

English	Tigrinya
COVID-19 vaccination	ክታብት ኮቪድ-19
A guide for parents of children aged 5 to 11	ንስድራሴታት ናይቶም ካብ 5 ክሳብ 11 ዓመት ዝዕድሚኦም ቆልዑ ዝምልከት መምርሒ
The health service is offering coronavirus (COVID-19) vaccines to children aged 5 to 11 years.	ክፍሊ ኣገልግሎት ጥዕና ነቶም ካብ 5 ክሳብ 11 ዓመት ዝዕድሚኦም ቆልዑ ናይ (ኮቪድ-19) ክታብት ይህብ ኣሎ።
Experts have advised that parents of all children aged 5 to 11 years should be offered the chance to have their child vaccinated.	ሞያውያን፡ ንኹሎም ወለዲ ናይቶም ካብ 5 ክሳብ 11 ዓመት ዝዕድሚኦም ቆልዑ ነቲ ዝረኽቡም ንደቆም ዝወሃብ ዕድል ክታብት ክጥቀሙሉ ይመኽሩ።
Vaccination is particularly important for children who have health conditions that put them at high risk from COVID-19, as the benefits are greater.	ክታብት ብፍላይ ነቶም ናይ ጥዕና ጸገም ዘለዎም ቆልዑ ብምኽንያት ሕመም ኮቪድ-19 ድማ ከቢድ ናይ ጥዕና ጸገም ከጋጥሞም ዝኽእል፡ ዘለዎ ጥቕሚ ዝዓበዩ ስለዝኾነ ክኸተቡ ኣገዳሲ እዩ።
Which children are at high risk from coronavirus (COVID-19) infection?	ብዛዕባ መልክፍቲ ኮሮናቫይረስ (ኮቪድ-19) ዝመጸ ኣብ ዝለዓለ ሓደጋ ናይ ሕመም ዝርከቡ ቆልዑ ከመይ ዝኣመሰሉ እዮም፡
This includes those with certain health conditions, or those children who have a weakened immune system or live with someone who has a weakened immune system.	እዚ ነቶም ዝተወሰነ ናይ ጥዕና ጸገም ዘለዎም ቆልዑ፡ ወይ ነቶም ዝተዳኸመ ናይ ሕመም ተጻዋርነት ብቕዓት ዘለዎም ቆልዑ፡ ወይ ድማ ነቶም ምስ ዝተዳኸመ ናይ ሕመም ተጻዋርነት ብቕዓት ዘለዎም ሰባት ዝነብሩ ቆልዑ የጠቓልል።
These children should have already been invited for vaccination.	እዞም ከምዚኦም ዝኣመሰሉ ቆልዑ ክታብት ክወስዱ ኣቕዲሞም ዝተዓደሙ እዮም።
For more information on the health conditions, you can read the leaflet here or talk to your specialist or GP: https://www.publichealth.hscni.net/publications/covid-19-vaccination-guide-parents-children-aged-5-11-years-high-risk	ብዛዕባ ከምዚኦም ዝኣመሰሉ ጥዕናዊ ኩነታት፡ ዝያዳ ሓበሬታ ንምርካብ ነቲ ናይ ሓበሬታ ወረቐት ኣብዚ ዝሰጠኩ ነቕጥ መርበብ ሓበሬታ ከተንብቡ ትኽእሉ ወይ ድማ ነቲ ፍሉይ ክኢላ ሓኪምኩም ወይ ሓፈሻዊ ሓኪም ኣዘራርቡ፡- https://www.publichealth.hscni.net/publications/covid-19-vaccination-guide-parents-children-aged-5-11-years-high-risk
How does COVID-19 affect children?	ሕመም ኮቪድ-19 ንቆልዑ ብኸመይ ኣገባብ ክጸልዎም ይኽእል፡
For most children COVID-19 is a mild illness that may require a few days off school but rarely leads to complications. For a very few children, the symptoms may be more serious or last longer.	ኣብ ዝበዛሉ ቆልዑ ሕመም ኮቪድ-19 ፈኩስ ሕመም ኮይኑ ንዝተወሰነ መዓልታት ድማ ካብ ትምህርቲ ከብኩሮም ይኽእል፡ ኣብ ገለ ዝተወሰኑ ቆልዑ ግና ጸገማት ከስዕበሎም ይኽእል እዩ። ኣብ ኣዝዮም ዉሑዳት ቆልዑ፡ እቶም ምልክታት ሕመም ከበድትን ንንውሕ ዝበለ ግዜ ዝጸንሑን ክኾኑ ይኽእሉ እዮም።
The current Omicron variant appears to be particularly mild in children. It is not known if future variants will be as mild.	ብፍላይ ድማ እቲ ኣብዚ እዋን እዚ ዝረከሰ ዘሎ ኣሚክሮን ዝተባህለ ታህቦስያን ኣብ ቆልዑ ቅልል ዝበለ ሕመም እዩ። ብዛዕባ እቶም ናይ መጻኢ ታህቦስያን ቅልል ዝበሉ ምዃኖም ዝተፈልጠ ነገር የለን።
Will the vaccine protect my child?	እቲ ክታብት ንውላደይ ካብ ሕመም ክከላኸለሉ ድዩ፡
The COVID-19 vaccination will reduce the chance of your child suffering from COVID-19 disease. It	ክታብት ኮቪድ-19፡ ንውላድኩም ካብ ብሕመም ኮቪድ-19 ናይ ምስቓይ ዕድል ከንክየሉ እዩ። ናይ ውላድኩም ኣካላት

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<p>may take a few weeks for their body to build up some protection from the vaccine.</p>	<p>ከብቲ ክታበት ናይ ተጻዋርነት ብቕዓት ንኸጥሪ ዉሒዳት ሰሙናት ከድልዮ ይኸእል።</p>
<p>Two doses of the vaccine should give your child long lasting protection against serious complications of infection – including any future waves due to new variants.</p>	<p>ውላድኩም ክልተ መጠን ክታበታት ብምውሳዳ ድማ ከብቶም ከቢድ ሳዕቤን ከስዕቡ ዝኸእሉ ናይ ሕማም መልክፍታት ነዊሕ ግዜ ዝጸንሕ ናይ ምክልኻል ብቕዓት ከጥሪ ይኸእል – ብተወሳኺ ውን ከብቶም ኣብ መጻኢ ክስዕቡ ዝኸእሉ ሓደስቲ ማዕበላት ናይ ታህዋስያን ክከላኸል ይኸእል።</p>
<p>Your child should also have some protection from the mild symptoms. The protection against Omicron should last for several weeks.</p>	<p>ብተወሳኺ ውላድኩም ከብቶም ፍኹስ ዝበሉ ምልክታት ሕማም ናይ ምክልኻል ብቕዓት ከማዕብል ይኸእል። ከብ ኦሚክሮን ዝተባህሉ ታህዋስያን ናይ ምክልኻል ብቕዓቱ ድማ ንብዙሓት ሰሙናት ክጸንሕ ይኸእል።</p>
<p>Like all medicines, no vaccine is completely effective – some children may still get COVID-19 despite having a vaccination, but this should be less severe.</p>	<p>ከም ኩሎም መድሃኒታት፡ ዝኸነ ክታበት ምሉእ ብምሉእ ኣድማዒ ኣይኮነን - ገለ ቆልዑ ዋላ ክታበት ወሲዶም ክነሱም፡ ከቪድ-19 ክሓሙ ይኸእሉ እዮም፡ እዚ ግን ክብርትዎም ኣይክእልን ይኸውን።</p>
<p>Further information is available on symptoms on www.nidirect.gov.uk/coronavirus</p>	<p>ብዛዕባ ምልክታት ናይዚ ሕማም ዝምልከት ተወሳኺ ሓበሬታ ኣብዚ ዝስዕብ ነቕጥ መርበብ ሓበሬታ ክትረኽቡ ትኸእሉ፡- www.nidirect.gov.uk/coronavirus</p>
<p>About the vaccine</p>	<p>ብዛዕባ ዓይነታት ክታበት ዝምልከት</p>
<p>Children aged 5-11 will be offered the Pfizer COVID-19 vaccine. Each children’s dose is a third of the amount of vaccine that is given to older children and adults. Children at greater risk of serious illness if they catch COVID-19 will need 2 doses of vaccine, 8 weeks apart. All other children will be offered 2 doses of vaccine 12 weeks apart.</p>	<p>እቶም ከብ 5 ክሳብ 11 ዓመት ዝዕድሚኦም ቆልዑ Pfizer ዝተባህላ ዓይነት ክታበት ናይ ከቪድ-19 ክወሃቦም እዩ። ነፍሲወከፍ መጠን ክታበት ናይ ቆልዑ ድማ ሓደ ሲሶ ናይቶም ንኣሸቱ መንእሰያትን ዓበይቲ ሰባትን ዝወስድዎ መጠን ክታበት ጥራይ እዩ። እቶም ኣብ ኣዝዩ ኣሰካፊ ኩነታት ሕማም ዝርከቡ ቆልዑ፡ ሕማም ከቪድ-19 ምስ ዝኸዘም፡ ክልተ መጠን ክታበታት ናይ 8 ሰሙናት ኣረሓቲኛም ክወስድዎ ይግባእ። ኩሎም ካልኣት ቆልዑ ናይ 12 ሰሙናት ናይ ግዜ ፍልልይ ብምግባር 2 መጠን ክታበት ክወሃቦም እዩ።</p>
<p>The vaccine has been tested to make sure it is as safe as possible. You can read the Pfizer leaflet here: https://coronavirus-yellowcard.mhra.gov.uk/productinformation</p>	<p>እቲ ክታበት ብዝተኸእለ መጠን ብቕዕ ምኺኑ መርመራ ዝተገብረሉ እዩ። ብዛዕባ እዚ ዝምልከት ኣብዚ ናይ ፋይዘር ናይ ሓበሬታ ወረቐት ከተንብቡ ትኸእሉ፡- https://coronavirus-yellowcard.mhra.gov.uk/productinformation</p>
<p>Common side effects</p>	<p>ልሙዳት ጎድናዊ ሳዕቤናት</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 should only last a day or two. The Pfizer vaccine tends to cause more side effects after the second dose than the first dose.</p>	<p>ከም ኩሎም መድሃኒታት፡ ክታበታት ጎድናዊ ሳዕቤናት ከኸትሉ ይኸእሉ እዮም። መብዛሕኹም ፈኮስትን ንሓዲር እዋን ዝጸንሑን እዮም፡ ንኹሉ ሰብ ግና ዘጋጥምዎ ኣይኮነን። እቶም ፍሉጣት ዝኸኑ ጎድናዊ ሳዕቤናት ሓደ ዓይነት ኮይኖም ከምኡውን ንሓደ ወይ ክልተ መዓልታት ይጸንሑ። ክታበት Pfizer ከብቲ ቀዳማይ መጠን ክታበት ኣብቲ ካልኣይ መጠን ክታበት ምስ ወሰድኩም ከስዕብ ጎድናዊ ሳዕቤን ዛይዱ ይርእዩ።</p>

<p>Very common side effects include:</p>	<p>እቶም ኣዝዮም ልሙዳት ጎድናዊ ሳዕቤናት ነዞም ዝስዕቡ የጠቓልሉ:-</p>
<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 vaccination 	<ul style="list-style-type: none"> • ኣብታ ክታበት ዝወሰድክሙላ ኢድኩም ኣቕንዛውን ከቢድን ስምዒት፡ ከምኡ'ውን ናይ ምንቅስቓስ ጸገምን ይህልወኩም። እዚ ድሕሪ ክታበት ኣብ ዘለዎ 1-2 መዓልቲ ዝበርቶ ይኸውን።
<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
<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>Your child should rest and, if they are at school, they may need to take a day or two off.</p>	<p>ውላድኩም ድሕሪ ምኽታቡ ከዕርፍ ኣለዎ፡ ኣብ ትምህርቲ ምስ ዝህሉ ድማ፡ ሓደ ወይ ክልተ መዓልታት ከዕርፍ የድልዮ።</p>
<p>You can give them paracetamol (follow the children's dose advice on the packaging) to help make them feel better. You can find more information on paracetamol for children on www.nhs.uk/medicines/paracetamol-for-children.</p>	<p>ንቆልዑ ግቡእ ዝኾነ መጠን ፈውሲ ቃንዛ ፓራሲታሞል (ነቲ ኣብ ናይ ሓበሬታ ወረቐት ተጠቂሱ ዘሎ መምርሒ ብምኽታል) ጽቡቕ ንክስምዎም ወይ ኩነታቶም ንክመሓየሹ ክትህቡዎም ትኽእሉ። ብዛዕባ ፈውሲ ቃንዛ መድሃኒት ፓራሲታሞል (paracetamol) ንቆልዑ ዝምልከት ተወሳኺ ሓበሬታ ኣብዚ ዝስዕብ ነቕጥ መርበብ ሓበሬታ ክትረኽቡ ትኽእሉ፡- www.nhs.uk/medicines/paracetamol-for-children.</p>
<p>Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate they have COVID-19 or another infection.</p>	<p>ዋላእኪ ስምዒታት መጠን ሙቕት ኣካላት ን2 ወይ 3 መዓልታት ዘይልሙዳት እንተኾነ፡ ልዑል መጠን ርስኒ ኣካላት ግን ዘይንጉራት ከይኖሩ ሕማም ኮቪድ-19 ወይ ካልኣት መልከፍታት ከምዘለዉ ዝገልጹ ምልክታት ክኾኑ ይኽእሉ እዮም።</p>
<p>Symptoms following vaccination normally last less than a week. If your child's symptoms seem to get worse or if you are concerned, you can call your GP or Out of Hours service.</p>	<p>ምልክታት ሕማም ድሕሪ ክታበት፡ መብዛሕቲኡ ግዜ ንትሕቲ ሓደ ሰሙን ጥራይ ይጸንሉ። እቶም ኣብ ውላድኩም ዝረኣዩ ምልክታት እናበርቶ ዝኾኑ ምስ ዝመስልኩም ወይ ዝኾነ ስክፍታ ምስ ዝህልወኩም፡ ናብ ሓፈሻዊ ሓኪምኩም ወይ ናብቶም ካብ ሰዓታት ስራሕ ወጻኢ ኣገልግሎት ዝህቡ ኣላካት ክትድጁሉ ትኽእሉ።</p>
<p>Less common side effects</p>	<p>ሳሕቲ ዝረኣዩ ጎድናዊ ሳዕቤናት</p>
<p>Cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after COVID-19 vaccines. Most cases recovered and felt better following rest and simple treatments.</p>	<p>ኣብዚ ቀረባ ግዜ፡ ተርእዮ ነድሪ ጭዋዳ ልቢ (myocarditis) ወይ ነድሪ ሽፋን ልቢ (pericarditis) ዝተባህሉ ኣብ ኣዝዩ ዉሑድ ኣጋጣሚ ድሕሪ ክታበት ኮቪድ-19 ተገሊጾም ኣለዉ። ዝበዝሉ ካብዞም ቆልዑ ምስ ኣዕረፉን ቅልል ዝበለ ሕክምናዊ ክንክን ምስተገብረሎምን ጥዕንኦም ተማሓይኹ።</p>
<p>In the US, all side effects have been reported much less commonly after the children's dose of vaccine. So far, only 1-2 cases of myocarditis have been reported for every million doses of vaccine given.</p>	<p>ኣብ ሕቡራት መንግስታት ኣመሪካ፡ ቆልዑ ሙሉእ መጠን ክታበት ምስ ወሰዱ እቶም ዝረኣዩ ጎድናዊ ሳዕቤናት ኣዝዮም ዝወሓዱ እዮም። ክሳብ ሕጂ፡ ኣብ 1-2 ግዳያት ጥራይ ተርእዮታት ነድሪ ጭዋዳ ልቢ (myocarditis) ኣብ ነፍሲ ወከፍ ሓደ ሚሊዮን ብልቃጥ ክታበታት ጸብጸብ ተዋሂቡሎም።</p>

<p>You should seek medical advice urgently from your GP or Emergency Department if your child experiences:</p>	<p>ውላድኩም ካብዞም ዝስዕቡ ዝኾኑ ተርእዮታት ምስ ዘጋጥሞ ካብ ሓፈሻዊ ሓኪምኩም ወይ ክፍሊ ህጹጽ ረዲኤት ህጹጽ ሕክምናዊ ምኽሪ ሕተቱ:-</p>
<ul style="list-style-type: none"> • chest pain 	<ul style="list-style-type: none"> • ቃንዛ ኣፍልቢ:
<ul style="list-style-type: none"> • shortness of breath 	<ul style="list-style-type: none"> • ሕጽረት እስትንፋስ:
<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: ድግድግታ ህርመት ልቢ: ወይ ዝስማዕ ድምጺ ህርመት ልቢ
<p>Make sure you tell them about the vaccination your child has received, or show them your child's record card.</p>	<p>ውላድኩም ብዛዕባ ዝወሰደ ዓይነት ክታቦት ከምዝገባኩምም ኣረጋግጹ ወይ ናይ ውላድኩም ዝተኸትቡሉ ካርድ ኣርእዩ።</p>
<p>If you think they have had a serious side effect from the vaccine you can report it using the Coronavirus Yellow Card scheme. Please see page 5 for details.</p>	<p>ካብቲ ዝተኸትቦ ዓይነት ክታቦት ሓደገኛ ጎድናዊ ሳዕቤን ኣኸቲሉሉ ኢልኩም ትሓስቡ ምስ እትኾኑ: እቲ ናይ ኮሮናቫይረስ ብጫ ካርድ ተጠቐምኩም ጸብጸብኩም ከተቐሩቡ ትኸእሉ። ብዛዕባ እዚ ዝምልከት ብኸብረትኪም ኣብ ገጽ 5 ንዝርዝራዊ ሓበሬታ ተመልከቱ።</p>
<p>How to book your appointment</p>	<p>ብኸመይ ኣገባብ ዕለት ቆጶራ ከም እትሕዙ</p>
<p>You can make an appointment at a children's vaccination clinic in your local Health and Social Care Trust using the online booking system at: https://covid-19.hscni.net/get-vaccinated</p>	<p>ኣብቲ ኣብ ከባቢኹም ዝርከብ ክሊኒክ ወይ ድማ ማእከል ጥዕና ማሕበራዊ ክንክን ናይ ክታቦት ቆልዑ ኣብ ቀጥታዊ መስመር ኢንተርኔት ብምእታው ቢ ዝስዕብ ነቕጥ መርበብ ሓበሬታ ተጠቐምኩም ቆጶራ ክትሕዙ ትኸእሉ:- https://covid-19.hscni.net/get-vaccinated</p>
<p>You may be able to attend without an appointment - see www.nidirect.gov.uk/covid-vaccine</p>	<p>ብዘይ ቆጶራ እውን ክትቀርቡ ትኸእሉ ኢኹም - ነዚ ብዝምልከት ኣብዚ ዝስዕብ ነቕጥ መርበብ ሓበሬታ ተወከሱ:- www.nidirect.gov.uk/covid-vaccine</p>
<p>What to do next</p>	<p>ካብዚ ስዒቡ እንታይ ይግበር</p>
<p>When your child has had their first injection, you should get a record card.</p>	<p>ውላድኩም ቀዳማይ መጠን ክታቦት ምስ ተኸትቦ: ናይ ክታቦት ምስክር ወረቐት ክወሃብኩም እዩ።</p>
<p>You should keep this card and bring it with you when taking your child for their next appointment. This will be in 8 to 12 weeks' time.</p>	<p>ነዚ ካርድ እዚ ተጠንቂቕኩም ብምሓዝ ከምኡውን ኣብቲ ዝቐጻል ናይ ውላድኩም ክታቦት ቆጶራ ነቲ ካርድ ሓዝኩም ቅረቡ። እዚ ድሕሪ 8 ክሳብ 12 ሰሙናት ዝወሃብ ማለት እዩ።</p>
<p>Although the first dose will give your child good protection, they will need the second dose to get longer-lasting protection.</p>	<p>እቲ ቀዳማይ መጠን ክታቦት ጽቡቕ ናይ ምክልኻል ብቐዓት ዝህብ እኳ እንተኾነ: እቲ ካልኣይ መጠን ክታቦት ግን ዝያዳ ነዊሕ ግዜ ዝጸንሕ ናይ ምክልኻል ብቐዓት ይህበኩም።</p>
<p>Keep their card safe and make sure you take your child to get their second injection.</p>	<p>ነቲ ናይ ክታቦት ካርድ ብዉሑስ መንገዲ ዓቅብዎ ከምኡውን ንውላድኩም ካልኣይ መጠን ክታቦት ከምዝረክብ ገምዝገበርኩም ኣረጋግጹ።</p>
<p>After the vaccine</p>	<p>ብዛዕባ ድሕሪ ክታቦት</p>
<p>You and your child should still try to avoid catching COVID-19 infections by following the current guidance.</p>	<p>ንስኹም ከምኡውን ውላድኩም ነዞም ዝስዕቡ መምርሒታት ናይ ኮቪድ-19 ብምኸታል ሕመም ኮቪድ-19 ከይሕዘኩም ሕጂውን ክትጽዕሩ ኣለኩም።</p>

Further information	ተወሳኺ ሓበሬታ
The Yellow Card scheme is a website where you can report any side effects from the vaccine.	እዚ ብጫ ካርድ እስኬም ዝተባህለ ነቕጥ መርበብ ሓበሬታ ኮይኑ ብምኽንያት ክታበት ዝኾነ ጎድናዊ ሳዕቤን ምስ ዘጋጥመኩም ጸብጻብ ከተቕርቡሉ እትኽእሉ ኣድራሻ እዩ።
You can also call 0800 731 6789. You can report suspected side effects on the website https://coronavirus-yellowcard.mhra.gov.uk/ or by downloading the Yellow Card app.	ብተወሳኺ በዚ ዝስዕብ ቁጽሪ ክትድዉሉ ትኽእሉ፡- 0800 731 6789. ዝጠርጠርኩም ጎድናዊ ሳዕቤን ኣብዚ ዝስዕብ ነቕጥ መርበብ ሓበሬታ ጸብጻብ ከተቕርቡሉ ትኽእል፡- https://coronavirus-yellowcard.mhra.gov.uk/ ወይ ድማ እቲ ናይ ብጫ ካርድ እስኬም ብምጽዓን ጸብጻብኩም ከተቕርቡ ትኽእሉ።
You can read the product information leaflet for more details on your vaccine, (see page 2) including possible side effects, on the Coronavirus Yellow Card website.	ንዝያዳ ዝርዝራዊ ሓበሬታ ብዛዕባ ክታበትኩም ዝምልከት ነቲ ናይ ኣፍረይቲ መግለጺ ወረቐት ከትንብቡ ትኽእሉ፡ (ነዚ ብዝምልከት ኣብ ገጽ 2 ተመልከቱ) እዚ ተኽእሎታት ናይ ጎድናዊ ሳዕቤናት፡ ኣብቲ ብጫ ካርድ ናይ ኮሮናቫይረስ መርበብ ሓበሬታ እውን ይርከብ እዩ።
Further information on coronavirus symptoms is available on	ብዛዕባ ምልክታት ናይ ሕማማ ኮሮናቫይረስ ዝምልከት ዝያዳ ሓበሬታ ኣብዚ ዝስዕብ ነቕጥ መርበብ ሓበሬታ ይርከብ፡-
www.nidirect.gov.uk/coronavirus	www.nidirect.gov.uk/coronavirus
Published in February 2022 by the Public Health Agency	ኣብ ለካቲት 2022፡ ብኣጀንሲያ ህዝባዊ ጥዕና ዝተሓትመ
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