



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



IMBUZO EJWAYELE UKUBUZZA NGOKUPHEPHA KOMGOMO NEZEHLAKALO EZIMBI ZOMGOMO

Yini umehluko phakathi kwemigomo ebhalisiwe kanye nemigomo “yezimo eziphuthumayo”?

Ezikhathini ezejwayelekile, ungasebenzisa umgomo kuphela uma ubhaliswe neZiphathimandla Ezilawula Imikhiqizo Yezempilo eNingizimu Afrika (i-SAHPRA). I-SAHPRA ingabhalisa kuphela umgomo uma:

- zonke izivivinyo zokwelapha zenziwe, futhi
- kucutshungulwe yonke imininingwane yezivivinyo ukubona ukuthi uphephile na, usezingeni elihle futhi uyasebenza

Esimweni esiphuthumayo esifana nobhubhane lwe-*COVID-19*, i-SAHPRA ingagunyaza umgomo ongabhalisiwe ukuthi usetshenziswe ngesikhathi esithile (ukugunyazwa komgomo ezimweni eziphuthumayo). Lokhu kwenzeka uma kunemininingwane eyanele ukuthi i-SAHPRA ingathemba ukuthi umgomo uphephile futhi uyasebenza, kodwa imininingwane ayikaneli ukuthi ihlangabezane nezidingo zokuthi ubhaliswe ngokugcwele.

Ingabe umgomo i-J&J usasezingeni lokuvivinywa lokwelapha?

Cha. Izivivinyo zokwelapha zomgomo we-J&J seziphothuliwe futhi manje usubhalisiwe kwa-SAHPRA. I-J&J izoqhubeka nokwenza ucwaningo futhi ihambise imininingwane kwa-SAHPRA ukuze iqaphe ukuphepha komgomo.

Kungani imigomo yamaShayina yagunyazwa ngokushesha kodwa i-J&J yathatha isikhathi eside?

Kungabe kungenxa yobudlelwano bukahlumeni nezwe laseShayina?

I-*CoronaVac* (umgomo waseShayina) yase idlulile ezivivinyweni zokwelapha ngesikhathi befaka isicelo sokugunyazwa kwa-SAHPRA. I-J&J bekusamele idlule esigabeni sesithathu sokuvinjwa ngaphambi kokuthi igunyazwe. I-SAHPRA izimele ayincikile kuhulumeni. Imigomo egunyazwe i-SAHPRA kuphela engasetshenziswa, kodwa uhulumeni kufanele athathe isinqumo sokuthi imiphi imigomo ezokhishwa ezinhlelweni zokugoma.

Imuphi umgomo ongcono kakhulu (i-J&J noma i-Pfizer)?

Yomibili imigomo iphephile futhi izokuvikela ekuguleni kakhulu, ukulaliswa esibhedlela noma ukufa ngenxa ye-*COVID-19*. Ukugula emva kokugoma nge-J&J ne-*Pfizer* kuyafana. Kuba ukugula nje okuphakathi futhi kuzoshabalala ezinsukwini ezintathu. Ngakho-ke, umgomo ongcono ngumgomo okhona futhi onikezwa wona kuqala.

Ingabe kudingeka ukuthi ngigome uma ngike ngalulama ku-*COVID-19* phambilini? Ingabe angeke yini umzimba wami uzilwele wona nesifo, ngaphandle kokugula emva kokugoma?

Ubufakazi bubonisa ukuthi ukulwa komzimba wakho uma ugula ngenxa ye-*COVID-19* kuntekenteke kakhulu futhi okwesikhashana ukudlula ukulwa komgomo. Ukugoma kuzoqinisa amasotsha akho omzimba futhi alwa isikhathi eside. Ukugula emva kokugoma kuncane futhi akuthathi usuku noma ezimbili, kanti ukugula ngenxa ye-*COVID-19* kungabangela ukulaliswa esibhedlela noma ukufa.

Kungani isikhathi saphakathi kwemijovo ye-*Pfizer* selulwa?

Isikhathi saphakathi kwemijovo ye-*Pfizer* selulwa ngenxa yokuthi sekukhona ubufakazi bokuthi uma uthola umjovo wesibili emva kwezinsuku ezingama-42 uthole umjovo wokuqala, ukulwa komzimba wakho kunamandla kakhulu futhi kuthatha isikhathi eside uma kuqhathaniswa nesikhathi esifushane.

Ingabe abantu abanezifo eziyimbelesela, ezifana nomfutho wegazi ophezulu, bangagoma yini?

Abantu abanezifo eziyimbelesela ezifana nomfutho wegazi ophezulu, isifo senhliziyo kanye noshukela basengcupheni yokuthola i-*COVID-19* exakile. Ngakho-ke, bazozuza lukhulu ngokugoma. Kumele futhi baqiniseke ukuthi isimo sabo siyalawuleka, baye njalo ukuyohlola isimo sabo nomnakekeli wabo wezempilo futhi badle nemithi yabo. Uma unganaso isiqiniseko ngesimo sakho, thintana nomnakekeli wakho wezempilo.

Nginezimpawu ze-*COVID-19* – ingabe kuphephile ukuthi ngigome?

Akumele ukuthi ugome uma unezimpawu ze-*COVID-19* futhi kungangcono ukuthi uyohlolelwa igciwane. Uma une-*COVID-19*, kumele ulinde okungenani izinsuku ezingama-30 emva kokuba ululeme kwi-*COVID-19* ngaphambi kokuthi ugome.

Kuyingozi kangakanani ukuba ne-aleji yomgomo?

Ukungahambisani nomgomo okwenziwa i-aleji akuvamile. Ukuba ne-aleji kujwayele ukwenzeka ngemizuzwana noma imizuzu emva kokugoma. Yingakho BONKE abantu kumele balinde endaweni yokuqashwa imizuzu eyi-15 emva kokugoma ukuqinisekisa ukuthi akukho ukungahambisani nomgomo okukhona.

Kubantu abanama-aleji, ubani OKUNGFANELE agome?

- 1) Noma ngubani oke wangahambisana nesithako esisemgomeni ngaphambilini.
- 2) Noma ngubani ongahambisani ne-*polyethylene glycol* (i-PEG) akumele agome nge-*Pfizer*, njengoba ingesinye sezithako.
- 3) Noma ngubani ongahambisananga nomjovo wokuqala akumele athole umjovo wesibili walowo mgomo.

Uma ngaphambilini uke wangahambisana nomuthi noma umgomo, kodwa awunaso isiqiniseko sokuthi isona siphisithako esibangele lokho, sicela ukhulume nomnakekeli wakho wezempilo ngaphambi kokuthi ugome.

Kubantu abanama-aleji, ngubani okumele akhulume nomnakekeli wakhe wezempilo ngaphambi kokugoma?

Noma ngubani oke wangahambisana neminye imigomo noma imithi kumele akhulume nomnakekeli wakhe wezempilo kuqala ukuthola ukuthi isiphisithako esibangela lokhu. Umnakekeli wezempilo uzokutshela ukuthi ingabe kuphephile na ukugoma. Uma umnakekeli wakho wezempilo ethi unganagoma, kodwa ukugula kwakho

kwaphambilini ngenxa yomgomo noma komuthi kwakunzima, kumele ugomele esibhedlela futhi uqashwe isikhathi esiyimizuzu engama-30 emva kokugoma. Uma ukugula kwakho kwaphambilini kwakungekho nzima kakhulu, ungagoma esikhungweni sokugoma esijwayelekile, kodwa kufanele ulinde endaweni yokuqashwa kwesimo emva kokugoma imizuzu engama-30 ukuqinisekisa ukuthi akukho ukungahambisani nomgomo okukhona.

Ingabe kuphephile ukugoma uma une-aleji yamaqanda?

Yebo. Awukho umgomo we-*COVID-19* ofakwe amaphrotheni amaqanda. Kodwa-ke, kuzofanele ukuthi uhlale endaweni yokuqashwa imizuzu engama-30 emva kokugoma, esikhundleni sokuhlala imizuzu eyi-15 ejwayelekile, ngoba uke waguliswa ukuba ne-aleji ngaphambilini.

Ngike ngezwa ngabantu abadala abashona uma beqeda nje ukugoma. Ingabe umgomo uphephile kubantu abadala?

Umgomo uphephile futhi uyasebenza kakhulu ukuvikela isifo se-*COVID-19* kanye nokufa. Ngokusetshenziswa komgomo sibona ukwehla kakhulu kokufa ngenxa ye-*COVID-19* kubantu abadala emazweni amaningi.

Kungani abanye abantu basalokhu bethola i-*COVID-19* emavikini amabili emva kokugoma?

Kuthatha okungenani amaviki amabili ukuthi umzimba wakhe amasotsha omzimba emva kokugoma. Usuke 'usugome ngokuphelele' uma sekuphele izinsuku ezingama-30 emva kokuthola umgomo i-J&J noma amaviki amabili emva kokuthola umjovo wesibili womgomo we-*Pfizer*. Uma uke watholana negciwane ngaphambi kokuba 'ugome ngokuphelele', ungateheleka ngesifo.

Futhi, uma uthola i-*COVID-19* ezinsukwini ezimbalwa emva kokugoma, kusho ukuthi ubusuvele uthethelekile ngaphambi kokugoma.

Umgomo futhi awuvimbeli ngokuphelele ukuthetheleka nge-*COVID-19*, ngisho emva kokuthi 'usugome ngokuphelele' kodwa unciphisa ubungozi bokugula kakhulu ngenxa ye-*COVID-19*, ukulaliswa esibhedlela noma ukufa ngenxa ye-*COVID-19*.

Ingabe umgomo ungabanga isifo se-*COVID-19*?

Awukho umgomo osetshenziswa eNingizimu Afrika onegciwane eliphilayo elibangela i-*COVID-19*. Ngakho-ke umgomo NGEKE ukugulise nge-*COVID-19*.

Ingabe umgomo we-*Pfizer* ungadala ukuvuvukala kwenhliziyo? Ingabe kuphephile ukunika abantu abadala umgomo?

Kwizigameko ezimbalwa, odokotela bathola ukuvuvukala kwenhliziyo kumabhungu abethole umgomo we-*Pfizer*. Lokhu ukugula okungavamile, okubonakala ikakhulukazi emavikini amabili emva komjovo wesibili womgomo. Izimpawu ezijwayelekile ubuhlungu esifubeni, ukuphelelwa umoya uma uphefumula nokushaya kwenhliziyo okungajwayelekile (okushesha kakhulu, okushaya ngamandla noma okushaya kancane). Lezi

zimpawu ziyaye zibe maphakathi futhi ziyalapheka, kulandela ukululama emva kwalokho. Abantu kumele bazazi izimpawu bese befuna usizo lokwelashwa masinyane.