

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

Coronavirus (Covid-19) Akwankyerε

Hwan a ɔbetumi anya Coronavirus no bi

Se wobetumi anya bi a ɔkwan a εwɔ se wofa so bɔ wo ho ban

Akwankyerε a wɔnam so betwe wɔn ho afiri aforɔ ho wɔ efie a obi wɔ coronavirus no bi wɔ mu

Berε dodoo a εwɔ se wokɔ so di ntweho akwankyerε no so?

Berε ben na εwɔ se mefrε NHS 111?

Kwan ben so na metumi afa afrε NHS 111?

Na se m'atutena ho nsem ha m'adwene nso ε?

Deen na metumi ayε asi Coronavirus aseterε ano kwan?

Coronavirus (Covid19) Akwankyerɛ

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

Ɛwo sɛ obiara tena fie sɛdeɛ ɔbetumi biara de boa si coronavirus aseterɛ no ano kwan.

Yei deɛ ɛyɛ obiara a ɛmfa ho ne mfeɛ a woadi - sɛ wonni ho mpopoɛ anaasɛ wonni apomuden ho haw foforoɔ biara mpo a, woka ho.

Wobetumi afiri wo fie:

- ako adetonbea ahodoɔ a wɔama wɔn kwan sɛ wɔmmue - akɔto nneɛma bi te sɛ aduane ne aduro, na woakɔgye nneɛm a woato no ntanete so anaasɛ fon so
- akɔtenetene w'apɔ mu (anaasɛ wowɔ England a, wobetumi ako abɔntene kakra)- na woahwɛ sɛ obiara a ɔnye wo fie nipa no, wo ne ne ntam kwan yɛ basafa mmieniu
- apomuden ho ahiadeɛ bi nti, akɔtwe mogya ama, ahwɛ sɛ wompira anaasɛ wonyare, adwane afiri ɔhaw bi ho anaasɛ akɔhwɛ obi anaasɛ akɔboa mmɔborɔni bi
- atu kwan ako adwuma aba - mmom gye sɛ bere a wontumi nye adwuma mfiri fie nko ara

Sɛ wowɔ:

- wo ho ayɛ hye - wo koko anaasɛ w'akyi ayɛ hye
- ɛfa foforo bi a wobɔ toatoa so - yei kyere sɛ woahyɛ aseɛ rebɔ wa ntoatoaso
- Sɛ woherɛ, anaasɛ nsesaɛ bi ba sɛdeɛ daa daa w'anom si yɛ wo de anaasɛ wote nka fa no mu a (anosmia) – sɛ wo hwene nte nka anaasɛ wo tɛkyerɛma nte adeɛ de koraa anaasɛ nneɛma pampam anaasɛ adeɛ de sese firi sɛdeɛ daa daa ɛtee no ho a

Ɛwo sɛ wotena fie na wodi [ntwewoho akwankyerɛ a ɛwo ho ma afiafie a wɔsusu sɛ wɔwo coronavirus no so.](#)

Wɔabara baguam nhyiam:

- Sɛ wo te **Ingresi** man mu anaasɛ **Irelan Tifi** a, yɛbe mamu Kwan ama nipa kuw bi a anboro nipa 6 ara wo mu ɛfiri abusua ahorow ɛhya.
- Sɛ wo te **Wales** a, nia a ɛfiri abusua kow mieno betumi a hyia wɔ kuro no mu (ɛwo akwansim 5 mu)
- Sɛ wo te **Scotland** a, nia a ɛfiri abusua kow mieno betumi a hyia wɔ bera a wɔnaboro so ara, nipa 8 ɛwo ekow biara.
- sɛ se nhyiamu yi rekɔso wo abɔnten anaasɛ nkurofo nturo nkoa ara, bere a worekɔso di boguam mu ntwehon no reyɛ adwuma na yɛatwe yɛn ho beye mita abien ntem.

Ɛhia sɛ wobedi saa akwankyerɛ yi so, sɛ woanni so a yɛbetumi abɔ wo ka.

Apolisifoɔ, atutena adwumayefoɔ, ne asrafoɔ no betumi adi dwuma ahwɛ ama apomuden ho nhyehyɛɛ yi ayɛ adwuma, asan ahwɛ sɛ nnuane ne nneɛma a ɛhia ahodoɔ ako mmɔborɔfoɔ ho.

Ɛnam coronavirus nti, ahiadeɛ a ɛwo ho sɛ wode wo ho bekyerɛ a ɛka ahiadeɛ a yɛgyina so ma atetena beeli no, yɛatwe asensen kakra ansa Yɛbɛmane wo fon so nkratoɔ a ɛbekyerɛ wo da a ɛwo sɛ wode wo ho bekyerɛ. Wopɛ sɛ wotie asaalam anaasɛ adwaabo ho nsem mu nsesaɛ 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/>

Hwan a ɔbetumi anya coronavirus no bi

Coronavirus betumi ama obiara ayare, mmom, nnipa binom wo ho a won dee etumi won pa ara. Se ebia, ebetumi wo pa ara bere wo:



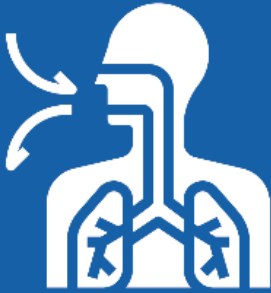
wo honam akwaa bi a woafem



reye kokoram ho ayaresa binom



wo mogya anaase dompe mu ko ho kokoram bi te se leukaemia



wo ahrawa mu yaree a emu ye den te se sesteke fibrosis anaase ntehyeewa a emu ye den



wo yaree bi a ema yaree ahodoɔ tumi bobɔ wo



refa aduro bi a ema wo nkwammoa a wakotia nyarewa (immune system) ye mmre



nyem na wosan wo akoma yaree a emu ye den

Se wosusu se wowo nkyekyemu ahodoɔ yi mu bi mu na w'apomuden adwumakuo no ntwereɛ krataa mmreɛ wo na **Kwasiada ɔbenem 29, 2020** duru anaase wo GP (ɔɔkota) mfreɛ wo a, wo ne wo GP (ɔɔkota) anaase kleneke dwumayeni a ɔwo w'ayaresabea no nni wo dadwene yi ho nkɔmma. Se wonni GP a, fre DOTW UK ma wɔmma wo: **0808 1647 686** (nɔma yi wofre a eye ɔkwa a wontua hwee) anaase emeeli clinic@doctorsoftheworld.org.uk

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

Sɛ woahunu COVID-19 ho nsɛnkyerɛnnɛɛ bi te sɛ ɛwa anaasɛ hurasɛ foforo a ɛtoatoa so a, pɛ klɛnɛkɛ adwɛnkyɛrɛ bɛrɛ a wobɛfrɛ NHS 111 ntanɛtɛ so coronavirus mmoa anaasɛ frɛ NHS 111. Wonya nsɛnkyerɛnnɛɛ no pɛ a yɛ yɛi.

Sɛ wobɛtumi afa coronavirus so ayarɛ ntɛm so a, anamɔn ahodoɔ bi wɔ ho a ɛwɔ sɛ woyɛ sɛdɛɛ worennya bi.

Yeinom bi ne:

- sɛ womfiri wo fie - ɛnsɛ sɛ wokɔ abɔntɛnɛ kɔdi dwa anaasɛ kɔfa aduro.
- Sɛ wo te **Ingresi** man mu anaasɛ **Irelan Tifi** a, wo bɛtumi a kɔ nantɛ abɔntɛn won e w'abusuafoɔ, sɛ wo nkoa aran a wo reti fie a, wo ne nipa baako a ofii abuasua foforo -ɛnsɔ monnma akwan nna mo ntɛmu, akwatia bi te sɛ mita 2.
- Sɛ wo te **Wales** a, wo bɛtumi akɔtɛnɛtɛnɛ w'apɔ mu – na woama akwa ada wo ne afoforo ntɛmu.
- nkɔ kyɛnkubɔ biara asɛ (a dɛɛ ɛyɛ wo ne w'ayɔnkɔfoɔ anaasɛ abusuafoɔ wɔ mo ara mo baɛasɛ bi ka ho)
- anyɛ biɛ koraa no ma basafa 2 (anamɔn 3) mmɔda wo ne afoforo a wo ne wɔn te fie ntam bɛrɛ biara a ɛbɛyɛ yie
- twe wo ho firi obiara a ɔntɛ apɔ anaasɛ ɔreda coronavirus ho nsɛnkyerɛnnɛɛ adi ho

Ma ayɔnkɔfoɔ, abusuafoɔ anaasɛ afipamfoɔ nkɔdi dwa na wɔnkɔgyɛ wo nnuro mmɛ wo. ɛwɔ sɛ wode gya wo pono no akyi.

Sɛ wohia mmoa wɔ ɔkwan a wobɛfa so anya nneɛma a ɛho hia bi te sɛ aduane a, wobɛtumi atwɛrɛ wo din wɔ ha na woanya coronavirus ho mmoa:

- Sɛ wote **Ingresi** a: <https://www.gov.uk/coronavirus-extremely-vulnerable>
- Sɛ wote **Irelan Tifi** a: <https://www.adviceni.net/eform/submit/covid-support-referral>
- Sɛ wote **Scotland** a, frɛ 0800 111 4000
- Sɛ wote **Wales** a, ɛwɔ sɛ wowɔakyiriakwan a wode bɛfrɛ wɔ lɛtɛ no mu

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

Akwankyere a wɔnam so bɛtwe wɔn ho afiri afoforo ho wo efie a obi wo coronavirus no bi wo mu



Nko adwuma, sukuu, GP sɛgyiri, adutɔnbea anaase ayaresabea



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



Hwe sɛ wo ne afoforo mmen ho pii



Ma wɔmfa nnuane ne nnuro mmɛ wo



Nnye ahɔho



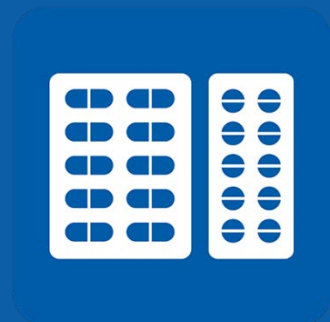
Sɛ ɛbeyɛ yie a wo nko ara da



Taa hohoro wo nsa



Nom nsuo pii



Nom para na ente ɛho nsɛnkyerɛnɛɛ no so

Kɔ gye corona virus ho nhwehwɛmu mtem paa ara berɛ a woatesɛ woanya ahon hayɛnsodeɛ. (ɛwo sɛ wo ye saa nhwehwɛmu yi wo nna 5 mu): <https://www.nhs.uk/ask-for-a-coronavirus-test>. ɛbɛ hia sɛ wo di wo adiresi kaho na hwe sɛ wo wo foonu nɔma a wo bɛtumi di anya foono so nkrasɛm

Tie mu yie wɔ: <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 afoforo ho nna 7.
- Sε wo ne afoforo na εte a, wɔntena fie na anyε bie koraa no wɔntwe wɔn ho mfiri afoforo ho nna 14 sɛdeε εbeboa ate sane a εbesane wɔn a wɔnni fie ho no so.
- Mmom sε obi wɔ wo fie ho na ɔnya nsenkyerenneε no bi a, ɔntena fie na anyε bie koraa no ɔntwe ne ho mfiri afoforo ho nna 7 firi da a nsenkyerenneε no hyε aseε no. Sε mpo εwɔ sε wɔntena fie boro nna 14 a ma wɔnye.
- Sε wo ne obi a wadi firi 70 rekɔ, obi a ɔwɔ berε tenten mu yareε, ɔnyem anaase ne nkwammoa a εkotia nyarewa no ayε mmrε te fie a, bɔ mmɔden pε baabi foforo ma wɔntena nna 14.
- Sε εwɔ sε motena fie bɔ mu a, mommɔ mmɔden ntete mo ntam sɛdeε mobɛtumi biara.

Berε bεn na εwɔ sε mefrε NHS 111?

- wote nka sε woyare a εno nti deε anka daa daa wotumi yε 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 mɛtumi afa afrε NHS 111?

Wobɛtumi de NHS 111 ntanete so coronavirus mmoa no adi dwuma (<https://111.nhs.uk/covid-19>) de ahwehwε anamɔn foforo a wobetu. Sε wo nsa ntumi nka ntanete so mmoa a, wobɛtumi afrε 111 (nɔma yi yε ɔkwa a wontua hwee). Wobɛtumi abisa ama wɔama wo ɔkasa mu nkyeremuni wɔ wo kasa mu.

Na sε m'atutena ho nsem ha m'adwene nso ε?

Nsrahwefoɔ a wɔfiri amanɔne reba England, a wɔn a wote UK na wɔnni tumi krataa, no, wɔmma wontua ka berε a:

- wɔbɛye coronavirus sɔhwε (sε sɔhwε no kyere sε wɔnni coronavirus no bi mpo a)
- wɔbesa coronavirus – sε wohye ayaresa ase na afei sɔhwε no kyere sε wɔnni coronavirus bi a, yɛbetumi ama woatua εka a εbeba sɔhwε no akyi ayaresa biara ho

Sε worebɛye coronavirus sɔhwε anaase εho ayaresa nko ara deε a εho nhia sε wɔbɛye atutena ho nsem mu nhwehwemu biara.

Deen na mɛtumi ayε asi Coronavirus aseterε ano kwan?

- Hwε sε wode samina ne nsuo bεhohoro wo nsa berε ano simasini 20
- Di akwankyerε a εfa sɛdeε wobεma w'ani ada ho na woabɔ wo ho ban ho no so
- Sε wobɛtumi a, baabi a mofofɔre so a wogya abasafa 2 kwan to wo ne nnipa a wɔnnim wɔn ntam a enye yie bi te sε amansan hyen anaase trɔtrɔ mu ne adetɔnbea nketenkete mu no, fa biribi kata w'anim

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>