

**“Flu” Bokono na grippe,**

**To mpe**

**Kobela na ntina na kolutisa  
komela masanga (ivresse)**

**To mpe**

**Bokono na Bongó (Meningitis)?**

**Batela moninga na yo malamau**

Ntango mosusu osili kozwa ntonga na mangwele na “MenC”, mangwele oyo epekisaka bokono na bongó (meningite), kasi banyama mike mpenza mosusu (bacteria) bazali, oyo epesaka bokono na bongó (meningite) mpe bokono na makila (septicemie). Bokono yango ezali kopanzana na nzela oyo misato: **kokesula**, **kokiswa** (likiso) mpe kokutana/kosimbana na nzoto lokola **kopépwa** (lipépwa). Soko bato bafandi mingi na ndako moko, to mpe bato mingi basalaka na esika moko, nde tokomona mpasi ya bongó (meningite) mwa mingi.

Ebongi ete bato yonso bayeba ete bokono na bongó mpe na makila (**meningite mpe septicemie**) **bakoki kobanda nokinoki mpenza. Moto akoki koweya na bokono oyo nokinoki**, ata na ndambo na ngonga (ba-heures).

Likambo monene ezali, ete bilembo na liboso na bokono oyo mibale ya mabe, bizali bilembo ya minene te, mpe bilembo yango ezali motindo moko na oyo moto akozwa soko abeli na bokono na flu (grippe), to mpe ameli masanga mingi. Ndakisa:

- **kosanza;**
- **koyoka njoto moto (fièvre/fevele);**
- **mpasi na mokongo, to mpe mpasi kati na minkwa;**
- **mpasi na motu;**
- **nkingo kotelema, mosuni na nkingo kokangama.**

Kasi keba, soko omoni ata moko na bilembo oyo na nzoto na yo, to mpe na nzoto na moninga:

- **kokima mwinda, kokima pole/moi) mingi;**
- **kokatana, kobulungana;**
- **mpanda, soko mwa mbuma mikemike na lopo, oyo elimwaka te ata ofini yango; to mpe**
- **moto akwei mpe kosénzwa makase.**

**Benga lisungi na monganga/opitalo nokinoki mpenza –  
lisalisi ya nokinoki ekoki kobikisa bato**

**Soko okozala na miso makasi mpo na kobatela baninga na yo, mpe obangi te ete otuna bango soko bazali koyoka nini na nzoto, ntango mosusu okoki kobikisa bomoi na bango.**

Okoki kotanga mokanda oyo na website na  
[www.wales.gov.uk/immunisation](http://www.wales.gov.uk/immunisation)

Okoki kotanga mokanda oyo na minoko mosusu na website na  
[www.cymru.gov.uk/imiwneiddio](http://www.cymru.gov.uk/imiwneiddio) na minoko (makota) oyo:

Arabe, Bengali, Bulgare, Chinois, Tcheque, Farsi, Francais,  
Gujarati, Hindu, Kurde (Sorani), English, Polonais, Portugais, Punjabi,  
Russe, Somali, Espanol, Swahili,  
Tagalog, Urdu, Vietnamien.