



UK Health
Security
Agency

NHS



deε εσε σε wohwe kwan wɔ wo ba

COVID-19 panneεwɔ akyi



Akwankyerε ma awofoɔ a won
mma adi firi mfee 5 kɔsi 11

Hwehwe nsεm pii εwɔ nhs/CovidVaccine



**NHS no rema wɔawɔ
mmɔfra a wɔfata nyinaa
COVID-19 paneɛ.**

**Saa krataawa yi wɔ deɛ
ɛsɛ sɛ wohwɛ kwan berɛ a
wo ba awɔ wɔn paneɛ no.**





Ɛso nsunsuansoo

Te se nnuro biara no, panee no betumi ama wo nsunsuansoo. Weinom mu dodoo no ara ye dee ano nye den na entena ho nkye na enye mmofra nyinaa na wonya bie. Nsunsuansoo a eye nna no di nna mmienue pe. Aye se Pfizer aduro no tumi kofa nsunsuansoo ba bere a wawo panee a eto so mmienue no.

Nsunsuansoo a etaa si wo eda a edi kan anaa mmienue no ne:

- woretē yea, wote yea wo wo nsa wawoo panee wo ho no
- bete bre nka
- tipaee, ahoo yea ne awo

Wobetumi nso anya papu ho nsenkyerenee a ebema ne ho awoso na ma ne ho apopo eda baako anaase nnanu. Nanso, ahoo hyee (temperakya a ewo soro) betumi akyerē se wanya COVID-19 anaase yaree foforo.

Ɛse se wogyē won ahome. Wobetumi ama won paracetamol na ama won ho ato won. Yesre hwe se paracetamol dodoo ne dee worefā no ye dee obi a wadi saa mfee no enom.

Wobetumi ahunu paracetamol no ho nsem pii wo ha www.nhs.uk/medicines/paracetamol-for-children.

Ɛho nsunsuansoo a ye w'ammotoam a ebeshono anaase wo kon ho ewo baabi koro no ara wo wo nsa no ho a wowoo panee no. Wei betumi adi nafua 10, nanso se ekye a kohunu wo dokota.



Dee εσε σε woye σε wowo ɔhaw wo εho nsunsuansoo no a

Saa nsunsuansoo yi ntaa nni nnuru nnawɔtwe baako. Σε εκο ba σε won nsunsuansoo no resεε na εreyε kεσεε anaase σε wowo εhaw a wobɛtumi afre NHS 111. Σε wohwehwe afutuo firi wo dɔkota anaase nεεσε, hwe σε wobεka paneεwo no ho asem akyerε won (fa paneεwo no krataa/kaad no kyerε won) sεdeε εbeyε a wobɛtumi ahwe wo ba no yie.

Wobɛtumi afa ɔnlaan so abo paneε ne aduro no nsunsuansoo no ho amanneε denam [Yellow Card scheme](#) anaase berε a [woretwe Yellow Card app](#). no



coronavirus-yellowcard.mhra.gov.uk

Nsunsuansoo a eyε hu pa ara wo ho?

Nnansa yi, wɔabo koma a εhono (a yεfrε no called myocarditis anaase pericarditis) ho amanneε berε a obi awo COVID-19 mpaneε no ho amanneε.





Saa nsem yi taa sisi wo mmarimma a wonnyinyiniie mu wo nnafua kakra akyi bere a wawo paneε no. Nnipa weinom no dodoo no ho to won ntεm na won ho to bere a wogaye won ahome ne ayaresa kakra. Eεε sε wohwehwe ayaresa ntεm sε wo ba te nka weinom:

- koko yea
- home a εnsisi so
- wobεte koama εrebo-ntεntεm, koma a εbo ntεntεm, anaase kikumikim.

Wo ba no βεtumi anya COVID-19 afiri paneε no mu?

Wo ba no ntumi nnya COVID-19 mfiri paneε no mu nanso εnye den sε wobεnya COVID-19 na worenhunε sε wanya nsεnkyerεnnεε kosi sε wobεko ne paneεwo no apointment no.

COVID-19 ho nsεnkyerεnnεε nnansa ye deε edidi soo yi:

- εwa foforo a wobε no ntoatoasoo ntoatoasoo
- ahochye/temperekya a εwo soro
- sεdeε wote adeε bi nka no βeyera, βεsea anaase wote adeε nka (anosmia)

Εwom sε feva βεtumi aba wo da baako anaase nnanu akyi wo paneεwo no akyi, sε wo ba no wo COVID-19 ho nsεnkyerεnnεε biara anaase sε won feva no kye a, tena fie na ye nhyehyεε na ye nhwehwεmu nhyehyεε na wonye wo bi.





Dee edi ho a εσε σε woye



Wo ba no paneewo no akyi no, εσε σε woma wo rekood kaad. Se wo ba no behia dee eto so mmieniu wo appointment a edi ho no εσε σε eye nnawotwe 8 kosi 12 bere mu. Dee eto so mmieniu bema wanya ahobanmmo a ebetena ho akye.

Kora wo ba no rekood kaad no so yie. σε wo ba no hia dee eto so mmieniu no a, mma wo were mfiri w'appointment a edi ho no.

Se wo ba no ho mfa no σε obeko n'appointment no a

Se wo ba ho mfa no, twen kosi σε ne ho beto no ansa wakowo won paneε no.

Ense σε wo ba no ko paneε appointment no σε wode won ho asie anaase woretwen aye COVID-19 nhwehwemu a. Ne yie mu no, εσε σε wotwen nnawotwe 12 bere a wo ba no aye COVID-19 nhwehwemu anaase anye hwee koraa nnafua 4 σε enye den σε wo ba no benya bi a.

Panee no bebwo wo ba no ho ban?

COVID-19 paneε no a wo ba no awo no kyere σε etumi si amanneε obi tumi hunu bere onipa no anya COVID-19 no so.

Wiase afanan nyinaa wakyekye nnuro no opepem pii. Aduro no ye adwuma yie wo mmofra ne won a wonnyinyiniiε mu.





Ɛbedi nnawɔtwe kakra na ama wo ba no honam afa ɛwɔ ban a aduro no ɛbɔ ho. Te sɛ nnuro nyinaa no, aduro biara nni ho a ɛye adwuma kɔsi ase, nti ɛsɛ sɛ woko so ara de banbɔ ho akwankyerɛ ye adwuma sɛnea ɛbeyɛ a wo ba no nnya yareɛ no bi.

Mmɔfra no bi bɛtumi anya COVID-19 ɛmfa ho mpo sɛ wawɔ panɛɛ no bi no, nanso wei ano nye den pii.

Deɛ wo ba no bɛtumi aye berɛ a wawɔ panɛɛ no akyi

Aduro no ntumi mma wo ba no COVID-19 yareɛ no, na ɛbɛte yare a wobɛtumi ayare no so.

Ɛho hia sɛ wobekɔ so adi ɔman no mu akwankyerɛ so. Wo ba no bɛtumi ako sukuu, berɛ a wɔawɔ wɔn panɛɛ no akyi.

Sɛ wobebɔ wo ho ne w'abusua ho ban, nnamfonom ne ayɔnkofoɔ, ɛsɛ sɛ woko so ara:

- dwene ntam a wobɛtete ho
- hyɛ nkataanim baabi a ɛho bɛhia
- hohoro wo nsa yie na ɛsɛ sɛ wotaa hohoro
- bue mpoma na mframa pa ba mu
- di akwankyerɛ a ɛwɔ ho seesei no so (gov.uk/coronavirus)





Sɛdɛɛ COVID-19 trɛtrɛ

COVID-19 trɛtrɛ denam nsuo a ɛfiri hwenem anaase anom, ne titire bere a worekasa anaase worebo wa na ɛba. Wobetumi anya denam w'ani a wode wo nsa bekeka, w'aso ne w'ano bere a waso adeɛ bi anaa baabi ɛbi ɛwo mu.

Ɛho nsem pii

Yɛsrɛ kenkan adentɔndɛɛ ho nsem krataa yi na hunu ɛho nsem pii ɛfa aduro no ho, a dɛɛ ɛka ho yɛ nsunsuansoo a ɛwo mu, ɛwo Coronavirus Yellow Card websaet.

Wobetumi nso abɔ ɛho nsunsuansoo biara a wosusu no ho amanneɛ wo websaet koro no ara so anaase bere a woretwe Yellow Card app no.

Ɛho nsem pii ɛwo

www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination.



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Sɛ wopɛ sɛ wo kra krataawa yi bi a ko www.healthpublications.gov.uk
anaase foon: 0300 123 1002 (anɔpa nnon 8 kɔsi to anwummɛrɛ 6,
Dwoada kɔsi Fiada).

