

Worebo wo ba ho ban afiri papu 'flu' ho

Papu imunaseehyin wo England

Nsɛm ɛma awofoɔ ne ahwefoɔ



Flu  mmunisation

Helping to protect children, every winter

5 botaeε



na ma wo ba no mfa aduro no

1. Bɔ wo ba wo ban

Aduro no beboa abɔ wo ba ho ban afiri papu ho ne nsunsuansoɔ a εfiri mu ba te se bronchitis ne mogyawee 'nimonia' ho

2. Bɔ wo, w'abusua ne nnamfonom ho ban

Wo ba no a wobema no anom no aduro no beboa abɔ wo nnamfo ne abusua a wobetumi anya bi no ho ban

3. Paneεwɔ ho nhia

εhwenem Supree a no nye ya na ne ye nso nye den

4. εye sene se anka wobεnya papu

εhwenem supree no boa kotia papu, na abɔ mmɔfra ɔpepem pii a wɔwɔ wiase nyinaa ho ban na εtumi bɔ ban pa ara

5. Dwane εka

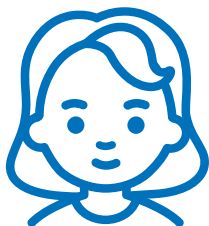
Se wo ba nya papu a, εε se wosre mmere wɔ adwuma mu anaase ye ayarehwe ho nhyehyεε foforo



Papu no aduro no yede ma kwa:

Mmofra a woadi
mfee 2 anaase
mfee 3

(wo Osanaa 31 ansa
na papu no aduruma
no befiri ase w
autumn mu)



Mmofra a woko
sukuu

Mmofra a wowo
apomuden ho haw
a ebetumi aye hu
ama won se wonya
papu a



Se wope afa mmofra a wose fata ho afe biara a
wobetumi ahunu wo : www.nhs.uk/child-flu

Aden nti na esse se me ba no efa papu aduro no?

Papu ye yaree bi a eka mmofra a wotumi nya huraae 'fiva' hwenem firi nsuo, bo ewa a nsuo nnim, menem kuro, ntini ne apo yea ne bre mmorosoo. Wei betumi adi nnafula bebree anaase bebree.

Mmofra binom betumi anya fiva ano ye den pa ara, eto mmeri biara a ente se senea papu ho nsenkyerenne tee no na ebhia se woko ayaresabea kogye ayaresa.

Dee eye hu a ebetumi afiri papu mu aba ye aso yaree, acute bronchitis, ne mogyawee 'nimoonia'.

Aduro no so mfasoo ne sen?

Aduro no beboa abo wo mma ho ban afiri senea yaree no betumi aha mmofra no ho. Mmofra a wonnya nni mfee 5 na yaree no betumi aka won kesee ama wakoda ayaresabea.

Wei betumi asane aforo a wowo abusua no mu a wobetumi anya yaree no bi na aye hu ama won, te se nananom anaase won a wowo yaree atena ahyehye won ho akye, renya papa afiri wo ba ho.

Eho hia se efiri se nnipa pii betumi anya papu na saa ara na enye den se wobenya COVID-19 na nhwehwemu ada no adi se se wonya papu ne COVID-19 nyinaa bere koro a wobetumi ayare pa ara.

Ebetumi aboa wo na woansre kwan wo adwuma mu anaase nnwuma aforo ho esiane se wo yare, anaase esse se wohwe wo ba oyare.

Sen na aduro no si ye adwuma si fa?

Papu aduro ne kwan a esene biara yefa so de kotai saa yaremmoawa yi.

Papu yaremmoawa no gu ahodoɔ na yaremmoa a wɔbetumi akɔfa aba no tumi da adi ansa na papu bere no afiri asee.

Wɔaye aduro no se ene no nni asie senea ese - na mpen pii no etumi bo ban kɔsi baabi se mpo ene nhyia pɛpɛpɛ mpo a. Papu yaremmoawa no betumi asesa afe biara nti yeye aduro no mu nsesaee afe biara.

Na ban a aduro no so ete bere ko soɔ no. Wei nti, yehye ho nkuran se ma wo ba no mfa aduro a ekotia papu no afe yi, se mpo wɔwɔ bi aferasee mpo a.

Aden nti na wɔrema mmɔfra aduro?

Bere a erebo mmɔfra ho ban no, eboa na yaree no antretre, na afei eboa bo abusuafɔɔ ne nnamfonom ho ban.

Hwan na ebema me ba no aduro no?

Mmɔfra a wɔadi mfee 2 ne mfee 3 (ewo Osanaa 31 ansa na papu aduma no afiri asee wɔ autumn mu) na neesenii na obeye ho adwuma.

Mmɔfra a wɔwɔ sukuu mu won nsa beka bi wo sukuu mu, na nhyehyeee wo ho ma won a won nsa nka aduro no bi wo sukuu mu no.

Mmofra a wosua adee wo fie no won nsa beka, se woaduro mfee ese se woma won bie no bi nko ara dea. Awofoo nsa betumi aka nsem a efa nhyehyeee ho afiri won Mpatam Mpanimfoo a whwe Nwomasua soo no ho.

Kwan ben so na wode aduro no bema?

Mmofra dodoo no, wode besoo won. Se dee wode so hwenem no nye mma abofra no a, wobetumi awo no panee, mpen pii no wo ne ntinimu wo n'abati.

Aduro no betumi akofa de papu 'flu' aba?

Daabi, aduro no ntumi nkofa papu mma esiane se yaremmowa a ewom no wama won aye mmre a wonntumi mma wei nsi.

Sen aduro a wode so hwenem no fa si ye adwuma?

Aduro a yede so hwenem no, yaremmoawa no bi wom nanso wama woye mmre na entumi nkofa papu mma nanso wabeboa wo ba ama ne mpo mu aye den. Wei kyere se wo ba no betumi ako atia papu no. Aduro no nane ntem se eko gu hwenem mu a, nti se wode soo wo ba no ara na owansini mpo a ense se woma eha wo se anye adwuma.

Aduro no wo nsunsuansoo bi anaa?

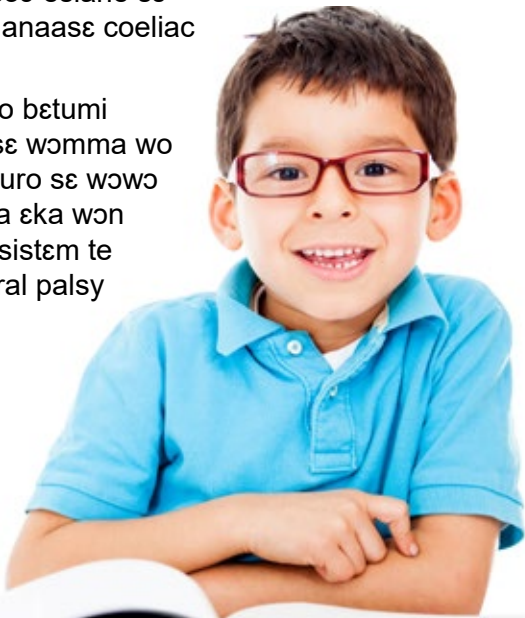
Mmofra no hwenem betumi afiri nsuo anaase won hwenem betumi asi, tipaee, bre na orentumi nnidi. Nanso, enhye da nnye hu pii se obi benya papu anaase ohaw a ewo papu ho. Nsunsuansoo a eye hu pa ara yie ntaa nsi.

Me ba a ɔwɔ yareɛ bi nso ɛ?

Mmɔfra a wɔwɔ yareɛ bi no sɛ, wɔhwɛ no yie mpo a ɛbetumi ayɛ hu yie berɛ a wɔanya papu no. Ɛho hia yie sɛ saa mmɔfra yi bɛfa aduro.

Saa yareɛ yi bi ne;

- home ho haw kɛsɛɛ, sɛ nhwɛsoɔ, ntehyewa a ano yɛ den a ɛbɛhia sɛ ɔtaa twe iheela anaasɛ steroids a ɔde fa anom .
- koma yareɛ a ɛyɛ hu
- asabo anaasɛ brɛbo mu yareɛ
- asikyereyareɛ
- imun sistem ahooɔden no wɔ fam yie pa ara esiane yareɛ anaasɛ ayaresa, sɛ nhwɛsoɔ no chemotherapy anaasɛ radiotherapy kokoram ayaresa steroid a wɔde adi dwuma akɛyɛ yie.
- ɔhaw spleen ho, sɛ ɛyɛ wɔayi splee no (asplenia) anaasɛ ɛnyɛ adwuma yie, sɛ nhwɛsoɔ esiane sɛ sikle sɛɛ anaasɛ coeliac yareɛ nti
- wo GP no betumi akamfo sɛ wɔmma wo ba no aduro sɛ wɔwɔ yareɛ bi a ɛka wɔn nervous sistem te sɛ cerebral palsy



Ɖse se saa mmofra yi fa papu aduro yi afe biara efiri abosome 6 so rekorɔ. Wɔn mu dodoo no ara nsa beka deɛ wɔde so no nanso ense se wɔde wɔn a wɔnnya nnii mfee 2.

Mmofra a wɔnnii mfee 2, ne wɔn a hwenem mu so no nnye mma wɔn no, wɔbɛwɔ wɔn paneɛ.

Se yareɛ a yeabobo so ɛwɔ krataafa 8 nanso enka kuo wɔabobo so no baako a wɔrema wɔn aduro wɔ sukuu mu no ho, ɛho behia se wo ne wo GP no ye apɔintmente ho nhyehyeeɛ.

Se wonnhyɛ da nnim se ɛse wo ba no fa papu aduro no anaase wohia afutuo a, wone wo pratise neɛse, GP anaase apomuden nsrahwe nni nkitaho.

Bere ben na wɔbɛma aduro no?

Wɔn a wɔadi mfee 2 ne mfee 3 no, ɛse se wo nsa ka nsatoɔ a ɛfa wo ba no ho se beye wɔ wɔn GP seɛgyiri no wɔ autmn anaase winter ahyease. Kwan foforo so no, wobɛtumi ne wɔn adi nkitaho tee na wɔaye nhyehyeeɛ.

Ɖde fa mmofra a wɔwɔ primary sukuu ho no, yebeye adwuma wo sehyin wɔ sukuu no wɔ autumn tɛemo bere no mu. Sukuu imuniseehyin kuo no ne wo beɔdi nkitaho denam so sukuu no so.

Se wo ba no ka kuo a ɔse fata wɔn a wɔbɛma wɔn aduro no bi wɔ sukuu mu no ho na ɔwɔ yareɛ bi a eye hu ma bere a wɔanya papu no a (hwe krataafa 8), wobɛtumi aka akyerɛ w'abofra no GP seɛgyiri no ama wɔama no aduro no bi se wompe se wobɛtween sukuu aduroma bere no anaase se wei na wope a.

Mmofra bi wo ho a ense se woma won dee wode so hwenem no bi?

Se mmofra a wowa apomuden ho haw no Papu no betumi aha won pa ara na who behia yie se wowa panes no. Mmofra no nsa ntumi nka dee wode so hwenem no se:

- woretreeso anaase wotee so nnohwere 72 a atwam no, ese wowa panee mmom na antwe banmmo no anko akyire
- hia ohwe soronko 'ntensifu kee' esiane
 - ntehyeewa anaase
 - wo ho mpe kosua anaphylaxis

(Mmofra wowa akuo 2 no, yehye nkutan se wonhwehwe afutuo mfiri animdefoo ho na ebia wobehia dee wode so no wo ayaresabea no)

- wo yaree, anaase woda aduro so, a ema won imun sistem no ye mmre anaase wo obi wo fie ho a ese wode no kose baabi esiane se won imun sistem no wo fam yie pa ara
- wo ho mpe biribi a wo aduro no mu*

Se wo ba no nya yaree no bi na ebetumi aye hu ama won esiane yaree bi a wowa nti anaase ayaresa bi nti na wonntumi nnye dee wode so no a ese se wowa panee dee no.

*Ko websaet yi www.medicines.org.uk/emc/product/3296/pil na hunu nnooma a wode yee aduro no

Se wonhunu se wo ba no nwo panee dee no anaase dee wode so no a, yesre hwe firi sukuu imunaaseehyin kuo no anaase neese no anaase GP a owo wo seegyiri no ho.

Mmofra a wosas won aduro no ese se wotwe won ho firi nkorofoo won imun sistem no ahoden ewo fam pa ara no ho (se nhwesoo no won a wakoyee bone marrow transplant enkyee no) beye nnawotwe 2 firi bere a wofaa aduro no.

Metumi de papu aduro no ama me ba no bere koroo no ara mama no nnuro afoforo no?

Aane. Wobetumi de aduro no ama bere biara mu te se nnuro a wode ma mmofra wo mmofra bere mu no ara pe. Aduruma no betumi aka akyi se wo ba no ewo fiva a.

Afei nso, se abofra no hwenem asi anaase ne hwene firi nsuo a, ebetumi asi aduro kwan a emma enkoo won nipadua no mu. Wo saa kwan yi so no, wobtumi atu won aduma nio ahye bere foforo kosi se won hwenem ebete yie kama.



Aduro no a wode so hwenem no gelatine a yɛnya firi mprako mu wo mu (porcine gelatine)?

Aane. Saa aduro a yɛde so hwenem no, gelatine bebreɛ wom (porcine gelatine), a wode di dwuma wo nnuro bebreɛ mu no. Gelatine no boa ma aduro no mu yaremmoawa no gyina brane ye adwuma yie sɛdeɛ ɛbɛyɛ a aduro no bɛtumi ayɛ adwuma yie ako atia papu no.

Aduro a wode so hwenem a wode ma mmɔfra no ye adwuma yie sene paneɛ no. Ɛfiri sɛ ɛnyɛ den sɛ wode bɛma na ɛboa si trɛ anaka ɛbɛtumi atrɛ no ano, a ɛka wɔn a ɛbɛtumi ayɛ ama wɔn no.

Nanso, sɛ wo ba no nya yareɛ no bi na na ɛbɛtumi ayɛ hu ama wɔn esiane yareɛ bi a ɔwo anaase ayaresa bi nti na sɛ wɔnntumi nso aduro no a wɔbɛtumi awo ne paneɛ. Wɔn a wɔmmpɛ porcine gelatine wo aduro mu no, aduro no a wode bɛwo no sɛ paeɛ no wo ho. Ɛsɛ sɛ wo ne wo nɛɛsɛ, dokata anaase imunaaseehyin kuo a wɔwo sukuu mu no nka deɛ wopɛ no ho asem.

Ɛhe na mɛnya ɛho nsem bebreɛ?

Kɔ www.nhs.uk/child-flu na wobɛhunu ho nsem pii. Sɛ wowo nsemɛmisa biara bio a, wone wo GP, pratese nɛɛsɛ, wo ba no sukuu nɛɛsɛ anaase w'apomuden nsrahwɛfoɔ nkasa