

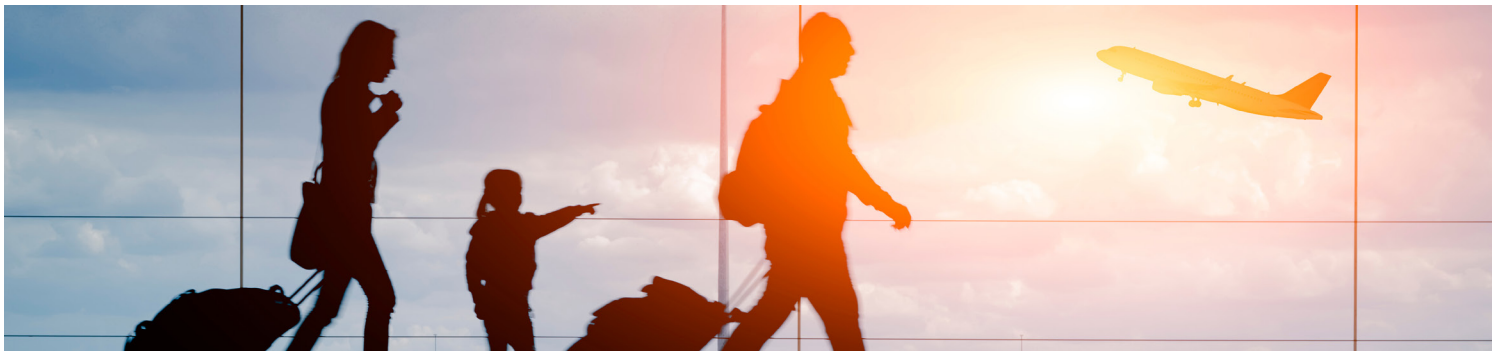
Ntenkyem: Atosem ne Nokwasem

✘ **ATOSEM:** *Ntenkyem nye yaree huuhuu biara, na eye "eye Hwenemsie/koodu" keke.*

☑ **NOKWASEM:** Ntenkyem tumi kɔfa ɔhaw kesee ba te se nimonia (aharawa mu yaree), adwene mu yare (adwene mu ahonhon), ne owuo mpo, titiriw wɔ mmofra nkumaa mu bere a wɔamfa nnuru anhye wɔn ho ban no. Akontabuo kyere se mmofra 1-3 a wɔwɔ nkwadaa 1,000 na wɔnya bi a wɔwuo.

✘ **ATOSEM:** *Wɔatu ntenkyem ase wɔ United States.*

☑ **NOKWASEM:** Wɔtuu ntenkyem ase firii US wɔ afe 2000 mu esiane adwuma sononko a MMR nsianoaduro no diie na nnipa dodoɔ a wɔn nsa ekaa aduro. Anye hwee nipa a wɔwɔ mpatam ho 95% na ese se wɔwɔ panee no na aboa si ntenkyem ne sedee etre no ase. Awerɛhosem ne se, ntenkyem betumi atu atese esiane se panee no wɔ no so ate kɔ fam ne nnipa a wɔtutu kwan a wɔwɔ panee no.



✘ **ATOSEM:** *Sedee wo nipadua no si bɔ ban fa no beɔ wo ho ban afiri ntenkyem ho.*

☑ **NOKWASEM:** Ntenkyem ye yaree a etumi sane pa ara na enye den se ebetretre. Se nipa baako nya bi a, nipa 10 mu biara 9 na se wɔben saa nipa no a wɔbenya bi, emfa ho ne sedee wɔn nnuro ho abakɔsem sitee anaase aduane a wɔdi. Enam wiem tre se ekɔ ba se obi a wanya bi bɔ wa anaase wansini a. Ntenkyem yaremmoawa no, eye a etumi ka wiem anaase baabi kɔsi nnɔnhwere 2 bere nipa a wɔ bi apue afiri dan bi mu no. Kwan papa na eye wobefa so asi ntenkyem ano ne se wobewɔ MMR nsianoaduro no.



✘ **ATOSEM:** *Nipa a wɔwɔ bi ne kleneke ahodoɔ a wɔ nsianoaduro no bi no retre ntenkyem mu.*

☑ **NOKWASEM:** Ntenkyem nsianoaduro no, yaremmoawa no a wɔn ahoden so aten wom na entumi nsae nipa, na enaa adi se etumi sae aforɔ. Ntenkyem yaree no tre a etre no ntenkyem yaremmoawa no bi na ede ba na enye nsianoaduro no. MMR nsianoaduro no mfa ntenkyem mma na mmom etete wo nipadua no ma etumi hunu ntenkyem yaremmoawa no etumi ko tia wɔn.

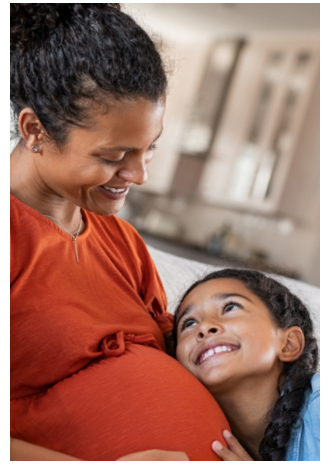
✘ **ATOSEM:** *Ntenkyem nsianoaduro no nye adwuma yie na eye hu.*

☑ **NOKWASEM:** MMR nsianoaduro no si ntenkyem ne nyarewa mmieniu bi a etumi tre mpompɔ ne rubela eka ho ano. MMR nsianoaduro no ye adwuma pa ara na emu mmieniu mpo tumi bɔ ban beye 97% na ema nipadua no nya ahoden. Afei nso, owuo biara nni ho a efiri MMR nsianoaduro no wɔ nipa a wɔwɔ apomuden mu. MMR nsianoaduro no ye nea banmmɔ wom, na eho nsunsuansoɔ no ye kakra bi a dee eka ho bi ye ekuro atɔ abati (a efiri panee no), fiva, nsaa kakra, oyaw aa enkye/ apɔsow ntimntim. Nsianoaduro no wobegye no yesene se wobenyaa ntenkyem.

✗ **ATOSEM:** MMR nsianoaduro no de ɔtesem ba:

✓ **NOKWASEM:** MMR nsianoaduro no mfa ɔtesem mma. Nhwehwmeu bebre na ako so a efa mmɔfra mpempem ho, na enkyere se MMR nsianoaduro no de ɔtesem eba. Nneama a wɔde ye nsianoaduro biara nni ho awɔbetumi asesa anaase ebetumi asesa w'adwene anaase nologyikaa sistem no.

Adwene no a esesa wɔ mmɔfra a wɔwɔ ɔtesem no, eko so bere abɔfra no renyini wɔ yafunu mu no na enye bere a ɔrewo, ansa na abɔfra no mpo awɔ paneɛ no. Wɔn a wɔ wɔwɔ ɔtesem no 85% na efiri abusua a wɔfiri mu no. Adanse ahodoɔ a kyere se nneema atitwa yen ho ahyia tumi ko fa ɔtesem ba, te se wɔfoɔ no ne mfee ako anim, abɔfra a wɔwɔ no bere ne bere anso, abɔfra a wɔbewo no na ne mu nye duru, maame no yareɛ a wɔ te se asikyireyareɛ anaase yareɛ ahodoɔ a ewɔ nipadua no mu.



✗ **ATOSEM:** Wobetumi asi ntenkyem ano denam fa wobefa kwan foforo a wɔfa so sa yareɛ te se obi befa vitamin A.

✓ **NOKWASEM:** Adidie anaase asetena kwan banmmɔ biara nni ho a esi ntenkyem ano. Kwan papa baako pe a etumi si ntenkyem ano ye se obi bewɔ MMR paneɛ no. CDC no kamfo kyere se ese se mmɔfra nyinaa ewɔ MMR paeɛ no mmieniu efiri abosome 12-15 na wɔwɔ deɛ eto so mmieniu bere wɔadi firi mfee 4-6. Nsianoaduro no di beye nnawɔte mmieniu kɔsi mmiensa ansa na atumi abɔ ban yie. Se w'abusua no retu kwan ako amanɔne a, wone deɛ ɔhwe w'apomuden no nni nkitaho na ama wo nsa aka MMR aduro no bi ntem so.

Eto mmerɛ bi a viatmin A tumi boa wɔ mmɔfra wɔsusua a ntenkyem aye wɔn a ano ye den no. Saa ayarehwe wei betumi ako so wɔ bere asoeɛ a ehwe wo mpomuden soɔ wɔ ayaresabea no na wɔbehwe so, nanso vitamin A ntimi mmɔfa ho ban wɔ ntenkyem yareɛ a wobɛnya no ho. Vitamin A boa wo nipadua no. Enye aduro a yede sa ntenkyem yareɛ no, na enye aduro a yede anan mu anaase yemfa nhye MMR paneɛ no anan mu. Vitamin A obi benom bebre no betumi aye hu yie na ebetumi aye awuduro akɔfa nologyikaa ɔhaw abre nipa no na emma nipa koro breboɔ no nye adwuma bio.



SE WOPE NSEM PII A

CDPH Immunization clinic de nnwuma ahodoɔ de boa wɔn a wɔtete Chicago nyinaa. Ebia wɔbema woama adanseɛ a ekyere baabi a woteɛ.

CHICAGO.GOV/VACCINES



CHICAGO.GOV/MEASLES

Se wohia mmoa na ama woahunu obi foforo a wɔma aduro no bi a, yesre ko:

VFC.ILLINOIS.GOV/SEARCH/

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