



health

Department:  
Health  
REPUBLIC OF SOUTH AFRICA



## **IMIBUTO LEVAME KUBUTWA**

### **KUPHEPHA KWEMUTSI WEKUGOMA NETEHLAKALO LETINGABA YINGOTI**

#### **Yini umehluko emkhatsini kwemitsi yekugoma lebhaliwe nemitsi yekugoma “yesimo lesiphutfumako?”**

Etikhatsini letetayelekile, ungasebentisa kuphela umtsi wekugoma lobhaliswe kuSiphatsimandla SaseNingizimu Afrika Setekulawulwa Kwemikhicito Yetemphilo (i-SAHPRA). I-SAHPRA itawubhalisa umtsi wekugoma kuphela nangabe:

- sekweniwe konkhe kuvivinyelwa tekwelashwa, baphindze futsi
- bahlolisisa lonkhe lwatiso lolutfolwe kulokuvivinywa kute batfole kutsi lunguloluphephile yini, lusezingeni lelifanele nekutsi luyasebenta yini.

Esimeni lesiphutfumako njengalobhubhane we-COVID-19, i-SAHPRA ingakuvumela kusetjentiswa kwemtsi wekugoma longakabhaliswa kutsi usetjentiswe sikhatsi lesitsite (ligunya lekusetjentiswa esimeni lesiphutfumako). Loku kwenteka nangabe kunelwatiso lolwenele kutsi i-SAHPRA ingatetsembe kutsi lomtsi wekugoma uphephile futsi uyasebenta, kodwa lolwatiso lusengakabi ngulolwenele kutsi luhlangabetane nato tonkhe tidzingo tekubhaliswa ngalokuphelele.

#### **Umtsisi wekugoma we-J&J usavivinyelwa tekwelashwa?**

Cha. Luvivinyo lwetekwelashwa lwemtsi wekugoma we-J&J seluphelile futsi manje sewubhaliswe ku-SAHPRA. I-J&J itawuchubeka nekweniwa lucwaningo bese itfumela lwatiso ku-SAHPRA kute kutsi ilandzelele kuphepha kwalomtsi wekugoma.

#### **Kwabangwa yini kutsi isheshe ivunywe imitsi yekugoma yeMashayina kodwa ye-J&J yona itsatse sikhatsi lesidze kutsi ivunywe? Ingabe loku kubangelwe budlelwane bahulumende neShayina yini?**

I-CoronaVac (umtsi wekugoma weMashayina) beseyilucedzile luvivinyo lwayo lwetekwelashwa ngesikhatsi bafaka sicelo sekutsi i-SAHPRA iyivume. I-J&J yona beyisafanele kutsi iphotfule sigaba sesitsatfu seluvivinyo lwetekwelashwa ngembi kwekutsi ivunywe. I-SAHPRA itimele, ayikho ngaphasi kwahulumende. Kungasetjentiswa kuphela imitsi yekugoma levunywe yi-SAHPRA, kepha nguhulumende lonesibopho sekutsatse sincumo sekutsi ngumuphi umtsi wekugoma/imtsi yekugoma lotawuniketwa njengencye yetinhlelo tekugoma.

#### **Ngumuphi umtsi wekugoma (i-J&J noma i-Pfizer) lokahle kakhulu?**

Yomibili lemitsi yekugoma iphephile futsi itakuvikela ungaguli kakhulu, unyayi esibhedlela noma ungafi ubulawe yi-COVID-19. Kubonyabonyeka emtimbeni lokubangwa ngulomutsi wekugoma we-J&J newe-Pfizer kuyafanana. Akusiko lokutseni futsi kuphela kungakengci emalanga lamatsatfu. Ngako-ke, umutsi wekugoma lokahle kakhulu ngulowo lokhona futsi lonikwa wona kucala.

**Nginyakudzinga yini kugoma nangabe sengike ngabanjwa yi-COVID-19 ngabese ngiyaphila? Umtimba wami angeke yini ukhona kulwa nalesifo wona ngekwawo, ngaphandle kwekutsi ube nekubonyabonyeka lokubangelwa ngulomutsi wekugoma?**

Bufakazi bukhombisa kutsi kulwa kwemtimba wakho nangabe ugula une-COVID-19 kuba butsakatsaka futsi kuba kwesikhatsi lesincane kunangesikhatsi umtimba wakho ubukana nalomutsi wekugoma. Kugoma kutawenta emasotja emtimba wakho abenemandla kakhulu futsi alwe sikhatsi lesidze. Kubonyabonyeka kwemtimba lokubangwa ngumutsi wekugoma akusiko lokutseni futsi akutsatsi ngetulu kwelilanga lonkhe noma lamabili, kepha kuguliswa yi-COVID-19 kungakubangela kutsi ulale esibhedlela noma ufe.

**Kungani kwelulwa sikhatsi emkhatsini kwalemitsamo lemibili yekutfole lemitsi yekugoma ye-Pfizer?**

Lesikhatsi lesisemkhatsini kwalemitsamo lemibili yekutfole lemitsi yekugoma ye-Pfizer selulwa ngoba kunebufakazi bekutsi nawutfole lomtsamo wesibili wemutsi wekugoma emalangenani lange-42 ngemuva kwekutfole umtsamo wekucala, kulwa kwemtimba wakho kuba nemandla kakhulu futsi kutsatsa sikhatsi lesidze kunalapho sikhatsi sentiwe saba sincane.

**Bantfu labanetifo letibomahlalakhona, njengehayihayi, bangagoma yini?**

Bantfu labanetifo letibomahlalakhona njengehayihayi, sifo senhlitiyo nesashukela basengotini lenkhulu yekutfole i-COVID-19 lenemandla kakhulu. Ngako-ke, batawuzuza kakhulu nabagoma. Bafanele kutsi futsi bente siciniseko sekutsi simo sabo siyalawulwa, bahlala bayohlolwa njalonjalo banakekeli babo betetemphilo baphindze futsi banatse imitsi yabo yekugula lokungumahlalakhona. Nangabe awukaciniseki ngesimo sakho, bonana nemnakekeli wakho wetemphilo.

**Nginetimphawu te-COVID-19 – kuphephile yini kutsi ngigome?**

Awukafaneli kutsi ugome nangabe unetimphawu te-COVID-19 futsi kuncono kutsi uhlolwe kutsi unayo yini. Nangabe une-COVID-19, ufanele kutsi ulindze lokungenani emalanga lange-30 ngemuva kwekwelulama ku-COVID-19 ngembi kwekutsi ugome.

**Kuyingoti kangakanani kuphatseka kabi kwemtimba lokubangelwa kungavani kwawo nemutsi wekugoma?**

Kungaphatseki kahle kwemtimba lokubi kakhulu lokubangwa kungavani nemutsi wekugoma akukavami. Kungaphatseki kahle kwemtimba kuvamise kwenteka ngemasekhondi noma emaminishana-nje ngemuva kwekugoma. Kungako-ke BONKHE bantfu bafanele kutsi balindze endzaweni yekunakwa emaminithi la-15 ngemuva kwekugoma kute bente siciniseko sekutsi bete kuphatseka kabi kwemtimba lokukhulu.

**Kubantfu labanekungaphatseki kahle emtimbeni lokubangwa kungavani nemutsi wekugoma, bobani LABANGAKAFANELE kutsi bagome?**

- 1) Ngunoma ngabe ngubani lonemlandvo wekungaphatseki kahle emtimbeni ngalokunemandla lokubangwa ngunoma ngusiphi sitsako lesifakwe kumutsi wekugoma.
- 2) Ngunoma ngabe ngubani longaphatfwa kahle yi-*polyethene glycol* (i-PEG) akukafanele kutsi agome ngemutsi wekugoma we-*Pfizer*, ngoba ifakiwe kulomutsi wekugoma.
- 3) Ngunoma ngabe ngubani lobe nekungaphatseki kahle emtimbeni lokubi kakhulu ngemuva kwekutfola umtsamo wekucala wemutsi wekugoma akukafanele atfole umtsamo wesibili wemutsi wekugoma.

Nangabe phambilini uke wangevani nemutsi lotsite noma umutsi wekugoma lotsite, kepha ute siciniseko sekutsi ngusiphi lesitsako lesikubangele loko, uyacelwa kutsi ukhulume nemnakekeli wakho wetemphilo ngembi kwekutsi ugome.

**Kulabantfu labanekuphatseka kabi emtimbeni ngenca yekungavani nemutsi wekugoma, ngubobani lebafanele kutsi akhulume nemnakekeli wetemphilo ngembi kwekugoma?**

Ngunoma ngabe ngubani lonemlandvo wekungavani nemutsi letsite lefakwe kumutsi yekugoma noma lesemitsini ufanele kutsi akhulume kucala nemnakekeli wetemphilo kute atfole kutsi ngusiphi sitsako lesibangele kutsi aphatseke kabi. Lomnakekeli wetemphilo utakutjela kutsi kuphephile yini kutsi ugome. Nangabe umnakekeli wakho wetemphilo utsi ungagoma, kepha kungaphatseki kahle emtimbeni lowakubangelwa ngumgomo wekucala kwaba kubi kakhulu, ufanele kutsi ugome esibhedlela futsi ugadvwe emaminithi lange-30 ngemuva kwekugoma. Uma kungaphatseki kahle emtimbeni kwangaphambilini kungatange kube kubi kakhulu, ungagoma esitsheni sekugoma lesetayelekile, kepha ufanele kutsi ulindze endzaweni yekunakwa emaminithi lange-30 ngemuva kwekugoma kute kucinisekiswe kutsi kute kuphatseka kabi kwemtimba lokukhona lokubangwa kungevani nemutsi wekugoma.

**Kuphephile yini kugoma nangabe emacandza akuphatsa kabi?**

Yebo. Ayikho imitsi yekugomela i-*COVID-19* lenemaphrotheni emacandza. Nanoma kunjalo, ufanele kutsi uhlale endzaweni yekunakwa emaminithi lange-30 ngemuva kwekugoma, esikhundleni semaminithi la-15 latayelekile, ngoba unemlandvo wekungaphatseki kahle emtimbeni ngenca yekungevani nemitsi yekugoma.

**Ngivile ngebantfu labadzala labafe masinyane-nje ngemuva kwekugoma. Ingabe lomutsi wekugoma uphephile yini kubantfu labadzala?**

Lomutsi wekugoma uphephile futsi usebenta ngalokusezingeni leliphakeme kuvikela sifo se-*COVID-19* lesinemandla nalesibulalanako.. Ngenca yekusebentisa umutsi wekugoma sibona lizinga lebantfu labadzala lababulawa yi-*COVID-19* liyehla emaveni lamanyenti.

**Kwentiwa yini kutsi labanye bantfu batfole i-*COVID-19* kungakapheli emaviki lamabili ngemuva kwekugoma?**

Umtimba kuwutsatsa lokungenani emaviki lamabili kutsi ube nemasotja lacinile. Usuke 'sewugome ngalokuphelele' emalangenani lange-30 ngemuva kwekugoma ngemutsi wekugoma we-J&J noma emaviki

lamabili ngemuva kwemtsamo wesibili wekutfola umutsi wekugoma we-*Pfizer*. Nangabe kwenteka uvuleleka kuleligciwane ngembi kwekutsi ube 'ngulogome ngalokuphelele' ungasitfola lesifo.

Lokunye futsi, nangabe utfola i-*COVID-19* esikhatsini lesimalanga lambalwa ngemuva kwekugoma, kusho kutsi besewuvele unaso lesifo ngembi kwekugoma.

Lomutsi wekugoma awukuvikeli ngalokuphelele ekutselelekeni ngalesifo se-*COVID-19*, ngisho nalapho 'sewugome ngalokuphelele' kepha unciphisa kutsi le-*COVID-19* ibe nemandla kakhulu, kulaliswa esibhedlela noma ufe ubulawe yi-*COVID-19*.

### **Lomutsi wekugoma ungasibanga yini sifo se-*COVID-19*?**

Lemitsi yekugoma lesetjentiswa eNingizimu Afrika ite ligciwane leliphilako lelibanga i-*COVID-19*. Ngako-ke lomutsi wekugoma angeke ukubangele sifo se-*COVID-19*.

### **Lomutsi wekugoma we-*Pfizer* ungakubanga yini kuvuvuka kwenhlitiyo? Kuphephile yini kugoma bantfu labadzala ngalomutsi?**

Etehlakalweni letincane kakhulu, bodokotela batfole kuvuvuka kwenhlitiyo emajaheni lagome ngemutsi wekugoma we-*Pfizer*. Loku kubonyabonyeka lokungakavami, lokuvamise kubonakala esikhatsini lesimaviki lamabili ngemuva kwemtsamo wesibili wemutsi wekugoma. Timphawu letivamile buhlungu besifuba, kungaphefumuli kahle nekushaya kwenhlitiyo ngalokungetayekeleki (ngekushesha, kushaya ngemandla noma kushaya kancane). Letimphawu leti tivamise kuba nguletingayindzawo futsi tiyelapheka, bese umuntfu uyaphola masinyane ngemuva kwaloko. Bantfu bafanele kutsi baticaphele letimphawu futsi batfole masinyane lusito lwetekwelashwa.