

Worebo wo ba ho ban de atia papu

Papu iminaaseehyin wo England

Nsɛm ɛma awofoɔ
ne ahwɛfoɔ



Flu  mmunisation

Ɛreboa abɔ mmɔfra ho ban, winta biara

Botaeε5

nti a εσε 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 chaw 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 enye ya na ne nso nso nye den se wobeso

4. Eyε sene se wobɛnya 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

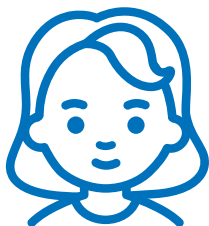
5. Kwati εka bɔ

Se wonya papu a, gye mmerε kakra wɔ adwuma mu anaase ye abɔfrahwe ho nhyehyeeε



Yɛde papu aduro no ma yɛnnye biribiara:

Mmɔfra a wɔadi
mfɛɛ 2 ne mfɛɛ 3
(ɛkɔ ba sɛ wɔanya
mfɛɛ no wɔ Ɔsanaa
31 ansa na papu
paneɛ no afiri aseɛ
wɔ Ɔtum mu)



Mmɔfra a
wɔaduru
berɛ a ɛsɛ sɛ
wɔkɔ sukuu
(Resɛphyin kɔ
si afe 11)

Mmɔfra a wɔadi
abosome 6 na
wɔwɔ yareɛ a
ɛbɛtumi ayɛ hu
ama wɔn berɛ a
wɔanya flu a



Sɛ wopɛ nsɛm a ɛfa sɛ a mmɔfra sɛ fata wɔ afe
biara mu wɔ: www.nhs.uk/child-flu

Ɛhe na mɛtumi awɔ papu panee no?

Papu bɛtumi ayɛ yareɛ a ɛnyɛ ahomeka na ɛbɛtumi 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 bɛyɛ nnawɔtwe baako ansa na mmɔfra no ho atɔ won.

Ɔhaw a ɛbɛtumi afiri Papu mu aba a deɛ ɛka ho bi yɛ acute bronchitis, ano yea ne nimonia. Ɛho bɛhia sɛ nnipa binom ɛko ayaresabea na wɔkɔgye ayarehwɛ a deɛ ɛka ho bi yɛ ntensif kɛɛ.

Aduro no so mfasoɔ bi ne sɛn?

Sɛ wowɔ panee no a, ɛbɛtumi abɔ wo ho ban afiri yareɛ a sɛ woyare a ano bɛtumi ayɛ den kɛsɛɛ no ho. Mmɔfra a wɔnnii mfee 5 na won a wɔnya papu no bi ɛtumi kɔwie ayaresabea nna no ɛka ho bi.

Ɛbɛtumi nso ate nnipa a wɔwɔ abusua no mu a wɔnya yareɛ no bi a ɛbɛtumi aha won, te sɛ nananom anaase won a wɔwɔ yareɛ bere tenten, na wɔnya papu firi wo ba ho.

Ɛbɛtumi aboa ama woakwati sɛ wobɛsrɛ kwan wɔ adwuma mu, anaase dwumadie aforɔ, na w'ankasa wohwɛ wo ba a oyare no.



Sɛn na aduro no si ye adwuma fa?

Papu no aduro ne ne banmmɔ a esene 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 bere no mu. Afei yɛma nnuro wɔn ye pɛ sɛdeɛ ɛsɛ - mɛn pii no ɛtumi kakra sɛ mpo ɛne nye pɛ a.

Papu ye yaremmoawa esesa afe biara sɛdeɛ ɛbeyɛ a yɛbesesa aduro no mu. Bere ko soɔ no sɛdeɛ aduro no bebɔ ban no ko 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 aseɛ wɔ ɔtum mu) na yɛbɛwɔ wɔn paneɛ no wɔ wɔn geeral sɛɛgyiri, mɛn pii no wo praketese nɛɛse no na ɔbeyɛ.

Mmɔfra a wɔko sukuu no wobɛma wɔn aduro no bi wɔ sukuu mu ho, a wɔn wɔanwɔ bi wɔ sukuu mu no wobɛnya hokwan awɔ bi wɔ bi wɔ klenek a ɛwɔ wɔ mpatam ho.

Mmɔfra a wɔkyeree 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 betumi aka nsem afa saa nhyehyɛɛ yi ho afiri Mpatam Nwomasua Asoɛɛ no ho.

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 yaremmoawa 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, honamyee na woanom nso ebetumi ato. Nanso, weinom ano nye den nsene papu ne eho nsunsuasoo. Eho nsunsuansoo a ano ye den ntaa nsi.

Aduro betumi ama me ananse?

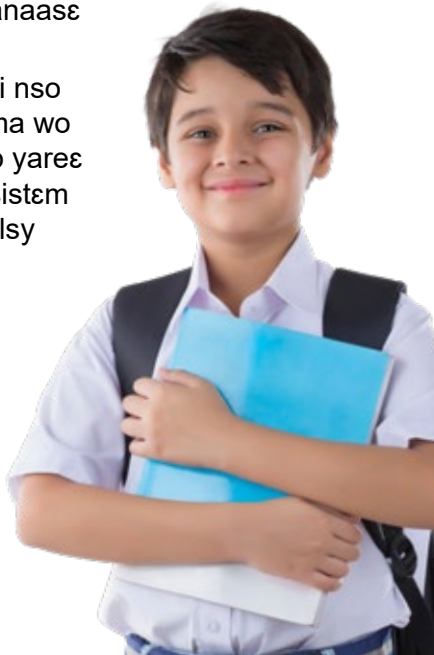
Daabi, aduro no ntumi nkofa papu mma esiane se yaremmoa a ewo mu no ahoden wo fam na enkofa yaree mma.

Na se me ba no wo yaree nso e?

Mmofra a wɔwɔ yaree, se mpo wɔhwɛ no yie a, ɔhaw ebetumi afiri mu aba no ano betumi aye kɛsɛɛ. Ɛho hia se yɛma saa mmofra yi aduro no bi.

Deɛ ɛka saa haw yi bi ho ne:

- aharawa mu yaree a emy den, se nhwɛsoɔ, ntehyewa a ɛhia se da biara wɔtwe nheela anaase ɔnom steroids
- koma yaree a eye kɛsɛɛ
- asaaboɔ anaase breboɔ mu yaree
- asikyireyaree
- adesua a obi sua ɔhunu/ɛboɔ
- immunosuppression esiane yaree anaase ayaresa, se nhwɛsoɔ no, kemorapi anaase radioterapi ayaresa ɛma kansa anaase steroid a wɔde di dwuma bere tenten
- ɔhaw wo spleen no ho, se eye wɔayi spleen no (asplenia) anaase ɛnye adwuma yie, se nhwɛsoɔ no sikle sɛɛ yaree, anaase coeliac yaree
- wo GP no betumi nso akamfo se wɔmma wo ba no bi se wɔwɔ yaree bi a ɛka nɛɛnɔs sistem te se cerebral palsy



Ɖɛɛ sɛ mmɔfra no ɛfa papu aduro no afe biara ɛfiri abosome 6 so rekorɔ. Nnipa pii no ara na wɔbɛsɔ aduro no bi nanso yɛnkamfo mma mmɔfra a wɔnnii mfeɛ 2.

Mmɔfra a wɔnni mfeɛ 2 no, ɛne wɔn a esiane yareɛ nti aduro no nye mma wɔn no nti, yɛbɛwɔ wɔn papu panɛɛ no bi.

Sɛ wo ba no wɔ yareɛ ahodoɔ a ɛwɔ krataafa 8 nanso ɛnka wɔn a wɔadi saa mfeɛ no wɔkuu no mu, ɛho hia sɛ wone wo Gp no bɛyɛ nhyiam no ho nhyehyɛɛ.

Sɛ wonhyɛ da nnim sɛ ɛsɛ sɛ, wo ba no bɛhia papu panɛɛ no bi anaasɛ sɛ wohia afutuo pii a, wone wo praktese nɛsɛ, Gp anaasɛ apomuden nsrahwɛfoɔ no nkasa.

Kwan bɛn so na wɔde aduro no bɛma?

Wɔn a wɔadi mfeɛ 2 ne 3 no, ɛsɛ sɛ wo nsa ɛka nkra sɛ, fa no bra na wɔmɛgye bi wɔ wɔn GP sɛgyiri no ho ɔtum mu. Kwan foforo so no, ɛsɛ sɛ wone wɔn di nkitaho tee na yɛ nhyehyɛɛ.

Mmɔfra a wɔaduru bɛɛ a wɔkɔ sukuu no, panewɔ nhyiam bɛkɔ so wɔ sukuu mu ɔtum tɛmo bɛɛ no mu. Mmɔfra a wɔaduru bɛɛ a wɔkɔ sukuu no, iminasehyin kuo no ne wo bɛdi nkitaho denam sukuu no so.

Sɛ wo ba no ɛka kuo a ɛsɛ sɛ yɛma wɔn aduro no bi wɔ sukuu mu na wɔwɔ yareɛ bi a ɛbɛtumi aha wɔn bɛɛ a wɔanya papu no bi a (hwe kratafa 8), wobɛtumi nso abisa wo ba no GP sɛgyiri na ama ne nsa aka aduro no bi sɛ wompɛ sɛ wobɛtwen deɛ ɛbɛkɔ so wɔ sukuu bɛɛ no mu anaasɛ sɛ ɛno mmom na wopɛ 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 sɛdeɛ 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 ahoɔde 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 deɛ yɛde so hwenem no a, ɛsɛ sɛ wɔwɔ papu aduro no.

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

Nnipa a wonyiniɛ a wɔde aduro a wɔde sɔ hwenem ama won no, ɛsɛ sɛ yɛ twe won ho firi nnipa won immune sistɛm no ahodoɔ wɔ fam pa ara no (sɛ nhwɛsoɔ won ɛnkeyɛɛɛ koraa no wɔakɔyɛ bone maro transplante) wɔ bɛyɛ nnawɔtwe 2 wɔ aduro no akyi.

Mɛtumi de papu aduro no ama me ba no berɛ koro no ara a merema me mma nnuro afoforo?

Aane. Papu aduro no, wɔbetumi de ma berɛ a koro no ara a wɔde mmɔfra nnuro afoforo rema no. Aduro no betumi aka akyi sɛ wowɔ huraaɛ ‘fiva’ a. Afei nso, sɛ wo hwenem asi yie pa ara anaase wo hwenem firi nsuo a, ɛbɛsi aduro no kwan sɛ ɛbɛwura wo nipadua no mu. Wɔ saa aɛm yi mu no, papu aduro no ma betumi atwe ako akyire kɔsi sɛ wo hwenem nsunsuansoɔ no bɛko koraa. Ɛto mmere bi a wɔde deɛ ɛwo panɛɛ mmom na ɛbɛ wɔ.



* Hwɛ wɛbsaet wɔ

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

na wɔbɛhunu nneɛma a wɔde yɛɛ aduro

Aduro a yɛde sɔ hwenem no, gelatine a yɛnya firi mprako ho wom (porcine gelatine)?

Aane. Aduro a yɛde sɔ hwenem no wɔ gelatine a yɛasɔne sɔ (porcine gelatine), a wɔde di dwuma wɔ nnuro a ɛho hia mu. Gelatine no boa ma aduro no yaremmoawa no gyina wonan sɔ sɛdeɛ ɛbɛyɛ a aduro no bɛboa abɔ ban atia papu.

Aduro no a wɔde sɔ yɛ deɛ ɛbɛboa mmɔfra, na ɛyɛ adwuma ntɛm sɔ na sɛdeɛ yɛde ma no nyɛ den. Ɛbɛbtumi aboa nso ate trɛ papu no bɛtumi atrɛ wɔ mpatam hɔ no sɔ. Sɛ woannye nnuro no antum anaasɛ nnuro no porcine gelatine wom a, papu aduro a wɔde wɔ sɛ panɛɛ a gelatine bi hɔ.

Ɛhe na mɛtumi anya ɛho nsɛm pii?

Kɔ www.nhs.uk/child-flu na wo nsa nka nsɛm pii. Sɛ wowɔ ɔhaw bi a, wone w'apomuden nsrahwɛni, praktise nɛɛse anaasɛ wo dɔkota nkasa.



www.nhs.uk/vaccinations

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