



UK Health
Security
Agency



Bɔ wo ho ban ko tia papu

Papu iminaaseehyin wɔ England

Nsem ema wɔn a wɔwɔ ntoasɔɔ sukuu mu



Flu mmunisation

Reboa abɔ ban atia papu

Yɛde papu aduro no ma kwa a yɛnnye biribiara:

Mmɔfra a wɔadi
mfɛɛ 2 ne mfɛɛ 3
(ɛko ba sɛ wɔanya
mfɛɛ 2 anaasɛ 3 wɔ
Ɔsanaa 31 ansa na
papu panɛɛ no afiri
asɛɛ wɔ Ɔtum mu)



Mmɔfra a wɔaduru
berɛ a wɔko sukuu
(Mfiaseɛ kɔsi
Afe 11)

Mmɔfra a wɔadi
abosome 6 a
wɔwɔ yareɛ a
ɛbetumi ayɛ hu
ama wɔn a wɔnya
papu no bi a ano
betumi ayɛ den



Sɛ wopɛ nsem a ɛfa sɛ a mmɔfra no sɛ fata
wɔ afe biara mu wɔ : www.nhs.uk/child-flu



Ɛhe na metumi awo papu panee no?

Papu betumi aye yaree a enye ahomeka na ebetumi akofa fiva, hwenem a asie, ewa awo, menem kuro, ntini ne apɔso yea, honam yea ano ye den. Be ye se nnawotwe ntam na wo ho ato wo. Nnipa betumi anya komplikeehyin na ebetia se woko ayaresabea kogye ayarehwe.

Aduro no so mfasoɔ bi ne sen?

Se wowo panee no a, ebetumi abo wo ho ban afiri yaree a se woyare a ano betumi aye den kɛsee no ho. Ebetumi aboa akwati se nnooma a wope anka wontumi nye ho ɛma w'ani gye ho na asɛe wo nwomasua.

Panee no bebɔ wo ho ban atia flu na ate nya se wonya flu a ebetumi atre ako afororo so na kwan bi so no, abo w'abusuafoɔ ne nnamfonom ho ban.

Me nsaa kaa aduro no bi aferasɛɛ. Mehia foforo afe wei nso?

Aane; papu ye yaremmoawa esesa afe biara sɛdɛɛ ebeye yebesa aduro no mu. Esiane wei nti, yekamfo se wobɛfa aduro de ako atia papu afe yi, se mpo wofaa bi aferasɛɛ a.



Kwan bɛn so na wɔde aduro no bɛma?

Mpɛn pii no, ɛyɛ wɔde sɔ hwenem. Sɛ aduro a yɛde sɔ no nnyɛ mma wo a, wobɛtumi awɔ panɛɛ no mmom, mpɛn pii no ɛwɔ w'abati.

Okwan bɛn so na aduro a wɔde sɔ hwenem yɛ fa yɛ adwuma?

Aduro a wɔde sɔ hwerem no ɛwɔ yaremmoawa a yɛama wɔn ahɔɔden so ate na yɛasi wɔn a ɔntumi nkɔfa papu mma nanso ɛbɛboa wo ama woatumi ayɛ imuniti.

Aduro no a yɛde sɔ hwenem no nane ntɛm sɛ ɛkɔgu hwenem a, sɛ wosɔɔ aduro no ara no sɛ wowansini a, ɛho nhia sɛ wobɛma aha wo sɛ ebia aduro no nnyɛ adwuma.

Aduro no so wɔ nkɛntɛnsɔɔ bi?

Wo hwenem bɛtumi afiri nsuo anaasɛ hwenem bɛtumi asi, tipaɛɛ, honamyea na woanom nso ɛbtumi ato. Nanso, weinom ano nyɛ den nsene papu ne ɛho nsunsuasɔɔ. ɛho nsunsuansɔɔ a ano yɛ den ntaa nsi.

Sɛ nso mente apɔ wɔ ɛda no nso a?

Aduro no bɛtumi aka akyi sɛ wowɔ huraɛɛ 'fiva' a. Afei nso, sɛ wo hwenem asi yie pa ara anaasɛ wo hwenem firi nsuo a, ɛbɛsi aduro no kwan sɛ ɛbɛwura wo nipadua no mu. Wɔ saa asɛm yi mu no, papu aduro no ma bɛtumi atwe akɔ akyire kɔsi sɛ wo hwenem nsunsuansɔɔ no bɛkɔ koraa.

Won a wonyininyini a wowo yaree bere tenten no nso e?

Se wowo apomuden ho haw na ema se wonya papu a eho haw no ye kесеe a, ese se wofa papu aduro no afe biara. Se wowo saa apomuden haw yi bi na wonka akuo a worema won papu wo sukuu mu no ho a, wobetumi abisa wo GP seegyiri na woama wo aduro. Wobetumi aka akyerе wo GP seegyiri ama waye wei ama wo, se nhwesoo no, ense se wotwen ko si sukuu aduma bere no.

Apomuden ho haw a ebetumi ama ahunu amanne pii afiri papu mu

Dee eka saa haw yi bi ne:

- Aharawa mu yaree a eye kесеe, te se ntehyewa a eho hia se wode steroid inhaler anaase tablets bedi dwuma
- koma yaree a eye kесеe
- asaaboo anaase breboo mu yarее
- asikyireyaree
- Imune sistem a ahoođen no wo fam esiane ohaw anaase nnuro a wode sa yaree te se steroid tablets anaase kemoterapi
- ohaw wo spleen no ho, se nhwesoo, sikle see yaree, anaase woyi spleen no ho.
- Adesua demdie
- ohaw a ewo neenvos sistem no mu, te se serebra poosi



Ko www.nhs.uk/child-flu
na hunu nsem pii

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

Mmɔfra no mu dodoɔ no ara no, yɛsɔ wɔn aduro a ɛno ne adeɛ a obiara ani gye ho. Nanso, nnipa bi a wɔsusua a ɛwɔ apomuden ho haw bi a ɛbia wɔntumi nsɔ aduro a wɔde hwenem no (hwɛ ho nɛm wɔ aseɛ ha). Yɛbɛma w'awofɔɔ mpenesɔɔ fɔɔm sɛ wɔnhyehyɛ ansa na aduma no aduru so, a deɛ deɛ ɛka ho yɛ nɛmmisa a wɔde bɛhwɛ sɛ ɛyɛ biribi a ɛbɛboa wo. Wɔbetumi ne sukuu imunaseehyin kuo akasa sɛ wɔwɔ nɛmmisa bi a. Sɛ wonntumi mfa aduro a yɛde sɔ hwenem mu bi a, yɛde aduro a yɛde bɛwɔ paneɛ no bɛma.

Hwan na ɛnɛ sɛ ne nsa ka aduro a wɔde sɔ hwenem no bi?

Sɛ ɛnyɛ aduro a wɔde sɔ hwenem no a, wo nsa bɛka aduro a wɔde bɛwɔ paneɛ sɛ wo:

- Wowasini anaase woawansini nnɔhwɛre 72 a
- Imune sistɛm no ahooɔden wɔ fam anaase ofipamfɔɔ bi hia sɛ ɔde ne ho sie esiane sɛ wɔn imunesitɛm no ahooɔden so ate pa ara 'wɔayɛ immunosuppressed' a
- Wɔ tebea bi a ɛbɛhia salicylate ayaresa a
- ɛwɔ anaphylactic reakhyin ɛma papu aduro no, anaase emu nnɔɔm no bi a, ɛwɔ bere bi atwam (sene kosua a)

Nnipa a wonyiniie a wode aduro a wode so hwenem ama won no, ese se ye twe won ho firi nnipa won imune sistem no ahodoɔ wo fam pa ara no (se nhwesoo won enkyeeee koraa no wɔakɔye bone maro transplante) wo beye nnawɔtwe mmieniu wo aduro no akyi.

Se ahyiadie no ko ara na ebeko so anaase enye biribi a wo betumi akwatia enneɛ ese se woma papu aduro foforo . Se wonhyeda nnim a, hwe sukuu imunaseehyin kuo, anaase neese anaase GP wo wo seegyiri.

Ɛse se w'awofoɔ hwehwem mmoa firi wo nimdefoɔ' spehyialiste' ho, se wonya:

- Ho a empe a na ano ye den pa ara (anaphylaxis) de aboa dee atwam a ehia ntensifu ayarehwe.
- Wode steroid tablets asa ntehyewa anaase ebekhia ntensifu ayarehwe wo ayaresabea.

Ehe na wode aduro no bema me?

Mmoɔfra a woko sukuu no a wobema won aduro no bi wo sukuu mu ho, a won wɔanwo bi wo sukuu mu no wobɛnya hokwan awo bi wo bi wo klenek a ewo wo mpatam ho.

Mmoɔfra a wokyere won adeɛ wo fie a wɔse tafa no yebema wn aduro no bi. Wo anaase w'awofoɔ nsa betumi aka nsem afa saa nhyehyee yi ho afiri Mpatam Nwomasua Asoe no ho.

Wobetumi akenkan papu no ho nsem wo krataawa no so wo ha: www.medicines.org.uk/emc/product/15790/smpc

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 so (porcine gelatine), a wɔde di dwuma wɔ nnuro a ɛho hia mu. Gelatine no boa ma aduro no yaremmoawa no gyina wɔn nan so sɛdeɛ ɛbeyɛ a aduro no beboa abɔ ban atia papu.

Deɛ a wɔde sɔ na ɛyɛ ma mmɔfra, na sɛdeɛ yɛde sɔ no sno nnyɛ den.

Ɛbeboa nso ate sɛdeɛ papu no bɛtɛ wɔ mpatam ho no so. Sɛ womfa nnuro anaasɛ anaasɛ mpanɛɛ a porcine gelatine wom a, papu panɛɛ a gelatine nnim wɔ ho.

Ɛhena mɛtumi anya nsɛm pii?

Kɔ www.nhs.uk/child-flu na wo nsa nka nsɛm pii. Wo ne wo sukuu imunaseehyin kuo no, wo GP, anaasɛ pratese nɛɛse nni nkitaho sɛ wowɔ nsɛmmisa afoforo a.



www.nhs.uk/vaccinations

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