

Urucanco rwa COVID-19 mu karere ka Estrie



Ku buntu kandi kubwa bose

- Urucanco ni ku buntu ruraboneka kubwo abenegihugu bose, hatisunzwe yuko ari abimukira canke ubwoko bwa asiranse.
- Ntibikenewe ko werekana agakarata ka asiranse y'amagara y'abantu kugira ururonke.

Amabanga

- Ugucandagwa, nk'ibindi vyose vya kiganga, birimwo amabanga.
- Nta na kimwe kijanye n'amakuru yawe bwite azorungikwa ahandi hantu canke mu zindi nzego z'ubutware.

Kuki woronswa urucanco rwa COVID-19?

- Kubera ko gucancwa ari yo nzira ibereye mu gukinga COVID-19.
- Gukinga ibihe vy'impanuka n'impfu biturutse kuri COVID-19.
- Guhagarika ikwiragizwa ry'uwo mugera mu buryo burama.

Ni gute umuntu yiyumva amaze kwakira urwo rucanco rwa COVID-19?

Nkuko bisanzwe ku rucanco rwose:

- Kubabara aho baguteye urushinge
- Uburuhe, kumeneka umutwe
- Biboneka gake, ububabare mu nyama no mu ngingo hamwe no kugira umucanwa

Mbe nta ngaruka muri urwo rucanco.

- Intambwe yose yafashwe mu gukora, gusuzuma, mbere no kwemeza incanco vyakozwe hashizwemwo inguvu kandi mu buryo bubereye.
- Kuva icandandagwa ritangura, abantu imiriyoni imirongo z'abantu baracandazwe kw'isi hose.
- Abahinga barabandanya gusuzuma ugukingwa kw'umubiri mu kumenya neza ko izo canco hatabamwo ingaruka kandi zibereye.

Mbe ni ibiki biri muri urwo rucanco?

- Urucanco ntabwo rutekeye ibintu bivuye mu bikoko kandi nta mugera wa COVID-19 urimwo.
- Nimba woba uzi ibintu bikumerera nabi mu bisanzwe biri mu rucanco (polyethylene glycol, tromethamine, canke polysorbate 80), birahambaye ko umenyeshya abakozi bo mu buvuzi bw'amagara y'abantu kumenya bafata ingingo yuko woshobora guhabwa urwo rucanco.

NI GUTE NOSABA ISANGO RYO GUCANDARWA

1: Temberera canke wakura



Quebec.ca/COVIDvaccine



1-877-644-4545

2: Hitamwo ubufasha: Urucanco rwa COVID-19

3: Andika nimero ya gasandugu ka posita

4: Ishura ibibazo 2 canke 3 kugira urabe ko wemerewe urucanco.

5: Hitamwo ikibanza, itariki, n'umwanya w'isango

6: Andika izina, itariki y'amavuko, hamwe na nimero ya terefone.

Uzoronswa icemezo biri kumwe n'ido n'ido ry'isango biciye muri imeyire, ubutumwa bugufi(ubutumwa bwanditse), canke guhamagarwa.



NI HEHE NORONSWA URUCANCO?

Kuraba urutonde rw'aho kwicandagishiriza muri Estrie: santeestrie.qc.ca/vaccinovid