

	Tigrinya
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Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card. You can also report suspected side effects on the same website or by downloading the Yellow Card app. <a href="https://coronavirus-yellowcard.mhra.gov.uk">coronavirus-yellowcard.mhra.gov.uk</a>	ብዛዕባ እቲ ክታበት ተወሳኺ ሓበሬታ፣ ብዛዕባ ዘይድሊ ሳዕቤን' ውን ዘጠቓልል ንክትረኽቡ፣ ብኽብረትኩም ናብቲ ናይ ፍርያት ወረቐት ሓበሬታ፣ ኮሮናቫይረስ የሎ ካርድ ኢልኩም ብምድላይ ተወከሱ። ከምኡውን ከኣ ዘይድሊ ሳዕቤን ርዲዮ ኢልኩም እንተደኣ ጠርጢርኩም፣ ናብቲ መርበብ ሓበሬታ ብምኻይ ወይ ከኣ ነቲ የሎ ካርድ ኣፕ ብምውራድ ክተፍልጡና ትኽእሉ።  <a href="https://coronavirus-yellowcard.mhra.gov.uk">coronavirus-yellowcard.mhra.gov.uk</a>
People who are most at risk from the complications of COVID-19 are being offered the COVID-19 vaccination first.	ኮቪድ-19 ብከቢድ ከጥቅኣም ነቶም ዝኽእል ኣብ ዝለዓለ ሓደጋ ንዘለዉ ሰባት ናይ ኮቪድ-19 ክታበት መጀመርታ ክዋሃቦም ኢዩ።
The vaccine you are being offered is among the first to be approved as safe and effective by the Medicines and Healthcare products Regulatory Agency (MHRA).	እዚ ዝዋሃበኩም ክታበት ብናይ መድሃኒትን ናይ ሕክምና ፍርያት ምቁጽጽር ትካል (MHRA) ካብቶም ተቀባልነት ዝረኽቡ ናይ መጀርታ ክታበታት፣ ውሕስነት ዘለዎ ኢዩ።

<p>You have just received your first dose and now should plan to attend your next appointment. This leaflet is a guide to what to do now.</p>	<p>ህጂ ናይ መጀመርታ ኣቕን ወሲድኩም ኣለኹም፣ ስለዚ ብዛዕባ እቲ ቀጻላይ ቆጶራኹም መደብ ክተውጽኡ ኣለኩም።</p> <p>እዚ ናይ ሓበሬታ ወረቐት ብህጂ እንታይ ክትገብሩ ከምዝግብኡኩም ይረድእ።</p>
<p>In Northern Ireland, the types of COVID-19 vaccine to be used require two doses to provide the best protection. They have been shown to be safe and effective in clinical trials.</p>	<p>ኣብ ኖርዝሮን ኣየርላንድ፣ ናይ ኮቪድ-19 ክታበት ንነዊህ ግዜ ምክልኻል ከም ዘለዎ ንምርግጽ ክልተ ኣቕን ኢዩ ዘድሊ። እዚ ከኣ ብክሊኒካዊ ፈተነ ክግበር ኮሎ ውሕስነት ከም ዘለዎ ስለ ዝተረጋገጸ ኢዩ።</p>
<p>An independent group of experts has recommended that these vaccines are offered to those at highest risk of catching the infection and suffering serious complications if they do catch the infection.</p>	<p>ብርእሶም ዝማሓደሩ ጉጅለ ክኢላታት፣ እዚ ክታበት ቦቲ ረኽሲ እንተደኣ ሂደቶም ብከቢድ ከጥቅኡም ነቶም ዝኽእል ኣብ ዝለዓለ ሓደጋ ንዘለዉ፣ ብሰንኪ እቲ ሕማም ከቢድ ህልኽላኽ ከስእበሎም ንዝኽእሉ ክታበት ክዋሃቦም ከምዘለዎም ምዕዶ ሂቦም።</p>
<p>This includes older adults in care homes and frontline health and social care workers. When more vaccine becomes available, the vaccines will be offered to other people at risk as soon as possible.</p>	<p>እዚ ዘጠቓልል ኣብ መናበዪ ኣረጋውያን ዝነብሩ ኣረግቶትን ናይ ሕክምና ክኢላታትን ሶሻል ወርከራት ኢዩ። ዚያዳ ክታበት ኣብ ዝህልወሉ ግዜ ነቶም ካልኣት ኣብ ዝለዓለ ሓደጋ ንዘለዉ ኣብ ዝቀልጠፈ እዋን ክታበት ክዋሃቦም ኢዩ።</p>
<p>What are the side effects?</p>	<p>እቲ ዘየድሊ ሳዕቤን እንታይ ኢዩ?</p>
<p>Like all medicines, vaccines can cause side effects. Most of these are mild and short term, and not everyone gets them. Even if you do have symptoms after the first dose, you still need to have the second dose. Although you may get some protection from the first dose, having the second dose will give you the best protection against the virus.</p>	<p>ከም ኩሉ መድሃኒት፣ ዝኾነ ክታበት ዘየድሊ ሳዕቤን ከምጽእ ይኽእል። መብዛህቲኡ ግና ንግዚኡን ውሁድ ኢዩ፣ ኩሉ ሰብ ውን ኣይኮነን ዘጋጥሞ። ናይ መጀመርታ ኣቕን ምስ ወሲድኩም ምልክታት ዋላኳ እንተ ርዒኹም፣ እቲ ካልኣይ ኣቕን ናይ ግድን ክትወስዱ ይግባእ።</p> <p>ናይ መጀመርታ ኣቕን ምስ ወሲድኩም ምክልኻል ዋላኳ ዝህበኩም እንተኾነ፣ እቲ ካልኣይ ኣቕን ምስ ወሲድኩም ነቲ ቫይረስ ብዝበለጸ መገዲ ክከላኸለልኩም ይኽእል።</p>
<p>Very common side effects include:</p>	<p>ልሙድ ዝኾኑ ዘየድልዩ ሳዕቤናት ከምዚዓን ዝዕቡ፡</p>
<ul style="list-style-type: none"> <li>• having a painful, heavy feeling and tenderness in the arm where you had your injection. This tends to be worst around 1-2 days after the vaccine</li> </ul>	<ul style="list-style-type: none"> <li>• ቃንዛ ዘለዎ፣ ከቢድ ስምኢትን ክታበት ኣብ ዝተወጋእኹምሉ ምናትኩም ቃንዛ። እዚ ክታበት ምስ ወሲድኩም ከባቢ 1-2 መዓልቲታት ዝገደደ ክኸውን ይኽእል።</li> </ul>
<ul style="list-style-type: none"> <li>• feeling tired</li> </ul>	<ul style="list-style-type: none"> <li>• ናይ ድኻም ስምዒት</li> </ul>

<ul style="list-style-type: none"> <li>• headache</li> </ul>	<ul style="list-style-type: none"> <li>• ሕመም ርዕሲ</li> </ul>
<ul style="list-style-type: none"> <li>• general aches, or mild flu like symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• ሓፈሻዊ ቃንዛ፣ ወይ ዝተሃተ ከም ፍሉ ዓይነት ምልክታት</li> </ul>
<p>Although feeling feverish is not uncommon for two to three days, a high temperature is unusual and may indicate you have COVID-19 or another infection (see advice on page 5). An uncommon side effect is swelling of the glands. You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help make you feel better.</p>	<p>ንክልተ ወይ ሰለስተ መዓልቲታት ረስኒ ልሙድ ዋላኪ እንተኾነ፣ ከቢድ ረስኒ ልሙድ ኣይኮነን፣ ምናልባሽ ኮቪድ-19 ወይ ከኣ ካልእ ረሽሲ ከም ዘለኩም ምልክት ክኸውን ይኽእል (ኣብ ገጽ 5 ናብቲ ዘሎ ምዕዶ ተወከሱ)። ዘይልሙድ ዝኾነ ሳዕቤን ህበጥ ናይ ጽኪ ክኸውን ይኽእል። ንክትሓውዩ ክሕግዘኩም ምእንታን ዕረፍቲ ክትገብሩን ግቡእ ዝኾነ ኣቕን ናይ ፓራሲታሞል ክትወስዱ ትኽእሉ (በቲ ፓኮ ዘሎ ምዕዶ መሰረት)።</p>
<p>These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111. If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination record card) so that they can assess you properly. You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme.</p>	<p>ድህረ ክታበት ዝመጽኡ ምልክታት መብዛህትኡ ግዜ ትሕቲ ሰሙን ኢዩ ዝጸንህ። ምልክታት እንድህረ ገዲዱኩም ወይ ከኣ እንድህረ ተሻቂልኩም ናብ NHS (ሃገራዊ ኣገልግሎት ጥዕና) ብ 111 ደውሉ። ካብ ዶክተር ወይ ነርስ ምዕዶ እንድህረ ሓቲትኩም፣ ብዛዕባ ክታበትኩም ክትነግሩዎም ኣለኩም፣ ብግቡእ መርመራ ንክገብሩልኩም (እንድህረ ክኢልኩም ናይ ክታበትኩም መዝገብ ካርድ ኣርእዩዎም)። ከምኡውን ከኣ ብሰንኪ ክታበትን መድሃኒት ዘይድለ ሳዕቤን ርዒዖ ኢልኩም እንተደኣ ጠርጢርኩም፣ በቲ ዮሎ ካርድ መስርሕ መሰረት ክተፍልጡና ትኽእሉ።</p>
<p>You can do this online by searching Coronavirus Yellow Card or by downloading the Yellow Card app.</p>	<p>ናብቲ መርበብ ሓበሬታ ብምኽድ ኮሮናቫይረስ ዮሎ ካርድ ኢልኩም ብምንዳይ ወይ ከኣ ነቲ ዮሎ ካርድ ኣፕ ብምውራድ።</p>
<p>Can I catch COVID-19 from the vaccine?</p>	<p>ኮቪድ-19 ካብቲ ክታበት ክህዘኒ ይኽእል' ዶ?</p>
<p>You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you have the symptoms until after your vaccination appointment.</p>	<p>ካብ ክታበት፣ ኮቪድ-19 ክህዘኩም ኣይኽእልን ግና ምናልባሽ ኮቪድ-19 ከይተረዳኣኩም ሂዞኩም ጸኒሁ ነቲ ምልክታት ግና ድህረ እቲ ናይ ክታበት ቆጸራ ክረዓዮኩም ይኽእል።</p>
<p>The most important symptoms of COVID-19 are recent onset of any of the following:</p>	<p>መጀመርታ ክጅምር ኮሎ ኣገዳሲ ዝኾኑ ናይ ኮቪድ-19 ምልክታት ኣብ ቀረባ እዋን ካብ እዚ ዓይነታት፡</p>
<ul style="list-style-type: none"> <li>• a new continuous cough</li> </ul>	<ul style="list-style-type: none"> <li>• ሓድሽ ዝኾነ ዘየቋርጽ ሰኣል</li> </ul>

<ul style="list-style-type: none"> <li>a high temperature</li> </ul>	<ul style="list-style-type: none"> <li>ከቢድ ረስኒ</li> </ul>
<ul style="list-style-type: none"> <li>a loss of, or change in, your normal sense of taste or smell.</li> </ul>	<ul style="list-style-type: none"> <li>ናይ መቐረት ወይ ከአ ጩና ምጥፋእ</li> </ul>
Although a mild fever can occur within a day or two of vaccination, if you have any other COVID symptoms or your fever lasts longer, stay at home and arrange to have a test.	ነዚ ክታበት ምስ ወሰድኩም ድህረ ሓደ ወይ ክልተ መዓልታት ውሁድ ምልክታት ክረዓየኩም ይኸእል፤ ዝኾነ ካልእ ናይ ኮቪድ ምልክታት እንተደኣ ርዒኹም ወይ እቲ ረስኒ ነዊህ እንተ ወሲዱ ኣብ ገዛ ጽንሁ፤ መርመራ ንክትገብሩ ውን ቆጸራ ሃቱ።
If you need more information on symptoms visit <a href="http://www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice">www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice</a>	ብዛዕባ ምልክታት ንተወሳኺ ሓበሬታ ናብዚ ዝስዕብ ተወከሱ <a href="http://www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice">www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice</a>
Can I go back to normal activities after having my vaccine?	ክታበት ድህረ ምውሳደይ ናብ ወትሩ ንጥፈታተይ ክምለስ ይኸእል' ዶ?
Yes, you should be able to resume activities that are normal for you as long as you feel well. If your arm is particularly sore, you may find heavy lifting difficult. If you feel unwell or very tired you should rest and avoid operating machinery or driving.	እወ፤ ደሃን እንተደ ኹይንኩም ናብ ወትሩ ንጥፈታትኩም ክትምለሱ ትኸእሉ። ኣብ ምናትኩም እንድህረ ቃንዛ ኣለኩም፤ ኣቅሑ ንክተልእሉ ከቢድ ክኸውን ይኸእል። እንድህረ ሒሙኩም ወይ ከኣ ብጣእሚ እንድህረ ደኺምኩም ዕረፍቲ ግበሩ ከምኡ ውን ከኣ ዝኾነ ማሸን ክትቆጸጸሩ ወይ ማኪና ክትዝውሩ የብልኩምን።
What do I do next?	ድህረኡ እንታይ ክገብር ኣለኒ?
Plan to attend your second appointment. You should have a record card with your next appointment written on it, for a date between 3 and 12 weeks after the first. It is important to have both doses of the same vaccine to give you the best protection.	ነቲ ካልኣይ ቆጸራ ንክትገብሩ መደብ ክትገብሩ ኣለኩም። እቲ ካልኣይ ቆጸራኹም ካብቲ ናይ መጀመርታ ቆጸራኹም ኣብ ሞንጎ 3 ክሳብ 12 ሰሙናት ዘሎ ከምዝግበር ዝተመዝገበሉ ካርድ ክዋሃበኩም ኢዩ። ምክልኻል ከም ዘለዎ ንምርግጋጽ ናይዚ ክታበት ክልቲኡ ኣቕን ንክትወስዱ ኣገዳሲ ኢዩ።
Keep your card safe and make sure you keep your next appointment to get your second dose.	ነቲ ካርድኹም ኣብ ጽቡቕ ኣቕምጡዎ፤ ነቲ ካልኣይ ኣቕን ንክትወስዱ ውን ብቆጸራኹም ክትከዱ ኣለኩም።
What should I do if I am not well when it is my next appointment?	እቲ ካልኣይ ቆጸራ ክበጽህ ኮሎ እንተደኣ ሓሚመ' ኹ?
If you are unwell, it is better to wait until you have recovered to have your	እንድህረ ሒሙኩም፤ ክሳብ ትሓውዩ ክትጽበዩ

vaccine, but you should try to have it as soon as possible. You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or unsure if you are fit and well.	አለኩም፣ ግና ብዝተኸአለ መጠን ቀልጢፍኩም ክትወስዱዎ ይግባኝ። ተወሺብኩም እንድህሪ ኮይንኩም፣ ናይ ኮቪድ-19 መርመራ ንክትገብሩ ትጽባቢ እንድህሪ አለኹም ወይ ከኣ ሒሙኩም እንተደኣ ኮይኑ ናብ ክታበት ቆጶራኹም ክትከዱ ኣይግባኝን።
Will the vaccine protect me?	እቲ ክታበት ክከላኸለለይ ይኽእል' ዶ?
The COVID-19 vaccine that you have had has been shown to reduce the chance of you suffering from COVID-19 disease. Each vaccine has been tested in more than 20,000 people in several different countries and shown to be safe.	ናይ ኮቪድ-19 ክታበት፣ ኮቪድ-19 ንክይህዘኩም ዘሎ ተኸእሎታት ይቅንሶ ከምዝኾነ ተረጋጊጹ ኢዩ። እዚ ክታበት ዝሰርሕ ከም ዝኾነን፣ ውሕስነት ከም ዘየለዎ ኣብ ዝተፈላለዩ ሃገራት ኣብ ልዕሊ 20,000 ሰባት ዝተገብረ መጽናዕቲ ኣረጋጊጹ ኢዩ።
It may take a week or two for your body to build up protection from the first dose of vaccine. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid infection. Some people may still get COVID-19 despite having a vaccination, but this should be less severe.	ናይቲ ክታበት ናይ መጀመርታ ኣቕን ምስ ወሰድኩም ነብስኹም ምክልኻል ክሳብ ዝኽእል ሓደ ወይ ክልተ ሰሙን ክወስድ ይኽእል። ከም ኩሉ መድሃኒት፣ ምሉእ ብምሉእ ዝሰርሕ ክታበት የለን ስለዚ እቲ ቫይረስ ንክይህዘኩም ነቲ ዝዋሃበኩም ጥንቃቄ ውሰዱ። ሓደ ሓደ ሰብ ዋላኳ ክታበት እንተወሰደ ኮቪድ-19 ክህዞ ይኽእል፣ ግና ብዙህ ከቢድ ኣይክኸውንን።
Can I give COVID-19 to anyone, now I have had the vaccine?	ክታበት ምስወሰድኩ፣ ኮቪድ-19 ናብ ካልኣት ከላግብ ይኽእል ዲዩ?
The vaccine cannot give you COVID-19 infection, and a full course will reduce your chance of becoming seriously ill. We do not yet know whether it will stop you from catching and passing on the virus, but we do expect it to reduce this risk. So, it is still important to follow the guidance in your local area to protect those around you.	እቲ ክታበት ረኽሲ ናይ ኮቪድ-19 ኣየምጽኣልኩምን፣ ክልተ ኣቕን ምስ ወሰድኩም ከኣ ብከቢድ ንክይትሓሙ ይከላኸለልኩም። እቲ ቫይረስ ንክይህዘኩም ወይ ከኣ ናብ ካልኣት ንክይተላግቡ ይከላኸል ምዃኑን ዘይምዃኑን ገና ኣይፈለጥናን። ስለዚ ኣብ ከባቢኹም ናይቶም ዘለዉ ውህስነት ንምርግጋጽ ቦቲ ኣብ ከባቢኹም ዘሎ መምርሒ መሰረት ክትእዘኡ ኣገዳሲ ኢዩ።
To protect yourself and your family, friends and colleagues, you still need to	ውህስነት ገዛእ ርእሰኹምን ስድራኹም፣ የእሩኸትኹምን መሳርሕትኹም ንምርግጋጽ ነዚን ዝስዕቡ ክትገብሩ ይግባኝ፡
• practise social distancing	• ካብ ካልኣት ርሕቀት ይሃልውኩም
• wear a face covering	• ገጽ መሸፈን ግበሩ
• wash your hands carefully and frequently	• ኢድኩም ጽቡቕ ገይርኩም ብተደጋጋሚ ተሓጸቡ

<ul style="list-style-type: none"> <li>• follow the current guidance at <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></li> </ul>	<ul style="list-style-type: none"> <li>• እዋናዊ ብዝኾነ መምረሒ መሰረት ተአዘዙ <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></li> </ul>
Remember	አይትዘንግኡ
COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.	ኮቪድ-19 ዝመሃላለፍ ካብ ኣፍ ወይ ኣፍንጫ ምስ ትንፋስ ብዝወጽኡ ነጡብታታት ኢዩ፣ ብፍላይ ከኣ ክንዛረብ ኮለና ወይ ከኣ ምስ ሰኣል። ከምኡውን ከኣ ዝተበከለ ኣቕሑ ድህሪ ምትንካፍ ኣይንኻ፣ ኣፍንጫ ወይ ኣፍካ ብምትንክካፍ ክመሃላለፍ ይኽእል።
Vaccination, helping to protect those most vulnerable.	ክታበት፣ ነቶም ኣብ ዝለዓለ ሓደጋ ንዘለዉ ምክልኻል።
If you need more information on the COVID-19 vaccination please visit: <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>	ብዛዕባ ኮቪድ-19 ክታበት ተወሳኺ ሓበሬታ እንተደኣ ደሊኹም ናብዚ ዝስዕብ ተወከሱ፡ <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>