

	Chinese simplified
COVID-19 vaccination	冠状病毒疫苗接种
Protection for health and social care workers	保护健康和社会护理人员
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	冠状病毒疫苗现已上市，可帮助保护所有前线健康和社会护理人员，包括健康和社会护理工作基金会的员工，疗养院护理人员以及住所和初级护理人员
COVID-19 immunisation Protect yourself	冠状病毒免疫 保护自己
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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	尽快接种冠状病毒疫苗应能保护您，并可能有助于保护您的家人和您所照顾的人
The COVID-19 vaccine should help reduce the rates of serious illness and save lives, and will therefore reduce pressure on health and social care services.	冠状病毒疫苗应有助于降低严重疾病的发生率并挽救生命，因此将减轻对健康和社会护理服务的压力。
Why it's important to get your COVID-19 vaccination	为什么接种冠状病毒疫苗很重要

<p>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.</p>	<p>如果您是健康和社会护理工作的前线人员，则您更有可能在工作中接触到冠状病毒。健康和社会护理人员（尤其是在疗养院中），在感染源下的反复暴露的风险更高。</p>
<p>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.</p>	<p>感染冠状病毒可能很严重，并可能导致长期并发症。这些在年长的员工或具有潜在临床风险因素的员工中更为常见。</p>
<p>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.</p>	<p>您可以感染冠状病毒但没有任何症状的情况下，然后继续传染给家人，朋友和病人/居民，里面其中许多人可能对冠状病毒有更高的风险。</p>
<p>Being healthy doesn't reduce your risk of catching COVID-19 or passing it on.</p>	<p>身体健康不会降低您感染冠状病毒或将其传染给别人的风险。</p>
<p>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.</p>	<p>由于冠状病毒的感染率很高，因此重要的是要帮助阻止冠状病毒的传播，避免对健康服务增加压力，并确保健康和社会护理人员的安全。</p>
<p>For more information on the COVID-19 vaccine and how to book, visit www.nidirect.gov.uk/covid-vaccine</p>	<p>有关冠状病毒疫苗以及如何预订的更多信息，请看 www.nidirect.gov.uk/covid-vaccine</p>
<p>Will the vaccine protect me?</p>	<p>疫苗能保护我吗？</p>
<p>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.</p>	<p>冠状病毒疫苗接种可以减少您患冠状病毒的机会像所有药物一样，没有一种疫苗是完全有效的，并且您的身体需要数周的时间才能建立起由疫苗来的保护作用。尽管接种了疫苗，有些人可能仍会感染冠状病毒，但这应该减轻任何感染的严重程度。</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>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。</p>
<p>Will the vaccine protect those I care for?</p>	<p>疫苗会保护我所照顾的人吗？</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</p>	<p>冠状病毒疫苗接种是否会减少您传播病毒的机会的证据尚不清楚。大多数疫苗降低了整体感染的风险，但是一些接种</p>

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.	疫苗的人可能会出现轻度感染或无症状的感染，因此能够将病毒传播出去。被接种的人的任何感染极有可能不那么严重，并且具有传染性的时间较短。因此，我们预计接种疫苗的健康和社会护理人员将比较不可能将感染传染给他们的朋友和家人，以及他们所照顾的弱势群体。
Will the vaccine have side effects?	疫苗会产生副作用吗？
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 may get some 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：
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • 感觉累
<ul style="list-style-type: none"> • headache 	<ul style="list-style-type: none"> • 头痛
<ul style="list-style-type: none"> • general aches, or mild flu like symptoms 	<ul style="list-style-type: none"> • 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 (see advice on page 6).	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（请参阅第 6 页的建议）。
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。不要超过正常剂量。
These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, call	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。如果您寻求医生或护士的

<p>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.</p>	<p>建议，请确保告诉他们您的疫苗接种情况（向他们出示疫苗接种卡），以便他们可以正确地评估您。</p>
<p>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.</p>	<p>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。您可以通过搜索冠状病毒黄卡或下载黄卡应用程序在网路上进行此操作。</p>
<p>Who cannot have the vaccine?</p>	<p>谁不能接种疫苗？</p>
<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. 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.</p>	<p>疫苗不含活的生物体，因此对免疫系统异常的人是安全的。这些人可能对疫苗没有很好地回应。很少有人不能接种冠状病毒疫苗，这些人包括以前对相同剂量的相同冠状病毒疫苗或疫苗任何其他成分曾发生过全身过敏反应的人。</p>
<p>If in doubt, speak to the relevant specialist or the local immunisation or health protection team.</p>	<p>如有疑问，请与相关专家或当地的免疫或健康保护小组联系</p>
<p>What if I'm pregnant?</p>	<p>如果我怀孕了怎么办？</p>
<p>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.</p>	<p>像所有新药一样，疫苗尚未在孕妇中进行测试。因此，我们建议大多数低风险女性应等到婴儿出生后再进行疫苗接种。请与您的雇主谈谈降低感染冠状病毒风险的其他方法。</p>
<p>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.</p>	<p>大多数在怀孕期间感染冠状病毒的妇女都不会遭受比未怀孕的妇女更严重的结果，并将继续分娩健康的婴儿。随着疫苗有更多安全性数据可用，该建议可能会更改。但如果你怀孕了，而您认为自己的风险很高，则不妨与您的医生或护士讨论现在是否接种疫苗。</p>

<p>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.</p>	<p>如果您在接种疫苗后发现自己怀孕了，请不用担心。疫苗不含会在体内繁殖的生物，因此它们不会在您或未出生的婴儿中引起冠状病毒的感染。相同于其他疫苗，将会有国家监测系统，以跟进怀孕时已接种疫苗的妇女。我们希望随着时间的流逝，这将使妇女能提早放心。</p>
<p>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</p>	<p>育龄妇女，正在怀孕，计划怀孕或母乳喂养的妇女，请阅读网站上 www.nidirect.gov.uk/covid-vaccine 的详细信息</p>
<p>Can I go back to work after having my vaccine?</p>	<p>接种疫苗后我可以回去工作吗？</p>
<p>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.</p>	<p>是的，只要您感觉良好，就应该能够工作。如果您的手臂特别酸痛，则可能会感到举重困难。如果您感到不适或非常疲倦，则应休息并避免操作机器或驾驶。</p>
<p>Can I catch COVID-19 from the vaccine?</p>	<p>我会从疫苗中感染冠状病毒吗？</p>
<p>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.</p>	<p>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。如果您有冠状病毒的任何症状，请留在家里并安排检查。</p>
<p>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.</p>	<p>如果您需要更多有关症状的信息，请看 www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice。请继续进行雇主安排的常规冠状病毒的测试。</p>
<p>What do I do next?</p>	<p>接下来我该怎么办？</p>
<p>Plan to attend your second appointment. You should have a record</p>	<p>计划参加第二次的预约。您应该有一张记录卡，上面写有您的下一个预约，是</p>

card with your next appointment written on it, for a date between 3 and 12 weeks after the first.	第一个日期后 3 到 12 周之间的日期。
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。
It is important to have both doses of the same vaccine to give you the best protection.	接种两次同一疫苗对于提供您最佳保护非常重要。
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 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。
After I have had the vaccine, will I still need to follow all the infection prevention and control advice?	接种疫苗后，我仍然需要遵循所有感染的预防和控制建议？
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.	虽然两剂疫苗会减少您患重病的机会，但没有一种疫苗能完全有效，并且需要几周的时间让您的身体建立保护。
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场所中的指导，包括穿戴正确的个人防护装备设备并参加任何检查程序。
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:	为了继续保护自己，您的患者/居民，您的家人，朋友和同事，您应该在工作中，在家中以及外出时遵循以下一般性建议：
<ul style="list-style-type: none"> • practise social distancing 	<ul style="list-style-type: none"> • 保持社交距离
<ul style="list-style-type: none"> • wear a face covering 	<ul style="list-style-type: none"> • 戴面罩
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • 经常仔细洗手
<ul style="list-style-type: none"> • follow the current guidance www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> • 遵循当前的指南 www.nidirect.gov.uk/coronavirus

<p>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</p>	<p>借由通过搜索冠状病毒黄卡（Coronavirus Yellow Card），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</p>
<p>Remember</p>	<p>记住</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>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。</p>
<p>I have had my flu vaccine, do I need the COVID-19 vaccine as well?</p>	<p>我已经接种了流感疫苗，我也需要冠状病毒疫苗吗？</p>
<p>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.</p>	<p>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。</p>
<p>Vaccination, helping to protect those most vulnerable.</p>	<p>接种疫苗，有助于保护最脆弱的人群。</p>
<p>If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine</p>	<p>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</p>