





### Ukugubwa nabi n'umuti uyu canke uriya

Kuba uri umuntu akunda kugubwa nabi mu buryo ubu canke buriya iyo wafashe umuti, ntibisigura ko udahabwa urwo rucanco.

Nimba muri kahise umaze kugubwa nabi bikomeye inyuma yo guhubwa urucanco canke yo gufata umuti (vyatumye uja kwa mugana), ni vyiza ko ubanza kubibwira Muganga wawe imbere yo guhabwa urwo rucanco.

### Ukwemererwa kuronswa urwo rucanco

Abantu umubiri wabo utagifise inguvu zikwiye zo kwirwanira barashobora guhabwa urwo rucanco. Muribo harimwo abantu bagendana umugera wa SIDA, abafise ingwara y'umutima, abagwaye ingwara y'igisukari, abagwaye asima, abantu bangendana ingorane zo mu nsogi (Irritable bowel syndrome), hamwe n'abagendana ingwara yo mu maraso yitwa sickle cell.

Ku bagore bibungeze canke bonsa, urwo rucanco rurakenewe. Biyage na muganga wawe.

Abantu bemerewe guhabwa urucanco Moderna ni abafise guhera ku myaka 18 kuduga, nayo abemerewe guhabwa urucanco Pfizer ni abafise guhera ku myaka 16 kuduga.

**Ubushobozi bwo kutandura ingwara** Abantu bakwiye kubandanya birinda kwanduki-zanya gushika igihe abantu benshi bazoba baronkejwe urucanco, igikorwa kizofata amezi menshi.

Ukwiye kubandanya:


- Wambara agafukamunwa
- Ukaraba
- Usiga imitero hafi zibiri hagati yawe n'abantu atari abo mu nzu yawe
- Wirinda gukoranira hamwe n'abandi mu kirwi

### Ibijanye n'imico itandukanye

Uru rucanco rurubahiriza amategako y'idini ry'Abayahudi.

Uru rucanco rurubahiriza amategako y'idini rya Isiramu.

Urwo rucanco ntirukozwe mu bintu vyavuye mu bantu canke mu bikoko.

 bita mu congereza Stem cell dukoresha muri urwo rucanco.

**Ukaba ukeneye kwiandikisha mugabo ukagira ingorane z'ururimi, ntiwitinye gusaba ubufasha amashirahamwe AALV, USCRI canke Vt. LEND.**

Amashirahamwe AALV, USCRI Vermont, na VT LEND yarakoreye hamwe kugira aya makuru ashobore kwegeryanywa.

**For more information visit:  
UVMHealth.org/Coronavirus**