



UK Health
Security
Agency



Aduro bi wɔ hɔ a εboa te yea woteε berε a woanya

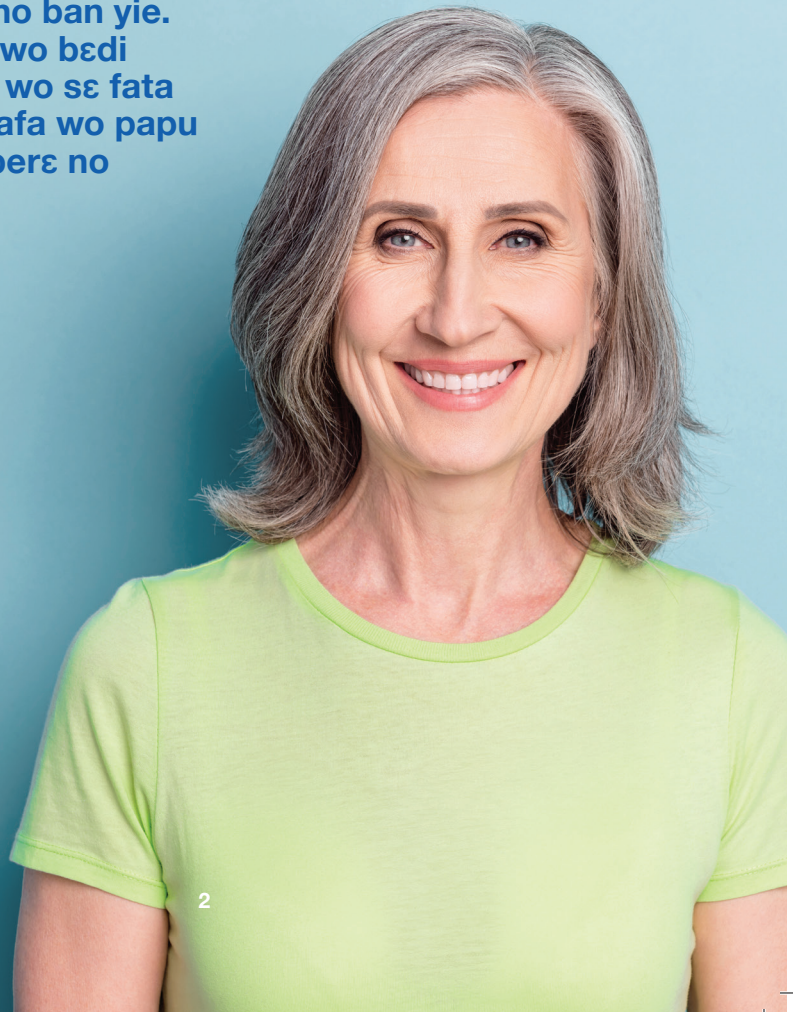
Ananse no so



**NHS ɛma nnuro a ɛtumi ɛte nya a wobɛtumi
anyanase no so.**

**Saa krataawa wei kyerekyere ɔman mu
no ananase dwumadie no mu, aduro no so
mfasoɔ ne wɔn a wɔse ɛfata se wɔnya bie.**

**Mprempren ananase dwumadie
no a yɛfre no Shingrix.
Wobɛhia Shingrix aduro 2 na
atumi abɔ wo ho ban yie.
Wo GP no ɛne wo bɛdi
nkitaho bere a wo se fata
no. Wobɛtumi afa wo papu
aduro no saa bere no
ara mu.**



Ɛnte sɛ nsayareɛ afoforo no, obi ntumi mfa ananse nsae wo. Yɛn mu pii no ara nyaa ntoburo berɛ a yɛsua no, ɛwom sɛ ebia yɛn mu pii no ara nkaɛ sɛ yɛnyaa bi.

Sɛ wonya ntoburo a, yaremmoawa no kɔso tena wo mu. Wo nkwa nna mu no wonhunu wei, nanso berɛ ne berɛ mu no yaremmoawa no bɛtumi asane aba na aka wo honam na akɔfa yareɛ a yɛfrɛ no ananse aba.

Ananse bɛtumi ayɛ ya yie pa ara na berɛ a nnipa renyini no ɛnye den sɛ ɛbɛkye nnipa a wɔrenyini. Dɛɛ nti a ɛte saa ne sɛ ɛye a na nipadua no ago berɛ a nipa no renyini no, sɛ ɛye adwenedwene anaasɛ esiane yareɛ ahodoɔ ne ayaresa ahodoɔ bi nti. Ɛbinom nso afa mu no, yea a ananse tumi kɔfa ba no ɛtena ho mfe bebreɛ. Ananse bɛtumi aka w'abrabo, a ɛmma wo kwan mma wonyɛ nneama bebreɛ a w'ani gye ho.

Deɛn na ɛko fa ananse ba?

Ananse (a yɛsane frɛ no herpes zoster) a ntoburo yaremmoawa no na ɛko fa ba na ɛtumi trɛ ka nipadua no nyinaa. Ɛtumi yɛ ya yie na ɛye hene, na ɛbo mpunpunya. Saa mpunpunya yinom tumi pae na ɛye kuro na akyire yi ɛye dendeenden, na ara ɛwom a na ɛko. Mpɛn pii no, mpunpunya wei ɛye nipadua no fa bi, mpɛn pii no kokoo no so, nanso ɛto da a ɛtumi yɛ ti no ho, anim ne ani.

Ananse te sɛn?



Ɛdi nna dodoɔ sɛn na sɛn na anoden si tɛɛ?

Ananse a edi kan no, mpɛn pii ɛma nipadua no yɛ titiritii anaa ɛyɛ no ya wɔ nipadua no mu fa baako. Nsaawa bi a ɛhyɛ nsuo na ɛyɛ ya na ɛbo mpunpunya da adi mpɛn pii no wɔ bere a woahunu ɛho nsɛnkyerɛnne no.

Ananse a ɛyɛ nipadua no tumi kɔfa ɛyɛa kɛsɛɛ pii ɛba. Sɛ ananse yɛ ani ne anitɔn a, ɛntumi mma obi nhwɛ adeɛ yie anaasɛ ɛtumi kɔfa anifra a ɛtena ho afeboɔ ba saa ani koro no so.

Sɛn na ananse nyɛ nna fa?

Nnipa 5 a wɔnya ntoburo mu biara mu 1 na ɛnya ananse. Wei kyɛrɛ sɛ afe biara wɔ England ne Wales no, nnipa mpempem pii no ara na wɔbɛnya ananse. Ɛwom sɛ ananse bɛtumi ayɛ obi bere a osua deɛ, sɛdeɛ ɛyɛ hu ne anoden no yɛ kɛsɛɛ bere a nipa no renyini no.

Deɛ ɛkɔ so wɔ bere a obi anya Herpetic neuralgia (PHN) akyi

Afe biara, nipa bɛyɛ 14,000 na wɔnya post-herpetic neuralgia (PHN) wɔ bere a wɔnya na ɛbɛro 1, 400 na wɔgyɛ wɔn to ayaresabea esiane PHN. Nnipa bebree no ara na wɔn ho to wɔn wɔ nnawɔtwee kakra bi ntam wɔ bere a wɔnya bi no, nanso ebinom afa mu no, yea no di abosome pii anaasɛ mfɛɛ pii – wei na yɛfrɛ no post-herpetic neuralgia (PHN) no. Wei nyɛ anikasɛm koraa na ɛyɛ yea, na nipa no te yea pa ara wɔ ne honam no mu.

Mpɛn dodoɔ a worennyini, mpɛn dodoɔ no ara na yea woteɛ tumi kyɛ. Ananse aduro no tumi te nya wobɛtumi anya ananse ne PHN no so.

Ananse tumi trɛ anaa?

Ananse ntumi ntrɛ te sɛ ntoburo, nanso nsuo ɛwɔ mpunpunya a abɔ no ntoburo yaremmowa no wɔ mu. Nti obi a ntoburo ntumi nyɛ no bɛtumi anya yareɛ no bi sɛ ɛkɔ ba sɛ nsuo no bi yɛ ne ho a. Sɛ ananse gu wo a, ɛsɛ sɛ wode ataadeɛ a emu nyɛ duru kata so sɛdeɛ ɛbɛyɛ a ntoburo no ntumi ntrɛ. Mmaa apemfoɔ a wɔnwɔɔ ntoburo panɛɛ no, nipa a wɔn nipadua no ahooɔden wɔ fam ne mmɔfra a wɔawo wɔn foforo no ɛnsɛ sɛ wɔbɛn baabi nsaawa no wɔ no.

Hwan na ne nsa beka aduro no bi?

Ɛfiri Ɛbo 1, 2023 aduro no dwumadie no yede bema won a wɔdidi soɔ yi:

1.

nnipa a wɔwɔ apomuden a wɔadi mfee 70 kɔsi 79 a wɔnwɔ panee no bi

2

nnipa a wɔadi mfee 50 na wɔ nipadua no nni ahɔɔden

3

nnipa a wɔadi mfee 60 kɔsi 70 no beɔeta ama aduro bere a wɔadi mfee 65 anaase mfee 70

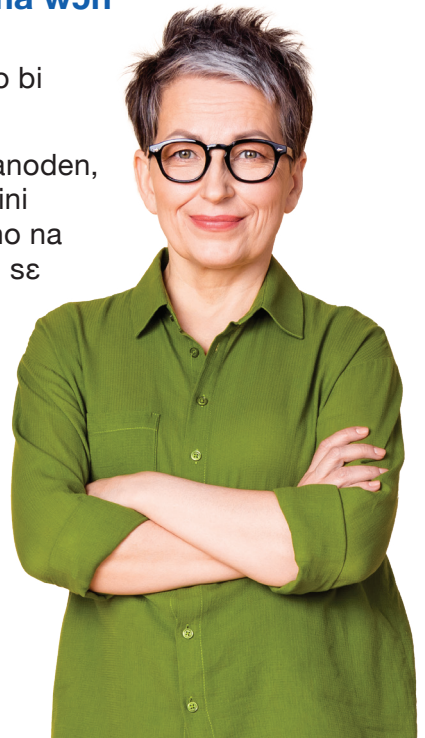
Wobeko so ara afata se yewɔ wo ananse panee no bi kɔsi se wobedi wo mfee 80 awoda (kɔsi se wo nipadua ahɔɔden so beɔe)¹⁾, nanso ntem so a wobewɔ panee no bebo wo ho ban yie. Won a yebetumi ama won aduro no bi wɔ mfee nnum a edi kan wɔ dwumadie no mu na ewɔ krataa no so no.

Na won a wonni mfee a esɛ se woma won ananse aduro no nso ɛ?

Nnipa a wɔsusua no yebema won aduro no bi bere a wɔaduru saa mfee no.

Ananse betumi aye obi bere biara nanso, anoden, ɛhaw a ewɔ ho no ye kɛseɛ bere a wɔrenyini no. Won a won nipadua no nni ahɔɔden no na wobetumi anya bi eno nti na yehye nkuran se monwɔ aduro no ntem no.

[1] Nnipa won nipadua no nni ahɔɔden koraa no beko so afata se yemna wɔ aduro no.



**Se yema wo ananse aduro
a yebema wo tweretohɔ
kaade a wo din ne eɗa a
wode beko apɔintemente
a eɗi hɔ no ewɔ so. Yesɛ
kora so yie.**



Nsunsoɔ bi wɔ so anaa?

Shingrix aduro no hu nsunsuansoɔ no mɛn pii no ano nyɛ den na entena hɔ nkyɛ koraa. Eho nsunsuansoɔ (ekɔ so wɔ 10 mu biara 1 mu) no na baabi a wɔwɔɔ panɛɛ no wɛte yea na eho yɛ kɔɔ, apɔso yea ne tipaɛɛ.

Wobetumi abre na wobetumi anya fiva wɔ Shingrix aduro no akyi. Wobetumi agye w'ahome na wafa parasetamɔɔ (di akwankyerɛ a ewɔ adaka no mu no so) na aboa wo ama wo ho atɔ wo. Enɛɛ sɛ wode mfidie anaase wotwi kaa berɛ a wo ho mfa.

Esɛ sɛ wo ho tɔ wo wɔ nnafua kakra bi akyi nanso sɛ eho nsɛnkyerɛnne kyɛ a, esɛ sɛ wone wo GP no anaase practice nɛɛɛ no di nkitaho.

Wobetumi abɔ eho nsunsuansoɔ no ho amannnɛɛ wɔ Yellow card scheme afiri MHRA no so (yellowcard.mhra.gov.uk) – hwe krataawa yi akyi na wobɛhunu eho nkyerɛmu

Banmmɔ bɛn na ewɔ Shingrix aduro no mu, wode adi dwuma wɔ aman afoforo so?

Te sɛ nnuro a wɔama ho tumi krataa no, ananse aduro no wɔaso ahwe na eɗi mu UK banmmɔ nyehyɛɛ ne tumi ahwehwɛdeɛ so.

Yɛde adi dwuma pii wɔ Europe ne North America mfeɛ kakra bi.

Sɛn na pannewɔ no si yɛ adwuma fa?

Sɛ wowɔ panɛɛ no a wobɛtumi ate nya wobɛtumi anya ananse no so.



Mfɛɛ 5 edi kan wɔ ananse panɛɛ dwumadie no baaɛ no akyi no, wɔn a wɔkɔ GP nkitahodie esiane asanse yareɛ nti no aso ate 40,500 na wɔn a wɔkɔ da ayaresabea no so ate a 1,840².

Sɛ ananse gu wo a, ɛho nsɛnkyerɛnne no bɛtumi awɔ fam na sɛ wowɔ panɛɛ no a yareɛ no ano nye den. Shingrix aduro no a wɔde dii dwuma wɔ UK no ada no adi sɛ ɛtumi bɔ ban.

Sɛn na kwan bɛn so na wɔde aduro no bɛma?

Yɛde aduro no wɔ wo panɛɛ wɔ w'abati.

Shingrix yɛ aduro bi a aboawa a wɔde yɛɛ aduro no nkwa biara nni ne mu na ɛho bɛhia sɛ wowɔ 2 na atumi abɔ wo ho ban yie.

Nnipa pii afam no Shingrix a ɛto so mmieniu a wobɛwɔ no, ɛbɛfiri abosome 6 ntam firi berɛ a wowɔ deɛ edi kan no. Sɛ wo nipadua no ahodɛn so ate pa ara a wo Shingrix aduro a ɛto so mmieniu no wobɛwɔ no ntɛm, nanso anyɛ hwee no ɛsɛ sɛ edi nnawɔtwe 8 firi berɛ a wowɔ deɛ edi kan no.

Wo GP practise no no bɛma woahunu berɛ a wobɛtumi abuuku akɔwɔ deɛ ɛto so mmieniu no.

[2] Nkɛntɛnsɔɔ a wɔ herpes zoster panewɔ dwumadie no so ne generaa pratese nkitahodie wɔ herpes zoster wɔ mfɛɛ 5 akyi wɔ ne yɛ akyi wɔ England: adesua nhwehwɛmu bi a na ɛgyina dodoɔ bi so— PubMed (nih.gov)

Aden nti na me nsa ntumi nka aduro seesei?

Wɔ mprenpren dwumadie yi ase no, obiara a wɔadi mfee 70 kɔsi 79 no fata sɛ ne nsa ɛka ananse aduro no bi. Yɛretrɛ dwumadie no mu nkakrankakra, ɛfiri wɔn a ɛnye den koraa sɛ wɔbenya bi no so sɛdɛe Joint Committee Vaccination Immunisation (JCVI) akamfo akyerɛ no. Mfee 10 edi ho no, dwumadie no mu bɛtrɛ aka obiara wadi mfee 60 rekorɔ.

Ankorɛankorɛ a wadi mfee 50 anaase wadi boro a wɔn nipadua no nni ahɔden koraa no wɔsɛfata dada sɛ yɛma wɔn Shingrix aduro no.

Ɛsɛ sɛ meye biribi na ama ma matumi awɔ panɛ no bi?

Sɛ wɔbɛsɛ afata sɛ wowɔ ananse panɛ no bi a wo GP sɛɛgyiri no ne wɔbɛdi nkitaho abuuku apɔintmentɛ. Nanso, sɛ woahaw wɔ ananse no ho a wɔbɛtumi ne wo Gp sɛɛgyiri no adi nkitaho agye afutuo.

Nnipa a wɔnyiiɛ bi wɔ ho a ɛnsɛ sɛ wɔn nsa ɛka hwenem aduro?

Sɛ ɛkɔba sɛ ebia adeɛ bi wɔ nneɛma a wɔde yɛɛ aduro no, ne wo ho nnye a, ɛnsɛ sɛ wowɔ. Wo GP practise no bɛma wo afutuo.

Aduro bɛtumi ama me ananse?

Shingrix nnuro no ntumi nkɔfa ananse mma. Sɛ nsaawa gu wo a wɔbɛtumi afɛ NHS 111 anaase fɛ wo GP practice kɔgye afutuo

Sɛ nso berɛ a ɛsɛ sɛ mewɔ panɛ no apa ho nso ɛ? Metumi awɔ no akyire yi?

Nnipa pii afam no wɔn nsa bɛka ananse aduro kɔsi sɛ wɔbɛdi mfee 80. Nanso, sɛ wo nipadua no ahɔden wɔ fam dada a, yɛbɛtumi de aduro no ama nipa no ɛmfa ho ne mfee a nipa no adie.

Sɛ ɛbɛyɛ a ɛbɛbɔ wo ho ban yie nti ɛsɛ sɛ wowɔ aduro no anaase ɛsɛ sɛ wɔfa no wɔ berɛ ano sɛdɛe wɔakyerɛ no. Wone wo GP practice nni nkitaho nye apɔintment foforo ho nhyehyɛɛ.

Se madi kan awo Zostavax no bi pen a metumi awo Shingrix aduro no bi anaa?

Se womaa wo Zostavax se wo daa aduma dwumadie no bi bere na woadi mfee 70 ne 79 a ennee worenhia Shingrix aduro no 2 seesei ara.



Ntwintwen wo nan ase, se wose ata a, bo mmoden ma wo nsa nka aduro ntem so sedefe ese.



Kae, se wose fata ma aduma no a ese se woye eho nhyehyeee na wo nsa eka aduro no ntem so ara sedge ese de ahwe wowo banmmo a edi mu.

Eho nsem a eka ho

Se wope eho nsem pii ansa na woawo panee no anaase woawo awie no akyi a, wone wo GP anaase practice neese no nni nkitaho. Wobetumi ako NHS websaet wo www.nhs.uk/shingles

Se wope se wokenkan ananse aduro Shingrix no ho nsem[®] a ko www.medicines.org.uk/emc/product/12054/pil

Se wo nipadua no nni ahooɔden koraa (ahooɔden nnim koraa) yebema wo ananse aduro firi mfec 50 rekoro

Wobese afata se wo nsa ka bie bere a woadi wo mfec 70th awoda

SE FATA FIRI (W'AWODA)	AWODA AHODOO	DWUMADIE EDA A EBEFIRI ASE	DWUMADIE AFE
 70th	1 Ebo 1953 - 31 Osanaa 1954	Efiri ebo 2023	Afe 1
	1 Ebo 1954 - 31 Osanaa 1955	Efiri ebo 2024	Afe 2
	1 Ebo 1955 - 31 Osanaa 1956	Efiri ebo 2025	Afe 3
	1 Ebo 1956 - 31 Osanaa 1957	Efiri ebo 2026	Afe 4
	1 Ebo 1957 - 31 Osanaa 1958	Efiri ebo 2027	Afe 5

Wobese afata wo wo mfec 65th awoda

SE FATA FIRI (W'AWODA)	AWODA AHODOO	DWUMADIE EDA A EBEFIRI ASE	DWUMADIE AFE
 65th	1 Ebo 1958 - 31 Osanaa 1959	Efiri Ebo 2023	Afe 1
	1 Ebo 1959 - 31 Osanaa 1960	Efiri Ebo 2024	Afe 2
	1 Ebo 1960 - 31 Osanaa 1961	Efiri Ebo 2025	Afe 3
	1 Ebo 1961 - 31 Osanaa 1962	Efiri Ebo 2026	Afe 4
	1 Ebo 1962 - 31 Osanaa 1963	Efiri Ebo 2027	Afe 5

Ananse

eye yaree a enye nna a ebetumi
akofa yea etena ho kye aba



betumi akofa nsaawa eye
hene na ano ye den na ebo
mpunpunya aba



Betumi asi aberɛ biara nanso
sɛdeɛ ano no si ye den ne eho
nsunsuansoo ye kɛsɛɛ berɛ
reko anim no



Aduro no

rete yaree no dodoo no so



betɛ eho nsunsuansoo no
ano den no berɛ a nipa no
awo panee no bi na eko ba sɛ
woyare a



yɛde adi dwuma wo aman
ahodoo te sɛ US ne Canada so



**Ananse panee no a wobɛwo no daadaa no ye kwan pa
wobɛfa so ahwe apumuden so sɛdeɛ ebeye a wobetumi
atena ase agye w'ani berɛ a wonnte ananse yea biara.**

Wobetumi nso afa Yellow Card scheme no nso abo eho nsunsuansoo no ho amannee.

Wobetumi aye wei bere a woreko **yellowcard.mhra.gov.uk** anaase den ma fre a wobefre Yellow Card ahoma no so wo **0800 731 6789**. Wobetumi nso de QR koodu no adi dwuma anaase atwe bi wo Yellow Card app no so.



Asoee a ede mmooa won ananse aye won

Websaet: **shinglesupport.org.uk**. Kokoasem mmooa ahoma: **0845 123 2305** eto mmere bi a wo anopa nnon 9 ne anadwo nnon 9, anaase **020 7607 9661** Dwoada kosi Fiada, awia nnon 12 kosi anadwo nnon 8. Bere a wowo biribi bisa: **0300 030 9333**



Facial Palsy

Websaet: **facialpalsy.org.uk**



Yea Ahomatrofos a wofre gye mmooa

Telfoon: **0300 123 0789** Email: **help@painconcern.org.uk**
Websaet: **www.painconcern.org.uk**



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1p 100K OCT 2024 (APS)
UK Health Security gateway number: 2024677

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www.nhs.uk/vaccinations