

	Tigrinya
COVID-19 AstraZeneca vaccine and extremely rare blood clots	ክታቦት ኮቪድ-19 አስተረዝነ ካ ከምጽውና እንደ ዘይበር ምጋእ ይፃፅ
Information about your vaccination	ሓገሬታ-ብዕባ ክታቦትኩም
The UK vaccination programme has been very successful with more than 34 million people vaccinated and more than 10,000 lives already saved. The rapid rollout has meant that we have been able to protect more people and we are starting to lift the restrictions on our population. This leaflet is designed to help you make an informed decision about vaccination.	ናይዓባይ-ቢጥያ መብታቶት-ብመኖሪያኡ ክልጉ ዲጎሊኤል ዕለለ34 ሚየን ሰባት ተኸታታሪ ሓገት ህይወት ዕለለ10,000 ሰባት ይቆን ኣሉ። እቲ ቅልብፍ ምጻጥ ምብርና፡ ንብዙሓት ሰባት ክንከለኹሎም ምክክልና ነገሩ ኣብዕለ-ብዙሒ ህዝብ ዘሎ ቀይዲታት ከኣ ዕለለተምባይ ምጻጥን ዘመልከት እዩ። እዚ ወረቐት እዚ ብዕባ ክታቦት ኣብፍልጠት እተመዘገበ ወጻኢ ንክክውንት ንክክታብኩም ብኣላ እያ ተዓልዮ።
What is the concern?	እቲ ዘተሳሰብኩን ገር እንታይ እዩ፡
Recently there have been reports of an extremely rare but serious condition involving blood clots and unusual bleeding after AstraZeneca (AZ) vaccination. Some people with this condition have suffered life changing effects and some have died. These cases are being carefully reviewed but the risk factors for this condition are not yet clear.	ኣብዚ ቀረብ ጊዜ ምሁራን ኣስተረዝነ ካ (AZ) ክታቦት ይኣረ ምልዕዮ፡ እተረእየ ምጋእ ይፃፅ ዘይተለፀፀ መደማትን ኣገደ ዘይበር ተርእዮ ከምዃኹን ጽገባት ይከብሩ። ገለሓምባዊ ዓይነት ክታቦት ዘለዎም ሰባት ኣብ ህይወታቶም ብኣብዕባ ተሳቑ ምጻጥም ገለሓም ከኣ ሞት ምጻጥም እዘምዱዮት እዚ ኣብ ምጻጥኡ ሓቕ እኳ እንተ ተገም ሙብቂ ናይዚ ክነት ግን ገና ኣይተነገረን ዘሎ።
Although this condition remains extremely rare, there is a higher risk in people after the first dose of the AZ vaccine. To date and overall, just over 10 people develop this condition for every million doses of AZ vaccine given. This is seen more often in younger people and tends to occur more than 4 days and within 28 days (4 weeks) following vaccination.	እዚ ክነት እዚ ሽብርካ እንደ ሰባት ዘጋጥሙ ንተኹን፡ ይኣረ ናይ AZ ቀዳሚ ዶዝ ክታቦት ግን ኣብ ሰባት ገለጻላ ተደጋ ኣሎ። እዚ ክነት እዚ፡ ክሰባት ዕለለ10 ሰባት ጥሬይ ኣብ ናህርባ ምጻጥ ዶዝ ናይ AZ ክታቦት ኣመባለ ምጻጥ ኣለው። እዚ መዛከራት ጊዜ ኣብ ንኣሽቱ ሰባት ገረኣ ከይቲ ዕለለ4 መልቲ ኣብ መብገገገ 28 መልታት (4 ሳምንት) ይመዝታቦት ይኣረ ምጻጥ ብዘጋጥሙ ክከኣት እዩ።
Similar conditions can also occur naturally, and clotting problems are a common complication of COVID-19 infection. An increased risk has not yet been seen after other COVID-19 vaccines in the UK.	ተመልሰልቲ ቅደምታን ታት ብዘፈጥሩ እውን ከጋጥሙ ችግር እዩ፡ ጸገማት ምጋእ ይፃፀሙልዎት ሕልኻላት ረኽቢኩኹ፡ እያም ኣብዓባይ-ቢጥያ፡ ይኣረ ካልኣት ናይ ኮቪድ-19 ክታቦት እቲ ዕለል ተደጋ ገና ኣይተረእየን ዘሎ።
Which vaccine will I be offered?	ኣየናይ ክታቦት እየ ክወግዝ
Until recently we have relied upon all our vaccines being offered without preference to the whole population. The Joint Committee on Vaccination and Immunisation (JCVI) has considered the balance of risks and benefits and has now made the following recommendations (see further detail over the page).	ክሰባ እዚ ቀረብ እየን፡ ንኹሉ እቲ ብዘወገኹ ይኹን ቅደምታን ትክብርብና ክታቦት ኣብ ምጻጥ ከየ እተና ኣና
Older adults (including health and social care workers aged 40 years or older), care home residents, and adults of any age with certain medical conditions are at high risk of the complications of COVID-19. The Medicines and Healthcare products Regulatory Agency (MHRA)	ንህዝቢ ኣቑራጥ። ሓገሬታ ኮሞኒ ክታቦትን ተጻፎን ትን (JCVI)፡ መዝን ተደጋ ታትን ሓቕ ምጻጥን ኣብ ምጻጥ ብምልታው ሕጂ እዘምከሰቡ ምጻጥን ታኣቕሪት ኣሉ (ኣብተወገኺ ጽሑፍ ሓገሬታ ኣላይ)።
40 years or older or with underlying medical conditions	40 ዓመት ወይ ከቡ ንሓላ ወይ ወይ ሕጻናት ክህምሩኩም
Older adults (including health and social care workers aged 40 years or older), care home residents, and adults of any age with certain medical conditions are at high risk of the complications of COVID-19. The Medicines and Healthcare products Regulatory Agency (MHRA)	ብዕደምባይና ዓባይቲ (እንተላይ ናይ ሕጻናትን ምክበራዊ ክንክን ሰሪትተኛታን ዕደምባይ 40 ዓመት ወይ ከቡ ንሓላ ዓመት ከበሩ)፡ ኣብ መባይ ገዛ ነበርቲ ከምጽውና ኣብተኹን ዕደም ገርከቡ ገለ ናይ ሕክም ክነ ታት ዘለዎም ባይቲ ሰባት ንሕልኻላት ኮቪድ-19 ኣብተደጋ ይኣትዉ፡ ትኩል ምጽጻር መድኃኒትን ፍርዖት ክንክን ሕጻናት (MHRA) ከምጽውና ናይ JCVI ገና ኣብ ምጻጥ ኣለው።

and the JCVI advises that you should still receive any of the available COVID-19 vaccines. ² The benefits of vaccination in protecting you against the serious consequences of COVID-19 outweigh any risk of this extremely rare condition.	ከታባታት ከቪድ19 ክትረኽኩክግዘላላከምጽዓኡ፡፡2 ካብከቢድ ሳዕቤን ናይኮቪድ19 ክትከላኸሉእትኽእል ረገዝታት እቲ ክታባት ካብቲ ኣገዢ ሳሕቲ ዘጋጥምዎኑ ታት ዝዘድድሩ፡፡
If you are a healthy person aged 30 to 39	ከቢ30 ከኣቢ39 ዓጥብሲዊ ጥዕይታ ሰባን ትኽክል
In the current situation, the JCVI has advised that it is preferable for people in this age group to have a vaccine other than AZ where possible. You are more at risk of the serious consequences of COVID-19 and will have the most benefit from being vaccinated if you are older, male, from certain minority ethnic backgrounds, in some occupations, or are obese. It is important that you have the vaccination as soon as possible to protect you and to reduce the chance of passing on the virus. If the situation changes and you are offered the AZ vaccination you may go ahead after you have considered all the risks and benefits. Please carefully consider the risk of COVID-19 to both you and your family and friends before making your decision. Please see the table on the next page.	ኣብዚ ሕጂ ዘላቡኑ ታት ኣብዚ ክሊዕድማርከቡሰባት AZ ዘይኮነ፡ ካልኣት ክታባት ክወስዱ ተማዲ ምቹ፡፡ JCVI ምኽሪ ይህብ፡ ኮቪድ19 ንዘስዕቦ ከቢድ ሳዕቤን ዝዋዳ ኣብቲ ተደጋ ስለእትኣትው ዕድሜኡ ወዲ ተባዕታይ ካብገለ ወገኡን ዓለቲ ኣብገለ ናይ ስራሕ ቦታታት ወይ ከሰዕ (ለዕል ማዚን) እንተኸይንካ፡ ክታባት ካብግጽልድ ዝበለጸ ጥቕም ይህልወኩ፡፡ እቲ ክታባት ኣብ ዝተደረገ ግዜ ጥግጽልድ ክትከላኸሉ ነ ቲ ቪድ19 ናይ ምክላፍ ዕድል ከተኣድልን ኣገዳሲ እዩ፡፡ እቲ ከኑ ታት እንድትር ተቐይሩ እምሃይ AZ ክታባት እንድትር ኣቕሪባዎልኩም ኣብ ተደጋ ታትን ጥቕምታትን ድሕሪ ምድግግኩም ክትወስድዎትኽኣሉ ኣኸም ቅድመወሳኒ ምግባር ከምዓዓኸም ንስድራክን ገራትታትኩም ተደጋ ኮቪድ19 ብጥንቃቄ ግድግድዎ፡ ብኸብረትኩም ኣብ ክብርኩም ገጽ ዘላብደቓርኩም፡፡
If you are a healthy younger person aged 18 to 29	ከቢ18 ከኣቢ29 ዓጥብሲዊ ጥዕይታ ሰባን ትኽክል
Currently JCVI has advised that it is preferable for people under 30 to have a vaccine other than AZ because the risk from COVID-19 infections is so low. If you are offered the AZ vaccination you may wish to go ahead after you have considered all the risks and benefits for you.	ኣብዚ እዋን ዘህ፡ ጥግጽን ደታ ካብ ኮቪድ19 ናይ ምክላፍ ተኽእልኡ ኣገዢ ትሕት ስለዝኾነ፡ ካብ30 ንታትቲ ንዝኾኑ ሰባት ካብ AZ ወዲ ክታባት ግጽልድ ተማዲ ምቹ፡፡ JCVI ምኽሪ ሂቡ ኣሎ ናይ AZ ክታባት እንድትር ተቐሪብኩም ከኣቲ ንዓኸም ከስዕቦ ተደጋ ታትን ጥቕምታትን ምስ ግድግድኩም ክትወስድዎትኽኣሉ ኣኸም
What about the second dose?	እቲ ካልኣይዳዝቲ
Everybody who has already had a first dose of AZ vaccine without suffering this rare side effect should complete the course. It is expected that the first dose of the vaccine will have given you some protection, particularly against severe disease. Having the second dose will give you higher and longer lasting protection and tends to cause less of the common side effects (including short lived headache).	እዚ ዘይንበር ዝኾኑ ሳዕቤን ከዋጋብኩም ድሮ ቀዳሚ ዶዝ ክታባት AZ ዝወስዱ ከለኩም ነ ቲ ክታባት ክዘከም ኣለማዎ እቲ ናይ ሞቕደዎ ዶዝ ናይቲ ክታባት ብጽላይ ንከቢድ ሕምምታት ልክል ገለ ወንክን ትክክብክ እዩ ተባሂሉ ትጽባቲ ይግበር፡፡ እቲ ካልኣይዳዝ ዝከዓለን ዝከወን ሞላኸኡ ክከክብ እዩ፡፡ ከምኡ ወዓ ካብቲ ልዑቅ ጎዳናዊ ሳዕቤንታት ዝውደ ጥቅቂ (ንኣደር እዋን ዝኣንጉላ ደክሩ ርእሲ) ከስዕብዎትኩም፡፡
1. This includes unpaid carers and family members of those who are immunosuppressed	1. እዚ ከኣ ዘይተኸፍሉ ኣለይቲን ኣባላት ስድራቤትን ናይ ምክላፍ ናይ ምክላፍ ዘለዎም ምክላፍ ምክላፍ ኣለዎም
2. If you have certain rare blood clotting disorders then you should discuss whether you can have the AZ vaccine with your specialist	2. ዘይንበር ናይ ደም ግድግዳ ሕምምታት እንድትር ኣጋጥሞም ምስ ክኣሉ ሓምምታት ምክላፍ ናይ AZ ክታባት ክትወስድዎ ዘለኩም ዘይገልጽኩም ተማዲ ምቹ፡፡
COVID-19 AstraZeneca vaccine and extremely rare blood clots	ኮቪድ19 ክታባት ኣስትራዘኒካ ከኑ ኣገዢ ዘይንበር ምድጋ እዩ

Information about your vaccination	ሳቢታ-በዕባ ካብኸኩም
What are the potential risks and benefits of the AZ vaccine compared to the risks associated with COVID-19 for my age group?	ናይ AZ ክታበት ሓደገኛን ጠቓምን ተሸላሎታት ምስ ሓደገኛ ሳዕቢናቱ ብምንጽጻር እንታይ እዮም ምስ ኮቪድ-19 ኣብ ናይ ዕድመይ ጉጅለ፤
Over 50 years of age or with underlying medical conditions	ልዕሊ50 ዓመት ዝዕድሞም ወይ ወሽጣዊ ሕክምናዊ ከነ ታት ዘለዎም
40 to 49 years of age	40 ክሳብ 49 ዓመት ዝዕድሞም
30 to 39 years of age	30 ክሳብ 39 ዓመት ዝዕድሞም
18 to 29 years of age	18 ክሳብ 29 ዓመት ዝዕድሞም
Age	ዕድሙ
Risk from COVID-19	ሓደጋ ካብኮቪድ-19
Risk of vaccination	ሓደጋ ክታበት
Benefit of vaccination	ጥቅምቲታበት
Low	ትኩሽ
• chance of catching and spreading infection	• ረኽቢ ናይ ምዳኩን ናይ ምድራጋሕዕደል
Very high	ብጠቓሚ ዓመል
• hospitalisation	• ሕክምና
• intensive care admission	• ጸዕቕ ሕክምናዊ ክንክን ምዳሕ
• death	• ሞት
Moderate	ማእከላይ
• Long COVID	• ነ ዊት ኮቪድ
High	ዓመል
• chance of catching and spreading infection	• ረኽቢ ናይ ምዳኩን ናይ ምድራጋሕዕደል
Moderate	ማእከላይ
• hospitalisation	• ሕክምና
• intensive care admission	• ጸዕቕ ሕክምናዊ ክንክን ምዳሕ
• death	• ሞት
• Long COVID	• ነ ዊት ኮቪድ
High	ዓመል
• chance of catching and spreading infection	• ረኽቢ ናይ ምዳኩን ናይ ምድራጋሕዕደል
Low	ትኩሽ
• hospitalisation	• ሕክምና
• intensive care admission	• ጸዕቕ ሕክምናዊ ክንክን ምዳሕ
• death	• ሞት
Moderate	ማእከላይ
• Long COVID	• ነ ዊት ኮቪድ
Very high	ብጠቓሚ ዓመል
• chance of catching and spreading infection	• ረኽቢ ናይ ምዳኩን ናይ ምድራጋሕዕደል
Very low	ብጠቓሚ ትኩሽ
• hospitalisation	• ሕክምና
• intensive care admission	• ጸዕቕ ሕክምናዊ ክንክን ምዳሕ
• death	• ሞት
Moderate	ማእከላይ
• Long COVID	• ነ ዊት ኮቪድ
After 1st dose, more than 80% reduction in:	ይኸረ 1ይ ዶዛ ልዕሊ 80% ምዳል ኣብ
• deaths	• ሞት
• hospitalisation	• ሕክምና
• intensive care	• ጸዕቕ ሕክምናዊ ክንክን
After 2nd dose, more than 95% reduction in:	ይኸረ 2ይ ዶዛ ልዕሊ 95% ምዳል ኣብ

• deaths	• ሞት
After 1st dose, between 60% and 70% reduction in:	ይከረ 1ይዳዝ አብጥዓጎ 60%ን 70%ን ምዃል ኣብ
• catching and passing on infection	• ረኽቢ ምዃዝን ምልፍን
After 2nd dose, more than 85% reduction in:	ይከረ 2ይዳዝ ልዕሊ 85% ምዃል ኣብ
• catching and passing on infection	• ረኽቢ ምዃዝን ምልፍን
Uncommon	ዘይልማድ
• sore arm	• ገዢሰለ ቅልጽም
• feeling tired	• ናይ ደኻምነት ምዃት
• headache	• headache
• general aches	• ሓፈሻዊ ቃንዛታት
• flu like symptoms	• ምልክታት ከምናይ ሰዓል
Extremely rare	ኣገዢ ዘይንበር
• clotting problems (around 1 in 100,000 first doses)	• ጸገ ሞት ምዃል ደም ከበቢ 1 ኣብ 100,000 ቀዳማዊ ዳዝ)
Common	ልማድ
• sore arm	• ገዢሰለ ቅልጽም
• feeling tired	• ናይ ደኻምነት ምዃት
• headache	• ቃንዛ ርእሲ
• general aches	• ሓፈሻዊ ቃንዛታት
• flu like symptoms	• ምልክታት ከምናይ ሰዓል
Extremely rare	ኣገዢ ዘይንበር
• clotting problems (around 1 in 100,000 first doses)	• ጸገ ሞት ምዃል ደም ከበቢ 1 ኣብ 100,000 ቀዳማዊ ዳዝ)
Common	ልማድ
• sore arm	• ገዢሰለ ቅልጽም
• feeling tired	• ናይ ደኻምነት ምዃት
• headache	• ቃንዛ ርእሲ
• general aches	• ሓፈሻዊ ቃንዛታት
• flu like symptoms	• ምልክታት ከምናይ ሰዓል
Extremely rare	ኣገዢ ዘይንበር
• clotting problems (around 1 in 50,000 first doses)	• ጸገ ሞት ምዃል ደም ከበቢ 1 ኣብ 50,000 ቀዳማዊ ዳዝ)
Very common	ብጠቓሚ ልማድ
• sore arm	• ገዢሰለ ቅልጽም
• feeling tired	• ናይ ደኻምነት ምዃት
• headache	• ቃንዛ ርእሲ
• general aches	• ሓፈሻዊ ቃንዛታት
• flu like symptoms	• ምልክታት ከምናይ ሰዓል
Extremely rare	ኣገዢ ዘይንበር
• clotting problems (around 1 in 50,000 first doses)	• ጸገ ሞት ምዃል ደም ከበቢ 1 ኣብ 50,000 ቀዳማዊ ዳዝ)
What should I look out for after vaccination?	ይከረ ክብኩት እንታይ እዮ ከጥቀሻዎ ዘይልዮኒ፡
Although serious side effects are very rare, if you experience any of the following more than 4 days and within 28 days (4 weeks) after vaccination you should seek medical advice urgently from your GP or Emergency Department.	ዋላ ንከበድቲ ጎደናዊ ሰዕባባታት ሳታቲ እንተኹ፡ ገዢ ካብ ምዃ ገዝዕቡ ካብ ልዕሊ 4 ምልታትን ኣብ ልዕሊ 28 ምልታት (4 ሰንዓቲ) ድረ ክብኩት ምል ዘጋጥሙ ምዃ ካብ ክፍሊ ሓፈሻዊ ሕክምና ወይ ክፍሊ ህጹድ ክንክን ጥዕና ብህጹድ ምዃ ክትሓተቱ ይግባእ፡፡
• a new, severe headache which is not	• ሓፈሻን ከበድን ቃንዛ ርእሲ ብልማድናይ ቃንዛ ፈጠላ

helped by usual painkillers or is getting worse	ዘይሕገዝወይ እናገደደ ከኸይድኩሎ
<ul style="list-style-type: none"> a headache which seems worse when lying down or bending over or 	<ul style="list-style-type: none"> በጥንቅብሎክላሽም ኸትድኑን ዝገደደ ዘይልማድቃዝ ርእሲወይ
<ul style="list-style-type: none"> an unusual headache that may be accompanied by: 	<ul style="list-style-type: none"> ዘይልማድቃዝ ርእሲበዘምክዕቡዝሰሰን ዮ፡
<ul style="list-style-type: none"> – blurred vision, nausea and vomiting 	<ul style="list-style-type: none"> – ዘይጸር ምኡይ ዕግሮግ ምልን ተምሰን
<ul style="list-style-type: none"> – difficulty with your speech 	<ul style="list-style-type: none"> – ሽግር ኣብኣዘረባ
<ul style="list-style-type: none"> – weakness, drowsiness or seizures 	<ul style="list-style-type: none"> – ደኻሞት ትኸታወይምፍርፋር
<ul style="list-style-type: none"> new, unexplained pinprick bruising or bleeding 	<ul style="list-style-type: none"> ሓሽ ዘይተገልጸ ናይ መዓኣት ሕብጥወይ መዓወይ
<ul style="list-style-type: none"> shortness of breath, chest pain, leg swelling 	<ul style="list-style-type: none"> ሕጻረት ምስትገፋሎ፡ ቃዝ ኣፍልቤ፡ ሕብጥእግሪ
<ul style="list-style-type: none"> persistent abdominal pain 	<ul style="list-style-type: none"> ዘየቋርጽ ቃዝ ኩባዪ
Vaccination, helping to protect those most vulnerable.	ክታብት ነ ቶምኣዝዮምኣ ቀፍቲ ንምልኽል ይሕገዝ፡
Further information can be found at the following link: www.nidirect.gov.uk/covid-vaccine	ተወሕሺብፊታብዚ ዝከዕብመግባ ክርከብይኣል፡ www.nidirect.gov.uk/covid-vaccine
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Tel: 0300 555 0114 (local area)	ቴሌ፡ 0300 555 0114 (ሃገራዊ መዳኻ)
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