



UK Health
Security
Agency



COVID-19 aduro

ɛma nnipa a wɔn immune sistem no ahooden wɔ fam

Nnipa a wɔn imune sistem no ahooden wɔ fam no yetu wɔn fo sɛ wɔnwɔ COVID-19 panee a ɛto so mmiensa no. Wei beboa abɔ ban afiri 2 a ɛdi kan a wowɔɔɛ no na yede ama ansa na buustas no aba.

Deɛ ne COVID-19 anaase coronavirus?

COVID-19 yɛ home mu yareɛ a ɛyɛ hu yie pa ara a SARS-CoV-2 yaremmowa na wode ba. Ɛbetumi aye hu pa ara ma nkorɔfoɔ a wɔn imune sistem no ahooden wɔ fam no. Ayaresa biara nni ho ma COVID-19, ɛwom sɛ nhwehwɛmu affɔɔ a wɔaso ahwe nansa yi ada no adi sɛ ɛtumi boa te ɔhaw a ɛfiri mu no so deɛ.

Adɛn nti na wɔrewɔ me COVID-19 panee a ɛto so mmiensa?

Saa aduro a ɛto so mmiensa yi wode rema wɔn a woadi mfee 5 ne akyi a wɔn imune sistem no ahooden wɔ fam wɔ bere a wowɔɔ COVID-19 panee 2 a ɛdi kan no. Ɛbetumi aba sɛ ɛne wo ho nnye te sɛ afoforɔ. Deɛ ɛto so mmiensa yi betumi aboa ama wo imune sistem no atu mpon na ama wo ahobanmmo a ɛdi mu.

Wo nimdefɔɔ no betumi ama wo afutuo sɛ wei efa wo ho a. Sɛ wowo deɛ ɛto so mmiensa no a ɛbetumi ate nya a wobɛtumi anya COVID-19 nsayareɛ no so.

Na, sɛ woyɛ a, ɛho nsenkyerɛnnee bɛwo fam na yare no nkyɛ, sene sɛ wonnwɔɔ panee a ɛto so mmiensa no a.

Nnipa a wohia deɛ ɛto so mmiensa a wɔn imune sistem no ahooden wɔ fam pa ara no wɔ bere a wowɔɔ 2 a ɛdi kan no. Deɛ ɛka wei ho fa wɔn a wowo anaase woanya:

- mogya mu kokoram (te sɛ leukaemia anaase lymphoma)
- imuniti a ɛwo fam ɛsiane ayaresa (te sɛ steroid aduro, biologyikaa terapi, kemoterapi anaase radioterapi)
- imuniti a ɛwo fam ɛsiane nneɛma imune sistem no anya a ɛnko yie
- akwaa anaase ntini a ɛwo kasɛ mu a wotumi hunu mu
- nyarewa a ɛtumi ka imune sistem te sɛ HIV a wontumi nni so yie
- nyarewa nkaɛ anaase ayaresa senea wo nimdefɔɔ no de ho afutuo ama no



Beren ben na ese se mewa dee eto so mmiensa no?

Wobehia 1 asane aka ho na atumi abo wo ho ban. Dee wohia ka ho (dee eto so mmiensa) no ese se edi nnawotwe 8 bere a wowo dee eto so mmienu no akyi.

Eno akyi no wobesane ahia se wonya buusta de tre wo banmmo no mu - ese se woma buusta efiri abosome 3 firi bere a wowo dee eto so (mmiensa).

Eho nsunsuansoo

Nsunsuansoo a etaa sisi ne:

- bete yea, bete yea wo nsa a wowo ho panee no — sa yeatee no bedi eda 1 kosi nna 2 wo panee wo no akyi. Wei ko so see beye eda 1 kosi 2 bere a wo panee no akyi
- bete bre
- tipaee
- honamyee anaase bete biribi te se papu nka

Wobetumi agye w'ahome na woanom paracetamol (di akwankyere a ehye adaka no mu o) na aboa ama wo ho ato wo. Ewom se wobetumi anya fiva wo eda baako anaase nnanu ntaam bere a wowo panee no, se wonya COVID-19 ho nsenkyerenee anaase, se wo fiva ekye a, tena fie na eho behia se woye nhwehwemu.

Nsenkyerenee a efiri panewo no mu eba no ntaa nni nnuru nnawotwe baako. Se eko ba wo nsenkyere no see ara na eresee anaase wowo ohaw bi a, wobetumi afre NHS 111.

Senea wobewo panee no

Wobetumi abuuku wo onlaan so anaase w'ankasa benante ako kleneke akowo dee eto so mmiensa. Se ebeye a wobeboa kleneke no ama wawhunu se wose fata no no, yesre fa wo lete a efiri GP anaase wo nimdefoo anaase aduro a worefa no no nkyeremu.

Nnipa a ense se wowo dee eto so mmiensa

Se wowo panee no wonyaa nsunsuansoo a ano ye den a dee edi kan no mu a, ese se wone wo dokota susu wei ho.

Se woanwo panee no a

Se wonya nwo mpanee 2 a edi kan no a, ese se wowo no anim anim yi ara.

Se wowo dee eto so mmienu no adi boro nnawotwe 8 a, yesre ye nhyehyeeeee na kowo dee eto so (mmiensa) anim anim yi ara.

Se woadi mfee 12 anaase eboro saa a, wobehia buusta. Ese se wowo wo buusta no abosome 3 akyi firi bere a wowo dee eto so mmiensa.

Se woadi kan awo wo buusta no, wobetumi asane afata se wowo buusta no foforo saa spring wei.

Se anye saa a, wo nsa betumi aka wo buusta de aka spring ntoabo yi ho.

Wobehia buusta foforo saa autum yi.



Worepe ho nsem bebree

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

Na wobetumi akenkan dee ese se wohwe kwan wo COVID-19 panee wo no akyi wo ha www.gov.uk/government/publications/covid-19-vaccination-what-to-expect-after-vaccination

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