

**Agatabo gakubiyemo  
amakuru ku rukingo  
rwa Covid-19**





US Together, Inc. ni umuryango udaharanira inyungu 501(c)(3) ugamije guhuza ibikorwa, gushyira hamwe, no gushyiraho serivisi zifasha abimukira n'impunzi. Nka bamwe mu bagize ubwo bufasha, twibanda cyane mu kwigisha ibijyanye n'ubuzima, by'umwihariko kuri Covid-19. Imwe mu ntego zacu ni ugutanga ubumenyi n'ibyifashishwa hagamijwe gushishikariza buri muntu wese gufata urukingo rwa Covid-19. Twizera ko gukwirakwiza urukingo ari ingenzi mu guhagarika icyorezo kandi bizaduha umutuzo, umutekano n'ubuzima bwiza.

Kubera iyo mpamvu, turashaka ko buri muntu, harimo impunzi n'abimukira kwitabira iki gikorwa. Ariko turabizi ko abimukira n'impunzi bahura n'imbogamizi zihariye mu guhabwa urukingo. Mu biganirwa twagiranye n'abaturage, twasanze hari impungenge n'ibibazo ku bijyanye n'urukingo, hamwe n'inzitizi zo kubona no guhabwa uburyo bwo kubageza ku mavuriro atangirwamo urukingo. Mu gukemura iki kibazo twakoze aka gatabo kugira ngo dushakire umuti izi impungenge kandi dutange n'amakuru muri rusange. Twizera ko aka gatabo ari uburyo bwiza bwafasha mu gukoreshwa kandi busangiwe n'abaturage.

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*Dufatanyije twazamurira umuryango mugari tubarizwamo*



# Inyungu

**-Urukingo rwa Covid-19  
ruzakurinda**

**kwandura Covid-19, ikigero cyo  
hejuru cy'ubwirinzi ni 95%**

**-Urukingo rushobora kandi kurinda  
abantu muri kumwe,  
by'umwihariko indwara zikomeye  
cyane ziterwa na Covid-19**

**-Urukingo rwa Covid-19 rwakurinda  
kurwara ukaremba igihe waba  
wanduye Covid-19**



**Hakurikijwe raporo iheruka ya CDC  
(Ikigo gishinzwe kungenzura no  
gukumira indwara z'ibyorezo),  
abantu benshi bakingiwe kandi  
bagakomeza kubahiriza amabwiriza  
yo kwirinda, mu buryo ubwo ari  
bwo bwose, umubare w'abantu  
bahitanwa na Covid-19 ushobora  
kujya muni y'abantu 100 ku  
cyumweru mu kwezi kwa Kanama,  
n'ibinumbi byinshi buri cyumweru  
mu kwezi kwa Nzeri**

## ***Aho wasanga amakuru***

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html>

[https://www.cdc.gov/mmwr/volumes/70/wr/mm7019e3.htm?s\\_cid=mm7019e3\\_w](https://www.cdc.gov/mmwr/volumes/70/wr/mm7019e3.htm?s_cid=mm7019e3_w)

**Igihe uzaba urangije gukingirwa,  
ushobora kongera gukora ibintu  
wari warahagaritse gukora  
kubera icyorezo. Uzongera  
guteranira hamwe n'abantu  
bakingiwe mu nyubako  
utambaye agapfukamunwa**

# Umutekano

-Nk'uko bitangazwa na CDC, inkingo zose za Covid-19 ziboneka ubu muri Ohio ZIRIZEWE *kandi* ZIKORA NEZA mu kurinda Covid-19

-Izi nkingo zanyuze mu isuzuma ryimbitse kandi zizakomeza gukorerwa igenzura rikomeye cyane mu mateka ya Amerika

-Inkingo zanyujijwe mu bugorarangingo mu bantu barenga 40 mu gihe cy'isuzumwa rikorerwa mu mavuriro kandi zuzuje ibisabwa mu guhabwa uburenganzira bwo gufasha mu gihe cy'ubutabazi bwihuse



## Ibibazo rusange

Ese nta ngaruka byateza igihe nzaba nifuza ku byara umwana?

--Yego! Nta kimenyetso cyemeza ko urukingo rwa Covid-19 rutera ikibazo ku muntu utwite

Ese urukingo rwahindura imiterere y'uturemangingo twanjye (DNA)?

--Oya! Inkingo ntabwo zishobora guhindura cyangwa kugira aho zihurira n'imiterere y'uturemangingo twawe mu buryo ubwo ari bwo bwose

Ese urukingo rwantera kurwara Covid-19?

--Nta rukingo na rumwe muzemewe rurimo virusi itera Covid-19

### ***Aho wasanga amakuru***

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html>

# Ingaruka

Ushobora kugira ingaruka nyuma yo guhabwa urukingo nk'ibimenyetso bisanzwe byerekana ko umubiri wawe uri kubaka ubwirinzi. Zigomba kurangira mu minsi mike

Ingaruka zikomeye ntizikunda kubaho...

Inkingo zirenga miliyoni 150 zaratanzwe

\*\*Kugeza muri Mata 2021

\* Niba warigeze ugira ubwivumbure bw'umubiri buturutse ku nkingo mu gihe gishize cyangwa ubundi bwivumbure bw'umubiri bukomeye, baza umuganaga wawe niba gufata urukingo nta ngaruka byakugiraho

Ni abantu 75 mu bantu 10,000!

ni 0.005% by'ingaruka zikomeye zatewe n'urukingo

**Aho wasanga amakuru**

<https://www.latimes.com/projects/covid-19-vaccine-safety-side-effects-risksreactions/>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html#cid=10509:side%20effects%20of%20covid%20vaccine:sem.ga:p:RG:GM:gen:PTN:FY21>

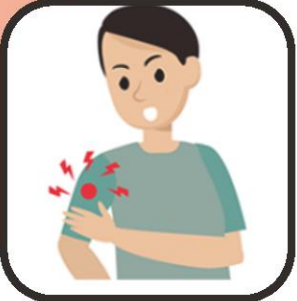
## Ingaruka zisanzwe

\*\*Vugisha muganga wawe igihe ibara ry'uruhu ryahindutse cyangwa ububabare ahantu wakingiwe bukomeje kwiyongera nyuma y'amasaha 24, cyangwa igihe ingaruka zo guhabwa urukingo ziguteye impungenge cyangwa bigaragara ko zitagenda



- Izagaragarira mu mubiri:
- umunaniro
  - kuribwa umutwe
  - kubabara imikaya
  - gutengurwa
  - umuriro
  - kugira iseseme

- Ku kuboko
- ububabare
- guhinduka kw'ibara ry'uruhu
- kubyimbirwa



## Pfizer- Biontech

- Ziboneka ku bantu bafite imyaka 12 kuzamura
- Doze 2, hashize ibyumeru 3
- zikora ku kigero cya 95%
- Umaze ibyumeru 2 uhawe doze ya 2 y'urukingo

### ***Aho wasanga amakuru***

<https://www.cdc.gov/coronavirus/2019-cov/vaccines/differentvaccines.html>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/differentvaccines/janssen.html>

## **Amoko y'inkingo**

**Inkingo zose zujuje ubuziranenge, zikora neza kandi zikurinda kwandura Covid-19**

## Johnson & Johnson

- Ziboneka ku bantu bafite imyaka 18 kuzamura
- Doze 1
- ikora ku kigero cya 66,3%
- Umaze ibyumweru 2 uhawe doze ibanza

## Moderna



- Ziboneka ku bantu bafite imyaka 18 kuzamura
- Doze 2, hashize ibyumeru 4
- zikora ku kigero cya 94,1%
- Umaze ibyumeru 2 uhawe doze ya 2 y'urukingo

**\*Birashoboka ko wakwandura Covid-19 nyuma yo guhabwa urukingo. Ariko urukingo rukurinda ku buryo bukomeye kurwara ngo urembe.**

**Amakuru ava mu bushakashatsi agaragaza ko nta muntu n'umwe wanduye Covid-19 nyuma y'ibyumweru bine ahawe urukingo rwa J&J wajyanywe mu bitaro**

## Uburyo bwo kubona urukingo .

Inkiko zitangwa 100% ku **NIUBUNTU** ku muntu wese utuye muri Amerika., utitaye kuba ari umwimukira cyangwa afite ubwishingizi



Kwisuzumisha no kuvurwa byishyuwe na leta **NTIBIZIGERA** bihungabana imiterere y'ubwimukira cyangwa ngo bisangizwe ibigo bifasha abimukira



\*Niba udafite ibyangobwa bigaragaza uko winjiye mu gihugu, gana amavuriro bakingiriraho adasaba ko ubanza gusaba gahunda kuko gusaba gahunda ubusazwe bisaba kuba ufite ibi

Nimero iranga umukozi # cyangwa nimero y'indangamuntu bishobora gukenerwa ariko **SI** itegeko



**Aho wasanga amakuru**

<https://www.hhs.gov/sites/default/files/uninsured-patientcovid-services-poster.pdf>

## Uburyo bwo kugera ahatangirwa urukingo.

NI UBUNTU!

NI UBUNTU!

### Columbus Stand up!

Abakorerabushake barageza abantu aho bakingirirwa ku BUNTU. Hamagara, ohereza ubutumwa, cyangwa wuzuze ifishi iri ku rubuga mu gusaba ko wagarurwa mu rugo nyuma yuko gahunda yo gukingirwa irangiye

Hamagara/Ohereza ubutumwa kuri 614-259-7391

Sura urubuga  
<https://columbusstandup.org/vaccine>



### Porogaramu o zikoreshwa mu gutwara abantu ku buryo busangiwe

Uber na Lyft ziri gutwara abantu aho bikingiriza ku buntu. Kurura porogaramu cyangwa usure imbuga zikurikira. Andikamo aderisi y'aho wikingiriza niba wifuza ko uhagezwa

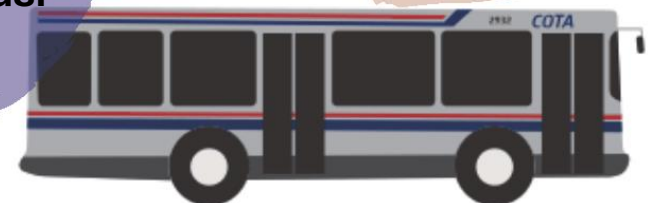
Uber: <http://z.uber.com/free-rides>

Lyft: <http://lyft.com/vax>



Hari amavuriro menshi akingirirwaho ahategerwa busi muri COTA

Kugira ngo ubone urutonde rwose rw'amavuriro akingirirwaho ahategerwa bisi muri COTA sura urubuga: <https://www.cota.com/vaccines/>





## Amajyaruguru

### Kroger Pharmacy

199 Graceland Blvd.  
Columbus, OH 43214  
(614) 410-1108

**Ahategerwa bisi-** N High St. & Graceland Blvd.:  
002, 001, 0333, 034, 102

### Celest Center (drive-up)

717 E 17th Ave.  
Columbus, OH 43211  
(614) 645-1519

Ku wa mbere, ku wa Kane, ku wa Gatanu 9 -3  
nimugoroba; ku wa Gatandatu 9 -1 nimugoroba  
Kabiri, Gatatu 11:30-5:30 ni mugoroba

### CVS Pharmacy

933 Bethel Rd.  
Columbus, OH 43214  
(614) 459-9521

Ku wa Mbere-Gatanu 9-8 za nimugoroba; ku wa  
Gatandatu 10-6 za nimugoroba; ku Cyumweru  
10-6 za nimugoroba

### Walgreens Pharmacy

4890 N High St.  
Columbus, OH 43214  
(614) 261-9013

Ku wa Mbere-ku wa Gatandatu 9-1:30 za  
nimugoroba, 1:30-9 za nimugoroba; ku  
Cyumweru 10-

1:30p; 2-6 za nimugoroba

**Ahategerwa busi-** Morse Rd & N High St.: 11,  
34

## Uduce dutangirwamo urukingo

### Amajyaruguru

### Walgreens Pharmacy

2150 E Dublin Granville Rd.  
Columbus, OH 43229  
(614) 523-1165

Ikora amasaha 24

**Ahategerwa bisi-** State Rte 161 & Maple  
Canyon Ave.: 4

### Amajyaruguru y'iburengerazuba

### Kroger Pharmacy

2525 Hilliard-Rome Rd.  
Hilliard, OH 43026  
(614) 771-4172

Ku wa Mbere-ku wa Gatanu 9-9 za nimugoroba; ku  
wa Gatandatu 10-7 za nimugoroba; ku Cyumweru  
10-6 za nimugoroba

**Ahategerwa busi-** Hilliard Rome Rd. & Roberts  
Rd: 21, 71

### Walgreens Pharmacy

5383 Cemetery Rd  
Hilliard, OH 43026  
(614) 771-7493

Ku wa Mbere-ku wa Gatanu 9-1:30 za nimugoroba,  
1:30-9 za nimugoroba; ku wa Gatandatu 9-1:30 za  
nimugoroba,  
1:30-6 z'umugoroba; ku Cyumweru 10-1:30 za  
nimugoroba, 1:30-6 z'umugoroba

**Ahategerwa busi-** State Rte 161 & Maple Canyon  
Ave.: 4

7

### Amajyaruguru y'iburasirazuba

### OSU East Hospital (appt only)

181 Taylor Ave.  
Columbus, OH 43203  
(614) 688-8299

Ku wa Mbere - ku wa Gatanu 8-5 za nimugoroba  
**Hamagara cyangwa usure urubuga usabe  
gahunda:**

<https://wexnrm>

[edical.osu.edu/features/coronavirus/patient-care/covid-19-vaccine/scheduleyour-urukingo](https://medical.osu.edu/features/coronavirus/patient-care/covid-19-vaccine/scheduleyour-urukingo)

**Ahategerwa bisi-** Taylor Ave. & Clifton Ave.: 11

### Equitas Health- Columbus King-

### Lincoln Pharmacy (abari kuri gahunda gusa)

736 E Long St.  
Columbus, OH 43203  
(614) 300-2334

Ku wa Mbere -ku wa Gatanu 8-7za nimugoroba  
**Hamagara cyangwa usure urubuga usabe  
gahunda:**

<https://equitashealth.com/coronaviruscovid-19-updates/covid-19-vaccination/>

**Ahategerwa bisi-** E Long St. & Hamilton Ave.:  
11

**Uretse aho byagaragajwe  
ukundi , utu duce twose  
twemera abantu batugana  
batari kuri gahunda. Hamagara  
umenye ubwoko bw'urukingo  
buhari kubera ko abazitanga  
bahindagurika**

## Amajyepfo

### Kroger Pharmacy

1441 Parsons Av.  
Columbus, OH 43207  
(614) 445-5734

Ku wa Mbere-ku wa Gatano 10-9 za nimugoroba; ku wa Gatandatu 10-6 za nimugoroba; ku Cyumweru 10-6 za nimugoroba

**Ahategerwa busi--** Parsons Ave. & Sheldon: 8

### Giant Eagle Pharmacy

280 E. Whittier St.  
Columbus, OH 43206  
(614) 443-5232

Ku wa Mbere-ku wa Gatano 10-9 za nimugoroba; ku wa Gatandatu 9-8 za nimugoroba; ku Cyumweru 9-3 za nimugoroba

**Ahategerwa busi--** E Whittier St & Ebner St: 5

### Walgreens Pharmacy

3445 S High St.  
Columbus, OH 43207  
(614) 497-3745

Ku wa Mbere-ku wa Gatandatu 9-1:30 za nimugoroba, 1:30-9 za nimugoroba; ku Cyumweru 10-1:30p; 2-6 za nimugoroba

Ahategerwa busi-- S High St. & Williams Rd: 8

### Walgreens Pharmacy

1280 Demorest Rd.  
Columbus, OH 43204  
(614) 279-1962

Ku wa Mbere-ku wa Gatandatu 9-1:30 za nimugoroba, 1:30-9 z'umugoroba

Ku Cyumweru 10-1:30 za nimugoroba; 2-6 za nimugoroba

## Iburengerazuba

## Uduce dutangirwamo urukingo

## Iburengerazuba

### Walgreens Pharmacy

5383 Cemetery Rd  
Hilliard, OH 43026  
(614) 771-7493

Ku wa Mbere-ku wa Gatano 9-1:30 za nimugoroba, 1:30-9 za nimugoroba; ku wa Gatandatu 9-1:30 za nimugoroba,

1:30-6 z'umugoroba; ku Cyumweru 10-1:30 za nimugoroba, 1:30-6 z'umugoroba

**Ahategerwa busi--** Main St. & Scioto Darby Rd: 21,32,71

### Kroger Pharmacy

3600 Soldano Boulevard  
Columbus, OH 43228  
(614) 274-8108

Ku wa Mbere-ku wa Gatano 10-9 za nimugoroba; ku wa Gatandatu 10-6 za nimugoroba; ku Cyumweru 10-6 za nimugoroba

### Walgreens Pharmacy

2770 W Broad St  
Columbus, OH 43204  
(614) 276-9745

Ku wa Mbere-ku wa Gatandatu 9-1:30 za nimugoroba, 1:30-9 za nimugoroba; ku Cyumweru 10-1:30p; 2-6 za nimugoroba

**Ahategerwa busi--** S High St. & Williams Rd: 8

## Iburasirazuba

8

### Mount Carmel East Siegel Center (Abari kuri gahunda gusa)

6001 E Broad St.  
Columbus, OH 43213  
(614) 234-6000

Ku wa Mbere, ku wa Gatatu, ku wa Gatano 8:30-3:30 za nimugoroba; Kabiri, Kane 10:30-6 za nimugoroba

**Ahategerwa busi--**E Broad St. & Taylor Station Rd.: 10,25

### Columbus Public Health (Appt only)

240 Parsons Ave.  
Columbus, Oh 43211  
(614) 645-7417

Ku wa Mbere -ku wa Gatano 9-4 za nimugoroba  
**Ahategerwa busi--** E. Main St. & Parsons St.: 2

### Kroger Pharmacy

850 S Hamilton Rd.  
Whitehall, OH 43213  
(614) 759-2746

Ku wa Mbere-ku wa Gatano 9-9 za nimugoroba; ku wa Gatandatu 10-7 za nimugoroba; ku Cyumweru 10-6 za nimugoroba

**Ahategerwa busi--** S Hamilton Rd & Wright Ave.: 24

### CVS Pharmacy

3955 E Broad St.  
Whitehall, OH 43213  
(614) 236-1583

Ku wa Mbere-Gatano 9-7 za nimugoroba; ku wa Gatandatu 9-5 za nimugoroba; ku Cyumweru 11-5 za nimugoroba

Hamagara  
1-800-232-0233

Uduce dutangirwamo  
urukingo

Ibiro by'umuganga

## Kubona ivuriro bakingiriraho

Sura urubuga  
Vaccines.gov

Ohereza ubutumwa burimo agasanduku k'iposita kawo kuri 438829 uhabwe urutonde rw'ahantu hakingirirwa hakwegereye.

Uzahabwa nimeru ya telefone yaho, amasaha y'akazi, ubwoko bw'urukingo ruhari no kumenya niba bemera abantu batari kuri gahunda muri buri gace

Iburengerazuba

### Mt. Carmel Franklinton

775 W Broad St., Suite 200  
Columbus, OH 43222  
(614) 627-1610

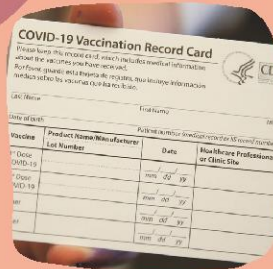
Ku wa Mbere, Gatatu, ku wa Kane 8-5 za nimugoroba;  
ku wa Gatatu, ku wa Kabiri 8-5 za nimugoroba

### **Saba gahunda yo gukingirwa:**

<https://www.mountcarmelhealth.com/health-and-wellness/covid-19/vaccine-scheduling>

**Ahategerwa bisi--** W Broad St & S Davis Ave.: 10,12

Ntabwo ari ngobwa ko ugomba kuba usanzwe uri umurwayi waho kugira ngo usabe gahunda yo gukingirwa



\*Wibuke kubika neza ikarita yawe wakingiriweho no kuzayigarura ubutaha ku yindi gahunda yo gukingirwa, kandi nyuma yaho uyibike

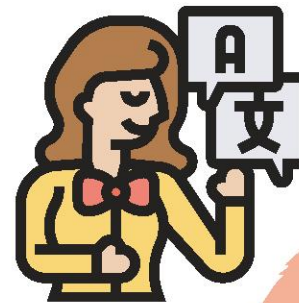


# Umutwe wa VI

Kata iyi karita uyizane igihe ugiye kubonana na muganga wawe. Andika mu mwanya ururimi wifuza ko wahabwamo umusemuzi



Bisaba ko uhabwa serivisi zo gusemurirwa hamwe n'amakuru asobanuye nta kiguzi ku muntu ufashwa ufite ubumenyi buke bw'ururimi rw'Icyongereza (LEP)



I need an interpreter for Kinyarwanda

## Umutwe wa VI w'Itegeko ribuza ivangura ryo 1964

"Nta muntu n'umwe muri Amerika, hashingiwe ku bwoko, ibara ry'uruho, cyangwa igihugu akomokamo ugomba guhezwa mu kwitabira, kuvutswa inyungu agenerwa cyangwa kuvangurwa muri gahunda cyangwa mu gikorwa cyose gihabwa inkunga na leta (urugero: umuntu wese utanga serivisi iterwa inkunga na leta, nk'ibitaro)



## US Together

-Niba ufite ikibazo kuri US Together no kuri serivisi zacu, hamagara (614) 437-9941 usabe ushinze gukurikirana dosiye

-Niba uguha serivisi z'ubuzima akeneye ubufasha bwo kugushakira umusemuzi menyeshya kuri imeyili Kristina Brooks (kbrooks@ustogether.us)

## Imbuga

Ishami rishinzwe ubuzima muri Ohio:  
<https://coronavirus.ohio.gov>

Franklin County Public Health:  
<https://vax2normal.org>

Ikigo gishinzwe kurwanya indwara no gukumira ibyorezo (CDC):  
<https://www.cdc.gov/coronavirus/2019-nCoV/>



## Aho wasanga amakuru

Aka gatabo ni incamake ku birebana n'amakuru ajyanye na Covid hamwe n'urukingo. Niba ufite ibindi bibazo cyangwa ushaka amakuru ku buryo burambuye, aha ni hamwe mu hantu hizewe wakura amakuru

Hamagara Ikigo cya Columbus gishinzwe ubuzima rusange (614-645-1519) usabe guhabwa ivuriro rikingirira abantu ahantu rusange ku kigo, ku rusengeru, ahateranira abaturage, n'ahandi.

### Umurongo wakira telefone

Ishami rishinzwe ubuzima muri Ohio: Hamagara ku bibazo byose birebana na Covid-19 hamwe n'urukingo. Guhera saa 9-8 za nimugoroba, iminsi 7 igize icyumweru

**1-833-427-5634**

## Amakuru ku buzima bwo mu mutwe

1-800-662-4357 ni umurongo rusange utishyurwa wa SAMSA

Iminsi 365 igize umwaka y'ubuvuzi cyangwa amakuru kuri serivisi (mu Cyongereza n'Icyesipanyoro) ku bantu n'imiryango ifite ibibazo byo mu mutwe cyangwa ibibazo by'ikoreshwa ry'ibiyobyabwenge.

**National Alliance on Mental Illness (NAMI)**

<https://www.nami.org>

<https://www.namifranklincounty.org>

Ikigo kinini gishinzwe ubuzima bwo mu mutwe mu gihugu cyiyemeje guha ubuzima bwiza miliyoni z'Abanyamerika bagizweho ingaruka n'indwara zo mu mutwe.

**NAMI Help Line  
800-950-6264**

Twakwifatanya nawe, twaguhaha ubufasha hamwe n'amakuru ajyanye n'ibiboneka aho utuye