



UK Health
Security
Agency



Covid-19 Aduro ho akwankyerε εμα mmaa apemfoε anaase wεrema nufoε

Royal College of Obstetricians ne Gynaecologists ne Royal College of Midwives no εkamfo COVID-19 aduro no yie pa ara εμα apemfoε ne mmaa wεremma nufoε. Coronavirus (COVID-19) aduro no UK na εno ne kwan pa na banmmε wom a wobεtumi afa so de abo wo ho ne ba wo ban.

COVID-19 aduro ho afutuo wε nyinsεm berε mu

Badwakuo a wεaka wεn ho abom a wεhwe Paneεwo ne Imunasehyin so 'Joint Committee on Vaccination and Immunisation (JCVI)' afutuo ne sε mmaa apemfoε nya COVID-19 yareε no bi a εtumi ye hu yie pa ara. Otum busta no, ye de ma wεn a sε wεnya COVID-19 a εho nsunsuansoε no beye hu yie pa ara no a εbeye sε abosome kakra abεsene ko no wεnnwεε busta. Wεn a wεka wei ho ye mmaa apemfoε. Esiane sε eduru winta berε mu a wεn a COVID-19 εka wεn no εkε soro nti, busta wei bete nya sε wonaya COVID-19 a anka wεβεgye wo ato ayaresabea so no. Busta no nso besane aboε ban ako atia Omicron yareε no nanso saa banmmε no nkyε.

Ye rema wo aduro na aboε wo ne wo ba no ho ban. Wε UK no, mmaa bebore 250,000 na wεawε paneε no bi ansa na wεrewo, na dodoε no ara wεε Pfizer ne Moderna vaccines.

Saa nnuro yi bε adwumayie wε mmaa apemfoε ne wεn mma mu. Coronavirus aboa a εte ase biara nni COVID-9 aduro no mu na εtumi nsae εbaa pemfoε ne aboεra a εhye yafunu mu εonwoo no no.

Wiase Nyinaa Apomuden Kubaatan ne akuo a ahodoε a wεwε UK,US, Canada ne Europe no reye COVID-19 nnuro no adanseε ho nhwehwεm.u

COVID-19 aduro no εno ne banmmε kwan ne kwan εye sene biara εbeboε mmaa ho ne wεn mma ho ban atia COVID-19 yareε a ano ye den no ho. Mmaa wεnnwεε bi a wεbenyem no, yehye wεn nkuran pa ara sε wεmmra na wεmmεwε wεn deε.

Mmaa a wεnyem na wεadi nkan awoε bi dada no, εsε sε wεwε busta wε otum wei mu.

Deɛ nti a sɛ wonyem a wohia aduro no

Sɛ wonya COVID-19 wɔ nyinsɛn no akyi baabi a, wo ne wo ba a wonnwoo no nyinaa yareɛ no ano bɛtumi ayɛ den a ɛho bɛhia sɛ wɔde wo kɔ ayaresabea kɔgye ayarehwɛ, ne ntensifu kɛɛ mmoa.

Ɔhaw a ɛwɔ COVID-19 yareɛ no ɛma wo ne ba fofɔɔ no nyinaa fam nanso akɔ anim wɔ akwan ahodoɔ so wɔ COVID-19 ahodoɔ ‘waves’ mu. Nya a wobɛtumi anya bi no tumi sesa ntɛm so na winta mu yehwɛ kwan sɛ ɛbɛkɔ n’anim.

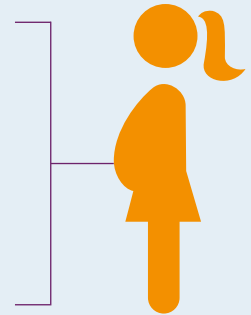
COVID-19 aduro no ahobanmmɔ wɔ soro nanso berɛ kɔ so banmmɔ no so tumi ɛtɛ ba fam. Sɛ woadi nkan awɔ COVID-19 nnuro anaasɛ yareɛ, ɔtum busta no bɛhia sɛ ɛbɛboa wo ne wo ba no ama moanya ahobanmmɔ wɔ winata abosome a ɛreba no mu berɛ yareɛ mɛnɛnɛnsɔɔ no yehwɛ anim sɛ ɛbɛkɔ so.

COVID-19 aduro no a apemfoɔ wɔ no ɛho akomatɔnyam nɛm bebree wɔ esiane sɛ mmaa apemfoɔ a wɔwɔ UK, bɛboro 250,000 na wɔawɔ bi ansa na wɔrewɔ, ɛne aman ahodoɔ bebree so a US ne Australia ɛka ho.

Ɔhaw ɛma mmaa apemfoɔ

Sɛ wowɔ apomuden ho haw te sɛ:

- imune mu haw
- Ntehyewa
- mogyaborosɔɔ
- komayrɛɛa
- asikyireyareɛ



Anaasɛ sɛ wo:

- ayɛ kɛsɛɛ mmorosɔɔ
- adi boro mfeɛ 35
- wɔ nyinsɛn nkyekyɛm a ɛtɔ so mmiɛnsa ((bɛboro nnawɔtwe 28)
- Nipa tuntum ne Asiani a wɔnnɔɔ so.
- Nnɔwɔ panɛɛ no bi anaasɛ woawɔ ne fa bi a wɔannwɔ anwie



Sɛ wonya COVID-19 a ɛbɛtumi ayɛ hu yie asene mmaa a wɔnniyem no.

Mmaa apemfoɔ a wɔwɔ apomuden ho haw bi no sɛ wonya COVID-19 a ɛtumi haw wɔn yie pa ara.

Berɛ a ɛda ɔtum busta no so

Ɛsɛ sɛ wɔma wo apɔintmɛntɛ ɛwɔ Ɛbo ne Ɔpɛnimaa ntam, a wɔn a wɔnya bi a ɛbɛyɛ hu no na ɛsɛ wɔdi nan frɛ wɔn kane.

Ɛsɛ wowɔ wo busta no anyɛ hweɛ koraa abosome 3 akyi wɔ deɛ etwa toɔ a wɔwɔɛɛ no.

Wobɛtumi afa wo papu aduro no berɛ no ara mu. ɛho hia sɛ wobɔ wo ho ban wɔ wo nyinsɛn berɛ mu na abɔ wo ne wo ba no ho ban. Ntwɛn nkɔsi sɛ wobɛwo awie ansa.



Sɛ wonyem a

Ɔhaw ɛfiri COVID-19 yareɛ no ba ɛma mmaa apemfoɔ ne wɔn mmaa a wɔnwoo wɔn ne kwan a ɛnyɛ den ɛbesae ɛyɛ a sesa wɔ COVID-19 ahodoɔ no. Yɛnntumi nkyerɛ yareɛ no fofɔɔ a ɛbɛba, ne saa nti ɛho yie sɛ wobɛhwɛ wowɔ ahobanmmɔ sɛ wonyem a. Adansɛ wɔ hɔ a ɛkyerɛ sɛ panɛɛ wɔ nyinsɛn berɛ mu no tumi aboa ate ayaresabea wɔgye obi to hɔ no so berɛ a wɔanya COVID-19 no so na wei bɔ ban berɛ tiawa bi mu wɔ awɔɔ akyi. Deɛ nti a ɛtɛ saa ne sa maame no banmmɔ no tumi sae ne ba a ɔhyɛ yafunu mu no na wei bɔ ban berɛ tiawa bi mu wɔ awɔɔ no akyi.

Mmaa a wɔnyem no yɛafa wɔn sɛ klɛnɛkaa ɔhaw kuo ɛwɔ COVID-19 dwumadie mu. Mmaa apemfoɔ a wɔnnwɔɔ panɛɛ no yɛhyɛ wɔn nkuran pa ara sɛ wɔnɔwɔ panɛɛ 2 edi kan no. Mmaa wɔnyem na wɔadi nkan awɔ bie no nwo busta wɔ ɔtum wei mu.

Renyem

Ɛho nhia sɛ wobɛkwati sɛ wobɛnyem wɔ COVID-19 panɛɛ no akyi. Nyansahunufɔɔ nhwehwɛmu ahodoɔ ada no adi sɛ COVID-19 nnuro no nni nkentɛnsɔɔ biara wɔ sɛ barima anaasɛ obaa bi bɛtumi awɔɔ so, sɛ wobɛnyem anaasɛ sɛ wobɛtumi apɔn. Mmaa bɛyɛ 100,000 a wɔwɔ England na wɔawɔ panɛɛ no bi ansa na wɔrenyem na wɔtumi woo wɔn mma.

Nufuma

Nufɔɔ ma ho mfasɔɔ deɛ obiara nim.

JCVI no akamfo akyerɛ sɛ wobɛtumi awɔ panɛɛ no berɛ a wɔrema nufɔɔ. Wei ne deɛ US ne Wiase Nyinaa Apomuden Kubaatan aka no hyia. Mmaa a wɔawɔ bi no tumi yɛ anibɔdis a ɛboa bɔ wɔn ho ban kotia COVID-19 yareɛ. Saa antibɔdis yi nso ɛwɔ nufusuo mu na ɛbɛtumi aboa abɔ mmɔfra a wɔrema wɔn nufɔɔ no. Aduro no ankasa nkɔ nufusuo no mu.

Aduro bɛn na wɔde bɛwɔ wo?

Yɛbɛma wo busta ɛyɛ Pfizer anaasɛ Moderna na wɔyɛɛɛ. Ebia wo nsa bɛka nnuro mmienu a wɔayɛ mu nsakrɛɛ- nnuro a wɔaka abom no deɛ ɛka bi yɛ aduro daa no fa a wɔaka ɛne adurofa ɛko tia Omicron no. Nhpa kakra bi na wɔn ɔkɔta bɛkamfo aduro foforo ama wɔn.

Nnuro dada mmienu ne deɛ wɔaka abom no boa bɔ ban yie, ɛwom sɛ nnuro a wɔaka abom no yɛ anibɔdis a ɛkotia Omicronyareɛ no bi.

Esiane sɛ yɛnntumi nkyerɛ COVID-19 koro ɛbɛba winta yi mu no nti, JCVI no aka sɛ nnuro ahodoɔ mmienu no nyinaa mpanimfoɔ bɛtumi de adi dwuma, na ɛnsɛ sɛ obiara twentwen ne nan ase sɛ wɔbɛwɔ nnuro a wɔaka abom no. Nti wo nsa ɛbɛka aduro ɛyɛ ɛma wo berɛ pa mu.

Yɛsrɛ ɛyɛ aduro a wɔde bɛma wo ɛyɛ a gye - ɛho hia yie sɛ wɔbɛwɔ wo busta no na abɔ wo ho ban ako atia yarekɛsɛɛ ansa na winta aba.

Nnuro afoforo a wɔde ma wɔ nyinsɛn mu

Yɛkamfo nnuro ahodoɔ a ɛbɔ wo ne wo ba no kotia papu na ɛbɔ wo ba no ho ban kotia ɛwa 'pertusis' (whooping cough firi awɔɔ so. Saa nnuro yi wɔbɛtumi aka abom de ama anaasɛ wɔbɛtumi emu biara ama na ne nyinaa mu no ɛbɛtumi abɔ ban.

Wo papu ne COVID-19 nnuro no, wɔbɛtumi de ama wɔ berɛ koro no mu esiane sɛ wɔde ma wɔ berɛ koro no ara mu wɔ afe no mu wɔ nyinsɛn berɛ no biara mu.

Ɛho hia sɛ wobɛfa pertusis aduro berɛ a wobɛnya abosome 16 wɔ nyinsɛn no mu de ahwɛ sɛ wo ban no wɔ ahobanmɔ a edi mu berɛ wobɛwo no no. Saa aduro a wɔtaa de ma berɛ a wɔatwa sekan wɔ nnawɔtwe 18 kɔsi 20 wɔ nyinsɛn no mu na wobɛtumi afa aduro yi wɔ apɔintɛmnet foforo mu, a ɛbɛgyina berɛ a wɔnyinsɛn no so.

Sɛ wɔwɔ COVID-19 panɛɛ mpa a wobɛtumi anya bi?

COVID-19 busta no bɛtɛ yare a anka wobɛyare kɛsɛɛ no so sɛ wonya COVID-19 wɔ winta wei mu a. Ɛbɛdi nna kakra ansa na wo nipadua no atumi anya ahodoɔ foforo afiri busta no mu.

Te sɛ deɛ nnuro nyinaa tɛɛ no, aduro biara nni ho a ɛyɛ adwumakɔsi twan – nhpa binom bɛtumi anya COVID-19 ɛmfa ho mpo sɛ wɔawo panɛɛ no, nanso saa yareɛ no ɛnsɛ sɛ ano yɛ den pii.

Sɛ wɔawɔ panɛɛ no da nkyɛn a, nneɛma bi wɔ ho a wobɛtumi aye wɔ wo daada asetena mu na aboa ate trɛ COVID-19 ne homeɛ mu yareɛ afoforo bɛtumi atrɛ na abɔ wɔn wɔnya bi a ɛbɛyɛ hu no ban. Sɛ wopɛ nsem pii a hwe [NHS afutuo](#).



Ɛho nsunsuansoɔ

Te sɛ nnuro nyinaa no, nnuro bɛtumi akɔfa nsunsuansoɔ aba. COVID-19 ho nsunsuansoɔ wɔ ɛko so wɔ apemfoɔ mu te sɛ mmaa wɔnnyem. Yɛnhunuu ɔhaw pɔtee a ɛfa mmaa apemfoɔ ho, wɔn nyinsɛn ne wɔn mma ho. Ɛho bɛhia sɛ wobɛhwɛ sɛ wonim deɛ ɛbɛtumi asie wɔ paneɛwɔ no akyi, ne titire sɛ woawo anaasɛ wowɔ mmɔfra foforo a ɛsɛ sɛ wohwɛ wɔn a.

Yɛsrɛ kenkan **COVID paneɛ: deɛ ɛsɛ wohwɛ kwan wɔ paneɛwɔ no akyi**

Nsunsuansoɔ aɛho nye nna

Ɛdefa deɛ wowɔɔ no dada no ho no, COVID-19 nnuro no ho nsunsuansoɔ no nyinaa yɛ pɛ, a deɛ ɛka ho bi ne nnuro a wɔaka abom a yɛde bɛdi dwuma wɔ ɔtumi wei mu, na deɛ ɛka ho bi ne:

- Wobɛte yea, bɛte yea kɛsɛɛ wɔ wo nsa wodii kan wɔɔ paneɛ no ho no –wei ano yɛ kɛsɛɛ bɛyɛ ɛda 1 kɔsi nna 2 wɔ paneɛwɔ no akyi.
- Bɛte brɛ
- Tipaɛɛ
- Honam yea anaasɛ biribi a ɛte sɛ papa ho nsɛnkyerɛnne

Wobɛtumi agye w'ahome na woanom paracetamol (di akwankyerɛ a egu adaka no ho no so) na aboa ama wo ho ato so.

Ɛwom sɛ paneɛwɔ no akyi ɛda baako anaasɛ nnanu akyi ebunu 'fiva' bɛtumi akyew wo deɛ, sɛ wonya wonya COVID-19 ho nsɛnkyerɛnnee foforo biara naasɛ ebunu 'fiva' no kye a, tena fie na wobɛhia sɛ wokɔyɛ nhwehwɛmu. Nsɛnkyerɛnne a ɛda adi wɔ paneɛwɔ no akyi nni nnuru nnawɔtwe.

Sɛ nsunsuansoɔ no ano yɛ den anaasɛ ɛha wo a, wobɛtumi afre NHS 111 anaasɛ sɛ ɛyɛ telefoon fa 18001 111 di dwuma. Wobɛtumi nso abɔ aduro no ho nsunsuansoɔ biara a wosusu ho amanneɛ denam Yellow Card scheme no so.

Wobɔ nsunsuansoɔ ho amanneɛ

Wobɛtumi afa Yellow Card scheme no so abɔ nsunsuansoɔ biara a wosusu no ho amanneɛ:

- ɔnlɛa so wɔ **Yellow Card Scheme**
- Refrɛ Yellow Card scheme no wɔ 0800 731 6789 (anɔpa nnɔn 9 kɔsi anwummerɛ nnɔn 5)
- Twe na fa Yellow Card app ɛma Apple anaasɛ Android edi dwuma



Nsunsuansoɔ aye hu yie pa ara

Amanneɛbɔ a ɛfa koma a ɛyɛ kɛsɛɛ ho (a yɛfrɛ no myocarditis anaasɛ pericarditis) no, ɛho amanneɛbɔ no nnɔɔso wɔ COVID-19 nnuro mmienɛ a ɛne Pfizer ne Moderna ɛho. Saa nsem yi wɔtaa hunu wɔ mmarima wɔnnyiiɛ wɔ nnafua bi akyi wɔ paneɛwɔ no akyi. Nnipa bebree no ɛyɛ wɔn no ho tɔn wɔn na ɛyɛ ntɛm so bere wɔagyɛ wɔn ahome na wɔayɛ wɔn aduro kakra bi no.

Ɛsɛ sɛ wokɔ gye ayarehwɛ ntɛm so ara sɛ paneɛwɔ no akyi no, wote nka weinom a:

- Koko yea
- Home a ɛnsisi so
- Wote nka sɛ home no yɛ ntɛntɛm, koma ɛbɔ ntɛntɛm anaasɛ ɛbɔ kikimkikim

Sɛ wowɔɔ bie no ɛko faa ɔha wbi brɛɛ wo a, yɛbɛtu o fo sɛ kwati anaasɛ twɛtwɛn foforo wɔ so. Ɛsɛ sɛ wo ne wo dɔkota anaasɛ wo nimdefoɔ susu wei ho. Yɛsrɛ hwɛ asɛɛ ha wɔ kwan a wobɛfa so abɔ ɛho nsunsuansoɔ no ho amanneɛ.

Nsem foforo ɛka ho

Royal College of Obstetricians ne Gynaecologists (RCOG) ne Royal College of Midwives (RCM) wɔ nsem ahodoɔ bi a ɛbɛtumi aboa wɔ COVID-19 **vaccines nnuro ne nyinsɛn ho.**

Nyinsɛn.nufuma,sɛ wotumi wo ne COVID-19 aduro ho nsem wɔ **NHS UK.**

Sɛ wopɛ sɛ wo ne wo midwife, dɔkota, anaasɛ nɛsɛ di COVID-19 aduro no ho nkɔmmɔ.

