URUCANDAGO 2009 H1N1 RW'INKORORA YA GIRIPE

RUFISE UBUZIMA, RWAKUWEMWO INGUVU (uruchandago rwo gupompera mu mazuru)

IVYO UTEGEREZWA KUMENYA

Amakuru yerekeye incandago nyinshi araboneka mu rurimi w'Ikiespanyole n'Izindi ndimi. Raba kuri www.immunize.org/vis.

1 Giripe / Agahiri ka 2009 H1N1 ni iki?

Agahiri canke inkorora y'ibicurane vya 2009 H1N1 (rimwe na rimwe bita Swine Flu), biterwa n'agakomere katewe n'umugera wa Giripe/ ibicurane. Biramaze gushika mu bihugu vyinshi.

Nk'iyindi migera yose y'ibicurane, 2009 H1N1 irandukira iva ku muntu ija ku wundi biciye mu buryo bwo gukorora, gufyeneza/ kwimyira, kwasamura, kandi rimwe na rimwe naho, mu buryo bwo gukorakora ikiboresho vyagiyeko uwo mugera.

Mu bimenyetso vya 2009 H1N1 harimwo:
- Uburuhe
- Ubushuhe
- Inkorora
- Imbeho
- Ukwagarwa mu mihogo
- Ukubabara ku mibiri
- Kurekereza ibiseru

Abantu bamwe baranacibwamwo kandi bakadahwa.

Abantu benshi barakira mu ndwi imwe. Mugabo abandi bantu barashobora no guca bafatwa n'umusonga canke izindi ndwara zikaze. Bamwe baranajanwa mu bitaro, bamwe bakanapfa.

2 Giripe ya 2009 H1N1 bitandukaniye he n'ibicurane bisanzwe (bizira ikiringo)?

Imigera y'ibicurane bigirira igihe, biza birahinduka umwaka ku wundi, mugabo birafitaniye isano.

Abantu bigeze gufatwa na giripe mu bihe vyaheze, mu bisanzwe usanga bafise inguvu zo kudafatwa n'iyo migera y'ibicurane bigirira igihe (imibiri yabo iba yarubatse ubushobozi bwo kurwanya iyo migera).

Giripe ya 2009 H1N1 izanwa n'agakomere k'umugera mushasha. Biratandukanye cane n'umugera w'ivyo bicurane vyama biza buri kiringo.

Abantu benshi bafise inguvu nke canke, nta na zikeyi zo kurwanya ibicurane vy'ubwoko 2009 H1N1 kuko (imibiri yabo ntiyiteguriye kurwanya uyo mugera).

3 Urucandago rwa Giripe ya 2009 H1N1

Incandago ziraboneka zo kwikingira ibicurane vya 2009 H1N1.

- Izo ncandago zakozwe cokimwe nyene n'iza birya bicurane bigirira ikiringo.
- Zitezwe ko ziba izo atangorane n'imwe zitera, kandi zigafasha nk'incandago za birya bicurane biza buri kiringo.
- Ntizizokingira izindi ndwara "zisa n'ibicurane", zitumwa n'iyindi migera.
- Ntizizokingira birya bicurane vya buri kiringo. ***Urategerejwe ahubwo guhabwa n'urucandago rw'ivyo bicurane biza ku kiringo.***

Urucanco rw'**igipompo co mu zuru, ruzima rwagabanijwe inguvu** (canke **LAIV**) rupompwa mu mazuru. **Uru rupapuro rurasigura urucanco ruzima, rwagabanijwe inguvu rucishwa mu zuru.**

N'urundi rucandago **rw'umugera utari muzima/udakora** na rwo nyene ruraboneka, rutangwa mu buryo bw'urushinge. Na rwo rurasiguye ku rundi rupapuro atari uru.

2009 H1N1 LAIV ntirimwo thimerosal canke ibindi vyo kwikingira. Yandikiwe gukoreshwa n'abantu bo guhera ku myaka 2 kugeza ku myaka 49.

Urwo rucandago rwaragabanijwe inguvu (rworohejwe) kugira ntiruzotere izindi ndwara.

4 Ni bande barekuwe guhabwa urucandago rwa 2009 H1N1 na ni riyari?

BANDE

LAIV yemerewe abantu kuva ku myaka 2 kugeza kuri 49 batibungenze, kandi ata zindi ngorane z'amagara bafise (raba kuri 5 aha hepfo). Imirwi isabwa kuronka 2009 H1N1 LAIV ubwa mbere ni abantu bafise amagara meza bari:

- Hagati y'imyaka 2 na 24 y'amavuka
- Kuva ku myaka 25 kugeza 49 kandi:
  - bakaba babana canke bareze abana bari munsi y'amezi 6 y'amavuka, canke
  - bajejwe kwitwararika amagara y'abandi canke abakora mu buvuzi batabara indwara ziza giturumbuka.

Uko incandago nyinshi zigenda ziboneka, abandi bantu b'amagara meza kuva ku myaka 25 kugeza 49 barashobora kandi gucandagwa.

> Icitonderwa: Mu gihe imirwi imwe idashoboye kuronka LAIV-akarorero k'abagore bibungenze, abantu bakitswe n'amagara umwanya muremure, n'abana kuva ku mezi 6 kugeza ku myaka 2 - ni vya nkenerwa cane ko bacandagwa. Bakenera guterwa urushinge rw'urundanco.

Intwaro y'ama Leta yiyunze hamwe iratanga urwo rucanco ku buryo bwo kwitanga. N'ubwo biri uko, amategeko ya leta canke y'abakoresha, arashobora gusaba urwo rucandago ku bantu bamwe bamwe.

RYARI

Urucanco rubonetse, ca wihuta gucandagwa vuba.

Abana kugeza ku myaka 9 y'amavuka botegerejwe guhabwa **idoze zibiri** z'incanco, hagacamwo ukwezi hagati. Abana bisumbuye n'abantu bakuze bakenera idoze imwe gusa.

5 Abantu bamwe barashobora kudacandagwa, canke barashobora kubanza kurindira

Ntiwotegerejwe kuronka 2009 H1N1 LAIV mu gihe ufise **ingorane z'ubuzima (zihanamiye ubuzima)** ufise **ingaruka ku magi, canke ibindi vyose bigize urwo rucanco.** *Bwira uwo muntu aguha urwo rucandago ko ufise ingaruka zikomeye.*

2009 H1N1 LAIV ntitegerejwe guhabwa iyi migwi ikurikira.
- Abana bari munsi y'imyaka 2 y'amavuka n'abakuze b'imyaka 50 canke bayirenza,
- Abagore bibungenze,
- Uwariwe wese yoba adafise abasosa bakwiye bo kurwana mu mubiri,
- Uwariwe wese yoba afise ingorane z'amagara z'igihe kirckire, nk'akarorero
  - ingwara y'umutima,
  - ingwara y'igitigu canke y'amafyigo
  - ingwara y'amahaha
  - izindi ngwara zigoye nk'igisukari,
  - asima
  - ugukama amaraso mu mubiri canke iyindi ngorane yose ijanye n'amaraso,
- Abana bari munsi y'imyaka 5 bafise asima canke bagize ingora rimwe canke kenshi y'uguhema mu mwaka uheruka,
- Uwariwe wese afise ingorane z'imitsi canke udutsi nsoza bwenge (nk'ingorane zo mu bwonko) zishobora gutuma haba ingorane zo guhema, canke kuvyimba,
- Uwariwe wese afise imishikirano ya hafi n'umuntu afise *ingorane ikomeye* yo kubura ukwirwanira mu mubiri (bisaba ko yitabwaho agafashirizwa mu karere kihererereye, nk'uwo bateye igufa),
- Abana canke imiyabaga bamaze igihe kinini bari ku miti ya aspirine.

Niwaba ugwaye bukebuke canke cane, wohanurwa kubanza kurindira gushika aho uzokirira kugira uronke urwo rucanco. Niwaba ufise akabeho ka bukebuke canke akandi karwara ataco kavuze, nta kamaro ko kurindira.

Bwira Dogiteri wawe niwaba warigeze kugira:
- Aho amagara yawe ahanamirwa kubera ingaruka y'imiti uheje guhabwa urucanco rw'inkorora ya giripe,
- Guillain-Barré Syndrome (ingwara yo kudadarara imitsi ikaze cane, bakunze kwita GBS).

Ibi birashobora kutaba ibituma vyo kureka urwo rucandago, mugabo abajejwe ivy'ubuvuzi barashobora kugufasha gufata ingingo.

2009 H1N1 LAIV irashobora gutangwa ifatanijwe n'izindi ncandago zitari nke. Bwira Dogiteri wawe niwaba hari izindi ncanco waronse mu kwezi guheruka, canke upanga guhabwa urundi mu kwezi kuzokwirikira. H1N1 LAIV na LAIV izira ikiringo ntizikwiye gutangirwa rimwe.

6 Ni izihe ngaruka mbi zishobora guterwa na 2009 H1N1 LAIV?

Urucandago, nk'iyindi miti yose, irashobora gutuma ingorane ihambaye cane, nk'ingaruka ibangamira ubuzima cane. Mugabo ingaruka y' urucanco urwo ari rwo rwose, ishobora kubangamira ubuzima birengeje canke kwica, ni igitigiri gitoyi cane.

Ingaruka ziterwa na 2009 H1N1 LAIV zitezwe kuba cokimwe n'iza LAIV iza ku kiringo:

Utugorane dutoduto:
Abana bamwe n'imiyabaga guhera ku myaka 2 kugeza 17 y'amavuka, batanzweko raporo ko bagira utugorane dutoduto, harimwo:
- Kugira ibiseru biguma bitemba, kubabara mu mazuru akuma no gukorora
- Kururumba/kugira umuriro
- Kurwara umute n'ugutonekara ku mubiri
- Kunanirwa guhema
- Kubabara mu nda, rimwe na rimwe kudahwa canke gucibwamwo

Abakuze bamwe b'imyaka kuva kuri 18 kugeza kuri 49 batanzweko raporo yo:
- Kuguma ibiseru bitemba, kubabara no kwuma amazuru
- Gukorora, kugira imbeho, ugukenyukirwa
- Kwagarwa mu mihogo
- Ingwara y'umutwe

Ingorane nininini:
- Ingaruka zihanamira amagara yawe zitumwa n'icandago zishika gake. Iyo ziramutse zishitse, zimara kenshi na kenshi akanya k'iminota mikeyi kugeza ku masaha makeyi inyuma y'urwo rucanco.
- Mu mwaka w'1976, ubwoko bwa mbere bw' urucanco rwa Swine Flu rw'umugera wishwe, rwari rufatanije n'ibimenyetso vya Guillain-Barré Syndrome (GBS). LAIV nta sano yari ifitaniye na GBS.

7 Bigenda gute iyo habaye ingaruka mbi zikomeye?

Norondera iki?
Inyifato yose idasanzwe , nk'ukugira umuriro mwisnhi canke ughinduka kw'inyifato. Ibimenyetso vy'ingaruka zirenze igipimo, zishobora kubamwo kunanirwa ghema, ugukangagurika canke guhema nabi, ukubabara ku rukoba, kweruruka ku rukoba, kubura inguvu, umutima wiruka cane, canke kuyamira/kujanwa ubwenge.

Nokora iki?
- **Hamagara** Dogiteri, canke ujane uyo muntu kwa muganga ubwo nyene vyihuta
- **Bwira** Dogiteri ivyabaye, itariki n'umwanya vyabereyeko, n'igihe urwo rucanco rwatangiwe.
- **Saba** uyo ariko aragufasha gutanga raporo y'ivyabaye ace ashira mw'ifiyili iraporo y'Ingorane yabaye bu buryo bw'Incanco (Vaccine Adverse Event Reporting System, VAERS). Canke ushobora gushira mw'ifayili iyo raporo ukoresheje ububiko bwa **www.vaers.hhs.gov**, canke ugaterefona kuri **1-800-822-7967.**

VAERS nta mpanuro z'ikiganga itanga.

8 Indishi y'akababaro y' ugukomereka guturutse ku ncandago

Iyo wewe canke umwana wawe agize ingaruka ku rucandago, ubushobozi bwawe bwo kwitara burafise urubibe ku mategeko.

Mugabo, programa y'ama Leta yiyungiye hamwe yarakozwe kugira ifashe kuriha ibijanye n'ubuvuzi n'ibindi vyose vya nkenerwa ku bantu bose boshobora kugira ingaruka zikomeye cane kuri uru rucanco. Ku makuru aramvuye ku bijanye n'iyi programa, terefona kuri **1-888-275-4772** canke ukoreshe bwa buhinga bugezweho bw'ivyo kw'isi yose: **www.hrsa.gov/countermeasurescomp/default.htm.**

9 Noshobora gute kumenya vyinshi?

- Baza umufasha wawe. Barashobora kuguha ipaki n'ivyandiko bizanana n'urucanco, canke bakakubwira ubundi buryo woshobora kuronka izo kuru.n'urucanco.
- Terefona igisata kikwegereya canke igisata ca Leta kijejwe ivy'amagara y'abantu.
- Ikore ku ma centere ajejwe gukontorora kungenzura no gukingira ivy'indwara (Centers for Disease Control and Prevention, CDC):
  - Terefona kuri **1-800-232-4636 (1-800-CDC-INFO)** canke
  - Ja mu bubiko bwa CDC, kuri **www.cdc.gov/h1n1flu** canke **www.cdc.gov/flu**
  - Ja kuri web **www.flu.gov**

DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION

Vaccine Information Statement
2009 H1N1 LAIV IMM-979KIR – Kirundi (10/2/09) 42 U.S.C. §300aa-26
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