

Tigrinya translation of *COVID-19 vaccination - Your guide to booster vaccination* 12/21

English	Tigrinya
COVID-19 vaccine	ክታበት ኮቪድ-19
Your guide to booster vaccination	ብዛዕባ ናትኩም መበራትዒ ክታበት ምውሳድ
People aged 18 years and over, health and social care workers and those aged 16 and 17 who are at risk are being offered a booster dose of coronavirus (COVID-19) vaccine.	ነቶም 18 ዓመትን ልዕሊኡን ዝዕድሚኦም ሰባት፡ ሰራሕተኛታት ጥዕናን ማሕበራዊ ክንክንን ክምኡውን ንሓደጋ ዝተቐልዑ ካብ 16 ክሳብ 17 ዓመት ዝዕድሚኦም መበራትዒ ክታበት ኮሮናቫይረስ (ኮቪድ-19) ይወሃብ ኣሎ።
What is coronavirus or COVID-19?	ኮሮናቫይረስ ወይ ኮቪድ-19 እንታይ ማለት እዩ፡
COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus and is more serious in people over 40 years of age and those with certain health conditions.	ኮቪድ-19 ኣዝዩ ተላባዒ ናይ ስርዓተ ምስትንፋስ ሕማም ኮይኑ ብ SARS-CoV-2 ዝተባህለ ዓይነት ቫይረስ ዝለዓለ ወይ ዝመሓለለ፡ ክምኡ'ውን ኣብ'ቶም ልዕሊ 40 ዓመት ዝዕድሚኦምን ካልኣት ናይ ጥዕና ጸገማት ዘለዎምን ሰባት ድማ ከቢድ ይኸውን።
Why are you being offered a COVID-19 booster?	ንስኹም ስለምንታይ ናይ ኮቪድ-19 መበራትዒ ክታበት ምውሳድ የድልየኩም፡
Like some other vaccines, levels of protection may begin to wane over time. The booster will help to reduce the risk of you needing admission to hospital due to COVID-19 infection this winter. Protection against severe disease from the first 2 doses seems to decline very slowly. Boosting your immunity should help to extend your protection into next year and give you longer term protection.	ከም ካልኣት ክታበታት፡ ደረጃ ብቕዓት ተጻዊርነትኩም ምስ ግዜ እናነከየ ክኸይድ ይኽእል። እዚ መበራትዒ መጠን ክታበት እዚ ነቶም ዝወሰድኩሞም ናይ መጀመርያ 2 መጠን ክታበታት ናይ ምክልኻል ግዜ ንኸናውሓልኩም ይሕግዝ። እዚ መበራትዒ ክታበት እዚ ብሰንኪ ሕማም ኮቪድ-19 ኣብዚ ወቕቲ ሓጋይ ናብ ሆስፒታል ካብ ምእታዊ የድሕነኩም። እቶም ክልተ ተኸታተልቲ ክታበታት ካብ ብርቱዕ ሕማም ናይ ምክልኻል ብቕዓቶም ቀስ ብቐስ እናተደኣኸመ ዝኸይድ ዘሎ ይመስል። ነዚ

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	መበራትዒ ክታበት ምውሳድ ድማ ነቲ ዘለኩም ናይ ሕማም ምክልኻል ብቕዓት ናብ ዝቕጽል ዘሎ ዓመት ከም ዝቕጽል ይገብሮን ንንውሕ ዝበለ ግዜ ናይ ምክልኻል ብቕዓት ይህልወኩምን።
When should you have a booster?	መበራትዒ ክታበት መዓስ ኢኹም እትኸተቡ፡
The booster is being offered to those most vulnerable first and will then be rolled down to younger age groups. Your appointment should be at least 3 months from your last dose, but this may be later depending on your age group or level of risk. For more on this, visit www.nidirect.gov.uk/covid-vaccine	እዚ ናይ መበራትዒ ክታበት ብቕዓምነት ነቶም ኣብ ኣዝዩ ተኣፋፊ ኩነታት ጥዕና ዝርከቡ ዝወሃብ ኮይኑ ብድሕሪ ድማ ናብቶም ንኣሽቱ መንእሰያት ክወርድ እዩ። እቲ ዝወሃበኩም ቆጶራ ካብቲ ናይ መወዳእታ መጠን ክታበት ዝወሰድኩም እንተደንገዩ ኣብ 3 ኣዋርሕ ክኸውን ኣለዎ፡ እንተኾነግን እዚ ጸኒሑ ኣብቲ ናትኩም ደረጃ ዕድመ ዝርከቡ ሰባት ወይ ዘለኩም ናይ ሕማም ደረጃ ተቓላዕነት ዝተመርኮሰ ክኸውን ይኸእል እዩ። ብዛዕባ እዚ ጉዳይ ተወሳኺ ሓበሬታ ንምርካብ ኣብዚ ዝስዕብ ነቑጣ መርበብ ሓበሬታ ብጽሑ፡- visit www.nidirect.gov.uk/covid-vaccine
Which vaccine will you be offered?	ኣየናይ ክታበት ኢኹም እትወሃቡ፡
You will be given a booster dose of either Pfizer or Moderna vaccine. Both vaccines boost well and have already been given to millions of people in the UK. Studies have shown that you only need a half dose of Moderna to boost the immune system well. This half dose of Moderna is expected to have low rate of side effects including	Pfizer ወይድማ Moderna ዝተባህሉ ዓይነት መበራትዒ ክታበት ክወሃበኩም እዩ። ክልቲኦም ክታበታት ጽቡቕ ይሕግዙን ንሚሊዮናት ሰባት ድማ ኣብ ዓዲ እንግሊዝ ኣቐዲሙ ተውዋሂቡ እዩ። እዞም

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myocarditis. See page 3 for more information.	አቕዲሞም እተኸየዱ መጽናዕታዊ ዕዮታት ከምዘመልከትዎ፡ ስርዓተ ምክልኻል ሕማም ናይ ኣካላትና ብዝግባእ ንኸሕይል ፍርቂ ዶዝ/ዓቕን ናይ Moderna/ሞደርና ክንወስድ ጥራይ እዩ ዘድልየና። ፍርቂ ዶዝ/ዓቕን ናይ Moderna/ሞደርና ምውሳድ ዝተሓተ መጠን ጐድናዊ ሳዕቤናት ዘስዕብ እዩ፤ ማለት እንተላይ ንነድሪ ጭዋዳታት ልቢ ብዝምልከት። ዝያዳ ሓበሬታ ንምርካብ ኣብ ገጽ-3 ንመልከት።
You will be offered the right vaccine for you which may be the same or different from the vaccines that you had before.	ንስኹም እቲ ንዓኹም ብቑዕ ዝኾነ ዝሰማምዓኩም ዓይነት ክታበት ከምቲ አቕዲምኩም ዝወሰድኩም ዓይነት ክታበት ወይ ካልእ ዓይነት ክታበት ክትወስዱ ኢኹም።
Common side effects	ልሙዳት ጎድናዊ ሳዕቤናት
As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:	ከምቲ ናይ ቅድሚ ሕጂ ዝወሰድኩም መጠን ክታበት እቶም ዝረአዩ ልሙዳት ጎድናዊ ሳዕቤናት ኣብ ኩሎም ናይ ኮቪድ-19 ክታበታት ዝረአዩ ኣብ ዓዲ እንግሊዝ ሓደ ዓይነት ኮይኖም፡ ነዞም ዝስዕቡ ድማ የጠቓልሉ፡-
<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 to 2 days after the vaccine 	<ul style="list-style-type: none"> • ኣብታ ክታበት ዝወሰድኩም ኢድኩም አቕንዛውን ከቢድን ስምዒት፡ ከምኡ'ውን ናይ ምንቅስቓስ ጸገምን ይህልወኩም። እዚ ድሕሪ ክታበት ካብ 1 ክሳብ 2 መዓልቲ ዝበርቅዐ ኮይኑ ክጸንሕ ይኸእል።
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • ስምዒት ድኻም
<ul style="list-style-type: none"> • headache 	<ul style="list-style-type: none"> • ቃንዛ ርእሲ

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<ul style="list-style-type: none"> • general aches, or mild flu like symptoms 	<ul style="list-style-type: none"> • ሓፈሻዊ ቃንዛታት፡ ወይ ፈኩስ ናይ ጉንፋዕ ዝመስሉ ምልክታት
<p>You can rest and take paracetamol (follow the dose advice in the packaging) to help make you feel better. Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate you have COVID-19 or another infection.</p>	<p>ግቡእ ዝኾነ ዓቕን መጠን ፈውሲ ቃንዛ ፓራሲታሞል የዕሪፍኩም ብምውሳድ (ነቲ ኣብ ናይ ሓበሬታ ወረቐት ተጠቐሱ ዘሎ መምርሒ ብምኽታል) ጽቡቕ ንኽስምዓኩም ወይ ኩነታትኩም ንኽመሓየሽ ይሕግዝ። ወላእኪ ስምዒታት ረስኒ ኣካላት ን2 ወይ 3 መዓልታት ዘይልሙዳት እንተኾኑ፡ ልዑል ረስኒ መጠን ኣካላት ግን ዘይንቡርን ምልክት ናይ ሕማም ኮቪድ-19 ወይ ካልኣት መልከፍትታት ክኸውን ይኽእል እዩ።</p>
<p>Although a fever can occur within a day or 2 of vaccination, if you have any other COVID-19 symptoms or your fever lasts longer, stay at home and arrange to have a test. Symptoms following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, contact your GP.</p>	<p>ወላእኪ ኣብ ግዜ ክታበት ንሓደ ወይ ክልተ መዓልታት ረስኒ ዝርእ እንተኾነ፡ ዝኾኑ ካልኣት ናይ ኮቪድ-19 ምልክታት ወይ እቲ ዘለኩም ረስኒ ንንውሕ ዝበለ ግዜ ምስ ዝጸንሕ ኣብ ገዛኹም ብምኽን መርመራ ንኽግበረልኩም መደብ ሓዙ። ምልክታት ሕማም ድሕሪ ክታበት፡ መብዛሕቲኡ ግዜ ንትሕቲ ሓደ ሰሙን ጥራይ ይጸንሑ። እቶም ዘለዉኹም ምልክታት ሕማም እናበርትዑ ምስ ዝኹዱ ወይ ዘሰክፍኹም ምስ ዝኾኑ፡ ናብ ሃገራዊ ኣገልግሎት ጥዕና ቁጽሪ 111 ደውሉ።</p>
<p>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>ብተወሳኺ ነቶም እትጥርጥርዎም ጎድናዊ ሳዕቤናት ናይ ክታበት ከምኡውን መድሃኒታት በቲ ብጫ መሕበሪ ካርድ ኣቢልኩም ጸብጸብ ከተቕርቡ ትኽእሉ ኢኹም። ነዚ ኣብ ቀጥታዊ መስመር ናይ ኢንተርኒት ብጫ ካርድ ናይ ኮሮናቫይረ ብምፍታሽ ወይ ነቲ ናይ ብጫ ካርድ መመልከቲ ብምጽዓን ክትገብርዎ ትኽእሉ (ነዚ</p>

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	ብዝምልከት ብኸብረትኩም ኣብ ገጽ 2 ተመልከቱ)::
If you had serious side effects after any previous dose you may be advised to avoid or delay further vaccination. You should discuss this with your doctor or specialist.	ቅድሚ ሕጂ ኣብ ዝወሰድኩም ክታበት፡ ድሕሪኡ ከቢድ ጎድናዊ ሳዕቤን ኣጋጢሙኩም እንተነይሩ፡ ካልእ ክታበት ከተወግዱ ወይ ደንጉኹም ክትወስዱ ትምክሩ። ብዛዕባ እዚ ጉዳይ ምስ ሓኪምኩም ወይ ፍሉይ ክኢላ ሕክምና ክትዘራረቡሉ ኣለኩም።
Serious side effects	ከበድቲ ጎድናዊ ሳዕቤናት
Worldwide, there have also been recent, very rare cases of inflammation of the heart called myocarditis or pericarditis reported after Pfizer and Moderna COVID-19 vaccines.	ብደረጃ ዓለም፡ ኣብ ቀረባ እዋን፡ ኣብ ኣዝዮም ውሑዳት ኣጋጣሚታት ነድሪ ጭዋዳታት ልቢ (myocarditis) ወይ ነድሪ ሽፋን ልቢ (pericarditis) ድሕሪ Pfizer ከምኡውን Moderna ዝተባህሉ ክታበታት ናይ ኮቪድ-19 ምኽታብ ኣጋጢሞም።
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.	እዞም ተርእዮታት እዚኦም ኣውራ ኣብቶም ንኣሸቱ መንእሰያት ደቂ ተባዕትዮ ድሕሪ ብዙሕ መዓልታት ካብቲ ክታበት ዝወሰድሉ ግዜ ዘጋጠሙ ጉዳያት እዮም። ዝበዝሑ ካብዞም ሰባት እዚኦም ቀልጢፎም ዝሓውዩ ኮይኖም ከምኡውን ምስ ኣዕረፉን ቅልል ዝበለ ሕክምናዊ ክንክን ምስ ተገብረሎምን ኩነታት ጥዕንኦም ተማሓይሹ።
You should seek medical advice urgently if, after vaccination, you experience:	ድሕሪ ምኽታብኩም እዞም ዝስዕቡ ምልክታት ምስ ዝህልውኹም ቅልጡፍ ሕክምናዊ ሓገዝ ክትደልዩ ኣለኩም፡-
<ul style="list-style-type: none"> • chest pain 	<ul style="list-style-type: none"> • ቃንዛ ኣፍልቢ

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<ul style="list-style-type: none"> • shortness of breath 	<ul style="list-style-type: none"> • ሕጽረት እስትንፋስ፡ ቃንዛ አፍልቢ፡ ሕበጥ እግሪ
<ul style="list-style-type: none"> • feelings of having a fast-beating, fluttering, or pounding heart 	<ul style="list-style-type: none"> • ስምዒት ቅልጡፍ ህርመት ልቢ፡
Is there anyone who shouldn't have a booster?	መበራትዒ ክታበት ክወስድ ዘይግብኦ ሰብ ኣሎ'ዶ፡
<p>There are very few people who should not have a booster.</p>	<p>መበራትዒ ክታበት ክወስዱ ዘይግብኦም ኣዝዮም ዉሑዳት ሰባት ኣለዉ።</p>
<p>If you have had a severe reaction to a previous dose of the vaccine you should discuss this with your doctor.</p>	<p>እቲ ኣቐዲምኩም ዝወሰድኩም መጠን ክታበት ኣብ ኣካላትኩም ብርቱዕ ነድሪ ቁጥዑ ኣካላት ኣስዒቡልኩም እንተነይሩ፡ ነዚ ብዝምልከት ምስ ሓኪምኩም ተዘራረቡ።</p>
Can you still catch COVID-19 after having the vaccine?	ኮቪድ-19 ካብቲ ክታበታት ክሕዘኒ ይኽእል'ዶ፡
<p>The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It may take a few days for your body to build up some protection from the booster.</p>	<p>ክታበት ኮቪድ-19፡ ነቲ ብሕማም ኮቪድ-19 ንኽትሳቐዩ ዘለኩም ዕድላት ይንክዮ እዩ። ኣካላትኩም ካብዚ መበራትዒ ክታበት ናይ ምክልኻል ብቕዓት ከጥሪ ገለ ቁሩብ መዓልታት ክወስደሉ ይኽእል።</p>
<p>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.</p>	<p>ከም ኩሎም መድሃኒታት፡ ዝኾነ ክታበት ምሉእ ብምሉእ ኣድማዒ ኣይኮነን - ገለ ሰባት ገና ክታበት ወሲዶም ክነሶም፡ ኮቪድ-19 ክሓሙ ይኽእሉ እዮም፡ እዚ ግን ብርቱዕ ዘይኮነ ይኸውን።</p>
If you have not had the first vaccinations	ነቲ ቀዳማይ ክታበት ዘይወሰድኩም ምስ እትኾኑ
<p>If you have not yet had either of your first 2 doses of the vaccine you should have them as soon as possible.</p>	<p>ንስኹም ክሳብ ሕጂ ሓዲኤን ካብተን ቀዳሞት 2 ተኸታተልቲ መጠን ክታበታት ዘይወሰድኩም</p>

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	ምስ እትኾኑ ብዝተኻእለ መጠን ኣብ ዝቐልጠፈ ግዜ ክትወስድዎም ኣለኩም።
When can you have your booster if you've had a COVID-19 positive test result?	ኣውንታዊ ውጽኢት ናይ ሕማም ኮቪድ-19 ምስ ዝህልወኩም እቲ መበራትዒ ክታበት መዓስ ክትወስድዎ ይግበኣኩም፤
You will still need the booster but you should wait at least 4 weeks from your COVID-19 infection.	ኣብዚ ግዜ እዚ መበራትዒ ክታበት ክትወስዱ የድልየኩም እዩ፡ እንተኾነግን ካብቲ ሕማም ኮቪድ-19 ዝተለኸፍኩም መዓልቲ እንተወሓደ ን 4 ሰሙናት ክትጽበዩ ኣለኩም።
Further information	ተወሳኺ ሓበሬታ
Visit coronavirus vaccination www.nidirect.gov.uk/covid-vaccine	ነዚ ብዝምልከት ኣብዚ ናይ ኮሮናቫይረስ ክታበት ነቑጣ መርበብ ሓበሬታ ብጽሑ www.nidirect.gov.uk/covid-vaccine
See the PHA leaflet on what to expect after vaccination, which is available to download at www.pha.site/COVID19InfoMaterials	ድሕሪ ክታበት ምውሳድኩም እንታይ ክትጽበዩ ከምዘለኩም ናብቲ መሓበሪ ወረቐት ሓለፊ ክፍሊ ጥዕና ነቑጣ መርበብ ሓበሬታ ዝርከበሉ ብምጽዓን ኣብዚ ተወከሱ www.pha.site/COVID19InfoMaterials
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.	ብኽብረትኩም ብዛዕባ ክታበታትኩም፡ ነዚ ናይ ፍርዶት ወረቐት ሓበሬታ ተወከሱ እንተላይ ንኽጋጥሙ ዝኽእሉ ጎድናዊ ሳዕቤናት፡ ናይ ኮሮናቫይረስ ብጫ ካርድ (Yellow Card) ፈትሑ። ከምኡ'ውን ናይ ዝተጠርጠሩ ጎድናዊ ሳዕቤን ናብቲ መርበብ ሓበሬታ ወይ ነቲ ብጫ ካርድ መመልከቲ ብምውራድ ጸብጻብ ክትህቡ ትኽእሉ።

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https://coronavirus-yellowcard.mhra.gov.uk	ተወሳኺ ሓበሬታ አብ https://coronavirus-yellowcard.mhra.gov.uk
You can read the information for UK recipients of the Pfizer and Moderna vaccines here:	ነዚ ብዝምልከት ነቲ ናይ ‘ዓዲ እንግሊዝ ክታበት Pfizer ክወስዱ ናይ ዝግብኡዎ ዝብል ሓበሬታ፡ ከተንብቡ ትኽእሉ፡-
https://coronavirus-yellowcard.mhra.gov.uk/productinformation	https://coronavirus-yellowcard.mhra.gov.uk/productinformation
Published September 2021 by the Public Health Agency.	አብ መስከረም፡ 2021 ብኣጀንሲያ ህዝባዊ ክፍሊ ጥዕና ተሓተሙ ዝወጹ፡፡
© Crown copyright 2021. This information was originally developed by UK Health Security Agency and is used under the Open Government Licence v3.0	© መሰል ዋንነት ክራውን 2021 (Crown copyright 2021) እዚ ሓበሬታ እዚ ብመሰረቱ ብህዝባዊ ክፍሊ ክንክን ጥዕና ዓዲ እንግሊዝ ዝመሰበል ኮይኑ ከምኡውን አብ ትሕቲ ሕጋዊ መንግስታዊ ፍቓድ v3.0 አብ ግብረ ዝወዓለ እዩ፡፡