

	Chinese complex
COVID-19 vaccination	冠狀病毒疫苗接種
A guide for adults	成人指南
This leaflet explains about the COVID-19 vaccine and who is eligible.	這張傳單解釋了冠狀病毒疫苗和誰有資格。
COVID-19 immunisation Protect yourself	冠狀病毒免疫 保護自己
Contents	內容
What is COVID-19 or coronavirus?	什麼是冠狀病毒？
About the types of vaccine	關於疫苗的種類
Who should have the COVID-19 vaccine?	誰應該接種冠狀病毒疫苗？
Am I at increased risk from COVID-19 infection?	我患冠狀病毒感染的風險增加嗎？
Who cannot have the vaccine?	誰不能接種疫苗？
Will the vaccine protect me?	疫苗能保護我嗎？

Will the vaccine have side effects?	疫苗會有副作用嗎？
I have had my flu vaccine, do I need the COVID-19 vaccine as well?	我已經接種流感疫苗，我也需要冠狀病毒疫苗嗎？
Can I catch COVID-19 from the vaccine?	我会从疫苗中感染冠状病毒吗？
What do I do next?	接下來我該怎麼辦？
What should I do if I am not well when it is my next appointment?	如果下次預約時我不舒服，我該怎麼辦？
Can I give COVID-19 to anyone, after I have had the vaccine?	我接種疫苗後，我會傳染冠狀病毒給任何人嗎？
What is COVID-19 or coronavirus?	什麼是冠狀病毒？
COVID-19 is caused by a new coronavirus, known as SARS-CoV-2. It was first identified in late 2019. It is very infectious and can lead to severe respiratory disease.	冠狀病毒疾病是由一種新的冠狀病毒引起的，這種病毒被稱為 <b>SARS-CoV-2</b> 。它於 <b>2019</b> 年晚些時候首次被識別。它非常具有傳染性，可導致嚴重的呼吸道疾病。
Many people who are infected may not have any symptoms or only have mild symptoms. These commonly start with cough, fever, headache and loss of taste or smell.	許多被感染的人可能沒有任何症狀或只有輕微的症狀。這些通常從咳嗽，發燒，頭痛和失去味道或氣味開始。
Some people will feel very tired, have aching muscles, sore throat, diarrhoea and vomiting, fever and confusion. A small	有些人會感到很累，肌肉酸痛，喉嚨痛，腹瀉和嘔吐，發燒和頭腦混亂。一小部分的人會產生嚴重疾病，可能需要住院或接受

number of people then go on to have severe disease which may require hospitalisation or admission to intensive care.	重症監護。
Overall fewer than 1 in 100 people who are infected will die from COVID-19, but in those over 75 years of age this rises to 1 in 10.	總體而言，100 個感染者中只有不到 1 人死于冠狀病毒，但在 75 歲高齡者中，這比例上升到十分之一。
There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications.	雖然一些新測試的治療方法確實有助於降低併發症的風險，但人死于冠狀病毒沒有治癒的方法。
About the types of vaccine	關於疫苗的種類
In Northern Ireland, there are three types of COVID-19 vaccine currently approved. Other types of vaccine are expected to be approved during 2021.	在北愛爾蘭，目前有三種類型的冠狀病毒疫苗獲得批准。 其他類型的疫苗預計將在 2021 年獲得批准。
Who should have the COVID-19 vaccine?	誰應該接種冠狀病毒疫苗？
The Joint Committee on Vaccination and Immunisation (JCVI), an independent expert group, has recommended that these vaccines are offered first to those at highest risk of	疫苗接種和免疫聯合委員會（JCVI）是一個獨立專家組，它建議首先向感染風險最高、如果感染時出現嚴重並發症風險最高的人提供這些疫苗。

<p>catching the infection and of suffering serious complications if they catch the infection.</p> <p>This includes older adults, frontline health and social care workers, care home residents and staff, and those with certain health conditions. When more vaccine becomes available, the vaccines will be offered to other people at risk as soon as possible.</p>	<p>這包括老年人、前線健康和社會護理工作者、療養院居民和工作人員，以及那些有某些健康狀況的人。當有更多的疫苗可用時，將盡快向其他有風險的人提供疫苗。</p>
<p>Am I at increased risk from COVID-19 infection?</p>	<p>我感染冠狀病毒的風險增加嗎？</p>
<p>Coronavirus can affect anyone. If you are an older adult and have a long-term health condition, COVID-19 can be very serious and in some cases fatal.</p>	<p>冠狀病毒可以影響任何人。如果你是一個年長的成年人，有長期的健康問題，冠狀病毒可能是非常嚴重的，在某些情況下是致命的。</p>
<p>You should have the COVID-19 vaccine if you are:</p>	<p>如果您屬於下列情況，您應該要接種冠狀病毒疫苗：</p>
<ul style="list-style-type: none"> <li>an adult living or working in a care home for the elderly</li> </ul>	<ul style="list-style-type: none"> <li>在療養院生活或工作的成人</li> </ul>
<ul style="list-style-type: none"> <li>a frontline health and social care worker</li> </ul>	<ul style="list-style-type: none"> <li>前線健康和社會護理人員</li> </ul>
<ul style="list-style-type: none"> <li>clinically extremely vulnerable (shielding)</li> </ul>	<ul style="list-style-type: none"> <li>健康上極脆弱的人（屏蔽）</li> </ul>
<ul style="list-style-type: none"> <li>a carer working in domiciliary care looking after older adults</li> </ul>	<ul style="list-style-type: none"> <li>在家庭護理中心照顧老年人的看護者</li> </ul>
<ul style="list-style-type: none"> <li>aged 65 years and over</li> </ul>	<ul style="list-style-type: none"> <li>65 歲及以上</li> </ul>

<ul style="list-style-type: none"> <li>a younger adult with a long-term clinical condition (see next page)</li> </ul>	<ul style="list-style-type: none"> <li>有長期健康狀況的年輕成年人（見下頁）</li> </ul>
The vaccine will also be offered to adults with conditions such as:	疫苗還將提供給有以下條件的成年人：
<ul style="list-style-type: none"> <li>a blood cancer (such as leukaemia, lymphoma or myeloma)</li> </ul>	<ul style="list-style-type: none"> <li>血癌（例如白血病，淋巴瘤或骨髓瘤）</li> </ul>
<ul style="list-style-type: none"> <li>diabetes</li> </ul>	<ul style="list-style-type: none"> <li>糖尿病</li> </ul>
<ul style="list-style-type: none"> <li>dementia</li> </ul>	<ul style="list-style-type: none"> <li>癡呆</li> </ul>
<ul style="list-style-type: none"> <li>a heart problem</li> </ul>	<ul style="list-style-type: none"> <li>心臟問題</li> </ul>
<ul style="list-style-type: none"> <li>a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma</li> </ul>	<ul style="list-style-type: none"> <li>胸部不適或呼吸困難，包括支氣管炎，肺氣腫或嚴重哮喘</li> </ul>
<ul style="list-style-type: none"> <li>a kidney disease</li> </ul>	<ul style="list-style-type: none"> <li>腎臟疾病</li> </ul>
<ul style="list-style-type: none"> <li>a liver disease</li> </ul>	<ul style="list-style-type: none"> <li>肝臟疾病</li> </ul>
<ul style="list-style-type: none"> <li>lowered immunity due to disease or treatment (such as HIV infection, steroid medication, chemotherapy or radiotherapy)</li> </ul>	<ul style="list-style-type: none"> <li>由於疾病或治療（例如艾滋病感染，類固醇藥物，化學療法或放射療法）導致的免疫力降低</li> </ul>
<ul style="list-style-type: none"> <li>rheumatoid arthritis, lupus or psoriasis</li> </ul>	<ul style="list-style-type: none"> <li>類風濕關節炎，狼瘡或牛皮癬</li> </ul>
<ul style="list-style-type: none"> <li>having had an organ transplant</li> </ul>	<ul style="list-style-type: none"> <li>有過器官移植</li> </ul>
<ul style="list-style-type: none"> <li>having had a stroke or a transient ischaemic attack (TIA)</li> </ul>	<ul style="list-style-type: none"> <li>患有中風或短暫性腦缺血發作（TIA）</li> </ul>
<ul style="list-style-type: none"> <li>a neurological or muscle wasting condition</li> </ul>	<ul style="list-style-type: none"> <li>神經或肌肉消瘦情況</li> </ul>
<ul style="list-style-type: none"> <li>a severe or profound learning disability</li> </ul>	<ul style="list-style-type: none"> <li>嚴重的學習障礙</li> </ul>
<ul style="list-style-type: none"> <li>a problem with your spleen, eg sickle cell disease, or having had your spleen removed</li> </ul>	<ul style="list-style-type: none"> <li>脾臟問題，例如鎌狀細胞病，或脾臟摘除</li> </ul>
<ul style="list-style-type: none"> <li>being seriously overweight (BMI</li> </ul>	<ul style="list-style-type: none"> <li>嚴重超重（BMI 40 及以上）</li> </ul>

of 40 and above)	
<ul style="list-style-type: none"> <li>severe mental illness.</li> </ul>	<ul style="list-style-type: none"> <li>嚴重的精神疾病。</li> </ul>
All people who are in the clinically extremely vulnerable (shielding) group will be eligible for a COVID-19 vaccine. Whether you are offered the vaccine may depend on the severity of your condition. Your GP can advise on whether you are eligible.	所有在臨床上極度脆弱（屏蔽）組的人將有資格獲得冠狀病毒疫苗。您是否被提供疫苗可能取決於您的嚴重程度。您的全科醫師可以就您是否有資格提供建議。
Who cannot have the vaccine?	誰不能接種疫苗？
<p>The vaccines do not contain living organisms, and so are safe for people with disorders of the immune system. These people may not respond so well to the vaccine. A very small number of people who are at risk of COVID-19 cannot have the vaccine – this includes people who have severe allergies to a component in the vaccine.</p> <p>Women of childbearing age, those who are pregnant, planning a pregnancy or breastfeeding should read the detailed information on <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>	<p>疫苗不含活的生物體，因此對有免疫系統疾病的人是安全的。這些人對疫苗的反應可能不太好。非常少的人對冠狀病毒疫苗有風險不能接種疫苗-這包括對疫苗中的成分有嚴重過敏的人。</p> <p>育齡婦女、懷孕婦女、計劃懷孕或哺乳期的婦女應閱讀有關懷孕的資料 <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>
Will the vaccine protect me?	疫苗能保護我嗎？
The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It may take a few weeks for your body to build up protection from the vaccine.	冠狀病毒疫苗接種將減少您感染冠狀病毒的機會。你的身體可能需要幾個星期來建立從疫苗來的保護。
The vaccine has been shown to be effective and no safety concerns were seen in studies of more than 20,000 people.	該疫苗已被證明是有效的，在 2 萬多人的研究中未看到安全問題。

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.	像所有藥物一樣，沒有疫苗是完全有效的 - 有些人可能仍然會感染冠狀病毒，儘管有接種疫苗，但這應該不那麼嚴重。
Will the vaccine have side effects?	疫苗會有副作用嗎？
Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them. Even if you do have symptoms after the first dose, you still need to have the second dose. Although you should get good protection from the first dose, having the second dose will give you the best protection against the virus.	像所有藥物一樣，疫苗也會引起副作用。其中大多數是輕微和短期的，並且不是每個人都會有。即使您在接種第一劑之後確實有症狀，您仍然需要第二劑。儘管您可以從第一劑獲得一些保護，但是第二劑可以為您提供最佳的病毒防護。
Very common side effects include:	非常常見的副作用包括：
<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 1-2 days after the vaccine</li> </ul>	<ul style="list-style-type: none"> <li>• 注射部位的手臂有疼痛，沉重的感覺和壓痛。疫苗接種後約 1-2 天，這種情況最嚴重</li> </ul>
<ul style="list-style-type: none"> <li>• feeling tired</li> </ul>	<ul style="list-style-type: none"> <li>• 感覺累</li> </ul>
<ul style="list-style-type: none"> <li>• headache</li> </ul>	<ul style="list-style-type: none"> <li>• 頭痛</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>• 全身酸痛或輕度像流感的症狀</li> </ul>
Although feeling feverish is not uncommon for two to three days, a high temperature is unusual and may indicate you have COVID-19 or another infection. You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help you feel better.	儘管在兩到三天內發燒並不罕見，但高溫並不常見，這可能表明您患有冠狀病毒或其他感染。您可以休息和服用正常劑量的撲熱息痛（paracetamol）（按照包裝中的建議）和休息以幫助您感覺舒服一點。
Symptoms following vaccination	這些症狀通常持續不到一周。如果您的

normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111.	症狀似乎變得更糟或您擔心的話，請致電 NHS 111。
If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination record card if possible) so that they can assess you properly.	如果您尋求醫生或護士的建議，請確保告訴他們您的疫苗接種情況（如果可以，向他們出示疫苗接種卡），以便他們可以正確地評估您。
You can also report suspected side effects to vaccines and medicines through the Yellow Card scheme. See page 11.	您可以通過黃卡計劃（the Yellow Card scheme）報告可疑的疫苗和藥物副作用。見 11 頁。
If you are currently in the clinically extremely vulnerable group, please continue to follow the government guidance.	如果您目前處於健康上極度脆弱的群體，請繼續遵循政府的指導。
I have had my flu vaccine, do I need the COVID-19 vaccine as well?	我已經接種了流感疫苗，我也需要冠狀病毒疫苗嗎？
The flu vaccine does not protect you from COVID-19. As you are eligible for both vaccines you should have them both, but normally separated by at least a week.	流感疫苗不能保護您免受冠狀病毒的侵害。由於您有資格同時接種兩種疫苗，因此應接種兩種，但通常至少間隔一周。
Can I catch COVID-19 from the vaccine?	我會從疫苗中感染冠狀病毒嗎？
You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you have the symptoms until after your vaccination appointment.	您無法從疫苗中感染冠狀病毒，但有可能您已經感染了冠狀病毒，並且直到接種疫苗後才意識到自己有症狀。
The most important symptoms of COVID-19 are recent onset of any of the following:	冠狀病毒最重要的症狀是最近出現以下任何一種症狀：
• a new continuous cough	• 新的連續咳嗽
• a high temperature	• 發高燒



<ul style="list-style-type: none"> <li>a loss of, or change in your normal sense of taste or smell</li> </ul>	<ul style="list-style-type: none"> <li>失去或改變正常的味道或嗅覺</li> </ul>
If you have the symptoms above, stay at home and arrange to have a test.	如果您有上述症狀，請留在家中並安排檢查。
If you need more information on symptoms visit <a href="http://www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice">www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice</a>	如果您需要有關症狀的更多信息，請訪問 <a href="http://www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice">www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice</a>
What do I do next?	接下來我該怎麼辦？
After you have had the first dose you need to plan to attend your second appointment. You should have a record card with your next appointment written on it for a date between 3 and 12 weeks after the first.	在您接受第一次接種後，您需要計劃參加第二次預約。您應該有一張記錄卡，上面寫有您的下一個預約，是第一個日期後 3 到 12 週之間的日期。
Although the first dose will give you good protection, you need the second dose to get longer lasting protection	雖然第一劑將給你良好的保護，你需要第二劑，以獲得更持久的保護。
Keep your card safe and make sure you keep your next appointment to get your second dose	確保您的卡安全，並確保您參加下一次的預約以接種第二劑。
What should I do if I am not well when it is my next appointment?	如果我下次預約時身體不舒服，應該怎麼辦？
If you are unwell, it is better to wait until you have recovered to have your vaccine, but you should try to have it as soon as possible. You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or unsure if you are fit and well.	如果您身體不適，最好等到康復後再接種疫苗，但是您應該盡快接種。如果您正在自我隔離，等待冠狀病毒測試或不確定自己是否健康，則不應參加疫苗接種預約。
Can I give COVID-19 to anyone, after I	接種疫苗後，我會傳染冠狀病毒給任何

have had the vaccine?	人嗎?
The vaccine cannot give you COVID-19 infection, and two doses will reduce your chance of becoming seriously ill. We do not yet know whether it will stop you from catching and passing on the virus. So, it is important to follow the guidance in your local area to protect those around you.	疫苗不能讓您得到冠狀病毒感染，兩劑疫苗將減少你患重病的機會。我們還不知道它是否會阻止你感染和傳遞病毒。因此，必須遵循您當地的指導，以保護您周圍的人。
To protect yourself and your family, friends and colleagues you still need to:	為了繼續保護自己，您的家人，朋友和同事，您仍然應該要：
• practise social distancing	• 保持社交距離
• wear a face covering	• 戴面罩
• wash your hands carefully and frequently	• 經常仔細洗手
• follow the current guidance <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a>	• 遵遵循當前的指南 <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a>
Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card. You can also report suspected side effects on the same website or by downloading the Yellow Card app. <a href="http://coronavirus-yellowcard.mhra.gov.uk">coronavirus-yellowcard.mhra.gov.uk</a>	藉由通過搜索冠狀病毒黃卡，請閱讀產品信息手冊以獲取有關疫苗的更多詳細信息，包括可能的副作用。您也可以在同一網站上或通過下載黃卡應用程序報告可疑的副作用。 <a href="http://coronavirus-yellowcard.mhra.gov.uk">coronavirus-yellowcard.mhra.gov.uk</a>
Remember	記住
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.	冠狀病毒通過從鼻子或嘴中呼出的小水滴傳播，尤其是在說話或咳嗽時。還可以通過接觸被污染的物體和表面後，觸摸您的眼睛，鼻子和嘴巴來感染。
Vaccination, helping to protect those most vulnerable.	接種疫苗，有助於保護最脆弱的人群。

