

# Adwennwene a yeredi ho dwuma bere a yerehyen COVID-19 fã foforo mu no

Nkurɔfo asan aba “daa ne daa foforo (new normal)” mu wo COVID-19 akyi, a ebetumi ama woate nka se wo ho yeraw wo anaase wo ho yeraw wo. Afotuo bi a wode bebre dadwen a ebia wobete nka no ase, na woabo wo ho ban afiri COVID-19 ho bere a wo ne nripa pii atwa ho ahyia ni.



## Afotuo a wode bedi dadwen a efa COVID-19 ho no ho dwuma:



### Fa no da koro biara

Fa no breoo: fi ase de biribi ketewaa bi te se nea wobekɔ sotɔɔ a wɔɔɔn nneema wom sen se wobekra wɔ intanet so. Afei, kyekye wo ho kɔ pii so. Se wosan kɔ biribiara so preko pe a, ebetumi ate nka se eye den.



### Fa adwene ne aniso di dwuma

- Fa bere si ho a wode begye w'ahome se wote nka titiriw se wo ho yeraw wo a. Bɔ mmɔden se wubedwennwen nneema ho na aboa wo ma wode w'adwene asi mprenpren tebea no so na ama w'adwennwen dodow ako fam..
- Adwendwene apps kakraa bi ni:



Insight Timer



UCLA Mindful



### Wo ne nripa a wowɔ wɔn mu aphotoso nka wo dadwen ho asem

Eda adi se wonim senea wote nka. Se yeka nneema ho asem a, yehu shaw ahorow wɔ akwan foforo so ma enti yebetumi adi ho dwuma na yepaw nneema a efata.



### Da biara da ye biribi

Nhwehwemu kyere se apɔw-mu-testee boa ma adwenemhaw ne dadwen so tew denam nnuru a ema wote nka se wo ho ye a eba w'amemene mu no so. Ebetumi nso ayi w'adwene a fi wo dadwen so.



### Wo ne wo mpɔtam hofo nni nkitaho na woanya mmoa

Kɔka mpɔtam ho nhyiam ahorow bi ho wɔ akwan a ebema woate nka se eye hu so. Se yegye bere twa afoforo ho hyia a, weremember yen te nka se yeye wɔn dea ne ahobammɔ. Nripa ye asetra mu abɔde!

Dadwen ne dadwen ho nkate ye ade a efata. Se wusua senea wubegyina ano wɔ akwan a efata so a, ebeboa wo ma woatumi agyina ano kese.

## Fa wo fon scan QR codes no senea wobetumi de atwe saa apps yi:

### Insight Timer



[insighttimer.com/individuals](https://insighttimer.com/individuals)

### UCLA Mindful



[uclahealth.org/marc/ucla-mindful-app](https://uclahealth.org/marc/ucla-mindful-app)



## Afotuo a wode beɔ wo ho ban afiri COVID-19 ho

Sɛ nneɛma ntumi nyɛ ho hwee a, yebetumi ate dadwen nka. Mma wo dadwen nnsi wo gyinae mma wo. Yɛ ho biribi na ama woate nka sɛ wowɔ wo so kɛse:



### Kɔ so nya wo COVID-19 vaccines ho nsem foforo – a boosters ka ho!

Wɔboa ma wɔsiw yareɛ a emu yɛ den, ayaresabea a wɔbetena, ne owuo mpo a ɛfiri COVID-19 mu ano. Hwe CDC.gov na woanya nyansahye ahorow a aba foforo: [cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html)



### Hye akatawia bere biara a ɛbɛma woate nka sɛ wowɔ ahobammɔ.

CDC kamfo kyere sɛ hye akatawia wɔ dan mu bere a wo mpɔtam hɔfo dodow kɔ soro no. Hwe wo mpɔtam hɔ COVID-19 dodow wɔ ha: [covid.cdc.gov/covid-data-tracker/#county-view?list\\_select\\_state=all\\_states&list\\_select\\_county=all\\_counties&data-type=Vaccinations](https://www.covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=all_states&list_select_county=all_counties&data-type=Vaccinations)



### Ma mframa a ɛkɔ dan mu no tu mpɔn denam mfensere a wubebue ne mframa a wɔde yi yi mu a wode bedi dwuma no so.

Eyi boa ma mmoawa no asinasin nketenkete no ntumi nkɔ mu. Fa CDC's adwinnade no hwe mframa a ɛsen wɔ wo ahunmu: [cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/interactive-ventilation-tool.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/interactive-ventilation-tool.html)



### Yɛ sɔhwe sɛ wote nka sɛ woyare a.

- ➔ ɛsɛ sɛ woyɛ sɔhwe wɔ mmere yi mu:
  - Sɛ wowɔ yareɛ no ho sɛnkyerɛne
  - Ansa na wobɛkɔ akɔsra w'adamfo anaa wo dɔfoɔ bi a ɔwɔ hokwan kɛsɛ sɛ ɔbɛyare paa (nnipa a wɔn nipadua mu ahɔɔden a ɛko tia nyarewa a ɛyɛ mmere anaa akwahosan tebea bi)
  - Ansa na wobɛyɛ nhyiamu akɛsɛ anaa dan mu nhyiamu
  - Sɛ wohyiaa COVID-19 a



## Hu bere a wuhia mmoa pii

Sɛ worehu sɛ wuntumi nnyina wo dadwen no ano a, ebia bere aso sɛ wo ne wo duruyɛfo kasa. Nneɛma te sɛ ayaresa ne nnuruyɛ yɛ adwuma yiye paa de sa dadwen.

Kae sɛ yɛrentumi nni afoforo nneyɛ so. Fa w'adwene si nea wubetumi adi so –wo nneyɛ ne nea ɛma wote ahobammɔ nka so.



### Nya nsem a ɛyɛ foforo sen biara a ɛfa COVID-19 ho

Kɔ CDC websaet so: [www.cdc.gov/coronavirus/2019-nCoV/index.html](https://www.cdc.gov/coronavirus/2019-nCoV/index.html)