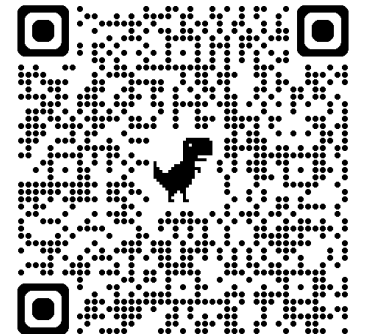


# Inkingo z'Abana Bazima

Byateguwe na: *[SHYIRAMO IZINA RY'UMURYANGO WAWU CYANGWA IZINA RYAWU HANO]*

Izi nyigisho zateguwe n'itsinda rya Language and Immunization for Kids Survey (LINKS) .  
**Sikana iyi kode ya QR kugira ngo umenye byinshi kuri uyu mushinga.**



**Byose ku Bijyanye  
n'Inkingo**

# Inkingo zigisha imibiri yacu kurwanya udukoko

## Inkingo zikora zite?

- Inkingo zishyira udukoko mu buryo bugenzurwa kugira ngo ubudahangarwa bw'umubiri bw'umwana bumenye gutahura agakoko.
- Iyo ubudahangarwa bw'umubiri bumaze kumenya agakoko, bushobora kuwurinda iyo umwana ahuye n'agakoko mu gace atuyemo.
- Utu dukoko dushobora kuba bagiteri cyangwa virusi zishobora gutera indwara zikomeye.

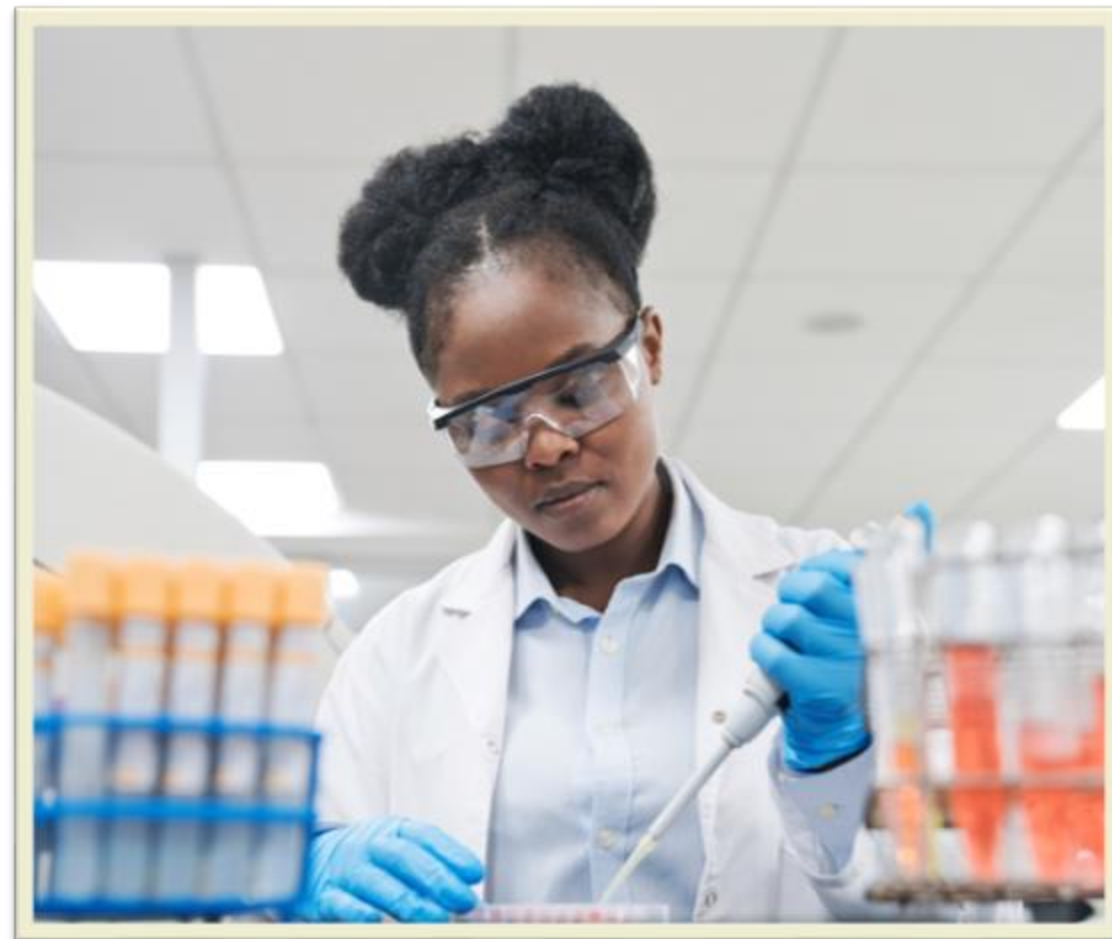
# Inkingo zirinda ubuzima bwacu

**Hadakoreshejwe inkingo,**  
indwara nk'iseru, mugiga,  
n'inkorora y'igikatu zishobora  
gutera ingorane zikomeye,  
kujya mu bitaro cyangwa gupfa.



# Inkingo zirizewe kandi Zirakora

- Abashakashatsi bamara imyaka myinshi bagerageza buri rukingo mu isuzumiro( Laboratoire) kugira ngo barebe niba rushobora gufasha mu kurinda indwara runaka.
- Niba urukingo rugaragaje ibisubizo bishimishije, ruzagerazwa mu bushakashatsi bwagutse ku bantu. Ibi byitwa amagerageza yo mu rwego rw'ubuvuzi.



# Inkingo zose zirageragezwa

- Buri rukingo runyura mu byiciro bitatu by'igeragezwa ryo mu rwego rw'ubuvuzi. Buri cyiciro kiba kigizwe n'abantu benshi, harimo imibare minini y'abantu, irimo ibihumbi cyangwa ibihumbi cumi by'abantu mbere y'uko rwemerwa gukoreshwa.
- Igeragezwa ryo mu rwego rw'ubuvuzi ryiga ku bwizerwe bw'urukingo, urugero rukoreshwa, ingaruka mbi zisanzwe, n'ubushobozi bwarwo (ubushobozi bwo kurinda udukoko).
- Iyo urukingo rukora kandi rukaba rwizewe nyuma y'ibyiciro bitatu by'igerageza ryo mu rwego rw'ubuvuzi, rwemererwa gukoreshwa ku bantu.

# Ni Ngombwa Gukurikiza Gahunda y'Inkingo

**Inkingo zitangwa hashingiwe ku ngengabihe ya doze.**

- Inkingo zimwe na zimwe zisaba doze irenze imwe. Ibi bishingira ku kuba inkingo zaragaragajwe nk'izitanga ubwirinzi n'ubwizerwe buruta ubundi.
- Gahunda y'inkingo ireba ibi bikurikira:
  - Ikigero cy'imyaka umwana aba afite ibyago byinshi byo kwandura iyi ndwara
  - Ikigero cy'imyaka ubudahangarwa bw'umubiri bw'umwana butanga ubwirinzi buruta ubundi nyuma yo gukingirwa

## Imbonerahamwe ya 1

# Gahunda y'ikingira ry'abana n'urubyiruko bafite imyaka 18 cyangwa bari munsu yayo, Leta Zunze Ubumwe za Amerika, 2025

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



- Yerekana **imyaka** inkingo zitangwa

- Yerekana **doze zingahe** z'urukingo zikenewe kugira ngo umuntu agire uburinzi

Izi nama zigomba gusomerwa hamwe n'inyandiko zikurikira. Ku bantu basigaye inyuma cyangwa batangira batinze, hatangwe inkingo zo kuziba icyuho vuba bishoboka nk'uko bigaragazwa n'ingengabihe . Kugira ngo umenye igihe ntarengwa hagati y'ibipimo by'umuti, reba gahunda yo gusuzuma igihe cyo gufata imiti yo kuziba icyuho (Imbonerahamwe ya 2).

Urukingo n'ibindi bikoresho bikingira	Akivuka	ukwezi 1	amezi 2	amezi 4	amezi 6	amezi 8	amezi 9	amezi 12	amezi 15	amezi 18	amezi 19-23	Imyaka 2-3	Imyaka 4-6	Imyaka 7-10	Imyaka 11-12	Imyaka 13-15	Imyaka 16	Imyaka 17-18					
Virusi ifata mu buhumekero (RSV-mAb) nirsevimab, clesrovimab	Igipimo cy'umuti cya 1 mu gihe cy'ikingira rya RSV bitewe n'uko umubeyi ahagaze mu gihe cy'ikingira rya RSV (Reba Inyandiko)		Igipimo cy'umuti wa nirsevimab cya 1 mu gihe cy'imiti ya RSV (Reba Inyandiko)																				
Hepatitis B (HepB)	doze ya mbere	doze ya 2		Igipimo cy'umuti cya gatatu																			
Rotavirus (Urutonde rwa RV1 rw'ibipimo 2, Urutonde rwa RV5 rw'ibipimo 3)			doze ya mbere	doze ya 2	Reba Inyandiko																		
Diphtheria, tetanosi, na pertussis yo mu turemangingo (DTaP <imyaka 7)			doze ya mbere	doze ya 2	igipimo cy'umuti cya gatatu				Igipimo cy'umuti cya kane				Igipimo cy'umuti cya 5										
Ibicurane bya Haemophilus (Hib)			doze ya mbere	doze ya 2	Reba Inyandiko				doze ya 3 cyangwa iya 4 (Reba Inyandiko)														
Indwara ya pneumococcal conjugate (PCV15, PCV20)			doze ya mbere	doze ya 2	igipimo cy'umuti cya gatatu				Igipimo cy'umuti cya kane														
Virusi ya polio yaciye intege (IPV)			doze ya mbere	doze ya 2	Igipimo cy'umuti cya gatatu								Igipimo cy'umuti cya kane										
COVID-19 (1vCOV-mRNA, 1vCOV-aPS)						Dose 1 cyangwa nyinshi z'urukingo rwa 2025-2026 (Reba Inyandiko)								Dose 1 z'urukingo rwa 2025-2026 (Reba Inyandiko)		Dose 1 z'urukingo rwa 2025-2026 (Reba Inyandiko)							
Ibicurane						Dose 1 cyangwa 2 buri mwaka (Reba Inyandiko)								Dose 1 buri mwaka (Reba Inyandiko)									
Iseru, Umwingo, Amahumane (MMR)						Reba Inyandiko		doze ya mbere				doze ya 2											
Ubushita bw'ibiguruka (VAR)								doze ya mbere				doze ya 2											
Epatite A (HepA)						Reba Inyandiko		uruherekane rwa doze 2															
Tetanus, diphtheria, na pertussis yo mu turemangingo (Tdap ≥imyaka 7)														doze ya mbere									
Human papilloma virus (HPV)														uruherekane rwa doze 2		Reba Inyandiko							
Meningococcal (MenACWY-CRM ≥ amezi 2, MenACWY-TT ≥ imyaka 2)												Reba Inyandiko						doze ya mbere		doze ya 2			
Meningococcal B (MenB-4C, MenB-FHbp)												Reba Inyandiko											
Urukingo rwa virusi ifata mu buhumekero (RSV [Abrysvo])																		Guhabwa inkingo zisanzwe mu gihe cyo gutwita iyo atakingiwe mbere					
Dengue (DEN4CYD: imyaka 9-16)																		Kugaragara kubwandu mu bice birimo icyorezo cy'ibicurane (Reba Inyandiko)					
Ubushitta																							

Imyaka isabwa ku bana bose

Imyaka isabwa ku guhabwa urukingo ruziba icyuho

Imyaka isabwa ku matsinda cyangwa abaturage bamwe na bamwe bafite ibyago byinshi

Inkingo zisabwa ku bantu bifuza kwikingira

Gukingirwa byasabwwe hashingiwe ku gufatira ibyemezo hamwe kw'abaganga



bitly

Sikana iyi kode ya QR kugira ngo urebe iyi gahunda.

# Inkingo zatanzwe ku Gihe Zituma Abaturage Bakomeza kugira Ubuzima Bwiza

Uko abana benshi  
bakurikiza gahunda  
y'inkingo, ni ko  
ubudahangarwa  
bw'umubiri burushaho  
kwiyongera (kurindwa  
indwara) mu muryango  
mugari.

Ibi bituma abaturage  
barushaho kugira  
ubuzima bwiza.



# Abana batarakingirwa bashobora kuzibirwa icyuho cy'inkingo bataherewe igihe

- Niba umwana atarabona inkingo zose zisabwa muri Amerika, muganga we ashobora gukurikiza gahunda **yo guhabwa inkingo atahawe (catch-up schedule)** ku nkingo ze.
  - Iyi gahunda yitwa “gahunda yo gutanga inkingo zitafatiwe ku gihe” kuko ifasha abana badafite amahirwe yo kuzibirwa icyuho bahabwa inkingo batafatiye ku gihe ugereranyije n'abana bo mu kigero kimwe na bo muri Amerika.
- Gahunda yo gutanga inkingo zitafatiwe ku gihe yarizwe kandi yizewe mu kurinda abana bafite imyaka itandukanye.

# Icyo wakwitega muri gahunda yo kwa muganga

## Mbere yo guha umwana wawe urukingo:

- Abahanga mu by'ubuzima bazasuzuma niba inkingo zikenewe basuzuma inkingo z'umwana yahawe mu gihe cyahise, inkingo zisabwa ku bamukorera hashingiwe ku myaka ye, n'igihe cy'umwaka cyo kuzikingira mu gihe cy'umwaka (seasonal vaccines).
- Abarwayi bapimwa indwara zishobora kubabuza gukingirwa. Hari indwara nke cyane zituma umwana adakingirwa.
- Abarwayi bahabwa inyandiko za **Amakuru y'Urukingo (VIS)** zisobanura ibyiza n'ingaruka z'urukingo.

 **Baza ikibazo icyo ari cyo cyose waba ufite.**

# Abajyanama b'ubuzima bahuguwe batanga inkingo

Inkingo zitangwa n'abajyanama b'ubuzima bahawe amahugurwa yuzuye yo gutanga inkingo ku bana mu buryo bwizewe.

- Aba bakozi akenshi ni abafasha b'abaganga, abaforomo, abaforomokazi, abunganizi b'abaganga, abaganga, cyangwa abahanga mu by'imiti.



# Ibyo wakwitega nyuma yo gukingirwa

- Abana bashobora kugira ingaruka zoroheje nyuma yo guhabwa urukingo.
  - Indwara zikunze kugaragara ni ububabare aho umuntu yatewe urushinge, kubyimbirwa, cyangwa umuriro
- Niba ufite ikibazo icyo ari cyo cyose ku bijyanye n'ibyo wakwitega nyuma, ushobora:
  - kubaza umujyanama w'ubuzima utanga inkingo
  - gusoma Itangazo ry'amakuru ku nkingo wahawe igihe wahabwaga inkingo
  - guhamagara ku biro bya muganga wawe

**Ibibazo Rusange**

# Ese ibintu byose bigize inkingo birizewe?

**Yego, Iby'inking zikozwemo birizewe.**

Inkingo zirimo ibintu bituma urukingo rudahindagurika mu mikorere kandi rugakomeza gukora neza.

Ibi bigeragezwa cyane mu gihe cy'igeragezwa ryo mu rwego rw'ubuvuzi.

Ibigize inkingo biboneka no mu bidukikije kamere. Ingano iboneka mu nkingo ni nto ugereranyije n'ingano iri mu bidukikije kamere.

# Ese inkingo zitera indwara ya autism?

**Oya, inkingo ntizitera indwara ya autism.**

Impamvu nyinshi zitera autism zarabonetse, ariko abahanga mu by'umutabire (siyansi) ntibaramenya impamvu zose kugeza ubu.

Ariko inkingo zageragejwe kenshi mu buryo bwinshi kandi ntizigeze zibonwaho gutera autism.

# Ese umwana wanjye ashobora kwandura indwara bitewe n'urukingo?

**Kuba umwana yakwandura indwara bitewe n'urukingo ntibishoboka na gato.**

Inkingo zigisha ubudahangarwa bw'umubiri kumenya udukoko.

Ibi bivuze ko abana bakingiwe badafatwa n'indwara zikomeye zishobora guterwa no kwanduzwa n'udukoko mu gace batuyemo.

# Ese byaba byiza ubudahangarwa bw'umubiri bw'umwana wanjye bufashwe n'indwara aho guhabwa urukingo?

**Ni byiza guhabwa urukingo kuruta gufatwa n'indwara.**

Indwara zishobora kwirindwa hakoreshejwe inkingo zigira ingorane zikomeye nyinshi zishobora kwirindwa binyuze mu gukingirwa.

Inkingo zituma habaho ubwirinzi bw'ubudahangarwa bw'umubiri zidateje indwara.

# Ese urukingo rwa COVID-19 rwageragejwe mbere y'uko rwemezwa?

**Yego, urukingo rwa COVID-19 rwageragejwe mbere y'uko rwemezwa.**

Mbere y'icyorezo cya COVID-19, abahanga mu bya siyansi bamaze imyaka myinshi bakora kandi bagerageza inkingo zitandukanye za koronavirusi zisa n'izateye COVID-19.

Ubu bushakashatsi bwakozwe mbere bwahaye abahanga mu bya siyansi igitekerezo cy'aho bahera mu gutegura urukingo rushya.

Ubwa mbere, urukingo rwageragerejwe muri laboratwari kugira ngo harebwe umutekano warwo. Hanyuma uru rukingo rwanyuze mu byiciro bitatu by'igeragezwa ryakorewe ku bihumbi by'abantu b'abakorerabushake. Urukingo rumaze kugaragara ko rukora kandi rwizewe, rwemejwe gukoreshwa ku mugaragararo.

**Gukingiza umwana  
wawe**

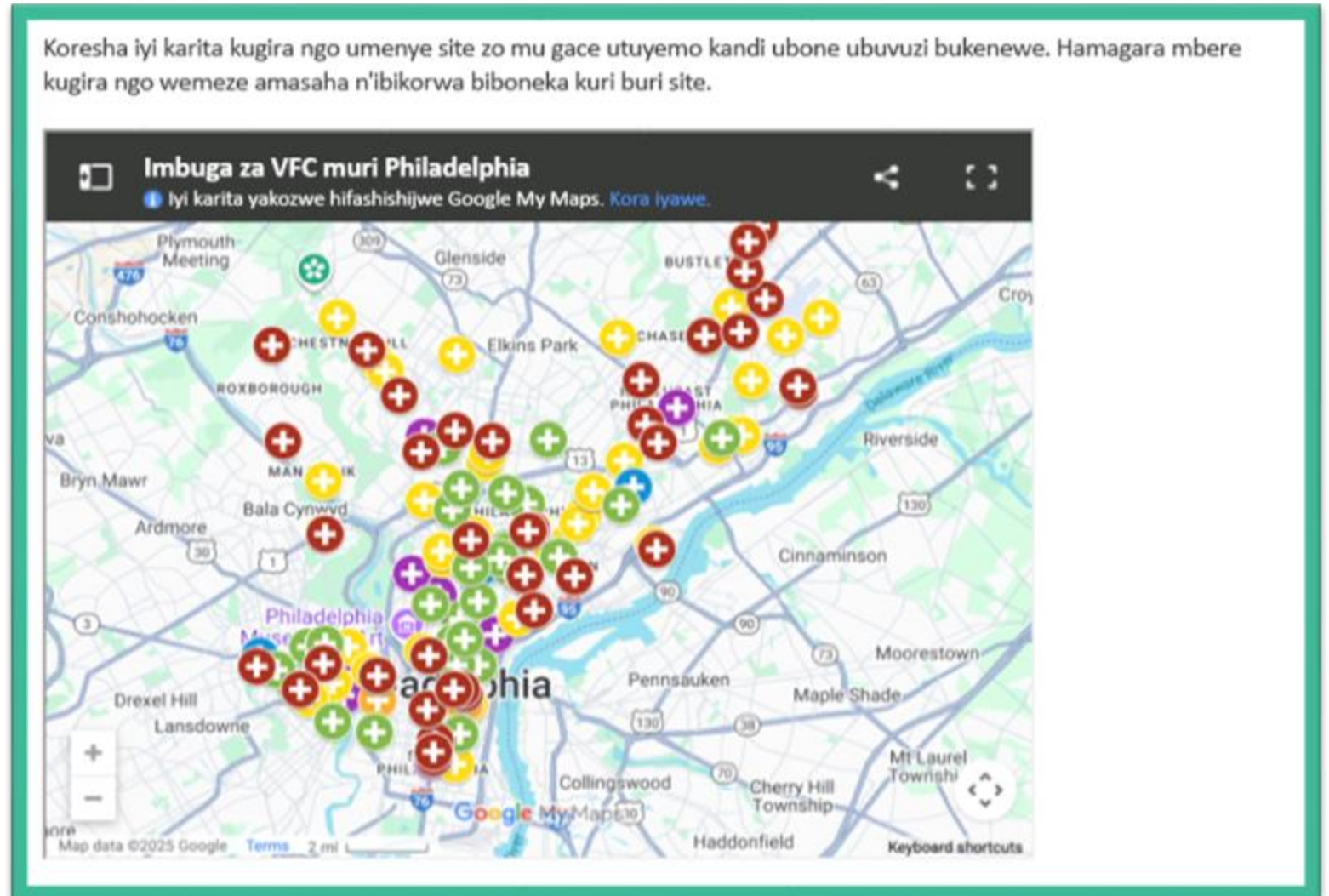
# Inkingo ziraboneka mu gace utuyemo

- Ibiro bya muganga w'umwana wawe
- Ishami ry'ubuzima rusange
- Amavuriro akingirizwaho
- Amwe mu mashuri
- Amwe mu mafarumasi
  - Hamagara cyangwa ugane farumasi zo mu gace utuyemo ubaze niba zitanga inking z' abana.



# Urugero rw'ikarita yerekana aho inkingo zitangirwa mu gace uherereyemo

- Amakarita yerekana aho wabona inkingo wayasanga kuri interineti.



# Hari uburyo bwinshi bwo kwishyura inkingo

- Ubwishingizi bw'abikorera ku giti cyabo
- Ubwishingizi bwa leta (Medicaid)
- Abantu bari munsi y'imyaka 20 bashobora kubona inkingo mu **Inkingo z'Abana (Vaccines for Children, VFC)** ku buntu niba:
  - Nta bwishingizi bw'ubuzima ufite
  - Wujuje ibisabwa cyangwa wiyandikishije muri Medicaid
  - Umuhinde w'Umunyamerika cyangwa kavukire wa Alaska
  - Ubwishingizi bwawe ntibutanga amafaranga ahagije yo kwita ku mwana wawe (“ubwishingizi butishyura byose”)
- **Buri mwana muri US ashobora guhabwa inkingo.**

# Niba ufite ibibazo bijyanye n'inkingo, ushobora kubaza:



- Abaforomo (mu mashuri cyangwa mu mavuriro)
- Umuganga w'umuryango wawe
- Abahanga mu by'ubuzima rusange
- Abahanga mu byerekeye imiti
- Abajyanama b'ubuzima

# Niba wifuza amakuru arambuye ku bijyanye n'inkingo, sura izi mbuga:

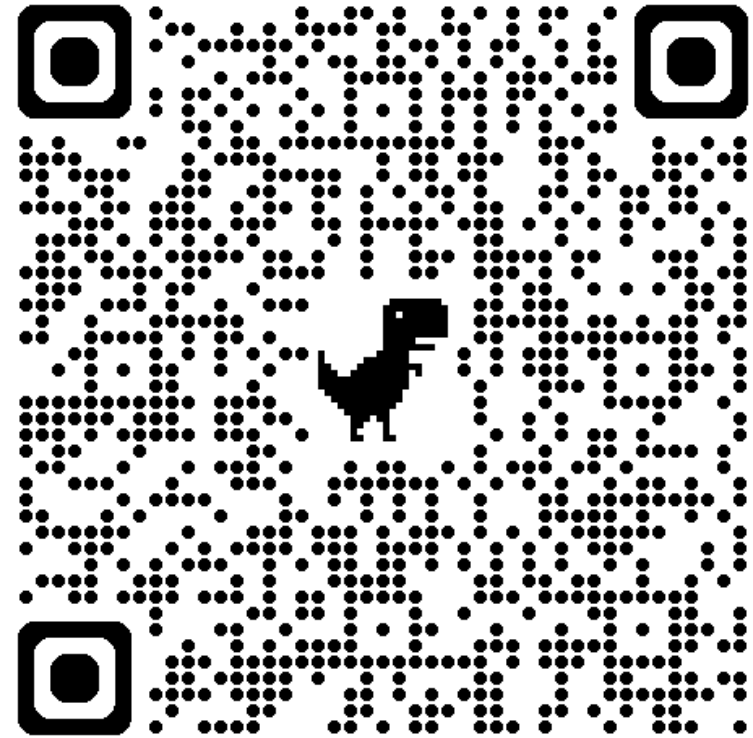
- **Byose ku bijyanye n'inkingo:** <https://www.chop.edu/vaccine-education-center>
- **Gusobanura Gahunda yo Gukingirwa Isabwa:** <https://www.healthychildren.org/English/safety-prevention/immunisations/Pages/Recommended-Immunization-Schedules.aspx>
- **Gushaka Gahunda z'Inkingo:** <https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/vaccines-for-children-program-free-immunizations-when-cost-is-a-barrier.aspx>
- **Inkingo z'abana bato:** <https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Your-Babys-First-Vaccines.aspx>
- **Inkingo ku bana bato, ingimbi n'abangavu:** <https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Immunisations-for-Teenagers-and-Young-Adults.aspx>

# Inyigisho zo kwigisha inkingo mu ndimi nyinshi (Multilingual Vaccine Education Resources) Zatanzwe n'impuguke mu by'ubuzima rusange

Benshi mu bitabiriye  
ubushakashatsi bwacu batanze  
inama ku makuru y'ingirakamaro  
bifashisha kugira ngo bagere ku  
baturage bavuga indimi nyinshi.

Shaka urutonde rw'izi nyandiko  
ku rubuga rwa LINKS.

Sikana iyi kode ya QR kugira ngo  
usure urubuga.



# Inyandiko zifashishijwe

- **Kwishyura inkingo**

- <https://www.cdc.gov/vaccines-adults/recommended-vaccines/how-to-pay-adult-vaccines.html>
- [VaccineInformation.Org](https://www.vaccineinformation.org)
- <https://www.vaccineinformation.org/vaccine-basics/health-coverage-vaccines/>

- **Amakuru ku rukingo n'ubwizerwe bwarwo**

- <https://www.cdc.gov/vaccines-children/reasons/index.html>
- <https://www.aaaai.org/tools-for-the-public/conditions-library/allergies/vaccine-myth-fact>
- <https://www.chop.edu/vaccine-education-center/vaccine-safety/other-vaccine-safety-concerns/are-vaccines-safe>

- **Gahunda zo gukingira**

- <https://www.cdc.gov/vaccines/hcp/imz-schedules/child-adolescent-age.html>
- <https://www.healthychildren.org/English/safety-prevention/immunisations/Pages/Recommended-Immunization-Schedules.aspx>
- <https://downloads.aap.org/AAP/PDF/AAP-Imunisation-Gahunda.pdf>