



health

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UKHUSELEKO LWESITOFU SOKUGONYA KUNYE NEZIPHUMO EZINGALINDELEKANGA ZOKUSEBENZISA ESI SITOFU

Yintoni umahluko phakathi kwezitofu zokugonya ezibhalisiweyo kunye nezo zokusetyenziswa kwimeko kaxakeka?

Ngamaxesha aqhelekileyo, unokusebenzisa iyeza lokugonya kuphela ukuba libhalisiwe kuGunyaziwe woLawulo lweeMveliso zeMpilo eMzantsi Afrika (i-SAHPRA). I-SAHPRA isibhalisa kuphela isitofu sokugonya xa:

- Konke ukuvavanywa kweyeza kwenziwe, kwaye
- Kufundiwe lonke ulwazi olusuka kuvavanyo ukuze kubonwe ukuba likhuselekile, lisemgangathweni kwaye liyasebenza na.

Kwimeko kaxakeka enje ngobhubhane we-COVID-19, i-SAHPRA inokuvuma isitofu sokugonya esingabhaliswanga ukuba sisetyenziswe kangangexesha elithile (isigunyaziso sokusetyenziswa kwimeko kaxakeka). Oku kwenzeka xa kukho ulwazi olwaneleyo kwaye i-SAHPRA iyaqinisekisa ukuba isitofu sokugonya sikhuselekile kwaye siyasebenza, kodwa ulwazi olukhoyo aluhlangabezi zonke iifundo ezidingekayo ukuze libhaliswe ngokupheleleyo.

Ingaba iyeza lokugonya i-J&J lisekuphulo lovavanyo?

Hayi. Ukuvavanywa kwe-J&J kwenziwa kwagqitywa kwaye ngoku libhaliswe ngokusemthethweni ne-SAHPRA. I-J&J iza kuqhubeka nokwenza uphando ize ingenise iziphumo zayo kwi-SAHPRA ukuze ibeke iliso ngakukhuseleko lwesi sitofu.

Kutheni le nto izitofu zokugonya zase-China zamkelwa ngokukhawuleza kodwa i-J&J ithathe ixesha elide kangaka ukwamkelwa? Ngaba oku kungenxa yobudlelwane bukarhulumente nelizwe lase-China?

I-CoronaVac (iyeza lokugonya lase-China) yayisele igqityiwe ukuvavanywa ngelixa kufakwa isicelo sokwamkelwa kwayo yi-SAHPRA. Ngelixa i-J&J kusafuneka igqibe inqanaba layo lesithathu lovavanywa ngaphambi kokuba yamkelwe. I-SAHPRA izimele, ayiyongxenywe karhulumente. Zizitofu zokugonya ezamkelwe yi-SAHPRA kuphela ezinokusetyenziswa. Nangona kunjalo, ngurhulumente onoxanduva lokuthatha isigqibo sokuba sesiphi na isitofu sokugonya ekuza kubonelelwa ngaso njengexalenye yeenkqubo zokugonya.

Leliphi elona yeza lilungileyo lokugonya phakathi kwe-J&J ne-Pfizer?

Omabini la mayeza okugonya akhuselekile kwaye aya kukhusela ekuguleni kakhulu, ekulalisweni esibhedlele nasekubulaweni yi-COVID-19. **Ziyafana** iziphumo ezingalindelekanga zokusebenzisa i-J&J kunye ne-Pfizer. Azinabungozi kwaye zinyamalala zingaphelanga iintsuku ezintathu. Ke ngoko, elona chiza lokugonya elilungileyo lelo likhoyo nelo ulunikwa kuqala.

Ingaba kufuneka ndigonywe ukuba bendikhe ndayoyisa ngaphambili i-COVID-19? Ingaba umzimba wam awunako ukulwa esi sifo ngokwawo, ngaphandle kokufunyanwa ziziphumo ezingaqhelekanga ezihamba nokuysebenzisa ichiza lokugonya?

Ubungqina bubonisa ukuba uhlobo umzimba wakho ophendula ngalo xa ugula yi-COVID-19 libuthathaka kakhulu kwaye akuthathi xesha lide kunohlobo ubunophendula ngalo xa ugonyiwe. Ukugonywa kuya kunika umzimba wakho ukhuseleko oluqinileyo kwaye oluhlala ixesha elide. Iziphumo ezingaqhelekanga ezihamba nokusebenzisa ichiza lokugonya azinabungozi kwaye azihlali ngaphezu kosuku okanye iintsuku ezimbini, ngelixa ukugula ngenxa ye-COVID-19 kunokubangela ukuba ulaliswe esibhedlele okanye usweleke.

Kutheni le nto ixesha phakathi kwezitofu ze-Pfizer landisiwe nje?

Ixesha phakathi kwezitofu ze-Pfizer landisiwe kuba kukho ubungqina bokuba ukuba ufumana isitofu sesibini emva kweentsuku ezingama-42 emva kwesitofu sokuqala, umzimba wakho uyakuphendula ngokomeleleyo kangangexesha elide kunaxa ixesha phakathi kwezitofu lilifutshane.

Ingaba abantu abanezifo ezinganyangekiyo, ezinje ngoxinzelelo lwegazi, bangasifumana isigonyo?

Abantu abanezifo ezinganyangekiyo ezifana noxinzelelo lwegazi, isifo sentliziyo kunye nesifo seswekile basemngciphekweni omkhulu wokufumana i-COVID-19. Ke ngoko, baya kuxhamla kakhulu ekufumaneni isigonyo. Kodwa kuya kufuneka ukuba baqinisekise ukuba imeko yabo iyalawuleka, bayaya rhoqo uyakuhlolwa ngabantu abasebenza ngezempilo kwaye bayawasela amayeza abo esifo esinganyangekiyo. Ukuba awuqinisekanga ngemeko yakho, nxibelelana nomntu osebenza ngezempilo wakho.

Ndineempawu ze-COVID-19 - ingaba kukhuselekile ukugonywa?

Akumelanga ufumane isigonyo ukuba uneempawu ze-COVID-19 kodwa kufuneka ujongwe ukuba awuna-COVID-19 na. Ukuba une-COVID-19, kuya kufuneka ulinde ubuncinane iintsuku ezingama-30 emva kokuba uphilile phambi kokuba ugonywe.

Ingaba kuyingozi kangakanani na ukusebenzisa iyeza lokugonya xa likwala?

Bambalwa kakhulu abantu abaliwayo ngamachiza okugonyae. Umntu owaliwayo lichiza lokugonya ubonakala kungaphelanga namizuzwana okanye mizuzu mingaphi emva kokuba egonyiwe, Yiyo loo nto BONKE abantu kufuneka balinde kwindawo yokujongwa kangangemizuzu eli-15 emva kokugonywa ukuqinisekisa ukuba ababonakalisi zimpawu zokuba bayaliwa lichiza lokugonya.

Kubantu abanengxaki yokwaliwa ngamachiza athile, ngabaphi EKUNGAFANELEKANGA ukuba bagonywe?

- 1) Nabani na ozaziyo ukuba uyaliwa sesinye sezithako ekwenziwe ngalo isitofu sokugonya.

- 2) Nabani na owaliwayo yi-*polythene glycol* (i-PEG) akufunekanga ukuba agonywe nge-*Pfizer*, njengoko isesinye sezithako esifumanekayo kwi-*Pfizer*.
- 3) Nabani na obonakalise iimpawu zokwaliwa leli chiza lokugonya emva kwesitofu sokuqala akufanelekanga aphinde afumane isitofu sesibini seso sigonyo.

Ukuba ubukhe wabonakalisa iimpawu zokwaliwa liyeza okanye isigonyo esithile, kodwa awuqinisekanga ukuba sesiphi na eso sithako sibangele oko, nceda uthethe nomsebenzi wezempilo wakho ngaphambi kokuba ufumane isigonyo.

Kubantu abaliwayo zizinto ezithile, ngubani okumele athethe nomsebenzi wezempilo ngaphambi kokuba afumane isitofu sokugonya?

Nabani na onengxaki yokwaliwa ngamachiza okugonya okanye ngamanye amayeza kufuneka aqale athethe nomsebenzi wezempilo wakhe ukufumanisa ukuba sesiphi isithako esimalayo. Umsebenzi wezempilo uya kukuxelela ukuba ngaba kukhuselekile na ukufumana isigonyo. Ukuba umsebenzi wezempilo wakho uthi ungasifumana isigonyo, kodwa ngaphambili wakhe wabonakalisa iimpawu ezimbi zokwaliwa sisigonyo okanye liyeza, kuya kufuneka ugonywe esibhedlele kwaye ubekwe phantsi kweliso imizuzu engama-30 emva kokugonywa. Ukuba ngaphambili zange ubonakalise zimpawu zimbi kakhulu zokwaliwa lichiza lokugonya, ungagonywa kwindawo yogonyo eqhelekileyo, kodwa kufuneka ulinde kwindawo yokujongwa kangangemizuzu engama-30 emva kokufumana isigonyo ukuze kuqinisekise ukuba awubonakalisi zimpawu zokwaliwa leli chiza lokugonya.

Ingaba kukhuselekile ukufumana isigonyo ukuba uyaliwa ngamaqanda?

Ewe. Akukho nanye kwizitofu ze-*COVID-19* ezineeprotheni zamaqanda. Nangona kunjalo, ukuba unengxaki yokwaliwa ngamayeza athile kuyakufuneka uhlale kwindawo yokujongwa kangangemizuzu engama-30 emva kokufumana isigonyo, endaweni yemizuzu eli-15 emiselweyo.

Ndiva kusithiwa abantu abadala bayasweleka emva kokufumana isigonyo. Ingaba isigonyo sikhuselekile kubantu abadala?

Isigonyo sikhuselekile kakhulu kwaye sisebenza ngokukuko ukukhusela isifo esinobungozi se-*COVID-19* kunye nokufa. Ngokugonywa kwabantu, kumazwe aliqela, kubonakala ukwehla okukhulu ekubhubheni kwabantu abadala ngenxa ye-*COVID-19*.

Kutheni abanye abantu befumana i-*COVID-19* emva kwesithuba seeveki ezimbini emva kokuba befumene isigonyo?

Kuthatha ubuncinci iiveki ezimbini ukuze umzimba womntu uvelise ukhuseleko emva kokufumana isigonyo. 'Ugonywe ngokugqibeleleyo' kuphela emva kwiintsuku ezingama-30 emva kokufumana isigonyo seJ-&J okanye emva kweeveki ezimbini emva kwesitofu sesibini se-*Pfizer*. Ukuba ngaba ubukhe wadibana nentsholongwane ngaphambi kokuba 'ugonywe ngokugqibeleleyo', ungasifumana esi sifo.

Kwakhona, ukuba ufumana i-*COVID-19* kwiintsuku nje ezimbalwa emva kokuba ugonyiwe, oko kuthetha ukuba wawusulelekile ngaphambi kokuba ufumane isigonyo.

Isigonyo asithinteli ngokupheleleyo usuleleko lwe-*COVID-19* nasemva kokuba 'ugonywe ngokugqibeleleyo', kodwa sinciphisa umngcipheko wolosuleleko olunobungozi lwe-*COVID-19*, ukutsho oko, ukulaliswa esibhedlele okanye ukufa ngenxa ye-*COVID-19*.

Ingaba isigonyo sinokubangela isifo se-COVID-19?

Akukho nasinye kwizigonyo ezisetyenziswa eMzantsi Afrika eziqulethe intsholongwane ephilayo ebangela i-COVID-19. Ngoko ke, isigonyo asoze sikunike COVID-19.

Ingaba isigonyo se-Pfizer sinokubangela ukudumba kwentliziyo? Ingaba kukhuselekile na ukunikeza abantu abadala esi sigonyo?

Kwiimeko ezimbalwa kakhulu, oogqirha bafumanise ukudumba kwentliziyo kubafana abathe banikwa isigonyo se-Pfizer. Esi sisiphumoesinqabileyo kakhulu, esibonwa kwiiveki ezimbini emva kwesitofu sesibini sokugonywa. Iimpawu eziqhelekileyo ngamahlaba esifubeni esibuhlungu, unqamko lomphefumlo, nokubetha kwentliziyo ngohlobo olungaqhelekanga (ibethe ngokukhawuleza, ingongoze okanye indondoze). Ezi mpawu azinabungozi kwaye zinokunyangwa, ze zilandelwe kukuchacha ngcono kwamsinya emva koko. Abantu ke ngoko kufuneka bazazi iimpawu kwaye bafune uncedo kwezonyango ngoko nangoko.