

English	Tigrinya
<b>Pregnant? Have your COVID-19 vaccinations</b>	ነፍሰጸራት ደቂ ኣንስትዮ ድሕሪ ክታቡት ኮቪድ-19 ምውሳድኩም እንታይ ትጽበዩ፤
<b>COVID-19 vaccination is strongly recommended for pregnant or breastfeeding women</b>	ነፍሰጸራት ደቂ ኣንስትዮን ዘጥቡዉ ደቂ ኣንስትዮ ኮቪድ-19 ክታቡት ንክወስዱ ጽዑቕ ዝኾነ ምዕዶ ንህበም።
<b>The COVID-19 vaccines available in the UK have been shown to be effective and to have a good safety profile. It is important to have your COVID-19 vaccinations to protect you and your baby.</b>	ኣብ ዓባይ ብሪጣንያ ዝርከቡ ናይ ኮቪድ-19 ክታቡታት ውጽኢታውያን ምዃናምን ጽቡቕ ናይ ድሕነት ሓበሬታ ከም ዘለዎምን ተራእዮም እዩም። ንውሕስነት ነብስኩምን ውሉድኩም ክትብሉ ኮቪድ-19 ክታቡታት ክትወስዱ ኣገዳሲ ኢዩ።
<b>COVID-19 vaccination in pregnancy</b>	<b>ክታቡት ኮቪድ-19 ኣብ ግዜ ጥንሲ</b>
The Joint Committee on Vaccination and Immunisation (JCVI) has now advised that pregnant women are more at risk of severe COVID-19 disease. They are reminding pregnant women to have their COVID-19 vaccines as soon as possible. Pregnant women should not delay vaccination until after they have given birth. This is to protect them and their babies. In the UK, over 100,000 pregnant women have been vaccinated mainly with Pfizer and Moderna vaccines and they have a good safety profile.	እዚ ናይ ቅድመ መጠንቀቕታ ምኽሪ ብናይ ክታቡትን ተጻዋርነትን (JCVI) እተባህለ ሓባራዊ ኮሚቴ ዝተዋህበ እዩ። ነፍሰጸራት ደቂ ኣንስትዮ ናይ ኮቪድ-19 ክታቡት ብቁልጡፍ ንክወስዱ የዘኻኸሩ። ነፍሰጸራት ደቂ ኣንስትዮ ክታቡት ንምውሳድ ክሳብ ዝወልዱ ክጽበዩ የብሎምን። እዚ ከኣ ንውሕስነት ነብሶምን ውሉዶም ብምባል ኢዩ። ኣብ ዓባይ ብሪጣንያ ልዕሊ 100,000 ነፍሰጸራት ደቂ ኣንስትዮ ፋይዘርን ክታቡት ወሲዶም ኣለው ጥእንኣም' ውን ኣብ ጽቡቕኩነታት ኣለው።
These vaccines do not contain live coronavirus and cannot infect a pregnant woman or her unborn baby in the womb.	እዚ ሕጂ ዘሎ ናይ ኮቪድ-19 ክታቡታት ህያው ቫይረስ ናይ ኮሮና የብሉን ከምኡ'ውን ንነፍሰ-ጸር ወይ ዘይተወልደ ዕሽል ኣብ ማህጸን ክመሓላለፍ ኣይክእልን እዩ።
Evidence on COVID-19 vaccines is being continuously reviewed by the World Health Organization (WHO) and the regulatory bodies in the UK, USA, Canada and Europe.	ኮቪድ-19 ክታቡታት፣ ብናይ ኣለምለኻዊ ናይ ጥዕና ትካልን (WHO) ካልኣት ኣብ ዩኤ፣ ኣሜሪካ፣ ካናዳን ኤውሮፓ ዝርከቡ ቁጽጽር ዝገብሩ ትካላት ብብግዚኡ መሊሶም መርመራ ይገብሩሉ ኢዮም።
Pfizer and Moderna vaccines are the preferred vaccines for pregnant women of any age who are coming for their first dose.	ክታቡታት ፋይዘር ሞደናን ኣብ ዝኾነ ዕድመ ንዝርከባ ነፍሰ-ጸራት ናይ መጀመርታ ክታቡት ንክወስዱ ተመራጺ ክታቡት እዩ።
Anyone who has already started vaccination, and is offered a second dose whilst pregnant, should have a second dose with the same vaccine unless they had a serious side effect after the first dose.	ክታቡት ክትወስድ ዝጀመረት ዝኾነት ጓል ኣንስተይቲ ጥንስቲ ኮላ ካልኣይ ክታቡት ክትወስድ ኮላ፣ ከምቲ ናይ መጀመርታ ሓደ ዓይነት ክትወስድ ይግባእ፤ ካልእ ዓይነት ክትወስድ ዘለዎ እቲ ናይ መጀመርታ ጽልዎ ገይሩላ እንድህሪ ነይሩ ጥራይ ኢዩ።

<p><b>Find out more about pregnancy, breastfeeding, fertility and COVID-19 vaccination on the website</b>  <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>	<p>ብዛዕባ ጥንሲ፣ ምጥባው፣ ፍርዳምነትን ኮቪድ-19 ክታብታት ተወሳኺ ሓበሬታ እንድህሪ ደሊኹም፣ ናብዚ ዝሰዕብ መርብብ ሓበሬታ ተወክሱ  <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>
<p><b>Why do I need the vaccine if I'm pregnant?</b></p>	<p>እቲ ካልኣይ መጠን ክታብት መዓስ እዩ ዘድልየኒ፤</p>
<p>If you have COVID-19 disease in later pregnancy, both you and your unborn baby are at increased risk of serious disease needing hospital treatment, and intensive care support. UK data has shown that almost every pregnant woman with COVID-19 disease who needed hospital treatment or intensive care had not been vaccinated. The overall risk from COVID-19 disease for you and your new baby is low but has increased since the first waves of COVID-19.</p>	<p>ኣብ ግዜ ጥንሲ ሕማም ኮቪድ-19 እንድህሪ ሂደቲ፣ እዚ ሕማም ንኣኺን ንውሉድኪ ብከቢድ ኩነታት ክጸልወኩም ስለዝክእል ኣብ ሆስፒታል ክትኣትውን ጽዑቕ ክንክን ከድልየኩም ይክእል። ኣብ ዩኬ ዝተኣከበ ጸብጻብ ከምዘርዕዮ፣ ብሰንኪ ሕማም ኮቪድ-19 ኣብ ሆስፒታል ዝኣተውን ጽዑቕ ዝኾነ ክንክን ዝተገበረሎም ነፍሰጸራት ደቂ ኣንስትዮ ኩሎም ክታብት ዘይወሰዱ ኢዮም። ሕማም ኮቪድ-19 ንኣኺን ንውሉድክን ሓፈሻዊ ዘለዎ ሓደገኛ ኩነታት ዝተሓተ ኢዩ ግና ኮቪድ-19 መጀመርታ ካብቲ ዝነበረሉ ህጂ ወሲኹ ኢዩ።</p>
<p>COVID-19 vaccines in pregnancy give you high levels of protection against disease. There is reassuring information on the safety of COVID-19 vaccines given to pregnant women in the UK, as well as other countries.</p>	<p>ኣብ ግዜ ጥንሲ፣ ኮቪድ-19 ክታብታት ካብቲ ሕማም ንምክልኻል ብሉጽ ዝኾነ ውሕስነት ኣለዎ። ኮቪድ-19 ክታብታት ንነፍሰጸራት ደቂ ኣንስትዮ ምሃብ ውሑስ ብዛዕባ ምዃኑ ኣብ ዩኬን ኣብ ካልኣት ሃገራት ዘተዓማምን ሓበሬታ ኣሎ።</p>
<p>It is important that you are protected with all your vaccine doses to keep you and your baby safe. Don't wait until after you have given birth.</p>	<p>ንኩሰኻኺን ንውሉድክን ውህስነት፣ ኩሉ ክታብት ክትውድኡ ኣገዳሲ ኢዩ። ክሳብ ትወልዲ ኣይትጸበዩ።</p>
<p>Pregnant women with underlying clinical conditions are at higher risk of suffering serious complications from COVID-19.</p>	<p>ናይ ጥዕና ጸገም ዘለዎም ነፍሰጸራት ደቂ ኣንስትዮ ኮቪድ-19 እንድህሪ ሂደታም ብከቢድ ክጥቅኡም ይክእል።</p>
<p><b>Risk factors for pregnant women</b></p>	<p><b>ንነፍሰጸራት ደቂ ኣንስትዮ ሓደገኛ ዝኾነ ኩነታት</b></p>
<p>If you have underlying medical conditions such as:</p>	<p>ከምዚእን ዝሰዕቡ ዓይነት ናይ ጥዕና ጸገም እንድህሪ ኣለኩ፡</p>
<ul style="list-style-type: none"> <li>immune problems</li> </ul>	<ul style="list-style-type: none"> <li>ከቢድ ናይ ልቢ ጸገማት</li> </ul>
<ul style="list-style-type: none"> <li>diabetes</li> </ul>	<ul style="list-style-type: none"> <li>ሕማም ሸኮርያ</li> </ul>
<ul style="list-style-type: none"> <li>high blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>ደም ብዝሂ</li> </ul>
<ul style="list-style-type: none"> <li>heart disease</li> </ul>	<ul style="list-style-type: none"> <li>ሕማም ናይ ልቢ</li> </ul>
<ul style="list-style-type: none"> <li>asthma</li> </ul>	<ul style="list-style-type: none"> <li>ኣስማ</li> </ul>
<p>Or if you are:</p>	<p>ወይ ከኣ:</p>
<ul style="list-style-type: none"> <li>overweight</li> </ul>	<ul style="list-style-type: none"> <li>ርጉዲ</li> </ul>
<ul style="list-style-type: none"> <li>over the age of 35</li> </ul>	<ul style="list-style-type: none"> <li>ዕድመኺ ልዕሊ 35 ዓመት</li> </ul>
<ul style="list-style-type: none"> <li>in your third trimester of pregnancy (over 28 weeks)</li> </ul>	<ul style="list-style-type: none"> <li>ኣብ ጥንሲ ሳልሳይ ትራይሜስተር (ልዕሊ 28 ሰሙን) እንተኾይንኪ</li> </ul>
<ul style="list-style-type: none"> <li>of black or asian minority ethnic background</li> </ul>	<ul style="list-style-type: none"> <li>ኣሌትኪ ካብ ውሑዳን ኣሌት ከም ጸሊም ወይ ኤሽያ እንተኾይኑ</li> </ul>

<ul style="list-style-type: none"> <li>• unvaccinated or partially vaccinated</li> </ul>	<ul style="list-style-type: none"> <li>• እንድህሪ ዘይተኸተብኪ ወይ ምሉእ ከታብት እንድህሪ ዘይወሰድኪ</li> </ul>
<p><b>You are at more risk from COVID-19 than women of the same age who are not pregnant.</b></p>	<p>ነፍሰጾራት ደቂ አንስትዮ ካብ ዘይኹኑ ብዕድመኹም ዝኹኑ ደቂ አንስትዮ ዝበለጸ፣ ንሕማም ኮቪድ-19 ዝተቃላእኹም ክትኹኑ ትኽእሉ።</p>
<p><b>What does this mean for me?</b></p>	<p>እዚ ንዓይ እንታይ ማለት እዩ፤</p>
<p><b>Getting pregnant</b></p>	<p>ጥንሲ</p>
<p>There is no need to avoid getting pregnant after COVID-19 vaccination. There is no evidence that COVID-19 vaccines have any effect on fertility or your chances of becoming pregnant.</p>	<p>ድሕሪ ከታብት ኮቪድ-19 ንምጥናስ ምፍታን ጸገም የብሉን። ኮቪድ-19 ከታብታት ንመጻኢ ንምጥናስ ጽልዋ ክገብር ከም ዝኽእል ዘርዲ ዝኹነ መርትኦ የለን።</p>
<p><b>If you are pregnant</b></p>	<p>ነፍሰጾር እንድህሪ ኹይንኪ</p>
<p>COVID-19 vaccines offer pregnant women the best protection against COVID-19 disease which can be serious in later pregnancy for some women.</p>	<p>ኮቪድ-19 ከታብታት፣ ነፍሰጾራት ደቂ አንስትዮ ሕማም ኮቪድ-19 ኣብ ኣብ ግዜ ጥንሲ እንድህሪ ሂዞም፣ ከቢድ ጽልዋ ንክየስእበሉም ክከላኸል ይኽእል።</p>
<p>The first dose of COVID-19 vaccine will give you good protection. You need to get each of your doses on time to get the best possible protection. You should have your second dose 8 to 12 weeks after your first dose. You do not need to delay this second dose. If you have delayed your vaccination for any reason, have your vaccinations as soon as possible.</p>	<p>እቲ ቀዳማይ ከታብታት፣ ጽቡቕ ምክልኻል ክህበኪ ይኽእል። እቲ ብሉጽ ዝኹነ ውህስነት ንምርካብ፣ ኩሉ ከታብት ኣብቲ ግቡእ ዝኹነ ግዜ ክትወስዱ ይግባእ። እቲ ካልኣይ ከታብት ክትወስድዮ ዝግባእ ናይ መጀመርታ ከታብት ምስ ወሰድኪ ድህሪ 8 ወይ 12 ሰሙን ኢዩ። ነቲ ካልኣይ ከታብት ንምውሳድ ኣይትደንጉዩ። ከታብት ንምውሳድ ብዝኹ ምኽንያት እንድህሪ ደንጉይኹ፣ ነቲ ከታብት ብዝተኸኣለ መጠን ቀልጢፍኪ ውሰዱ።</p>
<p>If you have already had a first dose of COVID-19 vaccine without suffering any serious side effects, you can have your second dose with the same vaccine when this is offered.</p>	<p>ናይ መጀመርታ ከታብት ናይ ኮቪድ-19 እንድህሪ ወሰድኪ ኹይንኪን ዝኹነ ጽልዋ እንድህሪ ዘይገበረልኪ፣ ነቲ ካልኣይ ከታብት ንክትወስዱ ምስተጸዋእኹ' ውን ሓደ ዓይነት ከታብት ክትወስዱ ትኽእሉ።</p>
<p>If your first dose was the AstraZeneca vaccine you should also consider the information in this leaflet <a href="http://www.publichealth.hscni.net/publications/covid-19-astrazeneca-vaccine-and-extremely-rare-blood-clots-and-translations">www.publichealth.hscni.net/publications/covid-19-astrazeneca-vaccine-and-extremely-rare-blood-clots-and-translations</a></p>	<p>መጀመርታ ዝወሰድኩም ከታብት ኣስትራዜኒካ እንድህሪ ነይሩ፣ ሓበሬታ ንክትረኽቡ፣ ናብዚ ዝስዕብ ወረቐት ሓበሬታ ተወክሱ <a href="http://www.publichealth.hscni.net/publications/covid-19-astrazeneca-vaccine-and-extremely-rare-blood-clots-and-translations">www.publichealth.hscni.net/publications/covid-19-astrazeneca-vaccine-and-extremely-rare-blood-clots-and-translations</a></p>

<b>Booster vaccines</b>	<b>ቡስተር (መበርትጫ) ከታበት፤</b>
Pregnant women are eligible for a booster 12 weeks after their second dose. The booster dose that is offered may be a Pfizer or Moderna vaccine.	ነፍሰጾራት ደቂ አንስትዮ ካልአይ ከታበት ምስ ወሰዱ ድህሪ 12 ሰሙን ቡስተር (መበርትጫ) ከወሰዱ ይኸክሉ። እቲ ዝዋሃበካ ቡስተር ፋይዘር ወይ ሞደርና ክኸውን ይኸክሉ።
<b>Breastfeeding</b>	<b>ምጥባው</b>
The benefits of breastfeeding are well known. The JCVI has recommended that the vaccines can be received whilst breastfeeding. This is in line with recommendations from the USA and the World Health Organization. Talk to your doctor or midwife if you have any concerns.	ጠቕሚ ናይ ምጥባው ርዳዕ ኢዩ። JCVI ኣብ ተጥብዒሉ ግዜ ከታበት ክትወስዱ ከም ትኸክሉ ኣረጋጊጸም ኢዮም። ናይ ኣለምለኸዊ ናይ ጥዕና ትካልን ኣሜሪካ ውን ኣብ ተጥብዒሉ ግዜ ከታበት ክትወስዱ ከም ትኸክሉ ኣረጋጊጸም ኢዮም። ዝኾነ ስክፍታ እንተሃልዩክን ምስ ሓኪምክን ወይከአ ምስ መሕረሲት ተዘራረባ።
<b>Side effects</b>	<b>እቶም ጎድናዊ ሳዕቤናት እንታይ እዮም፤</b>
Like all medicines, vaccines can cause common side effects. It may be helpful to make sure you know what to expect after you have the vaccine, especially if you have had your baby or have other children to look after.	ከም ክሎም መድሃኒታት፡ ከታበታት ጎድናዊ ሳዕቤናት ከሰዕቡ ይኸክሉ እዮም። ከታበታት ድህሪ ምውሳዕኩም እንታይ ክኸውን ከም ዝኸክል ክትፈልጡ ኣገዳሲ ኢዩ፤ ብፍላይ ከአ ወሊድኩም እንህሪ ኮይንኩም ወይ ከአ ካልኣት ትናብዩዎም ቆልዑ እንድህሪ ኣልዮምኹም።
Please read the leaflet 'What to expect after your COVID vaccination' <a href="http://www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations">www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations</a>	'ድህሪ ኮቪድ-19 ከታበታት እንታይ ክኸውን ይኸክል' ወረቐት ሓበሬታ ተወከሱ <a href="http://www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations">www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations</a>
<b>Further information</b>	<b>ተወሳኺ ሓበሬታ</b>
The Royal College of Obstetricians and Gynaecologists (RCOG) and Royal College of Midwives (RCM) have a decision guide and other information you may find helpful on COVID-19 vaccines and pregnancy (rcog.org.uk – <a href="http://www.rcm.org.uk/guidance-for-pregnant-women">www.rcm.org.uk/guidance-for-pregnant-women</a> ).	ናይ ሮያል ኮሌጅ ስነ-መወለዳንን ናይ ምህጻን ክኢላታትን (RCOM) ከምኡውን ሮያል ኮሌጅ መሕረሰቲ (RCM) ንኮቪድ-19 ከታበትን ጥንስን ዝምልከት ናይ ውሳኔ መምርሒን ካልእ ጠቕሚ ሓበሬታን ኣለዎም (rcm.org.uk and <a href="http://www.rcm.org.uk/guidance-for-pregnant-women">www.rcm.org.uk/guidance-for-pregnant-women</a> )
If you would like to discuss COVID-19 vaccination, please contact your midwife, doctor, or nurse.	ብዛዕባ ኮቪድ-19 ከታበታት ክትዘራረቡ እንድህሪ ደሊኹም ምስ ሚድሞይፍ፣ ዶክተር ወይ ነርስ ተራኸቡ።
Don't put off vaccination until after you give birth, make time to get the best protection against COVID-19 disease for you and your baby.	ከታበታት ንምውሳዕ ክሳብ ትወልዱ ኣይትጸበዩ፤ ንነብስኹምን ንውሉድኩም ካብ ሕማም ኮቪድ-19 ነቲ ብሉጽ ዝኾነ ምክልኻል ንክትረኽቡ ስጉምቲ ውሰዱ።

Vaccination, helping to protect those most vulnerable.	ከታብት ምውሳድ ነቶም አዝዮም ተጠቃዕቲ ሰባት ንምክልኻል ይሕግዝ።
No vaccines are 100% effective so it is important to continue to follow current national guidance.	ሰለዚ ነቶም ህሉዋት መምርሒታት ምኽታል አገዳሲ እዩ።
To protect yourself and your family, friends and colleagues, you MUST still:	ንነፍሰኹም፡ ሰድራቤትኩም፡ አዕርኽትኹም፡ ከምኡውን መሳርሕትኹም ካብቲ ሕማም ንምክልኻል ሕጂውን ነዞም ዝስዕቡ መምርሒታት ተኸተልዎም፡-
<ul style="list-style-type: none"> <li>• where advised wear a face mask</li> </ul>	<ul style="list-style-type: none"> <li>• ከምቲ ምኽሪ ዝተዋህበኩም መሸፊኒ ገጽ 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>• አእዳውኩም ብጥንቃቕን ብቕጻልን ተሓጸቡ</li> </ul>
<ul style="list-style-type: none"> <li>• open windows to let in fresh air</li> </ul>	<ul style="list-style-type: none"> <li>• ጽሩይ አየር ንኸህሉ መሳኹቲ ምኽፋት</li> </ul>
<ul style="list-style-type: none"> <li>• follow the current guidance</li> </ul>	<ul style="list-style-type: none"> <li>• ነቶም እዋናውያን መምርሒታት ተኸተልዎም</li> </ul>
Information correct at time of publication. For the latest version of this factsheet, visit the PHA website <a href="http://www.publichealth.hscni.net/publications">www.publichealth.hscni.net/publications</a>	ኣብ ግዜ ሕትመት ዝተኣረመ ሓበሬታ ናይ ዝተሓደሰ ክፍሊ ናይዚ መርትዖ ንምርካብ ናብ መርበብ ሓበሬታ PHA ተወከሱ <a href="http://www.publichealth.hscni.net/publications">www.publichealth.hscni.net/publications</a>
© Crown Copyright 2022.	© Crown Copyright 2022.
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 ዝማዕበለ ኮይኑ ኣብ ትሕቲ ክፉት መንግስታዊ ሊቸንሳ (License) v3.0 ኣብ ጥቕሚ ኣሎ።
01/22	01/22