



COVID-19
VACCINE
Public Health
Advice

Imithi yokugomela I-COVID-19

Ulwazi mayelana nomgomo wakho
we-**Pfizer**, **I-VidPretyn Beta**
noma **I-Novavax**

Uhlelo 8
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Rialtas na hÉireann
Government of Ireland

Mayelana nale ncwajana

Le ncwajana ihlinzeka ngolwazi olujwayelekile mayelana nomuthi wakho wokugomela i-COVID-19. Kunezincwajana zolwazi ezahlukene mayelana nomgomo we-Pfizer wezingane ezineminyaka engu-5-11 kanye neminyaka engu-12-15 atholakala kwethi **www.hse.ie**

Iyatholakala ku-inthanethi ukuze uyifunde ngaphambi kokuthola umuthi wakho wokugoma futhi uzonikezwa le ncwajana lapho uyolanda umuthi wakho wokugoma.

Inolwazi mayelana:

- Nemithi yokugoma, ama-booster kanye nemithamo eyengeziwe
- Imithi yokugoma evumelana nezimo
- Nokugunyazwa komgomo, ukuphepha kanye nokuqapha
- Ukukhulelwa nokuncelisa
- Imithi yokugoma enconyiwe ngokweminyaka
- Ongakulindela ngemva komgomo wakho we-COVID-19
- Umuthi wokugoma ngamunye kwemi-3 - imiphumela engemihle nokuthi ungawutholi nini umgomo othile

Nomuthi wokugomela i-COVID-19 i-Pfizer - obizwa nangokuthi i-Comirnaty

- » Imiphumela emibi engaba khona yomgomo we-Pfizer
- » Lapho kungafanele khona uthole umgomo we-Pfizer

Umuthi wokugomela i-COVID-19 i-VidPrevtyn Beta

- » Imiphumela emibi engaba khona yomgomo we-VidPrevtyn Beta
- » Lapho kungafanele khona uthole umgomo we-VidPrevtyn Beta

Umuthi wokugomela i-COVID-19 I-Novavax - obuye ubizwe nge-Nuvaxovid

- » Imiphumela emibi engaba khona yomuthi wokugomela i-Novavax
- » Lapho kungafanele khona uthole umgomo we-Novavax
- Isikhathi esidingekayo ukuze imithi yokugoma isebenze
- Ukubika imiphumela emibi
- Lapho ungathola khona ulwazi olwengeziwe
- Ulwazi lwakho lomuntu siqu

Umuntu okugomayo angaphendula noma yimiphi imibuzo ongase ube nayo ngemva kokufunda le ncwajana.

Sicela ugcine le ncwajana, njengoba kungase kudingeke ubuyele kuyo.

Uma ufuna le ncwajana ibe ngenye ifomethi efana ne- English Easy Read, English Braille, Irish Sign Language noma ufuna hlelo oluhunyushiwe, vakashela ethi www.hse.ie/covid19vaccinematerials

Mayelana nomgomo wakho we-COVID-19

Imithi yokugomela i-COVID-19 iyindlela engcono kakhulu yokuzivikela ku-COVID-19. Selokhu kwethulwa imigomo, sibone bembalwa abantu abagula kakhulu futhi beba mbalwa ababulawa yileli gciwane e-Ireland.

Ukuthola umuthi wokugomela i-COVID-19 kufanele kunciphise ingozi yokuba uthole i-COVID-19 futhi kukuvikele ezinkingeni ezinkulu. I-HSE igoma abantu e-Ireland ukuze ibavikele futhi baqhubeke nokunciphisa inani labantu abagula kakhulu kanye nenani labafayo.

Le ncwajana inolwazi mayelana nemithi yokugoma engu-3 eyinhloko ohlelweni lwase-Ireland lokugomela i-COVID-19 kubantu abaneminyaka engu-16 ubudala nangaphezulu:

I-Pfizer, I-VidPrevtyn Beta kanye ne-**Novavax**.

E-Ireland, imigomo ye-COVID-19 i-AstraZeneca, ebizwa nangokuthi i-Vaxzevria, i-Janssen (ebuye ibizwe ngokuthi i-Jcovden®) kanye ne-Spikevax (ebuye ibizwe ngokuthi i-Moderna), ayisasetshenziswa, kodwa ungathola ulwazi ngayo kwethi www.hse.ie

Nemithi yokugoma, ama-booster kanye nemithamo eyengeziwe

Uma sibhekisela emuthini (imithi) wokugoma kule ncwajana, sisho ukuthi:

- Umgomo oyinhloko (umthamo wokuqala noma wesibili)
- umthamo owengeziwe - onikezwa abantu abanamasosha omzimba abuthakathaka kanye/noma
- umthamo we-booster

Umgomo oyinhloko

Umgomo oyinhloko unconywa kubo bonke abantu abaneminyaka engu-12 ubudala nangaphezulu.

Umgomo oyinhloko yilona:

- umthamo wokuqala nowesibili, amaviki angu-4 ngokwehlukana kulabo abaneminyaka engu-30 ubudala nangaphezulu, nalabo abaneminyaka engu-12-29 ubudala abanamasosha omzimba abuthakathaka
- umthamo wokuqala nowesibili, amaviki angu-8 ngokuhlukana kwalabo abaneminyaka engu-12-29 ubudala. Kukhona incwajana yolwazi ehlukile yezingane ezineminyaka eyi-12-15 ubudala

Umthamo owengeziwe

Umthamo owengeziwe unikezwa abantu abanamasosha omzimba abuthakathaka.

Imithamo ye-Booster

Isivikelo osithole emithini yakho yokugoma yangaphambilini noma isivikelo osithole ekuthelelekeni nge-COVID-19 singase sibe buthaka ngokuhamba kwesikhathi. Ama-booster akhuphula ukuvikeleka kwakho ku-COVID-19.

Ungase ufise ukucabangela ukuthola i-booster yakho ukuze uvikele nabanye - isibonelo, uma ungumnakekeli noma uhlala nomuntu osengozini enkulu ye-COVID-19, njengomuntu onamasosha omzimba abuthaka.

Okungenani i-booster eyodwa inconywa kubo bonke abantu abadala abaneminyaka engu-18 ubudala nangaphezulu. Ngemva kwalokhu, ama-autumn booster ayanconywa kwabanye abantu.

I-autumn booster izonikezwa uma:

- Uneminyaka engu-50 ubudala nangaphezulu
- uneminyaka engu-5 ubudala noma ngaphezulu unamasosha omzimba abuthakathaka
- Uneminyaka engu-5 ubudala kuya ku-49 nesimo esikubeka engozini enkulu yokuguliswa kakhulu yi-COVID-19
- umsebenzi wezempilo

Ukuze uthole ulwazi olwengeziwe mayelana nokuthi umgomo wakho olandelayo we-COVID-19 ufuneka nini vakashela ku-www.hse.ie noma ushayele ithimba lethu ku-HSELive ku-**1800 700 700**.

Abantu abaneminyaka engu-18-49 ubudala abanolwazi lwakamuva ngemithi yabo yokugoma (Umgomo oyinhloko kanye ne-booster yokuqala) bangathola i-booster yasekwindla ngemva kwengxoxo nochwepheshe bezempilo.

Uma kufanele uthole umuthi wokugomela umkhuhlane, ungathola noma yimuphi umuthi wokugomela i-COVID-19 ngesikhathi esifanayo.

Imithi yokugoma evumelana nezimo

Imithi yokugoma ye-Comirnaty ozonikezwa yona iyimithi yokugoma evumelana nezimo. Imithi yokugoma i-Comirnaty evumelana nezimo iqukethe i-mRNA ukuvikela kuzinhlobonhlobo ze-COVID-19. Kulindeleke ukuthi zinikeze ukuvikeleka okubanzi emagciwaneni ahlukehukene e-COVID-19 kunomgomo wokuqala.

Imithi yokugoma evumelana nezimo inconywa yi-National Immunisation Advisory Committee futhi igunyazwe yi-European Medicines Agency.

I-VidPrevtyn Beta iklanyelwe igciwane le-COVID-19 i-beta. Ingasetshenziselwa ukuvikela i-COVID-19 kuphela njenge-booster kubantu abadala abaneminyaka engu-18 nangaphezulu asebewutholile kakade umuthi wokugomela i-mRNA COVID-19 noma umgomo we-adenoviral vector COVID-19 (ofana ne-Vaxzevria noma i-Jcovden).

Okubalulekile:

Izeluleko ezivela ku-European Medicines Agency (EMA) kanye ne-National Immunisation Advisory Committee (NIAC) zingahluka ngezinye izikhathi. Uma lokhu kwenzeka, silandela isiqondiso se-NIAC e-Ireland.

Nokugunyazwa komgomo, ukuphepha kanye nokuqapha

I-HSE isebenzisa kuphela imigomo lapho ihlangabezana namazinga adingekayo okuphepha nokusebenza nangemva kokuba i-European Medicines Agency (EMA) isiyinike ilayisense.

Imithi yokugomela i-COVID-19 idlule ezingcwaningweni zokwelapha ezifanayo kanye nokuhlolwa kokuphepha njengayo yonke eminye imithi yokugoma enelayisense, nokho imithi yokugoma isemisha futhi imininingwane yemiphumela emibi yesikhathi eside inomkhawulo.

Sinolwazi oluncane ngokuphepha kwama-booster esibili nalandelayo e-COVID-19. Kodwa-ke, amazwe amaningi anikeze abantu bawo imithamo eminingi yemithi yokugomela i-COVID-19. Ucwango lukhombisa ukuthi akukaze kube khona ukukhathazeka okungalindelekile kwezokuphepha kuze kube manje kubantu abathole ama-booster amaningi.

Kulindeleke ukuthi ukuphepha kwemithi yokugoma evumelana nezimo kufane nemigomo yangaphambilini. Ukuphepha kwemithi yokugoma kuzoqhubeka nokugadwa yi-EMA. Yonke imigomo evumelana nezimo ye-mRNA iqukethe i-Trometamol okusho ukuthi awukwazi ukuba nayo uma uke waba ne-anaphylaxis (ukungezwani okunamandla) ku-Trometamol.

Kungukuzikhethela kwakho ukuthola umgomo. I-HSE, iNhlango Yezempilo Yomhlaba (i-WHO) kanye noMnyango Wezempilo bancoma kakhulu ukuba uthole umgomo wakho lapho uwunikezwa.

I-Health Products Regulatory Authority (HPRA) kanye ne-European Medicines Agency (EMA) iqapha imigomo ye-COVID-19 ukuze kube nokuphepha nokusebenza kahle. Sikutshela kabanzi nge-HPRA ekhasini le-19.

E-Ireland, i-National Immunisation Advisory Committee (i-NIAC) linikeza iseluleko ngenqubomgomo yokugoma kuMnyango Wezempilo futhi i-HSE isebenzisa inqubomgomo yomnyango.

Ukukhulelwa nokuncelisa

Kufanele uthole umuthi wakho wokugomela i-COVID-19 uma:

- ukhulelwe
- uzama ukuba nengane noma ungase akhulelwe
- uncelisa

Iningi labantu abakhulelwe abathola leli gciwane, ngisho noma bengakawutholi umuthi wokugomela i-COVID-19, baba nezimpawu ezincane kuye kwezimaphakathi. Babeletha njengoba bekuhleliwe futhi ingozi yokudlulisela i-COVID-19 enganeni yabo iphansi.

Kodwa-ke, uma ukhulelwe kungenzeka ukuthi ugule kakhulu futhi udinge ukwelashwa egumbini lababangwa nezibi. Igciwane lingase futhi libangele izinkinga enganeni yakho.

Izingane ezineminyaka engaphansi kwengu-1 zisengozini enkulu yokulaliswa esibhedlela kanye nokugula kakhulu okubangelwa yi-COVID-19. Izingane ezincane omama bazo ababegonyiwe ngesikhathi bekhulelwe, mancane amathuba okuthi badinge ukunakekelwa esibhedlela nge-COVID-19.

Abukho ubufakazi bokuthi imigomo ye-COVID-19 ithinta inzalo kwabesilisa noma kwabesifazane. Awudingi ukubambezela ukukhulelwa ngemva komgomo wakho we-COVID-19.

Kuphephile ukuthola umuthi wakho wokugomela i-COVID-19 ngesikhathi esifanayo neminye imithi yokugoma oyinikezwa ukhulelwe.

Uma ukhulelwe, cishe uzonikezwa umgomo we-**Pfizer**. Lona umuthi wokugoma wohlobo lwe-mRNA - umgomo otshela umzimba wakho indlela yokwenza amasosha omzimba asiza ukulwa negciwane le-COVID-19.

Kodwa-ke, uma udokotela wakho ekwazisa ukuthi awukwazi ukuthola umgomo we-mRNA noma awufisi ukuba nomgomo we-mRNA, umuthi wokugoma **Novavax** ungacatshangelwa ngemva kwengxoxo nochwepheshe bezempilo (njengodokotela, umbelethisi noma ogomayo) mayelana nezingozi nezinzuzo zakho.

Ngaphezu kwalokho, njengoba kunedatha yokwelapha elinganiselwe etholakalayo, i-NIAC ayincomi ukusetshenziswa okujwayelekile kwe-**VidPrevtyn Beta** ekukhulelweni. Ukuthola i-**VidPrevtyn Beta** ngesikhathi sokukhulelwa kufanele kucatshangelwe kuphela esimweni ngasinye, ngokubonisana nochwepheshe abafanelekile lapho izinzuzo ezingaba khona zidlula noma yiziphi izingozi ezingaba khona.

Sinolwazi oluncane ngokusetshenziswa kwemijovo ye-**Novavax** kanye **Ne-VidPrevtyn Beta** kwabesifazane abakhulelwe. Ungathola ulwazi olwengeziwe ku-**www.hse.ie**

Imithi yokugomela i-COVID-19 evumelana nezimo inganikezwa njenge-booster ekukhulelweni.

Uma ungazange uthole umgomo oyinhloko, imithamo engu-2 inganikezwa nganoma yisiphi isigaba sokukhulelwa.

Uma ukhulelwe futhi ungakaze uthole i-booster ye-COVID-19:

- i-booster yakho yokuqala yomuthi wokugoma inconywa okungenani izinyanga ezingu-4 kusukela ngomthamo wakho wokugcina wokugomela i-COVID-19 noma ukutheleleka okuqinisekisiwe kwe-COVID-19.
- ungathola i-booster yakho yokuqala kunoma yisiphi isigaba sokukhulelwa.

Uma wathola i-booster yakho yokuqala ngaphambi kokukhulelwa:

- kufanele uthole enye i-booster uma sekungaphezu kwezinyanga ezingu-6 uthole umgomo we-COVID-19 noma ukutheleleka.
- le booster inganikezwa kunoma yisiphi isigaba sokukhulelwa kodwa inconywa phakathi kwamaviki angu-20-34. Ungawuthola kusenesikhathi uma sekudlule izinyanga ezingaphezu kwezingu-12 kusukela ekugomeni kwakho kwangaphambilini kwe-COVID-19 noma ukutheleleka.

Uma unemibuzo ungakhuluma nochwepheshe bezempilo othembekile.

Lapho ukhulelwe, udinga kuphela i-booster engu-1 ye-COVID-19. Kodwa-ke, uma ukhulelwe futhi unamasosha omzimba abuthakathaka ungathola i-booster yakho yesibili okungenani izinyanga ezingu-6 ngemva kokugomela kwakho i-COVID-19 noma ukutheleleka, kunoma yisiphi isigaba sokukhulelwa.

Imithi yokugoma enconyiwe ngokweminyaka

Yonke imithi yokugomela i-COVID-19 ikunikeza ukuvikeleka okuhle ekugulisweni kakhulu yi-COVID-19 uma unalokhu:

- umjikelezo wakho wokuqala wemithi yokugoma futhi
- noma yimiphi imithamo eyengeziwe kanye/noma ye-booster enconyelwe wena.

I-National Immunisation Advisory Committee (NIAC) icebisa ukuthi ungathola noma yimuphi umuthi wokugoma we-COVID-19 mRNA (**Pfizer**) njengomthamo we-booster, okuhlenganisa nemithi yokugoma evumelana nezimo, ngisho noma ubukade uthole umuthi wokugoma ohlukile ngaphambilini.

Iseluleko ngeqembu lobudala:

Uma:

- uneminyakka engu-5 ubudala nangaphezulu, uzonikezwa umuthi wokugomela **i-Pfizer** we-COVID-19.

Uma ungeke ukwazi ukuthola umgomo we-mRNA, ungase unikezwe umgomo **Novavax**, noma ngezinye izikhathi umuthi wokugoma i-**Vidprevtyn Beta**. **I-Novavax** igunyazelwe ukusetshenziswa kubantu abaneminyaka engu-12 ubudala nangaphezulu. **I-Vidprevtyn Beta** igunyazelwe ukusetshenziswa njengomuthi wokugoma i-booster kubantu abaneminyaka engu-18 nangaphezulu.

Kuneseluleko esihlukile mayelana nemithi yokugoma yezingane ku-**www.hse.ie**

Ongakulindela ngemva komgomo wakho we-COVID-19

Njengayo yonke imithi, imigomo ingabangela **imiphumela emibi**. Eminingi yalena mincane ukuya kwemaphakathi, eyesikhashana, futhi akubona bonke abayitholayo.

Imiphumela emibi kakhulu, njengokungezwani nomzimba kakhulu, iqabukela kakhulu. Umuntu okugomayo uqeqeshelwe ukwelapha ukungezwani okubucayi okungavamile kakhulu.

Imiphumela emibi ingase yehluka emthini wokugoma ngamunye futhi kufanele ufunde le ncwajana kanye Nepheshana Lolwazi Lwesiguli lomkhiqizi ngomuthi wokugoma owutholayo. Ipheshana lomkhiqizi litholakala kokuthi **www.hse.ie** noma singakuphrintela ikhophi ngosuku othola ngalo umuthi wakho wokugoma.

Esigabeni esilandelayo, sikunikeza imiphumela emibi eyaziwayo yemithi yokugomela engu-3 ye-COVID-19 echazwe kule ncwajana, futhi sikutshela ukuthi ivame noma ayivelanga kangakanani. Siphinde sigcizelele ukuthi ubani okungafanele athathe umgomo ngamunye. Ungathola ulwazi olwengeziwe ku-**www.hse.ie**

Ulwazi olwengeziwe lutholakala ngaso sonke isikhathi. Ulwazi oluku-www.hse.ie lubuyekezwa kaningi, njengoba izingcwaningo ezintsha zishicilelwa.

Imithi yokugoma engu-3 – imiphumela yayo emibi nokuthi kunini lapho kungafanele uthathe umgomo othile

Emakhasini alandelayo, siyakutshela mayelana nemiphumela emibi engaba khona kanye nokuthi kunini lapho kungafanele uthathe umgomo othile. Sihlukanisa imiphumela emibi, kusukela kwevame kakhulu kuya kwengavamile kakhulu.

- Evame kakhulu (ngaphezu komuntu ongu-1 kubantu abangu-10)
- Evamile (kufika kumuntu ongu-1 kubantu abangu-10)
- Engavamile (kufika kumuntu ongu-1 kubantu abangu-100)
- Eqabukelayo (kufika kumuntu ongu-1 kubantu abangu-1,000)
- Eqabukela kakhulu (kufika kumuntu ongu-1 kubantu abangu-10,000)
- Eyivelakancane kakhulu. Okwamanje akwaziwa ukuthi bangaki abantu abathola lo mgomo abazothola le miphumela emibi kodwa kucatshangwa ukuthi iyivelakancane kakhulu.

Nakuba imithi yokugoma ehlukeni izoba nemiphumela emibi efanayo, kufanele unake imiphumela emibi esohlwini lomgomo owutholayo. Igama nombala womuthi wokugoma usekhadini lerekhodi ozolinikwa umuntu okugomayo kanye nasemakhasini ale ncwajana. Kufanele ubheke imiphumela emibi emahoreni nezinsuku ngemva kokugonywa kwakho.

Umuthi wokugomela i-COVID-19 i-Pfizer -

obuye ubizwe nge-Comirnaty

Imiphumela emibi engaba khona kanye nokuthi zenzeka kaningi kangakanani zibalwe ngezansi, kulandelwe ukuthi ungawuthathi nini lo mgomo. Uma unokungabaza, hlala ubuza uchwepheshe wezempilo owethembekile.

Imiphumela emibi engaba khona:	
Evame kakhulu Ngaphezu kumuntu ongu-1 kubantu abangu-10	<ul style="list-style-type: none"> • ukuzizwa ukhathele • ukuzwela noma ukuvuvukala lapho ujoywe khona • ikhanda elibuhlungu • ubuhlungu bemisipha • ubuhlungu bamalunga • isifo sohudo • imfiva (izinga lokushisa elingu-38 degrees Celsius noma ngaphezulu) noma ukugodola
Okuvamile Kufika komuntu ongu-1 kubantu abangu-10	<ul style="list-style-type: none"> • isicanucanu • ukuhlanza • Ukuba bomvu lapho ujoywe khona • Ukuvuvukala wama-lymph gland. Lokhu kuvame kakhulu ngemva komthamo we-booster.
Okungavamile Kufika komuntu ongu-1 kwabangu-100	<ul style="list-style-type: none"> • isiyezi • ukulunywa lapho umgomo unikezwe khona • ukulunywa jikelele • ukuqubuka • ukungalali • ukujuluka ngokweqile • ukujuluka ebusuku • ukuncipha kwesifiso sokudla • ukungabi namandla, ukukhathala noma ukuzizwa ungaphilile • ubuhlungu engalweni othole umgomo kuyo
Eqabukelayo Kufika kumuntu ongu-1 kubantu abangu-1,000	<ul style="list-style-type: none"> • ukuwa kwesikhashana ohlangothini olulodwa lobuso • ukungezwani komzimba njengokuqubuka noma ukuvuvukala kobuso
Eqabukela kakhulu Kufika kumuntu ongu-1 kubantu abangu-10,000	<ul style="list-style-type: none"> • i-myocarditis kanye ne-pericarditis. Lokhu kusho ukuvuvukala kwezicubu zenhliziyo noma ulwelwesi lwesisipha senhliziyo. Bheka ikhasi elilandelayo ukuze uthole izimpawu.

Eyivelakancane kakhulu

Imvamisa akwaziwa okwamanje

- Ukungezwani okukhulu nomzimba
- I-Erythema Multiforme – ukusabela kwesikhumba okubangela amachashaza abomvu noma amabala esikhumbeni angase abukeke njengethagethi noma “iso lezinkunzi” elinendawo ebomvu emnyama ezungezwe amasongo abomvu ngokuphaphathekile
- ukuvuvukala kobuso uma unama-facial fillers
- ukuvuvukala okukhulu kwengalo (noma umlenze) lapho umgomo wawunikezwe khona
- ukuncinza noma ukuncinza, noma ukulahlekelwa umuzwa endaweni ethile yomzimba
- izikhathi ezinzima

Izimpawu ze-myocarditis ne-pericarditis

I-Myocarditis ne-pericarditis yizifo zokuvuvukala kwenhliziyo. Nakuba ingozi yalezi zifo iphansi kakhulu, kufanele uzazi izimpawu okufanele uzibheke. I-Myocarditis kanye ne-pericarditis ivame kakhulu emadodeni aneminyaka engaphansi kuka-30 ubudala ngemva komthamo wabo wesibili wokugoma oyinhloko. Ingozi yale miphumela emibi ibonakala iphansi ngemva kwe-booster yokuqala.

Thola usizo lwezempilo uma uthola noma yiziphi zalezi zimpawu ngemva kokuthola lo mgomo:

- ukuphelelwa umoya
- i-palpitations (ukushaya kwenhliziyo okunamandla okungase kube okungajwayelekile)
- ubuhlungu besifuba

AKUFANELE uthole umgomo we-COVID-19 liPfizer** (Comirnaty) uma:**

- Uke waba nokungezwani okunamandla kunoma yiziphi izithako zomuthi wokugoma (okuhlanganisa i-polyethylene glycol noma i-PEG). Funda Ipheshana Lolwazi Lwesiguli lomkhiqizi ukuze ubone uhlu lwezithako.
- Ube nokungezwani komzimba okunamandla kumthamo wangaphambilini womgomo we-**Pfizer** noma umgomo we-**Moderna** (Spikevax) COVID-19.
- Ube nokungezwani okukhulu komzimba ngemva kwe-Trometamol (okukodwa kokuqukethwe okuphambene nodayi osetshenziswa ezifundweni ze-radiological ze-MRI).
- Utshelwe Udokotela ukuthi akufanele ube nomgomo we-**Moderna** (Spikevax) COVID-19 noma umgomo we-**Pfizer** COVID-19 ngenxa yezizathu zezokwelapha.

Khuluma noDokotela wakho ngaphambi kokuthola lo mgomo we-COVID-19 uma:

- waba nokungezwani okukhulu komzimba (i-anaphylaxis) esikhathini esedlule, okuhlanganisa nanoma yimuphi omunye umgomo noma imithi
- ubene-myocarditis kanye ne-pericarditis (ukuvuvukala kwezicubu zenhliziyo noma ulwelwesi lwenhliziyo) ngemva komthamo wangaphambilini wemigomo ye-COVID-19

Ezinganeni ezike zaba ne-Multisystem Inflammatory Syndrome (MIS-C), zingathola umuthi wokugomela i-COVID-19 uma seziluleme futhi okungenani ezinsukwini ezingu-90 ngemuva kokuhlonzwa kwazo, kuye ngokuthi ikuphi okude.

Uma usanda kuthola umgomo we-MPOX (ngaphambili owawaziwa ngokuthi i-Monkeypox) (Imvanex noma i-Jynneos) udinga ukulinda amaviki angu-4 ngaphambi kokuthola umgomo we-COVID-19 ngenxa yengozi engaziwa ye-myocarditis.

Umuthi wokugomela i-COVID-19 i-Vidprevtyn Beta

Imiphumela emibi engaba khona kanye nokuthi zenzeka kaningi kangakanani zibalwe ngezansi, kulandelwe ukuthi ungawuthathi nini lo mgomo. Uma unokungabaza, hlala ubuza uchwepheshe wezempilo owethembekile.

Imiphumela emibi engaba khona:	
Evame kakhulu Ngaphezu kumuntu ongu-1 kubantu abangu-10	<ul style="list-style-type: none">• ubuhlungu lapho ujoywe khona• ikhanda elibuhlungu• ubuhlungu bemisipha• ubuhlungu bamalunga• ukungazizwa kahle ngokujwayelekile• ukugodola
Evamile Kufika komuntu ongu-1 kubantu abangu-10	<ul style="list-style-type: none">• ububomvu noma ukuvuvukala lapho ujoywe khona• imfiva (izinga lokushisa elingu-38 degrees Celsius noma ngaphezulu)• ukuzizwa ukhathele• isicanucanu• isifo sohudo
Engavamile Kufika komuntu ongu-1 kwabangu-100	<ul style="list-style-type: none">• ukulunywa lapho ujoywe khona• imihuzuko lapho ojoywe khona• ukufudumala lapho ujoywe khona• ukuvuvukala kwama-lymph glands

AKUFANELE uthole umuthi wokugomela i-COVID-19 i-Vidprevtyn Beta uma:

- Uke waba nokungezwani okunamandla (i-anaphylaxis) kunoma yiziphi izithako emgomeni (okuhlanganisa i-polysorbate 20 noma i-octylphenol ethoxylate). Funda Ipheshana Lolwazi Lwesiguli lomkhiqizi ukuze ubone uhlu lwezithako.
- Uke waba nokungezwani komzimba okunzima kumthamo wangaphambilini walo mgomo.

Khuluma noDokotela wakho ngaphambi kokuthola lo mgomo we-COVID-19 uma:

- I-Hibangele ukungezwani okukhulu (i-anaphylaxis) esikhathini esedlule, okuhlanganisa nanoma yimuphi omunye umgomo noma imithi.

Umuthi wokugomela i-COVID-19 i-Novavax - obuye ubizwe nge-Nuvaxovid

Imiphumela emibi engaba khona kanye nokuthi zenzeka kaningi kangakanani zibalwe ngezansi, kulandelwe ukuthi ungawuthathi nini lo mgomo. Uma unokungabaza, hlala ubuza uchwepheshe wezempilo owethembekile.

Imiphumela emibi engaba khona:	
Evame kakhulu Ngaphezu kumuntu ongu-1 kubantu abangu-10	<ul style="list-style-type: none"> ● ukuzizwa ukhathele ● ukungazizwa kahle ngokujwayelekile ● ikhanda elibuhlungu ● isicanucanu noma ukuhlanza ● ubuhlungu bemisipha ● ubuhlungu bamalunga ● ukuzwela noma ubuhlungu engalweni yakho lapho ujoywe khona
Okuvamile Kufika komuntu ongu-1 kubantu abangu-10	<ul style="list-style-type: none"> ● imfiva (izinga lokushisa elingu-38 degrees Celsius noma ngaphezulu) ● ukugodola ● ubuhlungu obukhulu ● ububomvu noma ukuvuvukala lapho umgomo unikezwe khona
Okungavamile Kufika komuntu ongu-1 kwabangu-100	<ul style="list-style-type: none"> ● ukuvuvukala kwama-lymph gland ● umfutho wegazi ophakeme ohlala izinsuku ezimbalwa ngemva kokugoma ● ukuqubuka ● ububomvu besikhumba ● ukulunywa jikelele ● ukulunywa lapho umgomo unikezwe khona ● isifuba
Eyivelakancane kakhulu Imvamisa akwaziwa okwamanje	<ul style="list-style-type: none"> ● i-anaphylaxis - ukusabela okukhulu kwe-allergic ● ukuncinza noma ukuncinza, noma ukulahlekelwa umuzwa endaweni ethile yomzimba ● i-myocarditis kanye ne-pericarditis. Lokhu kusho ukuvuvukala kwezicubu zenhliziyi noma ulwelwesi lwesisipha senhliziyo. Bheka ikhasi elilandelayo ukuze uthole izimpawu.

Izimpawu ze-myocarditis ne-pericarditis

I-Myocarditis ne-pericarditis yizifo zokuvuvukala kwenhliziyi. Nakuba ingozi yalezi zifo iphansi kakhulu, kufanele uzazi izimpawu okufanele uzibheke. Lezi zimpawu zingakhula phakathi nezinsuku ezimbalwa ngemva kokuthola umgomo futhi zenzeke phakathi nezinsuku ezingu-14. Thola usizo lwezempilo uma uthola noma yiziphi zalezi zimpawu ngemva kokuthola lo mgomo:

- ukuphelelwa umoya
- i-palpitations (ukushaya kwenhliziyi okunamandla okungase kube okungajwayelekile)
- ubuhlungu besifuba

AKUFANELE uthole umgomo we-COVID-19 I-Novavax (Nuvoxoid) uma

- Uke waba nokungezwani okunamandla kunoma yiziphi izithako emgomeni (okuhlanganisa i-polysorbate 80). Funda Ipheshana Lolwazi Lwesiguli lomkhiqizi ukuze ubone uhlu lwezithako. Sicela uqaphele imigomo ye-COVID-19 i-Janssen ne-Astrazeneca (Vaxzevria) nayo iqukethe i-Polysorbate 80.
- Uke wangezwani kakhulu nedosi yangaphambilini yomgomo.

Khuluma noDokotela wakho ngaphambi kokuthola lo mgomo we-COVID-19 uma:

- ubene-myocarditis noma i-pericarditis (ukuvuvukala kolwelwesi lwenhliziyi) ngemva komthamo wangaphambilini wemigomo ye-COVID-19
- baye baba nokungezwani okukhulu komzimba (i-anaphylaxis) esikhathini esedlule, okuhlanganisa nanoma yimuphi omunye umgomo noma imithi.

Uma usanda kuthola umgomo we-MPOX (ngaphambili owawuwaziwa ngokuthi i-Monkeypox) (i-Imvanex noma i-Jynneos) udinga ukulinda amaviki ama-4 ngaphambi kokuba uthole umgomo we-COVID-19 ngenxa yengozi engaziwa ye-myocarditis.

Okufanele ukwenze uma unomkhuhlane noma izinhlungu nezinhlungu

Uma unomkhuhlane noma izinhlungu nezinhlungu, ungathatha i-paracetamol noma ibuprofen ukukusiza. Kodwa-ke, uma imfiva yakho ihlala amahora angaphezu kwama-48 noma usakhathazekile, sicela ufune iseluleko sezokwelapha.

Isikhathi esidingekayo ukuze imithi yokugoma isebenze

Kuthatha isikhathi esithile ngemva kokuthola umuthi wakho wokugoma, kufika ezinsukwini eziyi-14, ukuze amasosha akho omzimba aphenjule futhi akunikeze ukuvikeleka ku-COVID-19.

Kunobufakazi obuqinile, obuthembekile bokuthi imigomo ye-COVID-19 iphumelela kakhulu ekuvimbeleni ukufa nokugula okungathi sína nge-COVID-19 nokuthi yehlisa kakhulu ingozi yakho yokuthola leli gciwane.

Kufanele futhi ulandele iseluleko sakamuva sezempilo yomphakathi mayelana nokuzivikela wena nabanye ku-**www.hse.ie**

Uyibika kanjani imiphumela emibi

Sifunda ngemithi yokugomela i-COVID-19. Uma uba nomthelela omubi ngemva kokugomela i-COVID-19, sikucela ukuthi ukubikele kwabeHealth Products Regulatory Authority (HPRA).

I-HPRA iyisiphathimandla esilawulayo e-Ireland semithi, izisetshenziswa zezokwelapha neminye imikhiqizo yezempilo. Sicela uvakashele okuthi **www.hpra.ie/report** ukuze ubike umphumela oseceleni womgomo we-COVID-19. Ungakwazi futhi ukucela uDokotela wakho noma ilungu lomndeni ukuthi likubikele ngomthelela oseceleni.

Ulwazi lwakho lomuntu siqu

Ukuphatha umgomo ngokuphepha kanye nokurekhoda lonke ulwazi oludingekayo ukuze uqaphe futhi uphathe umgomo, i-HSE izobe icubungula imininingwane yakho siqu. Lonke ulwazi olucutshungulwe yi-HSE luzohambisana nemithetho ejwayelekile futhi ikakhulukazi iGeneral Data Protection Regulation (GDPR) eqale ukusebenza ngo-2018.

Ukucutshungulwa kwedatha yakho kuzoba semthethweni futhi kulungile. Izocutshungulwa kuphela ngenhloso ethile yokuphatha imigomo. Umgomo Wokuncishiswa Kwedatha usetshenziwe. Lokhu kusho ukuthi idatha edingekayo kuphela ukukuhlonza, ukubhuka isikhathi sakho, ukurekhoda ukugoma kwakho kanye nokuqapha imiphumela yako iyarekhodwa.

Unamalungelo alandelayo njengesihloko sedatha ngaphansi kwe-GDPR maqondana nedatha yakho yomuntu siqu ecutshungulwayo.

- Cela ulwazi kanye nokufinyelela kudatha yakho yomuntu siqu (eyaziwa kakhulu ngokuthi 'isicelo sokufinyelela esihlokwani sedatha'). Lokhu kukuvumela ukuthi uthole ikhophi yedatha yomuntu siqu esikuphethe ngawe futhi uhlale ukuthi siyayicubungula ngokusemthethweni.
- Cela ukulungiswa kwedatha yomuntu siqu esiphethe ngawe. Lokhu kukuvumela ukuthi ube nolwazi olungaphelele noma olungalungile esinalo ngawe olulungisiwe.
- Cela ukusulwa kwedatha yakho yomuntu siqu. Lokhu kukuvumela ukuthi usicele ukuthi sisuse noma sisuse idatha yomuntu siqu lapho singekho isizathu esihle sokuthi siqhubeke nokuyicubungula. Futhi unelungelo lokusicela ukuthi sisuse noma sisuse ulwazi lwakho lomuntu siqu lapho usebenzise khona ilungelo lakho lokuphikisa ukucutshungulwa.
- Inqaba ukucutshungulwa kwedatha yakho yomuntu siqu.

Ulwazi olwengeziwe luyatholakala kokuthi www.hse.ie/eng/gdpr

Ungathola kuphi ulwazi olwengeziwe

www.hse.ie inemininingwane eneminingwane ye-COVID-19 evela kochwepheshe bethu mayelana:

- Imithi yokugoma etholakalayo nokuthi ubani ongayithola
- Ungagonywa kanjani
- Ukuthola umuthi wakho wokugoma ngemva kokuba nesifo
- Imithamo yokugoma inconyelwe wena
- Ukunquma ngokugoma izingane
- Izimpawu nokuhlolwa
- Iseluleko sokuzivikela wena nabanye

Ukuze uthole ulwazi olwengeziwe ngomuthi wokugoma owunikezwayo, ungafunda Ipheshana Lolwazi Lwesiguli lomkhiqizi. Lokhu kuphrintelwe wena ngosuku othola ngalo umuthi wakho wokugoma, noma ungawuthola kokuthi **www.hse.ie/covid19vaccinePIL**

Uma unanoma yimiphi imibuzo ngomgomo, ungakhuluma nochwepheshe bezempilo, njengomgomi wakho, Udokotela, Usokhemisi noma ithimba lezempilo.

Ungakwazi futhi ukushayela i-HSELive ku-Freephone **1800 700 700**. Ithimba lethu lilapha ukuze lisize ngoMsombuluko kuya kuLwesihlanu 8am kuya ku-8pm noma ngoMgqibelo nangeSonto 9am kuya ku-5pm.



**COVID-19
VACCINE**
Public Health
Advice

Ishicilelwe yi-HSE Septhemba 2023
Ukuze uthole ulwazi lwakamuva
kakhulu vakashela ku-www.hse.ie



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