



UK Health
Security
Agency



Nyinsɛn anaaa?

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

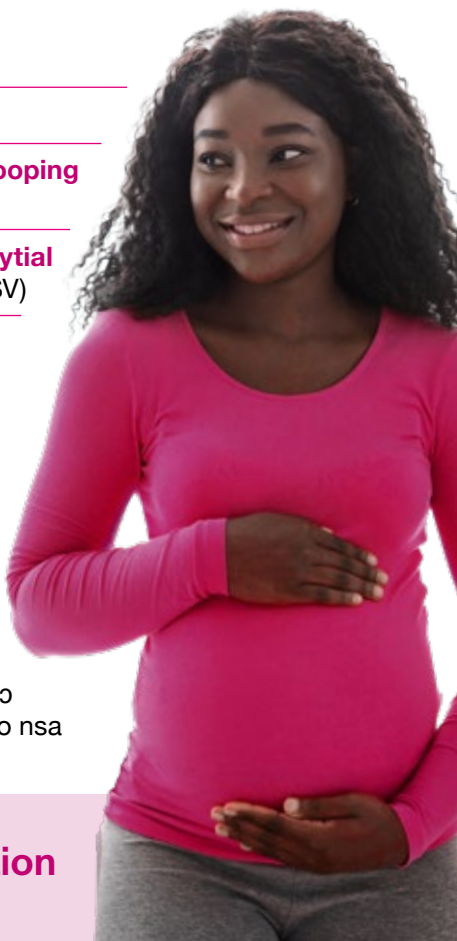
Papu (Nfluwansa)

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

**Respiratory Syncytial
Yaremmoawa** (RSV)

Afutuo aforɔ a wo
nnuro ne berɛ 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 yaree no de ba no ho

Sɛn na panee no si fa ye adwuma?

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

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

Mɛtumi ama me ba no nufos bere a mafa aduro no akyi?

Aane, banmmɔ wom se wobema wo ba nufos bere a wafafa MMR, papu. ewa denden 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 nyinsɛn bere mu

Ewa denden 'Whooping cough' (Pertussis)

Ewa denden ye adee bi a etumi sae pa ara na ebetumi aye hu ama mmofra nketewa Mmofra nketewa wabebɔ ewa denden no behia se wode won ko ayarsesabea na wohwe won.

Ewa denden betumi akofa ewa etena ho kye aba ne adee ehia obi na ema eye den se nipa no behome. Dee ede 'whoop' dede no ba no ye homee a obi pere se obehome bere a wabo ewa no awie no.

Eda denden 'whoopin cough' betumi adi abosome 2 anaase 3? Ebetumi akofa nimonia aba, esoro ne adwene no edi dem afebɔ. Tebea a enye mu no, ebetumi akofa ohaw aba.

Aden nti na mehia ewa denden aduro no?

Ewa denden aduro no wobefa bere a wonyem no behye wo banmmɔ no mu kena. Adee a etumi kotia yaree 'antibodisi' a wo nipadua no ye befa awodee no mu ako wo ba no ho. Saa adee a etumi bo ban yi bebɔ wo ba no ho atia eda denden wo nnawotwe edi kan wo won asetena mu no.



Ɛhe na mɛtumi awo papu paneɛ no?

Mpɛn pii no wo nsa beka ɛwa denden aduro no wo wo nyinsɛn berɛ no fa a ɛto so mmiɛnsa sekan no mu (mpɛn pii no nnawɔtwe 20) nanso wo nsa bɛtumi aka no ntem so beye nnawɔtwe 16 mu.

Sɛ wonya nnawɔtwe 20 na womfaa aduro no a, wone wo Gp sɛɛgyiri anaɛ 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 botaeɛ sɛ wobɛfa aduro no wo nnawɔtwe 32 mu. Wobetumi afa aduro no akyire wo nyinsɛn berɛ no mu nanso ɛntumi nnye adwuma yie saa. Sɛ nso anyɛ yie sɛ wobɛfa aduro no ansa na woawo wo ba no a, wobɛtumi afa wo awoɔ no akyi, a ɛbeboa ate tre a ɛwa denden no bɛtumi atre akɔka wo ba no so. Ɛho hia yie sɛ wobɛfa ɛwa denden aduro no wo nyɛnsɛn biara mu na aboa aye antiboɔdisi na abo wo ba no ho ban.

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

UK man mu no na wode ɛwa denden aduro no mma mmɔfra a woadi nnawɔtwe 8, 12 ne 16. Mmɔfra pii no wo a ɛwa denden a ɛka wo nnawɔtwe a edi nkan wo asetena mu no ɛtumi ka won pa ara. Adeɛ a wobɛtumi aye de abo wo ba wo ban saa berɛ yi mu ara ne sɛ wobɛfa ɛwa denden aduro no berɛ a wonyem no.

Sɛn na aduro no si ye adwuma fa?

Nhwehwɛmu bi a woyɛ wo UK man mu no ada no adi sɛ aduro no wobɛfa no wo nyinsɛn berɛ mu no ye adwumakama beyɛ 90% na ɛbo ban tia ɛwa denden wo mmɔfra a woawowɔn foroɔ no ho.

Banmmɔ a wonya firi aduro no nso kyere sɛ ɛye den sɛ wobɛnya ɛwa denden na wode asae wo ba no.

Aduro bɛn na mɛfa?

Aduro no yɛfa no wo nyinsɛn berɛ mu no nso bo ban tia asenesene ne diptheria. Wei de banmmɔ beba ka mpanɛɛ a wowoɔ no wo mmɔfraberɛ 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 ɛye papa sɛ obi befa wo nyinsɛn berɛ mu?

Aman pii a ɛwo Europe, Amerika Atifi ne Anafɔɔ, Austratlia ne New Zealand de ɛwa denden aduro no di dwuma berɛ a wonyem na tweretohɔ kyere sɛ ohaw biara nni ho.

Ɛye a na banmmɔ wom pa ara sɛ wone wo ba no befa aduro no sene sɛ mobebo ɛwa.

» Ɛboa bo wo ba no ho ban berɛ a woafa ɛwa denden aduro no wo nyinsɛn berɛ biara mu no. Hwe sɛ wo ba no nsa beka n'ankasa aduro a ɛkotia ɛwa dendenberɛ a woadi nnawɔtwe 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 aberere biara wo afe no mu nanso winta mu pa ara na ekw soro.

Ehe na metumi awo papu panee no?

RSV aduro no wobefa no bere a wonyem no behye wo banmmo no mu kena. 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 wobw mmoden ma wo nsa ka aduro no wo nnawotwe 28 anaase ntem so ara wo eno akwi. Wei beboa ama woaye antibodisi na asae wo ba ansa na woawo.

Wobetumi afa aduro no akwre wo nyinsen 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 nyinsen biara mu na aboa abo wo ba foforo no ban yie.

Sen na RSV aduro no si ye adwuma fa?

Nhwewemu ada no adi se RSV aduro no boa te hu a se woba no nya bronchiolitis eye no so 70% wo abosome 6 a edi kan mu no so.

Te se nnuro nyinaa no, aduro biara nni ho a eye adwuma kosi na mmofra bebree besane anya RSV yaree no bi emfa ho se maame no bewo panee. Nanso, mmofra bebree no a won maame awo panee no, ense se RSV yaree no ano eye den wo won mu.

Aduro ben na me nsa ebeka?

Wobetumi akan wo ha: www.abrysv.com/

RSV aduro no a mewo wo nyinsen bere mu no ye ma me ba no?

Wo klenekaa sohwe mu no, mmaa beye 4,000 na tweretoho kyere se aduro no ye adwuma yie wo won mu na wama ho kwan se wamfa nni dwuma UK, Europe ne USA. Mmaa mpempem na won nsa aka aduro no wo oman mu dwumadie mu, a dee eko boro mmaa 100, 000 a wawo USA.

Wo klenekaa sohwe mu no, mmofra bebree no ara a woka won a wofaa aduro no bi ho no wawoo won ntem senee won a wawo aduro no. Nsonoe no ye ntotosie, nanso wei ye botae baako nti a ese se wofa no wo nnawotwe 28 sene se wobefa no nyinsen no bere a edi kan. Ne nyinaa mu no, banmmo wom ma wo ne wo ba no se wobefa aduro sene se wo ne ba woawo no foforo benya RSV yaree.

» Fa wo RSV aduro no bi bere a wonyem na abo wo ba no ho ban yie wo ne bosome 6 a edi kan no wo n'asetena mu.

Nfluwansa (Papu)

Deen ne papu?

Papu no sae yie pa ara na eho nsunsuansoo no bi te se fiva, awo, ahotutuo ne yea, tipaee ne obre 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 akowie se wobewo bere a ebera no nsoee, mmofra a wowo won a won mu nye duru, mmofra a wowuwu wo nyinsen bere mu wo nnawotwe 20 anaase 28 bere mu. Papu ano ye den yie pa ara wo mmofra aforoo ne mmotofowa.

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 ahodoo etumi ba no so.

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

ema eye den se wo nso wobanya papu na wode bi asae wo ba wonwoo no no.

Bere ben na metumi awo papu panee no?

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

Esese se wowo panee no bere a ebi beba wo lbo bosome no mu no, emfa ho ne baabi wonyinsen no aduru no. Ne yie mu no esese se wowo no ansa na papu bere no afiri ase, nanso wobetumi awo no abera biara wo winta bere no mu. Wobehia papu aduro no wo abera woanyinsen biara wo papu bere mu

Anyinsen? – Ansa na wawo panee, wo nyinsen bere mu ne no akya

Papu aduro no banmmo wom wo nyinsen bere mu?

Efiri 2009 mu no, aman pii na wama papu aduro no wo nyinsen bere mu, na mmaa apemfoo bebore opepem 2 na woma won bi wo England man mu. Tweretoho kyere se aduro no bo adwuma yie. Ne nyinaa mu no, banmmo wom se wone ba no befa aduro sene wone wo ba no betena ho ama papu no akye mo.

Sen na aduro no si ye adwuma fa?

Papu aduro no wo bewo wo nyinsen bere mu no dee hu a eye ma wo anaase wo ba no wo nya wobanya yaree bi a ete se papu. Mmofra a mmaa a wawo bie beye 70% no wontaa nye won nto ayaresabea se wanya papu wo abosome 6 a edi kan wo won asetena mu no.

» Papu betumi aye yaree keese ama mmaa apemfoo ne won mma. Esese se mmaa apemfoo nyinaa ewo papu panee no na abo won ne won mma ho ban. Papu aduro no wobetumi afa wo nyinsen bere no mu abera biara.

Deen na esese se meye seesei?

Wobetumi ne wo Gp practice, midwife anaase apomuden kuo no akasa na moaye nhyehyee akowo panee no. Papu no, ewa denden ne RSV nnuro no yede wo abatire no ho pen koro. Eho nsunsuansoo a eho nnye nna:

- baabi a wawo panee no beye kuro anaase kokoo
- tipaee ne honam yea
- fiva abi nye den pii ne obre

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

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

Anyinsen? – Ansa na wawo panee, wo nyinsen bere mu ne no akya

Ansa na wobenyem no

Se wonnyem a, nanso worehwe kwan se wobenyem daakye a, ese se woafa wo nnuro no nyinaa.

Rubella (German ntenkyem)

Rubella yaree ano ntaa nye den pii na ekofa nsaasaa yaree na eba.

Se wonya rubella wo bere a wonyem a ebetumi aye hu aba wo ba no, na ebetumi akofa yaree bi a yefre no congenital rubella syndrome (CRS) aba. CRS betumi ama nipa no aye mum, ani afira, anya ete (ani yaree), koma yaree ne/ anaase nyini a eto ape. Ebetumi nso ama abofra no awu anaase ebegtumi ama woasi gyinaee se wobesee no.

Rebo ban atia rubella wo nyinsen bere mu.

Se woafa MMR aduro mmienu bere a woye abofra no a ebetumi abo wo ho ban bere woanyinsen. Yen ani so yen aduro dwumadie a ako yie no, rubella yaree no ase atu ara ne sa wo UK man mu.

Se wonhye da nnye nni se wofa aduro no a, wobetumi ne wo GP seegyiri adi nkitaho. Se woamfa nso a, ese se wofa wo nnuro no, ne yie mu no ansa na woanyinsen. Anye saa a, ese se wofa aduro no wo bere a wawo ba no akyi.

MMR aduro no yaremmoawa nkwa wom (ahoden nnim) nti yenhye ho nkuran wo nyinsen bere mu.

Menyem dada nanso menyee me MMR, deen na ese se meye?

Se wonya wo a, wobetumi afa wo MMR nnuro no. Wei bebɔ wone ba no ho ban afiri ntenkyem ne rubella no ho. Fa a wobefa MMR mmienu bebɔ ban de atia ntenkyem ne mpɔmpɔ.



Nyinsɛn mu nsaasaa.

Deɛn na ɛsɛ sɛ meye wɔ bere a mene obi a nsaasaa agu no adi ahya?

Yareɛ no bi a ɛbetumi akɔfa nsaasaa, a deɛ rubella ɛka ho, ɛbetumi akɔfa ɔhaw abere mmaa apemfoɔ. Sɛ mpo sɛ woabɔ 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 antenetaa klenek, matsɛniti 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 ahya
- ɛda ɛyɛɛ wo anaase wone obi a nsaasaa ayɛ no dii ahya
- nsaasaa no nkyerɛmu (asoa, nsaa ahɛ nso anaase ahɛ nso?)
- yareɛ a ɛyɛɛ wo bere bi a atwam te sɛ buropete, ntekyɛm
- aduro woafa pɛn

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

Nnuro afoforo a ɛsɛ sɛ wone midwife no susu ho

COVID-19:

Nya wobɛtumi anya COVID-19 wɔ nyinsɛn bere mu no wɔ fam sene bere na yareɛ no rebɛfiri aseɛ no, nanso mmaa apemfoɔ da so ara sɛ fata sɛ yɛwɔ won panɛɛ wɔ ɔtum mu. Aduro no bɛboa ate sɛ wonya sɛ wonya COVID-19 ano beyɛ den no wɔ abosome kakra mu no, a ɛho betumi ahia sɛ wowo yareɛ bi a. Anibɔdisi a wo nipadua no ɛyɛ no bi besae wo ba a wonya nwoo no no na ɛde banmmɔ bi ama wo ba no wɔ nnawɔtwe a edi kan ne abosome adi nkan no mu no.

Hepatitis B

Awɔ so no, mmɔfra a maamenom a wɔwo hepatitis B yareɛ no won no (anaase won bere a wonyem no nhwehwɛmu daa no adi sɛ wɔwo hepatitis B bere a woyem) no ɛsɛ sɛ wɔwo hepatitis B aduro ntem so ara wɔbɛwo won. ɛsɛ sɛ wone wo GP sɛɛgyiri ye nhyehyɛɛ sɛdeɛ wo ba no mfa aduro na ɔnye mogya mogya mu nhwehwɛmu bere a wadi afe 1 nhwe sɛ yareɛ no bi wɔ ne mu a. www.gov.uk/government/publications/protecting-your-baby-against-hepatitis-b-leaflet

BCG

Awofon a wawo mmofra (anaase wawo nananom) a wofiri aman a TB nye nna wo so, ese se wofa BCG aduro no na abo won ho ban afiri TB no ho www.gov.uk/government/publications/tb-bcg-and-your-baby-leaflet

» **Se wo nsa reka panee no wo nyinsen bere mu (ne bere a wawo wo ba no) ye kwanpa eye no mu baako wobetumi aboa ate sɛdeɛ aduro no si yaree no ema wo ne wo ba no.**

Hwe wobehwe se wo ba no bewo panee no bere a wanya 8,12 ne 16 no kyere se banmma no bekɔ so wo mfee a anka wobetumi anya bie no.

Leenke ahodoɔ a wode beɛhunu cho nsem beɛree

- 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 yede bema wo mma no wo ne nkwa edi nka no mu wo www.gov.uk/government/publications/a-guide-to-immunisations-for-babies-up-to-13-months-of-age

Nyinsen aduro tweɛtoho

Ye wo nyinsen paneewo no ho tweretoho wo dee edi soɔ de hwe se wo ne ba no nhwere ban a ebo tia papu (flu), ewa denden (whooping cough)

Aduro	Bere a ese se wowa	Eda a wode ma
Papu:	Papu (flu) bere no mu wo abere biara wo nyinsen bere no nyinaa mu.	
Ewa denden (Whooping cough)	Ne yie mu no nnawotwe 18-20 sekan. Betumi de ama firi nnawotwe 16 kɔsi bere a wobewo.	
RSV	Esɛ se wo nsa ka wo RSV aduro no bere a woadi nnawotwe 28.	
MMR 1*	Bere a wawo wo ba no akyi, wo nnawotwe 6 awoɔ akyi wone wo (GP anaase practice neese no nni nkiataho).	
MMR 2*	Nnawotwe nnan wo doosu aedi kan no akyi (sɛdeɛ ewo soro ho no).	

*Se kane aduro biara nni ho a

**W'aduro no a wobɛfa berɛ wonyem
boa bɔ wo nyinsɛn no ban. Wone
wo midwife, GP Practice anaasɛ
apomuden kuo no nkasa na hwɛ sɛ wo
wobɛfa wɔ berɛ eyɛ mu.**



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Woakyere krataawa yi mu nsem akɔ kasa ahodoɔ a edidi soo yi mu: Sɛ wopɛ sɛ wokra
saa krataawa wei pii a kɔ: www.healthpublications.gov.uk or call 0300 123 1002,
Minicom: 0300 123 1003 (yɛbue ahoma no firi anɔpa nnon 8 kɔsi anwummɛrɛ nnon
6 Dwoada kosi Fiada).

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