

Allurar riga-kafi ta Shingles da Shingrix

Me yakamata ka sani



→ Menene Shingles?

 Shingles kuraraji ne mai zafi dake kama da rodin 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)



Me zanji 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 murda

A ina zan iya samun Shingrix?

Ka tambayi likitanka ko masanin magaji na kusa.



Tayaya zan nemi karin sani akan Shingles?

Dan karin sani, ziyarci: www.cdc.gov/vaccines/vpd/shingles/public/shingrix/index.html

PANDEMIC (Shirin Rage Rashin Daidatowa a Aikin Rigakafi a Kabilanci Marasa Rinjaye a Al'umma) ce ta shirya wannan takarda tare da tallafin Yarjejeniyar Hadin Gwiwar CDC CDC-RFA-IP21-2113-NU21IP000597: an buga Oktoba 2023. Abubuwani da ke ciki na marubutan ne kuma basa nuna ra'ayin, ko amincewar Cibiyar Kula da Cututtuka da Rigakafi (CDC), Kiwon Lafiya da Sabis na Jama'a (HHS), ko Gwamnatin Amurka.

