

# Allurar riga-kafi ta Shingles da Shingrix

Me yakamata ka sani



## → Menene Shingles?



Shingles kurarraji ne mai zafi dake kama da rofin kunar wuta a gefe daya na fuska ko jiki. Za kuma ka iya jin zazzabi, ciwon kai, dari, ko rudewar ciki.

### Me ke jawo Shingles?

Kwayar cuta daya ke jawo Shingles da chicken pox. Dan haka idan kana da chicken pox a yayin da kake yaro, wannan kwayar cutar zata iya sake tashi a yayin daka girma ta zama shingles.

## → Shin akwai allurar riga-kafin shingles?



E! Shingrix allurar riga-kafi ne dake bada kariya mai karfi daga shingles da kuma zafin da zakaji a fatarka inda kake da shingles (da ake cewa postherpetic neuralgia). Anayin allurar riga-kafin ne dosis biyu, wata 2 - 6 a bambamce.

### Wa zai kamu da Shingrix?

- Manya yan shekaru 50 ko sama
- Manya yan shekaru 19 ko sama da haka da keda rashin kuzarin gudanar jini

### → Wadannan gungun zasu iya kamuwa da Shingrix koda sun:

- Suna da shingles a baya
- An musu allurar riga-kafi ta Zostavax (na shingles)
- An musu allurar riga-kafi ta varicella (na chicken pox)

### A ina zan iya samun Shingrix?

Ka tambayi likitanka ko masanin magaji na kusa.



### Me zaji idan an min allurar riga-kafin?

Bayan yin allurar riga-kafi, zaka iya jin:

- Tsami, yin ja, ko dadewar wajen da aka maka allurar
- Matsanancin gajiya
- Ciwon jiki ko ciwon ka
- Zazzabi ko jin dari
- Ciwon ciki ko murɗa



### Tayaya zan nemi karin sani akan Shingles?

Dan karin sani, ziyarci: [www.cdc.gov/vaccines/vpd/shingles/public/shingrix/index.html](http://www.cdc.gov/vaccines/vpd/shingles/public/shingrix/index.html)