



**COVID-19  
VACCINE**  
Public Health  
Advice



Umuthi wokugomela  
i-Comirnaty (Pfizer/BioNTech)  
wezingane ezineminyaka  
engu-5 kuya kwengu-11 ubudala

Ulwazi olubalulekile  
lwabazali nababheki

Uhlelo 7  
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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-5 kuya kwengu-11 ubudala.

Ikutshela mayelana nalokhu:

- I-COVID-19 ezinganeni ezineminyaka engu-5 kuya ku-11 ubudala
- uyini umgomo we-COVID-19
- izinzuzo zokugoma zezingane ezineminyaka engu-5 kuya ku-11 ubudala
- ubungozi bokugoma ezinganeni ezineminyaka engu-5 kuye kwengu-11 ubudala
- ukuphepha komgomo kanye nemiphumela emibi
- 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 nokuthola kwengane yakho umgomo. Ungakwazi futhi ukukhuluma nochwepheshe bezempilo, njengodokotela wakho (uDokotela) noma usokhemisi, mayelana nomgomo.

### Ungakwazi futhi ukwenza lokhu:

- ukufunda Ipheshana Lolwazi Lwesiguli lomkhiqizi elitholakala ku-[www.hse.ie/covid19vaccinePIL](http://www.hse.ie/covid19vaccinePIL)
- xoxa ngokugoma nengane yakho noma ufunde nayo ipheshana
- ukufunda ulwazi olwengeziwe olutholakala ku-[www.hse.ie](http://www.hse.ie)

## Mayelana ne-COVID-19

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

I-COVID-19 ithelalana kakhulu. Isakazeka emoyeni ngamaconsi akhiqizwa lapho abantu bekhwehlela noma bethimula, noma lapho bethinta indawo lapho amaconsi ewele khona bese bethinta amehlo, ikhala noma umlomo.

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

- imfiva (izinga lokushisa eliphakeme elingu-38 degrees Celsius noma ngaphezulu) – okuhlenganisa nogodola
- ukukhwehlela okomile
- ukukhathala

Kungathatha izinsuku ezingafika kwezingu-14 ukuba kubonakale izimpawu ngemva kokuchayeka ku-COVID-19. 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 ekhaya) kuze kube amahora angu-48 ngemva kokuba isizwa ingcono. Ungahlola **www.hse.ie** ukuze ubone ukuthi iyakudinga yini ukuhlolwa kwe-COVID.

Ukuze uthole ulwazi olwengeziwe nge-COVID-19, sicela uvakashele ethi **www.hse.ie/coronavirus** noma ushayele i-HSELive ku-**1800 700 700**.

## I-COVID-19 nezingane ezineminyaka engu-5 kuya kwengu-11 ubudala

Iningi lezingane kuleli qembu leminyaka ezithola i-COVID-19 zinezimpawu ezincane kakhulu noma azinazo nhlobo izimpawu. Ukuba ne-COVID-19 kule minyaka kungaphazamisa njengoba izingane ziphutha esikoleni.

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

Kwesinye isikhathi, izimpawu ezihlobene ne-COVID-19 zingaqhubeka amaviki noma izinyanga ezithile. Lokhu kubizwa ngokuthi 'i-COVID ende'. Ingozi yalesi sifo iphansi ezinganeni uma kuqhathaniswa nabantu abadala.

Ingozi yokuthi ingane ilaliswe esibhedlela ngenxa ye-COVID-19 iphansi kakhulu, futhi ubungozi banoma iyiphi ingane edinga ukwelashwa okuphuthumayo buphansi kakhulu.

Izingane ezinezimo ezithile zempilo zisengozini enkulu yokugula kakhulu kanye nokulaliswa esibhedlela uma zithola i-COVID-19. Kodwa-ke, e-Ireland, izingane ezingu-7 kwezingu-10 ezingeniswe esibhedlela ezazine-COVID-19 kuleli qembu lobudala zazingenazo izimo zempilo ezingamaahlalakhona.

Kuyaqabukela ukuba i-COVID-19 ibangele isifo esibizwa nge-Multisystem Inflammatory Syndrome ezinganeni (MIS-C). Izingane ezingu-75% eziba ne-MIS-C azinaso isimo sezempilo esingamaahlalakhona. I-MIS-C ayivamisile ukubonakala kulandela ukutheleleka nge-omicron.

Lesi simo sidala inyumoniya, ukuvuvukala kwenhliziyo kanye nobunzima bokuphefumula. Iningi lezingane ezine-MIS-C liyalulama ngemva kwesikhathi esibhedlela noma ekunakekelweni okukhulu kodwa ezinye izingane zinemiphumela emibi ehlala njalo futhi inani elincane kakhulu lingafa.

## 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 ku-COVID-19. Uma izingane zigonyiwe, lokhu kufanele futhi kusize ekwehliseni inani lezigula kakhulu noma ezishona ngenxa ye-COVID-19 emphakathini wethu.

## Imphi umgomo ingane yami ewunikezwayo?

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

Lona umgomo i-mRNA ofundisa umzimba wengane yakho indlela yokwenza iphrotheni ezovusa ukusabela kokuzivikela 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 esikhathini esizayo.

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

### Imithi yokugoma evumelana nezimo

Imithi yokugoma ingane yakho enikezwayo iyimithi yokugoma evumelana nezimo. Imithi yokugoma evumelana nezimoe iquethe i-mRNA ukuvikela ezinhlobo ezininzi ze-COVID-19. Kulindeleke ukuthi inikeze ukuvikeleka okubanzi ezinhlotsheni zamagciwane e-COVID-19 kunomgomo wokuqala.

Imithi yokugoma evumelana nezimo inconyelwe izingane ezineminyaka engu-5-11 ubudala yi-National Immunisation Advisory Committee futhi igunyazwe yi-European Medicines Agency.

## Kungani umgomo unikezwa zonke izingane ezineminyaka engu-5 kuya kwengu-11 ubudala?

Inhloso yethu yokunikeza lesi sibalo somgomo ukuvikela abantu nokunciphisa ukugula nokufa okudalwa yileli gciwane.

Ukuthola umuthi wokugomela i-COVID-19 kufanele kuvikele ingane yakho nalabo abaseduze kwayo ekutholeni i-COVID-19. Yize ukugula okubi okubangwa yi COVID-19 kuyivelakancane kuleli qembu lobudala, mancane kakhulu amathuba okuthi baguliswe kakhulu i-COVID-19 uma begonyiwe.

Imithi yokugomela i-COVID-19 inconywa kakhulu yiNational Immunisation Advisory Committee (NIAC) lezingane ezineminyaka engu-5 kuya kwengu-11 ubudala:

- babe nesimo sezempilo esibabeka engcupheni enkulu yokugula kakhulu uma bethola i-COVID-19
- hlala nengane encane noma umuntu omdala osengcupheni yokugula kakhulu uma ethola i-COVID-19 isb. enye ingane enezidingo zezokwelapha eziyinkimbinkimbi, noma umuntu omdala okhubazekile

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

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

## Ingabe umgomo uyasebenza ezinganeni ezineminyaka engu-5 kuya kwengu-11 ubudala?

Ucwaningo lwezokwelapha lomgomo we-Comirnaty (Pfizer/BioNTech) lubonise ukuthi usebenza kahle kakhulu ekuvimbeleni i-COVID-19 ezinganeni kule minyaka.

## Ingabe umgomo uphephile ezinganeni ezineminyaka engu-5 kuya kwengu-11?

I-National Immunisation Advisory Committee incoma ukuthi izingane ezineminyaka emihlanu kuya kwengu-11 ubudala zinikezwe lo mgomo we-COVID-19.

Lo mgomo uhlolwe ezinkulungwaneni zabantu okuhlanganisa nezingane ezingaphezu kuka-2,000 ezineminyaka engu-5 kuya kwengu-11 njengengxenye yokuhlolwa kwemitholampilo. Akukho ukukhathazeka okwengeziwe kokuphepha okuphawulwe ocwaningweni lwezokwelapha lwezingane ezikuleli qembu lobudala.

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

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

Ukuze ugonyazwe 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 usuhambe ngokushesha kakhulu kunokuvamile, umgomo esiwunikeza ingane yakho usudlule kuzo zonke izinyathelo ezivamile ezidingekayo ukuze kuthuthukiswe futhi kugonyazwe umgomo uphephile nosebenzayo.

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

Yonke imithi inemiphumela engemihle futhi kufanele ufunde mayelana nemiphumela emibi eyaziwayo evamile, engavamile futhi engavamile kakhulu yalo mgomo kuleli pheshana ngaphambi kokuba unikeze imvume yokuba ingane yakho igonywe.

Umuthi wokugoma usuvele unikezwe izigidi zezingane ezineminyaka engu-5-11 ubudala emhlabeni wonke.

## 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 ize izizwe ingcono.

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

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

Uma ingane yakho inezimpawu ze-COVID-19 - noma inomkhuhlane oqala ngaphezu kwezinsuku ezimbili ngemva kokugoma, noma ihlala isikhathi eside kunezinsuku ezimbili - kufanele izihlukanise (ihlale ekhaya) kuze kube amahora angu-48 ngemva kokuzizwa kwayo ize izizwe ingcono. Ungahlola [www.hse.ie](http://www.hse.ie) ukuze ubone ukuthi iyakudinga yini ukuhlolwa kwe-COVID-19.

## Ubani ojova ingane yami?

Lona ngumuntu obanikeza 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 ezoyidinga?

Izodinga imithamo engu-2 yomuthi wokugomela i-Pfizer/BioNTech ukuze ivikeleke kangcono kakhulu ku-COVID-19. Izingane zizothola umthamo wazo wesibili emavikini angu-8 ngemva komthamo wokuqala.

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

Nokho, uma ingane yakho inamasosha omzimba abuthakathaka kufanele ithole umthamo wayo wesibili emavikini angu-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 ezingu-4 ngemva komthamo wabo we-booster noma ukutheleleka nge-COVID-19.

Izingane ezinamasosha omzimba abuthakathaka eziye zaba nomthamo owengeziwe kanye nomthamo wokuqala we-booster kuinconywa ukuba zithole umthamo we-autumn booster. Imithamo ye-autumn booster kufanele inikezwe izinyanga ezingu-6 ngemva komthamo 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:

- bangagonywa kusukela emasontweni angu-4 ngemva kokuba beqale ukuba nezimpawu noma ekuhlolweni kwabo ukuthi bane-COVID-19

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

- bangagonywa kusukela emasontweni angu-8 ngemva kokuba beqale ukuba nezimpawu noma ekuhlolweni kwabo kokuthi bane-COVID-19.

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

- uma ukutheleleka kwabo kwe-COVID-19 bekungaphezu kwezinsuku ezingu-7 ngemva komthamo wesibili wokugoma, umthamo owengeziwe awudingeki. Kufanele baqhubeke bathole umthamo wabo wokuqala we-booster ezinyangeni ezingu-4 ngemva kokutheleleka
- uma ingane yakho ithola ukutheleleka nge-COVID-19 phakathi nezinsuku ezingu-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.

## Kungani ezinye izingane ezinamasosha omzimba abuthakathaka zinikezwa umthamo owengeziwe kanye nomthamo we-booster?

Sithemba ukuthi umthamo owengeziwe womuthi wokugoma uzokwenza lokhu:

- ukuthuthukisa ukusabela kwamasosha omzimba emuthini wokugoma
- ukunikeze isivikelo esingcono ku-COVID-19
- ukuvimbele ukuthi bangaguli kakhulu nge-COVID-19

Ingane yakho inikezwa umthamo we-booster ngoba:

- ukuvikeleka emithini yokugoma ingane yakho eseyitholile kungase kube buthaka ngokuhamba kwesikhathi
- ingane yakho ingase ibe sengozini enkulu yesifo esibi kakhulu
- amasosha omzimba engane yakho awasabeli ngokuqinile ekugomeni

Sithemba ukuthi umthamo we-booster womuthi wokugoma uzonikeza ingane yakho ukuvikeleka okwengeziwe ku-COVID-19 futhi usize ukuyivimbela ekubeni nokugula okubi uma ithola i-COVID-19. Ingane yakho izonikezwa umuthi wokugoma ovumelaana nezimo njengomthamo we-booster.

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

Ingane yakho inikezwa umthamo we-autumn booster ngoba:

- ukuvikeleka emithini yokugoma ingane yakho eseyitholile kungase kube buthaka ngokuhamba kwesikhathi
- ingane yakho ingase ibe sengozini enkulu yesifo esibi

Sithemba ukuthi umthamo we-booster womuthi wokugoma uzonikeza ingane yakho ukuvikeleka okwengeziwe ku-COVID-19 futhi usize ukuyivimbela ekubeni nokugula okubi uma ithola i-COVID-19.

## Yini esiyaziyo mayelana nokuphepha kokuthola umthamo owengeziwe kanye nomthamo we-booster womuthi wokugoma?

Sinolwazi oluncane ngokuphepha komthamo owengeziwe womgomo we-COVID-19. Ucwango lwabantu abathola umthamo owengeziwe aluzange lubonise imiphumela emibi kakhulu.

Kungenzeka ukuthi uzwile nge-myocarditis, engavamile kakhulu ezinganeni ezineminyaka engu-5-11. I-Myocarditis kanye ne-pericarditis yizimo zokuvuvukala kwenhliziyo futhi ziyizingozi ezingavamile kakhulu zemigomo ye-mRNA. Le miphumela emibi engavamile ivame kakhulu emadodeni aneminyaka engaphansi kweminyaka engu-30 ubudala ngemva komthamo wabo wesibili womgomo oyinhloko. Ingozi yale miphumela emibi ibonakala iphansi ngemva kwe-booster yokuqala.

## Ingabe umthamo owengeziwe noma imithamo ye-booster yomgomo inelayisensi ye-EMA?

I-EMA igunyaze umthamo owengeziwe womgomo ofanayo we-mRNA, okungenani izinsuku ezingu-28 ngemva komthamo wabo wesibili. I-EMA igunyaze umuthi wokugoma ojwayelwe njenge-booster kuleli qembu lobudala. I-NIAC income kuphela imithamo ye-booster ezinganeni ezinamasosha omzimba abuthakathaka noma ezinezimo zezempilo ezizibeka engcupheni ephezulu yokungaphili kahle ku-COVID-19. Beluleke ngokuthi imithi yokugoma evumelana nezimo ingasetshenziswa nasezifundweni zamabanga aphansi. 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. Eminingi yalena mincane ukuya kwemaphakathi, eyesikhashana, futhi akubona bonke abayitholayo.

Abantu abangaphezu kongu-1 kwabangu-10 bazoba nalena **evame kakhulu** imiphumela emibi:

- ukuzizwa ukhathele
- 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 ukugodola

Kufika kumuntu oyedwa kwabangu-10 uzoba nale **imiphumela engavamile:**

- isicanucanu
- ukuhlanza
- ukuba bomvu lapho ujoywe khona
- ukuvuvukala kwama-lymph gland

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

- isiyenzi
- ukulunywa lapho ujoywe khona
- ukulunywa yonke indawo
- ukuqubuka
- ukungalali
- ukujuluka ngokweqile
- ukujuluka ebusuku
- ukuncipha kwesifiso sokudla
- ukungabi namandla, ukukhathala noma ukuzizwa ungaphilile
- ubuhlungu engalweni egonyiwe

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

- ukuwa kwesikhashana ohlangothini olulodwa lobuso

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

- i-myocarditis kanye ne-pericarditis

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

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

Izingcwaningo ezimbili zaseYurophu zilinganise ubungozi be-myocarditis, ngemva komthamo wesibili womgomo:

- Isehlakalo esisodwa esengeziwe kuwo wonke amadoda angu-38,000 aneminyaka engu-12 kuya ku-29 (phakathi kwezinsuku ezingu-7)
- Isehlakalo esisodwa esengeziwe kuwo wonke amadoda angu-17,500 aneminyaka engu-16 kuye kwengu-24 (zingakapheli izinsuku 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. I-Myocarditis ezinganeni ezineminyaka engu-5-11 ayivamile kakhulu.

Abantu abaningi baba ngcono ngokwabo noma ngokwelashwa okusekelayo, kodwa bazodinga ukunakekelwa esibhedlela. Asazi okwamanje ukuthi zikhona yini izinkinga zesikhathi eside ngenxa yale miphumela engemihle.

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

- ukusabela kokungezwani okukhulu nomzimba. Umuntu ozokujova uqeqeshelwe ukwelapha izifo ezimbi kakhulu zokungezwani nomzimba
- 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
- ukunsonsotha noma ukuncinza, noma ukulahlekelwa umuzwa endaweni ethile yomzimba
- izikhathi ezinzima

Umuthi wokugomela i-COVID-19 usudlule ezingcwaningweni zokwelapha ezifanayo kanye nokuhlolwa kokuphepha njengayo yonke eminye imithi yokugoma enelayisense, nokho lo mgomo musha futhi ulwazi lwemiphumela emibi yesikhathi eside lulinganiselwe.

Njengoba abantu abaningi 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 anikezwe abantu ngethamo labo lokuqala noma lesibili lomgomo.

## 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:

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

## 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 ike yangezani kakhulu nanoma yiziphi izithako zomuthi wokugoma (okuhlanganisa i-polyethylene glycol noma i-PEG). Funda Ipheshana Lokwaziswa Kwesiguli lomkhiqizi kokuthi **[www.hse.ie/covid19vaccinePIL](http://www.hse.ie/covid19vaccinePIL)** ukuze ubone uhlu lwezithako.
- ingane yakho ibe nokungezwani okukhulu nokungezwani komzimba nomthamo wangaphambilini womgomo we-Pfizer/BioNTech.
- ingane yakho ibe nokungezwani okukhulu ne-Trometamol (isithako kudayi ohlukile osetshenziswa ezifundweni ze-MRI radiological).

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

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

Uma ingane yakho ike yaba ne-Multisystem Inflammatory Syndrome ngaphambilini ingathola umuthi wokugomela i-COVID-19 uma isiluleme futhi okungenani ezinsukwini ezingu-90 ngemva kokutholwa kwayo, kuye ngokuthi imuphi omude.

Njengesixwayiso, uma ingane yakho isanda kuthola umuthi wokugomela i-MPOX (ngaphambilini ebiwaziwa ngokuthi yi-monkeypox) (Imvanex noma i-Jynneos) kudingeka ilinde amasonto angu-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 bakunike izeluleko zokunakekelwa kwangemuva kwesikhathi, kanye nekhadi lerekhodi lomgomo elibonisa igama nenombolo yebheshi yomgomo ingane yakho ewunikiwe.

## 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 ngaphambili. Eziningi zalezi zithambile kuya kwezimaphakathi futhi zihlala isikhathi esifushane.

### Imfiva ngemva komgomo

Kuyinto evamile ukuba nomkhuhlane ngemva kokugoma. Ngokuvamile, lokhu kwenzeka zingakapheli izinsuku ezingu-2 kutholwe umgomo, futhi kuyahamba phakathi nezinsuku ezingu-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 bazovikeleka ku-COVID-19.

Kuthatha izinsuku ezingu-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 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 inamasosha omzimba abuthakathaka, ayikho ingozi eyengeziwe ekuthatheni umgomo kodwa ingase ingasebenzi kahle enganeni yakho.

## Ukuzivikela komzimba kuthatha isikhathi esingakanani emgomeni?

Asazi okwamanje ukuthi ukugomeka kuzohlala isikhathi esingakanani. Izingcwaningo zokwelapha ziyaqhubeka ukuthola lokhu.

## Uma 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 ukubhebhethaka kwegciwane.

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

## Ingabe ingane yami ingawuthola umgomo we-COVID-19 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 angu-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 wamakhala kanye nanoma yimiphi imigomo yasesikoleni.

## Imvume yokuthi ingane yakho igonywe

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

Ingane ngeke ivunyelwe ukuya esikhungweni sokugoma iyodwa ukuze ithole umgomo.

Isinqumo sakho sokunikeza imvume yokugoma noma cha sizohlonishwa futhi ithebula lesifinyezo elilandelayo lingase libe usizo kuwe ekwazisweni mayelana nokukhetha kwakho.

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"> <li>• Ingane yakho inesimo sezempilo esicashile esiyibeka engcupheni enkulu ye-COVID-19 enzima.</li> <li>• Ingane yakho ihlala nengane noma umuntu omdala osengozini enkulu ye-COVID-19 enzima.</li> <li>• Ufuna ukwandisa ukuvikeleka kwengane yakho emathubeni angavamile kakhulu e-COVID-19 enzima, i-Multisystem Inflammatory Syndrome noma 'i-COVID ende'.</li> </ul>	<ul style="list-style-type: none"> <li>• Awufuni ukubeka engcupheni umthelela oseceleni ongavamile kakhulu we-myocarditis kanye ne-pericarditis kusukela ekugomeni.</li> <li>• Ufuna ukulinda ukuze ulwazi oluthe xaxa lutholakale ngengcuphe ye-Multisystem Inflammatory Syndrome kanye ne-COVID-19 ezinganeni.</li> <li>• Ufuna ukulinda ulwazi olwengeziwe ukuze lutholakale mayelana nemiphumela yesikhathi eside yemithi yokugoma ezinganeni nakubantu abasha.</li> </ul>

Izinzuzo zomgomo	Izingozi zomgomo
<ul style="list-style-type: none"> <li>• Ukuvikelwa kwezingane kanye nabantu abasha abanezimo zempilo ezibabeka engcupheni enkulu ye-COVID-19.</li> <li>• Ukuvikelwa kwezingane ezinempilo kanye nabantu abasha ku-COVID-19 enzima - nakuba lokhu kuyivelakancane kakhulu kuleli qembu lobudala. Ingozi yokuthi ingane ilaliswe esibhedlela ngenxa ye-COVID-19 iphansi kakhulu, futhi ubungozi banoma iyiphi ingane edinga ukwelashwa okuphuthumayo buphansi kakhulu.</li> <li>• Ukuvikelwa ku-COVID-19, kanye nezinkinga ezivela ku-COVID-19 ezifana 'ne-COVID ende' kanye ne-Multisystem Inflammatory Syndrome ezinganeni</li> <li>• Ukuvikelwa ku-COVID-19 okungadala ukuthi izingane ziphuthe esikoleni.</li> <li>• Ingasiza ekuvimbeleni ukusabalala kwe-COVID-19 kwabanye. Lokhu kubaluleke kakhulu uma izingane kanye nentsha behlala nengane encane noma umuntu omdala osengozini enkulu ye-COVID-19.</li> </ul>	<ul style="list-style-type: none"> <li>• Imiphumela emibi yesikhashana njengengalo ebuhlungu, imfiva noma ukukhathala.</li> <li>• Cishe umuntu oyedwa kwabayi-100,000 angase abe nomthelela omubi kakhulu, njengokungezwani nomgomo.</li> <li>• Akuvamile ukuthi abanye abantu bavuvukele inhliziyi (i-myocarditis) nolwelwesi olungaphandle lwenhliziyi (i-pericarditis) ngemva kokugonywa. Abantu abaningi bayalulama ku-myocarditis ne-pericarditis kodwa bangadinga ukwelashwa esibhedlela.</li> <li>• Okwamanje asinalo ulwazi mayelana nemiphumela yesikhathi eside yemithi yokugomela i-COVID-19 ezinganeni.</li> </ul>

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

Ukuze uthole ulwazi olwengeziwe ngomuthi wokugomela i-COVID-19, okuhlanganisa okokusebenza kwamanye amafomethi nosekelo lokuhumusha, vakashela **[www.hse.ie/covid19vaccinematerials](http://www.hse.ie/covid19vaccinematerials)**

## Ngiyibika kanjani imiphumela emibi?

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. Njengengxenye 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](http://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 ngokwezempilo okungenzeka abe nakho.

## Ulwazi lwakho lomuntu siqu

Ukuze unikeze umgomo ngokuphepha futhi urekhode lonke ulwazi oludingekayo ukuze uqaphe futhi ulawule umgomo, i-HSE izobe icubungula imininingwane 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 usetshenziwe. 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 ngokuphathelene 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 kukwenza ukwazi ukuba nolwazi olungaphelele noma olunganembile esinalo mayelana nengane yakho olulungiswe.
- Cela ukusulwa kwedatha yomuntu siqu yengane yakho. Lokhu kukuvumela ukuthi usicele ukuthi sisuse noma sikhiphe 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](http://www.hse.ie/eng/gdpr)



**COVID-19  
VACCINE**  
Public Health  
Advice

Ishicilelwe yi-HSE ngomhla  
ka-14 Septemba 2023

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



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