

Papu paneɛ aduro

Nea ɛsɛ sɛ wuhu ne sɛnea wode atiridiinini aduru bebɔ wo ho ban



→ Dɛn ne papu?



Papu yɛ mmoawa a ɛka hwene, menewa, ne ahurututu. Ebetumi atɛw wɔ nnipa ntam ntɛmntɛm na ama woate nka sɛ woyare. Papu ho sɛnkyɛrenne bi ne:

- ɛwa
- Menemu yaw
- Hwene a ɛsen
- Ti a ɛyɛ yaw, ne ntini ne nipadua mu yaw
- Atiridii ne awɔ
- Ɔbrɛ kɛsɛ

→ Dɛn ne papu paneɛ aduro?

Vaccine a ɛbɔ wo ho ban fi papu mmoawa a abenfo susuw sɛ ɛbɛtaa aba wɔ atiridii bere a ɛreba no mu – a efi osutɔbere kosi ahohuru bere mu na ɛkɔ soro wɔ Ɔgyefɔɔ bosome mu.

Henanom na ɛsɛ sɛ wɔma wɔn papu aduru no?

ɛsɛ sɛ obiara a wadi bosome nsia (6) anaa sɛ nea ɛboro saa no wɔ papu paneɛ aduru no.

Dɛn nti na ɛsɛ sɛ mewɔ papu aduru no?

Emmere rekɔ no, na ahobammɔ aa vaccines ma yɛn ne so te, na mmoawa ahorow no nso sesa bere nyinaa. Enti, wɔyɛ vaccines foforo afe biara na aboa ma wɔabɔ wɔn ho ban afi mmoawa foforo no nso ho.

➔ Papu paneɛ aduro:

- ɛbɔ wo ho ban fi atiridiinini a wobeyare ho
- ɛboa wo ma wote nka sɛ wo yare pii sɛ woanya atiridii no a
- ɛboa ma wɔabɔ nnipa akuw bi ho ban fi ɔhaw ahorow a emu yɛ den ho:
 - Apemfɔɔ
 - Mmofra
 - Mpanyimfo a wɔn mfe akɔ anim
 - Nnipa a wɔwɔ nyarewa denden te sɛ akomayare, asikyireyare, ne COPD

Dɛn ne papu paneɛ aduru ne ho nsunsuansɔ?

- Honam kɔkɔ, ɛyaw, anaa ɛyaw wɔ baabi a wofaa tuo no
- Tipaeyɛ
- Atiridii
- Honam yaw
- Wo yafunu a ɛyɛ wo yae (abofono)
- Wote nka sɛ woabrɛ paa



Ɔkwan pa a wobɛfa so abɔ wo ho ban afi atiridii ho ne sɛ wobɛma wo atiridiinini aduru wɔ ɛbɔ anaa Ahinime mu. Vaccine a wobɛma no nso boa ma wɔabɔ nnipa a wɔatwa wo ho ahyia no ho ban!



Sɛ wopɛ sɛ wusua pii a, kɔ: <https://www.cdc.gov/flu/prevent/flushot.htm>