



UK Health
Security
Agency

Ikukhusela kwi-mpox

Ulwazi malunga nokugonywa kwe-mpox

Yintoni ugonyo lwe-mpox i (MVA)?

Unikwa isitofu sokugonya ukunceda ukukhusela kwi-mpox. Ugonyo lwe-MVA lunceda ukukhusela okanye ukunciphisa ubunzima be-mpox (kunye ne-smallpox).

Ugonyo lwenziwa eYurophu ngu Bavarian Nordic. Xa unikwa isitofu sokugonya, amajoni akho omzimba (inkqubo yokhuselo lwendalo yomzimba) ivelisa izilwa-buhlungu ezichasene nentsholongwane ye-mpox.

Ugonyo lwe-MVA aluqulathanga i-smallpox okanye intsholongwane ye-mpox kwaye ayikwazi ukusasazeka okanye ibangele i-smallpox okanye i-mpox.

Ugonyo lwe-Imvanex lugunyaziswe yi-UK's Medicines and Healthcare products Regulatory Agency (MHRA) ukukhusela kwi-smallpox kunye ne-mpox.

I-Arhente yoKhuseleko lwezeMpilo yase-UK (i-UKHSA) kunye neKomiti eHlangeneyo yokugonywa kunye nokugonywa (JCVI) incoma ukusetyenziswa kwe-MVA yokugonya njengxalenye yokuphendula kwiimeko ze-mpox.

I-Mpox, (eyayisaziwa ngaphambili njengemonkeypox), sisifo esosulelayo esyingozi esinokuzibonakalisa ngohlobo lwezilonda ezibuhlungu zolusu, ezi zinokuvela nakweliphi na ilungu lomzimba:



www.gov.uk/government/publications/mpox-vaccination-resources

Yintoni i-mpox?

I-Mpox lusulelo olunqabileyo oluxhaphake kakhulu kumbindi nakwimpuma Afrika.

Usulelo lunokufunyanwa kwi:

- naluphi na uqhagamshelwano olusondeleyo lomzimba kunye ne-mpox blisters okanye i-scabs (kubandakanywa ngexesha lokudibana ngesondo, ukumanga, ukumbamba okanye ukubamba izandla);
- ukubamba impahla, ibhedi okanye itawuli ezisetyenziswa ngumntu one-mpox;
- ukudibana nolwelo lomzimba olufana namathe, i-snot okanye imifinya.

I-Mpox idla ngokuba buthathaka kwaye ingabangcono kwiiveki ezimbalwa ngaphandle konyango. Kodwa ukuba iimpawu zakho zibukhali kwaye ungaphilanga, uya kufuna unyango esibhedlele.

Isitofu sokugonya sinokungathinteli ngokupheleleyo usulelo kodwa nokuba ubambe impoksi, iimpawu akufunekanga zibe mbi kakhulu.

Idosi yokuqala ilungisa amajoni akho omzimba ukuze aphendule ngokukhawuleza xa uthe wadibana ne-mpox.

Isitofu sokugonya sikwathatha ixesha ukusebenza. Inokuqala ukusebenza emva kweentsuku ezimbalwa kwaye kufuneka ifikelele kukhuseleko oluphezulu malunga neeveki ezi-4.

Idosi yesibini inokunikwa emva kweentsuku ezingama-28 kodwa inokunikwa kamva kakhulu, nasemva kweenyanga ezimbalwa. Ixesha elide phakathi kwedosi yokuqala neyesibini kufuneka iphucule ukhuseleko lwakho lwexesha elide.

Nasemva kweedosi ezi-2 kufuneka uqhubeke uyazi malunga neengozi kunye neempawu ze-mpox. Ukuba uvelisa iimpawu, hlala ekhaya kwaye utsalele umnxeba kwa-111 okanye iklinihi yempilo yezesondo.

Ngubani i-MVA ecetyiswayo kuye?

I-UKHSA okwangoku icebisa ukuba i-MVA ibonelelwe:

- ✓ **Abasebenzi bezempilo abakhathalelayo nabaza kuqalisa ukukhathalela isigulana esine-mpox eqinisekisiweyo**
- ✓ **Izitabane, amadoda anesini esinye kunye namanye amadoda alala namadoda.** Ugqirha wakho uya kukecebisa ngogonyo ukuba unamaqabane amaninzi, uthatha inxaxheba kwisondo seqela okanye uye kwindawo 'zokwabelana ngesondo kwindawo'
- ✓ **Abantu abasele benonxibelelwano olusondeleyo nesigulane esine-mpox eqinisekisiweyo.** Ugonyo olunedosi enye yesitofu sokugonya kufuneka lunikezelwe ngokukhawuleza kangangoko (ngokufanelekileyo kwiintsuku ezi-4 kodwa ngamanye amaxesha ukuya kwiintsuku ezili-14.)
- ✓ **Abantu abangamalungu eqela okanye abazimase indawo apho kukho ityala okanye iqela, okanye apho amanye amalungu aye anxibelelana ngokusondeleyo netyala.**

Ngaba isitofu sokugonya siyasebenza?

Iidosi ezimbini zesitofu sokugonya zibonakaliswe ukunika inqanaba eliphezulu lokhuseleko kwimpoksi. Ukhuseleko lukwalunge kakhulu emva kwedosi yokuqala, kodwa idosi yesibini ngamanye amaxesha iyacetyiswa kukhuseleko lwexesha elide.

Ngaba isitofu sokugonya sibangela iziphumo ebezingalindelekanga?

Isitofu sokugonya sinenkangeleko yokhuseleko entle kakhulu. Njengawo onke amayeza kunye nezitofu zokugonya kunokubangela iziphumo ebezingalindelekanga, kodwa uninzi lwazo luthambile kwaye luhlala ixesha elifutshane kwaye ayinguye wonke umntu ozifumanayo. Ngokungafaniyo nogonyo oludala lwengqakaqha, ugonyo alushiya iziva.

Iziphumo ebezingalindelekanga zinokuxhaphaka ngakumbi kubantu abakhe bafumana idosi yokugonya ingqakaqha ephilayo ngaphambili. Aba bantu badinga kuphela idosi enye ye-MVA ukunyusa ukhuseleko lwabo olukhoyo.

Iziphumo ebezingalindelekanga eziqhelekileyo ziquka intlungu kunye nokurhawuzelwa kwindawo yokutofa kunye nentloko ebuhlungu, ukuqaqamba kwemisipha, ukugula kunye nokudinwa. Malunga nomntu om-1 kwabalishumi uya kuba neengqele kunye nomkhuhlane, kodwa oku akufuneki kuhlale ngaphezulu kweentsuku ezimbalwa.

Ukuba ufumana naziphi na iziphumo ebezingalindelekanga ezidweliswe ngasentla, kufuneka uphumle kwaye ungathatha idosi echanekileyo yeparacetamol ukunceda ukuthomalalisa iimpawu.

Ukuba sele unayo i-atopic dermatitis (uhlobo lwe-eczema), unokufumana ukusabela okukhulu kwesikhumba sendawo (njengobomvu, ukudumba nokurhawuzelwa) kunye nezinye iimpawu eziqhelekileyo (ezifana nentloko, intlungu zemisipha, ukuziva ugula okanye udiniwe), kunye nokugqabhuka okanye ukuwohloka kwemeko yolusu lwakho.

Ngaba kukho nabani na ongakwaziyo ukufumana isitofu sokugonya i-MVA?

Ekuphela kwabantu abangakwaziyo ukulufumana ugonyo ngabo bathe bachaphazeleka ngesiqophe kuchaphazeleko lwaliwayo nedosi yangaphambili yesitofu sokugonya, okanye nasiphi na isitofu sesitofu sokugonya ngaphambili. Isitofu sokugonya siqulethe umkhondo weprotein yenkukhu, i-benzonase kunye ne-gentamicin kunye ne-ciprofloxacin (i-antibiotics).

Ngubani onokuba ngcono ukulibazisa ugonyo?

Ukuba ugula ngeqondo lobushushu eliphezulu kunokufuneka uvavanywe ukufumanisa ukuba ngaba ubonisa iimpawu zokuqala ze-mpox. Ukuba isigulo sakho asinxulumananga ne-mpox, usenokunikwa isitofu sokugonya. Ubukho bosulelo oluncinci, olufana nokubanda, akufanele lufune ukuhlehliswa kwesitofu, kodwa thetha nogqirha wakho okanye umongikazi kuqala.

Ngubani omnye ekufuneka athathele ingqalelo ekhethekileyo?

Kufuneka uxelele ugqirha okanye umongikazi ukuba ufumene ugonyo lwe-smallpox kwixesha elidlulileyo okanye ukuba une-atopic dermatitis, njengoko umngcipheko weziphumo ebezingalindelekanga ukusuka kwisitofu sokugonya se-MVA unokuba phezulu.

Ukuba ngaba une-HIV okanye unayo nayiphi na enye imeko okanye unyango olukhokelela kumajoni omzimba abuthathaka, isitofu sokugonya sisenokungakukhuseli nawe. Yazisa ugqirha okanye unesi wakho.

Kuthekani ngamanye amayeza endiwathathayo?

Xelela ugqirha wakho okanye umongikazi ukuba usebenzisa okanye usandula ukuthatha nawaphi na amayeza okanye ukuba usandula kufumana naluphi na olunye ugonyo. Kwiimeko ezininzi, kufuneka uphile kakuhle ukuba ube nesitofu sokugonya.

Isitofu sokugonya sinokunikwa ngokukhuselekileyo kubantu abaphila nosulelo lwe-HIV, abo bathatha i-PreP kwaye ngaxeshanye nezinye izitofu ezibalulekileyo eziquka ezo zichasene ne-HPV kunye ne-hepatitis A kunye neentsholongwane ze-hepatitis B.

Inikwa njani iMVA?

Zimbini iindlela ezisetyenziswayo ukunika inaliti ye-MVA, ngokukhethekayo kwingalo engaphezulu. Enye indlela itofa ngaphantsi kwesikhumba okanye kwisihlunu (ngokufanayo noninzi lwezinye izitofu zokugonya), enye itofa esikhumbeni, njengesitofu se-BCG sokugonya i-TB. Zombini ezi ndlela zisebenza kakhulu.

Ukuqhuba kunye nokusebenzisa oomatshini:

Akukho sizathu sokukholelwa ukuba isitofu sokugonya sinokuchaphazela amandla akho okuqhuba okanye ukusebenzisa oomatshini. Ukufa isiqaa emva kokugonywa kuqhelekile, ngoko ke kufuneka ulinde imizuzu eli-15 emva kwejab phambi kokuba uqhube.

Ingxelo yokugonywa kwe-Mpox

Rekhoda umhla (imi) wokugonya i-mpox ngezantsi ukuqinisekisa ukuba awuphoswa kukhuseleko.

Khumbula, ukuze ukhuseleke kufuneka ugqibe ikhosi epheleleyo yesitofu sokugonya:

I-Mpox (MVA-BN) Ithamo lokugonya	Umhla
Idosi 1	
Idosi 2 Ubuncinci iintsuku ezingama-28 emva kwedosi yokuqala	

Ndenze ntoni ngoku?

Nceda ubuze umongikazi wasekliniki okanye ugqirha wakho ngeenkukacha ezithe vetshe. Isitofu sokugonya siyafumaneka kwiinkonzo zeNgcali yeMpilo yezeSondo (SHSs).

Ngolwazi oluthe kratya malunga ne-mpox kunye nendawo yokufumana indawo yokugonya tyelela:

www.nhs.uk/conditions/mpox/find-a-mpox-vaccination-site

Iziphumo ezibi kakhulu

Ezinye iimeko azifane zixelwe kubantu abafumene isitofu sokugonya. Ngomoya wokuvuleleka, imveliso yesitofu sogonyo ikhankanya zonke ezi meko - nkqu nezo zixelwe kwimeko enye - kodwa oku akuthethi ukuba isitofu sokugonya sasinoxanduva. Ukuba ufumana naziphi na iziphumo ebezingalindelekanga, thetha nogqirha wakho, usokhemisti okanye umongikazi. Oku kubandakanya naziphi na iziphumo ebezingalindelekanga ezingadweliswanga kweli phetshana.

Ngokuxela iziphumo ebezingalindelekanga unganceda ukunika ulwazi oluthe kratya malunga nokhuseleko lwesi sitofu sokugonya.



Nceda uxele naziphi na iziphumo ebezingalindelekanga ezikrokrekelayo ngokuthe ngqo nge-Yellow Card Scheme kwiwebhusayithi:

yellowcard.mhra.gov.uk,

ngokukhuphela iapp ye Yellow Card okanye ngokufowunela iskimu se-Yellow Card 0800 731 6789 9am – 5pm.



Uya kufumana ulwazi oluthe kratya ngeli yeza kwisifakelo sepakethe ekufuneka ugqirha okanye umongikazi akunika sona.

Ufakelo lukwafumaneka kwiwebhusayithi ye-European Medicines Agency:

www.ema.europa/en/medicines/human/EPAR/Imvanex

