

	Irish
COVID-19 vaccination	Vacsaíniú in aghaidh COVID-19
Protection for health and social care workers	Cosaint d'oibrithe sláinte agus cúraim shóisialta
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	Tá vacsaín COVID-19 ar fáil anois chun cosaint a thabhairt do gach oibrí sláinte agus cúraim shóisialta túsline, lena n-áirítear fostaithe na nIontaobhas Sláinte agus Cúraim Shóisialta, baill foirne i dtithe cúraim agus baill foirne chúram tí agus chúraim phríomhúil
COVID-19 immunisation Protect yourself	Imdhíonadh ar COVID-19 Cosain tú féin
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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	Má fhaigheann tú vacsaín in aghaidh COVID-19 a luaithe is féidir leat, ba cheart go gcosnófaí thú agus is féidir go rannchuideofar le do bhaill teaghlaigh agus na daoine a dtugann tú cúram dóibh a chosaint
The COVID-19 vaccine should help reduce the rates of serious illness and	Ba cheart go gcabhródh an vacsaín in aghaidh COVID-19 leis na rátaí tinnis

save lives, and will therefore reduce pressure on health and social care services.	thromchúisigh a laghdú agus le saol daoine a shábháil agus, ar an bhealach sin, an brú ar sheirbhísí sláinte agus cúraim shóisialta a laghdú.
Why it's important to get your COVID-19 vaccination	Na fáthanna a bhfuil sé tábhachtach vacsaín a fháil in aghaidh COVID-19
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.	Más oibrí sláinte agus cúraim shóisialta túslíne thú, is é is dóichí go mbeidh tú neamhchosanta ar COVID-19 ag an obair. Is mó i bhfad an baol go mbeidh oibríthe sláinte agus cúraim shóisialta (go háirithe i dtithe cúraim) neamhchosanta ar bhonn leanúnach ar an ionfhabhtú.
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.	In amanna, is fadhb thromchúiseach í COVID-19 a tholghadh agus is féidir go dtiocfaidh aimhréidheanna fadtéarmacha aisti. Tá siad níos coitianta i measc baill foirne scothaosta nó ina measc sin a bhfuil tosca riosca cliniúla bunúsacha acu.
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.	Is féidir COVID-19 a bheith ort fiú mura bhfuil aon siomptóim ort, agus is féidir leat é a thabhairt ar aghaidh do bhaill teaghlaigh, do chairde agus d'othair/chónaitheoirí, a bhféadfadh roinnt mhaith daoine díobh a bheith i mbaol méadaithe an choróinvíris.
Being healthy doesn't reduce your risk of catching COVID-19 or passing it on.	Fiú más duine sláintiúil thú, ní lú an seans go dtolgfaidh tú COVID-19 agus go dtabharfaidh tú ar aghaidh é.
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.	Toisc go bhfuil rátaí COVID-19 chomh hard sin, tá sé tábhachtach stop a chur le leathadh an choróinvíris chun brú a choinneáil amach ón tseirbhís sláinte agus chun an fórsa oibre sláinte agus cúraim shóisialta a choinneáil sábháilte.
For more information on the COVID-19 vaccine and how to book, visit <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>	Chun tuilleadh faisnéise a fháil faoin vacsaín in aghaidh COVID-19 agus faoi dhóigheanna ar féidir vacsaín a chur in áirithe, téigh chuig <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>
Will the vaccine protect me?	An gcosnóidh an vacsaín mé?
The COVID-19 vaccination will reduce	Má fhaigheann tú an vacsaín in aghaidh

<p>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.</p>	<p>COVID-19, laghdófar an dóchúlacht go mbeidh galar COVID-19 ag cur as duit. Faoi mar atá amhlaidh i gcás gach cineáil chógais, níl aon vacsaín lán-éifeachtach; agus tógann sé roinnt seachtainí sula bhforbróidh an corp cosaint mar thoradh ar an vacsaín. Tá seans ann fós go dtiocfaidh COVID-19 ar roinnt daoine tar éis dóibh an vacsaín a fháil. Mar sin féin, ba cheart go laghdódh an vacsaín cé chomh dian is a bheadh aon ionfhabhtú.</p>
<p>The vaccine has been shown to be effective and no safety concerns were seen in studies of more than 20,000 people.</p>	<p>Léiríodh an vacsaín a bheith éifeachtach agus ní fhacthas aon ábhair imní shábháilteachta i staidéir a rinneadh ar níos mó ná 20,000 duine.</p>
<p>Will the vaccine protect those I care for?</p>	<p>An gcosnóidh an vacsaín na daoine a dtugaim cúram dóibh?</p>
<p>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.</p>	<p>Ní chomh soiléir sin atá an fhianaise ar cé acu a laghdaíonn nó nach laghdaíonn vacsaín in aghaidh COVID-19 an dóchúlacht go dtabharfaidh duine an víreas ar aghaidh. Laghdaíonn an chuid is mó de vacsaíní an riosca foriomlán go dtiocfaidh ionfhabhtú chun cinn. Mar sin féin, tá seans ann go dtiocfaidh ionfhabhtú éadrom ar roinnt daoine vacsaínithe nó go dtiocfaidh ionfhabhtú nach ngabhann aon siomptóim leis orthu agus, dá bharr sin, beidh siad in ann an víreas a thabhairt ar aghaidh. Is rídhóchúil go mbeidh níos lú déine ag gabháil le haon ionfhabhtú i nduine vacsaínithe agus go mbeidh an duine sin tógalach ar feadh tréimhse níos giorra. Dá bhrí sin, measann muid gur lú an seans go dtabharfaidh baill foirne sláinte agus chúraim shóisialta atá vacsaínithe an t-ionfhabhtú ar aghaidh dá gcairde, dá mbaill teaghlaigh agus do na daoine leochaileacha a dtugann siad cúram dóibh.</p>
<p>Will the vaccine have side effects?</p>	<p>An mbeidh fo-iarmhairtí ag an vacsaín?</p>

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.	Faoi mar atá amhlaidh i gcás gach cineáil chógais, tagann fo-iarmhairtí as vacsaíní. Is fo-iarmhairtí éadroma gearrthéarmacha iad a bhformhór, agus ní bhuaileann siad gach duine. Fiú má tá siomptóim ort tar éis na chéad dáileoige, beidh ort an dara dáileog a fháil fós. Cé gur féidir go bhfaighidh tú méid éigin cosanta ón chéad dáileog, is tar éis duit an dara dáileog a fháil a bheidh an chosaint is fearr ar an víreas agat.
Very common side effects include:	Áirítear na nithe seo leis na fo-iarmhairtí an-choitianta:
<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>• pian, troime agus frithireacht sa ghéag ar cuireadh an t-instealladh inti. De ghnáth, is measa sin thart ar 1-2 lá tar éis an vacsaín a fháil</li> </ul>
<ul style="list-style-type: none"> <li>• feeling tired</li> </ul>	<ul style="list-style-type: none"> <li>• tuirse</li> </ul>
<ul style="list-style-type: none"> <li>• headache</li> </ul>	<ul style="list-style-type: none"> <li>• tinneas cinn</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>• pianta ginearálta, nó siomptóim éadroma de chineál fliú</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 (see advice on page 6).	Cé nach neamhghnách go bhfuil fiabhras ar dhuine ar feadh dhá lá nó trí lá, is rud neamhghnách í ardteocht agus is féidir gur léiriú é sin go bhfuil COVID-19 nó ionfhabhtú eile air nó uirthi (féach an chomhairle ar leathanach 6).
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.	Is féidir leat an ghnáthdháileog paraicéiteamóil a thógáil (cloígh leis an chomhairle ar an phacáistíú) agus do scíth a ligean chun teacht chugat féin. Ná tóg níos mó ná an ghnáthdháileog.
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.	Is gnách go maireann na siomptóim sin níos lú ná seachtain. Más cosúil go bhfuil do shiomptóim ag dul in olcas nó go bhfuil imní ort, cuir glao ar sheirbhís NHS 111. Má iarrann tú comhairle ó dhochtúir nó ó altra, déan cinnte de go n-inseoidh tú dó nó di go bhfuair tú an vacsaín (taispeáin an cárta vacsaínithe dó nó di) chun go mbeidh sé nó sí in ann measúnú cuí a dhéanamh ort.
You can report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this online by searching Coronavirus Yellow	Is féidir leat fo-iarmhairtí amhrasta de chuid vacsaíní agus cógas a thuairisciú tríd an scéim Yellow Card. Is féidir leat déanamh amhlaidh ar líne trí

Card or by downloading the Yellow Card app.	'Coronavirus Yellow Card' a chur isteach in inneall cuardaigh nó tríd an aip Yellow Card a íoslódáil.
Who cannot have the vaccine?	Cé na daoine nach féidir leo an vacsaín a fháil?
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.	Níl aon orgánaigh bheo ann sna vacsaíní. Dá bhrí sin, tá siad sábháilte do dhaoine a bhfuil neamhoird chórais imdhíonachta orthu. Tá seans ann nach mbeidh freagairt chomh maith sin don vacsaín ag na daoine sin. Is beag duine nach féidir leis nó léi an vacsaín in aghaidh COVID-19 a fháil, lena n-áirítear na daoine sin a raibh frithghníomhú ailléirgeach sistéamach acu roimhe sin mar thoradh ar dháileog den vacsaín chéanna in aghaidh COVID-19 nó mar thoradh ar aon chomhpháirt den vacsaín in aghaidh COVID-19.
If in doubt, speak to the relevant specialist or the local immunisation or health protection team.	Má tá amhras ort, labhair leis an speisialtóir ábhartha nó leis an fhoireann áitiúil um imdhíonadh nó um chosaint sláinte.
What if I'm pregnant?	Cad a tharlóidh má tá mé torrach?
Like all new medicines, the vaccines 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.	Faoi mar atá amhlaidh i gcás gach cineáil chógais nua, níor tástáladh na vacsaíní ar mhná torracha go fóill. Molann muid, dá bhrí sin, go bhfanfadh formhór na mban ísealriosca go dtí go mbearfaí an leanbh sula bhfaigheadh siad vacsaín. Labhair le d'fhostóir faoi dhóigeanna eile ar féidir leat an baol go dtiocfaidh COVID-19 ort a laghdú.
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.	Maidir le formhór na mban a dtagann COVID-19 orthu le linn toirchis, ní measa a dtoradh ná toradh na mban nach bhfuil torrach agus leanann siad ar aghaidh le leanbh sláintiúil a thabhairt ar an saol. Tá seans ann go n-athrófar an chomhairle sin de réir mar a chuirtear tuilleadh sonraí sábháilteachta faoin vacsaín ar fáil. Más rud é go bhfuil tú torrach agus go measann tú gur duine ardriosca thú, is féidir gur mhaith leat a

	phlé le do dhochtúir nó le haltra cé acu ba cheart nó nár cheart duit an vacsaín a fháil anois.
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.	Ná bí buartha má fhaigheann tú amach tar éis duit an vacsaín a fháil go bhfuil tú torrach. Níl aon orgánaigh a iolraíonn sa chorp ann sna vacsaíní. Dá bhrí sin, ní féidir leo ionfhabhtú COVID-19 a chruthú ionat féin ná i do leanbh neamhbheirthe. Maidir le vacsaíní eile, seolfar córas náisiúnta faireacháin chun iarchúram a thabhairt do mhná a vacsaínítear le linn toirchis. Tá súil againn go mbeidh sé sin ina luath-ábhar suaimhnis do mhná le himeacht ama.
Women of childbearing age, those who are pregnant, planning a pregnancy or breastfeeding, please read the detailed information at <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>	Ba cheart do mhná atá in aois leanaí a bheith acu agus dóibh sin atá torrach, ag pleanáil toirchis nó ag tabhairt cothú cíche an fhaisnéis mhionsonraithe atá ar fáil ag <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a> a léamh.
Can I go back to work after having my vaccine?	An féidir liom dul ar ais ar an obair tar éis dom an vacsaín a fháil?
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.	Is féidir. Ba cheart go mbeifeá in ann obair chomh fada is nach bhfuil tinneas ort. Má tá do ghéag an-nimhneach, tá seans ann go mbeidh deacrachtaí agat ábhair thromha a thógáil. Má tá tú tinn nó an-tuirseach, ba cheart duit do scith a ligean agus níor cheart duit innealra a oibriú ná feithicil a thiomáint.
Can I catch COVID-19 from the vaccine?	An féidir liom COVID-19 a tholghadh ón vacsaín?
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. If you have any of the symptoms of COVID-19, stay at home and arrange to have a test.	Ní féidir leat COVID-19 a tholghadh ón vacsaín. Mar sin féin, is féidir leat COVID-19 a bheith ort agus gan a thabhairt faoi deara go bhfuil na siomptóim ort go dtí am tar éis do choinne chun an vacsaín a fháil. Má tá ceann ar bith de shiomptóim COVID-19 ort, fan sa bhaile agus déan socruithe le haghaidh tástáil a fháil.
If you need more information on symptoms visit <a href="http://www.nidirect.gov.uk/articles/coronavirus-covid-19">www.nidirect.gov.uk/articles/coronavirus-covid-19</a>	Má theastaíonn tuilleadh faisnéise faoi na siomptóim uait, téigh chuig <a href="http://www.nidirect.gov.uk/articles/coronavirus-covid-19">www.nidirect.gov.uk/articles/coronavirus-covid-19</a>

overview-and-advice Please continue to have the regular COVID-19 tests that your employer arranges.	covid-19-overview-and-advice. Lean ar aghaidh ag dul faoi thástálacha rialta COVID-19 a n-eagraíonn d'fhostóir iad.
What do I do next?	Cad ba cheart dom a dhéanamh ansin?
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.	Bíodh sé mar aidhm agat freastal ar an dara coinne. Ba cheart duit cárta taifid a bhfuil do chéad choinne eile air a bheith agat, agus í ar dháta idir 3 seachtaine agus 12 sheachtain tar éis dháta na chéad choinne.
Keep your card safe and make sure you keep your next appointment to get your second dose.	Coinnigh do chárta in áit shábháilte agus déan cinnte de go bhfreastalóidh tú ar do chéad choinne eile chun an dara dáileog a fháil.
It is important to have both doses of the same vaccine to give you the best protection.	Tá sé tábhachtach an dá dháileog den aon vacsaín amháin a fháil chun go mbeidh an chosaint is fearr agat.
What should I do if I am not well when it is my next appointment?	Cad ba cheart dom a dhéanamh má tá tinnias orm tráth mo chéad choinne eile?
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.	Má tá tú tinn, is fearr fanacht go dtí go dtiocfaidh tú ar ais chugat féin roimh an vacsaín a fháil. Mar sin féin, ba cheart duit féachaint leis an vacsaín a fháil a luaithe is féidir. Níor cheart duit freastal ar choinne chun an vacsaín a fháil más rud é go bhfuil tú ag féin-leithlisiú nó ag fanacht le tástáil COVID-19 nó nach bhfuil tú cinnte an bhfuil tú breá folláin nó nach bhfuil.
After I have had the vaccine, will I still need to follow all the infection prevention and control advice?	Tar éis dom an vacsaín a fháil, an mbeidh orm cloí leis an chomhairle ar fad maidir le hionfhabhtuithe a chosc agus a rialú?
While two doses of the vaccine will reduce your chance of becoming seriously ill, no vaccine is completely effective and it will take a few weeks for your body to build up protection.	Cé go mbeidh seans níos lú ann go n-éireoidh tú an-tinn tar éis duit dhá dháileog den vacsaín a fháil, níl aon vacsaín lán-éifeachtach agus tógfaidh sé roinnt seachtainí sula bhforbróidh an

	corp cosaint.
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.	Dá bhrí sin, beidh ort fós cloí leis an treoir i d'áit oibre, lena n-áirítear an trealamh cosanta pearsanta ceart a chaitheamh agus páirt a ghlacadh in aon chláir scagthástála.
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:	Chun tú féin agus do chuid othar/cónaitheoirí, do bhaill teaghlaigh, do chairde agus do chomhghleacaithe a chosaint, ba cheart duit cloí leis an chomhairle ghinearálta seo agus tú ag an obair, sa bhaile agus amuigh:
<ul style="list-style-type: none"> <li>• practise social distancing</li> </ul>	<ul style="list-style-type: none"> <li>• cloígh le scaradh sóisialta</li> </ul>
<ul style="list-style-type: none"> <li>• wear a face covering</li> </ul>	<ul style="list-style-type: none"> <li>• caith clúdach aghaidhe</li> </ul>
<ul style="list-style-type: none"> <li>• wash your hands carefully and frequently</li> </ul>	<ul style="list-style-type: none"> <li>• nigh do lámha go cúramach agus go minic</li> </ul>
<ul style="list-style-type: none"> <li>• follow the current guidance <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></li> </ul>	<ul style="list-style-type: none"> <li>• cloígh leis an treoir reatha ag <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></li> </ul>
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>	Léigh bileog faisnéise an táirge chun tuilleadh mionsonraí a fháil faoi do vacsaín, lena n-áirítear fo-iarmhairtí féideartha, trí 'Coronavirus Yellow Card' a chur isteach in inneall cuardaigh. Is féidir leat fo-iarmhairtí amhrasta a thuairisciú ar an suíomh Gréasáin céanna nó tríd an aip Yellow Card a íoslódáil fosta. <a href="http://coronavirus-yellowcard.mhra.gov.uk">coronavirus-yellowcard.mhra.gov.uk</a>
Remember	Cuimhnigh
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.	Leatar COVID-19 trí bhraoiníní a análaítear amach as an tsrón nó as an bhéal, go háirithe nuair atá duine ag caint nó ag casacht. Is féidir é a thógáil fosta má chuireann tú do lámh ar do shúile, do shrón nó do bhéal tar éis í a chur ar mhíreanna nó dromchlaí atá éillithe.
I have had my flu vaccine, do I need the COVID-19 vaccine as well?	Tá mo vacsaín fliú faighte agam, an dteastaíonn vacsaín in aghaidh COVID-19 uaim fosta?
The flu vaccine does not protect you from COVID-19. As you are eligible for both vaccines you should have them	Ní thugann an vacsaín fliú cosaint ar COVID-19 duit. Ós rud é go bhfuil tú incháilithe le haghaidh an dá vacsaín, ba



both, but normally separated by at least a week.	cheart duit an dá cheann díobh a fháil, ach is gnách gur fearr iad a fháil seachtain amháin óna chéile.
Vaccination, helping to protect those most vulnerable.	Vacsaíniú, ag cabhrú leis na daoine is leochailí a chosaint.
If you need more information on the COVID-19 vaccination please visit: <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>	Má theastaíonn tuilleadh faisnéise uait faoin vacsaíniú in aghaidh COVID-19, téigh chuig: <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>