

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

Urukungo 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<sup>1</sup>. Nyuma y' urukungo, 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 yarakinwiye; ntarukungo 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 balikingiye, ukudahangarwa k'umubili na COVID-19 kuzajya kurwego rwo hejuru muri rubanda nyamwinshi<sup>2</sup>.

## 2) Ninde ugomba cyangwa se utagomba gukingirwa?

Intego y'ubutegetswe 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 urukungo rwa COVID-19 rutulinda ubwandu ijana kw'ijana. Ntani icyemezo kigaragaza ko urukungo rwa COVID-19 rushora kugira ingaruka mbi mu mahirwe yanyu yokuba mwatwita. Si ngombwa rero kuba mwa kwanga gutwita nyuma yuko mukinwiye. Dukurikije ubuhamya dufite, abantu bagira ingaruka mbi m'umubili wabo nyuma yuko bakingiwe Covid -19, bagomba muri rusange kudafata urukungo rwa COVID-19 kugira ngo hilindwe ingaruka mbi zitifuzwa. Mugihe hari imiti ibatera za alergi mubimenyeshe umuganga mbere yuko abatera urukungo. Mugihe mwumva murwaye cyangwa se mwumva mufite ibimenyetso bya COVID-19, mushobora kuba muretse kw'ikingiza, mukazafata urukungo ibyobimenyetso bishize.

### Nshobora kwikingiza, nyuma yuko nakize COVID-19?

Niyo waba wararwaye COVID-19 igakira utegetswe gufata urukungo mugihe babi guhitiyemwo. Ubudahangarwa kuri COVID-19 umuntu agira m'umubili we buhindagulika umuntu k' uwundi, kandi ubudahangarwa bw'umubili,kubwandule busazwe ntiburashobanuka neza<sup>3</sup>.

<sup>1</sup> WHO Benefits of getting vaccinated, [https://www.who.int/news-room/q-a-detail/coronavirus-disease-\(covid-19\)-vaccines](https://www.who.int/news-room/q-a-detail/coronavirus-disease-(covid-19)-vaccines)

<sup>2</sup> See <https://emvolio.gov.gr/syxnes-erotiseis>

<sup>3</sup> WHO. Should I be vaccinated if I get COVID-19 [https://www.who.int/news-room/q-a-detail/coronavirus-disease-\(covid-19\)-vaccines](https://www.who.int/news-room/q-a-detail/coronavirus-disease-(covid-19)-vaccines)

### 3) Nigute nshobora kwikingiza ndamutse mbishatse?

Intego y' Ubukangurambaga bw' Igihugu, ni Ugukingiza Abantu Bose Bérengère imyaka CUMI N 'UMUNANI (18 ).(Y' amavuko). Inkingo ni Ubuntu kuri buri wese. Guvernoma yatangaje ko hazabaho gahunda idasanzwe yo gukingira abantu baguma mu Bigo bibakira kandi bakaba bazwi ko baba muribyho bigo bibaranga (RICs) byo mu Birwa no muri Evros kimwe no mu Bigo byose byakira. Abantu kumugabane w ' Ubugiriki. Igihe cyo gukingirwa, muzabimenyeshwa ni Itsinda ry 'Abaganga (EODY) n 'ubuyobozi bw' Inzego zerekeranye n'a COVID-19.

### 4) Urukingo rwa COVID-19 ni rubi?

Urukingo rwa COVID-19 si rubi kuko rufasha kurinda kwiyongera no gukura kw' agakoko gatera uburwayi bwa COVID-19, no kuba wajyanwa mu bitaro cyangwa gupfa. Ingamba zo kwirinda zihamye zarakoreshejwe mukurinda umutekano w'inkingo za COVID 19. Ingamba zihamye zo kurinda urukingiro rwa COVID 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 zikoreshejwe ubuyobozi bw'ubuganga mpuza mahanga bw'ibihugu by'uburayi (EU) n'ubwi ibihugu hakozwe ubushakashatsi mubyubuhanga bw'ubuzima ko buri rukingiro 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'urukingiro rwa COVID-19 hano mu Bugereke naho abasaga miriyari imwe niyo imaze gukingirwa mu isi yose.

Icyegeranyo cyerekana ko ingaruka mbi z'urukingiro: 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 urukingiro rwa COVID-19 bizakomeza gushyirwamo ingamba zihamye, no kureba ko ntangaruka mbi zaza ku baruhabwa bose.

### 5) Urukingo rwa covid 19 rufite ingaruka mbi?

Nkizindi nkingo zose, urukingiro 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 bagukingiyeye, Kubabara umutwe, kubabara imisaya, kugira imbeho n'iseseme. Ni yompamvu umuganga agusaba gutegereza iminota 15 cyangwa 30 nyuma yo guhambwa urukingiro barebe ko nta kibazo ugira.

Kugira ingaruka mbi nyuma yo guhambwa urukingiro rwa COVID-19 byerekana ko urukingiro 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'urukingiro 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 twababwirako ingaruka mbi z'urukingiro rwa COVID-19 zikiri nkeya, cyangwa hasi cyane ugereranyije n'umubare wa bamaze guhambwa urukingiro rw COVID-19.

#### Ingaruka ndende cg uburwayi bukaze

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

#### NI uruhe rukingiro nafata?

Mwafata urukingiro babahitiyemo, buri rukingiro rutangwa rwujuje indanga gaciro z'ubuzira nenge.

<sup>4</sup> <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html>

## 6) 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.

## 7) 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<sup>5</sup>:

- 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 (landline) 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](https://www.gcr.gr/media/k2/attachments/GCR_HELPLINE_ENGLISH.pdf)
- In-person<sup>6</sup>:
  - Open Accommodation Sites and RICs: NPHO (EODY) field staff.

## 8) Twarwanya gute amabwiliza mabi ni impuha?

Hari impuha n' imiziririzo myinshyi kuberekeranye 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 musu.

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

<sup>5</sup> The list of sources might not be exhaustive and new updates may occur, as various actors engage more on information campaigns.

<sup>6</sup> You can always ask your doctor, or any specialized doctor available near your place of residence.