



**COVID-19
VACCINE**
Public Health
Advice



Umuthi wokugomela
i-Comirnaty (Pfizer/
BioNTech) wezingane
kanye nentsha eneminyaka
engu-12 kuya kwengu-15

Ulwazi olubalulekile
lwabazali nababheki

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Rialtas na hÉireann
Government of Ireland

Mayelana naleli pheshana

Leli pheshana likutshela ngomuthi wokugomela i-COVID-19 (coronavirus) wezingane ezineminyaka engu-12 kuya kwengu-15.

Ikutshela mayelana:

- I-COVID-19 ezinganeni ezineminyaka engu-12 kuya ku-15
- uyini umgomo we-COVID-19
- izinzuzo zokugoma zezingane ezineminyaka engu-12 kuya ku-15
- ubungozi bokugoma ezinganeni ezineminyaka eyi-12 kuye kweyi-15
- ukuphepha komgomo kanye nemiphumela engemihle
- yini abangayilindela ngemva komgomo wabo we-COVID-19
- ukunikeza imvume yomgomo wabo we-COVID-19
- lapho ungathola khona ulwazi olwengeziwe

Sicela ufunde leli pheshana ngokucophelela. Inhloso yethu yale ncwajana yolwazi ukukuvumela ukuba wenze isinqumo unolwazi mayelana nokutholela ingane yakho umgomo. Ungakwazi futhi ukukhuluma nochwepheshe bezempilo, njengodokotela wakho (uDokotela) noma usokhemisi, mayelana nomgomo.

Ungakwazi futhi:

- funda lpheshana Lolwazi Lwesiguli lomkhizi elitholakala ku-www.hse.ie/covid19vaccinePIL
- xoxa ngokugoma nengane yakho noma ufunde nayo ipheshana
- funda ulwazi olwengeziwe olutholakala ku-www.hse.ie

Mayelana ne-COVID-19

I-COVID-19 yisifo esingathinta amaphaphu nezindlela zomoya, futhi ngezinye izikhathi nezinye izingxenye zomzimba. Ibangelwa igciwane elibizwa nge-coronavirus.

Iyathelana kakhulu. Sisakazeka emoyeni ngamaconsi akhizwa lapho abantu bekhwehlela noma bethimula, noma lapho bethinta indawo lapho amaconsi ehlele khona bese bethinta amehlo, ikhala noma umlomo.

Izimpawu ezivame kakhulu ze-COVID-19 yilezi:

- imfiva (izinga lokushisa eliphakeme elingu-38 degrees Celsius noma ngaphezulu) - okuhlanganisa nokuba namakhaza
- ukukhwehlela okomile
- ukukhathala

Kungathatha izinsuku ezingafika kweziyi-14 kulandela ukuchayeka ku-COVID-19 ukuze izimpawu zibonakale. Izimpawu zingafana nezomkhuhlane noma umkhuhlane. Ingane yakho ingase ingabi nazo zonke lezi zimpawu noma ingase nje izizwe ingaphathekile kahle kunokujwayelekile.

Uma ingane yakho inezimpawu ze-COVID-19, kufanele izihlukanise (ihlale ekamelweni layo) futhi kufanele uvakashele okuthi www.hse.ie/covid19 ukuze uthole iseluleko.

I-COVID-19 nezingane ezineminyaka eyi-12 kuya kweyi-15

Iningi lezingane kanye nabantu abasha abaneminyaka engu-12 kuya kweyi-15 abathola i-COVID-19 banezimpawu ezithambile kakhulu noma abanazo nhlobo izimpawu. Ukuba ne-COVID-19 kule minyaka kungaphazamisa njengoba izingane kufanele ziphuthe esikoleni.

I-COVID-19 ingabangela ukugula okubi kakhulu, ukulaliswa esibhedlela noma ukufa kwezingane, kodwa lokhu kuyivelakancane kakhulu.

Kwesinye isikhati izimpawu ezixhunywe ku-COVID-19 zingaqhubeka amasonto noma izinyanga ezithile ('i-COVID ende'). Ingozi yalesi simo iphansi ezinganeni nasebancane abasha uma kuqhathaniswa nabantu abadala.

Ingozi yokuthi ingane ilaliswe esibhedlela ngenxa ye-COVID-19 iphansi, futhi ingozi yanoma iyiphi ingane edinga ukwelashwa kokunakekelwa kakhulu iphansi kakhulu.

Izingane kanye nabantu abasha abanezimo ezithile zempilo basengozini enkulu yokugula kakhulu. Imininingwane evela e-United States ikhombisa ukuthi cishe izingane eziyi-7 kweziyi-10 ezingeniswe esibhedlela ezine-COVID-19 zinezinye izimo ezingaphansi.

Akuvamile, i-COVID-19 ingabangela isimo esibizwa nge-Multisystem Inflammatory Syndrome ezinganeni (MIS-C). U-75% wezingane ezikhula i-MIS-C azinaso isimo sezempilo esicashile.

Lesi simo sidala inyumoniya, ukuvuvukala kwenhliziyo kanye nobunzima bokuphefumula. Iningi lezingane ezine-MIS-C liyalulama ngemva kwesikhati esibhedlela noma ekunakekelweni okukhulu kodwa ezinye izingane zinemiphumela emibi ehlala njalo futhi inani elincane kakhulu lingafa. I-MIS-C ayivamisile ukubonakala kulandela ukutheleleka nge-omicron.

Uyini umgomo we-COVID-19?

Umuthi wokugoma uyisithako okufanele sithuthukise amasosha omzimba (ukuvikela) esifweni esithile. Imithi yokugoma ifundisa amasosha omzimba ukuthi angabavikela kanjani abantu ezifweni.

Ubufakazi obukhona buthi umuthi wokugomela i-COVID-19 kufanele unikeze ingane yakho ukuvikeleka ekuguleni okubi kakhulu nge-COVID-19. Uma izingane zigonyiwe, lokhu kufanele futhi kusize ekwehliseni izinombolo ezigula kakhulu noma ezishona ngenxa ye-COVID-19 emphakathini wethu.

Imuphi umgomo ingane yami enikezwayo?

Umgomo onikezwa ingane yakho ubizwa ngokuthi i-Comirnaty (Pfizer/ BioNTech).

Lona umuthi wokugomela i-mRNA ofundisa umzimba wengane yakho indlela yokwenza iphrotheni ezovusa impendulo yokuzivikela komzimba, ngaphandle kokusebenzisa igciwane eliphilayo elibangela i-COVID-19.

Umzimba wengane yakho ube usuwenza amasosha omzimba asiza ukulwa naleli gciwane uma igciwane le-COVID-19 lingena emzimbeni wayo esikhatini esizayo.

Ngaphambi kokugoma, uzocelwa ukuthi unikeze imvume yokuthi ingane yakho ithole umgomo futhi le mvume izorekhodwa.

Imithi yokugoma i-Comirnaty ingane yakho enikezwayo iyimithi yokugoma ejwayelwe. Imithi yokugoma eshintshile iqukethe i-mRNA ukuvikela ezinhlobonhlobo ze-COVID-19. Kulindeleke ukuthi zinikeze ukuvikeleka okubanzi kokuhlukile kwe-COVID-19 kunomgomo wokuqala.

Imithi yokugoma eshintshile inconyelwe izingane ezineminyaka engu-12-15 yiKomidi Likazwelonke Lokweluleka Ngokugoma futhi igunyazwe yi-European Medicines Agency.

Kungani umgomo unikezwa zonke izingane ezineminyaka eyi-12 kuya kweyi-15?

Inhloso yethu yokunikeza abantu umgomo ukuvikela abantu nokunciphisa ukugula nokufa okubangelwa yileli gciwane.

Ukuthola umuthi wokugomela i-COVID-19 kufanele kuvikele ingane yakho nalabo abaseduze kwayo ekuguleni kakhulu nge-COVID-19. Yize ukugula okubi okuvela ku-COVID-19 kuyivelakancane kuleli qembu lobudala, mancane kakhulu amathuba okuthi bagule kakhulu nge-COVID-19 uma begonyiwe.

Imithi yokugomela i-COVID-19 ituswa kakhulu yiKomidi Likazwelonke Lokweluleka Ngokugomela (i-NIAC) ezinganeni ezinezivikeli mzimba ezibuthakathaka.

Kuzo zonke izingane ezikuleli qembu leminyaka, isincomo se-NIAC siwukuthi izinzuzo zokugoma zinkulu kunezingozi zomgomo.

Izinzuzo zihlanganisa ukusiza ukugwema ukuthola i-COVID-19, nokuvikelwa okwengeziwe ezingozini ezingavamile zokugula okubi okuvela ku-COVID-19. Izingane ezigonyiwe ngeke zibe mancane amathuba okuba ziphuthe esikoleni neminye imisebenzi ngenxa ye-COVID-19.

Kungani i-booster yokuqala inikezwa kuzo zonke izingane ezineminyaka engu-12-15?

Isivikelo ingane yakho enaso emithini yokugoma yangaphambili singase sibe buthaka ngokuhamba kwesikhathi.

Lokhu kuvikela okuncishisiwe, kanye nokwehluka kwe-Omicron okuthathelana kakhulu kwasho ukuthi izingane eziningi eziseqenjini leminyaka eyi-12 kuya kweyi-15 zazidinga ukunakekelwa ezibhedlela kugagasi lwakamuva lwalolu bhuhane kunamagagasi adlule.

Sithemba ukuthi umthamo wokuqala we-booster uzonikeza isivikelo esingcono ku-COVID-19 futhi unciphise ukugula kanye nesidingo sokunakekelwa esibhedlela ezinganeni ezikule minyaka.

Izingane ezinezivikeli mzimba ezibuthakathaka zinconywa i-booster yokuqala.

Kodwa-ke zonke izingane ezineminyaka engu-12-15 zingathola umthamo we-booster ngoba:

- izinzuzo zomgomo zidlula ubungozi
- yehlisa ubungozi kanye nezinkinga ze-COVID-19 (okuhlenganisa ukugula okunzima, i-COVID ende kanye ne-MIS-C)
- mancane amathuba okuthi baphuthe esikoleni kanye neminye imisebenzi ebalulekile enhlalakahleni yabo ebanzi
- ingase inikeze ukuvikeleka okungcono kokuhlukile okuzayo

Kungani ezinye izingane ezinezivikeli mzimba ezibuthakathaka zinikezwa umthamo owengeziwe?

Uma ingane yakho ineminyaka engu-12 nangaphezulu futhi inesimiso sokuzivikela ezifweni esibuthakathaka lapho ithola umzuliswano wayo wokuqala wemithi yokugomela i-COVID-19, ingase idinge umthamo owengeziwe.

Sithemba ukuthi umthamo owengeziwe womuthi wokugoma uzo:

- thuthukisa ukusabela kwamasosha omzimba emuthini wokugoma
- zinikeze isivikelo esingcono ku-COVID-19
- bavimbele ukuthi bangaguli kakhulu nge-COVID-19

Kungani imithamo ye-autumn booster inikezwa kwezinye izingane ezineminyaka engu-12-15 ezinezivikeli mzimba ezibuthakathaka?

Umthamo we-autumn booster unconywa ezinganeni ezineminyaka engu-12-15 ezinesimiso sokuzivikela esibuthakathaka.

Lokhu kungenxa yokuthi ukuvikelwa emithini yokugoma ababenayo ngaphambilini kungase kube buthaka ngokuhamba kwesikhathi, okusho ukuthi:

- bangase babe sengozini eyengeziwe yezifo ezinzima
- amasosha abo omzimba awaphenduli ngokuqinile ekugomeni

Ukuhlala unolwazi lwakamuva ngemithamo ekhuthazayo kunikeza ingane yakho isivikelo esengeziwe ku-COVID-19 futhi kusiza ekuvimbeleni ukugula okungathi sina ku-COVID-19.

Kungani ezinye izingane ezinezimo zezokwelapha zinikezwa umthamo we-autumn booster?

Umthamo we-autumn booster uyanconywa ezinganeni ezineminyaka engu-12-15 ezinesimo sezempilo esizibeka engcupheni enkulu yokugula kakhulu uma zithola i-COVID-19.

Lokhu kungenxa yokuthi:

- isivikelo ingane yakho eyasithola emithini yayo yokugoma yangaphambili noma isivikelo ingane yakho esithole ekuthelelekeni nge-COVID-19 singase sibe buthaka ngokuhamba kwesikhathi
- ingane yakho ingase ibe sengozini enkulu yesifo esibi kakhulu uma ithola i-COVID-19

Ama-booster akhulisa ukuvikelwa kwengane yakho ku-COVID-19. Ngaphandle kwayo, basengozini enkulu yokugula kakhulu uma bethola i-COVID-19.

Ingabe umgomo uyasebenza ezinganeni ezineminyaka engu-12 kuya ku-15?

Ukuhlolwa kocwaningo komgomo we-Comirnaty (Pfizer/BioNTech) kubonise ukuthi kusebenza kahle kakhulu ekuvimbeleni i-COVID-19 ezinganeni kule minyaka.

Ingabe umgomo uphephile ezinganeni ezineminyaka engu-12 kuya ku-15?

Lo mgomo we-COVID-19 unconyelwe izingane ezineminyaka engu-12 nangaphezulu e-Ireland yi-NIAC.

Lo mgomo uhlolwe ezinkulungwaneni zabantu okuhlanganisa nezingane ezingaphezu kuka-2,000 kanye nabantu abasha abaneminyaka engu-12 kuya kwengu-15 njengengxenye yokuhlolwa kwemitholampilo. Akukho ukukhathazeka okwengeziwe kokuphepha okuhlonziwe ocwaningweni lomtholampilo lwezingane kanye nentsha eneminyaka engu-12 kuya kwengu-15.

Kulindeleke ukuthi ukuphepha kwemithi yokugoma ejwayelwe kufane nemigomo yangaphambilini. Ukuphepha kwemithi yokugoma kuzoqhubeka nokugadwa i-European Medicines Agency (EMA)

Lo mgomo uphinde wahlangabezana namazinga aqinile okuphepha, ikhwalithi nokusebenza kahle, futhi ugunyazwe futhi unikezwe ilayisense ngabalawuli. E-Ireland, umlawuli yi-European Medicines Agency (EMA) – vakashela okuthi www.ema.europa.eu ukuze uthole ulwazi olwengeziwe.

Ukuze ugunyazwe ukusetshenziswa, umuthi wokugoma udlule kukho konke uvivinyo lwemitholampilo kanye nokuhlolwa kokuphepha kwayo yonke eminye imithi enelayisense edlulayo, kulandelwa izindinganiso zamazwe ngamazwe zokuphepha. Ukuqapha ukuphepha kwayo yonke imithi yokugomela i-COVID-19 kuhlala kubuyekwezwa yiziphathimandla ezifanele.

Nakuba umsebenzi wokuthuthukisa imithi yokugomela i-COVID-19 ushambe ngokushesha kakhulu kunokuvamile, umgomo esiwunikeza ingane yakho usdlule kuzo zonke izinyathelo ezivamile ezidingekayo ukuze kuthuthukiswe futhi kugunyazwe umgomo ophiphile nosebenzayo.

Sisafunda ngokusebenza kanye nemiphumela engemihle yemithi yokugomela i-COVID-19 kuleli qembu lobudala.

Yonke imithi inemiphumela engemihle futhi kufanele ufunde ngemiphumela emibi eyaziwayo nengavamile yalo mgomo kuleli pheshana ngaphambi kokuba unikeze imvume yokuba ingane yakho igonywe.

Imithi yokugomela i-COVID-19 inikezwe izigidi zezingane emazweni amaningi.

Yini esiyaziyo ngokuphepha nemiphumela engemihle yama-booster noma imithamo eyengeziwe ezinganeni ezineminyaka engu-12 - 15?

Amazwe amaningana anikeza ama-booster nemithamo eyengeziwe kuleli qembu lobudala.

Kunolwazi oluncane olutholalalayo ngokuphepha kwe-booster kanye nemithamo eyengeziwe.

I-Myocarditis kanye ne-pericarditis yizifo zokuvuvukala kwenhliziyi futhi ziyizingozi ezingavamile kakhulu zemigomo ye-mRNA. Le miphumela engemihle engavamile ivame kakhulu emadodeni aneminyaka engaphansi kuka-30 ngemva komthamo wabo wesibili wokugoma oyinhloko. Ingozi yale miphumela emibi ibonakala iphansi ngemva kwe-booster yokuqala. Ingozi ye-myocarditis ingaba ngaphansi kwalabo abaneminyaka engu-12-15 uma kuqhathaniswa nentsha endala.

Kulindeleke ukuthi ukuphepha kwemithi yokugoma ejwayelwe kufane nemigomo yangaphambilini. Ukuphepha kwemithi yokugoma kuzoqhubeka nokugadwa yi-EMA.

Ingane yami isivele ine-COVID-19, ingabe ingawuthola umgomo?

Uma ingane yakho ike yaba ne-COVID-19 cishe izoba nokuzivikela okuthile. Ngisho noma ingane yakho isivele ine-COVID-19, isengayithola futhi.

Umuthi wokugoma uzonciphisa ubungozi bokuthola ukutheleleka nge-COVID-19 futhi.

Ingabe ingane yami ingawuthola umgomo we-COVID-19 uma inezinga lokushisa eliphezulu?

Cha. Uma benomkhuhlane (izinga lokushisa elingu-38 degrees Celsius noma ngaphezulu), kufanele ubambezele ukuthola umgomo baze bazizwe bengcono.

Ingabe umuthi wokugoma ungayinika ingane yami i-COVID-19?

Cha. Umuthi wokugomela i-COVID-19 awukwazi ukunikeza ingane yakho i-COVID-19. Kungenzeka ukuthi ubambe i-COVID-19 ngaphambi kokuthola umuthi wokugoma futhi ungaqapheli ukuthi banezimpawu kuze kube ngemva kwesikhathi sokugoma.

Uma ingane yakho inezimpawu ze-COVID-19 - noma inemfiva eqala ngaphezu kwezinsuku ezimbili ngemva kokugoma, noma ihlala isikhathi esingaphezu kwezinsuku ezimbili - kufanele izihlukanise (ihlale ekamelweni layo) futhi kufanele uvakashele www.hse.ie/covid19 ukuze uthole iseluleko.

Ingabe ingane yami ingawuthola lo mgomo ngesikhathi esifanayo neminye imithi yokugoma?

Njengesixwayiso, uma ingane yakho isanda kuthola umuthi wokugomela i-MPOX (ngaphambilini ebiwaziwa ngokuthi yi-monkeypox) (Imvanex noma i-Jynneos) kudingeka ilinde amasonto ama-4 ngaphambi kokuba ithole umuthi wayo wokugomela i-COVID-19 ngenxa yengozi engaziwa ye-myocarditis.

Kodwa-ke, ingane yakho ingathola umuthi wokugomela i-COVID-19 ngesikhathi esifanayo njenganoma imiphi eminye imigomo eyidingayo, okuhlanganisa nomuthi wayo wokugomela umkhuhlane we-spray wamakhalakanye nanoma yimiphi imigomo yasesikoleni.

Ubani ojova ingane yami?

Lona ngumuntu ubanikeza umgomo wabo. Baqeqeshwe yi-HSE ukuze banikeze imigomo ye-COVID-19.

Unikezwa kanjani umgomo we-COVID-19?

Umuthi wokugomela i-COVID-19 unikezwa njengomjovo engalweni engaphezulu. Kuzothatha imizuzu embalwa kuphela.

Mingaki imithamo yokugomela i-COVID-19 ingane yami edingayo?

Emzuliswaneni wazo wokuqala wemithi yokugomela i-COVID-19, zonke izingane zidinga imithamo emi-2 yalo mgomo, ngokuhlukana kwamasonto ayi-8, ukuze zivikeleke ekuguleni okubi.

Izingane ezineminyaka engu-12 kuya kweyi-15 zingathola umthamo wokuqala we-booster okungenani izinyanga ezi-4 ngemva komzuliswano wazo wokuqala wokugomela i-COVID-19 noma ukutheleleka.

Uma ingane yakho inesimo sezempilo esiyibeka engcupheni ephezulu yokungaphatheki kahle ngenxa ye-COVID-19, inconywa ukuthi ithathe umthamo we-autumn booster okufanele inikezwe izinyanga eziyi-9 ngemva komgomo wayo wokugcina we-COVID-19 noma ukutheleleka.

Nokho, uma ingane yakho inezivikeli mzimba ezibuthakathaka kufanele ithole umthamo wayo wesibili emavikini ama-4 ngemva komthamo wayo wokuqala. Bangase badinge umthamo owengeziwe womgomo we-COVID-19 emasontweni angu-8 ngemva komthamo wabo wesibili. Lokhu bese kulandelwa i-booster yokuqala ezinyangeni ezi-4 ngemva komthamo wabo owengeziwe noma ukutheleleka nge-COVID-19.

Izingane ezinezivikeli mzimba ezibuthakathaka eziye zaba nomthamo owengeziwe kanye nomthamo wokuqala we-booster, zinconywa umthamo we-autumn booster. Imithamo ye-autumn booster kufanele inikezwe izinyanga eziyisi-6 kulandela umthamo wangaphambilini we-booster noma ukutheleleka nge-COVID-19.

Ingane yami ine-COVID-19 manje, ingabe ingawuthola umgomo?

Uma ingane yakho ine-COVID-19 futhi kufanele ithole umthamo wayo wokuqala womgomo, ingagonywa kusukela emavikini angu-4 ngemva kokuba iqale ukuba nezimpawu noma ibe nokuhlolwa kokuthi ine-COVID-19.

Uma ingane yakho ine-COVID-19 futhi kufanele ithole umthamo wayo wesibili womgomo, ingagonywa kusukela emasontweni angu-8 ngemva kokuba iqale ukuba nezimpawu noma ibe nokuhlolwa kokuthi une-COVID-19.

Uma ingane yakho enamasosha omzimba abuthaka iye yaba ne-COVID-19 ngemuva komthamo wayo wesibili futhi kungenxa yokuthola umthamo wayo owengeziwe:

- uma ukutheleleka kwabo kwe-COVID-19 bekungaphezu kwezinsuku eziyi-7 ngemuva komthamo wesibili wokugoma, umthamo owengeziwe awudingeki. Kufanele baqhubeke bathole umthamo wabo wokuqala we-booster ezinyangeni ezi-4 ngemva kokutheleleka
- uma ingane yakho ithola ukutheleleka nge-COVID-19 phakathi nezinsuku eziyi-7 zomthamo wayo wesibili kufanele ithole umthamo wayo owengeziwe emavikini angu-4-8 ngemva kokutheleleka.

Uma ingane yakho kufanele ithole i-booster, sicela ufunde umbuzo wangaphambilini ukuze uthole ulwazi lokuthi ingane yakho ingayithola nini i-booster ngemva kokutheleleka nge-COVID-19.

Ingabe umthamo owengeziwe noma umthamo we-booster womgomo ugunyazwe i-EMA noma i-NIAC?

Imithamo eyengeziwe yezinye izingane ezinezivikeli mzimba ezibuthakathaka:

- i-EMA igunyaze umthamo owengeziwe womgomo ofanayo we-mRNA, okungenani izinsuku ezingama-28 ngemva komthamo wabo wesibili.
- I-NIAC, e-Ireland, iphakamise ukuthi bathole umgomo we-Pfizer njengomthamo owengeziwe emavikini angu-8 ngemva komthamo wabo wesibili.

Ama-booster okuqala azo zonke izingane kuleli qembu lobudala:

- i-EMA igunyaze umthamo wokuqala we-booster womgomo we-Pfizer wezingane ezikuleli qembu le-age ezike zaba ne-Pfizer, okungenani izinyanga ezi-3 ngemuva komthamo wazo wokugcina.
- I-NIAC, e-Ireland, income ukuthi izingane ezikuleli qembu lobudala zingathola umuthi wokugomela i-Pfizer, njengomthamo okhuthazayo kungakhathaliseki ukuthi imuphi umuthi wokugomela i-mRNA eziwutholile, izinyanga ezi-4 ngemva komthamo wazo wokugcina we-COVID-19.

Ama-booster alandelayo ezingane ezithile kuleli qembu lobudala:

- I-NIAC incose i-autumn booster wezingane ezineminyaka engu-12-15 ezinesimo sezempilo esizibeka engcupheni enkulu yokugula kakhulu uma zithola i-COVID-19. I-NIAC income i-autumn booster kwezinye izingane ezinezivikeli mzimba ezibuthakathaka.

Ingabe siyasilandela iseluleko se-EMA noma se-NIAC e-Ireland?

- Izincomo ze-NIAC zingahluka kusukela kuzincomo ze-EMA ngenxa yedatha yendawo nokucatshangelwa.

E-Ireland silandela iseluleko se-NIAC.

Iyini imiphumela emibi yomgomo?

Njengayo yonke imithi, imigomo ingabangela imiphumela engemihle. Eziningi zalezi zimnene ukuya kokumaphakathi, ezesikhashana, futhi akubona bonke abazitholayo.

Abantu abangaphezu ko-1 kwabayi-10 bazoba nalezi **ezivame kakhulu** imiphumela engemihle:

- ukuzizwa ekhathele
- ukuzwela noma ukuvuvukala engalweni yakho lapho ujoywe khona
- ikhanda elibuhlungu
- ubuhlungu bemisipha
- ubuhlungu bamalunga
- isifo sohudo
- imfiva (izinga lokushisa elingu-38 degrees Celsius noma ngaphezulu) noma amakhaza

Kufika kumuntu oyedwa kwabangu-10 uzoba nalezi **imiphumela engemihle** evamile:

- Isicanucanu
- ukuhlanza
- okubomvulapho umgomo unikezwe khona
- ukuvuvukala kwama-lymph glands (okuvame ukubonakala ngemva komthamo we-booster)

Kufika kumuntu oyedwa kwabayi-100 uzoba nale miphumela **engajwayelekile**:

- isiyezi
- ukubona lapho umgomo unikezwe khona
- ukulunywa jikelele
- ukuqubuka
- ukungalali
- ukujuluka ngokweqile
- izithukuthuku zasebusuku
- ukuncipha kwesifiso sokudla
- ukungabi namandla, ukukhathala noma ukuzizwa ungaphilile
- ubuhlungu engalweni othole umgomo

Abantu abangafika koyedwa kwabayi-1,000 bazoba nale miphumela **engavamile**:

- izinga lokushisa ukulala ngokomlomo ohlangothini olulodwa lobuso

Abantu abangafika koyedwa kwabayi-10,000 bazoba nale miphumela **engavamile kakhulu:**

- i-myocarditis kanye ne-pericarditis – kusho ukuvuvukala kwemisipha yenhliziyo noma ulwelwesi lwesisipha senhliziyo (Bheka ngezansi ukuze uthole izimpawu.)

I-Myocarditis ne-pericarditis yizifo zokuvuvukala kwenhliziyo. Ingozi yalezi zimo ezingavamile kakhulu iphezulu emadodeni amancane.

Lezi zimo kungenzeka kakhulu ukuthi zenzeke ngemva komthamo wesibili futhi ngokuvamile zenzeka phakathi nezinsuku eziyi-14 zokuthola umgomo.

Ucwaningo olubili lwaseYurophu lulinganise ubungozi be-myocarditis, ngemuva komthamo wesibili womuthi wokugoma njenge:

- Ikési elingu-1 elengeziwe lawo wonke amadoda angu-38,000 aneminyaka engu-12 kuya ku-29 (phakathi kwezinsuku ezingu-7)
- Icala eli-1 elengeziwe lawo wonke amadoda ayi-17,500 aneminyaka engu-16 kuya ku-24 (phakathi kwezinsuku ezingu-28)

Idatha yangaphambi kwesikhathi evela kwamanye amazwe ikhombisa ukuthi i-myocarditis mancane kakhulu kulabo abaneminyaka engu-12 kuya ku-15 kunalabo abaneminyaka engu-16 kuya ku-24. Idatha yangaphambi kwesikhathi kubantu abaneminyaka engu-16 nangaphezulu ibonisa ukuthi i-myocarditis ayivame ukubikwa ngemva komthamo we-booster kunomthamo wesibili. Idatha iphakamisa ukuthi izimo eziningi ze-myocarditis zihlala isikhashana nje futhi ziba ngcono ngokunakekelwa okusekelayo; ngezifundo ezenziwayo ukuqonda umthelela wesikhathi eside.

Okwamanje akwaziwa ukuthi bangaki abantu abathola lo mgomo abazobhekana nale miphumela engemihle kodwa kucatshangwa ukuthi **iyivelakancane kakhulu:**

- sukungezwani okuhlala njalo. Umjovo wakho uqeqeshelwe ukwelapha ama-ion ayingozi kakhulu engezweni nezinto ezithile.
- I-Erythema Multiforme, ukusabela kwesikhumba okubangela amachashaza abomvu noma amabala esikhumbeni angase abukeke njengethagethi noma “iso lezinkunzi” elinendawo ebomvu emnyama ezungezwe izindandatho ezibomvu ngokuphaphathekile.
- ukuvuvukala kobuso uma unama-facial fillers
- ukuvuvukala okukhulu kwengalo (noma umlenze) lapho umgomo wawunikezwe khona
- ukuncenceza noma ukuncinza, noma ukulahlekelwa umuzwa endaweni ethile yomzimba
- esindayo ngamunyeama-iod

Umuthi wokugomela i-COVID-19 usudlule ezivivinyweni zomtholampilo ezifanayo kanye nokuhlolwa kokuphepha njengayo yonke eminye imithi yokugoma enelayisense, nokho umgomo umusha futhi ulwazi lwemiphumela emibi yesikhathi eside lunqunyelwe.

Njengoba abantu abanengi e-Ireland nasemhlabeni wonke bethola lo mgomo, ulwazi olwengeziwe mayelana nemiphumela engemihle lungase lutholakale. I-HSE izobuyekeza lolu lwazi njalo kuwebhusayithi yethu, futhi uma kunesidingo, izobuyekeza amapheshana olwazi anikezwa abantu lapho begonywa.

Izimpawu ze-myocarditis ne-pericarditis

Akuvamile kakhulu, abantu bangase babe ne-myocarditis kanye ne-pericarditis ngemva kokuthola umgomo we-Comirnaty (Pfizer/BioNTech). I-Myocarditis ne-pericarditis yizifo zokuvuvukala kwenhliziyu.

Kufanele uzazi izimpawu okufanele uzibheke enganeni yakho.

Thola usizo lwezokwelapha uma ingane yakho ithola noma yiziphi zalezi zimpawu ngemva komgomo wayo:

- ukuphefumulaukungabi namandla
- i-palpitations (ukushaya kwenhliziyu okunamandla okungase kube okungajwayelekile)
- isifuba ubuhlungu

Ingabe zikhona ezinye izingane okungafanele ziwuthole umgomo we-COVID-19?

Yebo. Ingane yakho akufanele ithole umgomo we-Comirnaty (Pfizer/BioNTech) COVID-19 uma:

- Ingane yakho ibe nokungezwani okunamandla kunoma yiziphi izithako emgomeni (okuhlanganisa i-polyethylene glycol noma i-PEG). Funda Ipheshana Lolwazi Lwesiguli lomkhiqizi ukuze ubone uhlu lwezithako
- ingane yakho ibe nokungezwani okukhulu nomthamo wangaphambilini womgomo we-Pfizer/BioNTech noma umgomo we-Moderna COVID-19
- ingane yakho ibe nokungezwani okukhulu komzimba ngemva kwe-Trometamol (okukodwa kokuqokethwe okuhlukile kodayi osetshenziswa ezifundweni ze-radiological ze-MRI).
- ingane yakho itshelwe nguDokotela ukuthi akufanele ibe nomuthi wokugomela i-Moderna COVID-19 noma i-Pfizer/BioNTech COVID-19

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

- waba nokungezwani okukhulu ne-allergic reaction (anaphylaxis) esikhathini esidlule, okuhlanganisa nanoma yimuphi omunye umgomo noma imithi
- wayene-myocarditis noma i-pericarditis (ukuvuvukala kwemisipha yenhliziyu noma ulwelwesi lwenhliziyu) ngemva komthamo wangaphambilini wemigomo ye-COVID-19

Njengesixwayiso, uma ingane yakho isanda kuthola umgomo we-MPOX (Imvanex noma i-Jynneos) kudingeka ilinde amasonto ama-4 ngaphambi kokuba ithole umuthi wayo wokugomela i-COVID-19 ngenxa yengozi engaziwa ye-myocarditis.

Izingane eziningi zizokwazi ukuthola umgomo ngokuphepha. Umuntu onikeza ingane yakho umgomo uzokujabulela ukuphendula noma yimiphi imibuzo onayo ngesikhathi sakho sokuthola umgomo.

Bazophinde bakunikeze ipheshana leseluleko sokunakekelwa kwangemva kokunakekelwa, kanye nekhadi lerekhodi lomgomo elibonisa igama neqoqo lenombolo yomgomo ingane yakho ewunikeziwe.

Ngemva kokuthola Umgomo

Sikunikeza irekhodi lokugoma kwengane yakho namuhla. **Sicela ugcine ikhadi lerekhodi liphephile.**

Yini engenzeka ezinsukwini ezimbalwa ezizayo?

Abanye abantu abathole umgomo ingane yakho ewutholile namuhla bangathola eminye yemiphumela engemihle esohlwini lwaleli pheshana. Eziningi zalezi zithambile kuya kwezimaphakathi futhi zihlala isikhathi esifushane.

Imfiva ngemva komgomo

Kuyinto evamile ukuba nomkhuhlane ngemva kokugoma. Ngokuvamile, lokhu kwenzeka zingakapheli izinsuku ezi-2 kutholwe umgomo, futhi kuyahamba phakathi nezinsuku ezi-2. Ingane yakho isemathubeni amaningi okuthola imfiva ngemva komthamo wayo wesibili womgomo.

Uma ingane yakho izizwa ingakhululekile, kufanele uyinikeze i-paracetamol noma i-ibuprofen njengoba kushiwo ebhokisini noma ephepheni. Uma ukhathazekile ngengane yakho, sicela ufune iseluleko sezokwelapha.

Kuthatha isikhathi esingakanani umgomo ukusebenza?

Ngemva kokuthola yomibili imithamo yokugomela i-COVID-19, abantu abaningi bazoba nokugomela. Lokhu kusho ukuthi bazovikelwa ekuguleni okubi kakhulu nge-COVID-19.

Kuthatha izinsuku eziyi-7 ngemva kokuthola umthamo wesibili ukuze isebenze.

Kunethuba lokuthi ingane yakho isengathola i-COVID-19, ngisho noma inomuthi wokugoma.

Ingabe umgomo usebenza kuwo wonke umuntu?

Imithi yokugoma isetshenziswe ezigidini zezigidi zabantu emhlabeni wonke ngonyaka odlule. Kunobufakazi obuqinile, obuthembekile bokuthi imigomo ye-COVID-19 inciphisa kakhulu ingozi yokuthola i-COVID-19. Asebenza kahle kakhulu ekuvimbeleni ukufa nokugula okubi kakhulu nge-COVID-19.

Imithi yokugoma ayisebenzi ngendlela efanayo kumuntu ngamunye, futhi kungenzeka ukuthi usayithola i-COVID-19 ngemva kokugonywa.

Uma ingane yakho inezivikeli mzimba ezibuthakathaka, ayikho ingozi eyengeziwe ekuthatheni umgomo kodwa ingase ingasebenzi enganeni yakho futhi ingase idinge umthamo owengeziwe womgomo we-COVID-19 ukuze ivikeleke kangcono kakhulu.

Ukuzivikela komzimba kuthatha isikhathi esingakanani emgomeni?

Ama-booster ayanconywa ukuthi anwebe ukuvikelwa kwemithi yokugomela i-COVID-19. Asazi okwamanje ukuthi ukuzivikela komzimba kuzohlala isikhathi esingakanani ngemva kwama-booster. Ukuhlolwa komtholampilo kuyaqhubeka ukuthola lokhu.

Lapho ingane yami ithola umgomo, ingabe lokho kusho ukuthi ngeke isabalalisa i-COVID-19 kwabanye?

Asazi okwamanje ukuthi ukuba nomgomo kuyabamisa yini abantu ukusabalalisa igciwane le-COVID-19 kwabanye. Kungakho kubalulekile ukuthi sonke siqhubeke nokulandela izeluleko zezempilo zomphakathi zokunqanda ukubhehetheka kwegciwane.

Ngemva kokugoma ingane yakho izokwaziswa ukuthi iqhubeke nokulandela iziqondiso zezempilo zomphakathi zabantu abagonyiwe.

Ngiyibika kanjani imiphumela engemihle?

Njengayo yonke imithi yokugoma, ungabika imiphumela esolisayo ku-Health Products Regulatory Authority (HPRA).

I-HPRA iyisiphathimandla esilawulayo eRiphabhulikhi yase-Ireland semithi, izisetshenziswa zezokwelapha neminye imikhiqizo yezempilo. Njengengxeny yendima yayo ekuqapheni ukuphepha kwemithi, i-HPRA isebenzisa uhlelo lapho ochwepheshe bezokunakekelwa kwempilo noma amalungu omphakathi angabika noma yikuphi ukusabela okungalungile okusolwayo (imiphumela engemihle) ehlobene nemithi nemigomo eyenzeke e-Ireland.

I-HPRA ikhuthaza kakhulu ukubikwa kwemiphumela emibi (imiphumela engemihle) ehlobene ne-COVID-19 ukuze kusekelwe ukuqapha okuqhubekayo kokusetshenziswa kwayo okuphephile nokusebenza kahle. Ukuze ubike ukusabela okusolwayo okungalungile emuthini wokugomela i-COVID-19, sicela uvakashele okuthi

www.hpra.ie/report

Ungaphinda ucele Udokotela wakho noma ilungu lomndeni ukuthi likubikele lokhu. Ulwazi oluningi olwaziwayo kufanele luhlinzekwe, futhi lapho kunokwenzeka, inombolo yeqoqo lomuthi wokugoma kufanele ifakwe.

I-HPRA ayikwazi ukunikeza izeluleko zomtholampilo ezimweni ezingazodwana. Amalungu omphakathi kufanele axhumane nochwepheshe bawo bezokunakekelwa kwempilo (uDokotela wabo noma usokhemisi) nganoma yikuphi ukukhathazeka kwezempilo okungenzeka abe nakho.

Imvume yokuthi ingane yakho igonywe

Umzali noma umnakekeli osemthethweni uzocelwa ukuthi anikeze imvume yokuthi ingane ngayinye igonywe.

Ingene ngeke ivunyelwe ukuya esikhungweni sokugoma iyodwa ukuze ithole umgomo.

Isinqumo sakho sokunikeza imvume yokugoma noma cha sizohlonishwa. Ithebula elifingqiwe elilandelayo lingase libe usizo ukukusiza ukuthi wazi ngezinqumo zakho.

Izinzuzo zomgomo	Izingozi zomgomo
<ul style="list-style-type: none"> • Ukuvikelwa kwezingane kanye nabantu abasha abanezimo zempilo ezibabeka engcupheni enkulu ye-COVID-19. Imininingwane evela e-United States ikhombisa ukuthi cishe izingane eziyi-7 kweziyi-10 ezingeniswe esibhedlela ezine-COVID-19 zinesinye isimo esingaphansi. • Ukuvikelwa kwezingane ezinempilo kanye nabantu abasha ku-COVID-19 enzima - yize lokhu kuyivelakancane kakhulu kuleli qembu lobudala. Ingozi yokuthi ingane ilaliswe esibhedlela ngenxa ye-COVID-19 iphansi, futhi ingozi yanoma iyiphi ingane edinga ukwelashwa kokunakekelwa kakhulu iphansi kakhulu. • Ukuvikelwa ku-COVID-19, kanye nezinkinga ezivela ku-COVID-19 ezifana 'ne-COVID ende' kanye ne-Multisystem Inflammatory Syndrome ezinganeni. Ingozi 'ye-COVID ende' iphansi ezinganeni nasentsheni esencane uma iqhathaniswa neyabantu abadala. • Ukuvikelwa ku-COVID-19 okungadala ukuthi izingane ziphuthe esikoleni. • Ingasiza ekuvimbeleni ukusabalala kwe-COVID-19 kwabanye. Lokhu kubaluleke kakhulu uma izingane kanye nentsha behlala nengane noma umuntu omdala osengozini enkulu ye-COVID-19. 	<ul style="list-style-type: none"> • Imiphumela emibi yesikhashana njengengalo ebuhlungu, imfiva noma ukukhathala. • Cishe umuntu oyedwa kwabayi-100,000 angase abe nomthelela omubi kakhulu, njengokungezwani nomgomo. • Akuvamile ukuthi abanye abantu bavuvukele inhliziyu (i-myocarditis) nolwelwesi olungaphandle lwenhliziyu (i-pericarditis) ngemva kokugonywa. Abantu abanengi bayalulama ku-myocarditis ne-pericarditis kodwa bangadinga ukwelashwa esibhedlela. • Okwamanje asinalo ulwazi mayelana nemiphumela yesikhathi eside yemithi yokugomela i-COVID-19 ezinganeni nasebancane. • Sinolwazi oluncane ngokuphepha kwe-booster kanye nemithamo eyengeziwe kulabo abaneminyaka engu-12-15.

Cabanga ukuthi ingane yakho inomuthi wokugoma uma:	Cabanga ukuthi ingane yakho ayinawo umgomo, noma ukulinda kuze kutholakale ulwazi olwengeziwe, uma:
<ul style="list-style-type: none"> • Ingane yakho inesimo sezempilo esiyisisekelo esiyibeka engcupheni enkulu ye-COVID-19 enzima. • Ingane yakho ihlala nengane noma umuntu omdala osengozini enkulu ye-COVID-19 enzima. • Ufuna ukuvikela ingane yakho esimweni esingavamile kakhulu se-COVID-19 enzima, i-Multisystem Inflammatory Syndrome noma 'i-COVID ende'. 	<ul style="list-style-type: none"> • Awufuni ukubeka engcupheni umthelela oseceleni ongavamile kakhulu we-myocarditis kanye ne-pericarditis kusukela ekugonyweni. • Ufuna ukulinda ulwazi olwengeziwe ukuze lutholakale mayelana nengozi ye-Multisystem Inflammatory Syndrome kanye ne-COVID-19 ezinganeni nasebancane. • Ufuna ukulinda ulwazi olwengeziwe ukuze lutholakale mayelana nemiphumela yesikhathi eside yemithi yokugoma ezinganeni nakubantu abasha.

Ulwazi olwengeziwe

Ukuze uthole ulwazi olwengeziwe, funda Ipheshana Lolwazi Lwesiguli lomkhiqizi. Lokhu kuzophrintelwa wena ngosuku ingane yakho ithola ngalo umuthi wokugoma, noma ungawuthola kokuthi www.hse.ie/covid19vaccinePIL

Ungakwazi futhi ukukhuluma nochwepheshe bezempilo, njengoDokotela wakho (Udokotela), usokhemisi noma ithimba lezempilo

Futhi ungavakashela iwebhusayithi ye-HSE kokuthi www.hse.ie/covid19vaccine noma ushaye i-HSELive ku-**1800 700 700**.

Ukuze uthole ulwazi olwengeziwe ngomuthi wokugomela i-COVID-19, okuhlenganisa izinto ezisetshenziswa kwamanye amafomethi nosekelo lokuhumusha, vakashela okuthi www.hse.ie/covid19vaccinematerials

Ulwazi lwakho lomuntu siqu

Ukuze unikeze umgomo ngokuphepha futhi urekhode lonke ulwazi oludingekayo ukuze uqaphe futhi ulawule umgomo, i-HSE izobe icubungula iminingwane yomuntu siqu yengane yakho. Lonke ulwazi olucutshungulwe yi-HSE luzohambisana nemithetho ejwayelekile futhi ikakhulukazi iGeneral Data Protection Regulation (GDPR) eqale ukusebenza ngo-2018.

Ukucutshungulwa kwedatha yengane yakho kuzoba semthethweni futhi kulungile. Izocutshungulwa kuphela ngenhloso ethile yokuphatha imigomo. Umgomo Wokuncishiswa Kwedatha usetshenzisiwe. Lokhu kusho ukuthi idatha edingekayo kuphela ukuze uhlonze ingane yakho, ubhukhe isikhathi sayo, urekhode ukugonywa kwayo kanye nokuqapha imiphumela yayo iyarekhodwa.

Unamalungelo alandelayo ngaphansi kwe-GDPR ngokuphathelele nedatha yomuntu siqu yengane yakho ecutshungulwayo.

- Cela ulwazi kanye nokufinyelela kudatha yomuntu siqu yengane yakho (ngokuvamile eyaziwa ngokuthi 'isicelo sokufinyelela isihloko sedatha'). Lokhu kwenza wena (umzali wengane noma umnakekeli osemthethweni) uthole ikhophi yedatha yomuntu siqu esinayo ngengane yakho futhi uhlole ukuthi siyayicubungula ngokusemthethweni.
- Cela ukulungiswa kwedatha yomuntu siqu esiyiphethe ngengane yakho. Lokhu kukuvumela ukuba ube nolwazi olungaphelele noma olunganembile esinalo mayelana nengane yakho olulungiswe.
- Cela ukusulwa kwedatha yomuntu siqu yengane yakho. Lokhu kukuvumela ukuthi usicele ukuthi sisuse noma sikiphe idatha yomuntu siqu yengane yakho lapho singekho isizathu esihle sokuba siqhubeke siyicubungula. Futhi unelungelo lokusicela ukuthi sisuse noma sisuse ulwazi lomuntu siqu lwengane yakho lapho usebenzise khona ilungelo lakho lokuphikisa ukucutshungulwa.
- Inqaba ukucutshungulwa kwedatha yakho yomuntu siqu.

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



**COVID-19
VACCINE**
Public Health
Advice

Ishicilelwe yi-HSE ngomhla
ka-14 Septemba 2023
Ukuze uthole ulwazi olusha kakhulu
vakashela ku-www.hse.ie



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