



Worebo wo ba ho ban de atia papu

Papu iminaaseehyin wo England

Nsɛm ɛma awofoɔ
ne ahwɛfoɔ



Flu **i**mmunisation

Ereboa abo mmɔfra ho ban, winta biara





Botaεε5

nti a εεε σε wowo wo ba no paneε no

1. Bɔ wo ba ho ban

Aduro no beboa abɔ wo ba no ho ban de ako atia papu ne ohaw kesee a se wonya bronchitis ne nimonia a edeba no so.

2. Ebɔ wo, abusuafoɔ ne nnamfonom ho ban

Wo ba no a wobema no awɔ aduro no bi no beboa nnamfonom ne abusuafoɔ a wobetumi anya yareε no ho ban

3. Paneεwɔ biara ho nhia

Aduro yede sɔ hwenem no εnye ya na ne nso nso nye den se wobεsɔ

4. Eye sene se wobεnya papu

Aduro a yede sɔ hwenem no boa ko tia papu, wɔde ama mmɔfra ɔpɛpɛm pii wɔ wiase nyinaa na ebɔ adwuma yie pa ara

5. Kwati εka bɔ

Se wonya papu a, gye mmerε kakra wo adwuma mu anaase ye abɔfrahwe ho nhyehyεε



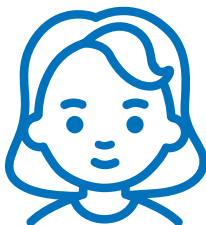




Bo wo ban ko tia papu

Yede papu aduro no ma yennye biribiara:

Mmofra a woadi
mfef 2 ne mfef 3
(eko ba se wanya
mfef no wo Osanaa
31 ansa na papu
pane no afiri asee
wo Otum mu)



Mmofra a
woaduru
bere a ese se
woko sukuu
(Resephyin ko
si afe 11)

Mmofra a woadi
abosome 6 na
wowa yaree a
ebetumi aye hu
ama won bere a
wanya flu a



Se wope nsem a efa se a mmofra se fata wo afe
biara mu wo: www.nhs.uk/child-flu





Ɛhe na metumi awɔ papu paneɛ no?

Papu betumi aye yareɛ a enye ahomeka na ebetumi akɔfa fiva, bere mmorosoo, ntini ne apɔso yea, hwenem a asie, ɛwa a wobɔ nsuo biara mfiri mu mma, menem kuro. Mpen pii no edi beye nnawɔtwe baako ansa na mmɔfra no ho ato won.

Ohaw a ebetumi afiri Papu mu aba a deɛ ɛka ho bi ye acute bronchitis, ano yea ne nimonia. Ɛho behia se nnipa binom ɛko ayaresabea na wɔkɔgye ayarehwe a deɛ ɛka ho bi ye ntensif keɛ.

Aduro no so mfasoo bi ne sen?

Se wowɔ paneɛ no a, ebetumi abɔ wo ho ban afiri yareɛ a se woyare a ano betumi aye den kɛseɛ no ho. Mmɔfra a wɔnnii mfee 5 na won a wɔnya papu no bi etumi kɔwie ayaresabea nna no ɛka ho bi.

Ebetumi nso ate nnipa a wowɔ abusua no mu a wɔnya yareɛ no bi a ebetumi aha won, te se nananom anaase won a wowɔ yareɛ bere tenten, na wɔnya papu firi wo ba ho.

Ebetumi aboa ama woakwati se wobesre kwan wo adwuma mu, anaase dwumadie aforɔ, na w'ankasa wohwe wo ba a oyare no.





Sɛn na aduro no si yɛ adwuma fa?

Papu no aduro ne ne banmmɔ a ɛsene biara ɛko tia yaremmoawa a yɛnhunu n'adeban no. Banmmɔ a ɛfiri panneɛwɔ no no wɔ soro sene mpanimfoɔ.

Papu yaremmoawa no gu mu ahodoɔ na ɛbetumi akɔfa papu aba na wɔahunu wɔ papu berɛ no mu. Afei yɛma nnuro wɔn yɛ pɛ sɛdɛɛ ɛɛ - mɛn pii no ɛtumi kakra sɛ mpo ɛne nyɛ pɛ a.

Papu yɛ yaremmoawa ɛsesa afe biara sɛdɛɛ ɛbeyɛ a yɛbesesa aduro no mu. Berɛ kɔ soɔ no sɛdɛɛ aduro no bɛbɔ ban no kɔ fam. Esiane wei nti, yɛkamfo sɛ wobɛfa aduro de ako atia papu afe yi, sɛ mpo wofaa bi aferasɛɛ.

Hwan na ɔbɛma me ba no aduro no bi?

Mmɔfra a wɔadi mfɛɛ 2 ne mfɛɛ 3 (ɛwɔ Ɔsanaa 31 ansa na papu panneɛ no afiri asɛɛ wɔ ɔtum mu) na yɛbɛwɔ wɔn panɛɛ no wɔ wɔn geeral sɛɛgyiri, mɛn pii no wo pratetɛsɛ nɛɛsɛ no na ɔbeyɛ.

Mmɔfra a wɔkɔ sukuu no wɔbɛma wɔn aduro no bi wɔ sukuu mu hɔ, a wɔn wɔanwɔ bi wɔ sukuu mu no wɔbɛnya hokwan awɔ bi wɔ bi wɔ klenek a ɛwɔ wɔ mpatam hɔ.

Mmɔfra a wɔkyerɛɛ wɔn adeɛ wɔ fie a wɔsɛ tafa no yɛbɛma wɔn aduro no bi sɛ wɔka kuo a wɔsɛ sɛ yɛma wɔn bie no bi a. Wo anaasɛ w'awofoɔ nsa bɛtumi aka nɛm afa saa nhyehyɛɛ yi ho afiri Mpatam Nwomasua Asoɛɛ no hɔ.





Kwan ben so na wode aduro no bema?

Mpen pii no, eye wode so hwenem. Se dee yede so no nye ma abofra no a, yebetumi awo no pae, mpnen pii no wo abitare.

Okwan ben so na aduro a wode so hwenem ye fa ye adwuma?

Aduro a wode so hwerem no ewo yaremwoawa a yama won ahoden so ate na yeasi won a onntumi nkofa papu mma nanso ebefoa wo ama woatumi aye imuniti. Wei kyere se wo ba no benya ahoden de ako atia papu no.

Aduro no a yede so hwenem no nane ntem se ekogu hwenem a, se woso aduro no ara no se wowansini a, eho nhia se wobema aha wo se ebia aduro no nnye adwuma.

Aduro no so wo nkentsoo bi?

Wo hwenem betumi afiri nsuo anaase hwenem betumi asi, tipae, honamyea na woanom nso ebetumi ato. Nanso, weinom ano nye den nsene papu ne eho nsunsuasoo. Eho nsunsuasoo a ano ye den ntaa nsi.

Aduro betumi ama me ananse?

Daabi, aduro no ntumi nkofa papu mma esiane se yaremwoa a ewo mu no ahoden wo fam na enkofa yaree mma.



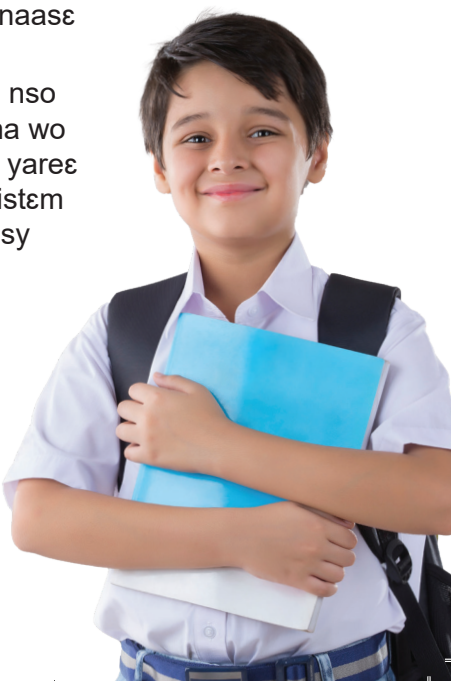


Na se me ba no wo yaree nso e?

Mmofra a wowo yaree, se mpo wohwe no yie a, ohaw ebetumi afiri mu aba no ano betumi aye kесеe. Eho hia se yema saa mmofra yi aduro no bi.

Dee eka saa haw yi bi ho ne:

- aharawa mu yaree a emy den, se nhwesoo, ntehyewa a ehia se da biara wotwe nheela anaase onom steroids
- koma yaree a eye kесеe
- asaaboo anaase breboo mu yaree
- asikyireyaree
- adesua a obi sua ohunu/ebon
- immunosuppression esiane yaree anaase ayaresa, se nhwesoo no, kemorapi anaase radioterapi ayaresa ema kansa anaase steroid a wode di dwuma bere tenten
- ohaw wo spleen no ho, se eye woyi spleen no (asplenia) anaase enye adwuma yie, se nhwesoo no sikle see yaree, anaase coeliac yaree
- wo GP no betumi nso akamfo se womma wo ba no bi se wowo yaree bi a eka neenos sistem te se cerebral palsy





Ɛse se mmofra no ɛfa papu aduro no afe biara ɛfiri abosome 6 so rekorɔ. Nnipa pii no ara na wobeso aduro no bi nanso yɛnkamfo mma mmofra a wɔnnii mfee 2.

Mmofra a wɔnni mfee 2 no, ene wɔn a esiane yaree nti aduro no nye mma wɔn no nti, yebewo wɔn papu panee no bi.

Se wo ba no wo yaree ahodoɔ a ewo krataafa 8 nanso enka wɔn a wɔadi saa mfee no wokuu no mu, ɛho hia se wone wo Gp no beye nhyiam no ho nhyehyee.

Se wonhye da nnim se ɛse se, wo ba no behia papu panee no bi anaase se wohia afutuo pii a, wone wo praktese neese, Gp anaase apomuden nsrahwefoo no nkasa.

Kwan ben so na wɔde aduro no bema?

Wɔn a wɔadi mfee 2 ne 3 no, ɛse se wo nsa ɛka nkra se, fa no bra na wɔmegye bi wo wɔn GP segyri no ho otum mu. Kwan foforo so no, ɛse se wone wɔn di nkitaho tee na ye nhyehyee.

Mmofra a wɔaduru bere a woko sukuu no, panewo nhyiam beko so wo sukuu mu otum temo bere no mu. Mmofra a wɔaduru bere a woko sukuu no, iminasehyin kuo no ne wo bedi nkitaho denam sukuu no so.

Se wo ba no ɛka kuo a ɛse se yema wɔn aduro no bi wo sukuu mu na wowo yaree bi a ebetumi aha wɔn bere a wanya papu no bi a (hwe kratafa 8), wobetumi nso abisa wo ba no GP segyiri na ama ne nsa aka aduro no bi se wompe se wobetwen dee ebeko so wo sukuu bere no mu anaase se eno mmom na wope a.



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

Sɛ mmɔfra no wɔ yareɛ bi wɔn ho dadaɛbetumi aha wɔn bere a wɔanya papu no bi a ɛho sɛ wɔbɛfa aduro no bi. Mmɔfra ntumi nso aduro no sɛ:

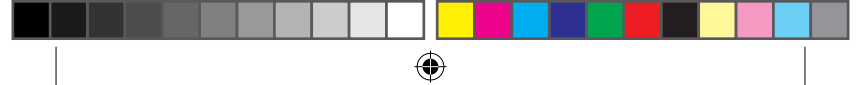
- sɛ wo wasini anaasɛ woawansini nnɔhwere 72 atwam no a, ɛsɛ sɛ wɔwɔ papu aduro no na amma sɛdɛɛ ɛsi bɔ ban no anka akyi
- nsa aka ntɛnsifu kɛɛ esiane
 - Ntehyewa anaasɛ
 - Kosua a obi ho mpɛ anaphylaxis

(Mmɔfra a wɔwɔ akuo 2 no yɛhyɛ wɔn nkuran sɛ wɔnhwehwɛmu afutuo mfiri animdefoɔ ho na yɛtu wɔn fo sɛ wɔnso aduro no wɔ ayaresabea)
- wɔ yareɛ bi, anaasɛ wɔda aduro so, na ɛsɛ wɔn imun sistɛm no anaasɛ obi wɔ wɔn fie ho a wɔhia sɛ wɔde ne ho sie esiane sɛ wɔ nipadua no ɛko tia yareɛ no ahɔɔde so ako fam yie
- wɔn ho mpɛ nneɛma a ɛwɔ aduro no mu no*

Nanso, sɛ wo ba no yɛ obi a ɔnya papu a ɛbɛyɛ hu esiane sɛ ɔwɔ apomuden ho haw anaasɛ ayerasa na sɛ wɔntmi nso dɛɛ yɛde sɔ hwenem no a, ɛsɛ sɛ wɔwɔ papu aduro no.

Sɛ wonhyɛda nnim sɛ ɛsɛ sɛ wo ba no panɛɛ no anaasɛ dɛɛ wɔde sɔ no, yɛsrɛ hwɛ sukuu mu kuo a wɔwɔ wɔn a wɔadi sa mfeɛ no panɛɛ no anaasɛ nɛɛsɛ no anaasɛ GP wɔ wo sɛɛgyiri.





Nnipa a wonyiniie a wode aduro a wode so hwenem ama won no, ese se ye twe won ho firi nnipa won immune sistem no ahodoc wo fam pa ara no (se nhwesoc won enkeyeese koraa no wakoye bone maro transplante) wo beye nnawotwe 2 wo aduro no akyi.

Metumi de papu aduro no ama me ba no bere korc no ara a merema me mma nnuro aforoc?

Aane. Papu aduro no, wobetumi de ma bere a korc no ara a wode mmofra nnuro aforoc rema no. Aduro no betumi aka akyi se wowo hurae 'fiva' a. Afei nso, se wo hwenem asi yie pa ara anaase wo hwenem firi nsuo a, ebasi aduro no kwan se ebewura wo nipadua no mu. Wo saa asem yi mu no, papu aduro no ma betumi atwe ako akyire kosi se wo hwenem nsunsuansoc no beko koraa. Eto mmeri bi a wode dee ewo panee mmom na ebe wo.



* Hwe websaet wo

www.medicines.org.uk/emc/product/15790/smpc

na wobehunu nneema a wode yee aduro



Bo wo ban ko tia papu

Aduro a yede so hwenem no, gelatine a yenya firi mprako ho wom (porcine gelatine)?

Aane. Aduro a yede so hwenem no wo gelatine a yeaane so (porcine gelatine), a wode di dwuma wo nnuro a eho hia mu. Gelatine no boa ma aduro no yaremmoawa no gyina won nan so sedge ebeye a aduro no beboa abo ban atia papu.

Aduro no a wode so ye dee ebefoa mmofra, na eye adwuma ntem so na sedge yede ma no nye den. Ebebtumi aboa nso ate tre papu no betumi atre wo mpatam ho no so. Se woannye nnuro no antum anaase nnuro no porcine gelatine wom a, papu aduro a wode wo se pane a gelatine bi ho.

Ehe na metumi anya eho nsem pii?

Ko www.nhs.uk/child-flu na wo nsa nka nsem pii. Se wowo ohaw bi a, wone w'apomuden nsrahweni, praktise neese anaase wo dokota nkasa.



www.nhs.uk/vaccinations

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