

[illegible]

offered to those at highest risk of catching the infection and of suffering serious complications if they catch the infection.	እንተተጠምደዎብደው ሕልክላችሁ ከጋላማ ማከምዘኝል ሐሳብ አቅረቡኑ ይሩ።
This included older adults, frontline health and social care workers, care home residents and staff, and those with certain clinical conditions.	እዚ ደማንዓቢይቲ አረጋውያን፡ ንሰራተኛታት ሓላዋ ጥፅናን ንሞገብራዊ ክንክን ጥፅናን፡ ንኣባላትና ይግለላይባትን ንሰራተኛታትን ከግጹሙ እተወሰነ ክሊኒካዊ ክኣታት ንዘለማዎ ዘበቓልል እዩ።
Am I at risk from COVID-19 infection?	ንዘዓዓ ከቪድ-19 ኣብሓደጋ ደዋ ዘለኹ
Coronavirus can affect anyone. If you are an older adult and have a long-term health condition, you should have already been offered the vaccine.	ከርናቪድስ ንዝኹን ሰብክጸሉ ይኝልል እዩ። ዕድሜኹም ኣኹን ንነ ዊኦኦኡን ዝደገፈኩም ደገፍ ጸገማዊ ለክም ምህ እትኹኑ፡ ነቲ ክታብት ኣቑዳም ምክትውብ-ምህተገ-ብኣከም
Who is now eligible for the vaccination?	ኣብዚ እዋን እዚ ክታብት ናይ ምልድ ምልድ ዘለዎም እዩ።
The vaccine is now being offered to people at lower risk from the complications of COVID-19. You are still at risk of catching the infection and passing it on to others.	ኣቑዳኦት ክታብት ንሕልክላ ክከቪድ-19 ኣብዝተሓተሓደጋ ንዘለዉ ሰባት እዩ ዝውብዘሎ። ኣብሓደጋ ምህተገብ ብቲ ረኽብን ናብ ካልኣት ኣብምክሕልላናን ኢኹትርኩብ።
For most younger people COVID-19 is usually a milder illness that rarely leads to complications. For a few people the symptoms may last for longer than the usual two to three weeks. The vaccination will help to protect you against COVID-19.	ንመዋከሕት ኣምባቢ ደማ ኣሸቱ ዝኹን ሰባት ከቪድ-19 መዋከሕት ግጹና ብሕልክላ ላኹት ሳኢቲ ዘምጽኡ ክኣታት ምህተገብ። ኣብወሓድት ሰባት እቲ ምልድ ክታብት ካብቲ ልማድ ክልተ ክብሰሰሉት ሳምንቲ ንኩ ወሓግጹ ክጸንኡ ይኝልል። እቲ ክታብት ካብከቪድ-19 ንምልድ ክታብት ክምጽእ።
The vaccine will be offered to those under 50 years old in the following order:	እቲ ክታብት ብዚ ነኩሶ ብምልድ ንትሕቲ 50 ዓመት ነኩሶ ደማ ክውግብ እዩ።
<ul style="list-style-type: none"> • 40 - 49 years • 30 - 39 years • 18 years and over 	<ul style="list-style-type: none"> • 40 - 49 ዓመት • 30 - 39 ዓመት • 18 ዓመትን ልዕላኡን
The risk remains higher in older ages. For example the risk of dying from COVID-19 in someone aged 40 to 49 is 3 times higher than someone in the 30 to 39 year age group and 12 times higher than someone in the 20 to 29 year age group.	እቲ ሓደጋ ኣብምባቢ ደማ ብደብዳቤ ሕላውላ እዩ። ንኣብ 40 ክሳብ 49 ዓመት ኣብከቪድ-19 ናይ ምትኩሶ ዕድላ ካብቲ ኣብ 30 ክሳብ 39 ዓመት ነኩሶ ደማ ዘላውላ ካብቲ ዕጽፊ ዝዋደ ክኸውን ከላኡ ብጉራ 20 ክሳብ 29 ዓመት ካብከላ ሰብደማ ብ2 ዕጽፊ ዝዋደ እዩ።
As the programme progresses, the JCVI will advise on the appropriate vaccine for each age group. The vaccine offered may depend on your age. Currently the JCVI has advised it is preferable for healthy people under 40, who have not yet received a first dose, to have a vaccine other than AstraZeneca (AZ).	እቲ ምብእና ምብእ ክኸድድኩሎ ጃቪቪ (JCVI) ንነ ጥራዊኡ ጉራ ዕድሞኡ ብዓይነት ክታብት ክምጽእ እዩ። እቲ ዝውግብ ክታብት ኣብዕድሞኡ ክምጽእ ይኝልል እዩ። ኣብዚ እዋን ዚጃቪቪ (JCVI) ካብ 40 ዓመት ንትሕቲ ዝኹን፡ ናይ ምብእ ደዋ ዘደረገኩ ኣስትራኒካ ካ (AZ) ዘይከኣ ክታብት ክረኽቡ ተምጽኦ ምትኩ ምትኩ ሂቡኣሎ
The time when it will be offered will be based on the availability of those vaccines. Anybody who was previously eligible for vaccination remains so and should make an appointment to start or complete their recommended course.	እቲ ዝኸረበሉ ግጹ ኣብቀረብና ደዋ ክታብት ዝተምጽእ እዩ። ዝኹን ሰብ ኣቑዳማ ናይ ክታብት ብኸውን ዝበረ ሰብ ክሳብ ክረኽብ ብኸውን ክድኦ ደገፍ ንኣከምጽእ ዕጽራ ክኣታትን ንዝነ ግራ ክታብት ንምብእ ወይ ንምልድ ደዋ እዩ።
Pregnant women	ንጥራ ደረት ድቂ ኣንኸዮ
The JCVI has now advised that pregnant women should be offered vaccination at the same time as the rest of the population, based on their age and clinical risk group.	JCVI ኣብዕድማ ክሊኒካዊ ሓደጋን ጉራ ተምጽኦ ክታብት ንነ ጥራ ደረት ምህ ህዝቢ ኣብዚ እዋን ክውግብ ክምጽእ ምትኩ ሂቡኣሎ
The Pfizer BioNTech and Moderna vaccines are	ክታብት ሓደዘር ባዮኤንቴክን ሞደርናን ኣብዝኹን ክሊኒካዊ

the preferred vaccines for pregnant women of any age. There is now extensive experience of the use of the Pfizer BioNTech and Moderna vaccines in pregnancy in the USA with no safety concerns. Pregnant women who commenced vaccination with the AZ vaccine, however, are advised to complete with the same vaccine.	ንዝርዝር ነፍሱ-ጾራትተማጺ ከታብት እዩ። ኣብዚ እዋንዚ ኣብ ሕገጅት ማግኒታት ኣማጺ ናይ ደኅነት ስክፍታ ዘይብሉ ምዃን እዋን ሞት ናይ ፋይዘር ባዮቴክን ሞደርናን ከታብት ምዃን ሰፊትተማጺ ኣለፉ ኣስትሪዝን ካ (AZ) ከታብት ተጀማሪ ናብ ጾራት ደቂ ኣንስቶ፡ ግን ሓደ ዓይነት ከታብት ተማጺ ደግሞ እቲ ተማጺ ክወጽእ ይገባር።
Who cannot have the vaccine?	እዚ ከታብት ንመን ክወግድ ኣይክእልን።
The vaccines do not contain organisms that grow in the body, and so are safe for people with disorders of the immune system. These people may not respond so well to the vaccine. A very small number of people who are at risk of COVID-19 cannot have the vaccine – this includes some people who have severe allergies and people with certain blood disorders.	እቶም ከታብት ኣብሰውትን ጉዋብዮ ታህባኢን ኣይከሰቡን እዮም ከግዮኡ ዓይነት ስርዓተ ምልክቲ ሕሞት ጉዳላትን ዝለማመቱን ወሰኖች እዮም እዞምን ብኒት ከታብት ጽባቕ ምልክት ኣይህበን ይኾኑ። ኣገዩ ወሰኖታዊ ዘለማመቱ ከባድ፡ 19 ገዝታዊ ሰባት እዚ ከታብት ክወግዱ ኣይክእሉን - እዚ ንገለ ከባድ ጭንቀት ዘለማመቱ ገለ ናይ ደም ጽገም ለማመቱን የገብዱል።
Who should wait to have the vaccine?	እዚ ከታብት ንመን ክወግድ ኣለዎ?
If you are currently unwell, self-isolating, waiting for a COVID-19 test or have had a positive COVID-19 test result in the last four weeks, you should delay vaccination until later.	ኣብዚ እዋን እዚ ጥዕና ዘይብኩ፡ ርእሰኻ ኣብ ምልክቲ ናይ ከባድ 19 ምዃን ጽገም ወይ ኣብ ዝተለፈ ኣርባዕተ ሳምንታት ኣውጋዊ ወጽኢት ምዃን ከባድ 19 ምዃን ዘለኩ፡ ከታብት ክሰብ ይከብር ክደናጎ ይግባእ።
Will the vaccine protect me?	እዚ ከታብት ክከለኻ ኣለዎ?
The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It may take a few weeks for your body to build up some protection from the vaccine. Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.	ከታብት ከባድ 19፡ ነ ቲ ተማጺ ከባድ 19 ንኽትሰብ ዘለኩ ዕድላት ይንከዮ ኣይ። ኣካላትኩም ክከለኹ ከታብት ገለ ወሰኖች ንኽከንጽ ሓደ ተማጺ ክወግድ ይኽእል። ከምኡ ምዃን ነቲ ከታብት ምልክት ተማጺ ኣይመጹ ኣይኮንን - ገለ ሰባት ገና ከታብት ወሲዮም ከባድ 19 ክተማጺኹ እዮም እዚ ግን ብርብሒ ዘይኮን ይኾን።
Will the vaccine have side effects?	እዚ ከታብት ጎዳና ሰዕና ክህልዎ ይኣለዎ?
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 side effects after the first dose, you still need to have the second dose. Although you should get good protection from the first dose, having the second dose should give you longer lasting protection against the virus.	ከታብት ከምኡ ምዃን ጎዳና ሰዕና ክህልዎ ይኣለዎ እዩ። ምዃን ሕሽታ ምልክታትን ጎዳና እዋን ገደን ሓደ እዮም ንኹሉ ሰባት ኣይኮንን ዘጋገማ። ይኸረ እቲ ቀዳማዊ ዶዝ ጎዳና ሰዕና እኳ እንተ ሃለወኩም ሕጂ ወን እቲ ካልኣይዶዝ ክትወስዱ ኣለኩም ሞላ ኪከብሩ ቀዳማዊ ዶዝ ጽባቕ ምልክት ክትረኽቡት እንተኾነ ከምዚ እቲ ካልኣይዶዝ ግን ክትወስዱ ኣለኩም።
Very common side effects include:	እቲ ኣገዩ ልዩ ዝኾነ ጎዳና ሰዕና ክህልዎ
<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> ኣብታ ከታብት ተማጺ ኣይከምብሰኹን ከባድ ስምዒት ከምዚ ዓይነት ምልክታት እዚ ይኸረ ከታብት ኣብ ከባድ 1-2 መዓት ዝኾን ይኾን።
<ul style="list-style-type: none"> feeling tired 	<ul style="list-style-type: none"> ናይ ደኅነት ምዃን
<ul style="list-style-type: none"> headache, aches and chills 	<ul style="list-style-type: none"> ቃዝ ርእሲ፡ ቃዝ ከምዚ ዓይነት
You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help you feel better. Although feeling feverish with flu-like symptoms is not uncommon for two to three days, a high temperature* is unusual and may indicate you have COVID-19 or another	ከተዕርፉን ንብሮ ዶዝ ምዃን ክትወስዱ ትኽእሉ ኣኹም ኣብ ምዃን ከምዚ ዓይነት ምልክታት ኣለኩም ናይ ጉንፋዕ ዝመል ምልክታት ርእሲ ገዝታዊ ስምዒት ኣብ ክህልዎ ኣለኩም ሰለስተ መዓት ዘይልዩ እኳ እንተ ከኢኹን፡ ልዕል ምዃን* ግን ዘይልዩ ስለኹን ከባድ 19 ወይ ካልእ ርኽሲ ከምዚ ዓይነት ይኸረ። ጎዳና ሰዕና ክትወስዱ ከታብት ምዃን ሕሽታ ግዜ

infection. Side effects following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111.	ንትሕቲ ሰማይ ደጽኖልዎ፡ ምስ ክታከምኣናገደ ዝኸድዘለኦንተ ማእከላዊ ኩነት ተሰብስቢኻምኣንተ ኹይኡ፡ ናብ NHS 111 ደውሉ፡
*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.	* ከጃሞራር ትገብሩ እንተ ኣለኩምኣ ሞልዐል ሙቀት እንተ ሃልዒኻም ኣብ ከበቢኹም ግርኩብ ኣሃዱ ክንክን ማህሮ ተራኺቡ፡
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.	ዝኾነ ካብኩም ክሰቡ ካብ ልዕሊ 4 ሙልታን ኣብ መጀመሪያ 28 ሙልታ (4 ሳምንቲ) ድሕሪ ክታከት ምልዚ ምልዚ ካብ ክፍለ ሓፂኻዊ ሕክምና ወይ ክፍለ ህጽኦ ክገኝኩን ግፅና ብህጽ-ግፂሪ ክትገቡ፡
<ul style="list-style-type: none"> a new, severe headache which is not helped by usual painkillers or is getting worse; 	<ul style="list-style-type: none"> ተደሽን ከባድን ቃዝዛ ርእሲ-ጽገሞናይ ቃዝዛ ፈጠላ ዘይከፍ ዝመድእናገደ ክኸድድኩሎ
<ul style="list-style-type: none"> an unusual headache which seems worse when lying down or bending over or may be accompanied by 	<ul style="list-style-type: none"> በጥክት-ገሉ ከለኹም ኹይኡን ዝገደደዘልሞ ቃዝዛ ርእሲ ወይ በዘምከሰቡ ተዘሰን የ
- blurred vision, nausea and vomiting	- ዘይንጸር ምዃኤ፡ ዕግሮ ምልን ተምለን
- difficulty with your speech	- ሽግር ኣብ ኣዘረርኩ
- weakness, drowsiness or seizures;	- ደኻማ፡ ትኽክታዊ ምጥፋር
<ul style="list-style-type: none"> new, unexplained pinprick bruising or bleeding; 	<ul style="list-style-type: none"> ተደሽ ዘይተመደደ ናይ መጭእቲ ሕብጥ ወይ መደመቲ
<ul style="list-style-type: none"> shortness of breath, chest pain, leg swelling; 	<ul style="list-style-type: none"> ሕጸረት ምስትንፋስ፡ ቃዝዛ ኣፍልቤ፡ ሕብጥ እግሪ
<ul style="list-style-type: none"> persistent abdominal pain. 	<ul style="list-style-type: none"> ዘየፈርጽ ቃዝዛ ከገቢ
If you have any of the above symptoms after your first vaccination, you should speak to your doctor or specialist before having the second dose.	ድሕሪ ቀዳማይ ክታከት እዘምኣ ብላዕሊ ዝተገብሩ ምልዚታ ምስ ክህልዉኹም እቲ ካልኣይዶን ቀዳማይ ካብ ክታከም ኣተምኩም ወይ ንበዓል ሞት ምኣዘረርኩም፡
If you do seek advice from a doctor or nurse please make sure you tell them about your vaccination (show them the vaccination card if possible) so that they can assess you properly. You can also report suspected side effects to vaccines and medicines through the Yellow Card scheme. See page	ካብ ኣካምቢን ርስ ምሄር እንተ ይላኹም ብዘሰበ ክታከትኩም ክትግር ምኣኣለኩም ካርድ ክታከት ኣርእይዎም ብግብእ ሞን ክምረጁኹም ከምኡ ወን ብይ Yellow Card ሞልብኣልኩም ዝተገብሩ ጎድናዊ ሰዕብን ክታከትን ምሃራትን ክትሕጉ ትኽእሉ ኣኹም ተመልከትጉ
If you are currently in the clinically extremely vulnerable group, please continue to follow the government guidance.	ኣብዚ እዋን ዚምኡ ከኣኒ ካዊኣሞ ተሃ ፍፁሜ ዝፈለግዎልኩ እንተ ድኣ ኣለኹም ብኸረትኩም ቲናይ ሞንቲ ማይኢ ምስትታል ቀጽሉ፡
What can I do after I have had the COVID-19 vaccine?	ናይ ኮቪድ-19 ክታከት ድሕሪ ምስ ክበይኣንጎይ ከፍቲ ኣኹልኡ፡
The vaccine cannot give you COVID-19 infection, and two doses will reduce your chance of becoming seriously ill. We do not yet know how much it will reduce the chance of you catching and passing on the virus. So, it is important to continue to protect those around you.	እቲ ክታከት ናይ ኮቪድ-19 ርኽሲ ኹበከምኣ ይከእልን እዩ፡ ምልኢ ክትባት-ገጽኡ ናይ ምስምራይ ኣካምባልኩም ብምልኢ የንደሎ፡ በቲ ሻይረስ ናይ ምስኣኩን ናይ ምስ ልላፍን ዘለኩ ዕድል ክሰዕ ክንደይ ከምኣን ድላውነት ኣይንፈልግን ኣና፡ ስለዚ፡ ኣብ ከበቢኹም ዘለዉ ሰባት ብኸጸሊ ኹከኣሊ ኹላኦም ገዳሊ እዩ፡
Remember, to protect yourself and your family, friends and colleagues you MUST still follow any local restrictions and:	ንገዛእ-ርእሰኹን ንስድራቤትኩን ንፈተናትኹን ማርሻትኹን ንምልኽል ክሰብኡኹም ዝኾነ ከብገደዎ ቀደምት-ገገዲ ምስትታል ኣይትረስዑ፡
<ul style="list-style-type: none"> practise social distancing 	<ul style="list-style-type: none"> ማህበራዊ ርሕቶት ተገብኹም

[illegible]

coronavirus-yellowcard.mhra.gov.uk	coronavirus-yellowcard.mhra.gov.uk
Remember	ዘክሩ
COVID-19 is spread through droplets expelled 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 ተሞልቶ ነጠጣጣት-ጥፍላይ ክዘረብዎታል ከሎ ከብላፍንጭዎ እና ብዙዎቹ ነጠጣጣት አባሉ ይመላለፋል፡ ከግሉ ወይም ምሽት ዝብከሉ ነገራትን ጽፍታችን ይታረ ምንጥፍ ንዓይንችሎ እናንጫፍን እናከም ብሞንከፍ ከተጻፉት ትኝሉ ኢችሁ
You MUST still continue to follow any local restrictions and:	ንስችሞና አብከባቢችሞ ዘሎዝኹ ይኹን ቀይሶት ብሞ ክትከተሉ አለከምከምሉኝ፡
<ul style="list-style-type: none"> • practise social distancing 	<ul style="list-style-type: none"> • ማብረድ ርቀት ተጠቅም
<ul style="list-style-type: none"> • wear a face covering 	<ul style="list-style-type: none"> • ማፈራሪያ ጽግግር
<ul style="list-style-type: none"> • wash your hands regularly 	<ul style="list-style-type: none"> • እንዲሁ ብዙ ሰዓት ተቀብ
<ul style="list-style-type: none"> • open windows to let in fresh air 	<ul style="list-style-type: none"> • ጽፍ አየር ንጽህሉ ማግኘት ምኞት
<ul style="list-style-type: none"> • follow the current guidance at www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> • እዋንዋን ማግኘት ተከታታይ www.nidirect.gov.uk/coronavirus
Vaccination, helping to protect those most vulnerable.	ክታብት ነጥሞችን ቀፍቲ ንግድ ይገኛል፡
If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine	ብዙን ክታብት ኮቪድ-19 ተወካዊ ተገቢ ለሆነ ብዙን ክታብት ንግድ ይገኛል፡ www.nidirect.gov.uk/covid-vaccine
Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website www.publichealth.hscni.net	አብእሞን እትተሞሉ ተገቢ ትሆኑ ኣሎ ናይ ዝተወሰነ ክፍሊ ናይ ወረቀት ከምሉእ ኣሞጽታት ንግድ ከብኩን ብወረቀት ብወረቀት PHA ይገኛል www.publichealth.hscni.net
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