

Abby Kelley Foster Charter Amansan Sukuu

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De koma Abby Kelly mmusua ne adwumayefoo.

Bere a yeresan afiri ahomegyee bere mu aba yi, na CoVID ne ne mmoawa foforo Omikron afiri aseɛ rekɔ soro wɔ yen mpɔtam ha nti, w'aye nsakraeɛ keseɛ paa ara wɔ **Abby Kelley Foster Charter Sukuu Mansin Nhyehyee & Ahwehwɛdeɛ** no mu. Wɔde saa nhyehyee yi a w'asakra mu ama yen asuafoɔ, adwumayefoo ne mmusua apɔmuden ne wɔn bammɔ agu akwan mu, na wɔde akwankyerɛ ne ɔkwan pa a yɛfa so ye nneema ho kamfokyerɛ a efiri Nkorabata a Wɔhwɛ Nhyeasɛɛ ne Ntoasɔ Nnwomasua So (DESE), Beaeɛ a Wɔsɔ Yareɔm Ano Ano (CDC) ne Nkorabata a Wɔhwɛ Amansan Apɔmuden So (DPH) ho na aye emu nsakraeɛ no. Saa akwankyerɛ yi abehye AKFCS Apɔmuden Nhyehyee no a ɔdaa no adi Ɔsanaa 2021 no ananmu na afiri aseɛ reyɛ adwuma mprenpren.

Saa akwankyerɛ a w'asakra mu a ene DESE ne CDC hyia no ate nna dodoɔ a eɛɛ se ɔsuani/ɔdwumayeni a wanya COVID no bi de tena fie ansa na w'aba sukuu no so. Yesre se, obiara a wɔka yen abusuakuo yi ho emma no nye ɔno ara n'aseyedee se obiara benya ahobammɔ. Se woyare na worda yareɛ nsunsuansoɔ adi a, tena fie emfa ho nna dodoɔ a ɔde ama wɔ akwankyers yi mu. Nkurɔfoɔ bi ho betumi atɔ wɔn nna kakraa bi akyi na wobetumi asan aba da etɔ so nsia; ebinom nso behia mmere no bi aka ho ansa na wɔn ho atɔ wɔn. Dee saa akwankyerɛ nsem yi ye ara no no – akwankyerɛ - na yebehia abusuakuo yi mufoɔ nyinaa nkabom na ama AKFCS apɔmuden agyina so, ne titiriw no nnanwɔtwe kakra a edi yen anim yi.

Nsakraeɛ a w'aye no wɔ akwankyerɛ no mu nyinaa

ƐTWA SE adwumayefo ne asuafoɔ a wanya COVID no bi **kɔso tena fie nnamu nnum na wɔbetumi asan aba sukuu da etɔ so nsia a gye se efoeɛ biara afiri no so beye nnonhwere aduonu nnan** (bere a ɔntɔ aduro biara wɛ adutɛnbea nnomoeɛ). na afei nso yareɛ nsunsuansoɔ afoforɔ nyinaa abere ase koraa. Nkurɔfoɔ a wanya yareɛ no bi a nsunsuansoɔ no kɔ koraa anaase ano abere ase nhye akatahwene nna nnum nka ho bere ɔhye dan mu anaa bere wapue te se bere a wakɔ ahomegyee mu. **Wei ye nsakraeɛ a w'aye afiri akwankyerɛ nsem dadaw a na eɛɛ se wɔhye dan mu nna du no ho.*

COVID-19 Nsunsuansoɔ no bi ne (nanso enye weinom nko ara):

- **Ɛfoeɛ (100.0° Fahrenheit anaa nea eboro saa), awɔsee, anaa ahopopoɔ**
- **Home mu bere anaa home a ensi so**
- **Ɛdɛw anaa ehwɛ a ɔnte a eɛɛ foforo**
- **Honam yaw anaa nipadua mu yaw**
- Ewa (a enfiri biribi foforo a wonim dedaw mu, te se ewa ko-ankoro)
- Mene mu kuro, *se ene nsunsuansoɔ afoforɔ ka bom a*
- Abofono, efee, anaa ayamtuɔ, *se ene nsunsuansoɔ afoforɔ ka bom a*
- Tipaeɛ anaa ayamtuɔ, *se ene nsunsuansoɔ afoforɔ ka bom a*
- Ahoɔmmere, anaa ayamtuɔ, *se ene nsunsuansoɔ afoforɔ ka bom a*
- Kataa anaa hwenemu nsuo (a enfiri biribi foforo a wonim dedaw mu, te se akyiwadeɛ ho nsunsuansoɔ), *se ene nsunsuansoɔ afoforɔ ka bom a*

Na se ɔsuani bi wɔ nsunsuansoɔ yinom mu bi e? Anaa AKFCS dwumayeni?

- Asuafoɔ/adwumayefoo a wɔwɔ saa nsunsuansoɔ yi mu **BIARA bi** no, **ƐTWA SE** ɔtena fie na wɔfre

wɔn Ɔhwe a Ɛdi Kan Dɔkota na ɔkyere wɔn nea wɔbeyɛ a CoVID nhwehwɛmu a wɔbeyɛ betumi aka ho. Yɛsrɛ wo to nkra kɔma wo suani no nɛsɛ anaa ne tikya wɔ abɛfo ntentan so anaa frɛ ahɔhogyɛbea pono a ɛwɔ wo suani no sukuu mu berɛ wo suani no ɛntumi mma sukuu ne nea enti a ɔntumi mma sukuu no. AKFCS adwumayɛfoɔ nto nkra nkɔma wɔn hwɛsofoɔ ne Baabi Wɔhwe Adwumayɛfoɔ ho nsem, ne titiriw sɛ wɔbehia yareɛ/CoVID yareɛ akwansrɛ mmɛrɛ a.

- Sɛ ɛho hia sɛ wo suani no tena fie ɛsiane yareɛ anaasɛ wɔde no firi sukuu mu ba fie ɛsiane sɛ ɔreda yareɛ nsunsuansɔɔ a ɛwɔ soro hɔ no bi adi a, sukuu nɛsɛ no bɛma wo afutuo a ɛgyina nsunsuansɔɔ ahodoɔ a waboboɔ so wɔ ɛsoro hɔ no so sɛ ɛho behia sɛ wobɛfrɛ wo Ɔhwe a Ɛdi Kan Dɔkota ama no ayɛ no COVID-19 mmoawa no nhwehwɛmu ne/anaa nhwehwɛmu afoforɔ biara ansa na w'agye no aba sukuu no mu bio A.
- Ɛsɛ sɛ sukuu nɛsɛ nsa ka na ɔpɛnsɛpɛnsɛn osuani bi nhwehwɛmu a ɛkyere sɛ ɔnni yareɛ mmoawa no bi ne nhwehwɛmu fofoto biara ho mmuaɛɛ ansa na wasan agye no aba sukuu no mu bio. Sɛ wo suani no nhwehwɛmu no kyere sɛ **ɔnni yareɛ mmoawa no bi**, nanso wanya yareɛ nsunsuansɔɔ a ɛwɔ soro hɔ no mu **BIARA** a, ɛtwa sɛ wɔkɔso tena fie kɔpɛm sɛ nsunsuansɔɔ no ano bɛbrɛ ase **na anyɛ yie koraa no w'ade wɔn ho afiri ɛfoɛɛ ho beyɛ dɔnhwere aduonu nnan a ɔnnomɛɛ aduro a yɛde brɛ ɛfoɛɛ ase a wɔkɔtɔ no wɔ adutɔnbea (OTC) bi te sɛ Advil, Motrin anaa Tylenol.**
- Sɛ mmusua bi si gyinaɛ sɛ wɔmma wɔnyɛ wɔn COVID nhwehwɛmu no anaa wɔnkɔ hu wɔn Ɔhwe a Ɛdi Kan Dɔkota mma no nyɛ nhwehwɛmu foforo biara a, asuafoɔ a w'ada yareɛ nsunsuansɔɔ adi betumi asan aba sukuu **nnamu nnum akyi firi berɛ a ɔhyɛɛ asɛɛ nyaa yareɛ nsunsuansɔɔ no** mmɛrɛ dodoɔ a wɔn nsunsuansɔɔ no ano abrɛ ase **na suani no ade ne ho afiri ɛfoɛɛ ho beyɛ dɔnhwere aduonu nnan a ɔnnomɛɛ OTC aduro a yɛde brɛ ɛfoɛɛ ase.**

Yɛyɛ wɔn a wɔnɛ obi a wanya CoVID anya nkitaho paa ara, dɛn na yɛnyɛ seesei? Obi a ɔwɔ me fidua mu anya CoVID, afei dɛn?

- Sɛ obi wɔ wo fidua mu a w'ada no adi sɛ ɔnɛ obi a wanya COVID-19 anya nkitaho paa a ɔnni sukuu mu, anaa w'afi asɛɛ redɛ yareɛ no nsunsuansɔɔ adi, na afei nso ɔretwɛn COVID-19 nhwehwɛmu ho mmuaɛɛ a, fa wo ho sie wɔ fie kɔpɛm sɛ wo nsa beka mmuaɛɛ a ɛkyere sɛ wonni yareɛ mmoawa no bi. ƐMMA KWAN mma asuafoɔ no nkɔ sukuu berɛ a woretwɛn COVID-19 nhwehwɛmu ho mmuaɛɛ. Saa mmuaɛɛ yi bɛkyere anamɔn a ɛdi hɔ a wobɛtuo; sɛ wobekɔso de wo ho asie, (a wo fidua mu nnipa NYINAA beka ho) anaasɛ wo besan akɔ wo tebea dadaw no mu, berɛ a wode w'ani redi yadeɛ nsunsuansɔɔ a ɛbetumi apue akyi.
 - Abby Kelley Foster ntumi nyɛ asuafoɔ no nhwehwɛmu ɛwɔ Yɛ Nhwehwɛmu na Ka Ha nhyehyɛɛ no so sɛ w'ada no adi sɛ wɔnɛ obi a wanya COVID-19 anya nkitaho paa a ɛnyɛ sukuu mu ha.
- Asuafoɔ/adwumayɛfoɔ a w'awɔ wɔn asɔduro panɛɛ mua no nyinaa na ɔnda yareɛ nsunsuansɔɔ biara adi nka wɔn a w'ada no adi sɛ ɔnɛ obi a wanya COVID-19 anya nkitaho paa no ho.

Sɛ osuani/odwumayɛni bi yare berɛ a ɔwɔ sukuu mu a saa anammɔn yi a ɛdidi sɔɔ yi na yɛbɛtu

Sɛ osuani/odwumayɛni bi fi asɛɛ da yareɛ nsunsuansɔɔ a ɛwɔ soro hɔ yi bi adi mpofirim berɛ a ɔwɔ sukuu mu, na **ɔnni** COVID nhwehwɛmu dwumadie biara so wɔ sukuu mu ha a, wɔbɛfrɛ Ɔwofoɔ/Ɔhwɛfoɔ ama no **abɛfa no ntem paa ara**. Sɛ yɛnsa anka Ɔwofoɔ/Ɔhwɛfoɔ no a yɛbɛfrɛ Obi a Asem ba a yɛfrɛ no no.

*Awofoɔ/Ahwɛfoɔ: sɛ wo suani nya CoVID no bi a, **ƐTWA Sɛ** wɔbɛfa wɔn sima aduasa ntam firi berɛ a Sukuu Nɛsɛ bɛfrɛ wo. **Sɛ w'ammɛfa wo suani no sima aduasa ntam na/anaa y'anya obi a asem ba a yɛfrɛ no ne no ankasa na sukuu nɛsɛ no hu sɛ suani no apomuden no regye nsamu ntemtem a wɔde suani no bɛto Ambolanse mu de no akɔ UMass Memorial Ayaresabea (55 Lake Ave N., Worcester). Ɛka biara a ɛbɛfi ɛkwan a wɔbetwa ne ayarehwe no mu aba no beyɛ Awofoɔ/Ahwɛfoɔ no asɛdɛɛ.***

- Sɛ osuani/odwumayɛni bi **de ne ho ahyɛ** sukuu-mu COVID nhwehwɛmu dwumadie mu a, sukuu anɛɛsɛfoɔ betumi de antigen nhwehwɛmu a ɛma mmuaɛɛ ntem ayɛ nnipa a ɔyare no CoVID nhwehwɛmu.
- Sɛ osuani/odwumayɛni bi nhwehwɛmu kyere sɛ **wanya yareɛ no bi** a, ɛsɛ sɛ wɔfiri sukuu mu ntem paa ara na wɔdi akwankyerɛ no so nkɔsi anyɛ yie koraa nna nnum wɔ fie, na ɔsan mmra sukuu wɔ da a ɛtɔ so nsia sɛ

yaree nsunsuansoo no so ate na osuani/odwumayeni ade ne ho afiri efoee ho beye donhwere aduonu nnan a onnomee OTC aduro.

- Se osuani/odwumayeni bi antigen nhwehwemu a ema mmuaee ntem kyere se **onni yaree no bi** a, wobetumi ama saa nnipa no ako fie anaa obetumi ama no asan ako ne sukuudan mu a egyina senea ne yaree nsunsuansoo no ano den tee. Sukuu neese na obesi saa gyinee yi.
- Se wo pe se wode wo osuani/odwumayeni hye yen nhwehwemu dwumadie no mu a, [Yesre wo, ye saa wo ha.](#)

W'ada me suani adi se one obi a wanya COVID-19 anya nkitaho paa wo sukuu mu. Den na edi so?

- Se w'ada wo suani adi se one obi a wanya COVID-19 anya nkitaho paa wo sukuu mu na ode ne ho ahye sukuu-mu COVID nhwehwemu dwumadie YE NHWEHWEMU NA KA HA mu a, wo suani no betumi akoso atena sukuu mu na w'aye no nhwehwemu anopa biara nna nnum efiri da potee a one obi a wanya COVID-19 nyaa nkitaho paa no.
- Se woda suani bi adi se one obi a wanya COVID-19 anya nkitaho paa ara a obebɔ Awofoo/Ahwefoo amanee na wobema won akwanya ma wode won ho ahye sukuu-mu nhwehwemu dwumadie no mu se wonfaa won ho nhyee mu dadaw a.
- Se wo si gyinaee se WONFA wo ho nhye sukuu-mu nhwehwemu dwumadie no mu a, ese se wobefa won asuafoɔ sima aduasa ntam bere w'afre won wo fon so akyi na wontena fie nnamu nnum, na osan mmra sukuu wo da a eto so nsia a ode nhwehwemu ho mmuaee amane sukuu neese ansa wasan agye no aba sukuu mu bio.
- Se wo pe se wode wo osuani/odwumayeni hye yen nhwehwemu dwumadie mu a, [Yesre wo, ye saa wo ha.](#)

W'ada me suani adi se one obi a wanya COVID-19 anya nkitaho paa a enye sukuu mu. Den na edi so?

- Se wo suani no ne obi a wanya CoVID mmoawa no bi anya nkitaho paa a enye sukuu mu, na onka won a wayi won afiri nkitaho paa akwankyere nsem no ho a, **ETWA SE** wo suani no tena fie. **Wobema asuafoɔ no kwan ama w'aba sukuu da a eto so nsia efiri bere a one nnipa no nyaa nkitaho no akyi a, gye se adi ahwehwedee a edidi soo yi so:**
- Woye osuani no nhwehwemu wo **da a eto so nnum anaa nna a edi akyire** firi bere a one nnipa no nyaa nkitaho a etwa too akyi na ne nsa aka **PCR anaa COVID nhwehwemu a woye no wo fie** (ehia se nhwehwemu a woye no wo fie no wotwere asuafoɔ no din, da potee a oyii ne hwene/mene mu nsuo wo so, na afei wontwa mfonini) ho mmuaee a ekyere se **onni yaree mmoawa no bi** na omfa mmere sukuu neese no.
- Osuani no **nkoo so ne nnipa a owo yaree mmoawa no bi no nyaa nkitaho**
- Osuani no **ndaa COVID-19 yaree no nsunsuansoo biara adi.**
- Dabiara wofiri osuani no wo fie, hwe se oreda yaree nsunsuansoo no bi adi anaa kosi nna du firi mmere a ne ho daa ho maa mmoawa no.
 - Abby Kelley Foster ntumi nye asuafoɔ a w'ada won adi se one obi a wanya COVID-19 anya nkitaho paa a enye sukuu mu nhwehwemu ewo YE NHWEHWEMU NA KA HA dwumadie no mu.

Saa nhyehyeee yi betumi asesa esiane kamfokyerɛ ne akwankyere a ye gu so ara nya firi DESE, DPH and CDC ho no. Yebɛɔ mmɔden biara a yebetumi se yebema w'aso ate nsesaee biara a ebeba akyire yi ntem paa ara

Yeda wo ase wo wo nkabom, ntoboasee ne wo ahofama a wode reboa yen mmɔdemmo a yerebɔ se yebema bammo ne yieyo ako so atena yen sukuu mu no. Yebeko so aboa wo na yewo ho se yebeyi nsemmissa biara, nsem a ehaw wo ne/anaa nkyeremyeremu fann a worepe ano bere biara

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