|  | Chinese complex |
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| COVID-19 vaccination | 冠狀病毒疫苗接種 |
| Protection for health and social care workers | 保護健康和社會護理工作者 |
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| The COVID-19 vaccine is now available to help protect all frontline health and social care workers, including HSC Trust employees, care home staff and domiciliary and primary care staff | 冠狀病毒疫苗現已上市，可幫助保護所有前線健康和社會護理工作者，包括健康和社會護理工作基金會的員工，療養院護理人員以及住所和初級護理人員 |
| COVID-19 immunisation<br>Protect yourself | 冠狀病毒免疫<br>保護自己 |
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| Getting your COVID-19 vaccination as soon as you can should protect you, and may help to protect your family and those you care for | 盡快接種冠狀病毒疫苗應能保護您，並可能有助於保護您的家人和您所照顧的人 |
| The COVID-19 vaccine should help | 冠狀病毒疫苗應有助於降低嚴重疾病的 |

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| reduce the rates of serious illness and save lives, and will therefore reduce pressure on health and social care services. | 發生率並挽救生命，因此將減輕對健康和社會護理服務的壓力。 |
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| Why it's important to get your COVID-19 vaccination | 為什麼接種冠狀病毒疫苗很重要 |
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| If you're a frontline health and social care worker, you are more likely to be exposed to COVID-19 at work. Health and social care workers (particularly in care homes) are at much higher risk of repeated exposure to the infection. | 如果您是健康和社會護理工作的前線人員，則您更有可能在工作中接觸到冠狀病毒。健康和社會護理工作者（尤其是在療養院中），在感染源下的反复曝露的風險更高。 |
| Catching COVID-19 can be serious and may lead to long-term complications. These are more common in older staff or those with underlying clinical risk factors. | 感染冠狀病毒可能很嚴重，並可能導致長期並發症。這些在年長的員工或具有潛在臨床風險因素的員工中更為常見。 |
| You can have COVID-19 without any symptoms and pass it on to family, friends and patients/ residents, many of whom may be at increased risk from coronavirus. | 您可以感染冠狀病毒但沒有任何症狀的情況下，然後繼續傳染給家人，朋友和病人/居民，裡面其中許多人可能對冠狀病毒有更高的風險。 |
| Being healthy doesn't reduce your risk of catching COVID-19 or passing it on. | 身體健康不會降低您感染冠狀病毒或將其傳染給別人的風險。 |
| With high rates of COVID-19, it's important to help stop the spread of coronavirus, to avoid pressure on the health service and to keep the health and social care workforce safe. | 由于冠狀病毒的感染率很高，因此重要的是要幫助阻止冠狀病毒的傳播，避免對健康服務增加壓力，並確保健康和社會護理人員的安全。 |
| For more information on the COVID-19 vaccine and how to book, visit www.nidirect.gov.uk/covid-vaccine | 有關冠狀病毒疫苗以及如何預訂的更多信息，請看 www.nidirect.gov.uk/covid-vaccine |
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| Will the vaccine protect me? | 疫苗能保護我嗎？ |
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| The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. Like all medicines, no vaccine is completely effective and it takes a few weeks for your body to build up protection from the vaccine. Some people may still get COVID-19 despite having a vaccination, but this should lessen the severity of any infection. | 冠狀病毒疫苗接種可以減少您患冠狀病毒的機會像所有藥物一樣，沒有一種疫苗是完全有效的，並且您的身體需要數週的時間才能建立起由疫苗來的保護作用。儘管接種了疫苗，有些人可能仍會感染冠狀病毒，但這應該減輕任何感染的嚴重程度。 |

| 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。 |
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| Will the vaccine protect those I care for? | 疫苗會保護我所照顧的人嗎？ |
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| The evidence on whether COVID-19 vaccination reduces the chance of you passing on the virus is less clear. Most vaccines reduce the overall risk of infection, but some vaccinated people may get a mild infection or an infection with no symptoms and therefore be able to pass the virus on. It is highly likely that any infection in a vaccinated person will be less severe and that they will be infectious for a shorter period of time. We therefore expect that vaccinated health and social care staff will be less likely to pass infection to their friends and family and to the vulnerable people that they care for. | 冠狀病毒疫苗接種是否會減少您傳播病毒的機會的證據尚不清楚。大多數疫苗降低了整體感染的風險，但是一些接種疫苗的人可能會出現輕度感染或無症狀的感染，因此能夠將病毒傳播出去。被接種的人的任何感染極有可能不那麼嚴重，並且具有傳染性的時間較短。因此，我們預計接種疫苗的健康和社會護理人員將比較不可能將感染傳染給他們的朋友和家人，以及他們所照顧的弱勢群體。 |
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| Will the vaccine have side effects? | 疫苗會產生副作用嗎？ |
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| 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 may get some 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。 |
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| Very common side effects include: | 非常常見的副作用包括： |
| • 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，沉重的感覺和壓痛。疫苗接種後約 1-2 天，這種情況最嚴重 |
| • feeling tired | • 感覺累 |
| • headache | • 頭痛 |
| • general aches, or mild flu like symptoms | • 全身酸痛或輕度像流感的症狀 |

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| 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 (see advice on page 6). | 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（請參閱第 6 頁的建議）。 |
| You can take the normal dose of paracetamol (follow the advice in the packaging) and rest to help you feel better. Do not exceed the normal dose. | 您可以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。不要超過正常劑量。 |
| These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111. If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card) so that they can assess you properly. | 這些症狀通常持續不到一周。如果您的症狀似乎變得更糟或您擔心的話，請致電 NHS 111。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（向他們出示疫苗接種卡），以便他們可以正確地評估您。 |
| You can 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. | 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。您可以通過搜索冠狀病毒黃卡或下載黃卡應用程序在網路上進行此操作。 |
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| Who cannot have the vaccine? | 誰不能接種疫苗？ |
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| 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. There are very few individuals who cannot receive the COVID-19 vaccine, including those who have had a previous systemic allergic reaction to a previous dose of the same COVID-19 vaccine or to any component of the COVID-19 vaccine. | 疫苗不含活的生物體，因此對免疫系統異常的人是安全的。這些人可能對疫苗沒有很好地回應。很少有人不能接種冠狀病毒疫苗，這些人包括以前對相同劑量的相同冠狀病毒疫苗或疫苗任何其他的成分曾發生過全身過敏反應的人。 |
| If in doubt, speak to the relevant specialist or the local immunisation or health protection team. | 如有疑問，請與相關專家或當地的免疫或健康保護小組聯繫 |
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| What if I'm pregnant? | 如果我懷孕了怎麼辦？ |
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| Like all new medicines, the vaccines | 像所有新藥一樣，疫苗尚未在孕婦中進 |

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| have not yet been tested in pregnant women. So, we advise that most low risk women should wait until their baby is born before they are vaccinated. Please speak to your employer about other ways to reduce your risk of COVID-19. | 行測試。因此，我們建議大多數低風險女性應等到嬰兒出生後再進行疫苗接種。請與您的雇主談談降低感染冠狀病毒風險的其他方法。 |
| Most women who catch COVID-19 during pregnancy do not suffer a more serious outcome than non-pregnant women and will go on to deliver a healthy baby. As more safety data on the vaccine becomes available this advice may change. If you are pregnant, but believe you are at high risk, you may wish to discuss having the vaccine now with your doctor or nurse. | 大多數在懷孕期間感染冠狀病毒的婦女都不會遭受比未懷孕的婦女更嚴重的結果，並將繼續分娩健康的嬰兒。隨著疫苗有更多安全性數據可用，該建議可能會更改。但如果你懷孕了，而您認為自己的風險很高，則不妨與您的醫生或護士討論現在是否接種疫苗。 |
| If you find out that you are pregnant after you have had the vaccine, don't worry. The vaccines do not contain organisms that multiply in the body, so they cannot cause COVID-19 infection in you or your unborn baby. As for other vaccines, there will be a national monitoring system to follow up women who are vaccinated in pregnancy. We hope this will provide early reassurance for women as time goes on. | 如果您在接種疫苗後發現自己懷孕了，請不用擔心。疫苗不含會在體內繁殖的生物，因此它們不會在您或未出生的嬰兒中引起冠狀病毒的感染。相同於其他疫苗，將會有國家監測系統，以跟進懷孕時已接種疫苗的婦女。我們希望隨著時間的流逝，這將使婦女能提早放心。 |
| Women of childbearing age, those who are pregnant, planning a pregnancy or breastfeeding, please read the detailed information at www.nidirect.gov.uk/covid- vaccine | 育齡婦女，正在懷孕，計劃懷孕或母乳喂養的婦女，請閱讀網站上 www.nidirect.gov.uk/covid- vaccine 的詳細信息。 |
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| Can I go back to work after having my vaccine? | 接種疫苗後我可以回去工作嗎？ |
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| Yes, you should be able to work as long as you feel well. If your arm is particularly sore, you may find heavy lifting difficult. If you feel unwell or very tired you should rest and avoid operating machinery or driving. | 是的，只要您感覺良好，就應該能夠工作。如果您的手臂特別酸痛，則可能會感到舉重困難。如果您感到不適或非常疲倦，則應休息並避免操作機器或駕駛。 |
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| Can I catch COVID-19 from the vaccine? | 我會從疫苗中感染冠狀病毒嗎？ |
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| You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you have the | 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 |

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| symptoms until after your vaccination appointment.<br>If you have any of the symptoms of COVID-19, stay at home and arrange to have a test. | 種疫苗後才意識到自己有症狀。如果您有冠狀病毒的任何症狀，請留在家裡並安排檢查。 |
| If you need more information on symptoms visit www.nidirect. gov.uk/articles/coronavirus- covid-19-overview-and-advice Please continue to have the regular COVID-19 tests that your employer arranges. | 如果您需要更多有關症狀的信息，請看 www.nidirect. gov.uk/articles/coronavirus- covid-19-overview-and-advice。請繼續進行雇主安排的常規冠狀病毒的測試。 |
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| What do I do next? | 接下來我該怎麼辦？ |
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| 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. | 計劃參加第二次的預約。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。 |
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| 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。 |
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| It is important to have both doses of the same vaccine to give you the best protection. | 接種兩次同一疫苗對於提供您最佳保護非常重要。 |
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| 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 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。 |
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| After I have had the vaccine, will I still need to follow all the infection prevention and control advice? | 接種疫苗後，我仍然需要遵循所有感染的預防和控制建議？ |
| | |
| While two doses of the vaccine will reduce your chance of becoming | 雖然兩劑疫苗會減少您患重病的機會，但沒有一種疫苗能完全有效，並且需要 |

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| seriously ill, no vaccine is completely effective and it will take a few weeks for your body to build up protection. | 幾週的時間讓您的身體建立保護。 |
| So, you will still need to follow the guidance in your workplace, including wearing the correct personal protection equipment and taking part in any screening programmes. | 因此，您仍然需要遵循工作場所中的指導，包括穿戴正確的個人防護裝備設備並參加任何檢查程序。 |
| To continue to protect yourself, your patients/residents, your family, friends and colleagues, you should follow the general advice at work, at home and when you are out and about: | 為了繼續保護自己，您的患者/居民，您的家人，朋友和同事，您應該在工作中，在家中以及外出時遵循以下一般性建議： |
| • 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 www.nidirect.gov.uk/ coronavirus | • 遵循當前的指南 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 | 借由通過搜索冠狀病毒黃卡（Coronavirus Yellow Card），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。 coronavirus-yellowcard.mhra.gov.uk |
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| Remember | 記住 |
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| 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，鼻子和嘴巴而感染。 |
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| 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。 |

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| Vaccination, helping to protect those most vulnerable. | 接種疫苗，有助於保護最脆弱的人群。 |
| If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine | 如果您需要冠狀病毒疫苗接種的更多信息，請看：www.nidirect.gov.uk/covid-vaccine |