

SOBANUKIRWA.

INKINGO N'UBUNTU KURI BURI WESE.

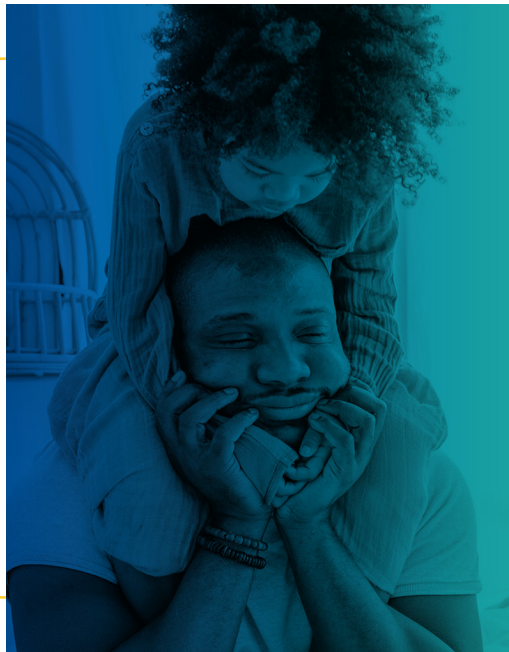


Ariko banza ubaze niba hari ibindi biciro bijyanye no guhabwa urwo rukingo.

- Ntawe bashobora kwangira kwiteza urukingo mugihe atabacye kubona ikiguzi kuri serivisi.
- Inkingo zimaze gukwira ahantu hose, buri wese ashobora kuruterwa batitaye kubyangombwa afite.
- Buri wese ashobora kubona urukingo igihe cye kigeze.

Uru rukingo rukurinda kwandura COVID-19.

- Nyuma yo kwiteza urukigo, wongeye ukarwara COVID-19 urukingo watwe rukurinda kuremba.
- Ugomba kwiteza urukingo nubwo waba warigeze kurwara COVID-19.
- Igihe umuntu amara adashobora kuba yakongera kurwara COVID-19 ntikiramenyekana.



Inkingo za COVID-19 zirizewe kandi zirakora neza. Urukingo NTABWO rushobora kukwanduza COVID-19.

- Kwiteza urukingo biruta kurwara COVID-19.
- Miliyoni z'abantu bamaze guhabwa uru rukingo nta kibazo.
- Ntarundi rukingo rwasuzumwe kimwe nkarwo mu mateka ya Leta zunzubumwe z'Amerika(U.S) kubwo kurwizera.
- Urukingo rumaze kugaragaza ko ari rwiza kubihumbi byinshi by'abantu rutarobanuye uruhu, ubwoko ndetse n'imyaka.
- Urukingo ntabwo ruhindura uturemangingo twawe twa DNA.

INGARUKA Z'URU RUKINGO ZIRASANZWE.

Ingaruka z'uru rukingo NTI zisobanura ko ufite COVID-19.

- Ingaruka z'uru rukingo ugira nyuma yo kwikingira bisobanura ko urukingo rurimo kwigisha umubiri guhangana na COVID-19.
- Zimwe mu ngaruka ushobora kugira mu mubiri harimo:
 - Uburibwe Or kubyimba ku kaboko aho baguteye urukingo.
 - Kurwara umutwe, ubukonje cangwa ubushyuhe.
- Mu gihe wumva utameze neza, ushobora gufata iminsi y'ikiruhuko kugeza ubwo uzumva umeze neza.
- Nyuma yo kwiteza urukingo tegereza iminota hagati ya 15 na 30 kugira umenye ko rutagutera areriji.



Nta kimenyetso kigaragaza ko izi nkingo zitera ibibazo by'uburumbuke.

Abagore batwite bakwiye kubanza kubaza muganga niba bakwiriye guhabwa runo rukingo.

Inkingo zimwe na zimwe zikenera guterwa urushinge incuro ebyiri mugihe izindi uterwa urushinge rimwe. Ayo moko yombi y'inkingo araziwe kandi ntakibazo atera.

Kubijyanye n'urukingo rukenera **kabiri** guterwa:

- Urushinge rwa mbere n'urutegura umubiri wawe.
- Urushinge rwa kabiri uruterwa nyuma y'ibyumweru bike kugirango byizerwe neza ko wakingiwe.
- Ningezi ko uterwa inshinge zombi kugirango ube ukingiwe byuzuye.

Inkingo NTABWO zifite

- Imiti batera mu birire bitandukanye kugirango bitangirika
- Amagi
- Ibikomoka ku ngurube
- Gelatine
- Latex
- Virusi ayariyo yose ya COVID-19

KOMEZA WIRINDE NYUMA YO KUGIKIRWA.

kugeza ubu, abahanga ntibazi igihe runo rukingo ruzakurinda. Ndetse na nyuma yoguhabwa urukingo, komeza ku:



Wambare agapfukamunwa.



Hana intera hagati yawe n'undi muntu.



Karaba intoki kenshi.



Gutera imiti yica udukoko ahantu ukunda gukora cane.



NRC-RIM

National Resource Center for
Refugees, Immigrants, and Migrants

Ukeneye andi makuru jya kuri: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)