



Papu aduro no

Hwan na εσε σε ne
nsa ka bi na aden ti a

Deε εka ho ye nsem ma
awofoε ne mmaa apemfoε



Flu  mmunisation

Reboa abo nnipa ho ban, winta biara



**Saa kraataawa wei
kyerekyere sɛdɛɛ
wobɛsi abɔ wo ne
wo mma ho ban atia
papu wɔ winta a ɛreba
yi mu, ne dɛɛ nti a
ɛho hia sɛ nnipa a
wɔnya papu a ɛbetumi
aha adwene nsa bɛka
aduro no a ɔnntua
hwee afe biara.**



Deɛn ne papu? Ɛnye awɔ a ano yɛ den kɛkɛ anaa?

Papu ba afe biara, mɛn pii no
wɔ winta mu, ɛno nti na ɛtɔ da
a yɛfrɛ no bɛrɛ ano bɛrɛ ano
papu no. Ɛyɛ yareɛ a ɛtumi sane
pa ara a ɛho nsɛnkyerɛnne no
da adi ntɛm so. Awɔ no ano
ntaa nye den papa na ɛhyɛ
ase nkakrankara a ɛyɛ na wo
hwenem mu si anaase ɛfiri nsuo
ne menem kuro. Papu ano yɛ
den no betumi ayɛ kɛsɛɛ asene
awɔ 'kɔɔdu' a ano yɛ den.

Papu betumi akɔfa fiva, bɛrɛ
a ano yɛ den, honam yea ne
apɔso yea, hwenem a emu sie,
ɛwa ne menem kuro. Nipa a
wɔwɔ apomuden no ho tɔ wɔn
wɔ nnafua mmienɔ kɔsi nson
ntam, nanso yareɛ no bi betumi
akɔwie ayaresabea nna, dɛmdie
a ɛyɛ afeɔɔ ne mpo owuo mu.



**Papu aduro no boa
bɔ ban kotia papu
yaremɔmɔawa kɔrɔ
a atu ate se no**



Deen na ekofa papu eba?

Nfluansa yaremmoawa ekotia menem homa ne ahrawa no na ekofa papu ba. Na esiane se yaremmoawa na ekofa ba na enye baktiria nti, antibiotics ntumi nsa. Nanso, se wonya papu na eye hu a, anibiotiks ho behia.

Sen na wonya papu?

Se obi a ebi aye no bo wa anaase wansini, nipa afoforo nso betumi ahome anaase se obi de nsa ko so baabi a yaremmoawa no bi wo a obetumi anya bi. Wobetumi asi tre a yaree no betumi atre ano denam wo nsa a wode bekata w'ano ne wo hwene bere a worebo wa anaase worewansini (se ebeye yie fa tissue di dwuma anaase koa wo nsa bere a woreye saa no) na wobetumi ahohoro wo nsa anaase fa gel a yede hohoro nsa ho di dwuma na aboa ate nya a wobetumi anya yaremmoawa no so.

Okwan pa a wobefa so akwati na papu no antre ne se wobefa aduro no ansa papu bere no afiri ase.

Sen na yeban ban de tia papu?

Yenntumi nkyere sedee papu no si tee ankasa. Papu aduro a wobefa no ne ahobanmmo a esene biara. Papu yaremmowa no gugu mu ahodo puii. Yaremmoawa etaa kofa yaree ba no, wotahunu no wo papu bere a ekonkan mu. Yeaye nnuro no sedee ene won besi ani sedee ese. Se aduro no ne won nhyia sedee ese a etumi bo ban kakra bi.

Wotaa ma aduro no wo autumn mu ansa na papu no afiri ase atre.

Deen na papu no tumi ye?

Nnipa binom susu se awo a ano ye den ye papu, nanso se obi nya papu a ano tumi ye den a esene awo na eho behia se woda mpam nnafua kakra bi. Wo tebea a enye mu no, papu tumi kowie ayaresabea nna, anaase mpo owuo mu.

Nnipa binom wo a papu kye won a etumi nya won so nkentensoo yie. Won fam no, ebetumi akowie yaree a ano ye den mu te se bronchitis ne nimonía, anaase ebetumi ama won mprenpren tebea ase koraa.





Meye obi papu ho nsusuansoo no betumi aye hu kasee?

Papu betumi akye obiara nanso se wowo yaree bi a akye a, papu no ho nsusuansoo no aye kasee na se woye yaree no biribi a wo ho tumi to wo. Esee se wofa papu aduro no a wontua hwee, se wo:

- nyem a

anaase wowo yaree bi akye te se:

- koma yaree
- koko ho mkompleen anaase worebre wo home ho, a dee eka ho bi ye bronchitis, emphysema anaase nipa a wowo ntehyewa (a wohia steroid nheela anaase bablets)
- asaaboo mu yaree
- esiane yaree anaasa ayaresa nti nipadua no ahdooden so ate (te se steroid aduro anaase kokoram ayaresa)
- breboo mu yaree
- nyaa mmubue anaase transient ischaemic attack (TIA)
- asikyireyaree
- neurological yaree ahodoo bi, nhwesoo sclerosis ahodoo (MS), anaase selibra pootsi
- adesua mu demdie
- wowo haw bi wo spleen ho, nhwesoo sikle see yaree, anaase woyi wo spleen
- anaase wo mu aye duru aboro so (BMI a eye 40 ne akyi)

Enye yaree no nyinaa nie. Mpen pii no eye a na klenekaa atemuo wo ho. Wo GP betumi ahwe wo de ahwe sedee papu no anooden sitee bere erema yaree biara a wowo asee koraa, ne nya se wonya papu no ano betumi aye den afa.

Ko nhs.uk/flujab na wobehunu ho nsem pii.





Papu aduro no boa bɔ ban kotia papu yaremmoawa koro a atu ate se no

Wɔn a wɔwɔ yareɛ a yɛabobo so a ɛwɔ krataafa 4, anaase wɔn a:

- wadi mfee 65 anaase ɔboro boro
- te baabi a nkorɔfoɔ teteɛ anaase nkwakoraa fie
- yɛ obi ɔno na ɔhwe obi wanyi pa ara anaase wadi dɛm
- wɔn a wɔne obi onni ahodoɔ pii ɛtee esiane yareɛ anaase ayaresa nti
- apomuden adwumayɛfoɔ a wɔdi nneɛma anim ne nipayiedie adwumayɛfoɔ
- nyem (hwe ɔfa a edi ho no)
- mmɔfra a wɔadi mfee potee bi (hwe krataafa 7)





Papu aduro ma mmaa apemfoɔ

Menyem. Mɛhia papu aduro no afe yi?

Aane. Nyinsɛn tumi ka sɛdɛɛ nipadua no si yɛ n'adɛɛ wɔ yareɛ te sɛ papu ho. Papu yareɛ tumi ma hia a mmaa apemfoɔ ne wɔn mma bɛhia ntɛnsif kɛɛ no yɛ kɛsɛɛ. Ɛsɛ sɛ mmaa apemfoɔ nyinaa nsa ɛka papu aduro na ɛbɔ wɔn ne wɔn mma no ho ban. Wɔbɛtumi afa papu aduro bɛɛ biara wɔ nyinsɛn bɛɛ no mu, ɛfiri bɛɛ a wafa afuro no ɛrekɔrɔ.

Mmaa apemfoɔ nya papu aduro no so mfasoɔ ɛfiri sɛ:

- ɛte ɔhaw kɛsɛɛ a ɛtumi firi mu ba te sɛ nimonia no so, ne titire wɔ nyinsɛn no nna ɛtwa too no mu no so
- te hia maame no anasɛ abɔfra no bɛhia ntɛnsif kɛɛ no so
- te wu a abɔfra no bɛtumi awu wɔ awoɛɛ anaasɛ wɔbɛwo no bɛɛ a ne bɛɛ so nsoɛɛ no so
- boa bɔ wɔn mma ho ban ma wɔkɔ so nya ahooɔɔn de kotia papu wɔ abome kakra edi nkan wɔ wɔn asetena mu
- te sɛdɛɛ maame no bɛtumi de yareɛ bi asane ne ba a wawo no foforo no so

Manyinsɛn na mesusu sɛ mɛtumi anya papu. Deɛn na menyɛ?

Sɛ wohunu papu ho mpɔpɔɛɛ bi a, ɛsɛ sɛ wone ɔkɔta di nkitaho ntɛm so ara, esiane sɛ, sɛ wonya papu a aduro bi a wɔ ho a wɔkyɛɛ a ɛbɛtumi aboa (anaasɛ ɛbɛte ɔhaw a ɛbɛtumi afiri mu aba no so), nanso ɛhia sɛ wofa no ntɛm bɛɛ a wɔbɛhunu mpɔpɔɛɛ no ara.

Wo nsa bɛtumi aka papu aduro yi a wontua hwee afiri wo GP no ho, anaasɛ ɛbi bɛwɔ wo famasist naasɛ midwife no wɔ.





Me mmofra nso ε? Wanhia aduro no?

Se wo ba a wadi boro abosome 6 na wawa yareε a yεabobo so wo krataafa 4 no bi a, εεε sε wofa papu aduro no. Mmofra a wawa saa yareε ahodoε no bi nya papu no bi a εtumi ka won kεsεε pa ara, na εbetumi ama sεdεε woteε no asεε koraa. Wone wo GP no nkasa mfa ka a εεε sε wo ba no nsa εka papu aduro no ansa na papu berε no afiri asεε.

Papu aduro no nnye adwuma wε mmofra a wonnii abosome 6 mu nti yennhye ho nkuran. Wei nti na εho hia sε mmaa apemfoε fa aduro no -cde banmmε no besane won ba no na abε won ho ban wε abosome a edi nkan wε won asetena mu.

Mmofra a akuo afoforo nso a yεama won papu aduro no bi. Wei boa bε won ho ban de ko tia yareε no na εboa te trε εbetumi atrε aka mmofra afoforo, a won nuanom mmarima ne mmaa ne mpo, won awofoc ne won nananom εka ho. Wei bεboa srε a εεε sε wosrε kwan wε adwuma mu esiane sε woanya papu anaase wo mma anya papu no so.

Mmofra a wobεma won aduro no bi wε afe wei mu bi ne:

- won wobεdi mfee 2 ne 3 wε Osanaa 31 ansa otum aduma no afiri asεε
- Mmofra a woko pramre sukuu nyinaa
- mmofra bi a woko ntoasoε sukuu (mfee 7 kosi 11)

Wobεma mmofra a wadi mfee 2 ne mfee 3 aduro no bi wε wo general praktise mpen pii no praktise nεεε no na obεyε. Mmofra a woko sukuu no wobεma won aduro no wε sukuu mu tumi aye NHS mpatam klenek, εma obiara εbεpa ne ho wε sukuu mu. Mmofra bebree fam no, wode aduro bεso won hwene mmienu no nyinaa. Wei yε kwan a wofa so a εyε ntεm na εnyε ya.

Se wope nsem pii a εfa mmofra ne papu aduro no ho a kε NHS ho nsem a εwε wεbsaet no so no wε nhs.uk/child-flu.





Mefaa papu aduro no aferasεε. Mεsan ahia bi afe wei?

Aane; papu yaremmoawa no tumi danedane won ho winta biara mu. Woyε papu nnuro no mu nsesaεε na ama atumi abo ban ako atia papu yaremmoawa a atu atese no. Wei nti, yεhyε ho nkuran sε, mpo sε wofaa aduro no aferasεε mpo a, εsε sε wofa bi afei wei nso.

Afei nso, ban a papu aduro no bo no, berε ko so εso tumi te, nti sε mpo εyε adekoro no mpo a εsε sε wo nsa ka papu aduro wo papu berε biara mu.

Mete nka sε manya papu no bi dada, mεda so ara aduro no?

Aane; aduro no bεboa abo wo ho ban. Yaremmoawa afoforo betumi ama woate nka te sε deε woanya papu ara, anaase wobetumi anya papu nanso papu yaremmoawa no boro baako, nti εsε sε wofa aduro no sε mpo wote nka sε woanya papu a.

Papu aduro bεn na εsε sε mefa?

Papu aduro bebree na εwo ho. Εsε sε wofa deε εbεyε ama woo. Mmofra bebree no a wode so won na mpanimfoε nso wode wo won sε panεε. Nnuro no biara nni ho εbetumi ama woanya papu.

Sε wo ba adi abosome 6 ne mfεε 2 na sε woka kuo a εnyε den sε wobetumi anya papu ho a, wode bεwo won sε panεε esiane sε yεnnhyε nkuran sε wonnso mmofra wonni mfεε 2 aduro no. Mmofra a woadi boro mfεε 2 na woka kuo εnyε dense wobetumi anya bi ho no, εsε sε wode wo won sε panεε sε deε wode so won no mmoa won a.

Wobetumi de papu aduro no ama berε a wode nnuro afoforo nso εma no?

Aane. Wobetumi afa papu aduro wo berε a wofaa nnuro ahodoε a wofa no daadaa no. Aduma no betumi ako so sε wo anaase wo ba nte apo na ano nnyε den pii te sε awo a εbetumi ama yareε de tε fiva aka akyi.





Obi wɔ ho a ɛnɛ sɛ wɔfa aduro no?

Obiara betumi afa aduro no, nanso sɛ wɔfaa aduro na ɛne ho nnye koraa anaase wo ho mpe nneɛma ɛwom no a, ɛnɛ sɛ wɔfa. Wo wokyi kosua anaase wowɔ yareɛ bi a ɛma wo imiiu sistɛm no so te a, wonntumi mfa papu aduro ahodoɔ no bi –hwe bi wɔ GP no ho. Sɛ wonya fiva a, aduma no beka akyi gye sɛ wo ho to wo ansa.

Aduro a wɔde so no nso ɛ? Mmɔfra bi wɔ ho a ɛnɛ sɛ wɔfa?

Mmɔfra no bi ho a wonntumi nso aduro sɛ:

- mprenpren a wontumi nhome yie anaase ntumi nhome yie wɔ abosome 72 a atwam, a deɛ ɛka ho bi ye won a wohia nhela a won ntehyewa hia no bi. Ɛsɛ sɛ wɔwɔ won papu aduro de kwati ka banmmo no betumi aka akyi no
- nsa nka ntɛnsif kɛɛ esiane
 - ntehyewa anaase
 - kosua ɔkyi anaphylaxisYɛhyɛ nkuran sɛ mmɔfra a wɔwɔ akuo 2 no mu nkɔhwehwe afutuo mfiri animdefoɔ ho na wɔbetumi ama won afutuo sɛ wɔmma wonso won aduro no bi wɔ ayaresabea
- wɔ yareɛ, anaase resa yareɛ, a ɛma imun sistɛm no so te anaase obi wɔ fie a ɛsɛ sɛ wɔde no sie esiane sɛ n'ahodɛn so ate koraa “immunosuppressed” (te sɛ berɛ a wɔde kasɛɛ mu kyim bi hyɛɛ anan mu ‘bone marrow transplant’ akyi)
- ne ho mpe nneɛma a wɔde yɛɛ aduro no¹
- wɔ yareɛ bi a ɛhia salicylate ayaresa

Afei nso, mmɔfra a wɔwɔ won bɔ mmɔden sɛ wɔbekwati nkorɔfoɔ a wɔnni ahodoɔ na won imiiu sistɛm no ayɛ mmɛ no (sɛ nhwɛsoɔ no, sɛ nansa yi ara na wɔde kasɛɛ mu kyim bi hyɛɛ anan mu ‘bone marrow transplant’) wɔ beyɛ nnawɔtwe mmienɔ wɔ paneɛwɔ no akyi esiane sɛ wɔbetumi de yaremmowa no asae won. Sɛ saa nipa yi ye fipamfoɔ a, ɛnneɛ ɛsɛ sɛ wɔwɔ abɔfra no paneɛ (hwe ɛsoro ho).

[1] Hwe websaet no so wo www.medicines.org.uk/emc/product/3296/pil na wɔbehunu nneɛma wɔde yɛɛ aduro no





Aduro no a wode so no gelatine a wonya firi mprako (porcine gelatine) no bi wom?

Aane. Aduro a wode so yi wo gelatine (porcine gelatine) a, wɔasakra mu, a wode di dwuma bebreɛ wo nnuro ahodoɔ mu. Gelatine boa ma yaremmoawa a wɔwɔ aduro no mu no kentren won ho sɛdɛɛ ɛbeyɛ a aduro no beyɛ adwuma yie.

Aduro a wode so no ɛnye den sɛ wode beɔ na ɛnye ya. Abɔfra biara a wode aduro no beɔ no nya ahobanmmɔ a edi mu de kotia papu no. Wɔbu no sɛ adeɛ a ɛte tre a papu no betumi atre no so. Saa kwan yi so no, mmɔfra bɔ won ho won ho ne aforɔ a wɔbetumi anya papu no bi no ban. Won a wonnye porcine gelatine ntom sɛ wɔmfa nni dwuma wo aduyɛ mu no, papu aduru wo ho a wɔbetumi de awo sɛ panɛɛ.

Ɛsɛ sɛ wone wo nɛɛsɛ, dɔkota anaasɛ sukuu aduma kuo susu deɛ wopɛ no ho.

Aduro a wode so yi ho nsunsuansoɔ no bi ye hwenem a ɛfiri nsuo anaasɛ hwene a emu si, tipaɛɛ, berɛ ne ɛto da anom a ɛto. Won a wɔbewɔ panɛɛ no abati a wɔwɔ ho panɛɛ no betumi ayɛ kuro, fiva a ano nye den ne honam yea a ɛbetu I adi da koro anaasɛ nnanu wo panɛwɔ no akyi. Yareɛ no ho nsunsuansoɔ a ano ye den ntaa nsi.

Papu aduro no bebo me ho ban korakora?

Sɛdɛɛ papu no bebo ban beda nso wo afe biara mu, a ɛbegyina papu koro a aba no ne deɛ ɛwo aduro no mu no. Esiane sɛ yaremmoawa no tumi dane dane afe biara no nti, ɛbetumi aba sɛ aduro no ɛne yaremmoawa a aba no nhyia. Sɛ mpo sɛ aduro no ne no nhyia ɛbetumi abo ban kakra. Sɛ ɛnhyia koraa no deɛ, ɛntaa nsi koraa.





Mpen dodoo sen na ebobo me ho ban?

Ɛse se aduro no bo me ho ban wo papu bere a yewa mu yi.

Deen eho behia se maye no seesei ara?

Se woka kuo a yeabo so wo saa krataawa yi so a, eho hia se wo nsa beka wo papu aduro no.

Wone wo GP anaase praktise neese anaase wo mpatam famasist bekasa na woye aduma no ho nhyehyee ma wo. Edefa mmaa apemfo ho no, aduro no bi wo ma won wo abere nyinaa mu. Aduro no, wonntua sika biara.

Nnwumakuo a wope se wobo won nnwumayefo ho ban wo papu no ho no (gye se ebia enye den se wobanya bi) ese se woye nhyehyee ma woma won bi denam won apomuden asoe no so. Saa nnuro yi nni NHS mu, na ese se adwumawura no tua ho ka.

Se woye apomuden dwumayeni a wodi nneema anim anaase nipayeidie dwumayeni a, hwehwe nhyehyee a ewo w'adwuma mu a efa sedge wo nsa beka papu aduro ho. Eho hia se wobo wo ho ban. Nipayiedie adwumayefo no bi a won nsa ntumi nka aduro denam adwumam apomuden hyehyee no so no, nsa betumi aka aduro denam NHS so afiri won GP anaase famasi ho.





Tɔfabɔ ma wɔn a wɔakamfo ama wɔn sɛ wɔmfɔ papu aduro no

- obiara a wadi mfeɛ 65 ne akyi
- obiara a ɔnnɔya nni mfeɛ 65 na ɔwɔ yareɛ a yɛabobo so a ɛwɔ krataafa 4, a wɔn a wɔka ho yɛ mmɔfra ne mmɔtofowa a wɔadi boro abosome 6
- maa apemfoɔ nyinaa, mmɛrɛ dodoo a wɔde anyinsɛn nyinaa
- mmɔfra a wɔadi mfeɛ 2 ne 3 (sɛ wɔadi mfeɛ 2 anaasɛ 3 wɔ ɔsanaa 31 ansa papu aduma no afiri asɛɛ wɔ autumn mu a)
- mmɔfra a wɔko primre sukuu nyinaa
- mmɔfra a wɔwɔ ntoasoo a sukuu mu
- obiara a ɔtɛ baabi a nkorɔfoɔ tetɛɛ anaasɛ nkwakoraa fie
- obiara a wɔma no ahwɛfoɔ sika “kɛɛ alawanse”, anaasɛ ɔno na ɔhwɛ obi a wanyini pa ara anaasɛ obi a wadi dɛm
- wɔn a wɔnɛ obi onni ahodoɔ pii ɛtɛɛ esiane yareɛ anaasɛ ayaresa nti

Sɛ wopɛ aftuo ne ho nsɛm pii afa papu aduro yi ho, wone wo GP, praktese nɛɛsɛ, famsist anaasɛ sukuu aduma kuo no nkasa.

Ɛyɛ pa ara sɛ wobɛfa wo papu aduro no wɔ ɔtum mu anaasɛ wobɛfa no ntɛm wɔ winta berɛ mu ansa na ako anim. Kae sɛ wohia no afe biara, ɛnti nte nka sɛ esiane sɛ wowɔɔ no aferasɛɛ no nti wowɔ ahobanmmɔ.

Sɛ wopɛ sɛ wohwɛ sɛ wosɛ fata a ko
[nhs.uk/flujab](https://www.nhs.uk/flujab).



UK Health Security Agency

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