



Public Health
England



Ξδεεη ηα εσε σε wohwe anim berε a woakωω

COVID-19 Panee

Νσεη εηα ηηηα α αfei
ηα ωαωω COVID-19 α
panee ηο koraα

Hwehwe ηο ησεη ηηη ωα [nhs.uk/CovidVaccine](https://www.nhs.uk/CovidVaccine)

Emu nsem

Nsunsuansoɔ no ye deen?

Metumi anya COVID-19 afiri panee no mu?

Da ben na metumi asan ahye me daadaa dwumadie no ase?

Edeen na menyɛ wɔ wei akyi?

Sɛ ɛda a woahye sɛ memmera no duru so na sɛ me ho mfa me a, edeen na menyɛ?

Panee no bebɔ ne ho ban anaa?

Edeen na metumi aye aberɛ a mawɔ panee no akyi?

Yesɛ kan nsem krataa a ehye adetɔneɛ no ho na nya nsem pii a ɛfa wo panee no ho a ebi ne Nsunsuansoɔ a wobetumi anya, aberɛ a worehwehwɛ Coronavirus Yellow Card

Wobetumi nso abɔ amanneɛ de afa Nsunsuansoɔ bi a wosusu sɛ woanya nso wɔ websaet korɔ no ara so anaase woretwe Yellow Card appo no



coronavirus-yellowcard.mhra.gov.uk

Nnipa a wɔbetumi anya ɔhaw kɛsɛɛ paa afiri COVID-19 mu no na yɛrewɔ wɔn COVID-19 panɛɛ no.

Saa krataa yi kyere wo deɛ ɛwɔ sɛ wohwe anim abere a woawɔ wo panɛɛ no akyi. Sɛ wohia panɛɛ a ɛtɔ so mmienu no a, hwe na yɛ bere foforo a wobekɔ no ho hyehye to ho.

Wɔ nhwehwɛmu a ɛkɔ anim defa adesua kɛsɛɛ a ɛfa banbɔ ne sɛdeɛ ɛye adwuma fa a Adwumakuo a Wɔhwe Apomuden ne Ayarehwe adetɔnɛɛ so (MHRA) wɔɛɛ no nti, seesei ara deɛ wɔama kwan sɛ wɔmfɔ COVID-19 nnuro ahodoɔ pii enni dwuma wɔ UK man mu.

Animdefoɔ abadwakuo a wɔnhye aban ase no akamfo akyere sɛ NHS ɛmfɔ panɛɛ no ɛmma wɔn a wɔbetumi anya yareɛ no bi na aha wɔn kɛsɛɛ paa.

Seesei ara panɛɛ no abɛka yɛnsa deɛ, yɛde rema mpaninfoɔ abere a yɛregyina deɛ ɔbetumi anya ɔhaw kɛsɛɛ so.

Nsunsuansoɔ no yɛ deɛ hen?

Te sɛ deɛ nnuro nyinaa tee no, panɛɛ no betumi ama nsunsuansoɔ. Wei no mu pii ano ɛnnye den ɛna ɛnkyɛ, ɛna ɛnnye obiara na ɔnya bi. Mpo sɛ woanya nsunsuansoɔ wɔ panɛɛ a edi kan no akyi a, yɛhyɛ nkuran sɛ kɔ wɔ deɛ ɛtɔ so mmienu no. ɛwɔ mu sɛ wobetumi anya ahobanbɔ bi afiri panɛɛ a edi kan no mu deɛ, nanso sɛ worewɔ panɛɛ no nyinaa wie sɛnea yɛakamfo akyere no a na wobɛnya banbɔ mmapa ako atia yaremmoawa no.

Nsunsuansoṅ a ɛtae si wɔ da a edi kan anaa deɛ ɛto so mmienu no mu:

- wobete yea wɔ baabi yewɔ paneɛ no wɔ wo nsa ho na ɛho aye duru na emu nso aye mmɛ.
- wobete bere
- tipae, yea ne awɔ

Wobetumi nso anya papu yareɛ ho nsɛnkyerɛne na awɔsen ne ahopopoɔ ate agu wo so da koro anaa nnanu. Nanso, ahochyee betumi nso akyerɛ sɛ woanya COVID-19 yareɛ no anaa yare foforo bi (hwe afutuo a ɛwɔ krataafa 5). Wobetumi agye w'ahome na woanom paracetamol sɛdeɛ yeyɛ no daadaa no (di akwankyerɛ a egu adaka no ho) na ama wo ho ato wo.

Nsunsuansoṅ a ɛtae ensi ne sɛ dwoa beba abehye w'amɔtoamu anaa wo kɔn ho wɔ wo nsa ho faako a wɔwɔ wo paneɛ no no Wei betumi akɔso beyɛ nnafua 10, nanso ɛtoa so kye a, kɔhunu wo dɔkɔta. Sɛ wobekɔ akɔye mammogram nnawɔtwe kumaa bi ntam a woakwɔ wo paneɛ no a, ɛnɛɛ ɛwɔ sɛ wobɔ so kyere wɔn sɛ wokɔ a.

Sɛ mewɔ dadwene wɔ yareɛ nsɛnkyerɛne a merenya no ho a, menyɛ deɛn?

Saa yareɛ nsɛnkyerɛne yi enni ennuru nnawɔtwe. Sɛ wo yareɛ nsɛnkyerɛne a worennya no mu reyɛ den a, frɛ NHS 111. Sɛ wokɔ gye afutuo firi dɔkɔta anaa nɛɛɛ bi ho a, hwe sɛ wobeka wo paneɛ no wɔ ho asem akyerɛ wɔn (fa paneɛwɔ kaade no kyere wɔn) sɛdeɛ ɛbetumi ama wɔahwe wo yie. Wobetumi nso afa Yellow Card nhyehyɛɛ so abɔ paneɛ ne nnuro ho amanneɛ. Wobetumi aye wei aberɛ a wobɛhwehwe Coronavirus Yellow Card ɔnlaan anaa woretwe Yellow Card aapo no (yɛsrɛ hwe krataafa 2).

Nansa yi amannebɔ a ɛfa tebea a ɛtae ensi koraa a ɛfa mogya a ɛbɔntoa ne mogyatuo a wontae nhunu wɔ AstraZeneca (AZ) paneɛ no wɔ

akyi ho. Yerehwehwe wei mu yie nanso nneema a etumi ma saa tebea yi ba no yɛnya nhunuu n'ani so yie. Enam ɔhaw keɛɛ ne owuo a efiri COVID-19 nti, MHRA, Amansan Apomuden Asoeɛ ene Europe aman Adwumakuo a Ehwɛ Nnuro so asi gyinae sɛ sɛ yede to nseneɛ ani a, ehia sɛ yɛwɔ paneɛ no.

Sɛ wote nka fa deɛ edidiso yi wɔ nnaɸua 4 kosi nnawɔtwe 4 wɔ paneɛ wɔ no akyi a, ewɔ sɛ wokɔhwɛ w'apomuden ntem so.

- tipae foforɔ bi a daadaa aduro a eko yea ntumi no, anaase ereye keɛɛ
- tipae a ayɛɛ eyɛ keɛɛ aberɛ a woda hɔ anaase wobɔ wo mu ase a anaa
 - aniso a ayɛ wisisi, abofono ne efɛɛ
 - wo bere wɔ kasa mu,
 - ahoɔmerɛ, wayɛkyɛkoo anaase wobetumi atwa
- honam ani twitwiri te sɛ deɛ yede pin awɔ hɔ anaase mogyatuo foforɔ bi a enkyere mu anim
- ahome a ensisi so, kokɔ mu yea, enan a ahono anaa yafunu yea a ekyere

Paneɛ biara a wobɛwɔ no wɔ eho nsunsuansoɔɔɔne anaa?

Covid-19 paneɛ no nyinaa nyɛ pɛ – ebi tae ma nsunsuansoɔɔɔne pii no wɔ deɛ edi kan no, afoforɔ nso ma nsunsuansoɔɔɔne pii wɔ deɛ etɔ so mmienu no mu. Nsunsunasoɔɔɔne a etae si no yɛ adekorɔ no ara na ewɔ sɛ edi da koro anaa nnanu.

Metumi anya COVID-19 afiri panee no mu?

Wontumi nnya COVID-19 mfiri panee no mu nanso ebetumi aba se woanya COVID-19 aberɛ a wonya nyaa eho nsenkyerene kosi se wobehyehye berɛ a wode bewɔ panee no ato ho.

COVID-19 yaree ho nsenkyerene a eho hia a wɔtaa hunu se nnansa yi afiri aseɛ ne deɛ edidisoɔ yi:

- Wobɔ wa toatoaso a eye foforo
- Ahoɔhyee
- se wonte adeɛ panpan anaa aduane de anaase emu besesa (anosmia).

Ewo mu se wobetumi anya papu da koro anaa nnanu ntam wɔ paneewɔ no akyi deɛ, nanso se wonya COVID yaree ho nsenkyerene afoforo anaa papu ma ekye a, enee tena fie na hwehwe na ye nhyehyeeɛ na wɔmmeye wo mu nhwehwemu.

Bere ben na metumi asan akoye me daadaa dwumadie?

Wobetumi asan ahye wo daadaa dwumadie no ase berɛ a wote nka se wo ho ye no. Se wo nsa aye kuro a, adeɛ a emu ye duru pagya beye wo den. Se wo ho emfa wo a, ewo se wogyɛ w'ahome, na ense se wode afidie biara di dwuma anaa ense se wotwi a kaa.

Edeɛn na menyɛ bio?

Se wei ye wo panee a edi kan a, ewo se wowo eho kaade aberɛ a woreko wɔ deɛ ediso no wɔ nnawɔtwe 3 ene 12 ntam. Eho hia se wobewo panee koro no ara bi nyinaa sɛdeɛ wobenya ahobanɔ mapa.





Kora wo kaade no yie. Se wei ye wo paneɛ a edi kan a, mma wo werɛ emfi sɛ wobɛkɔ akɔwɔ deɛ etɔ so mmienu no.

Sɛ me ho emfa me wɔ paneɛwɔ a etɔ so mmienu berɛ no a, edeɛn na menyɛ?

Sɛ wo ho emfa wo a, ebeyɛ papa sɛ wobɛtwen ama wo ho atɔ wo ansaa na wo akɔwɔ wo paneɛ no. Enni kwan sɛ wokɔwɔ paneɛ no aberɛ a woatwe wo ho afiri nnipa ho, woretwen ayɛ COVID-19 ho nhwehwɛmu anaasɛ wonyaa COVID-19 no nnawɔtwe 4 ntam.

Paneɛ no bebɔ me ho ban?

COVID-19 paneɛ a wokɔwɔkɛɛ no tumi te ɔberɛ a anka wobɛrɛ berɛ woanya COVID-19 yareɛ no so. Yɛasɔ paneɛ biara ahwɛ wɔ nnipa bebɔro 20,000 so ɛna wɔde adidwuma w ɔaman ahodoɔ pii so.

Ebetumi adi nnawɔtwe kakra ansa na wo nipadua no anya banbɔ afiri vaxxine no mu.

Te sɛ deɛ nnuro biara tɛɛ no, paneɛ no ɛnnye adwuma ɛnkosi sei twan, ne saa enti ɛwɔ sɛ wotoa so ara ye ahweyeie sɛdeɛ wonkɔ fa yareɛ no bi. Nnipa bi betumi nya COVID-19 ɛwɔ mu sɛ w'awɔ ahobanbɔ paneɛ no bi, nanso yareɛ ano ɛnnye hye.

Edeɛn na metumi ayɛ wɔ ahobanbɔ paneɛ wɔ no akyi?

Paneɛ entumi ɛmma wonnya COVID-19 yareɛ no, na sɛ wowɔ paneɛ no nyinaa a ebete sɛnea wonya yareɛ no bi anaka wobɛrepa ara no so. Yɛnnim sɛnea ebetumi ate sɛnea wode yaremmoawa no besae no so a. Ne saa enti ɛhia sɛ wotoa so ara di ɔman nhyehyɛɛ no so.

Sedeε wobeɔ wo ho, w'abusua, wo namfonom ene w'afefoɔ ho ban nti EWɔ SE wotoa so:

- **twe wo ho firi afoforoɔ ho**
- **hye nkatanim**
- **hohoro wo nsa yie na taa ye**
- **bue mpoma na ma mframa papa emmra dan mu**
- **di akwankyerε a ewo ha no so wo www.gov.uk/coronavirus**

Kae

Covid-19 fa ntasuo nketenkete a efiri ehwene anaa anom aberε a obi rekasa anaa ɔrebɔwa so na εsae. Obi betumi afa bi aberε a ɔde ne nsa a mmoawa no bi aka no ka n'ani, ne hwene, ene n'ano.

Paneεwɔ, εreboa abɔ wɔn a εye mmerε paa se wɔbenya bi no ho ban.

Se wohia nsem pii fa COVID-19 paneεwɔ no ho a, kɔ: **nhs.uk/CoronavirusVaccination**

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