



UK Health
Security
Agency

NHS

Nyinsɛn?

**Ɔanɛwɔ yi bo
bɔ wo ne wo ba no
ho ban firi nsane
yareɛ ho**



ɛbɔ ban tia:

Papu (Flu)

**Nfluɛnsa
(Influenza)**

**Ɛwa denden
(Whooping cough)
(Pertussis)**

**German ntɛnkyɛm
(German measles)
(Rubella)**

immunisation



**Saa krataawa yi
kyerekyere mpanee
ahodoṣ a eboa bṣ
wo ne wo ba ho ban
bere a woayinsen ne
nyinsen no akyi.**

Sen na panee no si fa ye adwuma?

Panee no boa dee ewṣ wo mu a ema nipadua no kotia (imiiu sistem) no ye nnoṣma a etumi bṣ ban. Dee etumi bṣ ban yi kotia yaree na etumi bṣ ban kyε.

Enṣi se, se woawṣ yaree bi pṣtee bi ho panee na se akyre yi wokṣte a wo imiiu sistem no ene yaree no de besi ani ntem so ara.

Panee no betumi asi yaree no ano anaase emma yaree no ano nnye den pii. Wo nyem na wofa dee ebṣ ban yi a eka wo ba a ṣhye yafunu mu na ebṣ wṣn ho ban wṣ wṣn asetena mu abosome kakra bi mu.

PaneeƵo Ƶo nyinsɛn berɛ mu

Nfluɛnsa Influenza (Papu (Flu))

Deɛn ne Papa (Flu)?

Papu (Flu) yɛ nsane yareɛ bi a ɛtumi sane yie pa ara a ɛho nsɛnkyerɛnne no bi ne ɛbunu (fiva), awɔ, yea ne apɔ ne ntini mu yea, tipaɛɛ ne ɔbrɛ mmorosoo. Mɛn pii no Papu (Flu) ano yɛ dene sene awɔ a ɛnye na ɛho bɛtumi abɛhia sɛ wodii nna kakra Ƶo yarempa so ma wo ho tɔ wo. Ɛwom sɛ yareɛ a ano yɛ den ntaa nkɔ so Ƶo mpanimfoɔ mu deɛ, nanso ɛtɔ da a, ɛbɛtumi awie ayaresabea nna, afeboɔ dɛmdie ne mpo owuo mu.

Adɛn nti na papu (flu) yɛ hu saa Ƶo nyinsɛn berɛ mu?

Wei nyinaa firi nsakra ahodoɔ a ɛba Ƶo nyinsɛn berɛ mu no nti. Ɛye a wo imiiu sistem no ahooɛn te kɔ fam na ɛhwɛ sɛ wo nyinsɛn no bɛwie nkunimdie mu, nanso ɛbɛtumi aba sɛ ahooɛn a wode bɛko atia yareɛ no bɛba fam. Berɛ a wo ba no renyini no, wonntumi nhome yie, na nya wobɛtumi anya yareɛ be te sɛ mogyawɛɛ ‘nimoonia’. Ne nyinaa ka bom a, wei bɛtumi nya apemfoɔ bɛtumi anya bi no anya nkɔanim, ne titire no nyinsɛn berɛ mu na nnooma afoforo a ɛye hu nso Ƶo ho te sɛ asikyireyareɛ.



Ɔbaa pemfoɔ a ɔbɛnya papu (flu) yi ɛho bɛtumi ahia sɛ Ƶoɔye no to ayaresabea sene ɔbaa bi a ɔnnyem.

Papu (flu) no panee no a wobewo no kyere se nya wobetumi anya papu (flu) no bewo fam, na na ete nya a se wonya se wonya ohaw bi te se mogyawee a ebetumi aye hu no so. Esiane wei nti, yehye nkuran se mmaa apemfo nyinaa nwo papu (flu) panee no.

Sen na papu (flu) no betumi aha me ba no si afa?

Papu (Flu) betumi aha abofra a wonnya nnwoo no ne mmofra a wawo won foforo na ebetumi akofa mmofra a won bere nsoee na wawo won no aba, mmofra a wawo won a won mu nnye duru, mmofra a wawu ansa na wawo won anaase wawu bere a wawo won no akyi ne mpo wu a wotumi wu wo nnawotwe a edi kan wo bere a wawo won no.

Deen na ewo paneewo yi mu?

Papu (flu) panee no yede wo abatire. Ewo ho firi Ebo awiee na mmaa apemfo ntua hwee. Banmmo wom se wotumi fa no bere biara wo nyinsem bere mu na edi beye nnafua 14 de abo ban wo bere a wawo paneewo no akyi.



Papu (flu) panee no ano nye den se yede toto yaree no ankasa so na yehuhu wo nnipa nyinaa mu, a enye mmaa apemfoɔ nko ara. Ekuro a etumi to baabi a wɔwɔ panee no na eho tumi nso ye kɔɔ. Wobetumi nso anya tipaee, ntini mu yea, huraae 'fiv' anaase obre; weinom taa di da koro anaase nnannu wo paneewo no akyi na efiri asee se ereye adwuma.

Wobehia papu (flu) panee wo aberɛ biara a wonyem wo papu (flu) berɛ mu.

Mfasoɔ ben na ewo so ma me ba?

Se wowo panee no, wote nya wobetumi anya papu (flu) no so wo nyinsen berɛ mu ne ohaw a ebetumi afiri papu (flu) no so ete. Wo ba no nso betumi anya imuniti a ekotia papu (flu) esiane se dee ekotia no firi wo ho ko wo ba no wo denam awodee (plasenta) no so. Wei de ahobanmmɔ bema wo abosome kakra a edi nkan wo asetena mu no. Berɛ wokɔ bo wo ho ban wo papu (flu) berɛ nyinaa mu no, enye mmre se wobɛnya papu (flu) na wode asae wo ba foforo no.

Papu (flu) panee no eho dwo se wobewo no nyinsen berɛ mu?

Papu (flu) panee no a wode ma mmaa apemfoɔ no wo papu (flu) yaremmoawa a wɔakum no (ɔnni ahɔɔden) na enntumi nkɔfa papu (flu) mma. Efiri 2009, wɔama mmaa apemfoɔ a wɔwɔ aman pii mu papu (flu) panee berɛ ne berɛ mu. Nhwehwemu kyere se papu (flu) nnuro a eyen aktivɛeted no wobetumi afa wo nyinsen berɛ mu nyinaa ama maame no ne abɔfra no nyinaa.

Menye den se mesusu se manya papu (flu)?

Wone wo GP nni nkitaho ntem so ara na bo no amannee se wonyem. Aduro wo ho wobetumi afa na aboa ate nsunsuansoo no so, nanso ese se wofa no anim anim yi ara wo bere nsunsuansoo no afiri ase na ama no afiri ase aye adwuma. Okwan papa baako a wobefa so abo wo ho ne ba no ho tia papu (flu) ne se wobewo pane no ansa na papu (flu) bere no afiri ase, mpen beye Ebo mu ho baabi, nanso wobetumi awo pane no abere wo winta bere mu.

» Papu (Flu) betumi aye yaree ebeye hu ama mmaa a wonyem ne won mma.

Ese se mmaa wonyem wo papu (flu) pane wo nyinsen bere biara mu. Wobetumi de ama wo nyinsen bere no mu abere biara ne papu (flu) bere mu ntem so.

Ewa denden (Whooping cough (Pertussis))

Edeen ne ewa denden? (whooping cough?)

Ewa denden ye nsae yaree a ebetumi aye hu ema mmofra a wonnya nnii afe 1. Mmofra a bebre a a wosusua a wobo ewa denden no wobegye won ato ayaresabea.

Ewa denden (Whooping cough) betumi akofa ewa etena ho kye ne biribi a ehia aba na ema home ye den. Ewa denden 'whoop' dede no dee ekofa ba ye mframa wopre pe wo ewabo biara akyi. Mmofra nketewa dodo no ara ntumi nnye saa nnyegyee wei na ebetumi aye den se wobehunu.

Ɛwa denden (Whooping cough) taa di beye abosome 2 kɔsi 3. Mmɔfra nketewa no betumi akɔfa mogyawee ne adwenem demdie a etena ho daa aba. Wo tebea a enye biara mu no, ebetumi akɔfa wuo aba.

Mmɔfra beye 300 na wɔgye won to ayaresabea afe biara se wɔɔ Ɛwa denden (Whooping cough). Ohaw a ewɔ yaree no mu bi ne:

- home a etwitwa sisi esiane home a orehome a oɔre ho nti
- emu a eye hre esiane efee mmorosoo nti
- esoro anaase adwene adi dem
- encephalitis (adwene a ehono)

Aden nti na mehia Ɛwa denden (whooping cough) aduro?

Wo 2012 nriipa a wɔɔ Ɛwa denden (whooping cough) no kɔ anim yie wɔ UK, emu 400 ye mmɔfra a na wɔnnii abosome 3 na mmɔfra weinom 14 wue.

Dee ebeye a yebesii ewuo yi bebre ano, Ɛwa denden (whooping cough) paneewo dwumadie ema mmaa a wonyemyem firii ase 2012. Wo GP no bema wo Ɛwa denden (whooping cough) aduro anaase mateniti dwumadie asoe afiri wo nyinsen a adi nnawɔtwe 16.



Wo nipadua b̄eȳe dēe ekotia k̄o ̄ewa denden (whooping cough) a enam awodēe 'placenta' ̄ema wo ba. Wo ba no w̄o ahobanmm̄o bi a etia ̄ewa (whooping cough) bere a w̄awo no. Saa banmm̄o yi b̄ek̄o fam na ̄ese se wo ba no nya ̄ewa denden (whooping cough) aduro w̄o bere a w̄adi nnaw̄twe 8.

Bere ben na ̄ese se mew̄o panēe no? ̄Ebere a ̄eye pa ara ̄ese se wob̄o wo ba ho ban ye ̄efiri nnaw̄twe 16 wo wo nyinsen no mu anaase bere wo nyinsen no mfinifin sekan bere no mu a ̄etaa ye nnaw̄twe 18 ne 20. Se mmer̄e a w̄akamfo no pa ho a wob̄etumi aw̄o panēe no aber̄e biara nanso bere a ̄eye pa ara ye nnaw̄twe 16 ne 32. Wob̄etumi aw̄o panēe no w̄o nyinsen no awiēe nanso ̄ennye adwuma yie. Ȳew̄o panēe no no penkoro w̄o w'abati.


Esiane se ban a ̄ewa denden (whooping cough) aduro no so te bere k̄o so no mu, ̄ese se wow̄o panēe no se mpo wo sua no wow̄o bi mpo a anaase se woab̄o ̄ewa denden (whooping cough) ̄ese se wosane w̄o bio, se wow̄o no nyinsen a edi nkan no mu, esiane se panēew̄o ho hia w̄o nyinsen biara mu.

Wob̄etumi de ̄ewa denden (whooping cough) aduro no ama w̄o bere kor̄o no ara mu te se papu (flu) aduro nanso ntw̄en nk̄osi winta bere mu na w̄aw̄o abom. Wo ba no b̄enya ahobamm̄o a edi mu se wo nsa ka aduro no firi nnaw̄twe 16 w̄o wo nyinsen bere no mu.

Se wonntee wo GP segyiri anaase midwife nk a, ̄ennēe ̄ese se woye ap̄ointement̄e ho nhyehȳēe k̄ow̄o panēe w̄o bere a wob̄enya mu.

Na mesusu se wɔama mmɔfra no ɛwa denden (whooping cough) aduro?

Wɔ UK no, wɔama mmɔfra ɛwa denden (whooping cough) aduro bere a wɔadi nnawɔtwe 8,12 ne 16. Wɔmma wɔn ɛwa den (whooping cough) aduro a ennye nnawɔtwe 8 esiane se enye adwuma yie. Mmɔfra behia aduro no mpen ahodoɔ 3 ansa na atumi abɔ wɔn ho ban akɔsi aseɛ twan.

 **Wobetumi aboa abɔ wo ba a woawo no foforo bere a worema no ɛwa denden aduro (whooping cough) wɔ nyinsen no nnawɔtwe 16.**

Mfasoɔ ben na me ba no benya?

Kwan baako pe a wobefa so abɔ wo ba ho ban afiri ɛwa denden (whooping cough) wɔ abome 2 a edi kan wɔ abrabo mu se w'ankasa befa ɛwa denden (whooping cough) aduro no. Banmmɔ wobɛnya afiri aduro no tumi sae wo ba no denam awodeɛ 'plasnta' na ɛbɔ wo ba no ho ban firi ɛwa denden (whooping cough) ho kɔsi wɔbenyini se wɔn akansa bɛwɔ wɔn panee.

Nhwehwɛmu ada no adi se aduro ye adwuma yie wɔ ban a a ɛbɔ tia ɛwa denden (whooping cough) wɔ mmɔfra a wɔawo no foforo.

Banmmɔ a wobɛnya firi panee no mu no nso kyere ennye mmɛ se wobebɔ ɛwa denden (whooping cough) na wode asae wo ba.

Ɛwa denden (whooping cough) aduro no, Ɛye se wobɛwɔ nyinsɛn berɛ mu?

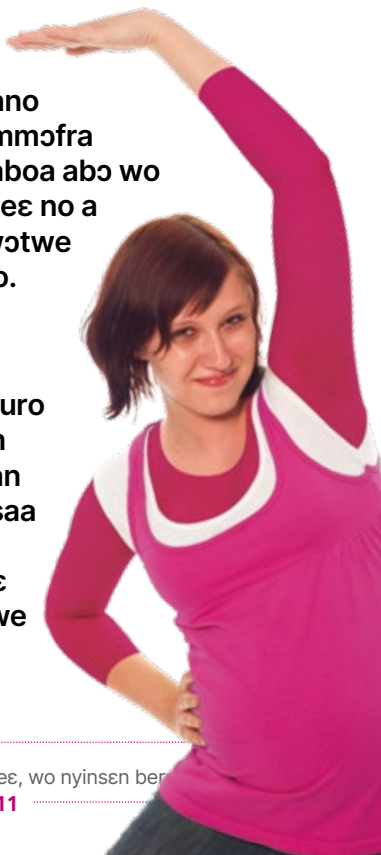
Nhwɛhwɛmu ada no adi se Ɛwa denden (whooping cough) aduro no bɔ wo ne wo ba no ho ban yie. Wobɛtumi anya nsunsuansoo ano nhyɛda nnye den pii. Dɛɛ ɛka wei ho ne:ahohono, baabi a wɔwɔ panɛɛ no bɛye kɔ na Ɛye yea.

Ɛsiane se Ɛwa denden (whooping cough) aduro baako mpo nni ho, aduro no wɔ bribir a ɛtumi bɔ ban na ɛko tiatia asensene 'tetanus', mmubuiɛ 'polio' ne diphtheria. Wɔakum (inaktiveɛtɛd) saa aduro yi fa ahodoɔ.

Ahobanmmɔ wom ma wo ne wo ba no se mobɛwɔ aduro no sene se wo ba foforo no bɛbɔ Ɛwa ano ye den (whooping cough).

» Ɛwa denden (whooping cough) ye yareɛ bi a ano bɛtumi aye den ama mmɔfra nketewa. Wobɛtumi aboa abɔ wo ba ho ban denam panɛɛ no a wobɛwɔ no ɛfiri nnawɔtwe 16 berɛ w'anyinsɛn no.

Kae se, se mpo wo nsa aka Ɛwa denden (whooping cough) aduro berɛ a wonyem a, ban ɛbɛbɔ wo ba no ho ban no ano bɛbrɛ ase ne saa nti ɛho bɛhia se won ankasa wɔ won panɛɛ berɛ a wɔasi nnawɔtwe 8,12 ne 16.



Paneɛwɔ ansa w'anyinsɛn anaasɛ wo nyinsɛn akyi

Sɛ woressusu ho sɛ wobɛnyinsɛn a ɛsɛ sɛ wohwɛ wɔawɔ mpanɛɛ no nyinaa.

Rubella (German ntenkyɛm (German measles))

Wonya rubella berɛ a wonyem a ɛbetumi aye hu yie ama wo ba no, na ɛbetumi akɔfa tebea bi a yɛfrɛ no sɛ congenital rubella syndrome (CRS) aba. CRS betumi akɔfa emuye aba, anifra, ɛtɛ (ani yareɛ) anaasɛ koma yareɛ mpo aba. ɛbetumi ama abɔfra no awu anaasɛ ɛbɛma asɛɛ mpo.

Wobetumi anya ahobanmmɔ afiri rubella ho sɛ wonya yareɛ no bi pɛn anaasɛ woafa aduro a rubella a obi betumi anya aduro wom (tɛ sɛ rubella, ntenkyɛm-rubella anaasɛ ntenkyɛm-mumps-rubella ɛwɔ sukuu mu sɛ abɔfra anaasɛ wɔ wo GP sɛɛgyiri). Sɛ wonhyɛ da nnim sɛ woanya rubella yareɛ no bi anaasɛ woafa aduro no bi a, wobɛtumi ahwɛ wɔ GP sɛgyiri hɔ.

Anyɛ hwee koraa no ɛsɛ woafa woafa aduro a rubella a obi betumi anya aduro wom no mpre 2 ansa na woanyem. Sɛ wonnyaɛɛ a, afei ntenkyɛm, mumps ne rubella aduro (MMR) no, wobɛtumi de ama kɔsi bosome 1 ansa na woanyem. MMR wɔ nkwa (aye mmrɛ) aduro ne saa nti yɛnnom berɛ woanyinsɛn. ɛwom sɛ adansɛɛ biara nni hɔ a ɛkyɛrɛ sɛ obi fa MMR aduro no berɛ a ɔnyem a ɛtumi ha mmɔfra no, yɛhyɛ nkuran sɛ twɛn kɔsi sɛ wobɛwo wo ba no ansa na woafa aduro no.

Aden nti na mehia MMR aduro no wo nyinsɛn akyi?

Wei bebɔ wo ne wo ba no ho ban wo daakye nyinsɛn biara ho na abɔ wo han wo ntɛnkyɛm, mumos ne rubella ho. Sɛ wommfaa aduro no bi pɛn a, wobɛhia sɛ wofa no mpre ahodoɔ 2. Wo pratise nɛsɛni no de aduro no a ɛdi kan no bɛma wo berɛ korɔ no ara wobɛko awoɔakyi nhwehwɛmu na ɛno akyi bosome baako ayi no ɔde deɛ ɛto so mmieniu no ama wo. Sɛ wowɔ panɛɛ no bosome 1 akyi no ɛsɛ sɛ wokwati nyinsɛn, ne saa nti ɛsɛ sɛ wofa kwan bi a ɛmma wonnyɛm na ahotɔsoɔ wom.

Sɛ wohyɛda nnye nni sɛ woawɔ MMR panɛɛ no a, wobɛtumi ahwɛ wo wo GP sɛgyiri wo berɛ a woako w'awoɔakyi nhwehwɛmu no.

Sɛ mewɔ panɛɛ no mɛtumi ama me ba no nufɔɔ?

Aane, sɛ wofa MMR, papu (flu) ne ɛwa denden (whooping cough) no a, ɔhaw biara nni ho sɛ wobɛma wo ba nufɔɔ, Sɛ wonom ɛwa denden (whooping cough) aduro no berɛ a wonyɛm a, wo nufusuo no bɛwɔ biribi a ɛtumi bɔ ban kotia na wobɛtumi atoa so ne wo ba no akyɛ banbɔ no denam nufɔɔma so.

Nsawansawa wo nyinsɛn berɛ mu


Deɛn na ɛsɛ sɛ meyɛ berɛ mene obi nsawansawa agugu no di ahya, anaasɛ nsawansawa gugu me a?

ɛsɛ sɛ woma wo midwife, GP anaasɛ obi a ɔhwɛ mmaa apemfoɔ (obstetrician) hunu ntɛm pa ara sɛ nsawansawa gugu wo anaasɛ wone nipa foforo a nsawansawa agugu no di ahya wo berɛ biara mu wo nyinsɛn berɛ no mu a.

Yɛsrɛ kwati antinataa kleneke biara, matɛniti sɛten anaase mma afoforɔ a wɔanyinsɛn kɔsi sɛ wɔbɛyɛ wo ho nhwehwɛmu.

Yareɛ biara berɛ a woanya huraeɛ ‘fiva’ ne nsawansawa betumi afiri nya woanya nsae yareɛ a ɛbetumi aha wo ba a wonnya nwoo no no. Yɛbɛyɛ wo mu nhwehwɛmu de ahwɛ yareɛ no bi aka wo anaa. Apomuden ho nimdefɔ a ɔrehwɛ wo no ɛsɛ ɔhunu sɛ:

- nnawɔtwe dodoɔ nyinsɛn no aduru
- berɛ wone obi nsawansawa agugu no dii ahyia
- ɛda a ɛfirii aseɛ anaase wone obi nsawansawa agugu no dii ahyia.
- nsawawa ho nkyerɛkyerɛmu(ɛkɔ soro, nsawansawa a ɛma honam no soasoanaase honam a ɛhyɛ nsuo?)
- yareɛ bɛn ayɛ wo wɔ mmerɛ a atwam no te sɛ buropte,ntenkyɛm
- panɛɛ bɛn woawɔ wɔ mmerɛ atwam

 **Sɛ wone obi nsawansawa agu no di ahyia anaase sɛ nsawansawa gu wo berɛ a wonyem a, hwɛhwɛ afurtu firi wo GP anaase midwife ho ntɛm so ara sɛdɛ wobetumi.**

Sɛ wotwentwɛn wo nan ase sɛ wobɛbɔ nsawansawa ho amanneɛ a wɔnntumi nnye nhwehwɛmu yie anaase ayaresa a ɛsɛ fata.


Nnuro ahodoṣ a ɛsɛ woen wo midife ɛsusu ho

Hepatitis B

Awoṣ mu no, ɛnanom a wṓwṓ hapatitis B yareɛ a wṓbɛwoṣ no ɛsɛ sɛ wṓwṓ mmṓfra no hepatitis B panɛɛ no ntem so ara a wṓbɛwo wṓn no. Ɖsɛ s wone wo GP sɛgyiri no yɛ nhyehyɛɛ na ama wo ba no awṓ panɛɛ no aka no na wṓyɛ ne mogya mo nhwehwɛmu berɛ a wadi afe 1 na wṓyɛ no yareɛ no mu nhwehwɛmu.

BCG

Mmṓfra a awofoṣ bɛwo wṓn (anaase wṓwṓ nananom) a aman nsamamwa 'TB' nnye nna wṓ ho no, ɛsɛ wṓma wṓn BCG aduro de bṓ wṓn ho ban firi nsamanwa 'TB' yareɛ no ho.

 Sɛ wo nsa reka panɛɛ no wṓ nyinsen berɛ mu (ne berɛ a woawo wo ba no) yɛ kwanpa ɛyɛ no mu baako wobɛtumi aboa ate sɛdɛɛ yareɛ no si yareɛ no ɛma wo ne wo ba no.

Hwɛ wobɛhwɛ sɛ wo ba no bɛwṓ panɛɛ no berɛ a wṓanya 8,12 ne 16 no kyɛɛ sɛ banmmṓ no bɛkṓ so wṓ mfeɛ a anka wṓbɛtumi anya bie no.

Leenke ahodoṣ a wode bɛhunu ɛho nsem bebreɛ

www.nhs.uk/Conditions/vaccinations/Pages/vaccination-schedule-age-checklist.aspx

www.gov.uk/government/collections/immunisation

www.gov.uk/government/collections/immunisation-against-infectious-disease-the-green-book

www.medicines.org.uk/emc/

Nyinsɛn Panɛɛ twerɛtoho

Yɛ wo nyinsɛn panɛɛwɔ no ho twerɛtoho wɔ deɛ edi soɔ de hwɛ sɛ wo ne ba no nhwere ban a ɛbo tia papu (flu), ɛwa denden (whooping cough) ne rubella German ntenkyɛm (German measles).

Aduro	Berɛ a ɛsɛ wowo	Da a wɔde maɛɛ
Papu (Flu)	Papu (flu) berɛ no mu wɔ aberɛ biara wo nyinsɛn berɛ no nyinaa mu.	
ɛwa denden (Whooping cough)	ɛfiri nnawɔtwe 16 wɔ nyinsɛn no mu, wɔ wo sekan no akyi.	
MMR a edi 1*	wo ba no awɔɔ akyi, na woako ama wɔahwɛ wo wɔ nnawɔtwe 6 wɔ awɔɔ no akyi no (wo ne wo GP anaase wo nɛɛseni no).	
MMR a ɛto so 2*	Nnawɔtwe nna wɔ deɛ edi kan no akyi (sɛdeɛ ɛwɔ soro no).	

* Sɛ wonnwɔɔ panɛɛ bi pɛn a



© Crown copyright 2022
2903655TW Twi 1p 850K NOV 2021
UK Health Security Agency gateway number: 2022105
First published March 2016

Nsɛm a wɔ krataa wei mu no wɔbetumi aye bi a wɔnsrɛ kwan tee anaase wɔmmɔ obi ka sɛ n'ankasa de bedi dwuma anaase wo fie.

Sɛ wope sɛ wokra saa krataawa wei pii a ko :

www.healthpublications.gov.uk anaase fon: 0300 123 1002, Minicom: 0300 123 1003 (anɔpa nnɔn 8 kɔsi anwummeɛ nnɔn 6, Dwoada kɔsi Fiada)

www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them