

English	Tigrinya
<p>What to expect after your child's COVID-19 vaccination</p>	<p>ውላድኩም ድሕሪ ክታበት ኮቪድ-19 ምውሳዕ እንታይ ክትጽበዩ ከምዝግበኣኩም</p>
<p>A guide for parents of children aged 5 to 11 years of age</p>	<p>ነቶም ካብ 5 ክሳብ 11 ዓመት ዝዕድሚኦም ቆልዑ ዘለዉዎም ወለዲ ዝምልከት መምርሒ</p>
<p>Find out more at niddirect.gov.uk/covid-vaccine</p>	<p>ኣብዚ ዝስዕብ ነቕጥ መርበብ ሓበሬታ ተወሳኺ ሓበሬታ ዳህስሱ:- niddirect.gov.uk/covid-vaccine</p>
<p>The health service is offering the COVID-19 vaccine to all eligible children.</p>	<p>ክፍሊ ኣገልግሎት ጥዕና ንኹሎም ነዚ ክታበት ክወስድዎ ዝምልከቶም ቆልዑ ክታበት ኮቪድ-19 ይህብ ኣሎ።</p>
<p>This leaflet tells you what to expect after your child has had their vaccination.</p>	<p>እዚ ንሽቶይ ናይ ሓበሬታ ወረቐት እዚ ውላድኩም ክታበት ምስ ተዋህቦ እንታይ ክትጽበዩ ከምዘለኩም ዝሕብር እዩ።</p>
<p>Side effects</p>	<p>ጎድናዊ ሳዕቤናት</p>
<p>Like all medicines, vaccines can cause side effects. Most of these are mild and short term and not all children get 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 of the vaccine.</p>	<p>ከም ክሎም መድሃኒታት፡ ክታበታት ጎድናዊ ሳዕቤናት ከስዕቡ ይኸእሉ እዮም። ዝበዝሑ ካብዚኦም ቀለልትን ንሓዲር ግዜ ዝጸንሑን ከይኖም፡ ከምኡውን ንኹሎም ቆልዑ ዝሕዙ ኣይኮኑን። እቶም ፍሉጣት ዝኾኑ ጎድናዊ ሳዕቤናት ንሓዲ ወይ ክልተ መዓልታት ጥራይ ዝጸንሑ እዮም። ክታበት Pfizer ካብቲ ቀዳማይ ክታበት ኣብቲ ካልኣይ ክታበት ዝያዳ ጎድናዊ ሳዕቤኑ ጎሊሑ ይርኣ።</p>
<p>Very common side effects in the first day or two include:</p>	<p>እቶም ፍሉጣት ጎድናዊ ሳዕቤናት ድሕሪ ቀዳማይ ወይ ካልኣይ መዓልቲ ናይ ክታበት ዝረኣዩ እዞም ዝስዕቡ እዮም:-</p>
<ul style="list-style-type: none"> having a painful, heavy feeling and tenderness in the arm where they had their injection 	<ul style="list-style-type: none"> ኣብታ ክታበት ዝወሰድክሙላ ኢድኩም ቃንዛ ይህልወኩም፡ ከቢድ ስምዒትን ከምኡውን ምልምላም

	ጭዋዳን ይህልወኩም።
<ul style="list-style-type: none"> • feeling tired • headache, aches and chills 	<ul style="list-style-type: none"> • ስምዒት ድኻም • ቃንዛ ርእሲ፡ ሓፈሻዊ ቃንዛን ገብገብታን
They may also have flu like symptoms with episodes of shivering and shaking for a day or two. However, a high temperature could also indicate that they have COVID-19 or another infection.	ብተወሳኪ ንሓደ ወይ ክልተ መዓልቲ ዝቕጽል ምልክታት ጉንፋዕን ምንቅጥቃጥን ገብገብታን ዘጠቓለለ ስምዒት ምህላው። እንተኾነ፡ ልዑል ረስኒ ኣካላት ሕማም ከቪድ-19 ወይ ካልእ ዓይነት ረኽሲ ከምዘለኩም ከመልክት ይኸእል እዩ።
They should rest. You can give them paracetamol to help make them feel better. Please check that the dose and type of paracetamol is correct for their age.	ስለዚ ድማ ከዕርፉ ይግብኡም ኩነታቶም ንምምሕያሽ ድማ ፈውሲ ቃንዛ ፓራሲታሞል (paracetamol) ክወሃቡ ይግብኡም። ብኸብረትኩም እቲ ዝወስድዎ መጠን ፓራሲታሞል (paracetamol) ምስ ዕድሚኡም ዝመጣጠን ምዃኑ ኣረጋግጹ።
You can find more information on paracetamol here www.nhs.uk/medicines/paracetamol-for-children	ብዛዕባ ፈውሲ ቃንዛ ፓራሲታሞል (paracetamol) ዝምልከት ዝያዳ ሓበሬታ ኣብዚ ዝስዕብ ነቕጡ መርበብ ሓበሬታ ክትረኽቡ ትኸእሉ፡- www.nhs.uk/medicines/paracetamol-for-children
An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm as they had the vaccine. This can last for around 10 days, but if it lasts longer see your doctor.	ካልኣት ዘይልሙዳት ጎድናዊ ሳዕቤናት ድማ ምሕባጥ ጽክታት ናይ ትሸቱሽ ወይ ኣብ ክሳድ ኣብ ተመሳሳሊ ወገን ናይቲ ዝተኸተቡሉ ክፍሊ ኣካላት ከጋጥም ይኸእል። እዚ ኣስታት 10 መዓልታት ኣቢሉ ክጸንሕ ይኸእል፡ ከብኡ ንላዕሊ ምስ ዝጸንሕ ግን ናብ ሓኪምኩም ተራኣዩ።
What to do if you are concerned about their symptoms	ብዛዕባ ዝረኣይኹም ምልክታት ሕማም ስክፍታ ምስ ዝህልወኩም ክትገብርዎ ዝግበኣኩም
These symptoms normally last less than a week. If their symptoms seem to get worse or if you are concerned, you can call their GP (family doctor) or Out of Hours service. If you do seek advice from a doctor or nurse, make sure you tell them about their vaccination (show	እዞም ምልክታት ሕማም እዚኡም ካብ ሰሙን ዝውሕድ ግዜ ዝጸንሑ እዮም። እቶም ዝረኣይኹም ምልክታት እናበርትዑ ዝኹዱ ምስ ዝመስልኹም ወይ ዝኾነ ስክፍታ ምስ ዝህልወኩም፡ ናብ ሓፈሻዊ ሓኪምኩም (ሓኪም ስድራቤትኩም) ወይ ድማ ናብቶም

<p>them the vaccination card) so that they can assess your child properly. You can also report suspected side effects of vaccines and medicines online through the Yellow Card scheme at https://coronavirus-yellowcard.mhra.gov.uk or by downloading the Yellow Card app.</p>	<p>ካብ ሰዓታት ስራሕ ወጻኢ ኣገልግሎት ዝህቡ ኣካላት ደውሉ። ካብ ሓኪም ወይ ካብ ኣላዪ ሕሙማት ምኽሪ ምስ ዘድልዩኩም፡ ብዛዕባ ውላድኩም ዝወሰዶ ክታበት ከምዝነገርኩም ኣረጋግጹ (ነቲ ናይ ክታበት ካርድ ድማ ኣርጅዎም) ስለዚ ንሰቶም ብግቡእ ንውላድኩም ክምርምርዎ ይኸእሉ። ብተወሳኺውን እትጥርጥሩዎም ጎድናዊ ሳዕቤናት ናይ ክታበትን መድሃኒታትን ኣብ ቀጥታዊ መስመር ኢንተርነት ብምእታው ቦታ ብጫ ናይ መሓብሪ ካርድ ኣቢልኩም ኣብዚ ዝስዕብ ነቕጥ መርበብ ሓበሬታ ጸብጸብ ከተቐርቡ ትኸእሉ፡- https://coronavirus-yellowcard.mhra.gov.uk ወይ ነቲ ብጫ መሕበሪ ካርድ ብምጽዓን ክትገብርዎ ትኸእሉ።</p>
<p>Are there other more serious side effects?</p>	<p>ካልኣት ኣዝዮም ብርቱዓት ጎድናዊ ሳዕቤናት ኣለዉዎ።</p>
<p>Recently, cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after the adult dose of COVID-19 vaccines.</p>	<p>ኣብዚ ቀረባ ግዜ፡ ተርእዮ ነድሪ ጫዋዳ ልቢ (ነድሪ ጫዋዳ ልቢ (myocarditis) ወይ ነድሪ ሽፋን ልቢ (pericarditis) ዝተባህሉ) ድሕሪ ዓበይቲ ሰባት ክታበት ኮቪድ-19 ምውሳደም ተገሊጾም ኣለዉ።</p>
<p>These cases have been seen mostly in younger men within a few days after vaccination. Most of these people recovered quickly and felt better following rest and simple treatments.</p>	<p>እዞም ተርእዮታት እዚኣቶም ኣውራ ኣብቶም ንኣሽቱ መንእሰያት ደቂ ተባዕትዮ ክታበት ምስ ወሰዱ ድሕሪ ቁሩብ መዓልታት ዝርኣዩ ኩነታት እዮም። ዝበዝሑ ካብዞም ሰባት እዚኣም ቀልጢፎም ዝሓውዩ ኮይኖም ከምኡውን ምስ ኣዕረፉን ቅልል ዝበለ ሕክምናዊ ክንክን ምስ ተገብረሎምን ኩነታት ጥዕንኦም ከምዝተመሓየሹ ተራእዩ።</p>
<p>You should seek medical advice urgently from your GP or Emergency Department if your child experiences:</p>	<p>ውላድኩም ካብዞም ዝስዕቡ ምልክታት ምስ ዝርኣዩዎ ብህጹጽ ካብ ሓፈሻዊ ሓኪምኩም ወይድማ ክፍሊ ህጹጹ ረዲኤት ምኽሪ ክትሓቱ ይግባእ።</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>Can your child catch COVID-19 from the vaccine?</p>	<p>ውላደይ ካብቲ ክታቦት ሕማም ኮቪድ-19 ክሕዞ ይኽእልዎ።</p>
<p>Your child cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise that they have the symptoms until after their vaccination appointment.</p>	<p>ውላደኩም ካብቲ ክታቦት ሕማም ኮቪድ-19 ክሕዞ ኣይክእልን እዩ። እንተኾነ ግን ከይተረድኡ ብኸልእ ምኽንያት ሕማም ኮቪድ-19 ተታሒተ ጸኒሑ ክኸውን ይኽእልን ክሳብ ዕለተ ክታቦቱ ድማ ምልክት ከየርአዮ ጸኒሑ ክኸውን ይኽእል።</p>
<p>The most important symptoms of COVID-19 are recent onset of any of the following:</p>	<p>እቶም ኣዝዮም ኣገደስቲ ምልክታት ሕማም ኮቪድ-19 ኣብ ቀረባ እዋን ምጅማር ናይዞም ዝስዕቡ ተርእዮታት ክኸውን ይኽእል እዩ፡-</p>
<ul style="list-style-type: none"> a new continuous cough 	<ul style="list-style-type: none"> ሓድሽ ቀጻሊ ዝኾነ ስዓል
<ul style="list-style-type: none"> a high temperature 	<ul style="list-style-type: none"> ልዑል መጠን ምቕት ኣካላት
<ul style="list-style-type: none"> a loss of, or change in, their normal sense of taste or smell (anosmia) 	<ul style="list-style-type: none"> ኣብ ንቡር ስምዒት ናይ ምስትምቓር ወይ ምሽታት ምጉዳል ወይ ለውጢ ምግባር (ምሽታት ምስኣን)
<p>Although a fever can occur within a day or two of vaccination, if your child has any other COVID-19 symptoms or their fever lasts longer, stay at home and arrange to have a test.</p>	<p>ዋላእኪ ኣብ ውሽጢ ሓደ መዓልቲ ወይ ክልተ መዓልታት ኣብ ግዜ ክታቦት ረስኒ ናይ ኣካላት ዝርኣ እንተኾነ፡ ውላደኩም ዝኾነ ካልእ ምልክታት ሕማም ኮቪድ-19 ምስ ዝህልዎ ወይ ረስኒ ኣካላቱ ንንዑሕ ዝበለ ግዜ ምስ ዝጸንሕ፡ ኣብ ገዝኡ ከምዝጸንሕ ብምግባር ሕክምናዊ መርመራ ንኽገብር መደብ ሓዙሉ።</p>
<p>What to do next</p>	<p>ድሕሪ እዚ እትጽበይዎ ጉዳይ</p>
<p>After your child’s vaccination, you should be given a record card. If your child needs a second dose their next appointment will be in about 8 to 12 weeks’ time. The second dose will give them longer lasting protection.</p>	<p>ውላደኩም ክታቦት ምስ ተኸተብ፡ ናይ ክታቦት ዝተኸትበሉ ካርድ ክወሃቡኩም እዩ። ውላደኩም ካልኣይ መጠን ክታቦት ዘድልዮ ምስ ዝኸውን እቲ ዝስዕብ ናይ ክታቦት ቆጶራ ካብ 8 ክሳብ 12 ሰሙናት ጸኒሑ ክኸውን ይኽእል እዩ። እቲ ካልኣይ መጠን ክታቦት ምስ ተኸተብኩም ነዊሕ ግዜ ዝጸንሕ ናይ ተጻዋርነት ብቕዓት ንውላደኩም የጥርጥሩ።</p>
<p>Keep your child’s record card safe. If your child needs a second dose, don’t</p>	<p>ንናይ ውላደኩም ካርድ ክታቦት ብጥንቃቄ ሓዙ። ውላደኩም ካልኣይ ክታቦት ዘድልዮ</p>

<p>forget to keep your next appointment.</p>	<p>ምስ ዝኸውን፡ ነቲ ካልኣይ ናይ ክታበት ቆጶራ ንምሓዝ ኣይትረከቡ።</p>
<p>If your child is not well for their appointment</p>	<p>ውላድኩም ኣብ ግዜ ቆጶራ ክታበት ኣብ ጽቡቕ ኩነታት ጥዕና ምስ ዘይህሉ</p>
<p>If your child is unwell, it is better to wait until they have recovered to have their vaccine.</p>	<p>ጽቡቕ ምስ ዘይስመዓኩም፡ ካብቲ ዘለኹም ኩነታት ክሳብ እትሓውዩ ክታበት ከይወሰድኩም ምጽባይ ዝሓሸ እዩ።</p>
<p>Your child should not attend a vaccine appointment if they are self-isolating or waiting for a COVID-19 test. Ideally you should wait 12 weeks after your child has had a positive COVID-19 test or at least 4 weeks if your child is at higher risk.</p>	<p>ውላድኩም ተፈልዮ ምስ ዝጸንሕ ወይድማ ናይ ኮቪድ-19 መርመራ ኣብ ምጽባይ ምስ ዝህሉ፡ ኣብቲ ናይ ክታበት ቆጶራ ንክኸተብ ክኸይድ የብሉን። ከምኣተሓሳስባ ውላድኩም ኣወንታዊ ውጽኢት ናይ ኮቪድ-19 መርመራ ምስ ዝህልዎ ን 12 ሰሙናት ክጽበ ኣለዎ ወይድማ ውላድኩም ኣብ ኣዝዩ ኣሰካፊ ኩነታት ጥዕና ምስ ዝህሉ ድማ እንተወሓደ 4 ሰሙናት ክጽበ ኣለዎ።</p>
<p>Will the vaccine protect your child?</p>	<p>እቲ ክታበት ንውላደይ ካብ ሕማም ክከላኸለሉ ይኽእል ድዩ።</p>
<p>The COVID-19 vaccine that your child has had has been shown to reduce the chance of them suffering from COVID-19 disease.</p>	<p>እቲ ዝወሰድኩም ክታበት ኮቪድ-19 ካብ ብሕማም ኮቪድ-19 ናይ ምትሓዝ ዕድል ከም ዝንክዮ ተራእዩ ኣሎ።</p>
<p>Millions of doses of the vaccine have been given worldwide. The vaccine is highly effective in children and young people.</p>	<p>ብዓለም ደረጃ ሚሊዮናት ዓቕን ናይዚ ክታበታት ተዋሂቡ ኣሎ። እቲ ክታበት ኣብ ቆልዑን ንኣሽቱ መንእሰያትን ኣዝዩ ኣድማዒ እዩ።</p>
<p>It may take a few weeks for your child’s body to build up some protection from the vaccine. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid your child picking up the infection.</p>	<p>ኣካላት ውላድኩም ካብቲ ክታበት ናይ ተጻዋርነት ብቕዓት ንኸጥሪ ዉሑዳት ሰሙናት ከድልዮ ይኽእል። ከም ኩሎም መድሃኒታት፡ ዝኸነ ክታበትውን ሙሉእ ብምሉእ ኣድማዒ ኣይከውንን፡ ስለዚ ውላድኩም ካብ መልክፍቲ ናይዚ ሕማም ንኸድሕን እቶም ተዋሂቦም ዘለዉ ጥንቃቕታት ብቐጻሊ ምክትታል ኣገዳሲ እዩ።</p>
<p>Some children may still get COVID-19 despite having a vaccination, but this should be less severe.</p>	<p>ገለ ቆልዑ ተኸቲቦም እንከለዉ ሕማም ኮቪድ-19 ክሕዘም ይኽእል እዩ፡ እንተኸነግን እቲ ሕማም ከቢድ ኣይከውንን።</p>

<p>What your child can do after they've had the vaccine</p>	<p>ውላድኩም ክታበት ምስ ወሰደ ክገብሮ ዝግብኦ ነገራት</p>
<p>The vaccine cannot give your child COVID-19 infection, and it will reduce their chance of becoming ill.</p>	<p>ክታበት ኮቪድ-19 ንውላድኩም መልክፍቲ ከመሓላልፈሉ ኣይክእልን እዩ፡ ብርቱዕ ሕመም ናይ ምሕመም ዕድል ድማ ይንክዮሉ።</p>
<p>It is still important to continue to follow current national guidance. Your child can continue going to school, after they have had the vaccine.</p>	<p>ስለዚ ነቶም ኣብ ቀረባ እዋን ዝተዋህቡ ሃገራዊ መምርሒታት ምኽታል ኣገዳሲ እዩ። ውላድኩም ክታበት ምስ ተኸትቦ ናብ ቤት ትምህርቲ ምኽድ ክቕጽል ይኸእል እዩ።</p>
<p>To protect yourself and your family, friends and colleagues, you must still:</p>	<p>ንነፍስኹም፡ ስድራቤትኩም፡ ኣዕሩኽትኹም፡ ከምኡውን መሳርሕትኹም ካብቲ ሕመም ንምክልኻል ሕጂውን ነዞም ዝስዕቡ መምርሒታት ተኸተልዎም፡-</p>
<ul style="list-style-type: none"> • think about social distancing 	<ul style="list-style-type: none"> • ብዛዕባ ማሕበራዊ ርሕቀት ምሕላው ሕሰቡ
<ul style="list-style-type: none"> • wear a face covering where advised 	<ul style="list-style-type: none"> • መሸፈኒ ኣፍን ኣፍንጫን (ማስክ) ግበሩ
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • ኣእዳውኩም ብጥንቃቕን ብቕጻልን ተሓጸቡ
<ul style="list-style-type: none"> • open windows to let in fresh air 	<ul style="list-style-type: none"> • ጽሩይ ኣዖር ንክኣቱ መሳኹቲ ክፈቱ
<ul style="list-style-type: none"> • follow the current guidance www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> • ነቶም ዘለዉ እዋናውያን መምርሒታት ኣብዚ ዝስዕብ ነቕጥ መርበብ ሓበሬታ ተኸተሉ፡- www.nidirect.gov.uk/coronavirus
<p>How COVID-19 is spread</p>	<p>ኮቪድ-19 ብኸመይ ኣገባብ ከምዝዝርጋኡ</p>
<p>COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.</p>	<p>ኮቪድ-19 ካብ ኣፍ ወይ ኣፍንጫ ኣብ ግዜ ምዝራብ ወይ ምስዓል ብነጠብጠት ኣቢሎ ናብ ኣዖር ይብተን። ብተወሰኺውን ዝተበከሉ ኣቕሑትን ገጻት ናይ ዝተፈላለዩ ነገሮት ድሕሪ ምትንካፍ ኣዕይንቲ፡ ኣፍንጫ ከምኡውን ኣፍ ብምትንካፍ ክላቦ ይኸእል።</p>
<p>Further information</p>	<p>ተወሳኺ ሓበሬታ</p>
<p>Please read the product information leaflet for more details on the vaccine, including possible side effects, on the Coronavirus Yellow Card website.</p>	<p>ብኸብረትኩም ንዝያዳ ዝርዝራዊ ሓበሬታ ብዛዕባ ክታበት፡ ብተወሰኺውን ከጋጥሙ ዝኸእሉ ተኸእሎታት ጎድናዊ ሳዕቤናትን ዘጠቓልሉ ነታ ናይ ፍርያት ሓበሬታ ወረቐት</p>

	<p>ናይ ኮሮናቫይረስ ብጫ ካርድ ነቕጥ መርበብ ሓበሬታ ደሊኹም ብምርካብ ኣንብቡ።</p>
<p>You can also report suspected side effects on the same website or by downloading the Yellow Card app. Further information is available from www.nidirect.gov.uk/covid-vaccine</p>	<p>ከምኡውን ናይ ዝተጠርጠሩ ጎድናዊ ሳዕቤን ኣብቲ ተመሳሳሊ ነቕጥ መርበብ ሓበሬታ ወይ ነቲ ብጫ ካርድ መመልከቲ ብምውራድ ጸብጻብ ክትህቡ ትኽእሉ። ካብዚ ዝስዕብ ነቕጥ መርበብ ሓበሬታ ተወሳኺ ሓበሬታ ክትረኽቡ ትኽእሉ፡- www.nidirect.gov.uk/covid-vaccine</p>
<p>Published in January 2022 by the Public Health Agency.</p>	<p>ኣብ ጥሪ 2022፡ ብኣጀንስያ ህዝባዊ ጥዕና ዝተሓትመ።</p>
<p>Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website www.publichealth.hscni.net</p>	<p>ኣብ ግዜ ሕትመት ዝተኣረመ ሓበሬታ። ነቲ ናይ መወዳእታ ሕትመት ናይዚ ሓበሬታ ወረቐት ከምኡውን ናይ ኣማራጺ ቅጥዕታት ዝምልከት ኣብዚ ነቕጥ መርበብ ሓበሬታ ናይ ክፍሊ ህዝባዊ ሓለዎ ጥዕና ብጽሑ www.publichealth.hscni.net</p>
<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 2021 (Crown copyright 2022) እዚ ሓበሬታ እዚ ብመሰረቱ ብህዝባዊ ክፍሊ ክንክን ጥዕና ዓዲ ኣንግሊዝ ዝመሰበል ኮይኑ ከምኡውን ኣብ ትሕቲ ሕጋዊ መንግስታዊ ፍቓድ v3.0 ኣብ ግብረ ዝወዓለ እዩ።</p>