



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 mfeε 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, paneɛ no bɛtumi ama wo nsunsuansoo. Weinom mu dodoɔ no ara ye deɛ ano nye den na ɛntena ho nkyɛ na ɛnye mmɔfra nyinaa na wonya bie. Nsunsuansoo a ɛye nna no di nna mmieniu pɛ. Ayɛ se Pfizer aduro no tumi kɔfa nsunsuansoo ba bere a wawɔ paneɛ a ɛto so mmieniu no.

Nsunsuansoo a ɛtaa si wɔ ɛda a edi kan anaa mmieniu no ne:

- worete yea, wote yea wɔ wo nsa wɔwɔ paneɛ wɔ ho no
- bɛte brɛ nka
- tipaɛɛ, ahooɣea ne awɔ

Wobɛtumi nso anya papu ho nsɛnkyerɛnee a ɛbɛma ne ho awoso na ma ne ho apopo ɛda baako anaase nnanu. Nanso, ahooɣyɛɛ (temperakya a ɛwɔ soro) bɛtumi akyerɛ se wanya COVID-19 anaase yareɛ foforo.

Ɛse se wɔgye won ahome. Wobɛtumi ama won paracetamol na ama won ho ato won. Yɛsrɛ hwɛ se paracetamol dodoɔ ne deɛ wɔrefa no ye deɛ obi a wadi saa mfɛɛ no ɛnom.

Wobɛtumi ahunu paracetamol no ho nsɛm pii wɔ ha [www.nhs.uk/medicines/paracetamol-for-children](http://www.nhs.uk/medicines/paracetamol-for-children).

Ɛho nsunsuansoo a ye w'ammotoam a ɛbɛhono anaase wo kɔn ho ɛwɔ baabi koro no ara wɔ wo nsa no ho a wɔwɔ paneɛ no. Wei bɛtumi adi nnafua 10, nanso se ɛkyɛ a kɔhunu wo dɔkota.

## Dee εσε σε woye σε wowo εhaw wo εho nsunsuansoo no a

Saa nsunsuansoo yi ntaa nni nnuru nnawotwe baako. Σε εκο ba σε won nsunsuansoo no resεε na εreyε keσεε anaase σε wowo εhaw a wobetumi afre NHS 111. Σε wohwehwe afutuo firi wo dokota anaase neεσε, hwe σε wobeka paneεwo no ho asem akyerε won (fa paneεwo no krataa/kaad no kyere won) sεdeε εbeyε a wobetumi ahwe wo ba no yie.

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



[coronavirus-yellowcard.mhra.gov.uk](https://coronavirus-yellowcard.mhra.gov.uk)

## Nsunsuansoo a eyε hu pa ara wo ho?

Nnansa yi, wobao koma a εhono (a yεfre no called myocarditis anaase pericarditis) ho amanneε bere a obi awo COVID-19 mpaneε no ho amanneε.

Saa nsem yi taa sisi wo mmarimma a wonnyinyinii mu wo nnafua kakra akyi bere a wawo paneɛ no. Nnipa weinom no dodoɔ no ho to won ntem na won ho to bere a wɔagyɛ won ahome ne ayaresa kakra. Eɛ sɛ wohwehwe ayaresa ntem sɛ wo ba te nka weinom:

- koko yea
- home a ensisi so
- wobɛte koama ɛrebo-ntɛntɛm, koma a ɛbo ntɛntɛm, anaase kikimkikim.

## Wo ba no bɛtumi anya COVID-19 afiri paneɛ no mu?

Wo ba no ntumi nnya COVID-19 mfiri paneɛ no mu nanso ɛnye den sɛ wobɛnya COVID-19 na wɛrenhunu sɛ wɔanya nsɛnkyerɛnnɛ kɔsi sɛ wobɛko ne paneɛwo no appointment no.

COVID-19 ho nsɛnkyerɛnnɛ nnansa yɛ deɛ edidi soɔ yi:

- ɛwa foforo a wɔbo no ntoatoasoɔ ntoatoasoɔ
- ahochyɛ/ɛmperekya a ɛwo soro
- sɛdeɛ wote adeɛ bi nka no bɛyera, bɛsea anaase wonte adeɛ nka (anosmia)

Ɛwom sɛ feva bɛtumi aba wo da baako anaase nnanu akyi wo paneɛwo no akyi, sɛ wo ba no wo COVID-19 ho nsɛnkyerɛnnɛ biara anaase sɛ won feva no kye a, tena fie na yɛ nhɛhyɛɛ na yɛ nhwehwɛmu nhɛhyɛɛ na wonyɛ wo bi.

## Dee edi ho a εσε σε woyε



Wo ba no paneεwɔ no akyi no, εσε σε wɔma wo rekɔɔd kaad. Σε wo ba no behia dee εto so mmieniu wo apɔintmente a edi ho no εσε σε εye nnawɔtwe 8 kɔsi 12 bere mu. Dee εto so mmieniu bεma wanya ahobanmmɔ a εbetena ho akyε.

**Kora wo ba no rekɔɔd kaad no so yie. σε wo ba no hia dee εto so mmieniu no a, mma wo were mfiri w'apɔintment a edi ho no.**

## Σε wo ba no ho mfa no σε ɔβεκο n'apɔitment no a

Σε wo ba ho mfa no, twen kɔsi σε ne ho βεto no ansa wakɔwɔ wɔn paneε no.

Εnσε σε wo ba no kɔ paneε apɔintment no σε wɔde wɔn ho asie anaase wɔretwen aye COVID-19 nhwehwεmu a. Ne yie mu no, εσε σε wɔtwen nnawɔtwe 12 bere a wo ba no aye COVID-19 nhwehwεmu anaase anyε hwee koraa nnafua 4 σε εnye den σε wo ba no βenya bi a.

## Paneε no βεβɔ wo ba no ho ban?

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

Wiase afanan nyinaa wɔakyekye nnuro no ɔpɛpem pii. Aduro no ye adwuma yie wɔ mmɔfra ne wɔn a wɔnnyinyiniε mu.

Ɛbedi nnawɔtwe kakra na ama wo ba no honam afa ɛwɔ ban a aduro no ɛɔ ho. Te sɛ nnuro nyinaa no, aduro biara nni ho a ɛyɛ adwuma kɔsi ase, nti ɛsɛ sɛ woko so ara de banɔ ho akwankyerɛ yɛ 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 nyɛ den pii.

## **Deɛ wo ba no bɛtumi ayɛ 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 wobɛko so adi ɔman no mu akwankyerɛ so. Wo ba no bɛtumi ako sukuu, berɛ a wɔawɔ wɔn panɛɛ no akyi.

Sɛ wobɛɔ 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](https://gov.uk/coronavirus))



## Sɛdɛɛ COVID-19 trɛtrɛ

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

## ɛho nsɛm pii

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

Wobetumi nso abo ɛho nsunsuansoo biara a wosusu no ho amanneɛ wo wɛbsaet koro no ara so anaasɛ berɛ a woretwe Yellow Card app no.

ɛho nsɛm pii ɛwo

[www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination](http://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination).



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