English	Tigrinya
Waiting after your COVID-19 vaccination	**ድሕሪ ክታበት ኮቪድ-19 ምውሳድኩም እንታይ ትጽበዩ፧**
What is changing?	**እቲ ዘተሓሳስብ ነገር እንታይ እዩ፧**
Until now, people receiving the Moderna or Pfizer vaccines have been asked to wait for 15 minutes before leaving the vaccine centre in case of serious allergic reaction. This 15 minute wait has now been suspended for adults after 1st doses, 2nd doses and boosters.	ክሳብ ሕጂ፡ እቶም Moderna ወይ Pfizer ዝተባህሉ ዓይነት ክታበታት ዝወሰዱ ሰባት፡ ክብድ ዝበለ ጸገም ነድሪ ቍጥዐ ኣካላት ከየጋጥሞም ተባሂሉ ክታበት ምስ ወሰዱ ን 15 ደቓይቕ ዝኣክል ኣብቲ ናይ ክታበት ማእከል ክጸንሑ ይሕተቱ ነይሮም። ኣብዚ ግዜ እዚ ግን ነቶም ቀዳማይ መጠን ክታበት፡ ካልኣይ መጠን ክታበት ከምኡውን ተወሳኺ መበራትዒ ክታበት ዝወሰዱ መንእሰያት 15 ደቓይቕ ምጽባይ ዝብል ተወንዚፉ ኣሎ።
Why is this changing?	**እዚ ለውጢ እዚ ስለምንታይ ኣድልዩ፧**
• Because of the Omicron variant, the booster programme for adults is being speeded up.	• ብምኽንያት እዞም ኦሚክሮን ዝተባህሉ ተሃዋስያን (Omicron variant)፡ መበራትዒ ክታበት ንመንእሰያት ምዕዳል ተቓላጢፉ ኣሎ።
• We now have much more experience with giving these vaccines to millions of people and the rate of serious allergic reactions is very low (around 5-10 per million doses). People are not normally observed for 15 minutes after other vaccinations.	• ኣብዚ ግዜ እዚ ክታበት ንሚሊዮናት ሰባት ናይ ምዕዳል ተመኩሮ ኣጥሪና ኣለና ከምኡውን እዞም ክታበታት እዚኦም ብርቱዕ መጠን ነድሪ ቍጥዐ ኣካላት ናይ ምስዓቦም ተኽእሎ ኣዝዩ ዉሑድ እዩ (ብገምጋም 5-10 ኣብ ሓደ ሚሊዮን መጠን ክታበት) ጥራይ እዩ። ሰባት ካልኦት ክታበታት ምስ ወሰዱ ን 15 ደቓይቕ ዝኣክል ምክትታል ኣየድልዮምን እዩ።
Who is advising this change?	**ነዚ ለውጢ ንኸግበር ምኽሪ ዝህብ ዘሎ ኣካል መን እዩ፧**
The change has been advised by the four UK Chief Medical Officers, and has the support of the Medicines Healthcare products	እዚ ለውጢ እዚ ንኽግበር ምኽሪ ዝህቡ ዘለዉ ኣካላት እቶም ኣርባዕተ ላዕለዎት ሓለፍቲ ጥዕና ናይ ዓባይ ብርጣንያ ኮይኖም፡ ከምኡውን ናይ ውጽኢት መድሃኒታትን ክንክን ጥዕናን ተቛጻጻሪ ኣጀንስያ

Regulatory Agency (MHRA) and the Joint Committee on Vaccination and Immunisation (JCVI).	(MHRA) ከምኡውን ናይ ሓባራዊ ኮሚቲ ክታበትን ናይ ሕማም ተጻዋርነትን ደገፍ ዘለዎ እዩ።
What should I do when I attend for vaccination?	**ብድሕርዚ እንታይ ክገብር ኣሎኒ፧**
Please make sure you tell the vaccine centre if:	እዞም ዝስዕቡ ምልክታት ምስ ዝረኣይኹም ብኽብረትኩም ነቶም ማእከለ ክታበት ኣፍልጥዎም፦
• you have a history of allergic reactions, particularly to other vaccines, or if you had an immediate reaction after a previous dose. (A family history of allergies is not a risk factor.) If so, you may be advised to stay for the 15 minutes;	• ድሕረ ባይታ ነድሪ ቀጥዐ ኣካላት ናይ ክታበታት ምስ ዝህልወኩም፡ ብፍላይ ናይ ካልኦት ክታበታት፡ ወይ ኣቐዲምኩም ዝወሰድኩሞ መጠን ክታበት ቁልጡፍ ነድሪ ቀጥዐ ኣካላት ኣርኢኹም እንተነይርኩም። (ድሕረባይታ ናይ ስድራቤታዊ ነድሪ ቀጥዐ ኣካላት ከም ምኽንያታዊ ረቛሒ ክኸውን ኣይክእልን) እዞም ምልክታት ምስ ዝነብርኹም፡ 15 ደቓይቕ ንኽትጸበዩ ምኽሪ ክወሃበኩም ይኽእል እዩ።
• you have previously fainted following vaccination.	• ምስ ተኸተብኩም ሃለዋትኩም ኣጥፊኩም እንተነይርኩም።
As with any vaccine, you must not drive for 15 minutes after the vaccine – this is because of the risk of fainting. If you do faint, stay flat on your back with your legs raised. If this doesn't make you feel better, then call for help. Otherwise, you will be able to leave the centre straight after your vaccine as long as you feel OK.	ዝኾነ ዓይነት ክታበት ምስ ተኸተብኩም፡ ን 15 ደቓይቕ ዝኣክል ተሽከርከርቲ ክትመርሑ የብልኩምን – እዚ ሃለዋት ምጥፋእ ከየጋጥመኩም ብዝብል ምኽንያት እዩ። ሃለዋት ምጥፋእ ምስ ዘጋጥመኩም፡ ብሒቖኹም በጥ ኢልኩም ኣእጋርኩም ንላዕሊ ኣበርኽ ኣቢልኩም ጽንሑ። እዚ ምስ ገበርኩም ኩነታትኩም ክመሓየሽ ምስ ዘይክእል፡ ብድሕሪ እዚ ሓገዝ ንምርካብ ደዉሉ። እንተዘይኮነግን፡ ጽቡቕ ይስመዓኩም ክሳዕ ዝሃለወ ምስ ተኸተብኩም ነቲ ክፍሊ ክታበት ብቕጽበት ክትገድፍዎ ትኽእሉ ኢኹም።
What happens if I do get symptoms of an allergic reaction?	**ምልክታት ነድሪ ቀጥዐ ኣካላት ምስ ዝህልወኒ እንታይ ከጋጥመኒ እኽእል፧**
Keep this flyer handy. You should look out for the following 'ABC' symptoms:	ነዚ በራሪ ጽሑፍ እዚ ኣብ ቀረባ ከምዝርከብ ገይርኩም ሓዝዎ። ነዞም ስዒቦም ብ 'ABC' ተገሊጾም ዘለዉ ምልክታት ሕማም ተኸተልዎም፦
Airway	**መስመራት ሻምቢቆ ኣየር (Airway)**
• persistent cough	• ቀጻሊ ዝኾነ ቃንዛ ከብዲ

• vocal change (hoarse voice)	• ናይ ድምጺ ምልዋጥ (ላሕታት ድምጺ)
• swollen tongue causing difficulty swallowing	• ዝሓበጠ መልሓስ ናይ ምውሓጥ ጸገም ዝፈጥር
Breathing	**ምስትንፋስ (Breathing)**
• difficult or noisy breathing	• ናይ ምስትንፋስ ጸገም ወይ ድምጺ ዝፈጥር እስትንፋስ
• wheezing (like an asthma attack)	• ናይ ምስትንፋስ ጺጽታ (ከም ናይ ሕማም ኣዝማ መጥቃዕቲ መሰል)
Consciousness	**ዓወልታ (Consciousness)**
• feeling lightheaded or prolonged faint	• ካብ ኣእምሮ ወጻኢ ምዃን ወይ ንንውሕ ዝበለ ግዜ ሃለዋትካ ምትፋእ
• clammy skin	• ዝተማላለጠ ቆርበት
• confusion	• ምድንጋራት
• unresponsive/unconscious	• ክትምልስ ዘይምኽኣል/ዉነኻ ምጥፋእ
These symptoms typically happen within 15 minutes of vaccination. If you experience any of these, call out for help and **ring 999 immediately** (or ask someone to do this for you).	እዞም ምልክታት ሕማም እዚኦም ኣብተን 15 ደቓይቕ ድሕሪ ክታበት ዘለዋ ዘጋጥሙ እዮም። ዝኾነ ካብዞም ዝተጠቕሱ ምልክታት ምስ ዘጋጥምኹም፡ **ናብ ቁጽሪ 999 ብህጹጽ ብምድዋል** ሓገዝ ሕተቱ (ወይ ነዚ ጉዳይ እዚ ክገብረልኩም ንኻልእ ሰብ ሕተቱ)።
The following symptoms are NOT a serious allergic reaction, but imply a more mild reaction:	እዞም ዝስዕቡ ምልክታት ከበድቲ ናይ ነድሪ ቍጥዐ ኣካላት ምልክታት ኣይኮኑን፡ እንተኾነግን ፈኮስቲ ምልክታት ምዃኖም ኣንፈት ዝህቡ እዮም።
• Swollen lips, face or eyes	• ምሕባጥ ከናፍር፡ ገጽ ወይድማ ኣዕይንቲ
• Itchy skin rash eg hives	• ሳሕ ዕንፍሩር ቆርበት ንኣብነት መድሃኒት ብዘይምቕባል ዝፍጠር ሰሓ ቆርበት
Further information If you have any side effects after vaccination, please report to the Yellow Card Scheme at www.coronavirus-yellowcard.mhra.gov.uk	**ተወሳኺ ሓበሬታ** ድሕሪ ምኽታብኩም ዝኾነ ጎድናዊ ሳዕቤን ምስ ዘጋጥመኩም፡ ብኽብረትኩም ናብዚ ናይ መደብ ብጫ ካርድ (Yellow Card Scheme) ነቒጣ መርበብ ሓበሬታ ጸብጻብኩም ኣቕርቡ፡- www.coronavirus-yellowcard.mhra.gov.uk
You can also read the product information leaflet for more details on your vaccine, including possible side effects, on the Coronavirus Yellow Card website.	ብኽብረትኩም ንዝያዳ ዝርዝራዊ ሓበሬታ ብዛዕባ ክታበትኩምን፡ ከጋጥሙ ዝኽእሉ ጎድናዊ ሳዕቤናትን ዘጠቓልሉ ነታ ናይ ፍርያት ናይ ሓበሬታ ወረቐት ናይ ኮሮናቫይረስ ብጫ ካርድ ደሊኹም ብምርካብ ኣንብቡ።
Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website	ኣብ ግዜ ሕትመት ዝተኣረመ ሓበሬታ ነቲ ናይ መወዳእታ ሕትመት ናይዛ ናይ ሓበሬታ ወረቐት ከምኡውን ናይ ኣማራጺ ቅጥዕታት ዝምልከት ኣብዚ ነቒጣ መርበብ ሓበሬታ ናይ ክፍሊ ህዝባዊ

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© Crown copyright 2021 This information was originally developed by UK Health Security Agency and is used under the Open Government Licence v3.0.	እዚ ሓበሬታ እዚ ብመሰረቱ ብህዝባዊ ክፍሊ ክንክን ጥዕና ዓዲ ኣንግሊዝ ዝማዕበለ ኮይኑ ከምኡውን ኣብ ትሕቲ ሕጋዊ መንግስታዊ ፍቓድ v3.0 ኣብ ግብሪ ዝወዓለ እዩ።