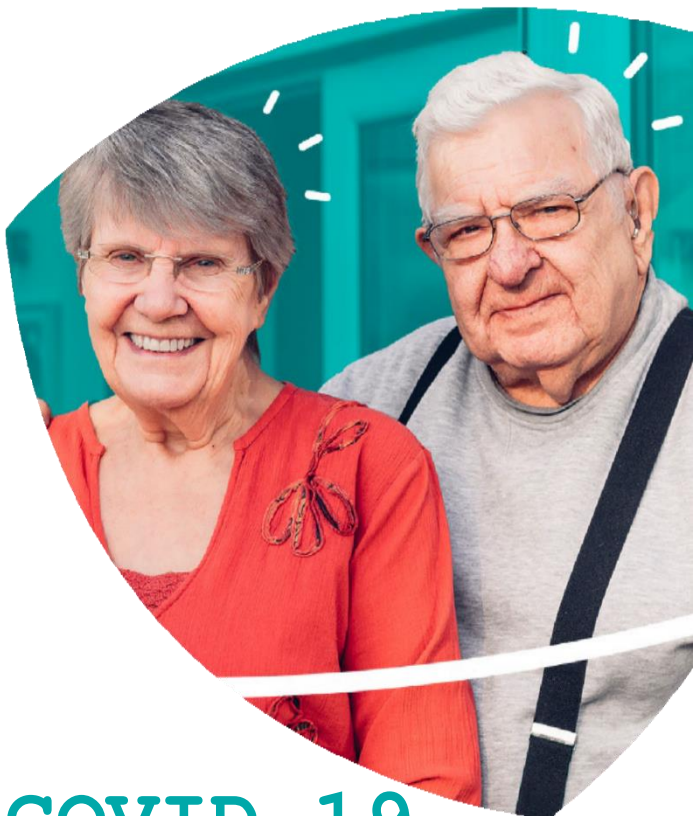




Mae Brechu yn achub
bywydau Vaccination saves
lives



COVID-19

Panie bo

Npanyinfo akwan
kyere

Revised January 2021 - Twi



GIG
CYMRU
NHS
WALES



DIOGELU CYMRU
KEEP WALES SAFE

Den ne COVID-19 anaa Coronavirus?

COVID-19 ye coronavirus fofro aa ye fre no SARS-CoV-2. 2019 na eho daa ede.

Eye nsan paa na ebe tumi ama wo nfrema home aye den paa.

Won aa yarea ye aka won no doduo naa nya nsenkyerene bia anaa wo be nya nsenkyerene kakraabi. Ede waw bo, fever, te pae ne tetserema ne whne aa enti whee.

Abinom enso te nka se won abre, honam mrew, ayem hwea ne efea, menimu kro, fever ne basaa ye. Nipa kakraabi na yarea no mu ye den, na wo gye won to ayaresabea anaa ye ma won hwe sononko .

Nipa 1wu wo 100 biia COVID-19 be ye won, enso won aa ede nfe 75 atra no 1 wu wo 10 bia. Ayaresa bia neho ma COVID-19 amom ndudro fofro ahorow bi aba aba ebetumi abre no ase na ano anye den.

Panie aduro ben na me bo ?

Wo UK ha no COVID-19 panie aa ya gye atum se ama banbo na eye adwoma nkoa na ye de be bo nkrofo. Nduro nyenaa ne panie bia yeye nhwehwemu se ema banbo na eye adwoma ansa ye de ama nkrofo.

Panie bia ya so ahwe wo nipa npimpim so wo nkro ahorow so ahu se ema banbo na eye adwoma. Ye bo wo saa panie ye mu baako, abe gyena nia yen nsa aka so. Panie no bi nne dwadea ho kwan (license) wo UK ha enso Medicine ne Heath products Regulatory Agency (MHRA) ama ho kwan efise won aye nhwehwemu agye atum se ema banbo na eye adwoma. .

MHRA kuo no be ma panie aduro bi ho kwan aa, gye se ema ban bo, edimu na eye adwoma. .

Panie aduro aa ye wo sasea no, gyese ye bo no npre nu ansa ebe tumi ama banbo pa.

Hwan na esese obo COVID 19 panie?

Joint Committee on Vaccination and Immunisation (JCVI), nimdea kuo aa wo de wonho de ato NHS anin se wo nbo won aa won be tumi anya yarea no ntem ne wom aa yarea no be tumi won paa no panie no kan.

Ebe ne won a won nfe no ako enim, apomuden ne amansan yeaye dwomayefo, ne won aa wo wo apomuden nsem ye won den. Se panie no pii be ka yensa, won aa aka won apomuden so ate no enso be tumi abo panie no bi animanim yea.

Coronavirus be tumi akye obia. Se wo ye obia wo nfe ako anim na wo apomuden atosin aa, COVID-19 be tumi aye anebre sem paa, abe tumi akum wo..

Esese wo ka won aa ebe bo COVID-19 panie no kan se wo ye obia :

- wo te anaa wo ye adwoma wo babia ye kwra nkokra ne mmrewa
- wo ye apomuden dwomayene kandifo
- wo ye amansan yeaye dwomayene
- wo ne yareafo be na ete fie aa wo hwe no
- wa de nfe 65 atra
- Wo ye yareafo paa wo apomuden so enso ate

Obia oye yareafo paa wo apomuden so asante no esese wo bo wo COVID-19 panie. Brea wo be bowo panie no gyena senia wo apomuden siti. Wo GP be tumi akwere se wo be bo panie no anaa.

Won aa ede nfe 16 eko enso be tum abo panie no se wowo:

- **Mogya mu cancer (te se leukaemia, lymphoma anaa myeloma)**
- **diabetes**
- **Akoma yarea**
- **Wo kuko mu tseete wu anaa wo homea ansiso tese a chest complaint anaa breathing difficulties, ne bronchitis, emphysema anaa severe asthma**
- **Kidney yarea**
- **liver yarea**
- **Ahoaden aa wo be tumi de ako yarea so ati enam yarea anaa ayaresa nti (tese HIV yarea, steroid medication, chemotherapy anaa radiotherapy)**
- **Ya ye wo yem niamabi de fofro ahyeho**
- **Wo fa adwodwo anaa transient ischaemic attack (TIA)**
- **Wa dwene mu anaa wo honam mu agyegya tese epilepsy ne dementia**
- **Wo ye gyemigyemi**
- **Wa nyin adgya wa dwene ho**
- **Nea esoni mogya so wo wumu no ho akha tese sickle cell yarea anaa nea esoni mogyaso wo wumu no ya ye efe ho**
- **Wa ye kese dodo (BMI bro 40)**
- **Wo adwene asea**

Won aa wo wo saa kuo ye mu no be tumi aye obia oyarea paa na napomuden so ati nti won be tumi abo panie no ntem.

Brea won aa ede enfe 16-64 aa won apomdenso ati ebe tumi abo panie no, panie no be tumi ako ama At the same time as those aged 16-64 years with long term health conditions the vaccine will also then be offered to:

- Npanyinfoa wo hwe nkokora ne mmrewa anaa won aa we de dem aa se ne hwefo no yarea ob ko asani mu
- Abrante anaa ababaa ohia nhwe abrebia aa owo nhwe bea ne adwomayefoa ehwe won

Saa kuo no wea, won aa ede nfe 50-64 be tumi abo panie no.

Se ye nya panie aduro no bi kahoa , nipa kuo naa aka np enso be nya hokwan abo panie no.

Me nyim, me tumi abo panie no?

COVID-19 panie no wo nso nhweye wo apemfo so, nti gyese ye nya no ntea ansa no, opemfo bia ntumi embo panie no..

Joint Committee on Vaccination and Immunisation (JCVI) ahuse mmoa aa panie no be tumi ama apemfo no binom no ho betumi ahia paa. Tetrew won aa abetumi anya yarea no paa ne won aaewo nyarewa bi dada aa se won nya COVID-19 ebeye din ama won. Se etesaa esese wo ne wo droyefo ne yarehwefo ede panie bo no ho nkomo na wohu se eye ma wo anaa ansa wa bo panie no.

Se wo nyima ensese wo bo panie no gyese ede wo be to esani mu. Se nyinsen no ko awea, wo be tumi abo panie no. Se wo bo paniea edi kan no na wo nyima, twen na nyinsen no ko na wea ansa, gyese ede wo beto asani mu.

Afotuo bia niho se wo bo panie no aa won ntumi nyinsen.

Me ma abofra nufuoden na mw nye?

Akwani kyere bia neho wo COVID-19 panie no ho ma won aa ema ba nufuo ne se nia edgye mmofra wo num nufuo.

Mpono obia nsusu se COVID-19 panie no de mmofra be to asani mu, afei enso nufuo ma ho nfaso obia nim. Eno nti JVCI ama afutuo se wo be tumi abo panie no abra wo ma ba nufu. Se wo ma ba nufuoa wo be tumi atwen na wo wea ansa wa bo panie no.

Hwan na ntumi mbo panie no?

Nipa karaabi pe na ntumi mbo COVID -19 panie no. Nkrofo tese won aa neama wo de ye nduro no ngye won. Ne wo druyefuo anaa yarehwefo nde ho nkomo, abia na panie fofro be wo ho mawo.

Se wa nya fever anaa wa hwehwe mu ahu se wu nya COVID-19 nda 28 mua ye nshesheye na bo panie no akyerea.

Panie no be bo me ho ban?

Se wo bo COVID-19 panie noa nea ebeyea wo be nya COVID-19 yarea no so be te. Nhwewemu kyerese wo bo wo paniea edi kan noa wo nya banbo be ye nawotwe 2 anaa 3 nti wo hia panie baako akaho na ama wo banboa ebe kye.

Saa panie nduro ye abode nkwa nne mu nti eye ma won aa won nipadua ahoaden ntumi nko nyareawa. Saa nkrofo no panie bo ngye won papa.

Tesenia panie nduro nyinaa te no, panie bia ne ho aa eye adwoma 100% - abinom be bo panie no, enso wo be nya COVID-19 yarea no, amom ano enye den.

Panie no wo brebia engye abinom?

Tesenia pani nyenaa te no, panie wo abinom aa engye won. Duduo naa enkye na eto atwa, na nye obia na eyeno.

Se wo bo wo panie aa edikan no na wo koso nya nsenkyerene mpoa, esese won san bo nea etoso meanu no.

Nsenkyerenea ataa da edi bi nese:

- Wo nsa naa wo bo panie no mu be ye dru ne tetree na ebe ye yaw enso nda kakra bi se wo bo panie no wea
- Wo te nka se wo abre
- Te pae
- Honam merew, ne wo whwenea be sisi nsenkyerene

Wo bo panie no wea wo be nya fever kakra nda meanu anaa measa enso se wo ho ye shia eno be kyere se wo nya COVID-19 anaa bribi fofro. Wobe tumi afa paracetamol (kwan aa wo be fa no wo adakano ho) na gye wo ahome na wo ho nsane wo. Nfa ma no nbro so. Nsenkyerenea entaa nse ne wo menemu be soasoa.

Wo bo panie no wea, nsenkyerenea wo be nya no nde nawotwe Se nsenkyerene no ano yeden na eha. Woa, ko 111.wales.nhs.uk online, se eto nia ey den aa fre NHS 111 Wales on 111 anaa wo GP surgery. Se wo nsa anka 111 wo wo npotem fre l 0845 46 47. Wo fre NHS 111 Wales aa won tua, wo fre landlines ne mobiles. 0845 46 47 wo tua 2p sima baako bia ne nia adwoma no de be ka ho.



Se wo ko pe afutu fe druyefo anaa yerehwefo be hoa ma na so nte se wa bo panie no (ebe tumia fa wo panie bo krataa no ko) senia ebeya wo be tumi ahwe wo yea.

Se wo nya nsenkyerenea engye wo panie ne nduro hoa be tumi ama yen aso ate wough the Yellow Card scheme no so.

Entaa nsi enso abinom bo panie no wea pe, wonya nsenkyere ne. Abatumi aye nsawa anaa ahokeka wo honam no baabi anaa ninyinaa. Nia entaa nsi kwraa nese abinom bp panie no wea pe wo nya nsenkyerene dindin paa ema won homme ye den ma wo twahwe, Ye fre no anaphylaxis na abetumi asi wo pani ahorow nso ho ne aduane. Saa nsenkyerene ntaa nsi, na yarehwefo nim senia wo be de ho dwoma. Won aa wo nya anaphylactic nsenkyerene no ho to won don hwere kakra bi.

Me tumi anya COVID-19 efi panie no mu?

Wo ntumi nya COVID-19 nfe panie no mu. Enso abatumi abano se wa nya COVID-19 na won hu se wo wo nsenkyerene kosise wo be bo panie no awea.

Nsenkyerenea titrew aa ewo COVID-19 ho ne niama ebe she ase aye wo prekope be ni :

- mpofrem wabo aa engyae
- wo ho ye shi
- Wo tetserema ne wo hwene nti hwee
- Abinom menemu ye kro, te pae, hwene sisi, yem hwea, abofono ne fea

Se wo nya nsenkyerenea ya bo din ye mu bia, tena fie na ye nsheshe na wo nbe bo wo panie no wo fie.

Se wo hia nkyeremu afa nsenkyerene no bi aka hoa ko 111.wales.nhs.uk

Den na me nye bio?

Wo nsa be ka akwan kyere efa da ne breben aa wo be bo panie. Da wo be bo panie no she fiea ntarea se nia ebeyea ye be nya ho kwan de panie no abo wo nsa sro. Se wo sro panie anaa wo tseteea, ma nea obo wo panie no nhu. Won be tease na won ama wo mmoa.

Se wo bo wo paniea edikan noa ,esese wo ye aho boa ma nea ediso no.

Eho hia se wo be bo panie meanu no nyenaa na wo atumi anya banboa ebe tse.Fa wo panie bo krataa no sea yea na sheno nso se wo be bo paniea ediso no.

Se me yare da esese meko bo panie noa, den na me nye?

Se wo yare paa na wa nya fever, fre na ma won nhu se wo ntumi mba na twen na wo ho nto wo ansa wa bo panie no. Se wa te wo ho efe nkrofo ho anaa wo twen mmoae efe COVID-19 nhwehwemu bia wo yea, enko se wo ko bo panie.



Me tumi de COVID-19 ama obi abra ma bo panie no?

Se wo bo panie noa nea ebe yea wo be nya yarea no so bete paa. Yen nim se abe tumi asiew yarea noho kwan na wo anya de ama nkrofo. Nti eho hia se wo be ko so edi COVID-19 nshesheye no so de abo nkrofoa eben wo ho ban.

Ansa na wo be tumi abo wo abusuafo, ndanfo ne wo nfefo ho ban no esese wo:

- **Te wo ho fe nrofo ho**
- **Kata wo hwene ne wa no**
- **Hohro wo nsa yea abrebea**
- De nshesheyea ewoho sasea no so: **gov.wales/coronavirus**

Kae :

COVID-19 trew wo nframa mu tetrew abrea nkrofo homme anaa wo kasa fa won anum anaa wo bowa. Wo be tumi anya se wo de wo nsa ka wa no, hwene anaa wa ne bera aka wo nsa dada efi baabia.

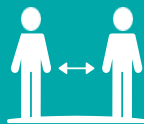
Akwan meansa wo de
be bowo ho ban
BO WALES ho ban



Hohro wo
nsa



Kata wo hwene
ene wa no



Te wo
ho 2m
apart

nsem ne bia ekaho

Wo be nya COVID-19 panie, ne niama wode yea ne nsenkyerea engye wo nkyeremu no be akaho wo : [**https://111.wales.nhs.uk/coronavirus\(2019ncov\)**](https://111.wales.nhs.uk/coronavirus(2019ncov)) and [**www.gov.uk/government/collections/mhra-guidance-on-coronavirus-covid-19**](http://www.gov.uk/government/collections/mhra-guidance-on-coronavirus-covid-19)

Se wo nya nsenkyerene bia engye woa, ma yen aso nte wo online [**coronavirus-yellowcard.mhra.gov.uk**](https://coronavirus-yellowcard.mhra.gov.uk) anaa wo download Yellow Card app no.

Se wo pe se wo hu nai NHS de wo ho nsem yea ko [**111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights**](https://111.wales.nhs.uk/lifestylewellbeing/yourinfoyourrights)

Se wo pe krataa ye pii aa ko [**phw.nhs.wales/services-and-teams/health-information-resources/**](https://phw.nhs.wales/services-and-teams/health-information-resources/)

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