



UK Health
Security
Agency



Bɔ wo ho ban ko tia papu

Papu iminaaseehyin wɔ England

Nsem ɛma won 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 nsɛm a ɛfa sɛ a mmɔfra no sɛ fata
wɔ afe biara mu wɔ : www.nhs.uk/child-flu

Ɛhe na metumi awɔ papu panee no?

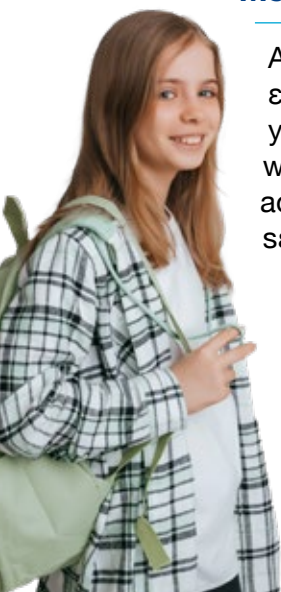
Papu betumi aye yaree a enye ahomeka na ebetumi akɔfa fiva, hwenem a asie, ewa awɔ, menem kuro, ntini ne apɔso yea, honam yea ano ye den. Beɛ se nnawɔtwe ntam na wo ho atɔ wo. Nnipa betumi anya komplikeehyin na ebɛhia se wɔkɔ ayaresabea kɔgye ayarehwe.

Aduro no so mfasoɔ bi ne sen?

Se wowɔ panee no a, ebetumi abɔ wo ho ban afiri yaree a se woyare a ano betumi aye den kesee no ho. Ebetumi aboa akwati se nnoɔma a wope anka wontumi nye ho ema w'ani gye ho na asee wo nwomasua.

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

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



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

Kwan ben so na wode aduro no bema?

Mpen pii no, eye wode so hwenem. Se aduro a yede so no nnye mma wo a, wobetumi awo panee no mmom, mpen pii no ewo w'abati.

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

Aduro a wode so hwerem no ewo yaremmoawa a yeama won ahoden so ate na yeasi won a onntumi nkofa papu mma nanso ebeboa wo ama woatumi aye imuniti.

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 nkentensoo bi?

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

Se nso mente apo wo eda no nso a?

Aduro no betumi aka akyi se wowo huraee 'fiva' a. Afei nso, se wo hwenem asi yie pa ara anaase wo hwenem firi nsuo a, ebese 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 nsunsuansoo no beko koraa.

Wɔn a wɔnyinyiniɛ a wɔwɔ yareɛ bere tenten no nso ɛ?

Sɛ wɔwɔ apomuden ho haw na ɛma sɛ wonya papu a ɛho haw no yɛ kɛsɛɛ a, ɛsɛ sɛ wofa papu aduro no afe biara. Sɛ wɔwɔ saa apomuden haw yi bi na wonka akuo a wɔrema wɔn papu wɔ sukuu mu no ho a, wobɛtumi abisa wo GP sɛɛgyiri na woama wo aduro. Wobɛtumi aka akyerɛ wo GP sɛɛgyiri ama wayɛ wei ama wo, sɛ nhwɛsoɔ no, ɛnsɛ sɛ wotwɛn kɔ si sukuu aduma bere no.

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

Deɛ ɛka saa haw yi bi ne:

- Aharawa mu yareɛ a ɛyɛ kɛsɛɛ, te sɛ ntehyewa a ɛho hia sɛ wɔde steroid inhaler anaasɛ tablets bɛdi dwuma
- koma yareɛ a ɛyɛ kɛsɛɛ
- asaaboo anaasɛ brɛboo mu yareɛɛ
- asikyireyareɛ
- Imune sistem a ahooɔden no wɔ fam esiane ɔhaw anaasɛ nnuro a wɔde sa yareɛ te sɛ steroid tablets anaasɛ kemoterapi
- ɔhaw wɔ spleen no ho, sɛ nhwɛsoɔ, sikle sɛɛ yareɛ, anaasɛ wɔayi spleen no ho.
- Adesua dɛmdie
- ɔhaw a ɛwɔ nɛɛvɔs sistem no mu, te sɛ sɛrebra pɔɔsi



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

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

Mmɔfra no mu dodoo no ara no, yɛso 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 nso aduro a wɔde hwenem no (hwɛ ho nsɛm wɔ asɛɛ ha). Yɛbɛma w'awofoɔ mpenesoɔ fɔɔm sɛ wɔnhyehye ansa na aduma no aduru so, a deɛ deɛ ɛka ho ye nsɛmmisa a wɔde bɛhwɛ sɛ ɛye biribi a ɛbɛboa wo. Wɔbɛtumi ne sukuu imunaseehyin kuo akasa sɛ wɔwɔ nsɛmmisa bi a. Sɛ wonntumi mfa aduro a yɛde so hwenem mu bi a, yɛde aduro a yɛde bɛwɔ panɛɛ no bɛma.

Hwan na ɛnsɛ sɛ ne nsa ka aduro a wɔde so hwenem no bi?

Sɛ ɛnye aduro a wɔde so hwenem no a, wo nsa bɛka aduro a wɔde bɛwɔ panɛɛ sɛ wo:

- Wowasini anaasɛ woawansini nnɔhwere 72 a
- Imune sistɛm no ahooɔden wɔ fam anaasɛ ofipamfoɔ 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, anaasɛ emu nnooɔm no bi a, ɛwɔ berɛ bi atwam (sene kosua a)

Nnipa a wɔnyiniɛ a wɔde aduro a wɔde sɔ hwenem ama wɔn no, ɛsɛ sɛ yɛ twe wɔn ho firi nnipa wɔn imune sistɛm no ahodoɔ wɔ fam pa ara no (sɛ nhwɛsɔɔ wɔn ɛnkyɛɛɛ koraa no wɔakɔyɛ bone maro transplante) wɔ bɛyɛ nnawɔtwe mmieniu wɔ aduro no akɔi.

Sɛ ahyiadie no kɔ ara na ɛbɛkɔ sɔ anaasɛ ɛnyɛ biribi a wo bɛtumi akwatia ɛnnɛɛ ɛsɛ sɛ woma papu aduro foforo . Sɛ wonhyɛda nnim a, hwɛ sukuu imunaseehyin kuo, anaasɛ nɛsɛ anaasɛ GP wɔ wo sɛɛgyiri.

ɛsɛ sɛ w'awofoɔ hwehwɛm mmoa firi wo nimdefoɔ' spehyialiste' ho, sɛ wonya:

- Ho a ɛmpɛ a na ano yɛ den pa ara (anaphylaxis) de aboa deɛ atwam a ɛhia ntɛnsifu ayarehwɛ.
- Wɔde steroid tablets asa ntehyewa anaasɛ ɛbɛhia ntɛnsifu ayarehwɛ wɔ ayaresabea.

ɛhe na wɔde aduro no bɛma me?

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

Mmɔfra a wɔkyɛ wɔn adeɛ wɔ fie a wɔsɛ tafa no yɛbɛma wn aduro no bi. Wo anaasɛ w'awofoɔ nsa bɛtumi aka nsem afa saa nhyehyɛɛ yi ho afiri Mpatam Nwomasua Asoɛɛ no ho.

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

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

Aane. Aduro a yede so hwenem no wo gelatine a yɛasɔne so (porcine gelatine), a wode di dwuma wo nnuro a ɛho hia mu. Gelatine no boa ma aduro no yaremmoawa no gyina won nan so sɛdeɛ ɛbɛyɛ a aduro no bɛboa abɔ ban atia papu.

Deɛ a wode so na ɛyɛ ma mmɔfra, na sɛdeɛ yede so no sno nnyɛ den.

Ɛbɛboa nso ate sɛdeɛ papu no bɛtɛ wo mpatam ho no so. Sɛ womfa nnuro anaase anaase mpanɛɛ a porcine gelatine wom a, papu panɛɛ a gelatine nnim wo ho.

Ɛhena mɛtumi anya nɛm pii?

Kɔ www.nhs.uk/child-flu na wo nsa nka nɛm pii. Wo ne wo sukuu imunaseehyin kuo no, wo GP, anaase pratese nɛɛse nni nkitaho sɛ wowo nɛmmisa afoforo a.



www.nhs.uk/vaccinations

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