



COVID-19 aduro

ɛma nnipa a won immune sistem no ahooden wo fam

Nnipa a won imune sistem no ahooden wo fam no yetu won fo se wonwo COVID-19 panee a eto so mmiensa no. Wei beboa abo ban afiri 2 a edi kan a wowooe no na yede ama ansa na buustas no aba.

Deen ne COVID-19 anaase coronavirus?

COVID-19 ye home mu yaree a eye hu yie pa ara a SARS-CoV-2 yaremmowa na wode ba. Ebetumi aye hu pa ara ma nkorofoo a won imune sistem no ahooden wo fam no. Ayaresa biara nni ho ma COVID-19, ewom se nhwehwemu afforo a woaso ahwe nansa yi ada no adi se etumi boa te chaw a efiri mu no so dee.

Aden nti na worewo me COVID-19 panee a eto so mmiensa?

Saa aduro a eto so mmiensa yi wode rema won a woadi mfee 5 ne akyi a won imune sistem no ahooden wo fam wo bere a wowoo COVID-19 panee 2 a edi kan no. Ebetumi aba se ene wo ho nnye te se afoforo. Dee eto so mmiensa yi betumi aboa ama wo imune sistem no atu mpon na ama wo ahobanmmo a edi mu.

Wo nimdefoo no betumi ama wo afutuo se wei efa wo ho a. Se wowo dee eto so mmiensa no a ebetumi ate nya a wobetumi anya COVID-19 nsayaree no so.

Na, se woye a, cho nsenkyerennee bewo fam na yare no nkye, sene se wonnwoo panee a eto so mmiensa no a.

Nnipa a wohia dee eto so mmiensa a won imune sistem no ahooden wo fam pa ara no wo bere a wowoo 2 a edi kan no. Dee eka wei ho fa won a wowo anaase woanya:

- mogya mu kokoram (te se leukaemia anaase lymphoma)
- imuniti a ewo fam esiane ayaresa (te se steroid aduro, biologyikaa terapi, kemoterapi anaase radioterapi)
- imuniti a ewo fam esiane nneema imune sistem no anya a enko yie
- akwaa anaase ntini a ewo kasae mu a wotumi hunu mu
- nyarewa a etumi ka imune sistem te se HIV a wontumi nni so yie
- nyarewa nkae anaase ayaresa senea wo nimdefoo no de ho afutuo ama no

Berɛn bɛn na ɛsɛ sɛ mɛwɔ deɛ ɛto so mmiɛnsa no?

Wobɛhia 1 asane aka ho na atumi abɔ wo ho ban. Deɛ wohia ka ho (deɛ ɛto so mmiɛnsa) no ɛsɛ sɛ ɛdi nnawɔtwe 8 bere a wɔawɔ deɛ ɛto so mmiɛnu no akyi.

Ɛno akyi no wobɛsane ahia sɛ wonya buusta de trɛ wo banmmɔ no mu - ɛsɛ sɛ woma buusta ɛfiri abosome 3 firi bere a wɔawɔ deɛ ɛto so (mmiɛnsa).

Ɛho nsunsuansoo

Nsunsuansoo a ɛtaa sisi ne:

- bete yea, bete yea wo nsa a wɔawɔ ho panɛɛ no — sa yeatɛ no bɛdi ɛda 1 kɔsi nna 2 wo panɛwɔ no akyi. Wei kɔ so sɛɛ bɛyɛ ɛda 1 kɔsi 2 bere a wo panɛɛ no akyi
- bete brɛ
- tipaɛɛ
- honamyɛa anaasɛ bete biribi tɛ sɛ papu nka

Wobɛtumi agyɛ w'ahome na woanom paracetamol (di akwankyerɛ a ɛhyɛ adaka no mu o) na aboa ama wo ho ato wo. Ɛwom sɛ wobɛtumi anya fiva wo ɛda baako anaasɛ nnanu ntam bere a wɔawɔ panɛɛ no, sɛ wonya COVID-19 ho nsɛnkyɛnnɛɛ anaasɛ, sɛ wo fiva ɛkyɛ a, tena fie na ɛho bɛhia sɛ woyɛ nhwehwɛmu.

Nsɛnkyɛnnɛɛ a ɛfiri panɛwɔ no mu ɛba no ntaa nni nnuru nnawɔtwe baako. Sɛ ɛko ba wo nsɛnkyɛɛ no sɛɛ ara na ɛresɛ anaasɛ wɔwɔ ɔhaw bi a, wobɛtumi afɛɛ NHS 111.

Sɛnea wobɛwɔ panɛɛ no

Wobɛtumi abuuku wo ɔnlaan so anaasɛ w'ankasa bɛnante ako klɛneke akowɔ deɛ ɛto so mmiɛnsa. Sɛ ɛbɛyɛ a wobɛboa klɛneke no ama wɔawhunu sɛ wosɛ fata no no, yɛsrɛ fa wo lɛtɛ a ɛfiri GP anaasɛ wo nimdefoo anaasɛ aduro a wɔfɛfa no no nkyɛrɛmu.

Nnipa a ɛnsɛ sɛ wɔwɔ deɛ ɛto so mmiɛnsa

Sɛ wɔwɔ panɛɛ no wonyaa nsunsuansoo a ano yɛ den a deɛ ɛdi kan no mu a, ɛsɛ sɛ wonɛ wo dokota susu wei ho.

Sɛ woanwɔ panɛɛ no a

Sɛ wonnya nwɔɔ mpanɛɛ 2 a ɛdi kan no a, ɛsɛ sɛ wɔwɔ no anim anim yi ara.

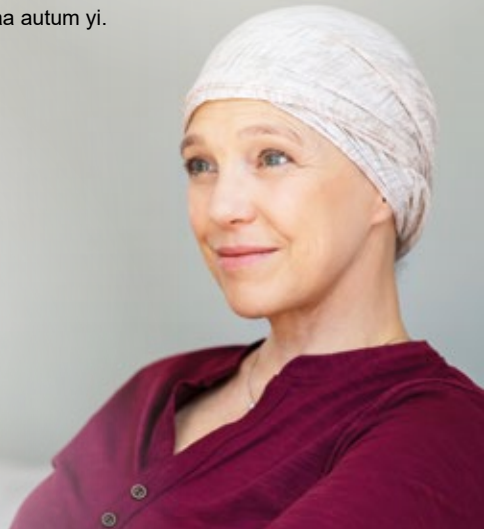
Sɛ wɔwɔ deɛ ɛto so mmiɛnu no adi boro nnawɔtwe 8 a, yɛsrɛ yɛ nhɛhyɛsɛɛ na kowɔ deɛ ɛto so (mmiɛnsa) anim anim yi ara.

Sɛ woadi mfɛɛ 12 anaasɛ ɛboro saa a, wobɛhia buusta. Ɛsɛ sɛ wɔwɔ wo buusta no abosome 3 akyi firi bere a wɔawɔ deɛ ɛto so mmiɛnsa.

Sɛ woadi kan awɔ wo buusta no, wobɛtumi asane afata sɛ wɔwɔ buusta no fɔforo saa spring wei.

Sɛ anyɛ saa a, wo nsa bɛtumi aka wo buusta de aka spring ntoabo yi ho.

Wobɛhia buusta fɔforo saa autum yi.



Worepɛ ho nsɛm bebreɛ

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

Na wobɛtumi akenkan deɛ ɛsɛ sɛ wohwɛ kwan wo COVID-19 panɛwɔ no akyi wo ha

www.gov.uk/government/publications/covid-19-vaccination-what-to-expect-after-vaccination

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