

Coronavirus (COVID-19) Akwankyerɛ

TWI

Saa afotuo yi gyina NHS apomuden afotuo ne ɛho nsem no so na ɛyɛ afotuo a ɛwɔ ho ma obiara a ɔte UK, na ɛmfa ho ne ɔman a wofiri soɔ.

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Emu Nsem

Deen ne Coronavirus (COVID-19) na sen na wobetumi abo wo ho ban?

Hwan a obetumi anya Coronavirus (COVID-19) no bi?

Se wobetumi anya bi a okwan a ewo se wofa so bo wo ho ban?

Se wonya eho nsenkyerennee no bi a deen na ewo se woye?

Akwankyerε a wonam so betwe won ho afiri aforo ho wo efie a obi wo Coronavirus (COVID-19) no bi wo mu

Bere dodo a ewo se woko so di ntweho akwankyerε no so?

Bere a ewo se wofre NHS 111?

Kwan a wobefa so afre NHS 111?

Se wowo atutena ho nsem ho haw a dee ewo se woye?

Dee ewo se woye de boa si Coronavirus (COVID-19) aseterε ano kwan?

Deen ne Coronavirus (COVID-19) ne kwan a wobɛfa so abɔ wo ho ban?

COVID-19 yɛ yareɛ foforo a ɛbetumi aka w'ahrawa ne wo mframakwan. Virus bi a yɛfrɛ no Coronavirus na ɔde ba.

Wobetumi abɔ wo ho ban berɛ a wobɛtwe wo ho afiri afoforo a wo ne wɔn nte fako ho, na afei woadi ahonidie ho nhyehyɛɔ so sɛdeɛ wobɛtumi de aboa asi coronavirus asetɛ no ano kwan. Yei deɛ ɛyɛ obiara a ɛmfa ho ne mfee a woadi - sɛ wonni ho mpopoɛ anaasɛ wonni apomuden ho haw foforo biara mpo a, woka ho.

- **Wo ne abusuafoɔ ne ayɔnkofɔɔ nhyiamu:**

Ɛwɔ sɛ berɛ biara woma kwan da wo ne nnipa a wonte wo fie ntam - dan mu ne abɔnten - a anyɛ bie koraa wobɛma basafa 2 ada mo ntam.

Wɔ **Ngresiman** mu, wobɛtumi ne abusua foforo mufoɔ ahyia wɔ dan mu ɛna wobɛtumi ne nnipa a wɔfiri afie foforo mu nsia ahyia wɔ abɔnten.

Wɔ **Scotland** no, abɔnten nko ara na wobɛtumi ne nnipa a wɔfiri afie mmienu mu ahyia a mo dodoo aboro so koraa yɛ nnipa 8 berɛ koro no ara mu.

Wɔ **Wales** no, ɛwɔ sɛ wotena wo mpɔtam (bɛyɛ borɔfo kwansini 5 firi baabi a woteɛ) mmom wobɛtumi ne efie foforo baako mufoɔ ahyia wɔ abɔnten berɛ koro no ara mu.

Wɔ **Northern Ireland** no, wobɛtumi ne nnipa nsia ahyia wɔ dan mu ɛna wobɛtumi ne nnipa 30 ahyia wɔ abɔnten.

Wɔ Ngresiman mu, Scotland ne Northern Ireland mu, mpanimfoɔ a wɔn nko ara na wote anaasɛ wone mmɔfra a wonni 18 te no betumi ayi fidua baako a wone wɔn betumi ahyia wɔ wɔn mu biara fie a ɛho nhia sɛ wobɛtete wɔn ntam basafa 2.

- **Wode amansan akwantuo hyɛn redi dwuma:**

Sɛdeɛ wobɛtumi biara twe wo ho firi amansan akwantuo hyɛn ho na hwɛ sɛ wobɛtumi afa sakre, anante anaasɛ wo ara wode wo kaa bɛkɔ mmom. Sɛ ɛwɔ sɛ wode amansan akwantuo hyɛn di dwuma a, bɔ mmɔden sɛ wonkɔ berɛ a baabiara ayɛ bagyabagya na twe wo ho firi afoforo ho. Wɔ **Ngresi ne Scotland** no, ɛwɔ sɛ wohyɛ nkataanim wɔ amansan akwantu hyɛn mu. Wɔ **Wales ne Northern Ireland** no, wɔsusu sɛ wɔnhyɛ nkataanim na mmom ɛnyɛ ɔhyɛ.

- **Woreko anyamesombea:**

Ankoreankore mpaebɔ, ɔman adwuma ho atowohoakye ne ayiyɔ nko ara na wonam so betumi ako anyamesombea.

- **Woreko so aye adwuma:**

Se wobɛtumi a ko so ye adwuma firi fie. Se ewɔ se woko adwuma a, ewɔ se wodi kan hwe se wo ne w'abusuafoɔ nni nsɛnkyerɛnneɛ no mu bi a. Se obiara nni nsɛnkyerɛnneɛ no bi a, wobɛtumi ako adwuma mmom hwe se wobɛgya basafa 2 ato wo ne afoforo ntam na woahohoro wo nsa anaase wode aduro apepa wo nsa ntɛntɛm.

Wobɛtumi ahwehwe bammɔ ho nhyehyeeɛ afiri deɛ ɔfaa wo adwuma na woape akadeɛ a wode bebɔ wo ho ban wo adwuma mu ho.

Hwan a ɔbetumi anya coronavirus no bi

Coronavirus betumi ama obiara ayare, mmom, nniƆa binom wo ho a won deɛ etumi won pa ara. Sɛ ebia, ɛbetumi wo pa ara berɛ wo:



wo honam akwaa bi a woafɛm



reyɛ kokoram ho ayaresa binom



wo mogya anaasɛ dompe mu ko ho kokoram bi te sɛ leukaemia



wo ahrawa mu yareɛ a emu ye den te sɛ sesteke fibrosis anaasɛ ntehyeewa a emu ye den



wo yareɛ bi a ɛma yareɛ ahodoɔ tumi bobɔ wo



refa aduro bi a ɛma wo nkwammoo a wokotia nyarewa (immune system) ye mmɛ



nyem na wosan wo akoma yareɛ a emu ye den

Sɛ wosusu sɛ wowo nkyekyɛmu ahodoɔ yi mu bi mu na w'apomuden adwumakuo no ntwɛrɛ krataa mmɛ wo na **Kwasiada ɔbɛnem 29, 2020** duru anaasɛ wo GP (abusua dokota) mfrɛ wo a, wo ne wo GP (abusua dokota) anaasɛ kleneke dwumayɛni a ɔwo w'ayaresabea no nni wo dadwene yi ho nkɔmmɔ. Sɛ wonni bi a, frɛ DOTW UK ma wɔmmoo wo: **0808 1647 686** (nɔma yi wofrɛ a ɛye ɔkwa a wontua hwee) anaasɛ emeeli **clinic@doctorsoftheworld.org.uk**

Sɛ wobɛtumi anya bi ntɛm so a ɔkwan a ɛwɔ sɛ wofa so bɔ wo ho ban

Sɛ ɛbɛtumi aba pa ara sɛ wonam coronavirus so bɛyare a, nneɛma pɔtee bi wɔ ho a ɛwɔ sɛ woyɛ sɛdɛɛ ɛbɛbɔ wo ne wo mpɔtam hɔfɔɔ ho ban. ɛnam sɛ sɛdɛɛ yareɛ no sane nipa no ano abɛ ase nti nhyehyɛɛ a na wɔsa so kora wɔn ho no asesa.

	Ngresi	Scotland	Wales	Northern Ireland
Ɛho hia sɛ wobɛma basafa 2 ada wo ne nnipa a wo ne wɔn te ntam anaa?	Daabi	Aane	Aane	Daabi
Wobɛtumi apue akɔtenetene w'apɔ mu?	Aane, a basafa 2 mmienu kwan da wo ne afoforɔ ntam pampee	Aane, a basafa 2 mmienu kwan da wo ne afoforɔ ntam pampee	Aane, a basafa 2 mmienu kwan da wo ne afoforɔ ntam pampee	Aane, a basafa 2 mmienu kwan da wo ne afoforɔ ntam pampee
Wobɛtumi ahyia afoforɔ a wɔnyɛ wo fiefɔɔ?	Aane, aboro so ara nnipa nsia ɛwɔ sɛ basafa 2 deda mo ntam wɔ abɔnten	Daabi	Aane, me ne abusua baako mufoɔ wɔ abɔnten a ɛyɛ yen mpɔtam hɔ ara a basafa 2 kwan da mo ntam pampee	Aane, aboro so ara nnipa nsia ɛwɔ sɛ basafa 2 deda mo ntam wɔ abɔnten
Sɛ wo nko ara na wote anaasɛ wo ne mmɔfra a wɔnnii mfeɛ 18 na ɛte a, wobɛtumi ne nnipa afoforɔ ahyia wɔ dan mu?	Sɛ woyɛ panin a wo nko ara na wote anaasɛ wo ne mmɔfra a wɔnnii mfeɛ 18 na ɛte a wobɛtumi ayi abusua foforɔ baako a wonde wɔn bɛhyia wɔ dan mu a montete mo ntam	Daabi	Daabi	Sɛ woyɛ panin a wo nko ara na wote anaasɛ wo ne mmɔfra a wɔnnii mfeɛ 18 , na ɛte a wobɛtumi ayi abusua foforɔ baako a wonde wɔn bɛhyia wɔ dan mu a montete mo ntam
Kwan a wobɛtumi afa so atwerɛ wo din wɔ Coronavirus akyigyina (sɛdɛɛ wɔde nneɛma a wohia bɛbrɛ wo) ho?	https://www.gov.uk/coronavirus-extremely-vulnerable	frɛ 0800 111 4000	ɛwɔ sɛ wonya nkutahodie akwan ho nsem wɔ wo nkataho letɛ no mu	https://www.advice.ni.net/eform/submit/covid-support-referral

Kenkan afotuo a ɛwɔ ho ma wo a wobɛtumi anya coronavirus no bi ntɛm so no nyinaa wo GOV.UK: <https://www.gov.uk/government/publications/guidance-on-shielding-and-protecting-extremely-vulnerable-persons-from-covid-19>

Dee ewo se woye bere a woanya nsenkyerennee?

Se wowo:

- wo ho aye hye - wo koko anaase w'akyi aye hye, anaase
- efa foforo bi a wobotoatoa so - yei kyere se woahye ase rebo wa ntoatoaso anaase
- sedgee daa daa wote adee de anaase ne hwa no afiri ho anaase nsesaee aba mu (anosmia) - se wontumi nte biribi hua anaase ne de, anaase nneema pampan anaase ne de asesa ama wo

Ewo se wotu anamɔn a edidi soɔ yi ntem pa ara:

Wo ara te wo ho: anye bie koraa tena fie nna 7 na di [ntwewoho akwankyerɛ a ewo ho ma afiafie a wɔsusu se wowo coronavirus no so](#). Ewo se obiara a ewo w'abusua mu anaase dee wo ne no aben ho no te ono ne ho nna 14.

Ma wɔnsɔ wo nhwe wɔ Coronavirus ho nna nnum a edi kan a wode nyaa nsenkyerennee no mu:

Obiara a ewo **Ngresi, Wales** ne **Northern Ireland**, ne obiara a wadi mfee 5 anaase dee eboro saa wɔ **Scotland** no, wobɛtumi aso no ahwe bere a woanya nsenkyerennee bi de ahwe se ewo virus no bi anaa. Akwan 2 na ewo ho a wobɛtumi afa so ama wɔaso wo ahwe. Wobɛtumi ama wɔabeye wo schwe no baabi a wote ena wobɛtumi ako schwebea ho ama wɔaso wo ahwe. Wo nsa beka wo schwe no ho nsunsuansoɔ wɔ fon so atweresem nkratoɔ, emeeli anaase fon so ofre so.

Se wope se wohyehye beye schwe no anaase wope se wokra firi ntanete so a ko <https://www.nhs.uk/ask-for-a-coronavirus-test>

Se wonni ntanete ho kwan a, fre 119 wɔ **England, Wales** ne **Northern Ireland** anaase 0800 028 2816 wɔ **Scotland**.

Se schwe no ho nsunsuansoɔ no kyere se wowo bi a: ewo se wowie nna a aka wɔ wo nna nson a wo ara wode rete wo ho no, na afei obiara a ewo wo fie ne won a wɔaben wo no nso ewo se wotoa so te won ara ho nna 14 no.

Won a wɔhwehwe nnipa akyiriakwan a ewo wo mpɔtam ho no befre wo asre mmoa afiri wo ho de asi virus no asetɛ ano kwan. Wɔbebisa wo baabi a woako nnansa yi ne won a wo ne won aben ho pa ara no nso. Yei ho hia sedgee wɔbɛchunu won a ewo se wote won ho na wɔtena fie nna 7 anaase dee eboro saa.

Se schwe no ho nsunsuansoɔ no kyere se wonni bi a: se wote apo na se wonhunu nsenkyerennee biara a, wobɛtumi agyae te woate wo ho afiri afoforo ho no. Afoforo a ewo w'abusua mu ne won a wɔaben wo no bɛtumi agyae te a wɔrete won ho no.

Ehia se wobedi saa akwankyerɛ yi so, se woanni so a yɛbɛtumi abo wo ka.

Apolisifoɔ, ne asrafoɔ no bɛtumi adi dwuma ahwe ama apomuden ho nhyehyee yi aye adwuma, asan ahwe se nnuane ne nneema a ehia ahodoɔ ako mmɔborɔfoɔ ho.

Enam COVID-19 nti, ahiadee a ewo ho se wode wo ho bekyere a eka ahiadee a yegyina so ma atetena beeli no, yeatwe asensen kakra ansa Yebemane wo fon so nkratoɔ a ebekyerɛ wo da a ewo se wode wo ho bekyere. Wope se wotie asaalam anaase adwaabo ho nsem mu nsesaee yie a, mia ha: <https://www.refugeecouncil.org.uk/latest/news/changes-to-home-office-asylum-resettlement-policy-and-practice-in-response-to-covid-19/>

Akwankyere a wonam so betwe won ho afiri afoforo ho wo efie a obi wo coronavirus no bi wo mu



Nko adwuma, sukuu, GP
seegyiri, adutonbea anaase
ayaresabea



Wo ne afoforo mfa adee
baako nye adwuma, anaase
siesie so ansa



Hwe se wo
ne afoforo mmen ho pii



Ma womfa nnuane ne nnuro
mmre wo



Di akwankyere ewo ahohoo ho
no so



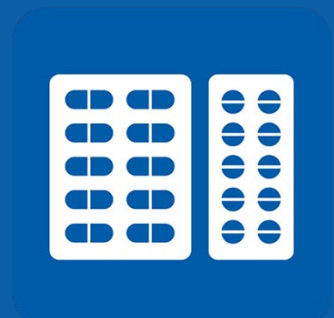
Se ebeye yie a wo nko ara da



Taa hohoro wo nsa



Nom nsuo pii



Nom para na ente eho
nsenkyerennee no so

Se wowo nsenkyerennee no bi a, sre coronavirus ho sohwe (ewo se woye sohwe no ma wo wo nna 5 a edi kan no mu): <https://www.nhs.uk/ask-for-a-coronavirus-test>. Eho behia se wode okwan a wobetumi ne wo adi nkommto dwa na wo fon no ye adwuma sedee wo nsa betumi aka sohwe nsunsuansoo no se atweresem nkrato wo fon so.

Tie mu yie wo: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Berε dodoɔ a εwɔ sε woko so di ntweho akwankyerε no so?

- Obiara a ɔwɔ nsenkyerenneε no bi no ntena fie na anyε bie koraa no, ɔntwe ne ho mfiri aforoɔ ho nna 7.
- Sε wo ne aforoɔ na εte a, wɔntena fie na anyε bie koraa no wɔntwe wɔn ho mfiri aforoɔ ho nna 14 sɛdεε εbεboa ate sane a εbεsane wɔn a wɔnni fie hɔ no so.
- Mmom sε obi wɔ wo fie hɔ na ɔnya nsenkyerenneε no bi a, ɔntena fie na anyε bie koraa no ɔntwe ne ho mfiri aforoɔ ho nna 7 firi da a nsenkyerenneε no hyεε aseε no. Sε mpo εwɔ sε wɔntena fie boro nna 14 a ma wɔnyε.
- Sε wo ne obi a wadi firi 70 reko, obi a ɔwɔ berε tenten mu yareε, ɔnyem anaase ne nkwanmoa a εkotia nyarewa no ayε mmrε te fie a, bɔ mmɔden pε baabi foforo ma wɔntena nna 14.

Beerεa εwɔ sε wofrε NHS 111?

- wote nka sε woyare a εno nti deε anka daa daa wotumi ye bi te sε wohwε TV, woko wo fon so, kenkan adeε anaase wosɔre firi mpa so no, wontumi bio
- wosusu sε wontumi mfa wo nsenkyerenneε no ntena fie
- wo tebea no regye nsam
- nsenkyerenneε a worennya no nko yie nna 7 ntam

Kwan bεn so na mεtumi afa afrε NHS 111?

Wobetumi de NHS 111 ntanεte so coronavirus mmoa no adi dwuma (<https://111.nhs.uk/covid-19>) de ahwehwe anamɔn foforo a wobetu. Sε wo nsa ntumi nka ntanεte so mmoa a, wobetumi afrε 111 (nɔma yi ye ɔkwa a wontua hwee). Sε wotoa so de “**aane**” yi nsemmissa no ano a, wobetumi afa so anya ɔkasa mu nkyerεmuni.

Deεwobetumi ayε berε a wowɔ ɔhaw wɔ atutena nsem ho?

Wɔn a wɔfiri amanɔne reba **Ngresi**, a obiara a ɔwɔ UK a ɔnni ho tumi no, wɔremmε no kwaadu:

- sε woayε coronavirus ho sɔhwε (sε mpo sɔhwε no kyere sε wɔnni coronavirus no bi a)
- coronavirus ayaresa - mmom sε wohyε ayaresa ase na afei sɔhwε da no adi sε wɔnni coronavirus no bi a, wobetumi ama woatua ayaresa biara a woanya wɔ sɔhwε no akyi
- mmɔfra a wɔnya ɔhaw wɔ nyεbea ahodoɔ yareε ayarehwe

Sε eyε COVID-19 ho sɔhwε anaase ayaresa nko ara na woreyε a, εho nhia sε wɔbeyε atutena ho nsem mu nhwehwemu.

Deεwɔ sε meyε de boa si Coronavirus asetrε ano kwan?

- Hwε sε wode samina ne nsuo behohoro wo nsa berε ano simasini 20
- Di akwankyerε a εfa sɛdεε wobεma w’ani ada hɔ na woabo wo ho ban ho no so
- Gyina baabi a wote so na di afutuo a εfa nkataanim ho no nama basafa 2 nna wo ne nnipa a εnye wo ne wɔn na εte ntam.

Sε wopε sε wotie mu yie a:

- NHS Akwankyerε <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- WHO akwankyerε: <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>