



**COVID-19
VACCINE**
Public Health
Advice

Amabhusta akho e-COVID-19

kubantu
abakhulelwe

Ishicilelwe yi-HSE ngomhlaka
16 Septemba 2022

Inguqulo 2



Rialtas na hÉireann
Government of Ireland

Kungani kufanele ngithole umgomo olandelayo we-COVID-19?

Kubalulekile ukuthola imigomo yakamuva ye-COVID-19, ngisho noma usugomile noma usuke waba ne-COVID-19. Nazi izizathu:

- isivikelo owawusithole emigomweni owawuyinikwe ngokudlule noma isivikelo osithole ngemva kokutheleleka nge-COVID-19 singase sibe buthaka ngokuhamba kwesikhathi
- ungaba sengozini enkulu yokuba nesifo esibi kakhulu uma uthola i-COVID-19

i-COVID-19 iyingozi empilweni yakho nasempilweni yengane yakho. Abantu abaningi abathola i-COVID-19 ngesikhathi bekhulelwe baba nezimpawu ezingezimbi kuya kweziphakathi nendawo. Nokho, maningi amathuba okuthi ugule kakhulu futhi udinge ukwelashwa egumbini labagula kakhulu kunabantu abangakhulelwe. Igciwane lingase libangele nengane yakho izinkinga kuhlangukise ukuzala ngaphambi kwesikhathi noma ukuzala ingane esishonile.

Izingane ezingaphansi konyaka zisengozini enkulu yokulaliswa esibhedlela kanye nokuguliswa kakhulu yi-COVID-19. Izinsana ezinomama abagoma ngesikhathi bekhulelwe, zaziba namathuba amancane okudinga ukunakekelwa esibhedlela ngenxa ye-COVID-19.

Ukuthola umgomo we-COVID-19 ngesikhathi ukhulelwe kunika wena nengane yakho isivikelo esingcono kakhulu kwi-COVID-19.

Mingaki imithamo yomgomo we-COVID-19 engiyidingayo?

Uma usuwutholile kakade umjikelezo wokuqala (ngokuvamile imithamo emibili) kanye nomthamo owodwa webhusta ngaphambi kokuba ukhulelwe, ungathola ibhusta yesibili emasontweni angu-16 okukhulelwa noma ngemva kwawo (okungenani ngemva kwezinyanga ezingu-4 uthole i-bhusta yokuqala).

Uma uthole ibhusta yokuqala phakathi nokukhulelwa kwamanje, umthamo webhusta yesibili awudingeki.

Uma ungakayitholi le migomo, ungathola umjikelezo wokuqala wemigomo ye-COVID-19 noma ibhusta yokuqala kunoma yisiphi isigaba sokukhulelwa.

Kufanele ngiyithole nini ibhusta?

Kufanele uthole ibhusta okungenani ngemva kwezinyanga ezingu-4 uthole umgomo we-COVID-19. Uma uke waba ne-COVID-19 kufanele ulinde okungenani izinyanga ezingu-4 ngaphambi kokuthola ibhusta.

Imuphi umgomo engizowunikezwa ngebhusta yami?

Imigomo yokugomela i-COVID-19 emithathu eguquliwe ye-mRNA iye yanconywa njengamabhusta yi-National Immunisation Advisory Committee (NIAC) e-Ireland, ngemuva kokugunyazwa yi-European Medicines Agency (EMA). Le migoma yi:

- Comirnaty® BA.1 (Pfizer vaccine)
- Comirnaty® BA.4-5 (Pfizer vaccine)
- Spikevax® BA.1. (Moderna vaccine)

Le migomo eguquliwe inganikezwa ngesikhathi ukhulelwe. Nakuba yonke imigoma yangaphambilini inikeza isivikelo kwi-COVID-19, imigomo eguquliwe kulindeleke ukuthi inikeze ukuvikeleka okubanzi kuzinhlobo ezehlukile ze-COVID-19.

Yini esiyaziyo ngokuphepha kwamabhusta?

Sineminingwane embalwa ngokuphathelene nokuphepha kwamabhusta esibili e-COVID-19 kanye namanye alandela ngemva kwalokho. Nokho, amazwe amaningi aye anika izakhamuzi zawo imithamo eminingi yemigomo ye-COVID-19. Ucwango lubonisa ukuthi kuze kube manje azikabi khona izinkinga zokuphepha ezingalindelekile kubantu abathole amabhusta amaningi.

Kulindeleke ukuthi ukuphepha kwemithi yokugoma eguquliwe kufane nemigomo yangaphambilini. Ukuphepha kwemithi yokugoma kuzoqhubeka kuhlolwe yi-EMA.

Yonke imithi yokugoma eguquliwe iqukethe i-Trometamol ngakho-ke awukwazi ukuyithatha uma uke waba ne-anaphylaxis (ukungezwani komzimba nokuthile okunamandla) ku-Trometamol.

Ingabe amabhusta emigomo angaphansi kwelayisense ye-European Medicines Agency (EMA)?

Ibhusta yesibili yemigomo ye-mRNA kanye namanye alandela lowo awagunyazwanga yi-EMA.

Izincomo ze-NIAC zingahluka kweze-EMA ngenxa yemininingwane yendawo kanye nokunye okucatshangelwe. E-Ireland silandela iseluleko se-NIAC.

Ngingawuthola yini umgomo we-COVID-19 ngesikhathi esisodwa neminye imigomo?

Yebo Uma sekuyisikhathi sakho sokuthola umgomo we-flu noma we-pertussis (ukukhwehlela okubi), ungawuthola nomgomo we-COVID-19 ngesikhathi esisodwa.

Umgomo we-pertussis (ukukhwehlela okubi) unconyelwa phakathi namaviki okukhulelwa angu-16 nangu-36 futhi uyatholakala unyaka wonke, ngokuvamile ungawuthola kudokotela wakho.

Imininingwane eyengeziwe

Ungafunda okwengeziwe ku hse.ie/covid19vaccine noma ushayele ithimba lethu e-HSELive ku-1800 700 700. Bavula kusukela ngo-8 ekuseni kuya ku-8 kusihlwa ngoMsombuluko kuya ngoLwesihlanu nango-9 ekuseni kuya ku-5 ntambama ngoMgqibelo nangeSonto.

Ungaphinde ukhulume nodokotela wakho, umhlengikazi, usokhemisi noma umuntu okunikeza umgomo.

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