



**COVID-19  
VACCINE**  
Public Health  
Advice



Umgomo we-Comirnaty (Pfizer/  
BioNTech) wezingane ezinezinyanga  
ezingu-6 kuya eminyakeni engu-4

Ukwaziswa okubalulekile kwabazali  
nabanakekeli

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**Rialtas na hÉireann**  
Government of Ireland

## Mayelana naleli pheshana

Leli pheshana likutshela ngomgomo wee-COVID-19 (i-coronavirus) wezingane ezinezinyanga ezingu-6 kuya eminyakeni engu-4.

Likutshela mayelana:

- I-COVID-19 ezinganeni ezinezinyanga ezingu-6 kuya eminyakeni engu-4
- nalokho umgomo we-COVID-19 oyikho
- izinzuzo zomgomo zezingane ezinezinyanga ezingu-6 kuya eminyakeni engu-4
- izingozi zomgomo zezingane ezinezinyanga ezingu-6 kuya eminyakeni engu-4
- nokuphepha komgomo kanye nemiphumela engathandeki
- nabangakulindela ngemva komgomo wabo we-COVID-19
- nokunikeza imvume ngomgomo wabo we-COVID-19
- nalapho ungathola khona okunye ukwaziswa

Siza ufunde leli pheshana ngokucophelela. Injongo yethu ngaleli bhukwana lokwaziswa ukukuvumela ukwenza isinqubo sangemva kokwaziswa mayelana nokutholela ingane yakho umgomo. Ungakhuluma futhi nomnakekeli wezempilo, njenge-GP (Udokotela) yakho noma uSokhemesi, mayelana nomgomo.

### Ungakwazi futhi:

- ukufunda Ipheshana Lomkhandi Lokwaziswa Lesiguli elitholakala kokuthi **[www.hse.ie/covid19vaccinePIL](http://www.hse.ie/covid19vaccinePIL)**
- funda isiqeshana samahlaya se-HSE, 'Ukuthola umgomo wami we-COVID-19' – lokhu kungafaneleka ukufunda nengane yakho (ikhodi ye-QR ekhombisa esiqeshaneni samahlaya isemuva kwaleli pheshana)
- ukufunda ukwaziswa okunye okutholakala kokuthi **[www.hse.ie](http://www.hse.ie)**

## Mayelana ne-COVID-19

I-COVID-19 yisifo esithinta amaphaphu kanye nemigudu yokuphefumula, futhi kwesinye isikhathi ezinye izitho zomzimba lbangelwa igciwane elibizwa nge-coronavirus.

I-COVID-19 iyathelelana kakhulu. Isabala emoyeni ngamanconsi aphuma uma abantu bekhwehlela noma bethimula, noma uma bethinta izindawo lapho amaconsi ahlale khona bese bethinta amehlo abo, amakhala noma umlomo.

## Izimpawu ezivame kakhulu ze-COVID-19 ilezi:

- ukushisa (amazinga okushisa angu-38 degrees Celsius noma ngaphezulu)– kuhlanganise nokugodola
- ukukhwehlela okomile
- ukukhathala

Kungathatha izinsuku ezingafika ku-14 ngemva kokutheleleka nge-COVID-19 ukuthi izimpawu zibonakale. Izimpawu zingafana nezomkhuhlane. Kungenzeka ingane yakho ingabi nazo zonke lezi zimpawu noma ingazizwa ingaluleme nje kunangokujwayelekile.

Uma ingane yakho inanoma iziphi izimpawu ze-COVID-19, kumelwe uyigcine ekhaya kuze kube ngemva kwamahora angu-48 izizwa ngcono. Ungahlola okuthi **www.hse.ie** ukubona ukuthi idinga ukuhlololwa i-COVID.

Ukuthola okunye ukwaziswa nge-COVID-19, siza uvakashele okuthi **www.hse.ie/coronavirus** noma ufonele ku-HSELive ku-**1800 700 700**.

## I-COVID-19 nezingane ezinezinyanga ezingu-6 kuya eminyakeni engu-4

Izingane eziningi ezikule minyaka ezithola i-COVID-19 zinezimpawu ezingebucayi noma azinazo ngokuphelele.

I-COVID-19 ingadala ukugula okukhulu, ukulala esibhedlela noma ukufa ezinganeni, kepha lokhu kuyimvela kancane. Nakuba ingozi yokulaliswa esibhedlela nesifo esinamandla iyincane kakhulu kubantu abakule minyaka, inkulu kunasezinganeni ezindadlana.

Kwezinye izikhathi, izimpawu ezixhumene ne-COVID-19 zingaqhubeka amaviki athile noma izinyanga. Lokhu kubizwa ngokuthi 'i-COVID ende'. Ingozi yalesi simo ingaphansi ezinganeni uma kuqhathaniswa nabantu abadala.

Ingozi yokuba ingane ilaliswe esibhedlela ngenxa ye-COVID-19 iphansi kakhulu, futhi ingozi yokuba noma iyiphi ingane idinge ukunakekelwa kwabasesimweni esibucayi iphansi ngendlela enkulu.

Izingane ezinezimo ezithile zempilo zisengozini enkudlwana yokugula okubucayi nokulaliswa esibhedlela uma zithola i-COVID-19. Nokho, okungaphezu kwengxenye yezingane ezisesibhedlela nge-COVID-19 kungenzeka ingabi nezinye izimo zempilo.

Ngokwethukela, i-COVID-19 ingadala isifo esibizwa ngokuthi i-Multisystem Inflammatory Syndrome ezinganeni (MISC).

Lokhu kugula kubangela isifo samakhaza, ukuvuvukala kwenhliziyo kanye nobunzima bokuphefumula. Izingane eziningi ezine-MIS-C ziyalulama ngemva kwesikhathi esibhedlela noma egumbini labagula kakhulu futhi sincane kakhulu isibalo sezingashona.

## Uyini umgomo we-COVID-19?

Umgomo umuthi okumelwe uqinise amasosha omzimba (isivikelo) ngokumelene nesifo esithile. Umgomo ufundisa amasosha omzimba ukuthi abavikele kanjani abantu ezifweni.

Ubufakazi obukhona buthi umgomo we-COVID-19 kumelwe uvikele ingane yakho ku-COVID-19. Uma izingane zigomile, lokhu kumelwe futhi kusize ukwehlisa isibalo sabagula futhi bashone ngenxa ye-COVID-19 emphakathini wethu.

## Yimuphi umgomo onikezwa umtwana wami?

Umgomo onikezwa umtwana wakho ubizwa nge-Comirnaty (Pfizer/ BioNTech).

Lona umgomo we-mRNA ofundisa umzimba womtwana wakho indlela yokwenza iprotheyini ezovusa amasosha omzimba, ngaphandle kokusebenzisa igciwane eliphilayo elibangela i-COVID-19.

Umzimba womtwana wakho ubesewenza amasosha omzimba asiza ukutheleleka uma i-COVID-19 ingena emzibeni wabo esikhathini esizayo

Ngaphambi kokugoma, uzocelwa ukuthi unikeze imvume yokuthi umtwana wakho athole umgomo futhi lemvume izobhalwa.

## Kungani umgomo unikwa zonke izingane ezinezinyanga ezingu-6 kuya eminyakeni engu-4?

Injongo yethu yokunikeza umgomo kubantu ukubavikela futhi sinciphise ukugula kanye nokufa okubangwa yileligciwane.

Ukuthola umgomo we-COVID-19 kumele kuvikele umtwana wakho kanye nalabo abasondelene nabo ekuguleni okukhulu okubangwa yi-COVID-19. Nakuba ukugula okubucayi kwe-COVID-19 kungavamile kule minyaka, kunamathuba amancane kakhulu okuthi agule kabucayi ngenxa ye-COVID-19 uma egomile.

Imigomo ye-COVID-19 ituswa yi-National Immunisation Advisory Committee (NIAC) ezinganeni ezinezinyanga ezingu-6 kuya eminyakeni engu-4 abanesimo sempilo esibabeka engozini enkulu yokugula okubucayi uma zithola i-COVID-19.

Ezinganeni zonke ezikule minyaka, ukutusa kwe-NIAC ukuthi izinzuzo zokugoma zinkulu kunezingozi zomgomo, okusho ukuthi izingane ezikule minyaka ezinganikwa umgomo.

Izinzuzo zihlanganisa ukugwema ukuthola i-COVID-19, nesivikelo esengeziwe ezingozini ezingavamile zokugula okubucayi ngenxa ye-COVID-19. Ukugoma izingane kumelwe futhi kunciphise ukuthelela amanye amalungu womndeni, ngokwesibonelo, labo abanamasosha omzimba abuthaka. Abantwana abagomile banamathuba amancane okungayi esikoleni nokwenza ezinye izinto ngenxa ye-COVID-19.

## Ingabe umgomo uyasebenza ezinganeni ezinezinyanga ezingu-6 kuya eminyakeni engu-4?

Ucwaningo lomgomo wezokwelapha lwe-Comirnaty (Pfizer-BioNtech) luveze ukuthi bekusebenza ekuvimbeleni i-COVID-19 ezinganeni ezikule minyaka ngemva kwezilinganiso ezintathu. Uyasebenza kakhulu futhi ekuvimbeleni ukugula okubucayi okungabangela ukulaliswa esibhedlela nge-COVID-19.

## Ingabe umgomo uphaphile ezinganeni ezinezinyanga ezingu-6 kuya eminyakeni engu-4?

I-National Immunisation Advisory Committee itusa ukuthi izingane ezinezinyanga ezingu-6 kuya eminyakeni engu-4 ubudala zinikwe lo mgomo we-COVID-19.

Lo mgomo uhlolwe ezinkulungwaneni zabantu kuhlangukane nezingane ezingaphezu kwezingu-3,000 ezinezinyanga ezingu-6 kuya eminyakeni engu-4 njengengxenye yocwaningo lwezokwelapha. Akukho ukukhathazeka okwengeziwe kokuphepha okuphawuliwe ocwaningweni lwezokwelapha lwezingane ezikule minyaka.

Lomgomo uphaphile wamelana nezinga eliphezulu lokuphepha, ubuqotho kanye nokusebenza, futhi ivunyiwe yanikezwa igunya abqondisi e-Ireland, abaqondisi yi-European Medicines Agency (EMA) – vakashela **[www.ema.europa.eu](http://www.ema.europa.eu)** ukutholwa ulwazi olungaphezulu.

Ukuze ugonyazwe ukuba isetshenziswe, umgomo undlule konke ukuhlolwa kanye nokubhekwa ukuphepha yonke eminye imithi egunyaziwe endlula kuyo, kulandela izinga likazwelonke lokuphepha. Ukulandela umgomo we-COVID-19 ngokuphepha kuyabuyezwa njalo abaphathi abakulungele.

Nakuba umsebenzi wokukhanda imigomo ye-COVID-19 uqhubeke ngokushesha kunokuvamile, umgomo esiwunika ingane yakho udlule ezinyathweni ezivamile ezidingekayo zokukhanda nokugunyaza umgomo ophaphile nosebenzayo.

Sisafunda mayelana nokusebenza kanye nemiphumela emibi yomgomo we-COVID-19 ebantwini baleminyaka.

Yonke imithi inemiphumela engemihle futhi kumelwe ufunde ngemiphumela engemihle eyaziwayo ejwayelekile, engavamile kanye nengavamile kakhulu yalo mgomo kuleli pheshana ngaphambi kokuba unikeze imvume yokuba ingane yakho igonywe.

## **Umntwana wami useke waba nayo i-COVID-19, angawuthola yini umgomo?**

Uma umtwana wakho ebene-COVID-19 cishe uzoba namasosha omzimba.

Ngisho noma ingane yakho ibe ne-COVID-19 isengayithola futhi. Umgomo uzonciphisa ingozi yokuthola i-COVID-19 futhi.

## **Umntwana wami angawuthola yini umgomo we-COVID-19 uma umzimba wakhe ushisa kakhulu?**

Cha. Uma eshisa (amazinga okushisa komzimba ka-38 degrees Celsius noma ngaphezulu), kumelwe uhlehlise ukuthola umgomo aze abe ngcono.

## **Umgomo ungayifakela yini ingane yami i-COVID-19?**

Cha. Umgomo we-COVID-19 angeke ufakele ingane yakho i-COVID-19 Kungenzeka ukuthola i-COVID-19 ngaphambi kokuthola umgomo futhi ungaboni ukuthi unezimpawu kuze kube ngemva kwe-aphoyintimenti yomgomo.

Uma ingane yakho inezimpawu ze-COVID-19 – noma uma inezimbalwa eziqala esikhathini esidlula izinsuku ezingu-2 ngemva komgomo wayo, noma esihlala isikhathi esidlula izinsuku ezingu-2 – kumelwe izihlukanise (ihlale ekhaya) kuze kube ngemva kwamahora angu-48 okuba izizwe ngcono. Ungahlola okuthi [www.hse.ie](http://www.hse.ie) ukubona ukuthi idinga ukuhlololwa i-COVID-19 yini.

## **Ubani ogoma ingane yami?**

Lo umuntu omgomayo. Uqeqeshwe yi-HSE ukunikeza umgomo we-COVID-19.

## **Unikezwa kanjani umgomo we-COVID-19?**

Umgomo we-COVID-19 unikezwa njengomjovo ethangeni noma ngenhla kwengalo kuye ngobudala bengane yakho. Kuzothatha imizuzu embalwa kuphela.

## **Ingabe ingane yami izodinga izilinganiso ezingaki zomgomo we-COVID-19?**

Izodinga izilinganiso ezingu-3 zomgomo we-Pfizer/BioNTech ukuze ithole isivikelo esihle kakhulu engasithola ngokumelene ne-COVID-19. Ingane yakho izothola isilinganiso sayo sesibili amaviki angu-3 ngemva kwesilinganiso sokuqala, okulandelwa isilinganiso sesithathu amaviki angu-8 ngemva kwesilinganiso sesibili.

## Ingane yami ine-COVID-19 manje, angawuthola yini umgomo?

Uma ingane yakho ine-COVID-19 futhi kudingeka ithole isilinganiso sayo somgomo sokuqala:

- ingagonywa kusuka emavikini angu-4 ngemva kokuba ibe nezimpawu okokuqala noma kutholakale ukuthi ine-COVID-19 lapho ihlolwa. Nokho, ukuze umgomo wayo usebenze kahle kakhulu, kususwa ukulinda izinyanga eziyisi-6 ukuze umgomo usebenze kahle kakhulu.

Uma ingane yakho ine-COVID-19 futhi umthamo womgomo wayo wesibili udingeka:

- ingagonywa kusuka emavikini angu-4 ngemva kokuba ibe nezimpawu okokuqala noma kutholakale ukuthi ine-COVID-19 lapho ihlolwa.

Uma ingane yakho ine-COVID-19 futhi umthamo womgomo wayo wesithathu udingeka:

- ibe nokutheleleka nge-COVID-19 izinsuku ezingaphezu kweziyisi-7 ngemva komthamo wesibili, umthamo wesithathu uyadingeka
- ibe nokutheleleka nge-COVID-19 izinsuku ezingaphezu kweziyisi-7 ngemva komthamo wesibili, kumele ithole umthamo wesithathu amaviki ayisi-8 ngemva kokuba ibe nezimpawu noma kutholwe ukuthi i-COVID-19 lapho ihlolwa

## Yimiphi imiphumela engathandeki yomgomo?

Njengemithi yonke, imigomo ingadala imiphumela emibi. Emingi yalena mincane kuya kwevamile, eyesikhathi esifushane, futhi akuyena wonke umuntu oyitholayo.

Ingane engaphezu kwengu-1 kwezingu-10 ingaba nale **miphumela engemihle evame kakhulu:**

- ukungaphatheki kahle
- Isiyazi
- ukwehla kwezinga lofuna ukudla
- ukuzizwa ukhathele
- ukuthamba noma ukuvuvukala engalweni yakho lapho ujoywe khona umgomo
- ukubabomvu lapho uthole khona umgomo
- ikhanda elibuhlungu
- ubuhlungu bemisipha
- ubuhlungu bamalunga
- ukuhuda
- imfiva (amazinga okushisa angu 38-degrees Celsius noma ngaphezulu) noma ukugodola

Izingane ezingafika ku-1 kwezingu-10 zingaba nale **miphumela engemihle evamile:**

- umqubuko (izinyanga ezingu-6 kuya ku-23)
- Isicanucanu
- ukuhlanza

Izingane ezingafika ku-1 kwezingu-100 zingaba nale **miphumela engemihle engavamile:**

- ukulunywa lapho uthole khona umgomo
- ukulunywa
- ukuvuvukala endlaleni
- ukungalali
- ukujuluka kakhulu
- ukujuluka ebusuku
- ukungabi nomdlandla, ukukhathala noma ukuzizwa ungaphilile
- ubuhlungu engalweni egonyiwe

Izingane ezingafika ku-1 kwezingu-1,000 zingaba nale **miphumela engemihle engavamile:**

- ukuwa kwesikhashana uhlangothi olulodwa lobuso
- Ukuguliswa okuthile njengamahive noma ukuvuvukala kobuso

Izingane ezingafika ku-1 kwezingu-10,000 zingaba nale **miphumela engemihle engavamile kakhulu:**

- i-myocarditis ne-pericarditis

Idatha entsha evela kwamanye amazwe ibonisa ukuthi i-myocarditis inamathuba amancane okuba khona kulabo abaneminyaka engu-12 kuya ku-15 kunalabo abaneminyaka engu-16 kuya ku-24. I-myocarditis ezinganeni ezinezinyanga ezingu-6 kufika eminyakeni engu-4 ubudala ayivamile kakhulu. E-USA, izilinganiso ezingaphezu kwezizigidi zomgomo we-mRNA zinikezwe izingane ezikule minyaka. Akukabi nemibiko ye-myocarditis kulezi zingane. Sisafunda mayelana nokusebenza kanye nemiphumela emibi yomgomo we-COVID-19 ebantwini baleminyaka.

I-Myocarditis kanye ne-pericarditis – izifo zokuvuvukala kwenhliziyu Ubungozi balezi zimo ezingajwayelekile buphezulu ebantwini besilisa abancane. Lezi zimo zingenzeka ngemva kwesilinganiso sesibili futhi zenzeka ezinsukwini ezingu-14 zokuthola umgomo.



Ucwaningo olubili lwase-Europe lulinganisele ingozi ye-myocarditis, ngemva kwesilinganiso sesibili somgomo.

- Isimo esisodwa esengeziwe esisodwa emadodeni angu-38,000 aneminyaka engu-12 kuya ku-29 (ezinsukwini ezingu-7)
- Isimo esisodwa esengeziwe esisodwa emadodeni angu-17,500 aneminyaka engu-16 kuya ku-24 (ezinsukwini ezingu-28)

Abantu abanengi baba ngcono ngokwabo noma ngokwelapha kokusekela, kodwa bazodinga ukunakekelwa esibhedlela. Asikazi uma kunezinkinga ezihlala isikhathi eside ngenxa yale miphumela engemihle.

Akukaziwa okwamanje ukuthi bangaki abantu abathola lomgomo abazoba nale miphumela engathandeki kepha kucatshangwa ukuthi **ayivamile kakhulu:**

- Ukuguliswa okuthile kakhulu. Umuntu okugomayo uqeqeshelwe ukwelapha ukuguliswa okuthile kakhulu.
- I-Erythema Multiforme, ukuzwela kwesikhumba okudala amachashaza abomvu noma izinto esikhumbheni ezibonakala njengeso lenkunzi elinengaphakathi elibomvu elikakwe izindingiliza ezibomvu eziphuphile
- ukuvuvuka ngokweqile kwengalo (noma umlenze) lapho umgomo ufakwe khona
- umuzwa olumayo noma ohlabayo, noma ukulahlekelwa imizwa ezingxenyeni ezinye zomzimba

Umgomo we-COVID-19 usundlule ekuhlolweni okufanayo kanye nokuphepha njengayo yonke imigomo egunyaziwe, nokho umgomo musha kanti futhi ulwazi lwemiphumela emibi lulinganiselwe.

Njengoba abantu abanengi e-Ireland kanye nasemhlabeni jikelele bethola umgomo, ulwazi oluningi ngemiphumela emibi ingatholakala. I-HSE izokwenza izilungiso kulokhu kwaziswa njalo kuwebhusayithi yethu, futhi uma kudingeka, yenze izilungiso epheshaneni lokwaziswa elinikwa abantu ku-aphoyintimenti yabo yesilinganiso sokuqala noma sesibili somgomo.

## **Izimpawu ze-myocarditis kanye ne-paricarditis**

Ngokungavamile kakhulu, abantu bangaba ne-myocarditis kanye ne-pericarditis emva kokuthola umgomo we-Comimaty (Pfizer/BioNTech). I-Myocarditis kanye ne-pericarditis – izifo zokuvuvukala kwenhliziyo.

Kumele wazi izimpawu okumelwe uzinake enganeni yakho. Thola usizo lwezempilo uma umtwana wakho enanoma iziphi zalezi zimpawu:

- ukuphelelwa umoya
- ukuhefuzela (ukushaya ngamandla kwenhliziyi okungavamile)
- ubuhlungu esifubeni

Izimpawu ze-myocarditis ezinganeni ezincane kungaba ezingaqondile kuhlanganise:

- ukungaphatheki kahle
- ukuhlanza
- ukudla kanzima
- ukuphefumula okusheshayo nokungajulile
- ukukhathala

## Ingabe bakhona abantwana okungamelwe bathole umgomo we-COVID-19?

**Yebo. AKUMELWE uthole umgomo we-COVID-19 Pfizer (Comirnaty) uma:**

- Ingane yakho iguliswa kakhulu inoma iziphi izithako zomgomo (kuhlanganise ne-polyethylene glycol noma i-PEG). Funda lpheshana Lokwaziswa Lesiguli lomkhandi ku-[www.hse.ie/covid19vaccinePIL](http://www.hse.ie/covid19vaccinePIL) ukubona uhlu lwezithako.
- ingane yakho igule kakhulu ngenxa yesilinganiso esidlule somgomo we-Pfizer/BioNTech.
- ingane yakho igule kakhulu ngenxa ye-Trometamol (isithako esifana ne-dye esisetshenziselwa ucwaningo lwe-radiology lwe-MRI).

Kumelwe ukhulume nodokotela wengane yakho ngaphambi kokuthola umgomo we-COVID-19 uma:

- iguliswa kakhulu okuthile(i-anaphylaxis) esikhathini esidlule, kuhlanganise nanoma yimuphi umgomo noma umuthi.
- ube ne-myocarditis noma i-pericarditis ngemva kwesilingasino esidlule somgomo we-COVID-19.

Uma ingane yakho ibe ne-Multisystem Inflammatory Syndrome ngaphambili, ingathola umgomo we-COVID-19 lapho nje isiluleme futhi okungenani izinsuku ezingu-90 ngemva kokuba kutholwe ukuthi inayo, noma ikuphi okude.

Ukuze uthathe izinyathelo zokuqapha, uma ingane yakho isanda kuthola umgomo we-monkeypox (i-Imvanex noma i-Jynneos) kumelwe alinde amaviki ama-4 ngaphambi kokuthola umgomo we-COVID-19 ngenxa yengozi engaziwa ye-mycorditis.

Eminye imigomo kumelwe ihlukaniswe emigomweni ye-COVID-19 kubantu abakule minyaka ngezinsuku ezingu-14. Imigomo evamile kumelwe ize kuqala ezinganeni ezikule minyaka.

Abantwana abaningi bazokwazi ukuthola umgomo ngokuphephile. Umuntu ogoma umtwana wakho angakujabulela ukuphendula imibuzo onayo ku-aphoyintimenti yakho yomgomo.

Bazokunika nesiluleko sangemva kokunakekelwa, nekhadi lomlando womgomo obonisa igama nenombolo yomkhiqizo yomgomo ingane yakho enikwe wona.

## **Ngemva kokuthola umgomo**

Sikunikeza irekhodi lomgomo wengane yakho namuhla.

**Sicela ugcine ikhadi lerekhodi liphephile.**

### **Yini engenzeka ezinsukwini ezimbalwa ezilandelayo?**

Abanye abantu abathole umgomo otholwe ingane yakho bangathola eminye yemiphumela engemihle ebhalwe ekuqaleni. Eminingi yayo mincane kuya kwevamile futhi eyesikhashana.

### **Imfiva ngemva komgomo**

Kujwayelekile ukuba nemfiva ngemva kokugoma. Kaningi, lokhu kwenzeka ezinsukwini ezi-2 zokuthola umgomo, futhi kuyaphela ezinsukwini ezi-2. Ungane yakho inamathuba amaningi okuthola imfiva ngemva kwesilinganiso sesibili somgomo.

Uma umtwana wakho ezizwa engakhululekile, kumelwe umphuzise i-paracetamol nom i-ibuprofen njengoba kuqondiswe ebhokisini noma noma epheshaneni. Uma ukhathazekile ngengane yakho, siza uthole iseluleko sezokwelapha.

### **Kuthatha isikhathi esingakanani ukuthi umgomo usebenze?**

Ngemva kokuba nezilinganiso ezintathu zomgomo we-COVID-19, izingane eziningi zizoba namasosha omzimba. Lokhu kusho ukuthi zizovikeleka ngokumelene ne-COVID-19.

Kuthatha izinsuku ezingu-7 ngemva kokuthola isilinganiso sesithathu ukuba sisebenze.

Kunethuba lokuthi umtwana wakho angabanayo i-COVID-19, noma ngabe egomile.

## **Ingabe umgomo uyasebenza kubobonke abantu?**

Imigomo esetshenziwe ezigidini zabantu emhlabeni wonke. Kunobufakazi obuqinile, obunokwethenjela bokuthi imigomo ye-COVID-19 inciphisa ingozi yokuthola i-COVID-19 kakhulu. Isebenza kakhulu ekugwemeni ukufa kanye nokugula okubucayi kwe-COVID-19.

Imigomo ayisebenzi ngendlela efanayo kubo bonke abantu, futhi kusengenzeka uthole i-COVID-19 ngemva kokugoma. Uma ingane yakho inamasosha omzimba abuthaka, ayikho ingozi engeziwe ekuthatheni umgomo kodwa kungenzeka ungasebenzi kahle ngaleyo ndlela enganeni yakho.

## **Amasosha omzimba avela emgomweni ahlala isikhathi esingakanani?**

Asikazi okwamanje ukuthi amasosha omzimba azohlala isikhathi esingakanani. Ukuhlola kwezokwelapha kusaqhubeka ukuze kuthole lokhu.

## **Uma umtwana wami ethola umgomo, ingabe lokho kuchaza ukuthi angeke athelele abanye abantu nge-COVID-19?**

Asikakazi okwamanje ukuthi ukuthola umgomo kuyabavimbela abantu ukuthi bathelele abanye nge-COVID-19 yini. Yingakho kubalulekile ukuthi sonke siqhubeke silandele iziqondiso zezempilo zomuntu wonke zendlela yokuyeka ukusabalalisa igciwane.

## **Ingabe ingane yami ingathola umgomo we-COVID-19 neminye imigomo?**

Ukuze uthathe izinyathelo zokuqapha, uma ingane yakho isanda kuthola umgomo we-monkeypox (i-Imvanex noma i-Jynneos) kumelwe alinde amaviki ama-4 ngaphambi kokuthola umgomo we-COVID-19 ngenxa yengozi engaziwa ye-mycorditis.

Eminye imigomo kumelwe ihlukaniswe emigomweni ye-COVID-19 ngezinsuku ezingu-14. Imigomo yezingane ezincane kumelwe ize kuqala kunemigomo ye-COVID-19.

## **Imvume yokuthi ingane yakho igonywe**

Umzali noma umnakekeli osemthethweni uzocelwa ukuba anikeze imvume yokuthi umtwana ngamunye agonywe.

Isinqumo sakho sokunikeza imvume noma sokungayinikezi sizohlonyiswa. Ithebula lesifinyezo elilandelayo lingaba usizo kuwe ngokukwazisa ngongakhetha kukho.

Cabangela ukuthi umtwana wakho athole umgomo uma:	Cabanga ukuthi umtwana wakho angathathi umgomo, noma alinde kuze kutholakale eminye imininingwane, uma:
<ul style="list-style-type: none"> <li>• Umtwana wakho unesimo sempilo esimbeka engozini enkulu yokuthola i-COVID-19 ebucayi.</li> <li>• Umtwana wakho uhlala nomtwana noma umuntu omdala osengozini enkulu yokuthola i-COVID-19 ebucayi.</li> <li>• Ufuna ukwandisa isivikelo sengane yakho ngokumelene namathuba angavamile kakhulu e-COVID-19 ebucayi, i-Multisystem Inflammatory Syndrome noma 'i-COVID ende'.</li> </ul>	<ul style="list-style-type: none"> <li>• Awufuni ukuzifaka engozini engajwayelekile kakhulu yemiphumela engemihle ye-myocarditis noma i-pericarditis yomgomo.</li> <li>• Ufuna ukulinda ukuba ukwaziswa okunye kutholakale ngengozi ye-Multisystem Inflammatory Syndrome nange-COVID-19 ezinganeni.</li> <li>• Ufuna ukulinda ulwazi lutholakale mayelana nemiphumela yesikhathi eside yomgomo ebantwaneni nasebantwini abasha.</li> </ul>

Izinzuzo zomgomo	Izingozi zomgomo
<ul style="list-style-type: none"> <li>• Isivikelo ku-COVID-19.</li> <li>• Isivikelo sezingane ezinezimo zempilo ezizibeka engozini enkulu ye-COVID-19 ebucayi.</li> <li>• Isivikelo sezingane ezinempilo ku-COVID-19 ebucayi - nakuba lokhu kungavamile kakhulu kule minyaka yobudala. Ingozi yokuba ingane ilaliswe esibhedlela ngenxa ye-COVID-19 iphansi kakhulu, futhi ingozi yokuba noma iyiphi ingane idinge ukunakekelwa kwabasesimweni esibucayi iphansi ngendlela enkulu.</li> <li>• Ukuvikeleka ku-COVID-19 kanye nezinkinga ngenxa ye-COVID-19 'njenge-COVID ende' kanye ne-Multisystem Inflammatory Syndrome ebantwaneni.</li> <li>• Kungasiza ukuvikela ukubhebbetheka kwe-COVID-19 kwabanye abantu. Lokhu kubaluleke ngokukhethekile uma izingane nabantu abasha behlala nengane yakwabo noma umuntu omdala osengozini ye-COVID-19 ebucayi.</li> </ul>	<ul style="list-style-type: none"> <li>• Imiphumela emibi yesikhashana njengengalo ebuhlungu, imfiva noma ukukhathala.</li> <li>• Cishe umuntu o-1 kwabangu-100,000 angaba nemiphumela emibi kakhulu, njengokuguliswa umgomo.</li> <li>• Noma kungajwayelekile kodwa abanye abantu baba nokuvuvukala kwenhliziyo (i-myocarditis) nolwelwesi lwenhliziyo (i-pericarditis) ngemva komgomo. Abantu abaningi bayalulama ku-myocarditis kanye ne-pericarditis kedwa bangadinga ukwelashwa esibhedlela.</li> <li>• Asikabi nokwaziswa okumayelana nemiphumela yesikhathi eside yemigomo ye-COVID-19 ezinganeni.</li> </ul>

## Ulwazi olwengeziwe

Ukuze uthole ukwaziswa okunye, funda Ipheshana Lokwaziswa Lesiguli lomkhandi. Uzophrintelwa lona ngosuku ingane yakho ethola umgomo wayo ngalo, noma ungalithola kokuthi **[www.hse.ie/covid19vaccinePIL](http://www.hse.ie/covid19vaccinePIL)**

Ungakhuluma futhi nochwepheshe wezempilo, njenge-GP (Udokotela) yakho, Usokhemisi noma iqembu lezempilo.

Futhi ungavakashela iwebhusayithi ye-HSE kokuthi

**[www.hse.ie/covid19vaccine](http://www.hse.ie/covid19vaccine)** noma ufonele i-HSELive ku-1800 700 700.

Ukuthola okunye ukwaziswa ngomgomo we-COVID-19, kuhlenganise nezinsiza ngamafomethi ongangena kuwo nahunyushiwe, vakashela i-**[www.hse.ie/covid19vaccinematerials](http://www.hse.ie/covid19vaccinematerials)**

## Ngiyibika kanjani imiphumela engemihle?

Njengayoyonke imigomo, ungabika imiphumela ku-Health Products Regulatory Authority (HPRA).

I-HPRA umgunyazi wemothi ezweni lase i-Reland , imishini yomuthi kanye neminye imikhiqizo yezempilo. Njenge nxenye yeqhaza layo ekulandeleni ukuphepha kwemithi, i-HPRA ilawula indlela abasebenzi bezempilo okanye amalunga omphakathi angabika imiphumela noma imiphi esolwayo ehambelana nemithi kanye nemigomo eyenzeke e-Ireland.

i-HPRA igqugquzela kakhulu ukubika imiphumela esolwayo ehambisana nomgomo we-COVID-19 ukweseka ukuqhubeka kokulandela ukusetshenziswa okuphephile futhi okusebenzayo. Ukubika imiphumela ehlukahlukene ngomgomo we-COVID-19, sicela uvakashele ku **[www.hpra.ie/report](http://www.hpra.ie/report)**

Ungacela futhi udokotela wakho noma ilunga lomdeni ukuthi likubikele lokhu. Kumelwe kunikewe ukwaziswa okwaziwayo okuningi ngangokunokwenzeka, futhi uma kwenzeka, inombolo yomkhiqizo womgomo kumelwe ifakwe.

i-HPRA angeke ikwazi ukunikeza iseluleko kumuntu ngamunye.

Amalunga omphakathi kumele axhumane nochwepheshe wezempilo (uDokotela wabo noma oSokhemisi) nganoma ikuphi ukukhathazeka kwezempilo abanakho.

## Imininingwane yakho yomuntu siqu

Ukufaka umgomo ngokuphepha bese kubhalwa phansi yonke imininingwane edingekayo ukulandela nokulawula umgomo, i-HSE izofaka imininingwane yomtwana wakho. Yonke imininingwane ephroseswe i-HSE izovumelana nemithetho evamile futhi ngokukhethekile i-General Data Protection Regulation (GDPR) oqale ukusebenza ngo-2018.

Ukuphroseswa kwedatha yengane yakho kuzoba ngokomthetho futhi kube nobulungisa. Izophroseselwa injongo ekhethekile kuphela yokuphatha imigomo. Umthetho we-Data Minimisation usetshenziyiwe. Lokhu kusho ukuthi idatha edingekayo kuphela ukudalula ingane yakho, ukubhukha i-aphoyintimenti yayo, ukurekhoda ukugonywa kwayo nokuqapha imiphumela yakho erekhodwayo.

Unamalungelo alandelayo ngaphansi kwe-GDPR mayelana nedatha yomuntu siqu yengane yakho ephroseswayo.

- Cela imininingwane mayelana nengane yakho nokufinyelela idatha yomuntu siqu (okwaziwa ngokuvamile ngokuthi 'isicelo sokufinyelela idatha yohlolwayo'). Lokhu kukuvumela (umzali womtwana noma umnakekeli osemthethweni) ukuthi uthole ikhophi yedatha yomuntu siqu esinayo mayelana nengane yakho futhi uhlole ukuthi siyiphrosesa ngokusemthethweni yini.
- Cela ukulungiswa kwedatha yomuntu siqu esinayo mayelana nengane yakho. Lokhu kukuvumela ukuthi kulungiswe nanoma ikuphi ukwaziswa okungaphelele noma okunganembile esinakho kwengane yakho.
- Cela ukusulwa kwedatha yomuntu siqu yengane yakho. Lokhu kukuvumela ukuthi usicele ukuba sisule noma sisuse idatha yomuntu siqu yengane yakho lapho singekho isizathu esihle sokuba siyiphrosese. Unelungelo futhi lokusicela ukuthi sisule noma sisuse imininingwane yomuntu siqu yengane yakho lapho usebenzise ilungelo lakho lokwenqaba ukuthi iphroseswe.
- Yenqaba ukuba kuphroseswe idatha yakho yomuntu siqu.

Olunye ulwazi luyatholakala kokuthi [www.hse.ie/eng/gdpr](http://www.hse.ie/eng/gdpr)

Skena ikhodi ye-QR ukuthola isiqephu samahlaya esibizwa ngokuthi *Ukuthola umgomo wami we-COVID-19 vaccine* esigabeni esithi **Izinsiza zezingane**. Amahlaya angasiza ukulungiselela izingane ezindadlana ngokumelwe zikulindele lapho ziyothola umgomo wazo we-COVID-19.





**COVID-19  
VACCINE**  
Public Health  
Advice

Kushicilelwe yi-HSE ngomhla  
ka-8 Meyi 2023

Ukuze uthole ulwazi lwakamuva  
kakhulu vakashela okuthi  
[www.hse.ie](http://www.hse.ie)



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