

Tigrinya translation of *What to expect after your COVID vaccination*

English	Tigrinya
<b>What to expect after your COVID-19 vaccination</b>	<b>ድሕሪ ክታብት ኮቪድ-19 ምውሳድኩም እንታይ ትጽብዩ።</b>
<b>Information for people who have just had a COVID-19 vaccination</b>	<b>ነቶም ክታብት ኮቪድ-19 ዝወሰዱ ሰባት ዝምልከት ሓበሬታ</b>
Find out more at <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>	ኣብዚ ዝስዕብ ነቕጥ መርበብ ሓበሬታ ተወሰኺ መብርሂ ድለዩ <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>
<b>Contents</b>	<b>ትሕዝቶታት</b>
<ul style="list-style-type: none"> <li>• What are the side effects?</li> </ul>	<ul style="list-style-type: none"> <li>• እቶም ጎድናውያን ሳዕቤናት እንታይ እዮም።</li> </ul>
<ul style="list-style-type: none"> <li>• Can I catch COVID-19 from the vaccines?</li> </ul>	<ul style="list-style-type: none"> <li>• ካብቶም ክታብታት ሕማም ኮቪድ-19 ክሕዘኒ ይኽእልዮ።</li> </ul>
<ul style="list-style-type: none"> <li>• When can I go back to daily activities?</li> </ul>	<ul style="list-style-type: none"> <li>• ኣብ ንቡር ናይ ምዓልታዊ ንጥፈታተይ መዓስ ክምለስ እኽእል።</li> </ul>
<ul style="list-style-type: none"> <li>• Will the vaccine protect me?</li> </ul>	<ul style="list-style-type: none"> <li>• እቲ ክታብት ክከላኸለለይ ይኽእል'ዮ።</li> </ul>
<ul style="list-style-type: none"> <li>• What can I do after I have had the vaccine?</li> </ul>	<ul style="list-style-type: none"> <li>• ክታብት ምስ ተኸተብኩ እንታይ ክገብር እኽእል።</li> </ul>
<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 ዝምልከት፡ ነዚ ናይ ፍርያት ወረቐት ሓበሬታ ተወከሱ እንተላይ ንኽገጥሙ ዝኽእሉ ጎድናዊ ሳዕቤናት፡ ናይ ኮሮናቫይረስ ብጫ ካርድ (Yellow Card) ፈትሹ።</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 ዝተጠርጠሩ ጎድናዊ ሳዕቤን ናብቲ መርበብ ሓበሬታ ወይ ነቲ ብጫ ካርድ መመልከቲ ብምውራድ ጸብጻብ ክትህቡ ትኽእሉ።</b>

<p><a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a></p>	<p><a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a></p>
<p>People who are most at risk from the complications of coronavirus (COVID-19) are being offered the COVID-19 vaccination. This leaflet tells you what to expect after you have had your primary or booster vaccination.</p>	<p>ነቶም ኣብ ዝለዓለ ጸገም ናይ ኮሮናቫይረስ (ኮቪድ-19) ዝርከቡ ሰባት ክታበት ኮቪድ-19 እናተዋህቦም ይርከብ። እዚ ንእሽቶ መሓበሪ ወረቐት እዚ ድሕሪ ምኽታብኩም እንታይ ክትጽብዩ ከምዘለኩም ዝገልጽ እዩ።</p>
<p><b>What are the side effects?</b></p>	<p><b>እቶም ጎድናውያን ሳዕቤናት እንታይ እዮም፡</b></p>
<p>Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them. The very common side effects are the same and should still only last a day or two.</p>	<p>ከም ክሎም መድሃኒታት፡ ክታበታት ጎድናዊ ሳዕቤናት ከስዕቡ ይኸእሉ እዮም። መብዛኛትኦም እዚኦም ፈኮስትን ንሓዲር እዋን ዝጸንሑን እዮም፡ ንኹሉ ሰብ ዘጋጥምዎ ግን ኣይኮነን። እቶም ኣዝዮም ልሙዳት ጎድናዊ ሳዕቤናት ሓደ ዓይነት ኮይኖም ከምኡውን ንሓደ ወይ ክልተ መዓልታት ጥራይ ይጸንሑ።</p>
<p>Very common side effects in the first day or two include:</p>	<p>ኣብታ ቀዳመይቲ ወይ ካልኣይቲ መዓልቲ ዘጋጥሙ ጎድናዊ ሳዕቤናት እዞም ዝስዕቡ እዮም፡-</p>
<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 ክታበት ዝወሰድክሙላ ኢድኩም ኣቐንዛውን ከቢድን ስምዒት ከምኡውን ናይ ምንቅስቓስ ጸገምን ይህልወኩም።</li> </ul>
<ul style="list-style-type: none"> <li>• feeling tired</li> </ul>	<ul style="list-style-type: none"> <li>• ስምዒት ድኻም</li> </ul>
<ul style="list-style-type: none"> <li>• headache, aches and chills</li> </ul>	<ul style="list-style-type: none"> <li>• ቃንዛ ርእሲ፡ ቅርጻትን ገብገብታን</li> </ul>

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<p>You may also have flu like symptoms with episodes of shivering and shaking for a day or two. However, a high temperature* could also indicate that you have COVID-19 or another infection. You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help make you feel better.</p>	<p>ንሓደ ወይ ክልተ መዓልቲ ዝቕጽል ጉንፋዕ ዝመስል ምልክታት ምንቅጥቃጥን ገብገብታን ዘጠቓለለ ስምዒት ምህላው። እንተኸነግን፡ ልዑል ረስኒ ኣካላት* ምህላው ሕማም ኮቪድ-19 ወይ ካልእ ረኽሲ ከምዘለኩም የመልክት (ነዚ ዝምልከት ምኽሪ ኣብ ገጽ 6 ተወከሱ)። ግቡእ ዝኸነ ዓቕን መጠን ፈውሲ ቃንዛ ፓራሲታሞል የዕረፍኩም ብምውሳድ (ነቲ ኣብ ናይ ሓበሬታ ወረቐት ተጠቂሱ ዘሎ መግለጺ ብምኽታል) ጽቡቕ ንኽስምዓኩም ክትወስድዎ ትኽእሉ።</p>
<p>*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.</p>	<p>* ኬሞተራፒ ትገብሩ እንተ ኣሊኩም እሞ ልዑል ሙቕት እንተ ኣልይኩም፡ ኣብ ከባቢኹም ምስ ዝርከብ ኣሃዱ ክንክን መንሸሮ ተራኹብ።</p>
<p>An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm where you had the vaccine. This can last for around 10 days, but if it lasts longer see your doctor. If you are due for a mammogram in the few weeks after the vaccine, then you should mention that when you attend.</p>	<p>ካልእ ዘይልሙድ ጎድናዊ ሳዕቤን ድማ ምሕባጥ ጽክታት ኣብ ትሽትሽ ወይ ኣብ ክሳድ ኣብ ሓደ ወገን ናይቲ ዝተኸተብካሉ ቦታ ከጋጥም ይኽእል። እዚ ኣስታት 10 መዓልታት ኣቢሉ ክጸንሕ ይኽእል፡ ካብኡ ንላዕሊ ምስ ዝጸንሕ ግን ናብ ሓኪምኩም ተራኣዩ። ንስኽን ቁሩብ ሰሙናት ድሕሪ ክታበት ናይ ማሞግራም (ኣብ ከባቢ ጡብ ዝግበር መርመራ ራጂ) እትገብሩሉ እዋን እንተበጺሑ፡ ኣብቲ ቦታ ክታበት ምስ መጻእክን ንመዓስ ከምዝኸነ ቆጸራኽን ሓብሩ።</p>

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<p><b>What should I do if I am concerned about my symptoms?</b></p>	<p><b>ብዛዕባ እቶም ዝተርእዩኒ ምልክታት ሕማም ዘሰኩፉኒ ምስ ዝኾኑ እንታይ ክገብር ኣሎኒ።</b></p>
<p>These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, call your GP or Out of Hours service. If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card – keep your card safe) so that they can assess you properly. You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this online by searching Coronavirus Yellow Card or by downloading the Yellow Card app.</p>	<p>እዞም ምልክታት ሕማም እዚኦም ካብ ሰሙን ዝውሕድ ግዜ ዝጸንሑ እዮም። እቶም ዝረኣይኹም ምልክታት እናበርትዑ ዝኾዱ ምስ ዝመስልኹም ወይ ዝኾነ ስክፍታ ምስ ዝህልወኩም፡ ናብ ሓፈሻዊ ሓኪምኩም ወይ ናብቶም ካብ ሰዓታት ስራሕ ወጻኢ ኣገልግሎት ዝህቡ ኣላካት ይዉሉ። ካብ ሓኪም ወይ ካብ ኣላዪ ሕሙማት ምኽሪ ምስ ዘድልዩኩም፡ ብዛዕባ ዝወሰድኩም ክታበት ከምዝነገርኩም ኣረጋግጹ (ነቲ ካርድ ክታበት ድማ ኣርእይዎም) ስለዚ ንሰቶም ብግቡእ ክምርምሩኹም ይኸእሉ። ብተወሳኺ ነቶም እትጥርጥርዎም ጎድናዊ ሳዕቤናት ክታበት ከምኡውን መድሃኒታት በቲ ብጫ መሓበሪ ካርድ ኣቢልኩም ጸብጸብ ከተቐርቡ ትኸእሉ ኢኹም። ብተወሳኺ ንስኹም ነቲ ናይ ኮሮናቫይረስ ብጫ ካርድ ኣብ ቀጥታዊ መስመር ኢንተርነት ብምድላይ ወይ ነታ ናይ ኮሮናቫይረስ ብጫ ካርድ ብምጽዓን ክትገብርዎ ትኸእሉ፡ (ነዚ ብዝምልከት ብኸብረትኩም ኣብ ገጽ 2 ተመልከቱ)</p>
<p><a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a></p>	<p><a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a></p>
<p><b>Are there other more serious side effects?</b></p>	<p><b>ካልኣት ኣዝዮም ብርቱዓት ጎድናዊ ሳዕቤናት ኣለዉዶ።</b></p>
<p>There have been reports of an extremely rare condition involving</p>	<p>ድሕሪ AstraZeneca ከምኡውን Janssen ዝተባህሉ ክታበታት ምኽታብ ኣብ ኣዝዩ</p>

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<p>blood clots and unusual bleeding after the AstraZeneca and Janssen vaccines. Because of the high risk of complications and death from COVID-19, the Medicines and Healthcare products Regulatory Agency (MHRA), the World Health Organisation and the European Medicines Agency have concluded that the balance is very much in favour of vaccination.</p>	<p>ዉሑድ ኣጋጣሚታት ተርእዮታት ምርጋእ ደም ከምኡውን ዘይንቡር መድመይትን ኣጋጢሙ። ብመኽንያት ኮቪድ-19 ዘኸትሎ ልዑል ሓደጋን ሕልኽላኽትን፡ ሞትን፡ ትካል ምቁጽጻር መድሃኒትን ፍርያት ክንክን ጥዕና MHRA፡ ትካል ጥዕና ዓለም፡ ትካል መድሃኒታት ኣውሮጳን ሚዛኑ ዝሓለወ ክታበት ምህላዉ ኣዝዩ ከም ዘድሊ 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>ንስኹም ዝኾነ ካብዞም ዝስዕቡ ምልክታት ኣብ ውሽጢ 28 መዓልታት ን ካብ 4 መዓልቲ ዝነውሕ ድሕሪ ክታበት ምስ ዘጋጥመኩም ካብ ሓፈሻዊ ሓኪምኩም ወይ ካብ ክፍሊ ህጹጽ ረዲኤት ሕክምና ብዝቐልጠፈ ግዜ ሕክምናዊ ሓገዝ ክትደልዩ ኣለኩም።</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>• ሓድሽ፡ ብርቱዕ ቃንዛ ርእሲ ብልሙድ ፈውሲ ቃንዛ ዘይሓዊ ወይ እናበርቶ ዝኸይድ</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>• ኣብ እትድቕስሉ ግዜ ዘይንቡር ቃንዛ ርእሲ ወይ ተጓዕዲጽኩም ኣብ እትድቕስሉ ግዜ ዝብርቶ ምስ ዝመስል ወይ ምናልባት ብኻልእ ምልክት ዝተሰነዩ ምስ ዝኾውን</li> </ul>
<ul style="list-style-type: none"> <li>- blurred vision, nausea and vomiting</li> </ul>	<ul style="list-style-type: none"> <li>- ዘይንጹር ምርኣይ፡ ዕግርግር ምባልን ተምላስን፡</li> </ul>
<ul style="list-style-type: none"> <li>- difficulty with your speech</li> </ul>	<ul style="list-style-type: none"> <li>- ሽግር ኣብ ኣዘራርባ፡</li> </ul>

Tigrinya translation of *What to expect after your COVID vaccination*

<p>- weakness, drowsiness or seizures</p>	<p>- ድክመት፡ ትክክለኛ ወይ ምንፍርፋር</p>
<ul style="list-style-type: none"> <li>• new, unexplained pinprick bruising or bleeding</li> </ul>	<ul style="list-style-type: none"> <li>• ሓድሽ፡ ክግለጽ ዘይክእል ውግኣት ልሕጻጽ ወይ መድመይቲ ምስ ዝህልወኩም</li> </ul>
<ul style="list-style-type: none"> <li>• shortness of breath, chest pain, leg swelling or persistent abdominal pain</li> </ul>	<ul style="list-style-type: none"> <li>• ሕጽረት እስትንፋስ፡ ቃንዛ ኣፍልቢ፡ ሕበጥ መሓውር</li> </ul>
<p>Worldwide, rare cases of inflammation of the heart called myocarditis or pericarditis have been reported after Pfizer and Moderna COVID-19 vaccines.</p>	<p>ብደረጃ ዓለም፡ ኣዝዮም ውሑዳት ኣጋጣሚታት ነድሪ ጭዋዳታት ልቢ (myocarditis) ወይ ነድሪ ሽፋን ልቢ (pericarditis) ድሕሪ Pfizer ከምኡውን Moderna ዝተባህሉ ክታቦታት ናይ ኮቪድ-19 ምኽታብ ኣጋጢሞም።</p>
<p>These cases have been seen mostly in younger men within several days after vaccination. Most of these people recovered and felt better following rest and simple treatments.</p>	<p>እዚ ተርእዮታት እዚ ኣውራ ኣብቶም ንኣሽቱ መንእሰያት ደቂ ተባዕትዮ ድሕሪ ሓያሎ መዓልታት ክታቦት ዘጋጠመ ጉዳይ እዩ። ዝበዝሑ ካብዞም ሰባት እዚኦም ምስ ኣዕረፉን ቀሊል ሕክምናዊ ክንክን ምስተገብረሎምን ጥዕናዊ ምምሕያሽ ኣርእዮምን ሓውዮምን።</p>
<p><b>You should seek medical advice urgently if you experience:</b></p>	<p><b>እዞም ዝስዕቡ ምልክታት ምስ ዝህልዉኩም ቅልጡፍ ሕክምናዊ ሓገዝ ክትደልዩ ኣለኩም፡-</b></p>
<ul style="list-style-type: none"> <li>• chest pain</li> </ul>	<ul style="list-style-type: none"> <li>• ቃንዛ ኣፍልቢ፡</li> </ul>
<ul style="list-style-type: none"> <li>• shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>• ሕጽረት እስትንፋስ፡</li> </ul>

Tigrinya translation of *What to expect after your COVID vaccination*

<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 ቅልጡፍ ህርመት ልቢ፡ ድግድግታ ህርመት ልቢ፡ ወይ ዝስማዕ ድምጺ ህርመት ልቢ</li> </ul>
<p><b>Can I catch COVID-19 from the vaccines?</b></p>	<p><b>ካብ ክታበት ካቢይ-19 ሕማም ክሕዘኒ ይኽእልድዩ።</b></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>ካብቲ ክታበት ሕማም ኮቪድ-19 ክሕዘኩም ኣይክእልን እዩ። እንተኾነ ግን ከይተረድኣኩም ብኻልእ መኸንዖት ሕማም ኮቪድ-19 ተታሒዝኩም ክትኮኑ ትኽእሉ እቲ ምልክታት ድማ ድሕሪ ቆጶራ መዓልቲ ክታበት ክርኣ ይኽእል።</p>
<p>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.</p>	<p>ዋላእኪ ኣብ ውሽጢ ሓደ መዓልቲ ወይ ክልተ መዓልታት ኣብ ግዜ ክታበት ረስኒ ናይ ኣካላት ዝርኣ እንተኾነ፡ ዝኾነ ካልእ ምልክታት ሕማም ኮቪድ-19 ምስ ዝህልወኩም ወይ ረስኒ ኣካላትኩም ንዝነውሐ ግዜ ምስ ዝጸንሑ፡ ኣብ ገዛኹም ጽንሑ ወይ መርመራ ክግበረልኩም ቆጶራ ሓተ።</p>
<p><b>When can I go back to daily activities?</b></p>	<p><b>ናብ ንቡር መዓልታዊ ንጥፈታተይ ምዓስ ክምለስ እኽእል።</b></p>
<p>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.</p>	<p>ጽቡቕ ክሰዕ ዝተሰማዓኩም ኣብ ዝኾነ ግዜ ንቡር ንጥፈታትኩም ክትጅመሩ ትኽእሉ። ብፍላይ ኢድኩም እንተቐሲሉ፡ ዝኾነ ክብደት ኣብ ምልዓል ጸገም ከጋጥመኩም ይኽእል እዩ። ጽቡቕ ምስ ዘይስመዓኩም ወይ ኣዚኹም ምስ እትደኽሙ ከተዕርፉን ዝኾነ ማሸነሪ ከይትሕዙን ምምራሕ መኪና ከተወግዱን ኣለኩም።</p>

Tigrinya translation of *What to expect after your COVID vaccination*

<p><b>Will the vaccine protect me?</b></p>	<p><b>እቲ ክታበት ካብ ሕጻን ሕላጻን ክከላኸለይ ድዩ።</b></p>
<p>The COVID-19 vaccines that you have had have been shown to reduce the chance of you suffering from COVID-19 disease.</p>	<p>እቲ ዝወሰድኩም ክታበት ናይ ኮቪድ-19፡ ተኸእሎ ስቓይ ናይ ሕጻን ኮቪድ-19 ክንክየልኩም ይኸእል።</p>
<p>It may take a few weeks from the first dose for your body to build up protection. Your body should respond more quickly (after a few days) after any additional doses. 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.</p>	<p>ኣካላትኩም ካብቲ ክታበት ናይ ተጻዋርነት ብቐዓት ንኸጥሪ ዉሑዳት ሰሙናት ከድልዮ ይኸእል። ኣካላትኩም ኣብ ዝቐልጠፈ ግዜ (ድሕሪ ቁሩብ መዓልታት) ተወሳኺ መጠን ክታበት ምስተገበረልኩም ግብረመልሲ ክህብ ኣለዎ። ከም ኩሎም መድሃኒታት፡ ዝኸነ ክታበትውን ሙሉእ ብምሉእ ኣድማዒ ኣይከውንን፡ ስለዚ ረኽሲ ንምክልኻል ነቶም ተዋሂቦም ዘለዉ ጥንቃቐታት ብቐጻሊ ምክትታል ኣገዳሲ እዩ። ገለ ሰባት ተኸቲቦም እንከለዉ ሕጻን ኮቪድ-19 ኸሕዞም ይኸእል እዩ፡ እንተኸነግን እቲ ሕጻን ከቢድ ኣይከውንን።</p>
<p><b>What can I do after I have had the vaccine?</b></p>	<p><b>ክታበት ምስ ወሰድኩ እንታይ ክገብር ይግብኣኒ።</b></p>
<p>The vaccine cannot give you COVID-19 infection, and a full course will reduce your chance of becoming seriously ill. It will help to reduce the risk of you passing on the virus. So it is important to continue to follow current national guidance.</p>	<p>ክታበት ናይ ኮቪድ-19 ረኽሲ ከስዕበልኩም ኣይክእልን እዩ፡ ከምኡውን ምሉእ ክታበት ምውሳድ ብርቱ ሕጻን ናይ ምሓዝ ተኸእሎ ይንክየልኩም። ንስኹም ክሳዕ ክንደይ ቫይረስ ከተመሓላልፉ ተኸእሎ ከምዘለኩም ግን እንፈልጦ ነገር የለን። ስለዚ ነቶም ህሉዋት መምርሒታት ምኸታል ኣገዳሲ እዩ።</p>
<p><b>To protect yourself and your family, friends and colleagues you must still:</b></p>	<p><b>ንገዛእርእስኹም ከምኡውን ስድራቤትኩም፡ ኣዕርኽትኹም ከምኡውን መሳራሕትኹም ንምክልኻል</b></p>



Tigrinya translation of *What to expect after your COVID vaccination*

	<p><b>ሕጂውን ነዘም ዝስዕቡ መምርሒታት ክትክተሉ ኣለኩም፡-</b></p>
<ul style="list-style-type: none"> <li>• wear a face covering where advised</li> </ul>	<ul style="list-style-type: none"> <li>• መሸፈኒ ኣፍን ኣፍንጫን (ማስክ) ግበሩ</li> </ul>
<ul style="list-style-type: none"> <li>• practise social distancing</li> </ul>	<ul style="list-style-type: none"> <li>• ማሕበራዊ ርሕቀት ተጠቐሙ</li> </ul>
<ul style="list-style-type: none"> <li>• wash your hands carefully and frequently</li> </ul>	<ul style="list-style-type: none"> <li>• ኣእዳውኩም ብጥንቃቄን ብቐጻልን ተሓጸቡ</li> </ul>
<ul style="list-style-type: none"> <li>• open windows to let fresh air in</li> </ul>	<ul style="list-style-type: none"> <li>• ጽሩይ ኣየር ንክህሉ መሳኹቲ ምክፋት</li> </ul>
<ul style="list-style-type: none"> <li>• follow the current guidance at <a href="http://www.gov.uk/coronavirus">www.gov.uk/coronavirus</a></li> </ul>	<ul style="list-style-type: none"> <li>• ነዘም ሕጂ ዘለዉ መምርሒታት ኣብዚ ዝስዕብ ነጅግ መርበብ ሓበሬታ ምክትታል <a href="http://www.gov.uk/coronavirus">www.gov.uk/coronavirus</a></li> </ul>
<p><b>Vaccination, helping to protect those most vulnerable.</b></p>	<p><b>ክታበት ምውሳድ ነቶም ኣዝዮም ተጠቓዕቲ ሰባት ንምክልኻል ይሕግዝ።</b></p>
<p>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></p>	<p>ብዛዕባ ክታበት ኮቪድ-19 ተወሳኺ ሓበሬታ ምስ ዘድልዩኩም ብክብረትኩም ኣብዚ ዝስዕብ ነጅግ መርበብ ሓበሬታ ብጽሑ፡- <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>
<p>Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a></p>	<p>ኣብ ግዜ ሕትመት ዝተኣረመ ሓበሬታ ነቲ ናይ መወዳእታ ሕትመት ናይዛ ናይ ሓበሬታ ወረቐት ከምኡውን ናይ ኣማራጺ ቅጥዕታት ዝምልከት ኣብዚ ነጅግ መርበብ ሓበሬታ ናይ ክፍሊ ህዝባዊ ሓለዋ ጥዕና ብጽሑ <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a></p>
<p>Published September 2021 by the Public Health Agency.</p>	<p>ኣጀንሲያ ህዝባዊ ጥዕና</p>

Tigrinya translation of *What to expect after your COVID vaccination*

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