

# Inkingo za mugiga ACWY – MenACWY na MPSV4 Ibyo Ugomba Kumenya

Many Vaccine information Statements are available in Spanish and other languages. See [www.immunize.org/vis](http://www.immunize.org/vis)

Hojas de información sobre vacunas están disponibles en español y en muchos otros idiomas. Visite [www.immunize.org/vis](http://www.immunize.org/vis)

## 1 Kuki ari ngombwa kwikingiza?

Mugiga ni indwara mbi cyane iterwa na mikorobe yitwa *Neisseria meningitidis*. Ishobora gutera mugiga (kwandura k'umuyoboro uhuza ubwonko n'uruti rw'umugongo) no kwandura kw'amaraso. Indwara ya mugiga akenshi iza itateguje — ndetse no ku bantu bafite ubuzima bwiza.

Indwara ya mugiga ishobora kwandura iva ku muntu ijya ku wundi binyuze mu kwegerana (gukorora cyangwa gusomana) cyangwa ku bantu bategeranye, cyane cyane ku batuye mu rugo rumwe.

Hariho amoko 12 ya *N. meningitidis* yitwa “serogroups”. Serogroups A, B, C, W, na Y zitera cyane indwara ya mugiga.

Umuntu uwo ari we wese ashobora kwandura indwara ya mugiga ariko hari abantu bamwe bishoboka cyane barimo:

- Abana bato bataruzuzwa umwaka umwe
- Urubyiruko n'abantu bakuru bari hagati y'imyaka 16 na 23
- Abantu barwaye izindi ndwara zishobora kwibasira ubudahangarwa bw'umubiri
- Inzobere mu bya mikorobe zisanzwe zifasha abahawe akato babana n'agakoko ka mugiga *N. meningitidis*
- Abantu bari mu kaga bitewe n'icyorezo cyateye mu baturage

Nubwo yavurwa, indwara ya mugiga yica abantu 10-15 ku 100 bayanduye. Abayikize na bo, byibura 10-20 ku 100 baramugara nko kutumva, kumugara impyiko, gutakaza ingingo runaka, kugira ibibazo by'inyakura, cyangwa bagasigarana inkovu zikomeye ku ruhu.

**Inkingo za mugiga ACWY** zishobora gufasha mu kwirinda indwara ya mugiga iterwa na serogroups A, C, W, na Y. habonetse urundi rukingo rwa mugiga rufasha kwirinda serogroup B.

## 2 Inkingo za mugiga ACWY

Hariho inkingo ebyiri za mugiga zemewe n'Ikigo gishinzwe ibiribwa n'imiti (FDA) irinda serogroups A, C, W, na Y: urukingo rwa mugiga rukomatanyije (**MenACWY**) n'urukingo rwa rutsindagira (**MPSV4**).

Urubyiruko ruri hagati y'imyaka 11 na 18 ni ngombwa gufata ibipimo bibiri bya MenACWY: igipimo cya mbere ku myaka 11 cg 12, n'igipimo cya kabiri giha imbaraga icya mbere ku myaka 16. Bamwe mu rubyiruko, harimo n'ababana n'agakoko ka sida (VIH) bagomba gufata ibindi

bipimo. Ku bindi bisobanuro baza umujyanama wawe w'ubuzima.

Uretse urukingo rusanze ku rubyiruko, urukingo rwa MenACWY na rwo ni ngombwa ku bantu bamwe:

- Abantu bari mu kaga kubera icyorezo cya serogroup A, C, W, cyangwa Y cyateye mu baturage
- Umuntu uwo ari we wese ufite impindura yangiritse cyangwa yavanywemo
- Umuntu uwo ar we wese ufite ubudahangarwa buke bw'umubiri bwitwa “persistent complement component deficiency”
- Umuntu uwo ari we wese uri ku muti witwa eculizumab (na none Soliris®)
- Inzobere mu bya mikorobe zifasha abahawe akato babana na *N. meningitidis*
- Umuntu uwo ari we wese ugenda cyangwa utuye mu gice cy'isi ahasanzwe indwara ya mugiga, nko muri Afurika
- Abayeshuri bo mu mwaka wa mbere w'amashuri makuru
- Abinjira mu gisirikare cy'Amerika

Abana bari hagati y'amezi 2 na 23, n'abantu barwaye indwara runaka bagomba gufata ibindi bipimo kugira ngo birinde bihagije. Baza umujyanama wawe w'ubuzima ku bijyanye n'umubare n'ibihe ugomba gufatiramo ibyo bipimo, n'igihe cya ngombwa cyo gufatiramo ibipimo bitsindagira ibya mbere.

**MenACWY** ni rwo rukingo rukundwa n'aya matsnda y'abantu bari hagati y'amezi 2 n'imyaka 55, babanje gufata MenACWY cyangwa bateganya gufata ibindi bipimo.

**MPSV4** ni ngombwa ku bantu bakuru barengeje imyaka 55 bateganya kongera gufata ikindi gipimo kimwe gusa (abakora ingendo, cyangwa mu gihe icyorezo giteye mu baturage).

## 3 Abantu bamwe ntibagomba guhabwa uru rukingo

Bwira umuntu ugukingira:

- **Niba umubiri wawe wivumbura ku miti mu buryo bukomeye bushobora guhitana ubuzima bwawe.**

Niba warigeze ugira ingaruka zishobora guhitana ubuzima nyuma yo guhabwa igipimo cy'urukingo, cyangwa ubwivumbure bw'umubiri bikabije buturutse ku gice cy'uru rukingo, ubwo ntugomba guhabwa uru rukingo. Umujyanama wawe w'ubuzima ashobora kukubwira ibikubiye muri uru rukingo.



• **Niba utwite cyangwa wonsa.**

Nta makuru menshi ku ngaruka zishobora guturuka kuri uru rukingo ku mugore utwite cyangwa wonsa. Rugomba gukoreshwa igihe utwite iyo gusa bigaragara ko urukeneye.

Niba urwaye indwara yoroheje nk'ibicurane, ushobora guhabwa uru rukingo none. Niba urwaye biringaniye cyangwa bikomeye, ushobora gutegereza ukabanza ugakira. Muganga wawe ashobora kukugira inama.

**4 Ingorane zo kwivumbura k'umubiri kuri uru rukingo**

Imiti yose harimo n'inkingo ishobora kugira ingaruka. Akenshi izo ngaruka ziba zoroheje kandi zishobora kwikiza, ariko na none hashobora kubaho ingaruka zikomeye.

Abantu benshi bagera kuri kimwe cya kabiri bahabwa urukingo rwa mugiga ACWY bagira **ibibazo byoroheje** nyuma y'urukingo, nko gutukura cyangwa kubabara ahatewe urushinge. Iyo ibi bibazo bibayeho, ubusanzwe bimara umunsi 1 cyangwa 2. Birasanzwe nyuma ya MenACWY kurusha MPSV4.

Abantu bake ku ijana bakingiwe ni bo bagira umuriro woroheje.

**Ibibazo bishobora kubaho nyuma yo gukingirwa hakoreshejwe urushinge:**

- Rimwe na rimwe abantu bajya bagira isereri nyuma yo kuvurwa, ndetse na nyuma yo gukingirwa. Kwicara cyangwa kuryama iminota 15 bishobora kukurinda isereri no gukomereka biturutse ku kugwa. Bwira muganga wawe niba ugira isereri, cyangwa ukaba ureba ibirorirori cyangwa ukagira umusonga mu matwi.
- Abantu bamwe bababara mu bitugu ndetse bashobora no kubabara cyane bikanamara igihe kirekire ukurikira ububabare bisanzwe buturuka ku nshinge. Ibi bibaho gake cyane.
- Umuti uwo ari wo wose ushobora kugira ingaruka zikomeye. Bene izo ngaruka zitewe n'urukingo ntizikunze kubaho, zibarirwa nko kuri 1 ku bipimo bigera kuri miliyoni imwe kandi zishobora kumara iminota mike kugeza ku masaha make nyuma yo guhabwa urukingo.

Nk'uko bigenda ku muti uwo ari wo wose, si kenshi ko urukingo rukomeretsa umuntu cyane cyangwa ngo rumwice.

Umutekano w'inkingo uhora ucungwa. Ku bindi bisobanuro sura: [www.cdc.gov/vaccinesafety/](http://www.cdc.gov/vaccinesafety/)

**5 Habayeho kwivumbura gukomeye byagenda bite?**

**Ni iki ngomba gukurikirana?**

- Kurikirana ikintu icyo ari cyo cyose kikureba, nk'ibimenyetso biranga ubwivumbure bw'umubiri bukabije, umuriro mwinshi ukabije, cyangwa imyitwarire idasanzwe.

Ibimenyetso biranga ubwivumbure bw'umubiri bukabije bishobora kubamo kubyimba uruhu, amaso n'umuhogo, gutera cyane k'umutima, isereri no gucika intege—.

**Ni iki nakora?**

- Niba wumva ari ubwivumbure bw'umubiri bukabije cyangwa ikindi kintu cyihutirwa, hamagara 9-1-1 uhabwe umuntu wo kugufasha ku bitaro bikwegereye. Naho ubundi wahamagara muganga wawe.
- Ikibazo cy'ubwivumbure gishobora kugezwa kuri sisitemu ya raporo ku by'inkingo (VAERS). Muganga wawe agomba kwegereya iyi raporo, cyangwa nawe ukabikorera unyuze ku rubuga rwa VAERS ari rwo [www.vaers.hhs.gov](http://www.vaers.hhs.gov), cyangwa ughamagara kuri **1-800-822-7967**.

VAERS ntitanga inama ku bijyanye n'ubuvuzi.

**6 Porogaramu y'igihugu ishinzwe indishyi z'abamugajwe n'inkingo**

Porogaramu y'igihugu ishinzwe indishyi z'abamugajwe n'inkingo (VICP) ni porogaramu ikorera muri Leta zose yashyiriweho guha indishyi abantu bamugajwe n'inkingo runaka.

Abantu bashobora kumva baramugajwe n'urukingo bashobora kumenya iby'iyi porogaramu n'uburyo bagaragaza ikibazo cyabo bahamagaye **1-800-338-2382** cyangwa basuye urubuga rwa VICP ari rwo [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation) Igihe cyo kuregera indishyi kirabaze.

**7 Nabona nte ibindi bisobanuro?**

- Baza umujyanama wawe w'ubuzima. Ashobora kukwandikira urundi rukingo cyangwa akakugira inama y'aho wakura andi makuru.
- Hamagara ku ishami ry'ubuzima rikwegereye cyangwa ku ishami ry'igihugu ry'ubuzima.
- Menyesha ibigo bishinzwe kuvura no gukumira indwara (CDC): Hamagara kuri **1-800-232-4636 (1-800-CDC-INFO)** cyangwa usure urubuga rwa CDC ari rwo [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

Vaccine Information Statement  
Meningococcal ACWY Vaccines - Kinyarwanda

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42 U.S.C. § 300aa-26

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