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## VRAE WAT GEREELD VOORKOM ENTSTOFVEILIGHEID EN NEWE-EFFEKTE

### **Wat is die verskil tussen geregistreerde entstowwe en entstowwe vir “noodgebruik”?**

Onder normale omstandighede kan jy slegs ‘n entstof gebruik as dit by die Suid-Afrikaanse Reguleringsowerheid vir Gesondheidsprodukte (SAHPRA) geregistreer is. SAHPRA sal slegs ‘n entstof registreer indien:

- al die kliniese toetse gedoen is
- hulle al die inligting oor die toetse bestudeer het om te sien of dit veilig, van ‘n hoë gehalte en doeltreffend is.

In ‘n noodsituasie soos die Covid-19-pandemie, kan SAHPRA ‘n ongeregisteerde entstof goedkeur om vir ‘n beperkte tydperk gebruik te word (goedkeuring vir noodgebruik). Dit gebeur wanneer daar genoeg inligting is sodat SAHPRA oortuig is dat die entstof veilig en doeltreffend is, maar die inligting nog nie voldoende is om aan al die eise vir volledige registrasie te voldoen nie.

### **Is die J&J-entstof nog ‘n kliniese proef?**

Nee. Die kliniese proewe vir die J & J-entstof is afgehandel en is nou by SAHPRA geregistreer. J & J sal voortgaan om dit te bestudeer en die inligting aan SAHPRA te verskaf om die veiligheid van die entstof te monitor.

### **Hoekom is die Chinese entstof so gou goedgekeur, maar J & J het so lank geneem? Is dit weens die regering se verhouding met China?**

CoronaVac (die Chinese entstof) het reeds hul kliniese proewe voltooi toe hulle vir SAHPRA se goedkeuring aansoek gedoen het. J&J moes nog hulle fase 3- kliniese proewe voltooi voordat dit goedgekeur kon word. SAHPRA is onafhanklik van die regering. Slegs entstowwe wat deur SAHPRA goedgekeur is, kan gebruik word, maar die regering is verantwoordelik vir die besluit oor watter entstof(wwe) verskaf word as deel van die entstofprogramme.

### **Watter entstof (J&J of Pfizer) is die beste?**

Albei entstowwe is veilig en sal jou daarteen beskerm dat jy baie siek word, hospitaal toe gaan of sterf van Covid-19. Die nuwe-effekte van J&J en Pfizer is baie soortgelyk. Dit is matig en behoort na drie dae verby te gaan. Daarom is die beste entstof die een wat beskikbaar is en jou eerste aangebied word.

**Moet ek ingeënt word as ek voorheen Covid-19 gehad en herstel het? Kan my liggaam nie die siekte op sy eie beveg sonder die nuwe-effekte van die entstof nie?**

Daar is bewys dat jou liggaam se respons op Covid-19 baie swakker en van korter duur is as wanneer jy die entstof gehad het. Deur die entstof te kry, sal jy 'n baie sterker en langer immuunrespons hê. Die nuwe-effekte van die entstof is matig en duur nie langer as 'n dag of twee nie, terwyl jy gehospitaliseer kan word of selfs sterf as jy Covid-19 opdoen.

**Hoekom is die tydperk tussen die twee Pfizer-dosisse verleng?**

Die tydperk tussen die twee Pfizer-dosisse is verleng aangesien daar nou bewyse is dat as jy die tweede dosis 42 dae ná die eerste een kry, jou liggaam se respons baie sterker is en langer hou as wanneer die tydperk korter is.

**Kan mense met chroniese siektes soos hoë bloeddruk die entstof kry?**

Mense met chroniese siektes soos hoë bloeddruk, hartsiektes en diabetes loop 'n hoër risiko om ernstige Covid-19 te kry. Hulle sal dus die meeste daarby baat om ingeënt te word. Hulle moet ook seker maak dat hulle toestand onder beheer is, gereeld vir 'n ondersoek na hulle gesondheidsorggewer gaan en hulle chroniese medikasie neem. As jy onseker is oor jou toestand, praat met jou dokter.

**Ek toon Covid-19-simptome – is dit veilig om ingeënt te word?**

Jy moet nie ingeënt word as jy simptome van Covid-19 toon nie, en jou liever laat toets. As jy Covid-19 het, moet jy liefers 30 dae wag nadat jy herstel het, voordat jy die entstof kry.

**Hoe gevaarlik is 'n allergiese reaksie op die entstof?**

Ernstige allergiese reaksies op die entstof kom selde voor. 'n Allergiese reaksie kom gewoonlik binne sekondes of minute voor nadat jy die entstof gekry het. Dit is hoekom ALMAL 15 minute in die observasie-area moet wag nadat hulle die entstof ontvang het om seker te maak dat hulle nie 'n ernstige allergiese reaksie toon nie.

**Vir mense met allergieë, wie moet NIE die entstof ontvang nie?**

- 1) Enigiemand met 'n geskiedenis van ernstige allergiese reaksies op enige van die bestanddele van die entstof.
- 2) Enigiemand wat allergies is vir poli-eteenglikol (PEG) moet nie die Pfizer-entstof kry nie, aangesien dit een van die komponente is.
- 3) Enigiemand wat 'n ernstige allergiese reaksie na die eerste dosis gekry het, moet nie die tweede dosis van die entstof kry nie.

Indien jy voorheen 'n allergiese reaksie teen medikasie of 'n entstof gehad het, maar onseker is watter spesifieke bestanddeel dit veroorsaak het, moet jy asseblief met jou gesondheidsorgpraktisyn praat voordat jy jou laat inent.

**Mense met allergieë — wie moet met hulle gesondheidsorgpraktisyn praat voordat hulle die entstof kry?**

Enigiemand met 'n geskiedenis van allergiese reaksies teen ander entstowwe en medikasie, moet eers met hulle gesondheidsorgpraktisyn praat om uit te vind watter bestanddeel die allergiese reaksie veroorsaak het. Die gesondheidsorgpraktisyn sal aandui of dit veilig is om die entstof te kry. Indien jou gesondheidsorgpraktisyn sê dat jy die entstof kan kry, maar jy het voorheen 'n ernstige reaksie teen 'n entstof of medikasie getoon, moet jy in 'n hospitaal ingeënt word en vir 30 minute na inenting onder observasie wees. Indien jou vorige reaksie nie ernstig was nie, kan jy die entstof by 'n gewone inentingsperseel kry, maar jy moet vir 30 min in die observasie-area wag nadat jy die entstof gekry het om seker te maak dat daar nie 'n allergiese reaksie is nie.

### **Is dit veilig om die entstof te kry as jy allergies vir eiers is?**

Ja. Geen van die Covid-entstowwe bevat enige eierproteïene nie. Jy sal egter vir 30 minute in die observasie-area moet bly nadat jy die entstof ontvang het in plaas van die gewone 15 minute, omdat jy 'n geskiedenis van allergieë het.

### **Ek het van bejaardes gehoor wat gesterf het kort nadat hulle die entstof ontvang het. Is die entstof veilig vir bejaardes?**

Die entstof is veilig sowel as hoogs doeltreffend om ernstige Covid-19 en sterfte te voorkom. Deur die entstof te gebruik, sien ons 'n groot daling in die sterftesyfer van bejaardes weens Covid-19 in talle lande.

### **Hoekom kry sommige mense nog steeds Covid-19 binne twee weke nadat hulle ingeënt is?**

Dit neem ten minste twee weke vir die liggaam om weerstand te ontwikkel nadat jy die entstof gekry het. Jy is slegs "ten volle" ingeënt 30 dae nadat jy die J&J-entstof ontvang het of twee weke na die tweede dosis van die Pfizer-entstof. Indien jy aan die virus blootgestel word voordat jy "ten volle" ingeënt is, kan jy wel siek word.

As jy Covid-19 kry binne 'n paar dae nadat jy ingeënt is, beteken dit dat jy reeds geïnfekteer was voordat jy die entstof gekry het.

Die entstof voorkom ook nie Covid-19 ten volle nie, selfs nadat jy "ten volle" ingeënt is, maar verminder die risiko van ernstige Covid-19-infeksie, hospitalisasie of sterfte weens Covid-19.

### **Kan die entstof Covid-19-siekte veroorsaak?**

Geen van die entstowwe wat in Suid-Afrika gebruik word, bevat die lewendige virus wat Covid-19 veroorsaak nie. Die entstof kan jou dus nie siek maak met Covid-19 nie.

### **Kan die Pfizer-entstof hartinflammasie veroorsaak? Is dit veilig vir bejaardes om die entstof te ontvang?**

In slegs 'n paar gevalle het dokters hartinflammasie by jong mans aangetref wat die Pfizer-entstof ontvang het. Dit is 'n baie rare newe-effek wat gewoonlik binne twee weke na die tweede dosis van die entstof voorkom. Algemene simptome is borspyn, kortasemheid en 'n abnormale hartklop (vinnig of fladderend). Dit is gewoonlik matige simptome en kan behandel word, gevolg deur 'n spoedige herstel. Mense behoort dus bewus te wees van die simptome en dadelik mediese hulp soek.



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## FREQUENTLY ASKED QUESTIONS

### VACCINE SAFETY AND ADVERSE EVENTS

#### **What is the difference between registered vaccines and “emergency use” vaccines?**

In normal times, you can only use a vaccine if it is registered with the South African Health Products Regulatory Authority (SAHPRA). SAHPRA will only register a vaccine if:

- all the clinical trials are done, and
- they have studied all the information from the trials to see if it is safe, good quality and effective

In an emergency like the COVID-19 pandemic, SAHPRA can approve an unregistered vaccine to be used for a certain time (emergency use authorisation). This happens when there is enough information that SAHPRA can be confident that the vaccine is safe and effective, but the information is not yet enough to meet all the requirements for full registration.

#### **Is the J&J vaccine still a clinical trial?**

No. The clinical trials for the J&J vaccine are done and it is now registered with SAHPRA. J&J will continue to do studies and submit the information to SAHPRA to monitor the safety of the vaccine.

#### **Why were the Chinese vaccines approved so quickly but J&J took so long? Is this because of government’s relationship with China?**

CoronaVac (the Chinese vaccine) had completed their clinical trials when they applied to SAHPRA for approval. J&J still had to complete their phase 3 clinical trial before it could be approved. SAHPRA is independent from government. Only vaccines that are approved by SAHPRA can be used, but government is responsible for deciding which vaccine/s will be provided as part of vaccination programmes.

#### **Which vaccine (J&J or Pfizer) is the best?**

Both vaccines are safe and will protect you from getting very sick, going to the hospital or dying from COVID-19. The side effects from J&J and Pfizer are similar. They are mild and will go away within three days. Therefore, the best vaccine is the vaccine that is available and offered to you first.

#### **Do I need to be vaccinated if I have previously recovered from COVID-19? Can my body not fight the disease on its own, without suffering the side effects of the vaccine?**

Evidence shows that your body’s response when you are sick from COVID-19 is much weaker and shorter than the response to the vaccine. Getting the vaccine will give you a much stronger and longer-lasting immune

response. The side effects of the vaccine are mild and do not last more than a day or two, while getting sick from COVID-19 can cause hospitalisation or death.

### **Why was the time between the two doses of Pfizer extended?**

The time between the Pfizer doses was extended because there is now evidence that if you get the second dose 42 days after the first dose, your body's response is much stronger and lasts longer than when the time is shorter.

### **Can people with chronic diseases, such as high blood pressure, get the vaccine?**

People with chronic diseases such as high blood pressure, heart disease and diabetes are at higher risk of getting severe COVID-19. Therefore, they will benefit the most from getting the vaccine. They should also make sure that their condition is controlled, go for regular check-ups with their healthcare practitioner and take their chronic medication. If you are unsure about your condition, consult with your healthcare practitioner.

### **I have COVID-19 symptoms – is it safe to get vaccinated?**

You should not get the vaccine if you have symptoms of COVID-19 and should rather be tested. If you have COVID-19, you should wait at least 30 days after you have recovered from COVID-19 before you get your vaccine.

### **How dangerous is an allergic reaction to the vaccine?**

Severe allergic reactions to the vaccine are very rare. An allergic reaction usually happens within seconds or minutes after getting the vaccine. This is why ALL people must wait in the observation area for 15 minutes after getting the vaccine to make sure they do not have a major allergic reaction.

### **For people with allergies, who should NOT get the vaccine?**

- 1) Anyone with a history of severe allergic reaction to any ingredient in the vaccine.
- 2) Anyone who is allergic to polyethylene glycol (PEG) should not get the Pfizer vaccine, as it is one of the components.
- 3) Anyone who had a severe allergic reaction after the first dose should not get the second dose of that vaccine.

If you previously had an allergic reaction to a medication or vaccine, but are unsure what specific ingredient caused it, please speak to your healthcare practitioner before getting the vaccine.

### **For people with allergies, who should speak to their health practitioner before getting the vaccine?**

Anyone with a history of allergic reactions to other vaccines or medicines should first speak to their health practitioner to find out which ingredient caused the allergic reaction. The healthcare practitioner will tell you whether it is safe to get the vaccine. If your healthcare practitioner says you can get the vaccine, but your previous reaction to a vaccine or medication was severe, you should be vaccinated in a hospital and be observed for 30 minutes after vaccination. If your previous reaction was not severe, you can get the vaccine at

a normal vaccination site, but you must wait in the observation area for 30 minutes after getting the vaccine to make sure there is no allergic reaction.

**Is it safe to get the vaccine if you are allergic to eggs?**

Yes. None of the COVID-19 vaccines have any egg proteins. However, you will have to stay in the observation area for 30 minutes after getting the vaccine, instead of the standard 15 minutes, because you have a history of allergies.

**I have heard of elderly people dying shortly after getting the vaccine. Is the vaccine safe for the elderly?**

The vaccine is both safe and highly effective to prevent severe COVID-19 disease and death. Through the use of the vaccine we are seeing a huge drop in deaths from COVID-19 in the elderly in several countries.

**Why do some people still get COVID-19 within two weeks after getting the vaccine?**

It takes at least two weeks for the body to develop immunity after getting the vaccine. You are only 'fully vaccinated' 30 days after getting the J&J vaccine or two weeks after the second dose of the Pfizer vaccine. If you are exposed to the virus before you are 'fully vaccinated', you may get the disease.

Also, if you get COVID-19 within a few days after being vaccinated, it means you were already infected before getting the vaccine.

The vaccine also does not completely prevent COVID-19 infection, even after you are 'fully vaccinated' but reduces the risk of severe COVID-19 infection, hospitalisation or death from COVID-19.

**Can the vaccine cause COVID-19 disease?**

None of the vaccines used in South Africa contains the live virus that causes COVID-19. The vaccine can therefore not make you sick with COVID-19.

**Can the Pfizer vaccine cause heart inflammation? Is it safe to give the vaccine to elderly people?**

In a very few cases, doctors found heart inflammation in young men who got the Pfizer vaccine. This is a very rare side effect, usually seen within two weeks after the second dose of the vaccine. Common symptoms are chest pain, shortness of breath and an abnormal heartbeat (fast, pounding or fluttering). These symptoms are mostly mild and can be treated, followed by recovery shortly thereafter. People should therefore be aware of the symptoms and immediately seek medical help.



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## IMIBUZO EVAME UKUBUZWA NGOKUPHEPHA KWEMIJOVO NOBUNGOZI OBUKHAMBISANA NAYO

Ngeenkxhathi ezijayelekileko, umjovo ungawusebenzisa kwaphela nakube utloliswe nesiGungu esiLawula iinSetjenziswa zePilo eSewula Afrika (i-SAHPRA). I-SAHPRA itlolisa umjovo kwaphela nakube:

- ulingelwe ngokupheleleko ngokwehlelo lezokwelapha, begodu
- yoke imininingwana yelwazi etholakele ekulingelweni ifundisiwe ukuthola bona iphephile na, iyikhwalthi ehle nesebenzako.

Ebujameni oburhabako bukamabhubhisa oyi-COVID-19, i-SAHPRA ingavumela umjovo ongakatloliswa ukuthi usebenze isikhathi esithileko (imvumo yokusetjenziswa ebujameni oburhabekileko). Lokhu kwenzeka lokhuya nakunelwazi elaneleko i-SAHPRA engaba neqiniso ukuthi umjovo loyo uphephile futhi uyasebenza, kodwana ukube ilwazi elikhona alikabi ukwanela ukwanelisa yoke imibandela ukuthi ungatloliswa ngokupheleleko.

### **Ingabe umjovo i-J&J usese ngwesilingelelo na?**

Awa. Uphelile umsebenzi wokulingelela umjovo i-J&J begodu njenganje sewutlolisiwe ku-SAHPRA. I-J&J izakusolo yenza amarhubhululo bese idlulisela ekutholako ku-SAHPRA kobanyana ilandelele ukuphepha komjovo lo.

### **Kubayini imijovo yama-China yavunyelwa msinyana kangaka kodwana ye-J&J yona yathatha isikhathi eside kangaka? Kghani lokhu kwenziwa budlelwana urhulumente anabo ne-China?**

I-CoronaVac (umjovo we-China) yasele iqedile ukulingelela nayenza isibawo sokutloliswa yi-SAHPRA). I-J&J kwakusafanele bona iqedelele isigaba sesiThathu sokulingelela ngaphambi kokutloliswa. I-SAHPRA izijamele, ayisingaphasi kwakarhulumente. Mijovo ephasise yi-

SAHPRA kwaphela engasetjenziswa, kodwana msebenzi karhulumende ukukhetha ukuthi ngimiphi imijovo ezakusetjenziselwa amahlelo wokujova.

**Ngimuphi umjovo (i-J&J namkha i-Pfizer) ongcono kunomunye?**

Yomibili imijovo le iphephile begodu izakuvikela ukuthi ungaguli khulu, ikuvikele ukuthi ungayi esibhedlela, namkha ikuvikele ukuthi ungagcini uthethwe yi-COVID-19. Ukungaphatheki kuhle komzimba okubangwa kujova kuyafana nanyana ujove nge-J&J nanyana ujove nge-Pfizer kuyafanana. Ukungaphatheki kuhlokho akunamandla angako, begodu kuphela ngamalanga amathathu. Ngalokho-ke umjovo ongcono ngilowo okhona ngesikhatheso nowuthole ntanzi.

**Kunesidingo na ukuthi ngijove nakube sengakhe ngaphathwa yi-COVID-19 yabe yaphola? Umzimbami angeze wazilwela ngokwawo na ukucitha lesisifo, ngaphandle kobana kube nokhunye ukungaphatheki kuhle emzimbeni okubangwa mjovo?**

Ubufakazi butjengisa ukuthi umzimbakho awunamandla aneleko wokuzilwela esifeni nawuphethwe yi-COVID-19, begodu nawo lawo akhonyana aphela msinyana kunawomjovo. Ukujova kuphakamisa amandla womzimbakho wokuzivikela isikhathi eside. Ukungaphatheki kuhle komzimba okubangwa kujova akunamandla angako begodu akuthathi isikhathi esingaphezulu kwelanga linye namkha mabili, ukube kanti ukuguliswa yi-COVID-19 kungenza ukuthi umuntu ayokulala esibhedlela namkha umuntu ahlolongakale.

**Kwenziwe yini ukuthi selulwe isikhathi umuntu asilindako hlangana nemithamo emibili yomjovo we-Pfizer?**

Isikhathi hlangana kwemithamo ye-Pfizer selulwe ngenca yokuthi sekunobufakazi bokuthi nawuhlaba umthamo wesibili ngemva kwamalanga ama-42 emveni kokuhlaba umthamo wokuthoma, umzimbakho uba namandla ngcono wokulwa nesifo, begodu namandla wokulwa lawo ahlala isikhathi kunalokhuya imithamo emibili le nayilandelana eduze.



## **Abantu bamagulo ekukhanjwa nawo, njengokugula komfutho ophezulu weengazi, nabo bangajova na?**

Abantu bamagulo ekukhanjwa nawo njengokugula komfutho ophezulu weengazi, isifo sehliziyo kunye nesetjhukela, ngibo abasengozini ekulu yokuguliswa yi-COVID-19. Ngalokho-ke bazakusizakala khulu ngokuthola umjovo. Kufuze benze neqiniso lokuthi ukugula kwabo kuyalawuleka, banande bayozihlolisa kumsebenzi wezepilo, begodu bazisele ngefanelo iinhlahla zabo. Nawunganasiqiniseko ngobujamo bakho, bonana nomsebenzi wezepilo.

## **Nginamatshayo we-COVID-19 – kuphephile na ukuthi ngijove?**

Akukafaneli ujove nakube unamatshayo we-COVID-19, okungasenani khamba uyokuhloliswa ingogwana. Nakube une-COVID-19, kufuze ulinde amalanga ama-30 ubuncani bakhona emveni kokuthola kwakho ukuthi une-COVID-19 ngaphambi kokujova.

## **Kuyingozi engangani ukuzondwa mjovo?**

Yinto engakavami ukuzondwa mjovo ngendlela edluleleko. Ukuzondwa mjovo kuvamise ukuzibonakalisa ngemva kwemizuzwana namkha imizuzu embadlwana ngemva kokujova. Ngikho-ke BOKE abantu kufuze balinde endaweni yokulinda imizuzu eli-15 ngemva kokujova, kobanyana kuzokuba neqiniso lokuthi akunamuntu umjovo loyo omzondisa khulu.

## **Ebantwini abazondwa mjovo, bobani EKUNGAKAFANELI ukuthi bajove?**

- 1) Nanyana ngubani umzimbakhe owakhe wazondiswa kumbi ziinthako namkha ngesinye seenthako ekudidiyelwe ngazo umjovo lo.
- 2) Nanyana ngubani umzimbakhe ozondiswa yi-*polyethene glycol (i-PEG)* akukafaneli bona ajove ngomjovo i-Pfizer, ngoba inesinye salezonthako.
- 3) Nanyana ngubani umzimbakhe owazonda ngokudluleleko ngemva komthamo wokuthoma womjovo akukafaneli abuyele ayokujova umthamo wesibili womjovo loyo.

Nakube phambilini umzimbakho ukhe wazonda nawawusebenzise isihlahla esithileko namkha nawujovileko, kodwana ukube awunaqiniso ukuthi ngisiphi isithako esabanga lokho, sibawa ukhulumisane nodorhoderakho namkha isiphathiswa esitjheja zepilwakho yomzimba ngaphambi kobana ungajova.

## **Ebantwini umzimababo ozondako, bobani ekufuze bakhulumisane neemphathiswa zabo zepilo ngaphambi kokujova?**

Nanyana ngubani umzimbakhe owakhe wazondiswa ngeminye imijovo namkha iinhlahla kufuze athome ngokukhulumisana nesiphathiswa sakhe esitjheja ipilwakhe yomzimba ukuthola ukuthi ngisiphi isithako esazondisa umzimba. Isiphathiswa sezepilo leso sizakutjela ukuthi kuphephile na ukujova ngomjovo loyo. Nakube isiphathiswa sakho sezepilo sikutjela ukuthi ungajova, kodwana ukube ukugcina kwakho ukujova namkha ukusebenzisa isihlahla esithileko umzimbakho wazonda ngokudluleleko, kuzakufuneka uyokujova esibhedlela, bese ulindiswa imizuzu ema-30 utjhejiwe ngemva kokujova. Nakube phambilini umzimbakho azange uzonde okudluleleko, ungathola umjovakho eziko lokujova elijayelekileko, kodwana kuzakufuneka ukuthi ulinde ama-30 wemizuzu ngemva kokujova bakutjhejile, kuqalwa ukuthi umzimbakho awukazondi na.

## **Kuphephile na ukujova nakube umzimbakho uzondwa maqanda?**

Iye. Imijovo ye-COVID-19 ayinamaphrotheyini wamaqanda. Nokho-ke, kuzakufuneka ukuthi ulinde lapho kulindiswa khona abantu abaqeda ukujova imizuzu ema-30 ngemva kokujova, endaweni yobanyana ulinde imizuzu eli-15 njengokujayelekileko, ngoba unomlando wokuzonda komzimba.

## **Ngikhe ngezwa ngezehlakalo lapho abantu abadala babhubhe khona nabaqeda ukujova. Umjovo ubalungele na abantu abadala?**

Umjovo uphephile begodu usebenza kuhle khulu ukukhandela ukuthi *i-COVID-19* ingakugulisi ngokudluleleko beyikubulale. Ngokusebenzisa umjovo, sibone lehle khulu inani labantu abadala ababulewe yi-COVID-19 emazweni ambadlwana.

## **Kwenziwa yini ukuthi abanye abantu babanjwe yi-COVID-19 kungakapheli iimveke ezimbili ngemva kokujova kwabo?**

Kuthatha iimveke ezimbili ubuncani bakhona ukuthi umzimba wakhe amasotja wokuzivikela emveni kobana umuntu ajovile. Kuthatha amalanga ama-30 ukuthi umzimbakho 'uvikeleke ngokupheleleko' emveni kobana ujove ngomjovo i-J&J namkha kuthatha iimveke ezimbili ukuthi 'uvikeleke ngokupheleleko' ngemva kobana uthole umthamo wesibili we-Pfizer. Nakube ungenwe yingogwana ngaphambi kobana 'ujove ngokupheleleko', kungenzeka isifesi sikubambe.

Okhunye, nakube ungenwa yi-COVID-19 ngemva kwamalanga emveni kobana ujovile, kutjho ukuthi nawujovako besele ikungenile ingogwana.

Godu umjovo lo awuyivimbeli ukuthi ingakuphathi sakukuphatha *i-COVID-19*, ngitjho nangemva kobana 'sewujove ngokupheleleko,' kodwana wehlisa ingozi yokuguliswa yi-*COVID-19* ngokudluleleko, nayithuke ikungenile, iphungule nethuba lokuyokulaliswa esibhedlela namkha lokuthi igcine ikubulele *i-COVID-19*.

### **Umjovo lo ungasibanga na isifo *i-COVID-19*?**

Emijoveni esetjenziswa eSewula Afrika, ayikho enengogwana ephilako ebanga *i-COVID-19*. Ngalokho-ke umjovo angeze wakugulisa nge-*COVID-19*.

### **Umjovo we-Pfizer ungabangela ubuhlungu namkha ukuvuvuka kwehliziyo na? Kuphephile na ukujova abantu abadala ngomjovo lo?**

Laphaya nalaphaya abodorhodere bakhe bathola abantu abatjha abaduna iinhliziyo zabo zivuvukile emveni kobana bajove nge-Pfizer. Lokhu-ke kugula okuthontelako okukhamba nokujova, okuvamise ukuvela kungakapheli iimveke ezimbili ngemva komthamo wesibili womjovo. Amatshwayo wakho avamileko ziinhlabi esifubeni, iphika kunye nehliziyo ebetha ngendlela engakajayeleki (ibetha msinyana khulu, ibethela phezulu namkha idengezele.) Amatshayo la avamise ukungabi bukhali khulu, begodu angelapheka, kulandele ukwelulama msinyana ngemva kwalokho. Ngalokho-ke kufuze abantu bawalimuke amatshwayo la, babawe isizo lokwelatjhwa msinyana.



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## **IMIBUZO EBUZWA RHOQO**

### **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 iimfuno ezidingekayo ukuze libhaliswe ngokupheleleyo.

#### **Ingaba iyeza lokugonya i-J&J lisekumphulo 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.



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## **IMIBUZO 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 ungaso 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 uyohlolwa 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 ungasoma, 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', ungatheleleka 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.



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## **DIPOTŠIŠO TŠEO DI BOTŠIŠWAGO KA MEHLA KA POLOKEGO YA MEENTO LE DITLAMORAGO TŠA YONA TŠE ŠORO**

### **Phapano ke efe magareng ga meento yeo e ngwadišitšwego le meento yeo e 'dirišwago nakong ya tšhoganetšo'?**

Mo dinakong tšeo di tlwaelegilego, o ka šomiša moento ge feela moento woo o ngwadišitšwe le ba Setheo sa Taolo ya Ditšweletšwa tša Maphelo sa Afrika Borwa (SAHPRA). SAHPRA e tla ngwadiša moento ge feela:

- diteko ka moka tša mabapi le tša maphelo di dirilwe; le
- ge ba tsinketše tshedimošo ka moka go tšwa ditekong go bona ge eba moento o bolokegile, ke wa boleng bja godimo ebile o šoma ka go phethagala

Nakong ya tšhoganetšo, go swana le ka leuba la *COVID-19*, SAHPRA e ka dumelela moento woo o sego wa ngwadišwa gore o šomišwe nakong ye itseng (tumelelo ya go o šomiša nakong ya tšhoganetšo). Se se direga ge go na le tshedimošo yeo e lekanego yeo e dirago gore SAHPRA e be le tshepo ya gore moento o bolokegile ebile o šoma ka go phethagala, efela tshedimošo yeo e se yeo e lekanego go ka fihlelela dinyakwa tša gore moento wo o ngwadišwe ka botlalo.

### **Naa moento wa J&J o santše o le ka fase ga diteko tša maphelo?**

Aowa. Diteko tša maphelo tša moento wa J&J di dirilwe gomme bjale o ngwadišitšwe le ba SAHPRA. J&J e tla tšwela pele go o tsinkela gomme e iše tshedimošo go ba SAHPRA gore ba bee leihlo polokego ya moento wo.

**Naa goreng meento ya go tšwa China e dumeletšwe ka pelapela efela ya J&J yona e tšeere nako bjalo? A e ka ba lebaka la se ke kamano yeo mmušo o nago le yona le naga ya China?**

Ba *CoronaVac* (moento wa China) ba be ba šetše ba feditše ka diteko tša maphelo ge ba tla dira dikgopelo go ba SAHPRA gore ba fetiše moento. Ba J&J bona ba be ba sa hloka go feleletša legato la boraro la diteko tša maphelo pele moento o ka fetišwa. SAHPRA e ikeme, ga e ka fase ga mmušo. Ke feela meento yeo e fetišitšwego ke SAHPRA e ka šomišwago, efela mmušo o rwele maikarabelo a go tšea sephetho sa gore ke moento goba meento efe yeo e tlo abjago bjalo ka karolo ya mananeo a meento.

**Ke moento ofe (J&J goba Pfizer) woo o lego o mokaonekaone?**

Bobedi meento ye e bolokegile gomme e tla go šireletša gore o se lwale kudu, o se amogelwe bookelong goba wa hlokofala ka baka la *COVID-19*. Ditlamorago tša go tšwa go J&J le Pfizer di a swana. Ke tša magareng ebile di a timelela mo matšatšing a go se fete a mararo. Ka go realo, moento o mo kaonekaone ke woo o lego gona ebile o tla hlabelwago ka ona pele.

**Naa go a hlokega gore ke entelwe ge eba nkile ka fetelwa ke *COVID-19* peleng? Naa mmele wa ka o ka se kgone go lwantšhana le bolwetši ka boona ntle le gore o itemogele ditlamorago tša moento?**

Bohlatse bo bontšha gore go ikarabela ga mmele wa gago ge o bolawa ke *COVID-19* ga go na maatla ebile ke ga nakwana go feta go ikarabela go moento. Go hwetša moento go tla go fa mašole a mmele ao a tiilego ebile a swarelelago. Ditlamorago tša moento ke tša magareng, ebile di timelela ka letšatši go ya go a mabedi, mola go lwatšwa ke *COVID-19* go ka dira gore o amogelwe bookelong goba o hlokofale.

**Goreng nako ya go entelwa la mathomo le la bobedi ka Pfizer e okeditšwe?**

Nako ya gare ga meento ya Pfizer e okeditšwe ka ge bjale go na le bohlatse bja gore ge o ka hlabelwa mo nakong ya matšatši a 42 morago ga go hlabelwa la mathomo, go ikarabela ga mmele wa gago go tia le go feta ebile go swarelela go feta ge nako e be e le e nnyane.

**Naa batho bao ba nago le malwetši ao a sa folego a bjalo ka madi a magolo ba ka entelwa?**

Batho bao ba nago le malwetši ao a sa folego a bjalo ka madi a magolo, bolwetši bja pelo le bja swikiri ba kotsing e kgolo ya go fetelwa ke *COVID-19* gašoro. Ka go realo, ba tla thušega

kudu ge ba ka entelwa. Ba swanetše ba be ba netefatše gore bolwetši bja bona bo bewa ka tlase ga taolo, ba ya go yo hlolwa kgafetšakgafetša ke dingaka tša bona ebile ba nwa dihlare tša bona. Ge eba ga o na bonnete mabapi le bolwetši bja gago, gona boledišana le ngaka ya gago.

### **Ke na le dika tša COVID-19 – naa go bolokegile gore nka entelwa?**

Ga se wa swanela go entelwa ge eba o na le dika tša COVID-19; bokaone o ye ditekong. Ge eba o na le COVID-19, o swanetše o eme tekano ya matsšatši a 30 morago ga ge o fodile pele o ka entelwa.

### **Naa go ba le aletši go moento go kotsi gakaakang?**

Go ba le aletši e šoro go moento ga go ke go eba gona. Ke ka fao batho KA MOKA ba swanetšeng ba be ka lefelong leo ba bewago leihlo nako ya metsotso e 15 go netefatša gore ga ba be le aletši e šoro.

### **Go batho bao ba nago le dialetši, ke bafe bao ba sa SWANELAGO go entelwa?**

- 1) Batho bao ba nago le histori ya go ba le aletši go ye nngwe ya metswako ya ka gare ga moento.
- 2) Batho bao ba nago le aletši go motswako wa *polyethylene glycol* (PEG) ga se ba swanela go hlabela moento wa Pfizer ka ge o le gona ka moentong woo.
- 3) Batho bao ba bilego le aletši e šoro morago ga go hlabela la mathomo ba se ke ba yo hlabela moento woo la bobedi.

Ge eba o kile wa ba le aletši go moriana goba moento gomme o se na nnete ya gore ke motswako ofe o hlotšeng seo, gona boledišana le ngaka ya gago pele o ka yo entelwa.

### **Go batho bao ba nago le dialetši, ke bafe bao ba swanetšeng ba boledišane le dingaka tša bona pele ba ka yo entelwa?**

Batho bao ba nago le histori ya dialetši go meento e mengwe goba dihlare ba swanetše ba boledišane le dingaka tša bona pele go tseba gore ke motswako ofe woo o hlotšego aletši. Ngaka e tla go botša ge eba go bolokegile go entelwa. Ge ngaka ya gago e ka re o entelwe empa o kile wa ba le aletši e šoro go moento peleng, gona o swanetše o entelwe bookelong gomme o bewe leihlo metsotso e 30 morago ga go entelwa. Ge eba ga se wa ba le aletši e

šoro, o ka no ya go entelwa lefelong la go entela leo le tlwaelegilego, efela o swanetše o bewa leihlo metsotso e 30 morago ga go entelwa go netefatša gore ga o be le aletši.

### **Naa go bolokegile go entelwa ge eba o na le aletši go mae?**

Ee. Ga go na moento wa *COVID-19* woo o nago le proteini ya mae. Le ge go le bjalo, o tla swanela ke go bewa leihlo metsotso e 30 morago ga go entelwa, e sego e 15 yeo e tlwaelegilego, ka ge o ena le histori ya dialetši.

### **Ke kwele ka batšofadi bao ba hlokofalago morago ga go entelwa. Naa moento o bolokegile go batšofadi?**

Moento o bolokegile ebile o šoma ka go phethagala go thibela go fetelwa gašoro ke bolwetši bja *COVID-19* le lehu la go hlolwa ke bjona. Ka meento e, re šetše re bona go fokotšega kudu ga mahu a go hlolwa ke *COVID-19* go batšofadi ka dinageng tše ntši.

### **Goreng batho ba bangwe ba e sa fetelwa ke *COVID-19* mo nakong ya go se fete beke tše pedi morago ga go entelwa?**

Go tšea beke tše pedi morago ga go entelwa gore mmele o kgone go aga mašole a mmele. O ba yoo a 'entetšwego ka botlalo' morago ga matšatši a 30 o entetšwe ka moento wa J&J goba beke tše pedi morago ga go entelwa la bobedi ka moento wa Pfizer. Ge go ka diragala gore o be fao go nago le kokwanahloko pele o ka ba 'yoo a entetšwego ka botlalo', gona o ka tsenwa ke bolwetši bjo.

Se sengwe gape ke gore ge o ka tsenwa ke *COVID-19* matšatši a se makae morago ga go entelwa, go ra gore e be e šetše e go tsene le pele o yo entelwa.

Moento ga o thibele ka botlalo go fetelwa ke *COVID-19* le ka morago ga ge o le 'yoo a entetšwego ka botlalo', efela o fokotša phetelo e šoro ya *COVID-19*, go robala bookelong le lehu la go hlolwa ke yona.

### **Naa moento o ka hlola bolwetši bja *COVID-19*?**

Go meento yeo e šomišwago ka Afrika Borwa, ga go na woo o nago le kokwanahloko ya go hlola *COVID-19*. Ka fao, moento o ka se go fetetše ka *COVID-19*.

**Naa moento wa Pfizer o ka go hlolela go ruruga ga pelo? Naa o bolokegile go ka hlabelwa batšofadi?**

Mo mabakeng a se makae, dingaka di humane go na le go ruruga ga pelo go masogana ao a hlabelweng moento wa *Pfizer*. Tše ke ditlamorago tše di sa bego gona gakaalo, gomme di bonagala gantši morago ga go hlabelwa la bobedi ka moento woo. Dika tše di tlwaelegilego ke bohloko kgareng, go palelwa ke go hema le go betha ka maatla ga pelo moo go sa tlwaelegago (e pompa ka lebelo, e a kibakiba goba e a thebatheba). Dika tše gantši ke tša magareng ebile di ka alafega, gomme morago ga fao motho a fola. Ka fao batho ba swanetše ba lemoge dika tše gomme ba nyake thušo ya tša maphelo ka pela.





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## **DIPOTSO TSE ATISANG HO BOTSWA MALEBANA LE POLOKEHO YA ENTE LE DITLAMORAO TSA YONA**

### **Phapang ke efe pakeng tsa ente e ngodisitsweng le e sebediswang maamong a “tshohanyetso”?**

Maamong a tlwaelehileng, o ka sebedisa ente e ngodisitsweng le Mokgatlo o Laolang Meriana Afrika Borwa (SAHPRA). SAHPRA e ngodisa ente:

- ha diteko tsohle tsa bongaka di phethetswe, le
- ha ba se ba ikgodisitse ka botlalo hore ho ya ka dintlha tsa yona e feela e polokehile, e bile e sebetsa.

Maamong a tshohanyetso a kang a koduwa ena ya *COVID-19*, SAHPRA e ka dumella hore ente e sa ngodiswang e sebediswe (e sebediswe maamong a tshohanyetso e ntse e sa ngodiswa jwalo). Sena se etsahala haeba SAHPRA e na le dintlha tse lekaneng tsa hore ente eo e bolokehile. Leha ho le jwalo, dintlha tseo tsa teng di e be di so ka di fella hore ente eo e ngodiswe ka botlalo.

### **E ka ba ente ya J&J e ntse e le ditekong tsa bongaka?**

Tjhe. Ente ya J&J e se e ngodisitswe ke SAHPRA. Ba ha J&J ba tla tswela pele le dipatlisiso mme ha ho na le dintlha tse ding e tla di tlisa ho SAHPRA ho lekola polokeho ya ente eo.

### **Hobaneng ente tsa Matjhaena di phakisitse ho tjhaelwa monwana empa J&J yona e nkile nako e telele? E ka ba ke ka lebaka la dikamano tsa mmuso wa rona le naha ya Tjhaena?**

*CoronaVac* (e leng ente ya Tjhaena) e ne e se e fetile ditekong tsa bongaka nakong eo e neng e kenya kopo ya boingodiso ho SAHPRA. J&J yona e sa ntsane e tlameha ho feta mokgahlelong wa boraro wa diteko tsa bongaka pele e ka tjhaelwa monwana. SAHPRA ke mokgatlo o ikemetseng, ha e a kopana le mmuso. Ke ente tse tjhaetsweng monwana ke SAHPRA feela tse ka sebediswang, leha ho le jwalo, ke boikarabelo ba mmuso ho nka qeto ya hore ke mofuta o fe wa ente o ka kengwang letsholong la ho enta setjhaba.

### **Ke ente e fe e betere (J&J kapa Pfizer)?**

Ente tsena ka bobedi di bolokehile, di o sireletsa hore *COVID-19* e se o kudise haholo, o be o robatswe sepetlele kapa e o bolaye. Ditlamorao tsa ente ya J&J le ya Pfizer di a tshwana. Di bobebe mme di iphella feela matsatsing a mararo. Ka lebaka leo, re ka re ente e betere ke ena e fumanehang le eo o e fumantshitsweng lekgetlo la pele.

### **Na ke ntse ke tlameha ho enta le haeba nkile ka tshwarwa ke *COVID-19* nakong e fetileng? Na mmele wa ka o ke se itwanele ka boona ntle le hore motho a be le ditlamorao tse ente ena?**

Bopaki bo bontsha hore ha o kula ke *COVID-19* masole a mmele wa hao a a fokola, a se kgone ho itwanela hantle ha ho bapiswa leha o lwantsha ditlamorao tsa ente. Ho enta ho tla matlafatsa masole a mmele wa hao le hore o kgone ho itwanela mafung. Ditlamorao tsa ente di bobebe mme di iphella feela letsatsing ho ya ho a mararo, athe ka ho le leng, ho kudiswa ke *COVID-19* ho ka o robatsa sepetlele kapa ya o bolaya.

### **Hobaneng nako e pakeng tsa tekanyetso ya pele le ya bobedi ya Pfizer e ekeditswe?**

Nakong ya jwale ho se ho na le bopaki ba hore ha o nka tekanyetso ya bobedi ya ente ka mora matsatsi a 42 ho tloha ho ya pele, mmele wa hao o kgona ho amohela ente hantle le ho matlafatswa ke yona ha ho bapiswa le ha o e pheta nakong e kgutshwane.

### **Na batho ba nang le mahloko a sa alafeheng jwalo ka kगतello e hodimo ya madi ba ka enta?**

Batho ba nang le mahloko a sa alafeheng a kang kगतello e hodimo ya madi, lefu la pelo mmoho le la tswekere ba kotsing ya ho kudiswa ke *COVID-19* ka matla. Ka lebaka lena, ho molemo hore ba fumane ente. Maemo a bona a tlameha ho ba a laolehang, ba ye ditlhahlobong tsa bona tsa kgwedi le kgwedi le hona ho nwa meriana ya bona ka nepo. Haeba o se na bonnete ka maemo a hao, ho molemo ho bonana le ngaka ya hao.

### **Ke na le matshwao a *COVID-19* – na ho bolokehile ho enta?**

Ha o a tlameha ho enta haeba o na le matshwao a *COVID-19*, seo o ka se etsang feela ke hore o etse diteko. Haeba diteko di bontsha hore o na le *COVID-19*, o tlameha ho ema bonyane matsatsi a 30 pele o ka enta.

### **Batho ba mmele e utlwelang enteng ba kotsing ho le ho kae?**

Ha se hangata ho nang le batho ba utlwelang haholo ho ente. Ho utwela ho etsahalang ke ho iphellang feela metsotsong e ka bang 15 ka mora ho enta.

### **Ho ba mmele e utlwelang, ke ba feng ba SA tlamehang ho enta?**

- 1) Mang kapa mang ya nang le nalane ya ho utwela ho e nngwe ya metswako ya ente.
- 2) Mang kapa mang ya hlolwang ke *polyethene glycol (PEG)* ha a ya tlameha ho enta ka ente ya Pfizer jwalo ka ha *(PEG)* ena e le e nngwe ya metswako e meholo ya ente ena.
- 3) Mang kapa mang ya ileng a ba le matshwao a ho hlolwa ke tekanyetso ya pele ya ente ha a ya tlameha ho nka tekanyetso ya bobedi.

Haeba o kile wa ba le matshwao a ho utwela ho moriana o itseng kapa yona ente, leha o sa tsebe hore ke motswako o fe ho yona o o hlolang, ho molemo ho bua le mosebeletsi wa tsa bophelo bo botle pele o enta.

### **Bathong bana ba mmele e utlwelang, ke mang ho bona ya tlamehang ho bua le mosebeletsi wa tsa bophelo bo botle pele a enta?**

Mang kapa mang ya nang le nalane ya ho utwela merianeng kapa ho ente a ka bua le mosebeletsi wa tsa bophelo bo botle ho ka fumana hore ke motswako o fe o hlileng o mo hlolang. Mosebeletsi enwa o tla o bolella haeba ho bolokehile ho enta. Haeba mosebeletsi enwa a re o ka enta empa o tseba hore ho utwela ha

hao ha nako e fetileng ho bile matla, o tla tlameha ho entela sepetelele moo ba tlang o beha leihlo nako e ka bang metsotso e 30 ka mora ho enta.

**Na ho bolokehile ho enta haeba mmele wa hao o utlwela metswakong ya mahe?**

Ho bolokehile, ha ho na ente ya *COVID-19* e nang le metswako ya diprotheni tsa mahe. Leha ho le jwalo, hobane o na le nalane ya ho utlwela merianeng, o tla tlameha ho ema metsotso e ka bang 30 ka mora ho enta ho e na le e 15 e behilweng o e emang ka mora ho enta.

**Ke utlwa ho thwe batho ba seng ba hodile ba atisa ho hloka hala ka mora ho enta. Na ente ena e bolokehile bathong ba seng ba le baholo?**

Ente e bolokehile e bile e a sebetsa ho thibela ho kula haholo ka lebaka la *COVID-19* kapa ho bolawa ke yona.

**Hobaneng batho ba bang ba ntse ba tshwarwa ke *COVID-19* dibekeng tse pedi ba entile?**

Ho nka nako e ka etsang dibeke tse pedi pele ente e ka kgona ho sebetsa mmeleng wa hao. Mmele wa hao o bolokeha ka botlalo ho *COVID-19* ka mora matsatsi a 30 o entile ka ente ya J&J kapa dibeke tse pedi ka mora tekanyetso ya bobedi ya ente ya ha Pfizer.

E nngwe taba ke yena, haeba o ba le matshwao a *COVID-19* matsatsinyana feela ka mora ho enta, seo se bolela hore o entile o se o tshwaeditswe.

E nngwe taba ke hore ente ha e thibele ho tshwaetswa ke *COVID-19* ka botlalo, empa e thibela hore o se kule haholo, o se robatswe sepetelele kapa hona ho bolawa ke yona.

**Na ente e ka baka *COVID-19*?**

Enteng tse sebedisang Afrika Borwa, ha e yo e nang le kokwanahloko ya *COVID-19*. Ka lebaka lena, ente e ke se o bakele hore o kudiswe ke *COVID-19*.

**Na ente ya Pfizer e ruruhisa pelo? Na e bolokehile bathong ba seng ba hodile?**

Ke makgetlong a mmalwa moo dingaka di fumaneng hore banna ba neng ba entile ba ruruhile dipelo ka mora ho enta ka ente ya ha Pfizer. Ena ke ketsahalo e sa atang, e etsahalang dibekeng tse pedi ka mora tekanyetso ya bobedi ya ente ena. Matshwao ana e ba bohloko sefubeng, ho fellwa ke moya le ho se otle hantle ha pelo (ho otlala ka matla kapa butle). Ana ke matshwao a bang bobebe, a iphellang ha motho a fumane kalafo. Batho ba tlameha ho tseba ka matshwao ana e le hore ba tle ba potlake ho kopa thuso ha ba qala ba a hlokomela.



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## **DIPOTSO TSE DI BODIWANG KA GALE MABAPI LE PABALESEGO YA MEENTO LE DITLAMORAGO TSE DI MASISI**

### **Pharologano ke eng magareng ga meento e e kwadisitsweng le meento ya “tiriso ya tshoganyetso”?**

Mo maemong a a tlwaelegileng, o ka dirisa moento fela fa o kwadisitswe le Bothati jwa Aforikaborwa jwa Taolo ya Ditlhagiswa tsa Boitekanelo (SAHPRA). SAHPRA e ka kwadisa moento fa fela:

- go dirilwe ditekeletso tsotlhe tsa kalafi, le fa
- ba sekasekile tshedimisetso yotlhe ya diteko go bona gore a o babalesegile, ke wa boleng jo bo siameng le gore a o na le bokgoni

Mo maemong a tshoganyetso jaaka leroborobo la COVID-19, SAHPRA e ka letlelela gore moento o o sa kwadisiwang o dirisiwe mo pakeng e e rileng (tumelelo ya tiriso ya tshoganyetso). Seno se diragala fa go na le tshedimisetso e e lekaneng mme SAHPRA e dumela gore moento oo o babalesegile e bile o na le bokgoni, fela tshedimisetso e ise e lekane go fitlhelela ditlhokego tsotlhe tsa kwadiso e e tletseng.

### **A moento wa J&J e sa ntse e le wa ditekeletso tsa kalafi?**

Nnyaa. Ditekeletso tsa kalafi tsa moento wa J&J di setse di dirilwe mme jaanong o kwadisitswe le SAHPRA. J&J e tlaa tswelela go dira dithutopatisiso le go romela tshedimisetso eo kwa SAHPRA go ela tlhoko pabalesego ya moento.

### **Goreng meento ya kwa China e letleletswe ka bonako jaana mme J&J yona e tsere sebaka se se kalo?**

#### **A ke ka ntlha ya kamano ya puso le China?**

CoronaVac (moento wa China) e ne e setse e konoseditse ditekeletso tsa yona tsa kalafi fa ba ne ba dira kopo ya tsetselelo kwa SAHPRA. J&J e ne e sa ntse e tshwanetse go konosetsa kgato ya bo3 ya ditekeletso tsa kalafi pele e ka letlelelwa. SAHPRA e ikemetse mme ga se setheo sa puso. Ke fela meento e e letleletsweng ke SAHPRA e e ka dirisiwang, fela puso ke yona e rweleng maikarabelo a go swetsa gore ke meento efe e e tlaa rebolwang jaaka karolo ya mananeo a go enta.

### **Ke moento ofe (J&J kgotsa Pfizer) o o gaisang?**

Meento ka bobedi e babalesegile e bile e tlaa go sireletsa kgatlhanong le go lwala thata, go ya bookelong kgotsa go tlhokafala ka ntlha ya COVID-19. Ditlamorago tsa J&J le Pfizer di a tshwana. Di botlhofo mme di tlaa fela mo malatsing a le mararo. Ka jalo, moento o o gaisang ke moento o o leng teng le o o neetsweng la ntlha.

**A ke tlhoka go entiwa fa e le gore ke ne ka fola mo bolwetseng jwa COVID-19? A mmele wa me o ka se kgone go lwantsha bolwetse ka boona, ntle le go sotliwa ke ditlamorago tsa moento?**

Bopaki bo supa gore tsibogo ya mmele fa o tshwerwe ke COVID-19 e bokoa e bile e khutshwane fa e bapisiwa le tsibogo ya moento. Go bona moento go tlaa go naya tsibogo e e maatla le e e tlaa tsayang sebaka ya masole a mmele. Ditlamorago tsa moento di bothofo mme di ka se nne go feta letsatsi kgotsa a mabedi, mme go lwala ka ntlha ya COVID-19 gona go ka go bakela go amogelwa kwa bookelong kgotsa loso.

**Goreng paka magareng ga meento e mebedi ya Pfizer e okeditswe?**

Paka magareng ga meento e mebedi ya Pfizer e ne ya okediwa gonne ga jaana go na le bopaki jo bo supang gore fa o entiwa la bobedi matsatsi a le 42 morago ga go entiwa la ntlha, tsibogo ya mmele wa gago e nna maatla e bile e tsaya sebaka go na le fa paka eo e le khutshwane.

**A batho ba ba nang le malwetse a a nnang sebaka se setelele, jaaka kgatelelo e e kwa godimo ya madi ba ka entiwa?**

Batho ba ba nang le malwetse a a nnang sebaka se setelele jaaka kgatelelo e e kwa godimo ya madi, bolwetse jwa pelo le bolwetse jwa sukiri ba mo kotsing e kgolo ya go tsenwa ke COVID-19 e e masisi. Ka jalo, ba tlaa bona mosola thata ka go entiwa. Ba tshwanetse le go netefatsa gore bolwetse jwa bona bo a laolega, ba tswelele go ya ditlathobong tsa ka gale kwa batlhankeding ba bona ba boitekanelo, le go nwa melemo ya bona. Fa o sa ntse o etsaetsega ka bolwetse jwa gago, golagana le motlhankedi wa gago wa boitekanelo.

**Ke na le matshwao a COVID-19 – a go babalesegile gore ke entiwe?**

Ga o a tshwanela go entiwa fa o na le matshwao a COVID-19 mme go botoka gore o dirwe diteko. Fa o na le COVID-19, o tshwanetse go ema bonnye matsatsi a le 30 morago ga go fola COVID-19 pele o ka entiwa.

**Tsibogo ya aleji e kotsi go le kana kang mo moentong?**

Ditsibogo tse di tseneletseng tsa aleji mo moentong ga di kalo. Tsibogo ya aleji gantsi e diragala metsotswana kgotsa metsotso morago ga go entiwa. Ke ka moo batho BOTLHE ba tshwanetseng go ema mo lefelong la go elwa tlhoko metsotso e le 15 morago ga go entiwa go netefatsa gore ga ba nne le tsibogo e e tseneletseng ya aleji.

**Mo bathong ba ba nang le dialeji, ke mang a SA TSHWANELANG go entiwa?**

- 1) Mongwe le mongwe yo o nang le tsibogo e e masisi ya aleji kgatthanong le nngwe fela ya ditswaki tsa moento.
- 2) Mongwe le mongwe yo o nang le aleji kgatthanong le *polyethene glycol* (PEG) ga a tshwanela go tlhabiwa moento wa Pfizer, ka ntlha ya fa e le nngwe ya ditswaki tsa ona.
- 3) Mongwe le mongwe yo o nnileng le tsibogo ya aleji e e masisi morago ga go tlhabiwa la ntlha ga a tshwanela go tlhabiwa moento oo gape.

Fa o kile wa nna le tsibogo ya aleji kgatthanong le molemo kgotsa moento, mme o sa itse gore ke setswaki sefe se se e bakileng, tsweetswee bua le motlhankedi wa boitekanelo wa gago pele o ka entiwa.

**Mo bathong ba ba nang le dialeji, ke mang yo o tshwanetse go bua le motlhankedi wa gagwe wa boitekanelo pele a entiwa?**

Mongwe le mongwe yo o kileng a nna le tsibogo ya aleji kgatlhanong le meento kgotsa melemo e mengwe o tshwanetse go bua pele le motlhankedi wa boitekanelo go batlisisa gore ke setswaki sefe se se bakileng tsibogo ya aleji. Motlhankedi wa boitekanelo o tlaa go bolelela gore a go babalesegile gore o entiwe. Fa motlhankedi wa boitekanelo a re go siame gore o entiwe, mme tsibogo ya gago ya pele kgatlhanong le moento kgotsa molemo ofe e ne e le masisi, o tshwanetse go entelwa kwa bookelong mme o elwe tlhoko metsotso e le 30 morago ga go entiwa go netefatsa gore ga go nne le tsibogo ya aleji. Fa tsibogo ya gago ya pele e ne e se masisi, o ka entelwa kwa lefelong le le tlwaelegileng la meento, mme o tshwanetse go leta mo lefelong la go elwa tlhoko metsotso e le 30 morago ga go entiwa go netefatsa gore ga o nne le tsibogo ya aleji.

**A go babalesegile gore o entiwe fa o na le aleji ya mae?**

Ee. Ga go moento wa COVID-19 o o nang le diporoteine tsa mae. Le fa go le jalo, o tlaa tshwanelwa ke go nna mo lefelong la go elwa tlhoko metsotso e le 30 morago ga go entiwa, go na le metsotso e le 15 e e tlwaelegileng ka ntlha ya fa o na le lemorago la dialeji.

**Ke utlwetse gore go na le batsofe ba ba tlhokafetseng moragonyana fela ga go entiwa. A moento o siametse batsofe?**

Moento o babalesegile e bile o kgona go thibela bolwetse jwa COVID-19 jo bo tseneletseng le loso. Ka tiriso ya moento, re itemogela kwelotlase e kgolo mo dintshong tse di bakiwang ke COVID-19 mo batsofeng kwa dinageng tse di farologaneng.

**Goreng batho ba bangwe ba sa ntse ba tsenwa ke COVID-19 mo sebakeng sa dibeke tse pedi morago ga go entiwa?**

Go tsaya bonnye dibeke tse pedi gore masole a mmele a maatlafale morago ga go entiwa. O 'entilwe ka botlalo' fela matsatsi a le 30 morago ga moento wa J&J kgotsa dibeke tse pedi morago ga go amogela moento wa bobedi wa Pfizer. Fa o ka amana le moragare ono pele o 'entiwa ka botlalo' o ka tsenwa ke bolwetse jono.

Gape, fa o nna le COVID-19 mo matsatsing a le mmalwa fela morago ga go entiwa, go kaya gore o ne o setse o tshwaetsegile pele o entiwa.

Gape moento ono ga o thibele gotlhelele tshwaetso ya COVID-19 le morago ga fa o sena go 'entiwa ka botlalo', fela o fokotsa kotsi ya tshwaetso e e masisi ya COVID-19, go amogelwa kwa bookelong le go tlhokafala ka ntlha ya COVID-19.

**A moento o ka baka bolwetse jwa COVID-19?**

Ga go moento ope o o dirisiwang mo Aforikaborwa o o nang le mogare o o tshelang o o bakang COVID-19. Ka jalo, moento o ka se dire gore o lwale ka COVID-19.

**A moento wa Pfizer o ka baka go sruruga ga pelo? A go babalesegile go neela batsofe moento ono?**

Mo dikgetseng di se kae, dingaka di fitlhetse go ruruga ga pelo mo makawaneng a a amogetseng moento wa Pfizer. Seno ke ditlamorago tse di sa anamang go le kalo, tse gantsi di bonalang mo dibekeng tse pedi morago ga go amogela moento wa bobedi. Matshwao a a tlwaelegileng ke setlhabi mo mafatlheng, go hupelwa le mokibo wa pelo o o sa tlwaelegang (o o bonako, o o maatla kgotsa o o bonolo). Gantsi matshwao ano a botlhofo e bile a ka alafiwa, mme motho a fole moragonyana ga moo. Ka jalo, batho ba tshwanetse go itse matshwao ao mme ba batle thuso ya kalafi ka bonako.



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## **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, kodvwa 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 kodvwa 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 njengencenye 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 lamatsafu. Ngako-ke, umutsi wekugoma lokahle kakhulu ngulowo lokhona futsi lonikwa wona kucala.

**Ngiyakudzinga 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 esiteshini 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.



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## **MBUDZISO DZINE DZA ANZELA U VHUDZISWA NGA HA U TSIRELEDZEA KHATHIHI NA MVELELO MMBI DZA KHAELO**

### **Phambano vhukati ha khaelo dzo redzhisitariwaho na khaelo dza “tshumiso ya shishi” ndi ifhio?**

Nga fhasi ha nyimele yo dowealeaho, vha nga shumisa fhedzi khaelo arali yo redzhisitariwa na vha Maandalanga a Ndangulo ya Zwibveledzwa zwa Mutakalo a Afrika Tshipembe (SAHPRA). Havha vha SAHPRA vha swika hune vha redzhisitara khaelo fhedzi arali:

- ho no itwa ndingo dzothe dza nga ha kushumele na u tsireledzea ha mushonga, na
- musu vho no sengulusa zwidombbedzwa zwothe zwi bvaho kha ndingo dzenedzo u itela u vhona arali mushonga uyo wo tsireledzea, u wa maimo a ntha nahone u tshi shuma

Kha zwiwo zwa shishi u fana na dwadze la COVID-19, vha SAHPRA vha nga swika hune vha tangeredza khaelo i songo redzhisitariwaho uri i shumiswe lwa tshifhinga tsho tiwaho (thendelo ya tshumiso ya shishi). Hezwi zwi bvelela fhedzi arali hu na zwidombbedzwa zwo fhelelaho zwine zwa nga ita uri vha SAHPRA vha pfe vha na fulufhelo la uri khaelo iyo yo tsireledzea nahone i nga shuma zwavhudi, naho hu na uri zwidombbedzwa izwo a zwi athu u tou fhelela tshothe nga ndila ine zwa swikela thodea dzothe dza u redzhisitariwa ho fhelelaho.

### **Hone khaelo iyi ya J&J i kha di vha nga fhasi ha ndingo dza nga ha kushumele na u tsireledzea hayo?**

A zwo ngo ralo. Ndingo dza nga ha kushumele na u tsireledzea ha khaelo ya J&J dzo no itwa nahone khaelo iyi zwazwino yo no di redzhisitariwa na vha SAHPRA. Vha ha J&J vha do bvela phanda na u ita thoduluso vha dovha hafhu vha netshedza zwidombbedzwa kha vha SAHPRA u itela uri vha kone u tolisisa zwa u tsireledzea ha khaelo yeneyo.

### **Ndi ngani khaelo dzi bvaho ngei China dzo swika he dza tangeredzwa nga u tsvhanya ngaaurali ngeno idzo dza vha ha J&J dzo dzhia tshifhinga? Izwi zwi nga vha zwo itiswa nga mulandu wa vhushaka vhu re hone vhukati ha muvhuso na shango la China?**

CoronaVac (ine ya vha khaelo ya ngei China) yo vha yo no di khunyeledza ndingo dzayo dza nga ha kushumele na u tsireledzea hayo musu i tshi ita khumbelo dza u tangeredzwa kha vha SAHPRA. Vha ha J&J vha kha di tea u khunyeledza luha lwa vhuraru lwa ndingo dzavho dza nga ha kushumele na u tsireledzea ha khaelo yavho phanda ha musu i tshi nga tangeredzwa. SAHPRA ndi dzangano lo diimisaho nga lothe, li si na vhushaka na muvhuso. Khaelo dzo tangeredzwaho nga vha SAHPRA ndi dzone fhedzi dzine dza tea u shumiswa, fhedzi muvhuso u na vhudifhinduleli ha u dzhia tsheo ya uri ndi khaelo ifhio/dzifhio dzine dza do tea u netshedzwa sa tshipida tsha mbekanyamushumo ya muhelo.

### **Ndi ifhio khaelo ine ya vha ya khwiṅe vhukati ha J&J na Pfizer?**

Hedzi khaelo dzoṭhe dzo tsireledzea nahone dzi nga vha tsireledza kha u lwala lwo kalulaho, u ya vhuongeloni kana u lovha nga mulandu wa dwadze ja *COVID-19*. Mvelelo mmbi dzakhaelo ya J&J na ya Pfizer ndi dzine dza fana. A dzi tou vhavha u yafhi nahone dzi balangana nga murahu ha maḍuvha mararu. Ngauralo, khaelo ya khwinesa ndi iyo ine ya vha hone zwazwino nahone ine vha khou ṅetshedzwa yone u thoma.

### **Ndi a tea u haelwa na arali ndi kha ḡi tou bva u fhola kha dwadze ja *COVID-19*? Hone muvhili wanga u nga si kone u tou lwa na dwadze iḡi nga wone uṅe hu songo vhuya ha vha na mvelelo mmbi dza khaelo?**

Vhuṭanzi vhu sumbedza uri nyanyuwo ya muvhili wavho musi u tshi lingedza u lwa na vairasi iyi arali vha tshi khou lwala vhulwadze ha *COVID-19*, a si khulwane nga u tou ralo nahone ndi ṭhukhu musi i tshi vhambedzwa na nyanyuwo ya muvhili kha khaelo yone iṅe. Mvelelo mmbi dza khaelo a si dzine dza tou vhavha u yafhi nahone a dzi fhedzi ḍuvha kana maḍuvha mavhili, ngeno hu na uri u ḡiwana u tshi khou lwala nga mulandu wa *COVID-19* zwi tshi nga ita uri u valelwe vhuongeloni kana u lovhe.

### **Ndi ngani ho vha na u engedzwa ha tshifhinga tsha vhukati ha phimamushonga mbili dza Pfizer?**

Tshifhinga tsha vhukati ha phimamushonga dza Pfizer tsho engedzwa nga mulandu wa uri zwazwino hu na vhuṭanzi ha uri arali wa nga wana phimamushonga ya vhuvhili nga murahu ha u fhela ha maḍuvha a 42 u bva tshe wa wana phimamushonga iyo ya u thoma, nyanyuwo ya muvhili wavho i ḡo vha yo khwaṭhaho nahone ya fhedza tshifhinga tshilapfu u fhirisa arali tshifhinga tsha vhukati ha phimamushonga idzi mbili tsho vha tshipfufhi.

### **Vhathu vha re na malwadze a doledza u fana na mutsiko muhulwane wa malofha, vha a tea u wana khaelo?**

Vhathu vhane vha vha na malwadze a doledza u fana na mutsiko muhulwane wa malofha, vhulwadze ha mbilu na ha swigiri vha kha khombo khulwane ya u nga ḡiwana vhe na dwadze ḡo goḡombelaho ja *COVID-19*. Ngauralo, vha ḡo vhuelwa zwinzhi nga u wana khaelo. Vha tea u dovha hafhu vha vhona uri nyimele dzine vha vha khadzo dza zwa mutakalo dzi khou langwa nga ṅḡila yo teaho, vha dzule vha tshi ṭolwa misi yoṭhe nga vhashumi vhavho vha zwa ndondolamutakalo nahone vha shumise mishonga ya malwadze aya avho a doledza. Arali vha si na vhuṭanzi nga ha nyimele yavho ya zwa mutakalo, kha vha kwamane na mushumi wa zwa ndondolamutakalo.

### **Ndi na tsumbadwadze dza *COVID-19* – zwi nga vha zwo tsireledzea uri ndi ye u haelwa?**

A vha tei u haelwa arali vha na tsumbadwadze dza *COVID-19*, khwiṅe ndi u ya vha ita ndingo. Arali vho vha vhe na dwadze ja *COVID-19*, vha tea u fhedza maḍuvha a 30 nga murahu ha u fhola phanḡa ha musi vha tshi nga ya vha wana khaelo yavho.

### **Nyanyuwo ine ya sumba uri vha na aḡedzhi kha khaelo i khombo u swika ngafhi?**

Nyanyuwo dzo kalulaho dza u sumba u vha na aḡedzhi kha khaelo a dzo ngo tou anda. Nyanyuwo dza aḡedzhi kanzhi dzi vha hone nga murahu ha sekonde kana mithethe i si gathi nga murahu ha u wana khaelo. Ndi ngazwo vhathu VHOṬHE vha tshi tea u thoma vha ima lwa tshifhinga tshi linganaho mithethe ya 15 afho fhethu hune

vha lavheleswa hone nga murahu ha u wana khaelo u itela u vhona arali vha si na nyanyuwo ya aledzhi yo kalulaho.

**Kha vhathu vhane vha vha na aledzhi, ndi vhafhio vhane a vha ngo TEWA nga u wana khaelo?**

- 1) Muthu muñwe na muñwe ane a vha na divhazwakale ya nyanyuwo ya aledzhi yo kalulaho kha thimbwanywa ifhio na ifhio ya khaelo.
- 2) Muthu muñwe na muñwe ane a vha na nyanyuwo ya aledzhi kha *polyethene glycol* (PEG) ha tei u wana khaelo ya Pfizer, sa izwi i tshiñwe tsha zwivhumbi zwayo.
- 3) Muthu muñwe na muñwe we a vha na nyanyuwo yo kalulaho nga murahu ha phimamushonga ya u thoma ha tei u wana phimamushonga ya vhuvhili ya khaelo yeneyo.

Arali vho vhuya vha vha na nyanyuwo ya aledzhi kha mushonga kana khaelo, fhedzi vha si na ngoho ya uri ndi thimbwanywa ifhio ine ya khou zwi itisa, vha khou humbelwa uri vha ambe na mushumi wa zwa ndondolamutakalo phanḁa ha musu vha tshi nga wana khaelo.

**Kha vhathu vha re na aledzhi, ndi vhafhio vhane vha tea u amba na vhashumi vha zwa ndondolamutakalo phanḁa ha musu vha tshi wana khaelo dzavho?**

Muthu muñwe na muñwe ane a vha na divhazwakale ya nyanyuwo ya aledzhi kha dziñwe khaelo kana mishonga u tea u amba na mushumi wa ndondolamutakalo uri a kone u divha uri ndi thimbwanywa ifhio ye ya vhanga nyanyuwo iyo ya aledzhi. Mushumi wa ndondolamutakalo u ḁo vha vhudza arali zwi tshi nga vha zwo tsireledzea uri vha wane khaelo. Arali mushumi wa ndondolamutakalo a tshi nga tenda uri vha nga ya vha wana khaelo yavho, ngeno hu na uri nyanyuwo yavho ya tshifhingani tsha kale kha khaelo kana mushonga uyo yo vha yo kalula, vha tea u haelwa vhuongeloni hune vha ḁo tea u sedzwa lwa mithethe ya 30 nga murahu ha u haelwa. Arali nyanyuwo yavho ya tshifhingani tsha kale yo vha i songo tou kalula, vha nga wana khaelo fhethu ha muhaelo huñwe na huñwe, fhedzi vha tea u ima lwa mithethe ya 30 vhe afho kha vhupo ha u lavheleswa hone nga murahu ha u wana khaelo yavho u itela u vhona uri a hu khou vha na nyanyuwo ya aledzhi.

**Hone zwo tsireledzea u wana khaelo arali vha na aledzhi ya makumba?**

Ee. A hu na khaelo na nthihi ya *COVID-19* ine ya vha na phurotheini dza makumba. Fhedziha, vha ḁo tea u dzula afho kha vhupo ha u lavheleswa hone lwa mithethe ya 30 nga murahu ha u wana khaelo, madzuloni a mithethe yo ḁowealeho ya 15 nga mulandu wa uri vha na divhazwakale ya aledzhi.

**Ndo no pfa nga ha vhathu vha vhaaluwa vhane vha khou lovha nga murahu ha u wana khaelo. Hone khaelo idzi dzo tsireledzea kha vhaaluwa?**

Khaelo dzo tsireledzea dza dovha dza shuma zwavhuḁi kha u thivhela vhulwadze ho kalulaho ha *COVID-19* na lufu lu vhangwaho nga *COVID-19*. Nga u shumiswa ha khaelo, ri khou vhona hu na u tsela fhasi zwihulwane kha mpfu dzi vhangwaho nga *COVID-19* kha vhaaluwa kha mashango o fhambanaho.

**Ndi ngani vhañwe vhathu vha tshi kha ḁi swika hune vha kavhiwa nga *COVID-19* nga murahu ha vhege mbili dza musu vha tshi khou bva u wana khaelo dzavho?**

Zwi dzhia vhege mbili uri muvhili u kone u bveledza maswole a muvhili a konaho u lwisana na vhulwadze ditsireledza nga murahu ha u wana khaelo. Vha vha muthu o 'haelwaho lwo fhelelaho' nga murahu ha maḡuvha a 30 musi vha tshi kha ḡi tou bva u wana khaelo ya J&J kana nga murahu ha vhege mbili musi vha tshi khou bva u wana phimamushonga ya vhuvhili ya khaelo ya *Pfizer*. Arali vho swika he vha ḡiwana vha songo tsireledzea kha vairasi phanḡa ha musi vha tshi vha muthu o 'haelwaho lwo fhelelaho', zwi nga itea vha wana dzwadze iḡi.

Hafhu, arali vha nga wana dwadze ḡa *COVID-19* nga murahu ha maḡuvha a si gathi musi vha tshi kha ḡi tou bva u haelwa, izwo zwi amba uri vho vha vho no ḡi kavhiwa phanḡa ha musi vha tshi wana khaelo.

Khaelo a i tou thivhela tshoḡhe u kavhiwa nga *COVID-19*, naho hu nga murahu ha musi vho no 'haelwa lwo fhelelaho', fhedzi i tou fhungudza khombo ya u kavhiwa nga *COVID-19* vha lwala lwo kalulaho, u vaelwa vhuongeloni kana u lovha nga mulandu wa *COVID-19*.

### **Khaelo i nga vhangwa dwadze ḡa *COVID-19*?**

A hu na khaelo na nthihi ye ya vhuya ya shumiswa fhano Afrika Tshipembe ine ya vha na vairasi i tshilaho ine ya vhangwa dwadze ḡa *COVID-19*. Ngauralo, khaelo dzi nga si ite uri vha lwale vhulwadze ha *COVID-19*.

### **Khaelo ya *Pfizer* i nga vhangwa u zwimba ha mbilu? Hone khaelo iyi yo tsireledzea lune i nga ḡewa vhaaluwa?**

Zwi tou vha zwiwo zwi si gathi zwe khazwo madokotela vha wana ho vha na u zwimba ha mbilu kha vhaswa vha vhanna vhe vha wana khaelo ya *Pfizer*. Hedzi dzi tou vha mvelelo mmbi dzi songo ḡowealeho dzine kanzhi dza vhone nga murahu ha vhege mbili musi muthu o no wana phimamushonga ya vhuvhili ya khaelo iyi. Tsumbadwadze dza hone dzo ḡowealeho ndi u pfa vhuḡungu kha khana, u kundelwa u fema na u rwa ha mbilu nga ḡila i songo ḡowealeho (u rwa nga luvhilo kana mureremelo). Hedzi tsumbadwadze ndi dzine kanzhi dzo dzika nahone dzi a ilafhea, ha kona u vha na u fhola zwenezwo nga murahu. Ngauralo, vhatu vha tea u ḡivha nga ha hedzi tsumbadwadze uri vha kone u ḡoḡa thuso ya dzilafho nga u ḡavhanya.



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## **SWIVUTISO LESWI TSHAMELAKA RO VUTISIWA HI MAYELANA NA VUHLAYISEKI BYA SWISAWUTISI NA SWIENDLEKO SWO BIHA LESWI VANGIWEKE HI MURHI**

### **Xana hi kwihi ku hambana exikarhi ka swisawutisi leswi tsarisiweke na swisawutisi swa “ntirhiso wa xilamulelamhangu”?**

Hi mikarhi ya ntlovelo, u nga tirhisa xisawutisi ntsena loko xi tsarisiwile na Vulawuri byo Lawula Swimakiwa swa Rihanyu bya Afrika-Dzonga (SAHPRA). SAHPRA yi ta tsarisa ntsena xisawutisi loko:

- miringeto ya xitlilinali hinkwavo yi endlile, naswona
- va lavisile vukoxoko hinkwavo kusuka eka miringeto leyi ku vona loko xi hlayisekile, xi ri xa risima ra kahle na ku va xi tirha kahle

Eka xiyimo xa xilamulelamhangu ku fana na ntungukulu wa *COVID-19*, SAHPRA yi nga pasisa xisawutisi lexi nga tsarisiwangiki leswaku xi tirhisiwa eka nkarhi wo karhi (mpfumelelo wa ntirhiso wa xilamulelamhangu). Leswi swi humelela loko ku ri na vukoxoko byo ringanela leswaku SAHPRA yi nga va na ntshembo wa leswaku xisawutisi lexi xi hlayisekile naswona xi tirha kahle, kambe vukoxoko lebyi a byi si ringanela ku fikelela swilaveko hinkwaswo swa ntsariso wa vutalo.

### **Xana xisawutisi xa J&J xa ha ri ndzingeto wa xitlilinali?**

E-e. Miringeto ya xitlilinali ya xisawutisi xa J&J yi endlile naswona sweswi xi tsarisiwile na SAHPRA. J&J yi taya emahlweni ku endla mlaviso na ku rhumela vukoxoko eka SAHPRA ku veka tihlo eka vuhlayiseki bya xisawutisi lexi.

### **Hikwalahokayini swisawutisi swa le China swi pasisiwile hi ku hatlisa kambe J&J yi tekile nkarhi wo leha swinene? Xana leswi swi hikwalaho ka vukoxoko bya mfumo na China?**

*CoronaVac* (xisawutisi xa le China) xi hetile miringeto ya xitlilinali loko va endlile xikombelo eka SAHPRA ku kuma mpfumelelo. J&J ya ha boheka ku heta ndzingeto wa xitlilinali wa feyisi ya 3 loko yi nga si pfumeleriwa. SAHPRA a yi lawuriwi hi mfumo. Ko va ntsena swisawutisi leswi swi pfumeleriweke hi SAHPRA swi nga tirhisiwaka, kambe mfumo wu na vutihlamuleri bya ku teka xiboho xa leswaku i (swi)xisawutisi xihhi xi nga nyikiwaka tanihi xiphemu xa minongonoko ya nsawutiso.

### **Xana i xisawutisi xihhi (J&J kumbe Pfizer) xi nga kahle swinene?**

Havumbirhi bya swisawutisi swi hlayisekile naswona swi ta ku sirhelela eka ku vabya swinene, ku ya exhibedhlele kumbe eka ku dlayiwa hi *COVID-19*. Switathelo swo suka eka J&J na Pfizer swa fana. Swa vevuka naswona



swi ta hangalaka endzeni ka masiku manharhu. Hikokwalaho, xisawutisi xa kahle swinene i xisawutisi lexi xi kumekaka naswona u nyikiwaka xona rosungula.

**Xana ndzi dinga ku sawutisiwa loko eka nkarhi lowu nga hundza ndzi hlakarherile eka COVID-19? Xana miri wa mina wu nga kota ku lwa na vuvabyi hi woxe, ku ri hava ku karhatiwa hi switatlhelo swa xisawutisi?**

Vumbhoni byi komba leswaku angulo wa miri wa wena loko u vabya COVID-19 wu tsanile swinene naswona wu komile kutlula angulo eka xisawutisi lexi. Ku kuma xisawutisi swi ta ku nyika angulo wa nsawuto wo tiya na ku va lowu hetaka nkarhi wo leha. Switatlhelo swa xisawutisi lexi swi vevukile naswona a swi heti kutlula siku kumbe mambirhi, kasi ku vabya COVID-19 ku nga ku vangela ku amukeriwa exibedhlele kumbe rifu.

**Hikwalahokayini nkarhi exikarhi mipimamurhi yimbirhi ya Pfizer wu engeteriwile**

Nkarhi exikarhi ka mipimamurhi ya Pfizer wu engeteriwile hikuva ku na vumbhoni sweswi bya leswaku loko u kuma mpimamurhi wa vumbirhi 42 wa masiku endzhaku ka mpimamurhi lowo rhangana, angulo wa miri wa wena wu tiyile swinene naswona wu heta nkarhi wo lehanyana kutlula loko nkarhi wu komile.

**Xana vanhu lava nga na mavabyi yo godzombela, yo tanihi ntshikelelahenhlangatini, va nga kuma xisawutisi lexi?**

Vanhu lava nga na mavabyi yo godzombela yo tanihi ntshikelelahenhlangatini, vuvabyi bya mbilu na vuvabyi bya chukela va le ka nxungeto wa le henhla wa ku khomiwa hi COVID-19 yo tikisa. Hikokwalaho, va ta vuyeriwa swinene loko va kuma xisawutisi lexi. Va fanele ku tlhela va tiyisisa leswaku xiyimo xa vona xa lawuleka, va ya kamberiswa nkarhi na nkarhi hi mutirhi wa vona wa nhlaysiwa wa swa rihanyo na ku nwa mirhi ya vona ya vuvabyi byo godzombela. Loko u kanakana hi mayelana na xiyimo xa wena, tihlanganise na mutirhi wa wena wa nhlaysiwa wa swa rihanyo.

**Loko ndzi ri na swikombeto swa COVID-19 – xana swi hlayisekile ku sawutisiwa?**

A wu fanelangi ku kuma xisawutisi loko u ri na swikombeto swa COVID-19 naswona swa antswa u kamberiswa. Loko u ri na COVID-19, u fanele ku rindzela hi mpimohansi wa 30 wa masiku endzhakukaloko u hlakarherile eka COVID-19 u nga si kuma xisawutisi xa wena.

**Xana wu na khombo njhani angulo wa rinyenyanyenya ra miri eka xisawutisi lexi?**

Miangulo ya rinyenyanyenya ra miri yo tikisa eka xisawutisi ya kala swinene. Angulo wa rinyenyanyenya ra miri hakanyingi wu humelela endzeni ka tisekondi kumbe timinete endzhaku ka ku kuma xisawutisi. Leswi hi swona swi endlaka leswaku vanhu HINKWAVO va boheka ku yima eka ndhawu ya nxixaxiyo ku ringana 15 wa timinete endzhaku ka ku kuma xisawutisi ku tiyisisa leswaku va hava angulo wukulukumba wa rinyenyanyenya ra miri.

**Eka vanhu lava nga na rinyenyanyenya ra miri, xana i mani A NGA fanelangiki ku kuma xisawutisi?**

- 1) Munhu wihi kumbe wihi u na matimu ya angulo wa rinyenyanyenya ra miri wo tikisa eka xipfanganisiwa xihi kumbe xihi lexi nga eka xisawutisi.

- 2) Munhu wihi kumbe wihi loyi a nga na rinyenyanyenya ra miri eka *polyethene glycol* (PEG) a nga fanelangi ku kuma xisawutisi xa Pfizer, tanihileswi yi nga xin'wana xa swiphemutsongo.
- 3) Munhu wihi kumbe wihi a nga va na rinyenyanyenya ra miri endzhaku ka mpimamurhi lowo sungula a nga fanelangi ku kuma mpimamurhi wa vumbirhi wa xisawutisi xolexo.

Loko eka nkarhi lowu nga hundza a vile na angulo wa rinyenyanyenya ra miri eka murhi kumbe xisawutisi, kambe a kanakana leswaku i xipfanganisiwa xo karhi xihi xi wu vangeke, u komberiswa ku vulavula na mutirhi wa wena wa nhlayiso wa swa rihanyo u nga si kuma xisawutisi.

**Eka vanhu lava nga na rinyenyanyenya ra miri, xana i mani loyi a faneleke ku vulavula na mutirhi wa yena wa nhlayiso wa swa rihanyo a nga si kuma xisawutisi?**

Munhu wihi kumbe wihi loyi a nga na matimu ya miangulo ya rinyenyanyenya ra miri eka swisawutisi swin'wana kumbe mirhi yin'wana u fanele ku rhanga hi ku vulavula na mutirhi wa yena wa nhlayiso wa swa rihanyo ku kumisisa leswaku i xipfanganisiwa xihi xi vangeke angulo wa rinyenyanyenya ra miri. Mutirhi wa nhlayiso wa swa rihanyo u ta ku byela loko swi hlayisekile ku kuma xisawutisi. Loko mutirhi wa wena wa nhlayiso wa swa rihanyo a vula leswaku u nga kuma xisawutisi, kambe angulo wa wena wa nkarhi lowu nga hundza eka xisawutisi kumbe murhi a wu tikisa, u fanele ku sawutisiwa exibedhlele kutani u xiyaxiyiwa ku ringana 30 wa timinete endzhaku ka nsawutiso. Loko angulo wa wena wa nkarhi lowu nga hundza a wu nga tikisi, u nga kuma xisawutisi eka ndhawu ya nsawutiso ya ntolovelo, kambe u boheka ku yima eka ndhawu ya nxiyaxiyo ku ringana 30 wa timinete endzhaku ka kuma xisawutisi ku tiyisisa leswaku ku hava angulo wa xisawutisi.

**Xana swi hlayisekile ku kuma xisawutisi loko u ri na rinyenyanyenya ra miri ra mandza?**

Ina. Ku hava na xin'we xa swisawutisi swa *COVID-19* swi nga na tiphurotheni ta mandza. Hambiswiritano, u ta boheka ku tshama eka ndhawu ya nxiyaxiyo ku ringana 30 wa timinete endzhaku ka ku kuma xisawutisi, ematshan'weni ya 15 wa timinete ta ntolovelo, hikuva u na matimu ya rinyenyanyenya ra miri.

**Ndzi twile hi ta vadyuhari lava lovaka endzhakunyana ka kuma xisawutisi. Xana xisawutisi lexi xi hlayisekile?**

Xisawutisi lexi havumbirhi xi hlayisekile naswona xi tirha kahle swinene ku sivela vuvabyi bya *COVID-19* byo tikisa na rifu. Hikwalaho ko tirhisiwa ka xisawutisi lexi hi le ku voneni ka ku ehla lokukulu eka mafu hikwalaho ka *COVID-19* eka vadyuhari ematikweni yo tala.

**Hikwalahokayini vanhu van'wana va ha khomiwa hi *COVID-19* endzeni ka mavhiki mambirhi endzhaku ka ku kuma xisawutisi?**

Swi teka mpimohansi wa mavhiki mambirhi leswaku miri wu tumbuluxa nsawuto endzhaku ka ku kuma xisawutisi. U va u 'sawutisiwile hi vutalo' ntsena 30 wa masiku endzhaku ka ku kuma xisawutisi xa J&J kumbe mavhiki mambirhi endzhaku ka mpimamurhi wa vumbirhi wa xisawutisi xa Pfizer. Loko u kumeka eka xiyimo lexi nga na xitsongwatsongwana loko u nga si 'sawutisiwa hi vutalo', u nga ha khomiwa hi vuvabyi.

Nakambe, loko u khomiwa hi *COVID-19* endzeni ka masiku mangarimangani endzhaku ka ku sawutisiwa, swi vula leswaku se a wu tluleriwile hi vuvabyi u nga si kuma xisawutisi.

Xisawutisi lexi xi tlhela xi nga sivele hi ku hetiseka ntluletavuvabyi wa *COVID-19*, hambi endzhakukaloko u 'sawutisiwile hi vutalo' kambe xi hunguta nxungeto wa ntluletavuvabyi wa *COVID-19* wo tikisa, ku amukeriwa exibedhlele kumbe rifu hikwalaho ka *COVID-19*.

### **Xana xisawutisi xi nga vanga vuvabyi bya *COVID-19*?**

Ku hava na xin'we xa swisawutisi leswi tirhisiwaka eAfrika-Dzonga xi nga na xitsongwatsongwana lexi hanyaka lexi xi vangaka *COVID-19*. Hikokwalaho xisawutisi lexi xi nge swi koti ku ku vabyisa hi *COVID-19*.

### **Xana xisawutisi xa Pfizer xi nga kota ku vanga ndzhumbelo wa mbilu? Xana swi hlayisekile ku nyika xisawutisi eka vadyuhari?**

Eka timhangu tingaritingani, madokodela ya kume ndzhumbelo wa mbilu eka vavanuna va vantshwa lava va kumeke xisawutisi xa Pfizer. Lexi i xitatlhelo xo kala swinene, lexi hakanyingi xi voniwaka endzeni ka mavhiki mambirhi endzhaku ka mpimamurhi wa vumbirhi wa xisawutisi lexi. Swikombeto leswi nga toloveleka i xivavi xa le xifuvuni, ku talelwa na mabelo ya mbilu lama nga tolovelekangiki (hi ku hatlisa, hi ku hima kumbe hi ku tsematsema). Swikombeto leswi swi vevukile hi xitalo naswona swi nga tshunguriwa, swi landzeriwa hi ku hlakarhela xinkandyana endzhakukaswona. Hikokwalaho vanhu va fanele ku tiva swikombeto leswi kutani va kuma ku pfuniwa ka swa vutshunguri hi ku hatlisa.