

Tigrinya translation of COVID-19 vaccine - Your guide to booster vaccination

English	Tigrinya
<b>COVID-19 vaccine</b>	<b>ክታብት ኮቪድ-19</b>
<b>Your guide to booster vaccination</b>	<b>ብዛዕባ ናትኩም መባራትዒ ክታብት ምውሳድ</b>
<p>People aged 16 years and over, and those aged 12 years and over who are at risk (including health and social care workers) will be offered a booster dose of coronavirus (COVID-19) vaccine. Find out how to get your booster vaccination at <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>	<p>እቶም 16 ዓመትን ልዕሊኡን ዝዕድሚኦም፡ ከምኡ'ውን እቶም ካብ 12 ዓመት ንላዕሊ ዝዕድሚኦም እሞ ናብ ሓደጋ ዝተቐልዑ (እንተላይ ሰብ-ሞያ ጥዕናን ሰራሕተኛታት ማሕበራዊ ክንክንን) ሰባት፡ ናይ ኮሮናቫይረስ (COVID-19) መባራትዒ ክታብት ዝኹን ተወሳኺ ዓቕን ክወስዱ እዮም። ናብ <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a> ብምእታው ከመይ ጌርኩም ነዚ መባራትዒ ክታብት ክትወስዱዎ ከምእትክእሉ ተመልከቱ።</p>
<b>What is coronavirus or COVID-19?</b>	<b>ኮሮናቫይረስ ወይ ኮቪድ-19 እንታይ ማለት እዩ።</b>
<p>COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus and is more serious in older people and those with certain health conditions.</p>	<p>ኮቪድ-19 ኣዝዩ ተላባዒ ናይ ስርዓተ ምስትንፋስ ሕማም ኮይኑ ብ SARS-CoV-2 ዝተባህለ ዓይነት ቫይረስ ዝለዓል ወይ ዝመሓላለፍ፡ ከምኡ'ውን ኣብ'ቶም ብዕድመ ዝደፍኡን ካልኣት ናይ ጥዕና ጸገማት ዘለዎምን ሰባት ድማ ከቢድ ይኸውን።</p>
<b>Why are you being offered a COVID-19 booster?</b>	<b>ንስኹም ስለምንታይ ናይ ኮቪድ-19 መባራትዒ ክታብት ምውሳድ የድልየኩም።</b>
<p>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.</p>	<p>ከም ካልኣት ክታብታት፡ ደረጃ ብቕዓት ተጻዋርነትኩም ምስ ግዜ እናነኮየ ክኸይድ ይክእል። እዚ መባራትዒ መጠን ክታብት እዚ ነቶም ዝወሰድኩሞም ናይ መጀመርያ 2 መጠን ክታብታት ናይ ምክልኻል ግዜ ንኸናውሓልኩም ይሕግዝ። እዚ መባራትዒ ክታብት እዚ ብሰንኪ</p>

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<p>Boosting your immunity should help to extend your protection into next year and give you longer term protection.</p>	<p>ሕመም ኮቪድ-19 አብዚ ወቅቲ ሓጋይ ናብ ሆስፒታል ካብ ምእታዊ የድሕነኩም። እቶም ክልተ ተኸታተልቲ ክታበታት ካብ ብርቱዕ ሕመም ናይ ምክልኻል ብቕዓቶም ቀስ ብቐስ እናተደአኸመ ዝኸይድ ዘሎ ይመስል። ነዚ መበራትዒ ክታበት ምውሳድ ድማ ነቲ ዘለኩም ናይ ሕመም ምክልኻል ብቕዓት ናብ ዝቕጽል ዘሎ ዓመት ከም ዝቕጽል ይገብሮን ንንውሕ ዝበለ ግዜ ናይ ምክልኻል ብቕዓት ይህልወኩምን።</p>
<p><b>When should you have a booster?</b></p>	<p><b>መበራትዒ ክታበት መዓስ ኢኹም እትኸተቡ፡</b></p>
<p>Your appointment should be at least 3 months from your last dose, but you may be called later based on your age group or level of risk.</p>	<p>□□□□□ □□'□ □□ □□□□□ □□□          □□□□ □□□□□□□ □□□ - □□□□□□□□          □□ □□ 3 □□□□ □□□□ □□ □□□□□          □□□□□ □□□'□□□□ □□□□□ □□□          □□□□ □□□ □□□□□□□ □□ □□□□□          □□□ □□ □□□ □□□□ □□□ □□ □□□□          □□ □□□□□ □□□□ □□□□</p>
<p>You should not attend a vaccine appointment if you are self-isolating or waiting for a COVID-19 test. If you've had COVID-19, you will still need your booster but wait at least 4 weeks after your positive test (or 12 weeks if you are under 18 with no underlying health conditions).</p>	<p>ርእስኹም ኣግሊልኩም ኣብ እትህልዉሉ ወይ ውጽኢት መርመራ ናይ ኮቪድ-19 ክትፈልጡ ትጽበዩ ኣብ እትህልዉሉ እዋን ናብ ናይ ክታበት ቁጸራ ክትመጹ ኣይግባእን። ብኮቪድ-19 ተታሒዝኩም እንተኔርኩም እውን ነዚ መበራትዒ ክትበት እዚ ክትወስድዎ ከድልየኩም እዩ። ይኹን እምበር ውጽኢት መርመራኹም እወታዊ ምኽኒ ካብ ዝፈለጥኩሙሉ እዋን እንተወሓደ ን 4 ሰሙናት ክትጽበዩ ከድልየኩም እዩ (ወይ ድማ ን 12 ሰሙናት፤ ማለት ዕድሜኹም ትሕቲ 18 ዓመት ኩይኑ ዝኹን ይኹን ናይ ጥዕና ጸገም ምስዘይህልወኩም)።</p>

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<p><b>Which vaccine will you be offered?</b></p>	<p>አየናይ ክታቦት ኢኹም እትወሃቡ፡</p>
<p>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.</p>	<p>Pfizer ወይድማ Moderna ዝተባህሉ ዓይነት መበራትዒ ክታቦት* ክወሃበኩም እዩ። ክልቲኦም ክታቦታት ጽቡቕ ይሕግዱን ንሚሊዮናት ሰባት ድማ ኣብ ዓዲ እንግሊዝ ኣቐዲሙ ተዋሂቡ እዩ።</p>
<p>Studies have shown those aged 18 and over who can get the Moderna vaccine only need a half dose to boost the immune system well. This half dose of Moderna is expected to have a low rate of side effects including myocarditis. See page 3 for more information.</p>	<p>□□□□□□□ □□□□□□□□□ □□□          □□□□ □□□□/ Moderna □□□□ □□□□          18 □□□□ □□□□ □□□□□□ □□□□          □□□□-□□□□□-□□□□ □□ □□□□□          □□□□□ □□□□□ □□□ □□□□□          □□□□ □□ □□□□□□ □□ □□□          □□□□□ □□ □□□□ □□□□ □□          □□□□ □□□□ □□ □□□□ □□□□□          □□□□ □□ □□□□ □□□□□□ □□□          □□□□□ □□□□ □□□□□ □□          □□□□□□□ □□□ □□□□ □□□□□ □□          □□-3 □□□□□□□</p>
<p>You will be offered the right vaccine for you which may be the same or different from the vaccines that you had before.</p>	<p>ንስኹም እቲ ንዓኹም ብቕዕ ዝኾነ ዝሰማምዓኩም ዓይነት ክታቦት ከምቲ ኣቐዲምኩም ዝወሰድኩም ዓይነት ክታቦት ወይ ካልእ ዓይነት ክታቦት ክትወስዱ ኢኹም።</p>
<p>*You may be offered the AstraZeneca vaccine if this is what you had for your first doses and you cannot receive either of the other vaccines.</p>	<p>*ኣብ ዝቐደሙ ክታቦታትኩም ዝወሰድኩም ከምኡ ዓይነት ከምኡ እንተይህሩ፡ ክታቦት ኣስትራዘንካ/AstraZeneca ክወሃበኩም ተኸእሎ ኣሎ። ዝኾነ ይኹን ካልእ ዓይነት ክታቦት ክወሃበኩም ዝከኣል ኣይኮነን።</p>
<p><b>Common side effects</b></p>	<p><b>ልሙዳት ጎድናዊ ሳዕቤናት</b></p>
<p>As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:</p>	<p>ከምቲ ናይ ቅድሚ ሕጂ ዝወሰድኩም መጠን ክታቦት እቶም ዝረኣዩ ልሙዳት ጎድናዊ ሳዕቤናት ኣብ ኩሎም ናይ ኮቪድ-19 ክታቦታት ዝረኣዩ</p>

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	<p>አብ ዓዲ እንግሊዝ ሓደ ዓይነት ኮይኖም፡ ነዘም ዝስዕቡ ድማ የጠቓልሉ፡-</p>
<ul style="list-style-type: none"> <li>• 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</li> </ul>	<ul style="list-style-type: none"> <li>• አብታ ክታበት ዝወሰድክሙላ ኢድኩም ኣቐንዛውን ከቢድን ስምዒት፡ ከምኡ'ውን ናይ ምንቅስቓስ ጸገምን ይህልወኩም። እዚ ድሕሪ ክታበት ካብ 1 ክሳብ 2 መዓልቲ ዝበርቶ ኮይኑ ክጸንሕ ይኽእል።</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</li> </ul>	<ul style="list-style-type: none"> <li>• ቃንዛ ርእሲ</li> </ul>
<ul style="list-style-type: none"> <li>• general aches, or mild flu like symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• ሓፈሻዊ ቃንዛታት፡ ወይ ፈኩስ ናይ ጉንፋዕ ዝመስሉ ምልክታት</li> </ul>
<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 የዕረፍኩም ብምውሳድ (ነቲ ኣብ ናይ ሓበሬታ ወረቐት ተጠቂሱ ዘሎ መምርሒ ብምኽታል) ጽቡቕ ንኽስምዓኩም ወይ ኩነታትኩም ንኽመሓየሽ ይሕግዝ። ወላእኪ ስምዒታት ርስኒ ኣካላት ን2 ወይ 3 መዓልታት ዘይልሙዳት እንተኾኑ፡ ልዑል ርስኒ መጠን ኣካላት ግን ዘይንቡርን ምልክት ናይ ሕመም 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</p>	<p>ወላእኪ ኣብ ግዜ ክታበት ንሓደ ወይ ክልተ መዓልታት ርስኒ ዝርኣ እንተኾነ፡ ዝኾኑ ካልኣት ናይ ኮቪድ-19 ምልክታት ወይ እቲ ዘለኩም ርስኒ ንንውሕ ዝበለ ግዜ ምስ ዝጸንሕ ኣብ ገዛኹም ብምኽን መርመራ ንኽግበረልኩም መደብ ሓዙ። ምልክታት ሕመም ድሕሪ ክታበት፡</p>

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<p>symptoms seem to get worse or if you are concerned, contact your GP.</p>	<p>መብዛሕኑ ግዜ ንትሕቲ ሓደ ሰሙን ጥራይ ይጸንሑ። እቶም ዘለዉኹም ምልክታት ሕመም እናበርትዎ ምስ ዝኹዱ ወይ ዘሰክፍኹም ምስ ዝኹኑ፡ 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 ትክእሉ ኢኹም። ነዚ ኣብ ቀጥታዊ መስመር ናይ ኢንተርነት ብጫ ካርድ ናይ ኮሮናቫይረ ብምፍታሽ ወይ ነቲ ናይ ብጫ ካርድ መመልከቲ ብምጽዓን ክትገብርዎ ትክእሉ (ነዚ ብዝምልከት ብኸብረትኩም ኣብ ገጽ 2 ተመልከቱ)።</p>
<p>Please see the back of the leaflet for more details.</p>	<p>ተወሳኺ ዝርዝራዊ ሓበሬታ ንምርካብ፡ ብኸብረትኩም ኣብ ዳሕረዎይ ገጽ ናይ'ዚ በራሪ ጽሑፍ እዚ ተመልከቱ።</p>
<p><b>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.</b></p>	<p><b>ቅድሚህ 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።</b></p>
<p><b>Serious side effects</b></p>	<p><b>ከበድቲ ጎድናዊ ሳዕቤናት</b></p>
<p>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.</p>	<p>ብደረጃ ዓለም፡ ኣብ ቀረባ እዋን፡ ኣብ ኣዝዮም ውሑዳት ኣጋጣሚታት ነድሪ ጭዋዳታት ልቢ (myocarditis) ወይ ነድሪ ሽፋን ልቢ (pericarditis) ድሕሪ Pfizer ከምኡውን</p>

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	<p>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>እዞም ተርእዮታት እዚኦም ኣውራ ኣብቶም ንኣሽቱ መንእሰያት ደቂ ተባዕትዮ ድሕሪ ብተሕ መዓልታት ካብቲ ክታቦት ዝወሰድሉ ግዜ ዘጋጠሙ ጉዳያት እዮም። ዝበዝሑ ካብዞም ሰባት እዚኦም ቀልጢፎም ዝሓውዩ ኮይኖም ከምኡውን ምስ ኣዕረፉን ቅልል ዝበለ ሕክምናዊ ክንክን ምስ ተገብረሎምን ኩነታት ጥዕንኦም ተማሓይኹ።</p>
<p><b>You should seek medical advice urgently if, after vaccination, you experience:</b></p>	<p><b>ድሕሪ ምኽታብኩም እዞም ዝስዕቡ ምልክታት ምስ ዝህልውኹም 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፡ ቃንዛ ኣፍልቢ፡ ሕበጥ እግሪ</li> </ul>
<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፡</li> </ul>
<p><b>Is there anyone who shouldn't have a booster?</b></p>	<p><b>መበራትዒ ክታቦት ክወስድ ዘይግብኦ ሰብ ኣሎ'ዩ፡</b></p>
<p>There are very few people who should not have a booster.</p>	<p>መበራትዒ ክታቦት 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 ክታቦት ኣብ ኣካላትኩም ብርቱዕ ነድሪ ቁጥጥ ኣካላት ኣስዒቡልኩም እንተነይሩ፡ ነዚ ብዝምልከት ምስ ሓኪምኩም ተዘራረቡ።</p>

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<p><b>Can you still catch COVID-19 after having the vaccine?</b></p>	<p><b>ኮቪድ-19 ካብቲ ክታበታት ክሕዘኒ ይኸእል'ዶ።</b></p>
<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 ንኸትሳቐዩ ዘለኩም ዕድላት ይንክዮ እዩ። ኣካላትኩም ካብዚ መበራትዒ ክታበት ናይ ምክልኻል ብቐዓት ከጥሪ ገለ ቁሩብ መዓልታት ክወስደሉ ይኸእል።</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 ክነሰም፡ ኮቪድ-19 ክሓሙ ይኸእሉ እዮም፡ እዚ ግን ብርቱዕ ዘይኮነ ይኸውን።</p>
<p><b>If you have not had the first vaccinations</b></p>	<p><b>ነቲ ቀዳማይ ክታበት ዘይወሰድኩም ምስ እትኾኑ</b></p>
<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 ቀዳምት 2 ተኸታተልቲ መጠን ክታበታት ዘይወሰድኩም ምስ እትኾኑ ብዝተኸለ መጠን ኣብ ዝቐልጠፈ ግዜ ክትወስድዎም ኣለኩም።</p>
<p><b>Further information</b></p>	<p><b>ተወሳኺ ሓበሬታ</b></p>
<p>Visit coronavirus vaccination <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>	<p>ነዚ ብዝምልከት ኣብዚ ናይ ኮሮናቫይረስ ክታበት ነቑጥ መርበብ ሓበሬታ ብጽሑ <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>
<p>See the PHA leaflet on what to expect after vaccination, which is available to download at <a href="http://www.pha.site/COVID19InfoMaterials">www.pha.site/COVID19InfoMaterials</a></p>	<p>ድሕሪ ክታበት ምውሳድኩም እንታይ ክትጽበዩ ከምዘለኩም ናብቲ መሓበሪ ወረቐት ሓለፊ ክፍሊ ጥዕና ነቑጥ መርበብ ሓበሬታ ዝርከበሉ ብምጽዓን ኣብዚ ተወከሱ <a href="http://www.pha.site/COVID19InfoMaterials">www.pha.site/COVID19InfoMaterials</a></p>
<p>Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching</p>	<p>ብኸብረትኩም ብዛዕባ ክታበታትኩም፡ ነዚ ናይ ፍርዖት ወረቐት ሓበሬታ ተወከሱ እንተላይ</p>

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<p>Coronavirus Yellow Card. You can also report suspected side effects on the same website or by downloading the Yellow Card app.</p>	<p>ንኽጋጥሙ ዝኸእሉ ጎድናዊ ሰዕቤናት፡ ናይ ኮሮናቫይረስ ብጫ ካርድ (Yellow Card) ፈትሱ። ከምኡ'ውን ናይ ዝተጠርጠሩ ጎድናዊ ሰዕቤን ናብቲ መርበብ ሓበሬታ ወይ ነቲ ብጫ ካርድ መመልከቲ ብምውራድ ጸብጻብ ክትህቡ ትኸእሉ።</p>
<p><a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a></p>	<p>ተወሳኺ ሓበሬታ ኣብ <a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a></p>
<p>You can read the information for UK recipients of the Pfizer and Moderna vaccines here:</p>	<p>ነዚ ብዝምልከት ነቲ ናይ 'ዓዲ እንግሊዝ ክታበት Pfizer ክወስዱ ናይ ዝግብኡዎ ዝብል ሓበሬታ፡ ከተንብቡ ትኸእሉ፡-</p>
<p><a href="https://coronavirus-yellowcard.mhra.gov.uk/productinformation">https://coronavirus-yellowcard.mhra.gov.uk/productinformation</a></p>	<p><a href="https://coronavirus-yellowcard.mhra.gov.uk/productinformation">https://coronavirus-yellowcard.mhra.gov.uk/productinformation</a></p>
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<p>© Crown copyright 2022. This information was originally developed by UK Health Security Agency and is used under the Open Government Licence v3.0</p>	<p>© መሰል ዋንነት ክራውን 2022 (Crown copyright 2021) እዚ ሓበሬታ እዚ ብመሰረቱ ብህዝባዊ ክፍሊ ክንክን ጥዕና ዓዲ እንግሊዝ ዝማዕበል ኮይኑ ከምኡ'ውን ኣብ ትሕቲ ሕጋዊ መንግስታዊ ፍቓድ v3.0 ኣብ ግብረ ዝወዓለ እዩ።</p>