Sabuntawa akan maganin rigakafin COVID-19 na Johnson & Johnson / Janssen

Ana samun maganin rigakafin Johnson & Johnson / Janssen COVID-19 a cikin NYC ga mutane masu shekaru 18 zuwa sama bayan ɗan gajeren lokaci da aka yi amfani da shi don bincika matsalar lafiyar da ke da alaƙa da maganin rigakafin. Ma'aikatar Lafiya ta NYC da Kiwon Lafiyar Kwakwalwa (Ma'aikatar Lafiya ta NYC) na ci gaba da samun kwarin gwiwa kan aminci da tasirin maganin rigakafin Johnson & Johnson da sauran magungunan rigakafin COVID-19 masu izini. Rigakafi ta kasance mafi muhimmin matakin da zaku iya ɗauka don kare kanku, ƙaunatattunku da al'ummominmu daga COVID-19.

Me yasa aka ɗan dakatar da amfani da maganin rigakafin Johnson & Johnson?

A ranar 13 ga Afrilu, 2021, Cibiyoyin Kula da Cututtuka da Karesu (Centers for Disease Control and Prevention, CDC) da Hukumar Abinci da Magunguna (Food and Drug Administration, FDA) sun ba da shawarar ɗan dakatar da yin amfani da maganin rigakafin Johnson & Johnson bayan rahotannin da ba kasafai ba da ke nuna daskarewar jini a cikin mutane shida da suka karɓi rigakafin. An gano lamarrukan ne ta hanyar tsarin kula da lafiyar maganin rigakafi na CDC da FDA. An ɗan dakatar da amfani da maganin rigakafin domin a iya kara tattara da sake duba karin bayanai.

Meye binciken ya nuna?

Ya zuwa ranar 21 ga Afrilu, 2021, akwai lamarruka 15 na wani nau'in daskarewar jini mai ɗauke da faya-fayai ƙananan na jini daga cikin kusan mutane miliyan 8 da suka karbi rigakafin Johnson & Johnson tunda ya sami izini. Wannan yanayin ana kiransa thrombosis (daskarewar jini) tare da ciwon thrombocytopenia (ƙarancin isassun faya-fayan jini) (thrombosis with thrombocytopenia syndrome, TTS). Dukkanin lamurran da aka ruwaito na TTS sun kasance a mata masu shekaru tsakanin 18 zuwa 59, alamomin suna bayyana kwanaki shida zuwa 15 bayan rigakafin. Wannan adadi ne na kimanin lamurran TTS bisa mata miliyan daya masu shekaru tsakanin 18 zuwa 49 wadanda aka yiwa rigakafin kuma kasa da lamari daya bisa miliyan na mata masu shekaru 50 ko fiye wadanda aka yiwa rigakafin. Har ila yau akwai wani lamarin TTS a cikin mahalarci namiji a gwajin asibiti na rigakafin.

Menene CDC da FDA ke ba da shawarar game da amfani da maganin rigakafin?

CDC da FDA sun ba da shawarar a cigaba da bai wa mutane 'yan shekara 18 zuwa sama maganin rigakafin Johnson & Johnson. Wannan shawarar ta sami tushe ne da shawarar da Kwamitin Shawara kan Aiwatar da Ayyukan Rigakafi, wata kungiya mai zaman kanta ta kwararrun likitoci da masana kiwon lafiyar jama'a wadanda suka yi nazarin alkalumman da bayanan da ke akwai, kuma suka auna illolin lafiya da ke tattare da yin maganin rigakafin akan fa'idodin. Mutanenda suka karɓi rigakafin, musamman mata waɗanda shekarunsu ke kasa da 50, ya kamata su kasance da sanin haɗarin TTS wanda ba na yau-da-kullum ba amma

mai ƙaruwa kuma sanin cewar akwai wadansu zaɓuɓɓukan rigakafin COVID-19 wadanda ba’a ga wannan haɗarin ba.

Me yasa NYC har yanzu ke amfani da wannan rigakafi duk da wannan batun amincin?
Haɗarin TTS yana ƙasa sosai, kuma rigakafin yana matuƙar tasiri wajen hana ciwo mai tsanani, kwanciya a asibiti da mutuwa saboda COVID-19. Yanzu da muka sani game da haɗarin, zamu iya bai wa mutanenda ke karɓar rigakafin Johnson & Johnson bayanin da suke buƙata don gano alamomi masu yiwuwa na TTS da kuma samun kulawa nan take. Masu ba da kiwon lafiya yanzu su ma suna sane da wannan haɗarin, wanda ke nufin za su iya bincika da kuma jiyyanta marasa lafiya wadanda suka sami TTS bayan karbar rigakafin Johnson & Johnson. Babu magani, kulawa ko rigakafi wanda har 100% ba shi da haɗari.

Idan na zabi daukar rigakafin Johnson & Johnson, shin akwai wadansu matakan kariya da ya kamata in ɗauka?
Yayinda haɗarinka na TTS daga maganin rigakafin Johnson & Johnson yake ƙasa sosai, ya kamata ku dubi kanka don yiwuwar alamomin na makonni uku bayan samun maganin rigakafin, kamar:

- Karancin numfashi
- Ciwon kirji
- Kumburin kafa
- Ciwon ciki mai ɗorewa
- Ciwon kai mai tsanani ko mai ɗorewa
- Gani boje-boje
- Kurjewa a sauƙaƙe
- Kananan jajayen wurare a nesa da fatar yankin wurin allurar

Idan kana da ɗayan waɗannan alamomin a cikin makonni uku na rigakafin, nemi kulawar likita nan-da-nan — je asibiti na kusa ko kira **911**. Faɗa wa mai ba ka magani ka karɓi maganin rigakafin Johnson & Johnson.

Sabanin haka, illolin da ke faruwa bayan rigakafin sun haɗa da ciwo da kumburi a hannu inda kuka karbi alurar, gajiya, ciwo mara tsanani, jin sanyi, ɗan ciwon kai mara tsanani ko zazzabi sama-sama. Wadannan alamomi ne da ake zata kuma yawanci suna farawa cikin kwanaki uku na farko bayan rigakafin (ranar bayan rigakafin ita ce mafi nunawa) kuma yawanci yakan ɗauki kwana ɗaya zuwa biyu bayan sun fara.

Shin akwai haɗarin TTS daga sauran magungunan rigakafin COVID-19?
Ba’a danganta TTS da magungunan rigakafin COVID-19 na Pfizer-BioNTech da Moderna ba bayan sama da allurai miliyan 200 da ake gudanarwa a Amurka. Muna ƙarfafa mutane da ba sa son yin rigakafin Johnson & Johnson su yi la’akari da samun ɗayan waɗannan rigakafin.

Daruruwan wuraren rigakafin suna samuwa kewaye da NYC. Ziyarci **vaccinefinder.nyc.gov** don neman wurin rigakafin (magungunan rigakafinda ake bayarwa a kowane wuri suna nan a jere) ko kira 877-829-4692 don taimako na ajiyar lokaci a wurinda Birnin ke gudanarwa. Yawancin wurare suna amince da masu zuwa. Dubi nan don jerin tsarin wuraren zuwa da Birnin ke gudanarwa.

Ta yaya zamu sani cewa babu wadansu matsalolin aminci na rigakafin?
Magungunan rigakafin COVID-19 na cigaba da biye ta hanyar sa ido mai ƙarfi ta CDC, FDA da sauran ƙungiyoyi. Gano lamurran cutar ‘yan kadan na TTS daga miliyoyin allurai na rigakafin da aka bayar a Amurka da dakatar da amfani da maganin rigakafin Johnson & Johnson ya nuna cewa tsarin kare lafiya yana aiki kuma cewa aminci da gaskiya sune manyan abubuwan fifiko. Mun dukufa kan raba bayanai game da magungunan rigakafin, gami da duk wata matsala ta aminci.

A ina zan sami ƙarin bayani?
Idan kana da wadansu tambayoyi, da fatan za’a kira mai kulawarka ko **311**. Don samun bayani game da albarkatun COVID-19, ziyarci **nyc.gov/covidvaccine**. Za’a iya samun takardar hakikancin majiyaci na FDA da aka sake wa nazarin na magungunan rigakafin Johnson & Johnson a anan. Akwai ƙarin bayani a shafin yanar gizo na CDC anan.

Ma'aikatar Lafiya ta NYC na iya canza sharrudan yayin da yanayin ke canzawa. 4.29.21