' igihugu UBUGIRIKI.
- Mushobora no kwifashisha ipage bita PLATIFORM htt://envolio gov.gr/. Ubone amabwiriza mu Kigereki.
- Niba nta numero AMKA cyangwa PAAYPA mufite, bazabaha iy' agateganyo ibaha uburenganzira bwo gukingirwa. Ubutegetsi buzatanga amabwiliza ukuntu muzabona numero zitwa PAMKA. UBUTEGETSI twita "Guverinoma" izatanga amakuru ahagije y'uburyo bwo kubona iyo numero y'ubwishingizi y'agateganyo (PAMKA). Ariko niba mukeneye ubufasha bw'ihutirwa mwakohereza ubutumwa (message) kuri paje ya Facebook Refugee Info.

***** Guverinoma yatangaje ko hari n'uburyo bwihariye bwo gukingira abasaba ubuhunzi bari mubigo byakira impunzi biherereye mu birwa by' igihugu byakira impunzi biri hirya no hino kubutaka bw'ubugirki, dutegereje amakuru azatangazwa na guverinoma mu minsi iri imbere. *****

4) Simfite amka cyangwa paaya nta na afm mfite nshobora gukingirwa?

Yego, amakuru ahagije yagufasha kumenya uko wakingiwra nta AMKA cg PAAYA ufite, wakwihutira kubaza umukozi w' imibereho myiza y'abaturage (Travailleur social) cyangwa kohereza ubutumwa kuri ya page ya FACEBOOK Refugee Info.

5) Urukingo rwa COVID-19 ni rubi?

Urukingo rwa CIVID19 si rubi kuko rufasha kurinda kwiyongera no gukura kw' agakoko gatera uburwayi bwa COVID19, no kuba wajyanwa mu bitaro cyangwa gupfa. Ingamba zo kwirinda zihamye zarakoreshejwe mukurinda umutekano w'inkingo za COVID 19. Ingamba zihamye zo kurinda urikingo rwa COVOD 19 n'izimwe no kuzindi nkingo zose zisazwe mu bihugu by'iburayi (Union Europeenne). Gutwara inkingo kuburyo bwihuse ntibikuraho uburyo n'ingamba zihamye z'umutekano wazo. Mbere yuko inkingo zikoreshwa ubuyobozi bw'ubuganga mpuza mahanga bw'ibihugu by'uburayi (EU) n'ubwi ibihugu hakozwe ubushakashatsi mubyubuhanga bw'ubuzima ko buri rukingo rwujuje ibisabwa byose ko nta kibazo byatera abantu, **ko ari inkingo nziza kandi zikwiye kuri buri wese**.

Kugeza ubu abarenga miriyoni eshatu bamaze guterwa igice cya mbere cy'urukingo rwa COVID-19 hano mu Bugereke naho abasaga miriyari imwe niyo imaze gukingirwa mu isi yose.

Icyegeranyo cyerekana ko ingaruka mbi z'urukingo: nk', ibibazo byo kuvura kwamaraso ari bike cyane. Twese dufite ibyago byo kwandura COVID-19 abadafite ibyo byago nibake cyane. Nko kuzindi nkingo zose, gukoresha urukingo rwa COVID-19 bizakomeza gushyirwamo ingamba zihamye, no kureba ko ntangaruka mbi zaza ku baruhabwa bose.

6) Urukingo rwa covid 19 rufite ingaruka mbi?

Nkizindi nkingo zose, urukingo rwa COVID-19 rushobora kugira ingaruka mbi zidakanganye cyangwa zoroshye zishira mu minsi mike. Abantu bamwe na bamwe nta kibazo bagira, abandi berekanye ibimenyetso bisazwe: Kubyimbirwa, kugira umuriro, Gutukura kuruhu, Kubabara mu mubili wose cyangwa se hafi yaho bagukingiye, Kubabara umutwe, kubabara imisaya, kugira imbeho n'iseseme. Ni yompamvu umuganga agusaba gutegereza iminota 15 cyangwa 30 nyuma yo guhambwa urukingo barebe ko nta kibazo ugira.

Kugira ingaruka mbi nyuma yo guhambwa urukingo rwa COVID-19 byerekana ko urukingo rwa koze neza kuko ruba ruri kongera ubwirinzi bw'umubiri. Mu gihe ugize ingaruka z'uburwayi cyangwa ufite impungege n'ibyiza kwihutira kujya kwa muganga cyangwa gushaka umuganga ugukurikirana.

Ingaruka mbi z'urukingo rwa COVID-19 ziracyakorerwaho ubushakashatsi n'abaganga binzobere mubyubuganga batandukanye ku isi mu kureba ko hari ingaruka mbi zigenda zishira cyangwa ko hari izindi shyashya zaboneka. Gusa twababwira ko ingaruka mbi z'urukingo rwa COVID-19 zikiri nkeya, cyangwa hasi cyane ugereranyije n'umubare wa bamaze guhambwa urukingo rw COVID-19.

Ingaruka ndende cg uburwayi bukaze

Muri rusange ingaruka mbi z'urukingo rwa Covid19 ziboneka mu iminsi mike umaze kwikingiza.Ingaruka mbi zikaze z'igihe kirekire k'ubuzima ninkeya cyane ugereranyije. Buri rukingo harimo n'urukingo rwa COVID19 rukorerwa igeragezwa n'ipimwa mugihe kirekire mu kureba ingaruka mbi rwa teza mbere yuko rwemezwa mugutangwa cyangwa guhabwa abantu muri rusange[4].

NI uruhe rukingo nafata?

Mwafata urukingo babahitiyemo, buri rukingo rutangwa rwujuje indanga gaciro z'ubuzira nenge.

[4] https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html

7) Ese dushobora gufata ingamba z'ubwirinzi nyuma yo gufata urukingo?

Uburinzi buhamye ntakuka bw'urukingo rwa Covid-19 bwemezwa iminsi 21 umaze gufata doze ya kabiri y'urukingo cyangwa se abafata doze imwe y'urukingo jonsoni na (Johnson&Johnson). Mbere y'icyo gihe birashoboka ko wakwandura virusi itera Covid-19. Ni ngombwa rero gukomeza kubahiriza ingamba zo kwirinda ako gakoko nko gufata intera hagati y'umuntu n'undi mugihe utarafata doze zose z'urukingo niyo waba utarageza ku minsi 21.

Urukingo rwa Covid-19 rwagakwiye kurinda uburwayi, ariko ntirukuraho ko mushobora kwanduza abandi bantu. Bishobora gufata igihe kirekire kugirango buri wese abe yabashije kuterwa urukingo. Byaba byiza mukomeje gufata ingamba zo kwirinda Covid-19 (ubupfuka munwa, isuku, guhana intera). Mugihe cy'ubukonje abantu benshi ntibakunda gusohoka baba bari mu mazu hamwe, nibyiza kureka inzu zikajyamo umuyaga nko gufungura amadirishya cyangwa inzugi.

8) Ni he nakura amakuru n' ubufasha

Amakuru n'ubufasha kuri covid-19 nibyo gukingirwa biraboneka ahantu henshyi hatandukanye nko kuri izi mbuga nkoranya mbaga zikurikira[5]:

- Websites:
  - National Public Health Organization https://eody.gov.gr/en/covid-19/ | Available in Greek and English
  - National Campaign for Vaccination https://emvolio.gov.gr/
  - UNHCR Help website: https://help.unhcr.org/greece/
  - Refugee.Info: https://www.refugee.info/greece| Available in English, French, Arabic, Farsi, Urdu
- Helplines:
  - National Public Health Organization (EODY): +30 2105212000, or 1135 | Available in Greek and English 24/7.
  - Refugee.Info Facebook Messenger https://www.refugee.info/greece | Available in English, French, Arabic, Farsi, Urdu
  - Hellenic Red Cross (HRC) - Multifunctional Center (MFC): +302105140440 (landine) or +306934724893 (Whats App/ Viber), Mon.-Fri. 9am – 8pm| Available in Greek, English, Arabic, Farsi/Dari, Pashto, Russian, French, Swahilli, Kinyarwanda, Kirundi, Turkish, Urdu, Mandingo, Malinke, Susu, Pular and Kissi.
  - Greek Council for Refugees (GCR) Helpline: see here for the schedule https://www.gcr.gr/media/k2/attachments/GCR_HELPLINE_ENGLISH.pdf
- In-person[6]:
  - Open Accommodation Sites and RICs: NPHO (EODY) field staff.

9) Twarwanya gute amabwiliza mabi ni impuha?

Hari impuha n’ imiziririzo myinshyi kubyerekeranye n’ inkingo na Covid-19. Mbere yo gusuzuma ibyerekeye inkingo mu mabwiliza yo kurubuga rw’ amakuru (internet), mujye mubanza kumenya niba ayo mabwiliza aturutse ahantu hizewe kandi ko avugururwa buri musi.

Kugira ngo mworoherwe kuzibona, Umuryango Ushinzwe Iby’ Ubuzima (O.M.S.) kw ‘isi yose, yakoze ubushakashatsi bwama sites web yo kwisi yose inahamya ko ashingiye ku bimenyetso by’ inzobere zizewe mu bumenyi hamwe kandi n’ubushakashatsi bukozwe n’ abanyamwuga binzobere bigenga kandi bagezwe ho. Ayo ma sites web yose n’ abashyirahamwe bakorana mu rukingo rwa Safety Net.

[5] The list of sources might not be exhaustive and new updates may occur, as various actors engage more on information campaigns.
[6] You can always ask your doctor, or any specialized doctor available near your place of residence.