

# Sɛnea wobɛtumi agyina awerɛhow ne adehwere ano wɔ ɔyaredɔm bere mu



Nnipa pii adi awerɛhow wɔ COVID-19 yaredɔm no mu, bere mpo a nneɛma pii asan aba sɛnea na ɛte kan no. Sɛ w'awerɛhow no yɛ dadwen, asetena mu nsakrae kɛse, anaa wo dɔfo bi a wahwere mpo aa, akwan papa wɔ hɔ a wobɛtumi afa so agyina ano.

## → Dɛn ne awerɛhow ho sɛnkyerɛnne a ɛtaa ba?

Mmere a wordi awerɛhowdi no, wotumi fa atenka bebere aa etumi sesa mu. Awerɛhow ho sɛnkyerɛnne a ɛtaa da adi no bi ne sɛ:

- Ahodwiriw, gyidi a wonni, anaasɛ ahopow
- Adwennwene anaa dadwen
- Ahokyerɛ
- Abufuo
- Awerɛhow
- Nna a wohwere ne aduan ho akɔnnɔ a wonni

Ebia wobɛte saa sɛnkyerɛnne ahorow yi nyinaa, kakra, anaa wonte ebiara nka. Kwan baako biara nni hɔ a wobɛtumi afa so adi awerɛhow.



## → Mɛyɛ dɛn agyina awerɛhow ne adehwere ano?

Fi ase hwɛ sɛ w'anya w'ahiade titiriw nyinaa. Ma wo nipadua akwahosan ne ahiade titiriw yi ho nhia wo:



### Nna

Bɔ mmɔden sɛ wobɛda nnɔnhwerew nson(7) kosi wɔtwe(8) da biara. Da na sɔre mmere baako mu da biara.



### Ahonidie

Pɛ mmere da biara fa twitwiri wo sɛ, fa dware, na fa sesa wo ntade a ayɛ fi



### Keka wo ho

Anyɛ koraa no, bɔ mmɔden sɛ wobɛkeka wo ho wɔ nneɛma tesɛ nantew mu, simma aduonu (20) kosi aduasa (30) da biara. Sɛ wokeka wo ho a, w'adwene nwono nnuro a ɛboa ma w'atinka ne w'ahɔden.



### Didi yiye

Bɔ mmɔden sɛ wonni nnuane a wɔdi no ntɛmntɛm, anaa sɛ deɛ nkyene ne asikyire wɔ mu bebere. Eyinom betumi ama asikyire a ɛwɔ wo mogya mu akɔ soro anaa fɛm. Wei tumi ma wonya nna mu haw ne basaa yɛ (Nanso mennyaɛ nneɛma aa ɛma w'ani gye mmere ne mmere mu!).





## M'ahwere obi a medo no wo yaredom mmere yi mu. Meye den agyina ano?

Eye denn se wobehwere wo dfo. Se wohwere wo dfo na wohia mmoa de agyina awerhow nano aa, wobetumi aye wei:

- **Wo ne wo nkorfo nni nkitaho.** Se yene afoforo di nkitaho aa, yete yen dadwen ne y'adwene mu haw pii so. Hyehye biribi a wobehwe kwan, amono mu ho aa, anaa mpo telefon so.
  - Hyehye da ne mmere a abusafo ne nnamfo de anwensem akenkan ne mpaebɔ bekae wo dfo aa w'ahwere no.
- **Siesie nkae ho nsem.** Ye mfonini nhoma, anaa ko intanet so kyɛ social media krataafa, blog, anaa websaet a wode bekae wo dfo no. Bisa abusafo ne nnamfo ma wɔmfa wɔn nkae ne wɔn nsem nka ho.
- **Ka dee w'ahwere ho awerhow mu nsem.** Ebia wei be kyekye wo were na w'ante nka se wo nkoa na wowo ho.



## Meye den ako m'anim?

COVID-19 yaredom no ye awerhow ma nnipa bebreɛ, tesse wo aa wohwere obi, wo aa wodi yaredom adwuma no anim, anaase wo aa na nneema hye wo so. Nneema mienu bi wo ho a wobetumi aye de aboa ama woadi nea wofaa ye no mu ho dwuma:

- **Hwehwe adwenemyare ho mmoa.** Wɔn betumi aboa wo ama woahu adwenemyare biara a akye wo so fi yaredom mmere no mu. Saa no wobetumi akamfo ayaresa biara a ehia de akyerɛ wo.
- **Gye w'ahome fi nkaseɛɔ ne social media so.** Nsem pii betumi aboro wo so. Bɔ mmɔden se wode simma dunnum (15) mmere nhyehye beama wo social media ne wo nkaseɛɔ apps.




## So nneema bi wo ho a ebeboa me ama mafa saa mmere a emu ye den yi mu?

Aane! Nneema pii wo ho a wobetumi de adi dwuma wo Intanet so ne wo mpɔtam.

- **Atoyerɛnkyem Ahoyeraw Mmoa ahoma:** fre anaa kyerɛw message ko 1-800-985-5990 (se wope Spanish kasa aa, mia mienu-2)
- **988 Nnipa a wokum wɔn ho ahoma:** Fre 988 na nya Borfo anaa Spanish kasa, anaa Lifeline Chat. TTY nwumadifoɔ betumi de relay service a wope adi dwuma anaase wobefre 711 ansa wafre 988.
- **Apps a wode betew adwennwen ne dadwen so:**
  - Moodfit: Adwene mu Akwahosan Ho Apɔwmuden
  - Calm: App a wode dwennwen nneema ho
  - MindShift CBT: adanse a egyina dadwen ano aduru



Ko yen websaet ho na hwe se wobetumi afa CDC Bridge Access Program no so anya COVID-19 vaccine no a wontua hwee aa.

 [bit.ly/3QMEI8B](https://bit.ly/3QMEI8B)

## Hwehwe mmoa wo shaw mu:



[cdc.gov/how-rightnow/get-help](https://cdc.gov/how-rightnow/get-help)