

COVID-19 & Sukuu

Ɔwofoɔ pa/ ahwɛfoɔ

AMANNEƉƆ A ƉFA CORONAVIRUS NHWEHWƐMU A WƆNTUA HWEE NE AKWANKYERƉ FOFORƆ HO

Ɖbeduruu Oforisuo 1 no, Aban no agyae Coronavirus (COVID-19) nhwehwɛmu a wɔyɛ ma ɔmanfoɔ a wɔwɔ England a wɔtuua sika biara no. Deɛ ɛka wei ho yɛ nhwehwɛmu ɛma sukuu ahodoɔ, nɛɛseri ahodoɔ ne sukuu ahodoɔ a ɛyɛ sononko. Yɛretwerɛ wo ama woahunu deɛ akwankyerɛ foforoɔ no bɛkyerɛ ama wo ne wo mma, a ɛfa nsaneyareɛ anosie wɔ sukuu mu ne mfeɛ edi anim sɛtins mu.

Yɛrete COVID-19 a ɛbɛtumi atrɛ so

Sukuu ahodoɔ ne sɛtins no ɛbɛtoa nnoɔma a wɔde agu akwan mu a ɛsi COVID-19 ne yareɛ afoforoɔ a ɛtumi trɛtrɛ no - a deɛ ɛka ho ne mframa pa ɛtumi ba mu ne sɛ wɔbɛdi dwuma ahodoɔ wɔ abontene; behwe sɛ nkorɔfoɔ bɛtaa ahohoro wɔn nsa, de tihyiwi bɛdi dwuma na wɔafa kwan pa so ato atwene.

Yɛsrɛ kae wo ma na wɔmmɔ wa ngu tihyiwi anaase wɔn abatwe, wɔmfa tihyiwi nkata wɔn ano ne wɔn hwene (ɛnyɛ wɔn nsa) berɛ a wɔrebɔ ɛwɔ anaase wɔrewansini, na wɔmfa tihyiwi no nto bɔɔla adeɛ mu ntem so ara. Ka kyere wɔn na wɔmfa na wɔntaa mfa samina ne nsuo nhohoro wɔn nsa, titire berɛ ansa na wɔadidi, na wɔmfa sanitaaza gyɛɛ a yede fefa nse hon ni dwuma sɛ samina ne nsuo nni ho a.

Ɖsɛ sɛ wo ba kɔ sukuu?

Mmɔfra ne nkorɔfoɔ a wɔadi mfeɛ 18 na wɔwɔ COVID-19 no, mɔn pii wɔn deɛ no ano nhyɛ den na mɔn pii no wɔn ho tɔ ntem wɔ nna kakraa bi mu. Ɖwom, nhwehwɛmu no nni ho bio, mmɔfra ne nkorɔfoɔ a wɔsua no ɛsɛ sɛ wɔtena fie na wɔhwɛ sɛ wɔne nnipa afoforoɔ nni ahya berɛ a wɔwɔ COVID-19 ho nsɛnkyerɛne (ne nyinaa wɔ ase ha*) **na**:

- ho yɛ hyeɛ ‘tɛmpireekya’ no kɔ soro anaase
- wo ho mfa wo sɛ wɔbɛkɔ sukuu, kɔlegyi anaase abɔfrahwe, anaase beyɛ wɔn daadaa Dwumadie ahodoɔ

Wɔbɛsane ako sukuu, kɔlegyi anaase abɔfrahwe berɛ a ahɔɔhyɛɛ no agyaeɛ na wɔn ho ɛyɛ sɛ wɔbɛsane ako sukuu.

Mmɔfra a wɔn yam retuo ne/anaase wɔrefe no ɛnse wɔkɔ sukuu kɔsi nna so (nnɔhwere 48) firi ɛfɛɛ a ɛtwa toɔ no anaase wɔnyaa ayamtuɔ no, **sɛ mpo wɔn ho ɛnyɛ hye bio mpo a.**

Ɖfiri Oforisuo 1 rekɔ no, obiara a wadi mfeɛ 18 na nhwehwɛmu ada no adi sɛ wɔanya COVID-19 no ɛsɛ sɛ wɔtena fie na wɔhwɛ sɛ wɔn nnipa afoforoɔ nni ahya nnafua **nnum**, berɛ yareɛ no bɛtumi asane pa ara no.

Sɛ wo ba obiara a wadi mfeɛ 18 anaase nhwehwɛmu ada no adi sɛ wɔanya COVID-19 no ɛsɛ sɛ wɔtena fie na wɔhwɛ sɛ wɔn nnipa afoforoɔ nni ahya nnafua **mmiensa**. Wei behyɛ aseɛ afiri eda a wɔyɛɛ nhwehwɛmu no.

Mmɔfra ne wɔn a wɔnyiniɛ no na ayɛ sɛ wɔtumi de sane afoforoɔ wɔ mmerɛ tiawa mu kyɛn mpanimfoɔ. Sɛ wɔn ho yɛ na sɛ wɔn ho nyɛ hye a, wɔntumi ntaa mfa COVID 19 no nsae afoforoɔ. Obiara ne nsɛnkyerɛne no ano nyɛ den bi te sɛ hwenem a ɛpore nsuo anaa ɛwa nketenkete bɛtumi ako bi sɛ wɔhwɛ na sɛ wɔn ho yɛ na wɔn ho nyɛ hye.

* COVID 19 ho nsɛnkyerɛnɛ:

- ahɔɔhyɛɛ a ano yɛ den anaa ahɔpɔpɔɔ (awɔ) ahɔɔhyɛɛ a ɔwɔ soro kyere sɛ wo ho yɛ hye a yɛntumi mfa yɛn nsa nka wo koko anaa w'akyi (ɛho nhia sɛ wobɛsusu w'ahɔɔhyɛɛ no ansa).
- Ɛwa fɔforɔ, a ɛye ntoatoasɔɔ wei kyere sɛ worebɔ ɛwa no mɛn bebree wɔ dɔnhwere 1 mu anaa 3 anaa ne mmorosɔɔ wɔ ɛwa bɔ mu wɔ dɔnhwere 24 mu.
- adeɛ nka anaasɛ ne dɛ a wonte anaasɛ ɛbɛsɛsa
- homeɛ a ɛnsisi so
- bɛte nka sɛ woabrɛ brɛ anaasɛ abrɛ
- honam yea
- tipaɛɛ
- menem kuro
- hwenem a asi anaasɛ hwene a ɛmu firi nsuo
- anom a ato
- ayamtuo
- bɛte nka sɛ ɔyare anaasɛ ɔbɛyare

Sukuu wɔtaa kɔ no boa adesua yie pa ara nanso ɛho nso hia sɛ obiara ne ho mfa anaasɛ ɛbɛtumi yareɛ aka no no, ɛsɛ sɛ ɔtena fie, Wobɛtumi ahunu NHS ho nsɛm a ɛfa dɛɛ wobɛtumi ayɛ bɛrɛ wo ba anya COVID-19 ho nsɛnkyerɛnne wɔ [ha](#) na nsɛm bebree wɔ hɔ a ɛfa bɛrɛ a wo mma no bɛtumi akɔ sukuu anaasɛ bɛtena fie esinae yareɛ fɔforɔ [ha](#).

Sɛ woma wo ba tena fie, ɛho hia sɛ wobɛfrɛ sukuu no anaasɛ nɛɛsɛri no wɔ ɛda a ɛdi kan no. Ma wɔnhunu sɛ wo ba no ɛmma na ka sɛ nti a ɔmma no kyere wɔn.

Panɛɛwɔ

Mfɛɛ 12–15

Ɛfiri Oforisuo 1, COVID panɛɛwɔ Dwumadie a bɛba awiɛɛɛ nanso wɔn a wɔadi mfɛɛ 12 kɔsi 15 no bɛtumi akɔ so awɔ panɛɛ no wɔ panɛɛwɔbɛa hɔ, famasi anaasɛ sɛ w'ankasa renante akɔ bɛaɛɛ hɔ no. Sɛ wɔpɛ sɛ wohunu klenike ahodoɔ a ɛwɔ Lewisham a, yɛsrɛ hwɛ [ha](#).

Mfɛɛ 5–11

Ɛfiri Oforisuo mu no, wɔn a wɔadi mfɛɛ 5-11 a wɔn ho yɛ no, wɔbɛwɔ wɔn COVID-19 panɛɛ no bi wɔ panɛɛwɔmmea hɔ, famasi, GPs ne sɛ w'ankasa renante akɔ mmeaɛɛ hɔ. Awofɔɔ a wɔn mma adi mfɛɛ 5-11 no nsa bɛka lɛtɛ afiri NHS a nsɛm bebree wɔ mu. Wobɛtumi akenkan aduro no ho nsɛm bebree na woayɛ apɔintɛmɛntɛ ho nhyehyɛɛ wɔ [ha](#).

Yɛbɛsane ada wo ase wɔ mmɔden a wɔabɔ sɛ wobɛbua ama COVID-19 nsae yareɛ no so ate na woabɔ yɛn sukuu no ho ban, nɛɛsiri ahodoɔ ne yɛn kuro mu no nyinaa.

Ɛye me,



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