

IPHETSHANA ELIMALUNGA NEZINTO EZIYINYANI NGOKUGONYELWA ICOVID

Kukho ubungqina obuninzi besayensi /benzululwazi obuchaza ukuba ukugonya kusinika ukhuseleko olukwizinga eliphezulu kwicoronavayirasi. Ukugonywa kungasindisa abaninzi bethu ekuguleni kakhulu sesi sifo.



linkcukacha jikelele

Yintoni ichiza?

Ichiza lisetyenziswa ukuqhelisa ukusebenza kwenkqubo yomzimba wakho ukuze ukwazi ukumelana nokosulelwa nokulwa esi sifo kwixesha elizayo.

Ingaba likhona ichiza leCOVID?

Ewe. EMzantsi Afrika, ivaksini iJohnson and Johnson yayigonye ihafu yemilioni yabasebenzi bezempilo phantsi kweprogram iSisonke Early Access. Kwaphinda kwa-odolwa iidosi zevaksini eziyi-31 miliyoni (ezagonya abantu abayi-31 miliyoni), ibhetshi yokuqala yaye yafika kwikota yesibini ka-2021. Ichiza liya kufumaneka ngaphantsi kwegama lentengo elithi Janssen COVID-19 Vaccine™, elibonakalisa intsebenziswano phakathi kweenkampani ezimbini iJohnson and Johnson nenkampani yaseBelgium iJanssen. Imilinganiselo yechiza engama-20 ezigidi (neya kugonya i-10 lezigidi zabantu) yechiza iPfizer/BioNTech (phantsi kwegama lentengo iComirnaty™) kulungiselelwa ukuba ibe khona ukusukela ngoMeyi ukuya phambili. Omabini la machiza ayayikhusela iCOVID-19 eyenziwa zezi varyenti zimbini iBeta (B.1.351) neDelta (B.1.617.2) ezisoloko zisasazeka eMzantsi Afrika. Omabini la machiza avavanyiwe ukujonga ukukhuseleko kwaye ukhuseleko luyaqhubeka luyajongwa.

Malunga nechiza

Yintoni efakwe kwichiza?

Onke amachiza eCOVID anemiyalelo ngenxa yezipayikhi zeproteyini ezikwicoronavayirasi. Ichiza iJohnson and Johnson line-adenovirus echaziweyo ukuze ichiza lingabangeli isifo okanye ukuba isifo sande ebantwini. Ichiza iPfizer/BioNTech linemesenja iRNA (mRNA) ezihlukanayo. Ichiza liyazehlula emva kokuba liyalele inkqubo yokusebenza kwegazi ukukhawulelana nezipayikhi zeproteyini ezikwicoronavayirasi. Ukongeza, amachiza anezi zithako ezinon-active:



Johnson and Johnson vaccine:

- Sodium chloride
- Citric acid monohydrate buffer
- Polysorbate 80
- 2 hydroxypropyl-β-cyclodextrin (HBCD)
- Ethanol (absolute)
- Sodium hydroxide
- Water for injection

Pfizer/BioNTech vaccine:

- ALC-0315 = (4-hydroxybutyl) azanediyl) bis (hexane-6,1-diyl) bis(2-hexyldecanoate)
- ALC-0159 = 2-[(polyethylene glycol)-2000]-N,N-ditetradecylacetamide
- 1,2-Distearoyl-sn-glycero-3-phosphocholine
- cholesterol
- potassium chloride
- potassium dihydrogen phosphate
- sodium chloride
- disodium hydrogen phosphate dihydrate
- sucrose
- water for injections

Alikho ichiza elineemveliso zezilwanyana okanye amaqanda. Alungile kubantu abangazityiyo iimveliso zezilwanyana kwaye li-halal. Iirabha stopa yeebhotile ezincinci zamachiza azinayo ilatex.

Ingaba linikezelwa njani ichiza?

Uya kuhlatywa inaliti kumntla wengalo yakho. Ichiza iJohnson and Johnson ngumlinganiselo omnye, ukuze lona ichiza iPfizer/BioNTech linikezelwe kabini ubuncinane emva kweeveki ezintathu. Ukhuseleko luqala phaya kwiiveki ezimbini emva kokuba ufumene inaliti yokuqala kodwa kungcono kakhulu kwinyanga enye emva kwechiza iJohnson and Johnson, kwiiveki ezimbini emva kwechiza iPfizer/BioNTech. Kubalulekile ukwazi ukuba ubuyela nini ukuza kufumana umlinganiselo wesibini wechiza ukuba ubufumene iPfizer/ BioNTech.



Ingaba amachiza eCOVID akhuselekile?



Onke amachiza asetyenzisiweyo avavanyiwe amaxesha amaninzi ukuqinisekisa ukhuseleko kwaye enzelwe ukujonga iziphumo ezingalindelekanga (side effects) ezixhaphakileyo. Ukujongwa kokhuseleko kuyenziwa ngononophelo kwakunye namachiza kumhlaba wonke, nazo zonke iziphumo ezingalindelekanga ezinobuzaza zijongiwe ngabenzululwazi abazimeleyo abasuka kwiindawo zokhuseleko zendidi zamayeza ezininzi. E-United States, iziphumo ezingalindelekanga nezona zinqaqhelekanga zechiza iJohnson and Johnson zichaziwe apho abantu abasi-8 kwizigidi ezisi-7 zabantu ababefumene idosi enye, iziphumo ezingalindelekanga ziquka amahlwili kwimithambo engaqhelanga kuba nawo emzimbeni (engqondweni, esuswini) kwakunye namazinga asezantsi amajoni omzimba, elineda ukucombulula igazi lingabi namahlwili likhusela nokopha. ISebe lezeMpilo leSizwe kunye neSouth African Health Products Regulatory Authority (SAHPRA). Isebe neli gunya aqwalasela ukukhuseleka kwamachiza njengoko ekhutshwa kwisizwe, acela ukuba abantu abafumana ichiza iJohnson and Johnson bazazi iimpawu zeziphumo ezingalindelekanga nezizezona zinqaqhelekanga, ezibalaseleyo ezingaqhelekanga.



Zeziphi iziphumo ezingalindelekanga zamachiza ezizezona zixhaphakileyo?

Iziphumo ezingalindelekanga ezixhaphakileyo ziintlungu nokuba bomvu kule ndawo ubuhlatywe kuyo kumntla wengalo, intloko ebuhlungu, nokuziva ungaphilanga nokuziva unefiva. Ezi ziphumo zingalindelekanga ziqala kwiiyure ezi-6 emva kokuba ugonyiwe, ziqatsele kwiiyure ezingama-24 zibe ngcono kwiintsuku ezi-2 ukuya kwezintathu. Iziphumo ezingalindelekanga ikakhulu zixhaphake kubantu abatsha abebekhe banayo iCOVID ngaphambili. Ungasebenzisa iparacetamol okanye ianti-inflammatory ukuba kukho imfuneko yokuba wenze oko.



Zeziphi iziphumo ezingalindelekanga ezizezona zingaxhaphakanga ezibangelwa ngamachiza?



Ezi zezona zingaxhaphakanga kwaye ikakhulu zichaphazela umntu om-1 ukuya kwaba-4 kwisigidi ngasinye sabantu abagonyiweyo. Abanye abantu babe nealeji kakhulu leli chiza, ngamanye amaxesha ibe ngathi yi-anaphylaxis. Oku ikakhulu kwenzeka kwimizuzu eli-15 emva kokuba ugonyiwe kwaye oko kungalawulwa ngokusebenzisa amanye amayeza akhoyo kuloo ndawo yogonyo. Amalungiselelo aya kwenziwa kubantu abanembali ende yealeji ngoko ke nceda uthethe nogqirha wakho okanye umsebenzi kwindawo yogonyo. Imeko engaqhelekanga yokuba namahlwili ingenzeka emva kokugonywa ngechiza iJohnson and Johnson. Oku kuye kuhambe nentloko ebuhlungu kakhulu engapheliyo, ubuhlungu bamazantsi esisu, ukudumba komlenze, okanye amachaphaza amancinci egazi kufutshane kule ndawo ubuncuntswe kuyo ukusukela kwiintsuku ezi-5 ukuya kwezingama-20 emva kokuba ugonyiwe. Intloko ebuhlungu akufuneki ibhidaniswe nentloko ebuhlungu eqhelekileyo kwiintsuku 1-3 zokuqala emva kokuba ugonyiwe. Ukuba uqalisa ukuba nezi mpawu, nceda ufune uncedo lwezempilo ngokukhawuleza, kwaye umxelele ugqirha ukuba ubusanda kugonywa. Iingcali kwezi mpawu zingalindelekanga nezingaxhaphakanga zikhona ukuxhasa ugqirha wakho, ukulawula le meko ngeyona ndlela ingcono ikhoyo. Iziphumo ezingalindelekanga ezixhalisayo ezifana nezi zingabangela uloyiko noxa zizezona zinqabileyo. Kubalulekile ukuba ukhumbule iingxaki zeCOVID-19 ziyazodlula iingxaki zeziphumo ezingalindelekanga kwaye amaqumrhu okhuseleko kwilizwe liphela aphakamise ukuba kusetyenziswe la machiza iJohnson and Johnson nePfizer.

Ukuba ndiziva ndigula emva kokugonywa ingaba kuza kufuneka ndiyokwenza uvavanyo lweCOVID?

Iziphumo ezingalindelekanga ezixhaphakileyo ezenziwa lichiza ziyafana neempawu zeCOVID. Ukuba uziva unefiva engephi, ukuba buhlungu kwezihlunu, intloko ebuhlungu okanye ukutyhafa, oko kwenziwa yindlela umzimba wakho othi uluthathe ngayo ugonyo. Ukuba uqalisa ukukhohlela, unomqala obuhlungu, ukungeva nCasa okanye ivumba, okanye unefiva namaqondo obushushu bomzimba angaphaya kwama-38°C naya kuthi ahlale iintsuku eziliqela, kungenzeka ukuba uneCOVID kwaye kufuneka uzivalele wedwa wenze novavanyo. Ichiza/ivaksini aliziphazamisi iimvavanyo zesiqhelo zeCOVID-19 ezisetyenziswayo, njengeemvavanyo ze-polymerase chain reaction (PCR) ne-rapid antigen zokukhangela izifo.

