	Chinese simplified
COVID-19 vaccination	冠状病毒疫苗接种
A guide for adults	成人指南
This leaflet explains about the COVID-19 vaccine and who is eligible.	这张传单解释了 冠状病毒疫苗和谁有资格。
COVID-19 immunisation Protect yourself	冠状病毒免疫 保护自己
Contents	内容
What is COVID-19 or coronavirus?	什么是冠状病毒？
About the types of vaccine	关于疫苗的种类
Who should have the COVID-19 vaccine?	谁应该接种冠状病毒疫苗？
Am I at increased risk from COVID-19 infection?	我患冠状病毒感染的风险增加吗？
Who cannot have the vaccine?	谁不能接种疫苗？
Will the vaccine protect me?	疫苗能保护我吗？
Will the vaccine have side effects?	疫苗会有副作用吗？
I have had my flu vaccine, do I need the COVID-19 vaccine as well?	我已经接种流感疫苗， 我也需要冠状病毒 疫苗吗？
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?	接下来我该怎么办？
What should I do if I am not well when it is my next appointment?	如果下次预约时我不舒服，我该怎么办？
Can I give COVID-19 to anyone, after I have had the vaccine?	我接种疫苗后，我会传染冠状病毒给任何人吗？
What is COVID-19 or coronavirus?	什么是冠状病毒？

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.	冠状病毒疾病是由一种新的冠状病毒引起的，这种病毒被称为 SARS-CoV-2。它于 2019 年晚些时候首次被识别。它非常具有传染性，可导致严重的呼吸道疾病。
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.	许多被感染的人可能没有任何症状或只有轻微的症状。这些通常从咳嗽，发烧，头痛和失去味道或气味开始。
Some people will feel very tired, have aching muscles, sore throat, diarrhoea and vomiting, fever and confusion. A small number of people then go on to have severe disease which may require hospitalisation or admission to intensive care.	有些人会感到很累，肌肉酸痛，喉咙痛，腹泻和呕吐，发烧和头脑混乱。一小部分的人 会产生严重疾病，可能需要住院或接受重症监护。
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.	总体而言，100 个感染者中只有不到 1 人死于冠状病毒，但在 75 岁高龄者中，这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.	虽然一些新测试的治疗方法确实有助于降低并发症的风险，但人死于冠状病毒没有治愈的方法。
About the types of vaccine	关于疫苗的种类
In Northern Ireland, there are three types of COVID-19 vaccine currently approved. Other types of vaccine are expected to be approved during 2021.	在北爱尔兰，目前有三种类型的冠状病毒疫苗获得批准。 其他类型的疫苗预计将在 2021 年获得批准。
Who should have the COVID-19 vaccine?	谁应该接种冠状病毒疫苗？
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	疫苗接种和免疫联合委员会（JCVI）是一个独立专家组，它建议首先向感染风险最高、如果感染时出现严重并发症风险最高的人提供这些疫苗。 这包括老年人、前线健康和社会护理工

catching the infection and of suffering serious complications if they catch the infection. 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.	作者、疗养院居民和工作人员，以及那些有某些健康状况的人。当有更多的疫苗可用时，将尽快向其他有风险的人提供疫苗。
Am I at increased risk from COVID-19 infection?	我感染冠状病毒的风险增加吗？
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.	冠状病毒可以影响任何人。如果你是一个年长的成年人，有长期的健康问题，冠状病毒可能是非常严重的，在某些情况下是致命的。
You should have the COVID-19 vaccine if you are:	如果您属于下列情况，您应该要接种冠状病毒疫苗：
• an adult living or working in a care home for the elderly	• 在疗养院生活或工作的成人
• a frontline health and social care worker	• 前线健康和社会护理人员
• clinically extremely vulnerable (shielding)	• 健康上极脆弱的人（屏蔽）
• a carer working in domiciliary care looking after older adults	• 在家庭护理中心照顾老年人的看护者
• aged 65 years and over	• 65 岁及以上
• a younger adult with a long-term clinical condition (see next page)	• 有长期健康状况的年轻成年人（见下页）
The vaccine will also be offered to adults with conditions such as:	疫苗还将提供给有以下条件的成年人：
• a blood cancer (such as leukaemia, lymphoma or myeloma)	• 血癌（例如白血病，淋巴瘤或骨髓瘤）
• diabetes	• 糖尿病
• dementia	• 痴呆
• a heart problem	• 心脏问题
• a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma	• 胸部不适或呼吸困难，包括支气管炎，肺气肿或严重哮喘

• a kidney disease	• 肾脏疾病
• a liver disease	• 肝脏疾病
• lowered immunity due to disease or treatment (such as HIV infection, steroid medication, chemotherapy or radiotherapy)	• 由于疾病或治疗（例如艾滋病感染，类固醇药物，化学疗法或放射疗法）导致的免疫力降低
• rheumatoid arthritis, lupus or psoriasis	• 类风湿关节炎，狼疮或牛皮癣
• having had an organ transplant	• 有过器官移植
• having had a stroke or a transient ischaemic attack (TIA)	• 患有中风或短暂性脑缺血发作（TIA）
• a neurological or muscle wasting condition	• 神经或肌肉消瘦情况
• a severe or profound learning disability	• 严重的学习障碍
• a problem with your spleen, eg sickle cell disease, or having had your spleen removed	• 脾脏问题，例如镰状细胞病，或脾脏摘除
• being seriously overweight (BMI of 40 and above)	• 严重超重（BMI 40 及以上）
• severe mental illness.	• 严重的精神疾病。
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.	所有在临床上极度脆弱（屏蔽）组的人将有资格获得冠状病毒疫苗。您是否被提供疫苗可能取决于您的严重程度。您的 全科医师可以就您是否有资格提供建议。
Who cannot have the vaccine?	谁不能接种疫苗？
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. Women of childbearing age, those who are pregnant, planning a pregnancy or breastfeeding should read the detailed information on www.nidirect.gov.uk/covid-vaccine	疫苗不含活的生物体，因此对有免疫系统疾病的人是安全的。这些人对疫苗的反应可能不太好。非常少的人对冠状病毒疫苗有风险不能接种疫苗-这包括对疫苗中的成分有严重过敏的人。育龄妇女、怀孕妇女、计划怀孕或哺乳期的妇女应阅读有关怀孕的资料 www.nidirect.gov.uk/covid-vaccine

Will the vaccine protect me?	疫苗能保护我吗？
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.	冠状病毒疫苗接种将减少您感染冠状病毒的机会。你的身体可能需要几个星期来建立从疫苗来的保护。
The vaccine has been shown to be effective and no safety concerns were seen in studies of more than 20,000 people.	该疫苗已被证明是有效的，在 2 万多人的研究中未看到安全问题。
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.	像所有药物一样，没有疫苗是完全有效的 - 有些人可能仍然会感染冠状病毒，尽管有 接种疫苗，但这应该不那么严重。
Will the vaccine have side effects?	疫苗会有副作用吗？
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.	像所有药物一样，疫苗也会引起副作用。其中大多数是轻微和短期的，并且不是每个人都会有。即使您在接种第一剂之后确实有症状，您仍然需要第二剂。尽管您可以从第一剂获得一些保护，但是第二剂可以为您提供最佳的病毒防护。
Very common side effects include:	非常常见的副作用包括：
• 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	• 注射部位的手臂有疼痛，沉重的感觉和压痛。疫苗接种后约 1-2 天，这种情况最严重
• feeling tired	• 感觉累
• headache	• 头痛
• general aches, or mild flu like symptoms	• 全身酸痛或轻度像流感的症状
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	尽管在两到三天内发烧并不罕见，但高温并不常见，这可能表明您患有冠状病毒或其他感染。您可以休息和服用正常剂量的扑热息痛（paracetamol）（按照包装中的建议）和休息以帮助您感觉舒服一点。

packaging) to help you feel better.	
Symptoms following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111.	这些症状通常持续不到一周。如果您的症状似乎变得更糟或您担心的话，请致电 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.	如果您寻求医生或护士的建议，请确保告诉他们您的疫苗接种情况（如果可以，向他们出示疫苗接种卡），以便他们可以正确地评估您。
You can also report suspected side effects to vaccines and medicines through the Yellow Card scheme. See page 11.	您可以通过黄卡计划（the Yellow Card scheme）报告可疑的疫苗和药物副作用。见 11 页。
If you are currently in the clinically extremely vulnerable group, please continue to follow the government guidance.	如果您目前处于健康上极度脆弱的群体，请继续遵循政府的指导。
I have had my flu vaccine, do I need the COVID-19 vaccine as well?	我已经接种了流感疫苗，我也需要冠状病毒疫苗吗？
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.	流感疫苗不能保护您免受冠状病毒的侵害。由于您有资格同时接种两种疫苗，因此应接种两种，但通常至少间隔一周。
Can I catch COVID-19 from the vaccine?	我会从疫苗中感染冠状病毒吗？
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.	您无法从疫苗中感染冠状病毒，但有可能您已经感染了冠状病毒，并且直到接种疫苗后才意识到自己有症状。
The most important symptoms of COVID-19 are recent onset of any of the following:	冠状病毒最重要的症状是最近出现以下任何一种症状：
• a new continuous cough	• 新的连续咳嗽
• a high temperature	• 发高烧
• a loss of, or change in your normal sense of taste or smell	• 失去或改变正常的味道或嗅觉
If you have the symptoms above, stay at home and arrange to have a test.	如果您有上述症状，请留在家中并安排检查。

If you need more information on symptoms visit www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice	如果您需要有关症状的更多信息，请访问 www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice
What do I do next?	接下来我该怎么办？
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.	在您接受第一次接种后，您需要计划参加第二次预约。您应该有一张记录卡，上面写有您的下一个预约，是第一个日期后 3 到 12 周之间的日期。
Although the first dose will give you good protection, you need the second dose to get longer lasting protection	虽然第一剂将给你良好的保护，你需要第二剂，以获得更持久的保护。
Keep your card safe and make sure you keep your next appointment to get your second dose	确保您的卡安全，并确保您参加下一次的预约以接种第二剂。
What should I do if I am not well when it is my next appointment?	如果我下次预约时身体不舒服，应该怎么办？
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.	如果您身体不适，最好等到康复后再接种疫苗，但是您应该尽快接种。如果您正在自我隔离，等待冠状病毒测试或不确定自己是否健康，则不应参加疫苗接种预约。
Can I give COVID-19 to anyone, after I have had the vaccine?	接种疫苗后，我会传染任何人冠状病毒吗？
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.	疫苗不能让您得到冠状病毒感染，两剂疫苗将减少你患重病的机会。我们还不知道它是否会阻止你感染和传递病毒。因此，必须遵循您当地的指导，以保护您周围的人。
To protect yourself and your family, friends and colleagues you still need to:	为了继续保护自己，您的家人，朋友和同事，您仍然应该要：

• practise social distancing	• 保持社交距离
• wear a face covering	• 戴面罩
• wash your hands carefully and frequently	• 经常仔细洗手
• follow the current guidance www.nidirect.gov.uk/coronavirus	• 遵循当前的指南 www.nidirect.gov.uk/coronavirus
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. coronavirus-yellowcard.mhra.gov.uk	借由通过搜索冠状病毒黄卡，请阅读产品信息手册以获取有关疫苗的更多详细信息，包括可能的副作用。您也可以在同一网站上或通过下载黄卡应用程序报告可疑的副作用。 coronavirus-yellowcard.mhra.gov.uk
Remember	记住
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.	冠状病毒通过从鼻子或嘴中呼出的小水滴传播，尤其是在说话或咳嗽时。还可以通过接触被污染的物体和表面后，触摸您的眼睛，鼻子和嘴巴来感染。
Vaccination, helping to protect those most vulnerable.	接种疫苗，有助于保护最脆弱的人群。
If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine	如果您需要冠状病毒疫苗接种的更多信息，请看： www.nidirect.gov.uk/covid-vaccine