



UK Health
Security
Agency



Nyinsɛn anaaaa?

Saa nnuro wei boa bɔ wo, wo
ba ne wo nyinsɛn no ho ban

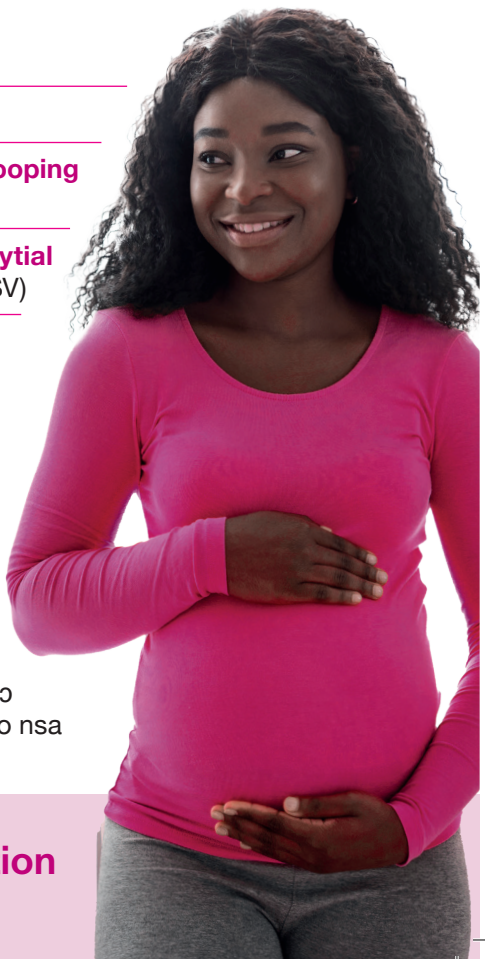
Papu (Nfluwansa)

**Ɛwa denden (Whooping
cough)** (Pertussis)

**Respiratory Syncytial
Yaremmoawa** (RSV)

Afutuo afoforo a wo
nnuro ne bere a wo nsa
beka bi

immunisation



Saa kratawa wei kyerekyere nnuro a wontua hwee a ebeboa abo ban, se eye

- **wo**
- **wo nyinsɛn, ne**
- **wo ba a woawo no foforo no afiri ohaw a i yareɛ no de ba no ho**

Sɛn na panee no si fa ye adwuma?

Panee no boa deɛ ewo wo mu a ema nipadua no kotia (imiiu sistem) no ye nnooma a etumi bo ban.

Sɛ wowo aduro no a ema wo mpo mu ye den na eboa bo wo ban a emma wonyare na ebo wo nyinsɛn ho ban. Deɛ ebo nipadua no ho ban no bi sae wo ba no a wonya nwoo won no firi awo so ne nnawotwe kakra edi kan a waba nkwa mu no.

Metumi ama me ba no nufɔɔ bere a mafa aduro no akyi?

Aane, banmmɔ wom sɛ wobɛma wo ba nufɔɔ bere a wafa MMR, papu. ewa dendɛn ne RSV nnuro no. Nnuro bi a wode ma wo nyinsɛn akyi, wo nufusuo no wo antibodisi wom na atoa so abo wo ba no ho ban denam nufuma no so.

Nnuro a yede ma wo nyinsen bere mu

Ɛwa denden ‘Whooping cough’ (Pertussis)

Ɛwa denden ye adeɛ bi a etumi sae pa ara na ɛbetumi aye hu ama mmofra nketewa Mmofra nketewa wobɛbo ɛwa denden no bɛhia sɛ wode won ko ayarsesabea na wohwe won.

Ɛwa denden betumi akɔfa ɛwa etena ho kye aba ne adeɛ ehia obi na ɛma eye den sɛ nipa no bɛhome. Deɛ ede ‘whoop’ dede no ba no ye homeɛ a obi pere sɛ obɛhome bere a wabo ɛwa no awie no.

Ɛda denden ‘whoopin cough’ betumi adi abosome 2 anaase 3? Ɛbetumi akɔfa nimonia aba, ɛsoro ne adwene no edi dem afebo. Tebea a enye mu no, ɛbetumi akɔfa ohaw aba.

Adɛn nti na mehia ɛwa denden aduro no?

Ɛwa denden aduro no wobɛfa bere a wonyem no bɛhyɛ wo banmmɔ no mu kena. Adeɛ a etumi kotia yareɛ ‘antibodisi’ a wo nipadua no ye bɛfa awodeɛ no mu ako wo ba no ho. Saa adeɛ a etumi bo ban yi bebɔ wo ba no ho atia ɛda denden wo nnawɔtwe edi kan wo won asetena mu no.



Ɛhe na metumi awɔ papu paneɛ no?

Mpen pii no wo nsa beka ɛwa denden aduro no wɔ wo nyinsen bere no fa a ɛto so mmiensa sekan no mu (mpen pii no nnawɔtwe 20) nanso wo nsa betumi aka no ntem so beye nnawɔtwe 16 mu.

Sɛ wonya nnawɔtwe 20 na womfaa aduro no a, wone wo Gp sɛɛgyiri anaasɛ wo midewife nkasa na ye nhyehyɛɛ na kɔfa no anim anim no ara.

Sɛ ɛbeyɛ a ɛbebo wo ba no ho ban yie no, ɛsɛ sɛ wode ye wo botaɛs sɛ wobɛfa aduro no wɔ nnawɔtwe 32 mu. Wobetumi afa aduro no akyire wɔ nyinsen bere no mu nanso ɛntumi nnye adwuma yie saa. Sɛ nso anyɛ yie sɛ wobɛfa aduro no ansa na woawo wo ba no a, wobetumi afa wɔ awoɔ no akyi, a ɛbeboa ate tre a ɛwa denden no betumi atrɛ akɔka wo ba no so. Ɛho hia yie sɛ wobɛfa ɛwa denden aduro no wɔ nyensɛn biara mu na aboa ayɛ antibodisi na abɔ wo ba no ho ban.

Na mesusu sɛ wɔma mmɔfra nketewa ɛwa denden aduro no bi?

UK man mu no na wode ɛwa denden aduro no mma mmɔfra a wɔadi nnawɔtwe 8, 12 ne 16. Mmɔfra pii no wɔ a ɛwa denden a ɛka wɔ nnawɔtwe a edi nkan wɔ asetena mu no ɛtumi ka wɔn pa ara. Adeɛ a wobetumi ayɛ de abɔ wo ba wo ban saa bere yi mu ara ne sɛ wobɛfa ɛwa denden aduro no bere a wonyem no.

Ƨɛn na aduro no si ye adwuma fa?

Nhwehwemu bi a woyee wo UK man mu no ada no adi se aduro no wobefa no wo nyinsɛn bere mu no ye adwumakama beye 90% na ebo ban tia ewa denden wo mmofra a wawowon foforo no ho.

Banmmo a wonya firi aduro no nso kyere se eye den se wobɛnya ewa denden na wode asae wo ba no.

Aduro ben na mɛfa?

Aduro no yefa no wo nyinsɛn bere mu no nso bo ban tia asenesene ne diptheria. Wei de banmmo beba ka mpaneɛ a wowo no wo mmofraberɛ mu no ho.

Wobetumi nso akenkan Adacel aduro no ho nsem wo ha: www.medicines.org.uk/emc/product/15553/pil#gref

Ɛwa denden aduro no eye papa se obi befa wo nyinsɛn bere mu?

Aman pii a ewo Europe, Amerika Atifi ne Anafoɔ, Austratlia ne New Zealand de ewa denden aduro no di dwuma bere a wonyem na tweretohɔ kyere se ohaw biara nni ho.

Ɛye a na banmmo wom pa ara se wone wo ba no befa aduro no sene se mobebo ewa.



Ɛboa bo wo ba no ho ban bere a woafa ewa denden aduro no wo nyinsɛn bere biara mu no. Hwe se wo ba no nsa beka n'ankasa aduro a ekotia ewa dendenbere a woadi nnawotwe 8, 12 ne 16.

Respiratory Syncytial Yaremmoawa(RSV)

Respiratory syncytial yaremmoawa anaase RSV ye yaree a enye nna a ebetumi akofa ahrawa mu yaree a yefre no bronchiolitis aba. Mmofra nkumaa a wonya saa yaree wei no, eye den se wobehome na woadidi. Wo England no mmofra beye 20, 000 na wogye won to ayaresabea afe biara se woanya bronchiolitis a ebenim mpo hia ntensifu kee. Won mu kakra bewu.

RSV betumi aye den wo mmofra nkumaa mu, won a won bere anso a wawoo won, ne won a won yaree no betumi aka won koma,homee anaase imiiu sistem. RSV yaree no betumi aba abera biara wo afe no mu nanso winta mu pa ara na eko soro.

Ehe na metumi awo papu panee no?

RSV aduro no wobefa no bere a wonyem no behye wo banmmo no mu kema. Antibodisi a wo nipadua no beye no besae wo ba no a wo nwoo no no. Saa antibodisi no beboa abo wo ba no ho ban atia RSV firi bere a wobewo no.

Bere ben na ese se me nsa ka aduro no?

Ese se wo nsa eka wo nnawotwe 28 wo wo antenetaa nsrahwe bere no mu.

Ese se woboo mmoden ma wo nsa ka aduro no wo nnawotwe 28 anaase ntem so ara wo eno akyi. Wei beboa ama woaye antibodisi na asae wo ba ansa na woawo.

Wobetumi afa aduro no akyire wo nyinsan bere no mu nanso entumi nnye adwuma yie saa. Se entumi nnye yie se wobefa aduro no ntem a, wo ns abetumi aka kosi bere a wobewo abofra no.

Ese se wofa RSV aduro no wo nyinsan biara mu na aboa abo wo ba foforo no ban yie.

Ƨɛn na RSV aduro no si yɛ adwuma fa?

Nhwehwɛmu ada no adi sɛ RSV aduro no boa tɛ hu a sɛ woba no nya bronchiolitis ɛyɛ no so 70% wɔ abosome 6 a edi kan mu no so.

Tɛ sɛ nnuro nyinaa no, aduro biara nni ho a ɛyɛ adwuma kɔsi na mmɔfra bebreɛ bɛsane anya RSV yareɛ no bi ɛmfa ho sɛ maame no bɛwɔ panɛɛ. Nanso, mmɔfra bebreɛ no a wɔn maame awɔ panɛɛ no, ɛnsɛ sɛ RSV yareɛ no ano ɛyɛ den wɔ wɔn mu.

Aduro bɛn na mɛ nsa ɛbɛka?

Wobɛtumi akan wɔ ha: www.abrysvo.com/

RSV aduro no a mɛwɔ wɔ nyinsɛn bɛɛ mu no yɛ ma mɛ ba no?

Wɔ klenekaa schwɛ mu no, mmaa bɛyɛ 4,000 na twɛɛtoho kyɛɛ sɛ aduro no yɛɛ adwuma yie wɔ wɔn mu na wɔama ho kwan sɛ wɔmfa nni dwuma UK, Europe ne USA. Mmaa mpɛmpɛm na wɔn nsa aka aduro no wɔ ɔman mu dwumadie mu, a dɛɛ ɛko boro mmaa 100, 000 a wɔwɔ USA.

Wɔ klenekaa schwɛ mu no, mmɔfra bebreɛ no ara a wɔka wɔn a wɔfaa aduro no bi ho no wɔwoo wɔn ntɛm sɛnɛɛ wɔn a wɔanwɔ aduro no. Nsonoeɛ no yɛ ntotosie, nanso wei yɛ botaeɛ baako nti a ɛsɛ sɛ wɔfa no wɔ nnawɔtwe 28 sɛnɛ sɛ wɔbɛfa no nyinsɛn no bɛɛ a edi kan. Nɛ nyinaa mu no, banmmɔ wom ma wo nɛ wo ba no sɛ mɔbɛfa aduro sɛnɛ sɛ wo nɛ ba woawo no foforo bɛnya RSV yareɛ.



Fa wo RSV aduro no bi bɛɛ a wonyem na abɔ wo ba no ho ban yie wɔ nɛ bosome 6 a edi kan no wɔ n'asetena mu.

Nfluwansa (Papu)

Deen ne papu?

Papu no sae yie pa ara na eho nsunsuansoo no bi te se fiva, awɔ, ahotutuo ne yea, tipaee ne ɔbre mmorosoo. Mmaa apemfoo no, se wonya papu no bi a etumi haw won yie, ne titire wo won nyinsen no bere a etwa too no mu, a dee eka ho bi ye nimonia ne mpo owuo.

Papu betumi ahaw wo nyinsen, na ebetumi akɔwie se wobewo bere a eberɛ no nsoee, mmɔfra a wowo won a won mu nye duru, mmɔfra a wowuwu wo nyinsen bere mu wo nnawɔtwe 20 anaase 28 bere mu. Papu ano ye den yie pa ara wo mmɔfra aforɔ ne mmɔɔfowa.

Aden nti na mehia papu aduro no wo nyinsen bere mu?

Papu aduro no ete nya a se wonya papu no a ano beye den no so, behia ayaresabea nna anaase ntensifu kee wo nyinsen bere mu. Ete ohaw ahodoɔ etumi ba no so.

Aduro no hye wo antibodisi no mu kena tia papu na esae wo ba no. Wei de banmmɔ ma wo ba a wawo no foforo wo abosome a edi kan wo n'asetena mu no.

ema eye den se wo nso wobɛnya papu na wode bi asaee wo ba wonwoo no no.

Bere ben na metumi awɔ papu paneɛ no?

Papu aduro no taa wo ho firi ebɔ bosome no mu afe biara na mmaa apemfoo ntua hwee.

Esɛ se wowo paneɛ no bere a ebi beba wo ebɔ bosome no mu no, emfa ho ne baabi wonyinsen no aduru no. Ne yie mu no esɛ se wowo no ansa na papu bere no afiri asee, nanso wobetumi awɔ no aberɛ biara wo winta bere no mu. Wobehia papu aduro no wo aberɛ woanyinsen biara wo papu bere mu

Papu aduro no banmmɔ wom wɔ nyinsɛn berɛ mu?

Ɛfiri 2009 mu no, aman pii na wɔama papu aduro no wɔ nyinsɛn berɛ mu, na mmaa apemfoɔ beboro ɔpepem 2 na wɔma wɔn bi wɔ England man mu. Twerɛtoho kyere sɛ aduro no bo adwuma yie. Ne nyinaa mu no, bonmmɔ wom sɛ wone ba no befa aduro sene wone wo ba no betena ho ama papu no akye mo.

Sɛn na aduro no si ye adwuma fa?

Papu aduro no wo bewo wɔ nyinsɛn berɛ mu no deɛ hu a ɛye ma wo anaase wo ba no wɔ nya wɔbenya yareɛ bi a ɛte sɛ papu. Mmofra a mmaa a wɔawɔ bie beye 70% no wɔntaa nye wɔn nto ayaresabea sɛ wɔanya papu wɔ abosome 6 a edi kan wɔ wɔn asetena mu no.

» Papu betumi aye yareɛ kesee ama mmaa apemfoɔ ne wɔn mma. Ɛsɛ sɛ mmaa apemfoɔ nyinaa ewɔ papu paneɛ no na abɔ wɔn ne wɔn mma ho ban. Papu aduro no wobetumi afa wɔ nyinsɛn berɛ no mu aberɛ biara.

Deɛn na ɛsɛ sɛ meye seesei?

Wobetumi ne wo Gp practice, midwife anaase apomuden kuo no akasa na moaye nhyehyee akɔwo paneɛ no. Papu no, ewa denden ne RSV nnuro no yede wɔ abatire no ho pɛn koro. Ɛho nsunsuansoo a ɛho nnye nna:

- baabi a wɔwɔ paneɛ no beye kuro anaase kɔkɔ
- tipaɛ ne honam yea
- fiva abi nye den pii ne ɔbre

Wobetumi akenkan papu no ho nsem wɔ krataawa no so wɔ ha:

www.gov.uk/government/publications/flu-vaccination-who-should-have-it-this-winter-and-why

Ansa na wobenyem no

Sɛ wonnyem a, nanso worehwɛ kwan sɛ wobenyem daakye a, ɛsɛ sɛ woafa wo nnuro no nyinaa.

Rubella (German ntɛnkyɛm)

Rubella yareɛ ano ntaa nyɛ den pii na ɛkɔfa nsaasaa yareɛ na ɛba.

Sɛ wonya rubella wɔ bere a wonyem a ɛbetumi ayɛ hu aba wo ba no, na ɛbetumi akɔfa yareɛ bi a yɛfrɛ no congenital rubella syndrome (CRS) aba. CRS betumi ama nipa no ayɛ mum, ani afira, anya ɛtɛ (ani yareɛ), koma yareɛ ne/ anaasɛ nyini a ɛto ape. ɛbetumi nso ama abɔfra no awu anaasɛɛbetumi ama woasi gyinaɛ sɛ wobesɛ no.

Anyinsɛn? – Ansa na woawɔ panɛ, wo nyinsɛn bere mu ne no akyi

Rebo ban atia rubella wo nyinsɛn berɛ mu.

Sɛ woafa MMR aduro mmienɛn berɛ a woyɛ abofra no a ɛbetumi abɔ wo ho ban berɛ woanyinsɛn. Yɛn ani sɔ yɛn aduro dwumadie a ako yie no, rubella yareɛ no ase atu ara ne sa wo UK man mu.

Sɛ wonhyɛ da nnye nni sɛ wofa aduro no a, wobɛtumi ne wo GP sɛɛgyiri adi nkitaho. Sɛ woamfa nso a, ɛsɛ sɛ wofa wo nnuro no, ne yie mu no ansa na woanyinsɛn. Anyɛ saa a, ɛsɛ sɛ wofa aduro no wo berɛ a wɔawo ba no akyi.

MMR aduro no yaremmoawa nkwa wom (ahooden nnim) nti yɛnhɛ ho nkuran wo nyinsɛn berɛ mu.

Menyem dada nanso menyɛɛ me MMR, deɛn na ɛsɛ sɛ meyɛ?

Sɛ wonya wo a, wobɛtumi afa wo MMR nnuro no. Wei bebɔ wone ba no ho ban afiri ntɛnkyɛm ne rubella no ho. Fa a wobɛfa MMR mmienɛn bebɔ ban de atia ntɛnkyɛm ne mpɔmpɔ.

Nyinsɛn mu nsaasaa.

Deɛn na ɛsɛ sɛ meyɛ wɔ bere a mene obi a nsaasaa agu no adi ahyia?

Yareɛ no bi a ɛbetumi akɔfa nsaasaa, a deɛ rubella ɛka ho, ɛbetumi akɔfa ɔhaw abereɛ mmaa apemfoɔ. Sɛ mpo sɛ woabo wo ho ban afiri rubella ho a, ɛsɛ sɛ woma wo midwife, GP anaase obstetrician no hunu ntem so ara sɛ nsaasaa anaase wone nipa foforo bi nsaasaa agu no no ho nyinaa wɔ bere wonyem no mu a.

Yesɛ kwati antenɛtaa klenek, matɛniti beaɛ anaase mmaa apemfoɔ afoforo kɔsi wobeyɛ wo ho nhwehwɛmu.

Yɛbeyɛ wo mu nhwehwɛmu ama na yɛama wo ahunu sɛ ebi ayɛ wo a. Apomuden adwumayɛfoɔ a wobeyɛ wo mu nhwehwɛmu no bɛma wo ahunu:

- nnawɔtwe dodoo a wo nyinsɛn adi
- bere a wone obi a nsaasaa ayɛ no dii ahyia
- ɛda ɛyɛɛ wo anaase wone obi a nsaasaa ayɛ no dii ahyia
- nsaasaa no nkyerɛmu (asoa, nsaa ahyɛ nso anaase ahyɛ nso?)
- yareɛ a ɛyɛɛ wo bere bi a atwam te sɛ buropeɛ, ntɛkyɛm
- aduro woafa pɛn

» Sɛ wone obi a nsaasaa no bi ayɛ no di ahyia bere a wonyem a ɛsɛ sɛ wogyɛ afutuo firi wo GP anaase midwife ho ntem so ara sɛdeɛ wobɛtumi. Sɛ wokye ansa na woabo nsaasaa no ho amanneɛ a ɛbeyɛ den sɛ yɛbeyɛ nhwehwɛmu ɛsɛ anaase yɛakamfo ayaresa ɛsɛ.

Nnuro afoforo a εσε σε wone midwife no susu ho

COVID-19:

Nya wobetumi anya COVID-19 wo nyinsan bere mu no wo fam sene bere na yeree no rebefiri asee no, nanso mmaa apemfo da so ara se fata se yewo won panee wo otum mu. Aduro no beboa ate se wonya se wonya COVID-19 ano beye den no wo abosome kakra mu no, a eho betumi ahia se wowo yaree bi a. Anibodisi a wo nipadua no eye no bi besae wo ba a wonya nwoo no no na ede banmm bi ama wo ba no wo nnawotwe a edi kan ne abosome adi nkan no mu no.

Hepatitis B

Awo so no, mmofra a maamenom a wowo hepatitis B yaree no won no (anaase won bere a wonyem no nhwehwemu daa no adi se wowo hepatitis B bere a woyem) no εσε σε wowo hepatitis B aduro ntem so ara wobewo won.

Εσε σε wone wo GP σεεgyiri ye nyehyεεε σεδεε wo ba no mfa aduro na onye mogya mogya mu nhwehwemu bere a wadi afe 1 nhwe se yaree no bi wo ne mu a. www.gov.uk/government/publications/protecting-your-baby-against-hepatitis-b-leaflet

BCG

Awofoɔ a wɔawo mmɔfra (anaase wɔwɔ nananom) a wɔfiri aman a TB nye nna wɔ so, ɛse se wɔfa BCG aduro no na abɔ wɔn ho ban afiri TB no ho www.gov.uk/government/publications/tb-bcg-and-your-baby-leaflet



Se wo nsa reka panee no wɔ nyinsɛn bere mu (ne bere a woawo wo ba no) ye kwanpa eye no mu baako wobɛtumi aboa ate sɛdeɛ aduro no si yareɛ no ɛma wo ne wo ba no.

Hwe wobɛhwɛ se wo ba no bɛwɔ panee no bere a wɔanya 8,12 ne 16 no kyere se banmma no bɛkɔ so wɔ mfee a anka wobɛtumi anya bie no.

Leenke ahodoɔ a wode bɛhunu ɛho nsem bebreɛ

- www.nhs.uk/Conditions/vaccinations/Pages/vaccination-schedule-age-checklist.aspx
- www.gov.uk/government/collections/immunisation
- www.medicines.org.uk/emc/
- Sua nnuro a yɛde bɛma wo mma no wɔ ne nkwa edi nka no mu wɔ www.gov.uk/government/publications/a-guide-to-immunisations-for-babies-up-to-13-months-of-age

Nyinsɛn aduro twerɛtoho

Yɛ wo nyinsɛn paneɛwo no ho twerɛtoho wo deɛ edi soɔ de hwɛ sɛ wo ne ba no nhwere ban a ɛbo tia papu (flu), ɛwa denden (whooping cough)

Aduro	Berɛ a ɛsɛ sɛ wowo	ɛda a wode ma
Papu:	Papu (flu) berɛ no mu wo aberɛ biara wo nyinsɛn berɛ no nyinaa mu.	
ɛwa denden (Whooping cough)	Ne yie mu no nnawɔtwe 18-20 sekan. Bɛtumi de ama firi nnawɔtwe 16 kɔsi berɛ a wobɛwo.	
RSV	ɛsɛ sɛ wo nsa ka wo RSV aduro no berɛ a woadi nnawɔtwe 28.	
MMR 1*	Berɛ a wɔawo wo ba no akyi, wo nnawɔtwe 6 awoɔ akyi wone wo (GP anaase practice nɛɛse no nni nkiataho).	
MMR 2*	Nnawɔtwe nnan wo doosu aedi kan no akyi (sɛdeɛ ɛwo soro ho no).	

*Sɛ kane aduro biara nni ho a

**W'aduro no a wobefa bere wonyem
boa bɔ wo nyinsɛn no ban. Wone
wo midwife, GP Practice anaase
apomuden kuo no nkasa na hwe se wo
wobefa wo bere eye mu.**



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Woakyere krataawa yi mu nsem ako kasa ahodoo a edidi soo yi mu: Se wope se wokra
saa krataawa wei pii a ko: www.healthpublications.gov.uk or call 0300 123 1002,
Minicom: 0300 123 1003 (yebue ahoma no firi anɔpa nnon 8 kosi anwummerɛ nnon
6 Dwoada kɔsi Fiada).

www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them