

|  |   |
|--|---|
|  | <b>Tigrinya</b>   |
| <b>COVID-19 vaccination</b>  | <b>ክታብት ኮቪድ-19</b>  |
| <b>What to expect</b>  | <b>እንታይ ከም እትጽበ</b>   |
| Information for people who have just had their COVID-19 vaccination  | ሓበሬታ ነቶም ናይ ኮቪድ-19 ክታብት ኣቀዲሞም ዝረኽቡ ሰባት  |
| <b>Find out more at <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></b>   | <b>ተወሳኺ ሓበሬታ ኣብ <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></b>                                    |
| <b>Contents</b>  | <b>ትሕዝቶታት</b>   |
| What are the side effects?   | እንታይ ጎድናዊ ሳዕቤን ኣለዎ፡   |
| Can I catch COVID-19 from the vaccines?  | ኮቪድ-19፡ ካብቲ ክታብት ክሕዚኒ ይኽእል'ዩ፡   |
| When can I go back to daily activities?  | መዓስ እየ ናብ መዓልታዊ ንጥፈታት ክምለስ ዝኽእል፡  |
| What do I do next?   | ብድሕሪኡ እንታይ ክገብር፡  |
| What should I do if I am not well when it is my next appointment?  | ኣብቲ ዝቕጽል ቁጸራይ ጽቡቕ እንተ ዘይተሰማዑኒ፡ እንታይ ክገብር ኣሎኒ፡   |
| Will the vaccine protect me?   | እቲ ክታብት ክከላኸለለይ ድዩ፡   |
| What can I do after I have had the vaccine?  | እዚ ክታብት ምስ ወሰድኩ እንታይ ክገብር እኽእል፡   |
| <b>Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card.</b>  | <b>ብኽብረትኩም ብዛዕባ ክታብታትኩም፡ ነዚ ናይ ፍርያት ወረቐት ሓበሬታ ተወከሱ እንተላይ ንኽጋጥሙ ዝኽእሉ ጎድናዊ ሳዕቤናት፡ ናይ ኮሮናቫይረስ ብጫ ካርድ (Yellow Card) ፈትኹ።</b>                        |
| <b>You can also report suspected side effects on the same website or by downloading the Yellow Card app.</b>   | <b>ከምኡ'ውን ናይ ዝተጠርጠረ ጎድናዊ ሳዕቤን ናብቲ መርበብ ሓበሬታ ወይከኣ ነቲ Yellow Card ኣፕ ብምውራድ ጸብጻብ ክትህቡ ትኽእሉ።</b>  |
| <b><a href="http://coronavirus-yellowcard.mhra.gov.uk">coronavirus-yellowcard.mhra.gov.uk</a></b>  | <b><a href="http://coronavirus-yellowcard.mhra.gov.uk">coronavirus-yellowcard.mhra.gov.uk</a></b>   |
| <b>People who are most at risk from the complications of COVID-19 are being offered the COVID-19 vaccination.</b>  | <b>ነቶም ንሕልኽለኽ ኮቪድ-19 ኣብ ልዑል ስግኣት ዝርከቡ ሰባት፡ ክታብት ኮቪድ-19 ይወሃቦም ኣሉ።</b>  |
| This leaflet tells you what to expect after you have had your vaccination.<br>If you need a second dose of vaccine, make sure you know the date of your next appointment.  | እዛ ነጸላ ወረቐት፡ ክታብት ድሕሪ ምውሳድኩም እንታይ ክትጽበዩ ከም ዘለኩም ትሕብረኩም። ካልኣይ ዶዝ ክታብት እንድሕር ዘድልዩኩም ኮይኑ፡ እቲ ዝቕጽል ዕለት ቆጸራ ኣረጋጊጽኩም ፍለጥዎ።                            |
| <b>Following detailed review of large studies of safety and effectiveness, the Medicines and Healthcare products Regulatory Agency (MHRA) has now approved several different types of COVID-19 vaccines for use in the UK.</b> | <b>ብዛዕባ ድሕነትን ውጽኢትን ዓበይቲ መጽናዕቲታት ድሕሪ ምኽላስ፡ ትካል ምቁጽጻር መድሃኒትን ፍርያት ክንክን ጥዕና (MHRA) ኣብዚ እዋን ኣብ ዓባይ ብሪጣንያ ዝተፈላለዩ ዓይነታት ናይ ኮቪድ-19 ክታብታት ኣጽዲቂ ኣሉ።</b> |
| An independent group of experts has recommended that these vaccines are offered to those at risk of catching the infection and suffering serious complications.  | ናጻ ፖሼላ ክኢላታት፡ እዚ ክታብት እዚ ነቶም ረኽሲ ከይሕዙም እሞ ከቢድ ሕልኽለኽት ከስዕቡሎም ዝኽእል ሰባት ክወሃብ ሓሳብ ኣቕሪቦም ኣለዉ።  |
| Now that more vaccine has become available, we are offering protection to all adults in order of risk.   | ሕጂ ዝያዳ ክታብት ምስተረኽበ፡ ብመስርዕ እቶም ንኣደጋ ዝተቐልዑ፡ ንኹሎም ዓበይቲ ሰባት መከላኸሊ ነቕርብ ኣለና።   |
| <b>What are the side effects?</b>  | <b>እቶም ጎድናዊ ሳዕቤናት እንታይ እዩም፡</b>   |

|  |   |
|--|---|
| Like all medicines, vaccines can cause side effects.<br>Most of these are mild and short term, and not everyone gets them.<br>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 full recommended course will give you the best protection against the virus. | ክታቦታት ከም ኩሎም መድሃኒታት፡ ጎድናዊ ሳዕቤን ከስዕቡ ይኸእሉ።<br>መብዛኢትኦም ልኡማትን ሓጻርትን እዮም፡ ኣብ ኩሉ ሰብ ግና ኣይኩነን ዝረኣዩ።<br>ዋላውን ድሕሪ እቲ ቀዳማይ ዶዝ ምልክታት ሕማም እንተለኩም፡ እቲ ካልኣይ ዶዝ ከይልዩኩም እዩ።<br>ዋላ'ኳ ካብቲ ቀዳማይ ዶዝ ገለ መከላኸሊ ክትረኽቡ ትኸእሉ እንተኾንኩም፡ እቲ ዘድሊ ምሉእ ክታቦታት ምስ እትወስዱ ግን ካብ ቫይረስ ንምክልኻል ዝበለጸ መከላኸሊ ይህበኩም። |
| <b>Very common side effects in the first day or two include:</b>   | <b>ኣዝዮም ልሙዳት ጎድናዊ ሳዕቤናት ኣብታ ቀዳመይቲ መዓልቲ ወይከኣ ኣብ ክልተ፡</b>   |
| <ul style="list-style-type: none"> <li>having a painful, heavy feeling and tenderness in the arm where you had your injection</li> </ul>   | <ul style="list-style-type: none"> <li>ኣብታ ክታቦት ዝወሰድክሙላ ኢድኩም ዘሳቕን ከቢድን ስምዒት ከምኡውን ምልምላም ይህልወኩም</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, aches and chills</li> </ul>   | <ul style="list-style-type: none"> <li>ቃንዛ ርእሲ፡ ቃንዛ ከምኡውን ቁሪ</li> </ul>   |
| You may also have flu like symptoms with episodes of shivering and shaking for a day or two.<br>However, a high temperature* could also indicate that you have COVID-19 or another infection (see advice on page 6).<br>You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help make you feel better.                            | ብተወሳኺ ከም ምልክታት ጉንፋዕ ንሓይ ወይ ክልተ መዓልቲ ናይ ምንቕጥቓጥን ምንግብጋብን ኣጋጣሚታት ክህልወኩም ይኸእል።<br>ይኹን'ምበር፡ ልዑል ሙቕት* ከቪድ-19 ወይ ካልእ ረኽሲ ከምዘለኩም ውን ከመልክት ይኸእል እዩ (ኣብ ገጽ 6 ዘሎ ምኽሪ ርኣዩ)።<br>ከተዕርፉን ንቡር ዶዝ ፓራሰታሞል ክትወስዱን ትኸእሉ ኢኹም (ኣብቲ መዕሸጊታት ዘሎ ምኽሪ ተኸተሉ) ንክሕሸክሙ ንክሕግዘኩም።                            |
| *If you are on chemotherapy and have a high temperature, contact your local cancer care unit.  | * ኬሞተራንቲ ትገብሩ እንተ ኣሊኩም እሞ ልዑል ሙቕት እንተ ሃልይኩም፡ ኣብ ከባቢኹም ምስ ዝርከብ ኣሃዱ ክንክን መንሽሮ ተራኽቡ።   |
| An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm where you had the vaccine.<br>This can last for around 10 days, but if it lasts longer see your doctor.<br>If you are due for a mammogram in the few weeks after the vaccine, then you should mention that when you attend.  | እዚ ዘይልሙድ ዝኾነ ጎድናዊ ሳዕቤን ድማ ሕበጥ ኣብ ትሽቱሽ ወይ ክሳድ ዝርከብ ጽኪታት ምስቲ ክታቦት ዝወሰድክምሉ ሸነሽ እዩ።<br>እዚ ንከባቢ 10 መዓልታት ክጸንሕ ይኸእል፡ እንተኾነ ካብዚ ግዜ ምስዝነውሕ ንሓኪምኩም ርኽብዎ።<br>ድሕሪ እቲ ክታቦት ኣብ ዘሎ ሒደት ሰሙናት ናይ ጡብ መርመራ ክትገብሩ እንተ ድኣ ኮይንኩም፡ ኣብቲ ርክብ ነዚ ክትጠቐሱ ይግብኣኩም።                                       |
| <b>What should I do if I am concerned about my symptoms?</b>   | <b>ብዛዕባ ምልክታተይ እንተ ኣተሓሳሲቡኒ፡ እንታይ ክገብር ኣሉኒ፤</b>  |

|  |  |
|--|--|
| <p>These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111.</p> <p>If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card) so that they can assess you properly.</p> <p>You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme.</p> <p>You can do this online by searching Coronavirus Yellow Card or by downloading the Yellow Card app (please see page 2).</p> | <p>እዞም ምልክታት እዚአም መብዛሕቲኡ ግዜ ንትሕቲ ሰሙን ግዜ ይጸንሑ።</p> <p>ምልክታትኩም እናገደደ ዝኸይድ ዘሎ እንተ መሲሉኩም ወይ ከኣ ዘተሓሰስኩም እንተ ኩይኑ፡ ናብ NHS 111 ይውሉ።</p> <p>ካብ ሓኪም ወይ ነርስ ምኽሪ እንተደሊኹም፡ ብዛዕባ ክታቦትኩም ክትነግርዎም ኣለኩም (ካርድ ክታቦት ኣርእይዎም) ብግቡእ መታን ክምርምርኩም።</p> <p>ከምኡ'ውን ብናይ Yellow Card መደብ ኣቢልኩም ዝተጠርጠረ ጎድናዊ ሳዕቤን ክታቦትን መድሃኒታትን ክትሕብር ትኽእሉ ኢኹም።</p> <p>እዚ Coronavirus Yellow Card ኣብ መስመር ኢንተርኔት ብምድላይ ወይ እቲ Yellow Card app (ብጫ ካርድ ኣፕ) ብምውራድ ክትገብርዎ ትኽእሉ (ብኽብረትኩም ገጽ 2 ርኣዩ)።</p> |
| <p>Recently there have been reports of an extremely rare condition involving blood clots and unusual bleeding after vaccination with AstraZeneca (AZ).</p> <p>This is being carefully reviewed but the risk factors for this condition are not yet clear. Because of the high risk of complications and death from COVID-19, the MHRA, the World Health Organization and the European Medicines Agency have concluded that the balance is very much in favour of vaccination.</p>  | <p>ኣብዚ ቀረብ ግዜ ምስ ኣስትራዘነካ (AZ) ክታቦት ድሕሪ ምውሳድካ፡ እተራእዩ ምርጋእ ደምን ዘይተለምደ መድመይትን ኣዝዩ ዘይንቡር ተርእዮ ከም ዝኾነ ጸብጻባት ይሕብሩ።</p> <p>እዚ ብጥንቃቄ እኪ እንተ ተገምገመ፡ ጠንቂ ናይ'ዚ ኩነት እዚ ግን ገና ኣይተነጸረን ዘሎ።</p> <p>ብሰንኪ ኮቪድ-19 ዘኸትሎ ልዑል ሓደጋ ሕልኽልኻትን ሞትን፡ MHRAን ትካል ጥዕና ዓለምን ትካል መድሃኒታት ኣውሮጳን ሚዛኑ ዝሓለወ ክታቦት ኣዝዩ ከም ዝድግፉ ደምዲሞም ኣለዉ።</p>   |
| <p><b>If you experience any of the following from more than 4 days and within 28 days after vaccination you should seek medical advice urgently from your GP or Emergency Department.</b></p>  | <p><b>ዝኾነ ካብዞም ዝስዕቡ ካብ ልዕሊ 4 መዓልታትን ኣብ ውሽጢ 28 መዓልታት ድሕሪ ክታቦት ምስ ዘጋጥመኩም፡ ካብ ክፍሊ ሓፈሻዊ ሕክምና ወይ ክፍሊ ህጹጽ ክንክን ጥዕና ብህጹጽ ምኽሪ ክትሓቱ ይግባእ።</b></p>   |
| <ul style="list-style-type: none"> <li>a new, severe headache which is not helped by usual painkillers or is getting worse</li> </ul>  | <ul style="list-style-type: none"> <li>ሓድሽን ከቢድን ቃንዛ ርእሲ ብልሙድ ናይ ቃንዛ ፈውሲ ዘይሕገዝ ወይ እናገደደ ይክኸይድ ከሎ</li> </ul>  |
| <ul style="list-style-type: none"> <li>an unusual headache which seems worse when lying down or bending over or may be accompanied by</li> </ul>   | <ul style="list-style-type: none"> <li>በጥ ክትብሉ ከለኹምን ኽትደኑን ዝገደደ ዘይልሙድ ቃንዛ ርእሲ ወይ በዞም ዝስዕቡ ዝተሰነዩ</li> </ul>   |
| – blurred vision, nausea and vomiting  | – ዘይንጹር ምራኣይ፡ ዕግረግር ምባልን ተምላስን   |
| – difficulty with your speech,   | – ሽግር ኣብ ኣዘራርባ፡  |
| – weakness, drowsiness or seizures   | – ድኽመት፡ ትኽስታ ወይ ምንፍርፋር   |
| <ul style="list-style-type: none"> <li>new, unexplained pinprick bruising or bleeding</li> </ul>   | <ul style="list-style-type: none"> <li>ሓድሽ ዘይተመርመረ ናይ መውጋእቲ ሕበጥ ወይ መድመይቲ</li> </ul>  |
| <ul style="list-style-type: none"> <li>shortness of breath, chest pain, leg swelling</li> </ul>  | <ul style="list-style-type: none"> <li>ሕጽረት ምስትንፋስ፡ ቃንዛ ኣፍልቢ፡ ሕበጥ እግሪ</li> </ul>   |
| <ul style="list-style-type: none"> <li>persistent abdominal pain</li> </ul>  | <ul style="list-style-type: none"> <li>ዘየቋርጽ ቃንዛ ከብዲ</li> </ul>  |
| <p>Worldwide, there have also been recent, rare cases of inflammation of the heart called myocarditis or pericarditis reported after the Pfizer and Moderna COVID-19 vaccines, although it is not yet clear that these are caused by the vaccines.</p> <p>These cases have been seen mostly in younger men within several days after vaccination.</p> <p>Most of these people recovered and felt better following rest and simple treatments.</p>  | <p>ከም ዓለም-ለኻዊ ተርእዮ፡ ኣብ'ዚ ቀረብ እዋን፡ ስሕት-ስሕት እናበለ፡ ማዮካርዲቲስ (myocarditis) ወይ ፐሪካርዲቲስ (pericarditis) ዝተባህለ ተርእዮ ቊጥዑ ልቢ ክረኣ እውን ጸኒሑ ኣሎ። እዚ ተርእዮ እዚ ብሰንኪ ፋይዘርን ሞደርናን ዝተባህሉ ክታቦታት ኮቪድ-19 ዝሰዓበ ድዩስ ኣይኩንን ብሩህ እኪ እንተዘይኩን፡ ድሕሪ ምውሃብ ናይ'ዞም ክታቦታት እዚኣቶም ዝኸሰት ዘሎ እዩ። እዚ ተርእዮ እዚ ክታቦት ካብ ዝተዋህበሉ እዋን ኣብ ውሽጢ ሓደሻ መዓልታት እዋ ድማ</p>  |

|  |   |
|--|---|
|  | ብዓብላልነት አብ ነኣሽቱ ደቂ-ተባዕትዮ መንእሰያት ዘጋጥም ዘሎ እዩ። ዝበዝሑ ካብኣቶም ድማ ምስ ኣዕረፉን ቀሊል ሕክምና ምስተገብረሎምን ሓውዮምን ሊሽዎምን እዩ።   |
| <b>You should seek medical advice urgently if you experience:</b>  | <b>እዞም ዝስዕቡ ምልክታት ምስዝረኣዩኹም፡ ሕክምናዊ ምኽሪ ከተናድዩ ይግባእ፡-</b>  |
| <ul style="list-style-type: none"> <li>• chest pain</li> </ul>   | <ul style="list-style-type: none"> <li>• ቃንዛ ኣፍ-ልቢ</li> </ul>   |
| <ul style="list-style-type: none"> <li>• shortness of breath</li> </ul>  | <ul style="list-style-type: none"> <li>• ሕጽረት ትንፋስ</li> </ul>   |
| <ul style="list-style-type: none"> <li>• feelings of having a fast-beating, fluttering, or pounding heart</li> </ul>   | <ul style="list-style-type: none"> <li>• ስምዒት ናይ ቅልጡፍ ትንፋስ፡ ሰፍ-ሰፍ ዝብል ወይ ዲጉ-ዲጉ ዝብል ህርመት ልቢ</li> </ul>   |
| <b>Are the side effects different for each dose?</b>   | <b>እቲ ጉድናዊ ሳዕቤን ንነፍሲ ወከፍ ዶዝ ዝተፈላለየ ድዩ፤</b>  |
| Not all COVID-19 vaccines are the same – some tend to cause more side effects at the first dose, others cause more side effects at dose two. The very common side effects are the same and should still only last a day or two.                              | ኩሎም ናይ ኮቪድ-19 ክታበታት ሓደ ዓይነት ኣይኮኑን፡ ገሊኦም ኣብ ቀዳማይ ዶዝ ዝያዳ ጎድናዊ ሳዕቤን የስዕቡ፡ ገሊኦም ድማ ኣብ ካልኣይ ዶዝ ተወሳኺ ጎድናዊ ሳዕቤናት የስዕቡ። እቲ ኣዝዩ ልሙድ ዝኾነ ጎድናዊ ሳዕቤን ሓደ ዓይነት ኮይኑ፡ ገና ኣብ መዓልቲ ወይ ክልተ መዓልቲ፡ ጥራይ ክጸንሕ ኣለዎ። |
| <b>Can I catch COVID-19 from the vaccines?</b>   | <b>ኮቪድ-19 ካብቲ ክታበታት ክሕዘኒ ይኽእል'ዩ፤</b>  |
| 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.  | ሕማም ኮቪድ-19 ካብቲ ክታበት ክትረኽብዎ ኣይትኽእሉን ኢኹም፡ ይኹን እምበር እቲ ምልክታት ክሳብ ናይ ክታበት ቆጶራ ምሓዝኩም ኮቪድ-19 ሊዙኩም ከሎ፡ ከየስተውዓልክምዎ ክትጸንሑ ትኽእሉ ኢኹም።  |
| <b>The most important symptoms of COVID-19 are recent onset of any of the following:</b>   | <b>እቶም ኣዝዮም ኣገደስቲ ምልክታት ናይ ኮቪድ-19 ኣብ ቀረባ እዋን ምጅማር ናይዞም ዝስዕቡ እዮም፡</b>  |
| <ul style="list-style-type: none"> <li>• a new continuous cough</li> </ul>   | <ul style="list-style-type: none"> <li>• ሓድሽ ቀጻሊ ሰዓል</li> </ul>   |
| <ul style="list-style-type: none"> <li>• a high temperature</li> </ul>   | <ul style="list-style-type: none"> <li>• ልዑል ሙቕት</li> </ul>   |
| <ul style="list-style-type: none"> <li>• a loss of, or change in, your normal sense of taste or smell (anosmia).</li> </ul>  | <ul style="list-style-type: none"> <li>• ምጥፋእ ወይ ምቕያር ንቡር ናይ ምስትምቐር ወይ ምሽታት ስምዒት (ኣኖስምያ)።</li> </ul>  |
| Although a fever can occur within a day or two of vaccination, if you have any other COVID-19 symptoms or your fever lasts longer, stay at home and arrange to have a test.  | ረስኒ ኣብ ውሽጢ ሓደ ወይ ክልተ መዓልቲ ክታበት ከጋጥም ዝኽእል እኳ እንተኾነ፡ ካልእ ናይ ኮቪድ-19 ምልክታት ምስዝህልወኩም ወይ ረስኒኹም ምስዝነውሑ፡ ኣብ ገዛኹም ጽንሑ፡ ከምኡ'ውን መርመራ ንኽትገብሩ መደብ ግበሩ።   |
| <b>When can I go back to daily activities?</b>   | <b>መዓስ እየ ናብ መዓልታዊ ንጥፈታት ክምለስ ዝኽእል፤</b>   |
| 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. | ጽቡቕ ክሳብ ዝተስመዓኩም ንቡር ንጥፈታትኩም ክትቅጽሉ ክትከእሉ ኣለኩም። ቅልጽምኩም ብፍሉይ እንተ ተጎዲእኩም፡ ኣመና ከቢድ ነገር ምልዓል ከሽግረኩም ይኽእል እዩ። ናይ ጥዕና ጸገም እንተ ተሰሚዕኩም ወይ ኣዚኹም እንተ ደኺምኩም፡ ከተዕርፍን ብማሸነሪታት ክትሰርሑን መኪና ክትመርሑን ኣይግባእን።    |
| <b>What do I do next?</b>  | <b>ብድሕሪኡ እንታይ ክገብር፤</b>   |
| If this is your first dose, you should have a record card with your next appointment in between 3 and 12 weeks time. It is important to have both doses of the same vaccine to give you the best protection.   | እዚ ናይ መጀመርታ ዶዝኩም እንተኾይኑ፡ ኣብ ዝቅጽል ቆጶራኩም ካብ 3 ክሳብ 12 ሰሙናት ኣብ ዘሎ ግዜ ኣብ መዝገብ ካርድኹም ክትሕዙ ይግባእ። ዝበለጸ መከላኸሊ መታን ክህበኩም ክልቲኡ ዶዝ ሓደ ዓይነት ክታበት ክኸውን ኣገዳሲ እዩ።   |

|   |  |
|---|--|
| Make sure you keep this record card with you  | እዛ ናይ መዝገብ ካርድ ምሳኹም ከም እትዕቅብ ግበሩ   |
| Don't forget your COVID-19 vaccination Protect yourself.<br>For more information on the COVID-19 vaccination or what to do after your vaccination, see <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>   | ናይ ኮቪድ-19 ክታበትኩም ኣይትረስዑ፡ ገዛእ ርእሰኹም ተኸላኽሉ።<br>ንዝያዳ ሓበሬታ ብዛዕባ ክታበት ኮቪድ-19 ወይ ድሕሪ ክታበት እንታይ ክትገብሩ ከምዘለኩም ተወከሱ <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>                        |
| <b>Keep your card safe.<br/>If this is your first dose, don't forget to keep your next appointment.</b>   | <b>ካርድኹም ብጥንቃቄ ሓዙ።<br/>እዚ ናይ መጀመርያ ዶዝኩም እንተተኸይኑ፡ ዝቐጽል ቆጶራኹም ምቕጻል ኣይትረስዑ።</b>   |
| <b>What should I do if I am not well before my next appointment?</b>  | <b>ቅድሚኡ ኣብ ዝቐጽል ቁጶራይ ጽቡቕ እንተ ዘይተሰማሂዎኒ፡ እንታይ ክገብር ኣሉኒ፤</b>  |
| If you are unwell, it is better to wait until you have recovered to have your vaccine.<br>You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or within 4 weeks of having a first confirmed positive COVID-19 test result.   | ጥዕና ዘይብልኩም እንተኾንኩም፡ ክታበት ንምውሳድ ክሳብ ትሓውዩ ምጽባይ ይሓይሹ።<br>ኣብ ናይ ክታበት ቆጶራ ክትርከቡ ኣይግባእን፡ እንተ ደኣ ንገዛእ-ርእሰኹም ካብ ካልኣት ገሊልክምዎ ኣለኩም፡ ናይ ኮቪድ-19 መርመራ ክትጽበዩ ወይ ድማ ኣብ ውሽጢ 4 ሰሙናት ናይ መጀመርያ ዝተረጋገጸ ውጽኢት መርመራ ኮቪድ-19 ክትረኽቡ እንተኾንኩም።         |
| <b>Will the vaccine protect me?</b>   | <b>እዚ ክታበት ክከላኸለለይ ድዩ፤</b>   |
| The COVID-19 vaccine that you have had has been shown to reduce the chance of you suffering from COVID-19 disease.<br>Each vaccine has been tested in more than 20,000 people and each has also been used in many different countries.  | እቲ ዝረኽብክምዎ ክታበት ኮቪድ-19፡ ነቲ ብሕማም ኮቪድ-19 ንክትሳቐ ዘሎካ ዕድላት ይንክዮ ኢዩ።<br>ነፍሲ ወከፍ ክታበት ኣብ ልዕሊ 20,000 ሰባት ተፈቲኑ እዩ፡ ነፍሲ ወከፍ ድማ ኣብ ብዙሓት ሃገራት ውን ኣብ ጥቕሚ ውዲሉ እዩ።  |
| It may take a few weeks for your body to build up some protection from the vaccine.<br>Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid infection.<br>Some people may still get COVID-19 despite having a vaccination, but this should be less severe. | ኣካላትኩም ካብቲ ክታበት ገለ ውሕስነት ንክሃንጽ ሒደት ሰሙናት ክወስድ ይኽእል።<br>ከም ኩሎም መድሃኒታት፡ ዝኾነ ክታበት ምሉእ ብምሉእ ኣድማዒ ኣይኮነን፡ ስለዚ ካብ ረኽሲ ንምክልኻል ዝተመኸረ ጥንቃቄታት ምግባር ክትቅጽሉ ይግባእ።<br>ገለ ሰባት ገና ክታበት ወሲዶም ክነሰም፡ ኮቪድ-19 ክሓሙ ይኽእሉ እዮም፡ እዚ ግን ብርቱዕ ዘይኮነ ይኸውን። |
| <b>What can I do after I have had the vaccine?</b>  | <b>እዚ ክታበት ምስ ረኽብኩ እንታይ ክገብር ይኽእል፤</b>   |
| The vaccine cannot give you COVID-19 infection, and a full course will reduce your chance of becoming seriously ill.<br>We don't know how much it will reduce the risk of you passing on the virus.<br>So it is important to continue to follow current guidance.   | እቲ ክታበት ናይ ኮቪድ-19 ረኽሲ ኽህበኩም ኣይክእልን እዩ፡ ምሉእ ክትባት ብጽኑዕ ናይ ምሕማም ዕድልኩም ምሉእ ብምሉእ የጉድሎ።<br>እቲ ሻይረስ ናይ ምትሕልላፍ ስግኣተ-ሓይጋኹም ክንደይ ከምዝኾነ ኣይንፈልጥን ኢና።<br>ስለዚ እዋናዊ መምርሒ ብቐጻሊ ምስዓብ ኣገዳሲ እዩ።   |
| <b>To protect yourself and your family, friends and colleagues you MUST still:</b>  | <b>ንገዛእ-ርእሰኻን ንስድራቤትኻን፡ ንፈተውትኻን መሳርሕትኻን ምክልኻል ሕጂ'ውን፡</b>   |
| • <b>practise social distancing</b>   | • <b>ማሕበራዊ ርሕቀት ተጠቐም</b>   |
| • <b>wear a face covering</b>   | • <b>መሸፈኒ ገጽ ግበር</b>   |
| • <b>wash your hands carefully and frequently</b>   | • <b>ኣእዳውካ ተጠንቑቕካን ደጋጊምካን ተሓጽብ</b>   |
| • <b>open windows to let in fresh air</b>   | • <b>ጽሩይ ኣየር ንክህሉ መሳኹቲ ምኽፋት</b>  |
| • <b>follow the current guidance at <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></b>  | • <b>እዋናዊ መምርሒ ተኸተሉ ኣብ <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></b>  |

|  |   |
|--|---|
| <b>Remember</b>  | <b>ዘክሩ</b>  |
| COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing.<br>It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces. | ኮቪድ-19 ብምስትንፋስ ነጠብጣባት ብፍላይ ክዛረብ ወይ ክስዕል ከሎ ካብ ኣፍንጫ ወይ ኣፍ ብዝወጽእ ነጠብጣባት ኣቢሉ ይመሓላለፍ።<br>ከምኡ'ውን ምስ ዝተበከሉ ነገራትን ጽፍሒታትን ድሕሪ ምትንኻፍ ንዓይንኹም፡ ኣፍንጫኹምን ኣፍኩምን ብምትንኻፍ ከተምጽእዎ ትኽእሉ ኢኹም። |
| <b>Vaccination, helping to protect those most vulnerable.</b>  | <b>ክታበት፡ ነቶም ኣዝዮም ተነቀፍቲ ንምክልኻል ይሕግዝ።</b>  |
| If you need more information on the COVID-19 vaccination please visit:<br><a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>   | ብዛዕባ ክታበት ኮቪድ-19 ተወሳኺ ሓበሬታ እንተደሊኻ ብኽብረትኩም ብጽሑ ናብ፡<br><a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>                             |
| Information correct at time of publication.<br>For the latest version of this leaflet and alternative formats visit the PHA website<br><a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a>                        | ኣብ እዋን እትሓትመሉ ሓበሬታ ቅኑዕ ኣሎ።<br>ናይ ዝተሓደሰ ክፍሊ ናይዛ ወረቐት ከምኡ'ውን ኣማራጺታት ንምርካብ ናብ መርበብ ሓበሬታ PHA ይበጽሑ <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a>  |
| © Crown copyright 2021   | © መሰል ዋነነት ክራውን 2021 (Crown copyright 2021)   |
| This information was originally developed by Public Health England and is used under the Open Government Licence v3.0  | እዚ ሓበሬታ እዚ ብመጀመርታ ብህዝባዊ ጥዕና ዓዲ እንግሊዝ ዝመሰበለ ኮይኑ ኣብ ትሕቲ ክፉት መንግስታዊ ሊሽንስ (License) v3.0 ኣብ ጥቕሚ ኣሎ።   |
| Public Health Agency   | ትካል ህዝባዊ ጥዕና  |
| Tel:   | ቴሌ፡   |
| 0300 555 0114 (local rate)   | 0300 555 0114 (ሃገራዊ መጠን)  |
| Find us on:  | ርኽቡና ኣብ፡  |