In association with BritishRedCross

Coronavirus (COVID-19) Akwankyerɛ

TWI

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



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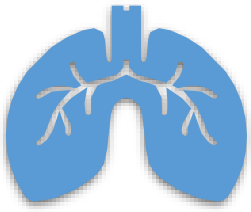
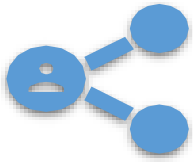
Translated by Transbless TRANSLATIONS

Emu Nsɛm
Deɛn ne Coronavirus (COVID-19) na sɛn na wobɛtumi abɔ wo ho ban?
Sɛ wonya ɛho nsɛnkyerɛnneɛ no bi a deɛn na ɛwɔ sɛ woyɛ?
Akwankyerɛ a wɔnam so bɛtwe wɔn ho afiri afoforɔ ho wɔ efie a obi wɔ Coronavirus (COVID-19) no bi wɔ mu
Berɛ dodoɔ a ɛwɔ sɛ wokɔ so di ntweho akwankyerɛ no so?
Berɛ a ɛwɔ sɛ wofrɛ NHS 111?
Kwan a wobɛfa so afrɛ NHS 111?
Sɛ wowɔ atutena ho nsɛm ho haw a deɛ ɛwɔ sɛ woyɛ?
Deɛ ɛwɔ sɛ woyɛ de boa si Coronavirus (COVID-19) aseterɛ ano kwan?

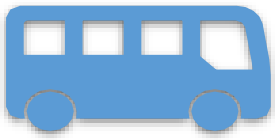
Deɛn ne Coronavirus (COVID-19) ne kwan a wobɛfa so abɔ wo ho ban?



COVID-19 yɛ yareɛ foforɔ a ɛbɛtumi aka w'ahrawa, wo mframakwan ne akwaa nkaeɛ. Virus bi a yɛfrɛ no Coronavirus na ɔde ba.



Wobɛtumi abɔ wo ho ban berɛ a wobɛtwe wo ho afiri afoforɔ a wo ne wɔn nte fako ho, na afei woadi ahonidie ho nhyehyɔeɔ so sɛdeɛ wobɛtumi de aboa asi coronavirus asetrɛ no ano kwan. Yei deɛ ɛyɛ obiara a ɛmfa ho ne mfeɛ a woadi - sɛ wonni ho mpopoeɛ anaasɛ wonni apomuden ho haw foforɔ biara mpo a, woka ho.



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 afoforɔ ho. Ɛwɔ sɛ wohyɛ nkataanim wɔ amansan akwantu hyɛn mu. Ɛhia sɛ wobɛdi saa akwankyerɛ yi so, sɛ woanni so a yɛbɛtumi abɔ wo ka.



Worekɔ so ayɛ adwuma: Sɛ wobɛtumi a kɔ so yɛ adwuma firi fie. Sɛ ɛwɔ sɛ wokɔ adwuma a, ɛwɔ sɛ wodi kan hwɛ sɛ wo ne w'abusuafoɔ nni nsɛnkyerɛnneɛ no mu bi a. Sɛ obiara nni nsɛnkyerɛnneɛ no bi a, wobɛtumi akɔ adwuma mmom hwɛ sɛ wobɛgya basafa 2 ato wo ne afoforɔ ntam na woahohoro wo nsa anaasɛ wode aduro apepa wo nsa ntɛntɛm. Wobɛtumi ahwehwɛ bammɔ ho nhyehyɛeɛ afiri deɛ ɔfaa wo adwuma na woapɛ akadeɛ a wode bɛbɔ wo ho ban wɔ adwuma mu hɔ.



Apolisifoɔ, ne asrafoɔ no bɛtumi adi dwuma ahwɛ ama apomuden ho nhyehyɛeɛ yi ayɛ adwuma, asan ahwɛ sɛ nnuane ne nneɛma a ɛhia ahodoɔ akɔ mmɔborɔfoɔ hɔ.

Wobɛtumi atwe App bi agu wo phone no so a ɛbɛboa ama woabɔ wo ho ban. Saa App yi bɛma woahunu sɛ wo ne obi a ɔde saa App no bi di dwuma na wanya coronavirus no bi adi ahyia. Sɛ wonya coronavirus no bi nso a, ɛbɛma woahunu wɔn a wo ne wɔn adi ahyia nyinaa wɔ berɛ a ɛbi nyera. Ɛbɛsane nso de wo ho nsɛm asie sɛdeɛ ɛbɛyɛ a, obi foforɔ nhunu.

Sɛ wote England ne Wales a, twe **NHS COVID-19 App**. no. App no wɔ hɔ ma obiara a wadi mfeɛ boro 16. Sɛ wopɛ nsɛm yi wɔ kasa ahodoɔ 11 mu a, kɔ: https://covid19.nhs.uk/information-and-resources-translated.html

Sɛ wote Scotland a, wobɛtumi atwe **Protect Scotland App.** no. App no wɔ hɔ ma obiara a wadi mfeɛ boro 16. Sɛ wopɛ nsɛm yi nkyerɛmu a, kɔ: https://www.protect.scot/

Sɛ wowɔ Northern Ireland a, wobɛtumi atwe **StopCOVID NI Proximity App**. no. App no wɔ hɔ ma obiara a wadi mfeɛ boro 11. Sɛ wopɛ nsɛm yi nkyerɛmu a, kɔ: https://www.nidirect.gov.uk/articles/coronavirus-covid-19-stopcovid-ni-proximity-app

Hunu wo mpɔtam mpanimfoɔ na wɔnkyerɛ wo danmuhyɛ mmara biara a ɛwɔ hɔ.	
Wɔ Ngresiman **mu,**	https://www.gov.uk/government/publications/coronavirus-covid-19-meeting-with-others-safely-social-distancing
Wɔ Scotland **no,**	https://www.gov.scot/publications/coronavirus-covid-19-protection-levels/
Wɔ Wales **no,**	https://sanctuary.gov.wales/covid-19
Wɔ Northern Ireland **no,**	https://www.health-ni.gov.uk/publications/guidance-accompany-health-protection-coronavirus-restrictions-no-2-regulations-northern-ireland-2020

Dɛɛ ɛwɔ sɛ woyɛ berɛ a woanya nsɛnkyerɛnneɛ?



Sɛ wowɔ:

- wo ho ayɛ hye - wo koko anaasɛ w'akyi ayɛ hye, anaasɛ
- ɛfa foforɔ bi a wobɔ toatoa so - yei kyerɛ sɛ woahyɛ aseɛ rebɔ wa ntoatoasoɔ anaasɛ
- sɛdeɛ daa daa wote adeɛ dɛ anaasɛ ne hwa no afiri hɔ anaasɛ nsesaeɛ aba mu (anosmia) - sɛ wontumi nte biribi hua anaasɛ ne dɛ, anaasɛ nneɛma pampan anaasɛ ne dɛ asesa ama wo



Ɛwɔ sɛ wotu anamɔn a ɛdidi soɔ yi ntɛm pa ara:





Wo ara te wo ho: anyɛ bie koraa tena fie nna 10 na di **ntwewoho akwankyerɛ a ɛwɔ hɔ ma afiafie a wɔsusu sɛ wɔwɔ coronavirus no so**. Ɛwɔ sɛ obiara a ɔwɔ w'abusua mu anaasɛ deɛ wo ne no abɛn ho no te ɔno ne ho nna 10.

Ma wɔnsɔ wo nhwɛ wɔ Coronavirus ho nna nnum a ɛdi kan a wode nyaa nsɛnkyerɛnneɛ no mu:Wɔbɛtumi asɔ obiara ahwɛ berɛ a wɔanya nsɛnkyerɛnneɛ bi de ahwɛ sɛ wɔwɔ virus no bi anaa. Akwan 2 na ɛwɔ hɔ a wobɛtumi afa so ama wɔasɔ wo ahwɛ. Wobɛtumi ama wɔabɛyɛ wo sɔhwɛ no baabi a wote ɛna wobɛtumi akɔ sɔhwɛbea hɔ ama wɔasɔ wo ahwɛ. Wo nsa bɛka wo sɔhwɛ no ho nsunsuansoɔ wɔ fon so atwerɛsɛm nkratoɔ, emeeli anaasɛ fon so ɔfrɛ so.

Ma wɔnsɔ wo nhwɛ wɔ Coronavirus



Sɛ wopɛ sɛ wohyehyɛ bɛyɛ sɔhwɛ no anaasɛ wopɛ sɛ wokra firi ntanɛte so a kɔ https://www.nhs.uk/ask-for-a-coronavirus-test Sɛ wonni ntanɛte ho kwan a, frɛ 119 wɔ **England, Wales** ne **Northern Ireland** anaasɛ 0800 028 2816 wɔ **Scotland**.

Sɛ sɔhwɛ no ho nsunsuansoɔ no kyerɛ sɛ wonni bi a: sɛ wote apɔ na sɛ wonhunu nsɛnkyerɛnneɛ biara a, wobɛtumi agyae te woate wo ho afiri afoforɔ ho no. Afoforɔ a wɔwɔ w'abusua mu ne wɔn a wɔabɛn wo no bɛtumi agyae te a wɔrete wɔn ho no.

Sɛ sɔhwɛ no ho nsunsuansoɔ no kyerɛ sɛ wowɔ bi a: ɛwɔ sɛ wowie nna a aka wɔ wo nna du a wo ara wode rete wo ho no, na afei obiara a ɔwɔ wo fie ne wɔn a wɔabɛn wo no nso ɛwɔ sɛ wɔtoa so te wɔn ara ho nna 10 no. Wɔn a wɔhwehwɛ nnipa akyiriakwan a wɔwɔ wo mpɔtam hɔ no bɛfrɛ wo asrɛ mmoa afiri wo hɔ de asi virus no asetrɛ ano kwan. Wɔbɛbisa wo baabi a woakɔ nnansa yi ne wɔn a wo ne wɔn abɛn ho pa ara no nso. Yei ho hia sɛdeɛ wɔbɛhunu wɔn a ɛwɔ sɛ wɔte wɔn ho na wɔtena fie nna 10 anaasɛ deɛ ɛboro saa.

Sɛ wopɛ sɛ wotie mu yie a:
Wɔ **Scotland** no, https://www.gov.scot/publications/coronavirus-covid-19-test-and-protect-coronavirus-service/
Wɔ **Northern Ireland** no, https://www.publichealth.hscni.net/publications/test-trace-protect-step-step-guide-and-translations

Akwankyerɛ a wɔnam so bɛtwe wɔn ho afiri afoforɔ ho wɔ efie a obi wɔ coronavirus no bi wɔ mu



Nkɔ adwuma, sukuu, GP sɛɛgyiri, adutɔnbea anaasɛ ayaresabea



Wo ne afoforɔ mfa adeɛ baako nyɛ adwuma, anaasɛ siesie so ansa



Hwɛ sɛ wo ne afoforɔ mmɛn ho pii



Ma wɔmfa nnuane ne nnuro mmrɛ wo



Di akwankyerɛ ɛwɔ ahɔhoɔ ho no so



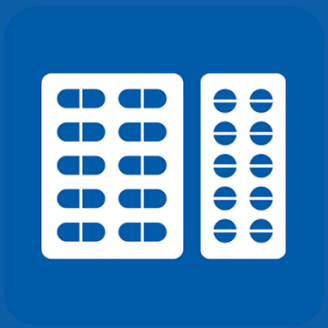
Sɛ ɛbɛyɛ yie a wo nko ara da



Taa hohoro wo nsa



Nom nsuo pii



Nom para na ɛnte ɛho nsɛnkyerɛnnɛɛ no so

Ɛhia sɛ wobɛdi saa akwankyerɛ yi so, sɛ woanni so a yɛbɛtumi abɔ wo ka.

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

Berɛ dodoɔ a ɛwɔ sɛ wokɔ so di ntweho akwankyerɛ no so?

- Obiara a ɔwɔ nsɛnkyerɛnneɛ no bi no ntena fie na anyɛ bie koraa no, ɔntwe ne ho mfiri afoforɔ ho nna 10.
- Sɛ wo ne afoforɔ na ɛte a, wɔntena fie na anyɛ bie koraa no wɔntwe wɔn ho mfiri afoforɔ ho nna 10 sɛdeɛ ɛbɛboa ate sane a ɛbɛsane wɔn a wɔnni fie hɔ no so.
- Mmom sɛ obi wɔ wo fie hɔ na ɔnya nsɛnkyerɛnneɛ no bi a, ɔntena fie na anyɛ bie koraa no ɔntwe ne ho mfiri afoforɔ ho nna 10 firi da a nsɛnkyerɛnneɛ no hyɛɛ aseɛ no. Sɛ mpo ɛwɔ sɛ wɔtena fie boro nna 10 a ma wɔnyɛ.
- Sɛ wo ne obi a wadi firi 70 rekɔ, obi a ɔwɔ berɛ tenten mu yareɛ, ɔnyem anaasɛ ne nkwammoa a ɛkotia nyarewa no ayɛ mmrɛ te fie a, bɔ mmɔden pɛ baabi foforɔ ma wɔntena nna 10.

Beerɛa ɛwɔ sɛ wofrɛ NHS 111?

- wote nka sɛ woyare a ɛno nti deɛ anka daa daa wotumi yɛ bi te sɛ wohwɛ TV, wokɔ wo fon so, kenkan adeɛ anaasɛ wosɔre firi mpa so no, wontumi bio
- wosusu sɛ wontumi mfa wo nsɛnkyerɛnneɛ no ntena fie
- wo tebea no regye nsam

Kwan bɛn so na mɛtumi afa afrɛ NHS 111?

Wobɛtumi de NHS 111 ntanɛte so coronavirus mmoa no adi dwuma (https://111.nhs.uk/covid-19) de ahwehwɛ anamɔn foforɔ a wobɛtu. Sɛ wo nsa ntumi nka ntanɛte so mmoa a, wobɛtumi afrɛ 111 (nɔma yi yɛ ɔkwa a wontua hwee). Sɛ wotoa so de "**aane**" yi nsɛmmisa no ano a, wobɛtumi afa so anya ɔkasa mu nkyerɛmuni.

Deɛwobɛtumi ayɛ berɛ a wowɔ ɔhaw wɔ atutena nsɛm ho?

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

- sɛ woayɛ coronavirus ho sɔhwɛ (sɛ mpo sɔhwɛ no kyerɛ sɛ wonni coronavirus no bi a)
- coronavirus ayaresa - mmom sɛ wohyɛ ayaresa ase na afei sɔhwɛ da no adi sɛ wonni coronavirus no bi a, wɔbɛtumi ama woatua ayaresa biara a woanya wɔ sɔhwɛ no akyi
- mmɔfra a wɔnya ɔhaw wɔ nyɛebea ahodoɔ yareɛ ayarehwɛ

Sɛ ɛyɛ COVID-19 ho sɔhwɛ anaasɛ ayaresa nko ara na woreyɛ a, ɛho nhia sɛ wɔbɛyɛ atutena ho nsɛm mu nhwehwɛmu.

Deɔɛwɔ sɛ meyɛ de boa si Coronavirus asetrɛ ano kwan?

- Hwɛ sɛ wode samina ne nsuo bɛhohoro wo nsa berɛ ano simasini 20
- Di akwankyerɛ a ɛfa sɛdeɛ wobɛma w'ani ada hɔ na woabɔ wo ho ban ho no so
- Gyina baabi a wote so na di afutuo a ɛfa nkataanim ho no nama basafa 2 nna wo ne nnipa a ɛnyɛ wo ne wɔn na ɛte ntam.

Sɛ wopɛ sɛ wotie mu yie a:

- NHS Akwankyerɛ https://www.nhs.uk/conditions/coronavirus-covid-19/
- WHO akwankyerɛ: https://www.who.int/news-room/q-a-detail/q-a-coronaviruses