

IPHETSHANA ELIMALUNGA NEZINTO EZIYINYANI NGOKUGONYELWA ICOVID JULAYI 2021



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 ichizale COVID?

Ewe. EMzantsi Afrika, ichiza lokugonya iJohnson and Johnson sele linikezelwe kwisiqingatha sesigidi sabasebenzi bezempilo ngenkqubo yeSisonke elingwayo. Eminye imilinganiselo yeli chiza ingama-31 ezigidi (eya kugonya ama-31 ezigidi zabantu) i-odiwe ilindeleke ukuba ibe yeyokuqala ukuziswa phaya 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 Comirnaty™) kulungiselelwa ukuba ibe khona ukusukela ngoMeyi ukuya phambili. Omabini la machiza akhusela kwiCOVID ebangelwa yi-501Y.V2 umsinga wokugula ojikelezayo eMzantsi Afrika. Omabini amachiza avavanyiwe ukujonga ukukhuseleka kwaye ukhuseleko luyaqhubeka ukujongwa kula machiza.

Malunga nechiza

Yintoni efakwe kwichiza?

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



Angaba amachiza eCOVID akhuselekile?



Onke amachiza asetyenzisiweyo avavanyiwe amaxesha amaninzi ukuqinisekisa ukhuseleko kwaye enzelwe ukujonga iziphumo ezingalindelekanga ezixhaphakileyo. Ukujonga kokhuseleko kuyenziwa ngononophelo kwakunye namachiza kumhlaba wonke, nazo zonke iziphumo ezingalindelekanga ezinobuzaza zijongiwe ngabenzululwazi abazimeleyo abasuka kwiindawo zokhuseleko zendindi zamayeza ezininzi. E-United States, iziphumo ezingalindelekanga nezona zinqaqhelekanga zechiza iJohnson and Johnson zichaziwe kubantu abasi-8 kwizigidi ezisi-7 zabantu ezigonyiweyo ezifumene nje umlinganiselo omnye wechiza. Iziphumo ezingalindelekanga ziquka amahlwili kwimithambo engaqhelanga kuba nawo emzimbeni (engqondweni, esiswini) kwakunye namazinga asezantsi amajoni omzimba, icala elithile egazini elinceda ukucombulula igazi lingabi namahlwili likhuseleka nokopha. ISebe lezeMpilo lesizwe kunye neSouth African Health Products Regulatory Authority (SAHPRA) liqwalasela ukukhuseleka kwamachiza njengoko ekhutshwa kwisizwe, bacela 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 i-anti-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 ne-aleji 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 kulo ndawo yogonyo. Amalungiselelo aya kwenziwa kubantu abanembali ende ye-aleji ngoko ke nceda uthethe nogqirha wakho okanye umsebenzi kwindawo yogonyo. Imeko engaqhelekanga yokuba namahlwili ingenzeka emva kokugonywa ngechiza iJohnson and Johnson. Oku kuye kuhamba 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 nezingabangela 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 alilunqandi uvavanyo lwesiqhelo lweCOVID olusetyenziswa ukufumana uvavanyo olufana nolwepolymerase chain reaction (PCR) nerapid antigen





Ingaba kwenzeka njani ukuba amachiza enziwe ngokukhawuleza okungaka?

Amachiza eCOVID enziwe ngokukhawuleza okukhulu ukodlula onke amanye amachiza kwimbali yezonyango. Amava ngokuqhambuka kweSARS neMERS (zombini zibangelwe yicoronavayirasi), ukukhawuleziswa kokwenziwa kwechiza, ukuxhaswa kweendlela zovavanyo ezininzi nemiqathango ihamba ngokukhawuleza okukhulu kunangaphambili kwaye inkqubo ikhawuleza kakhulu. Izinto zevayirasi ezingunobangela weCOVID kwenziwe ukuba zonke isayentisti elizweni zibe nazo ngoJanyuwari 2020 ukuze ukusebenza ngamechiza elitsha kuqalise kwangethuba.

Kulindleleke ntoni

Liya kufika nini elam ithuba lokuba ndifumane ichiza leCOVID?

Ugonyo lwenzeka ngokwamanqanaba amathathu, kuqalwa ngabantu ikakhulu abasemngciphekweni wokufumana iCOVID ngenxa yemisebenzi yabo, iminyaka okanye impilo.

Inqanaba loku 1	liya kujongana nabasebenzi bezempilo abo bangekabi kwinkqubo yophando iSisonke trial. Oku kuquka abantu abangengabo abasebenzi bezonyango, onompilo namagqirha.
Inqanaba lesi 2	liya kujongana nabantu abaneminyaka engama-60 nangaphezulu, nabantu ngokwamaqela (ngokwemisebenzi), kulandele abantu abaneminyaka engama-50 nangaphezulu emva kwabo ibe ngabaneminyaka engama-35 nangaphezulu.
Inqanaba lesi 3	liya kujongana nabantu abangaphezulu kweminyaka el-18 ubudala ababengagonywanga kwixesha loku-1 nelesi-2.

Ingaba ikhona imfuneko yokuba ndigonywe ukuba bendikhe ndanayo iCOVID?

Ewe, kufuneka ugonywe ukuba ubukhe wanayo iCOVID okanye kuvavanyo obulwenzile lubonakalise ukuba unawo amajoni amelana nesi sifo. Ukuza kutsho ngoku, siyayazi ukuba amajoni endalo owafumene emva kokuba ubuneCOVID awayi kuhlala ixesha elide okanye akwazi ukunikezela ukhuseleko olululo olufana nelokugonywa. Ichiza liphucula nayiphi na indlela inkqubo yokusebenza komzimba ethi ize nayo ngaphambili emva kokosulelwa yicoronavayirasi.



Ungalinda iiveki ezi-4 emva kokuba iziphumo zovavanyo zibuye zisithi unayo iCOVID okanye iimpawu zokuqala ngaphambi kokufumana ichiza.



Ingaba ndiyakwazi ukufumana ichiza ukuba ndineempawu zeCOVID okanye ndikwikhwarantini?

Ukuba ukwikhwarantini ngenxa yokuba ubukhe wadibana nomntu oneCOVID, kufuneka ulinde ude uligqibe ixesha lokukhwarantina, ngaphambi kokuba ugonye. Ukuba ubukhe wanayo iCOVID kuya kufuneka ulinde iiveki ezine emva kokuba iimpawu zakho ziqalisile. Ukuba uneempawu zeCOVID ngosuku lwakho lokugonywa, uya kuthunyelwa ukuba uyokwenza uvavanyo luze ugonyo lona lumiselwe elinye ixesha.



Ingaba kulungile ukugonywa ukuba unezigulo zakho ubuhleli unazo kakade?

Ukuba umdala unesigulo sakho, kwaye usemngciphekweni omkhulu wokufumana iCOVID ugule kakhulu. Ngenxa yoko, kufuneka ucinge ngokuba ugonywe njengoko ichiza sele likhona kubantu abazintanga zakho. Zikhona ezinye izinto ekufuneka zijongwe kubantu abaphila nemeko ezithile, kodwa akukho meko yesigulo onaso eya kubangela ukuba ungagonywa:

I-Aleji: Ukuba uye waba ne-aleji kakhulu okanye i-anaphylaxis oyifumene kwichiza lokugonya, unyango okanye ekutyeni ngaphambili kufuneka uthethe nogqirha wakho ngaphambi kokuba uyokugonywa. Iingxaki zokuba ne-aleji nakweliphi na ichiza leCOVID zisezantsi kakhulu, zingalawuleka lula kwaye ziyazodlula iingxaki zokufumana iCOVID.

- Ukuba neCOVID-19 ixesha elide: Isigonyo siya kongeza ukhuseleko olumandla kumajoni omzimba endalo okungenzeka sele unawo. Kuphela xa ubuthathaka kakhulu, usephantsi kovavanyo, okanye kufumaniseke ukuba imeko yakho iyaqatsela kutsha nje, kuya kufuneka ukhe ukumise ukugonywa kwakho. Oko kunqanda ukubhidanisa iimpawu ezenziwa lichiza kunye neemeko zotshintsho ezenzekayo emzimbeni wakho.

- Iingxaki zokopha onazo: njengoko naxa uhlabane neyiphi na inaliti, kukho ukopha okuncinci kule ndawo uhlatywe kuyo. Thetha nomsebenzi wezempilo malunga nemeko yakho ukuze enze amalungiselelo afanelekileyo afana nokucinezela ixeshana emva kokuba uhlatyiwe inaliti.

- amayeza ii-Anticoagulant (afana ne-warfarin): njengayo nayiphi na inaliti, kukho ukopha okuncinci kwindawo obuhlatywe kuyo inaliti. Ukuba nje zonke izinto zakho zihamba ngocwangco kunye neshedyuli yakho yovavanyo lwe-international normalised ratio (INR) kunye ne-INR yamva ebingaphantsi kwenqanaba elingentla lohlobo lonyango lwakho, ungalufumana ugonyo ngendlela ekhuselekileyo. Imeko enqabileyo yokuba namahlwili echazwe emva kwechiza iJohnson and Johnson iziswe ngeendlela ezahlukeneyo kwiindlela eziqhelekileyo zokuba namahlwili. Abantu abanengxaki yokuba namahlwili basengxakini yokunyuka kwezinga lokudaleka kwamahlwili ngexesha besulelwe sisifo seCOVID-19 kwaye bayacelwa ukuba bagonye. Ukuba zikhona izinto ofuna ukuzazi thetha nomsebenzi wezempilo okanye umsebenzi okwindawo yugonyo.

- I-Immunosuppressive disorders (izifo ezifana neHIV, umhlaza, okanye ukuba kunyango lwezigulo ezizi-immunosuppressant therapy): Immunosuppressive disorders ziquka iHIV, azichatshazelwa nganto yiCD4 count, ayizozizathu zokuba ululandule ugonyo. Ngengomntu wonke ofumana ugonyo, kufuneka uqhubeke ulandela imiqathango yokukhusela iCOVID emva kogonyo.



Ingaba ndingagonywa ukuba ndikhulelwe okanye ndincancisa ibele?

Ewe. Oomama abakhulelweyo nabancancisa ibele bayazifumana izigonyo zeCOVID-19 kwilizwe lonke. Iinkcukacha ezimalunga nokhuseleko lwamachiza eCOVID-19 ayiphelelanga kodwa iya ifumaneka kwaye ayibonabonakali maxhala. Ungagonywa nangaliphi na ixesha lokukhulelwa kwakho ingakumbi oomama asele bekhulile ngeminyaka okanye abo banezigulo zabo abanazo ezifana nehypertenshini, isifo seswekile okanye ukutyeba kakhulu. Sikhuthaza oomama abakhulelweyo ukuba babhalisele ugonyo kwamsinyane xa ifika kwinqanaba labo (umz. Abasebenzi bezempilo, iqela elineminyaka ethile).



Ndenze uvavanyo lokujonga ukuba ingaba amajoni adalekayo amelana nesifo emva kokuba ndigonyiwe zaze zabuya iziphumo zovavanyo zibonakalisa ukuba andinawo. Ingaba oko kuthetha ukuba ichiza alisebenzanga kum?

Akukho sizathu sokuba woyike. Uvavanyo lwamajoni amelana nesifo alulungiselelwanga ukuvavanya amajoni athile amelana nesifo adalwa lichiza ukuba asebenza njani novavanyo lwe-n-protein (nucleocapsid), ingesiso i-spike protein. Ngenxa yesi sizathu, sicebisa ukuba ungenzi uvavanyo lokujonga amajoni athi adaleke namelanayo nesifo emva kovavanyo. Uvavanyo lwamajoni amelana nesifo abonakala emva kogonyo nathi xa kusenziwa uvavanyo abonakale engekho oko akuthethi kuthi awukhuselekanga. Akukho mfuneko yokuba uphinde uyokugonywa.

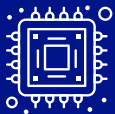
Yintoni endingayenza ukuzikhusela ndingayifumani iCOVID ndide ndikwazi ukuba ndiyokugonywa?

Qhubeka unxibe imaskhi yakho, kubekho umgama phakathi kwakho nabanye abantu, uvule iifestile neminyango usanithayize/ uhlambe iindawo ezibanjwa kakhulu ngezandla, ngaphambi nasemva kokugonywa. Asiyazi nokuba ichiza liya kunqanda ukusulela okwangoku, ngoko ke kubalulekile ukuhlala ukhuselekile kwaye ulandele nemithetho elandelwayo yempilo.

Ungaloyisa njani uloyiko lwakho

Ingaba ichiza liza kutshintsha iDNA yam?

Hayi, ichiza akukho nto liya kuyenza kwiDNA yakho. Ubungqina bubonakalisa ukuba amanye amachiza enziwe asebenzisa iRNA technology, kodwa iteknoloji esetyenzisiweyo ichaphazela indlela ichiza elenziwe ngayo, hayi ukuba lisebenza njani emzimbeni wakho.



Ingaba kukho imicrochip kwichiza?

Akukho bungqina bokuba kukho iimicrochips okanye iitreka kwamanye ala machiza. Ukugonywa akuthethi ukuba kuza kulandelwa umkhondo wakho okanye iinkcukacha zakho ziya kubiwa.

Andiqinisekanga ngokuba kufuneka ndigonyiwe. Ingaba ikhona imfuneko yoko?

Ukungaqiniseki namathandabuzo malunga nechiza kuya kwenzeka kuthi sonke. Ukuba bambalwa kakhulu abantu bethu abagonyiweyo, abantu abaninzi baza kugula. Ukuba sibaninzi abagonyiweyo, bambalwa abantu abaya kugula. Ungenza uphando ngokulandela amajelo athembekileyo iFacebook page egunyazisiweyo karhulumente weNtshona Koloni ukuva ngezizathu neenkukacha malunga nechiza.



**URhulumente
weNtshona Koloni**

EzeMpilo

