Inkingo zihabwa abakuze

Nturasaza byo kudakingirwa!

Gukingirwa ni akazi k'ubuzima bwose, ko kurinda ubuzima. Ntugasezere muganga wawe utizeye neza ko wafashe inkingo ukeneye zose.

Urukingo	Waba urukeneye?
COVID-19	***Yego!*** Abantu bakuru bose bakeneye kumenya amakuru yerekeye gukingirwa COVID-19. Vugisha uguha serivisi z'ubuzima.
Epatite A (HepA)	***Byashoboka.*** Ukeneye uru rukingo niba hari impamvu yihariye ufite yerekeye Epatite A* cyangwa biba ukeneye kuyirinda gusa. Urukingo rutangwa mu buryo bwa doze 2, haciyemo gihe kiri hagati y'ameze 6 na 18.
Epatite B (HepB)	***Yego!*** Abantu bakuru bose batakingiwe bari munsi y'imyaka 60, baragirwa inama yo gufata doze 2 cyangwa 3 z'urukingo rwa Epatite B, bitewe n'ubwoko bw'urukingo. Ukeneye kandi uru rukingo niba ufite imyaka 60 cyangwa uyirengeje ukaba ufite impamvu yihariye,* cyangwa ushake kwirinda ubwandu gusa. Abantu bakuru bose bakwiye gusuzuma ubwandu bwa Epatite B hakoreshejwe ikizami cy'amaraso nibura inshuro imwe; vugisha uguha serivisi z'ubuzima.
Hib (Ibicurane byo mu bwoko bwa *Haemophilus* b)	***Byashoboka.*** Bamwe mu bakuze bafite ibyago byinshi by'uburwayi bakeneye urukingo rwa Hib. Vugisha muganga wawe kugira umenye niba ukeneye uru rukingo.
Ubwandu buca mu ruhu (Human papillomavirus, HPV)	***Yego!*** Ukwiye guhabwa uru rukingo niba ufite imyaka 26 cyangwa utarayigeza*. Abantu bakuru bafite kuva ku myaka 27 kugeza ku myaka 45 bashobora guhitamo gukingirwa nyuma yo kungurana ibitekerezo n'ubaha serivisi z'ubuzima. Urukingo rutangwa mu buryo bwa doze 2 cyangwa 3, bitewe n'imyaka y'amavuko doze ya mbere yatangiweho.
Ibicurane (Flu)	***Yego!*** Ukeneye gukingirwa ibicurane buri muhindo cyangwa buri mpeshyi.
Iseru, Amashamba, Rubella (MMR)	***Byashoboka.*** Ukeneye nibura doze 1 y'urukingo rwa MMR (Measles, Mumps, Rubella) niba waravutse muri 1957 cyangwa nyuma yaho. Ushobora kandi gukenera doze ya kabiri.* Ababyeyi batwite n'abandi bantu bafite urwungano rw'ubwirinzi rufite intege nke ntibagomba guhabwa urukingo rwa MMR.*
Mugiga ACWY (MenACWY, MenABCWY)	***Byashoboka.*** Ushobora gukenera urukingo rwa mugiga rwa MenACWY mu gihe haba hari kimwe mu bibazo by'umubiri bikomeye ufite* kandi ibyago bikomeje kwiyongera. Uzakenera kandi uru rukingo mu gihe uri umunyeshuri wiga mu mwaka wa mbere uba mu icumbi rya koleji kandi (1) ukaba utarigeze uhabwa doze ukigira imyaka 16, cyangwa (2) hashize imyaka 5 uhawe doze ya iheruka. Buri wese ufite kuva ku myaka 19 kugeza ku myaka 21 ashobora guhabwa doze mu gihe atigeze agira iyo afata kuva afite imyaka 16. Uruhurirane rw'inkingo za mugiga rwa MenABCWY ni uburyo bukoreshwa iyo urukingo rwa MenB n'urwa MenACWY bikenewe.
Mugiga B (MenB, MenABCWY)	***Byashoboka.*** Ushobora gukenera urukingo rwa mugiga rwa MenB mu gihe haba hari kimwe mu bibazo by'umubiri bikomeye ufite* n'inkingo zishimangira mu gihe ibyago bikomeje kwiyongera. Mu gihe ufite hagati y'imyaka 16 na 23, ushobora kungurana ibitekerezo ku guhabwa urukingo rwa MenB hamwe n'uguha serivisi y'ubuzima, kabone n'ubwo waba udafite uburwayi bukomeye. Uruhurirane rw'inkingo za mugiga rwa MenABCWY ni uburyo bukoreshwa iyo urukingo rwa MenACWY n'urwa MenB bikenewe.
Mpox	***Byashoboka.*** Ukeneye doze 2 z'urukingo rwa Mpox (Jynneos) mu gihe waba ufite ibyago byo kwandura cyangwa guhura n'uwanduye Mpox cyangwa wagize imibonano mpuzabitsina ishobora kukongerera ibyago byo kwandura Mpox.* Vugana n'uguha serivisi z'ubuzima.
Umusonga (PCV, PPSV23)	***Yego!*** Abantu bakuru bose bafite kuva ku myaka y'amavuko 50 bakeneye urukingo rw'umusonga. Abakuze bari munsi y' imyaka y'amavuko 50 bafite bene ubwo uburwayi cyangwa izindi mpamvu zateza ibyago*, na bo bakeneye urukingo rw'umusonga.Abantu bakingiwe kera baragirwa inama yo gukingirwa inkingo nshya. Uguha serivisi z'ubuzima kandi ashobora guhitamo urukingo ukeneye, mu gihe ruhari.
Uburwayi bufata imyanya y'ubuhumekero (RSV)	***Yego!*** Ukwiye gufata uru rukingo rutangwa rimwe niba ufite kuva ku myaka y'amavuko 75, cyangwa uri mu myaka y'amavuko iri hagati ya 60 na 74 kandi ufite ibyago byinshi byo kurwara indwara zifata imyanya y'ubuhumekero zikabije. Kugira ngo habeho kurinda impinja uburwayi bufata imyanya y'ubuhumekero (Respiratory Syncytial Virus, RSV), umubyeyi utwite akwiye guhabwa urukingo rwa Abrysvo (Pfizer) RSV, cyangwa uruhinja rugahabwa urukingo rw'ubwirinzi bw'umubiri rwa RSV (nirsevimab).
Tetanosi, Akaniga na Pertussis (Tdap, Td)	***Yego!*** Niba utarigeze uhabwa doze ya Tdap, ukeneye guhabwa urukingo rwa Tdap ubu. Nyuma y'ibyo, ukeneye doze yo gushimangira y'urukingo rwa Tdap cyangwa Td buri myaka 10. Usabwe kwegera uguha serivisi z'ubuzima niba utarahawe nibura inkingo 3 za Tetanosi-, Akaniga- na toxoid mu buzima bwawe cyangwa igisebe cy'uruguma cyangwa cyanduye.
Ubushita (Varicella)	***Byashoboka.*** Niba utarigeze urwara ubushita, utarigeze ukingirwa, cyangwa warabukingiwe ariko ugahabwa gusa doze 1, wavugisha uguha serivisi z'ubuzima kugira ngo umenye niba ukeneye uru rukingo. Abagore batwite n'abandi bantu bafite uburwayi urwungano rw'ubwirinzi rufite intege nke ntibagomba guhabwa urukingo rw'ubushita.
Zoster (Shingles - ubuheri)	***Yego!*** Niba ufite kuva ku myaka 19 ukaba ufite urwungano rw'ubwirinzi rufite intege nke cyangwa ufite kuva ku myaka 50 y'amavuko, ukwiye guhabwa doze 2 z'urukingo rwa Shingles - ubuheri rukorwa na Shingrix.

* Vugisha uguha serivisi z'ubuzima kugira ngo hemezwe ikigero cyawe cy'ibyago byo kwandura n'urwego ukeneyeho urukingo.

Ese waba ufite gahunda yo kujya hanze ya Leta Zunze Ubumwe za Amerika? Sura urubuga rw'Ikigo Gishinzwe Kurwanya no Kwirinda Indwara (Centers for Disease Control and Prevention, CDC) kuri wwwnc.cdc.gov/travel/destinations/list mu gihe ukeneye kumenya amakuru yerekeye ingendo, cyangwa usure ivuriro rikurikirana iby'ingendo.

Kinyarwanda translation provided by Fargo Cass Public Health

Immunize.org

"Vaccinations for Adults"
www.immunize.org/catg.d/p4030-kin.pdf
Item #P4030-kin Kinyarwanda (10/30/2024)

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