

	Tetum
COVID-19 vaccination	Vasinasau ba COVID-19
Protection for health and social care workers	Protesau ba asistente saúde no sosiál sira
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	Agora iha ona vasin COVID-19 ne'ebé bele proteje asistente saúde no sosiál sira-ne'ebé serbisu iha liña oin, inklui pesoál ba HSC Trust, pesoál iha hela-fatin katuas-ferik nian (<i>casa da cuidados</i>), no pesoál ne'ebé tau matan paciente iha <i>domiciliary</i> no <i>primary care</i>
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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	Simu kedas vasin COVID-19 bele proteje Ita no bele ajuda atu proteje Ita-nia família no belun sira
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	Vasin COVID-19 bele ajuda hodi hamenus efeitu aat ba ema ne'ebé kona COVID-19 no salva ema nia vida, no ida-ne'e sei hamenus impaktu boot ba

services.	ita-nia servisu saúde no sosiál sira.
Why it's important to get your COVID-19 vaccination	Razaun tansá mak importante atu simu vasin 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.	Se Ita-Boot serbisu iha liña oin nu'udar asistente saúde ka sosiál, baibain fasil liu ba Ita atu iha kontaktu ho virus COVID-19 iha serbisu-fatin. Tanba asistente saúde no sosiál (liuliu sira ne'ebé serbisu iha hela-fatin katuas-ferik nian) iha kontaktu beibeik ho virus ne'e, perigu ba sira atu kona infesaun mak boot liu.
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.	Kona moras COVID-19 mak sériu no bele lori problema sira ba tempu kleur – liuliu ba pesoál ne'ebé idade boot ona ka iha ona problema saúde ruma.
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.	Ita bele kona COVID-19 la ho sintoma sira, no Ita bele hada'et moras ne'e ba Ita-nia família, belun, pasiente, ka katuas-ferik ne'ebé Ita tau matan ba. No mós, se karik sira kona virus korona, sira barak hasoru perigu boot liu.
Being healthy doesn't reduce your risk of catching COVID-19 or passing it on.	Maski Ita sente katak Ita-nia saúde di'ak loos, maibé Ita sei bele kona moras COVID-19 no hada'et moras ne'e ba ema seluk.
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.	Tanba ema barak kona ona COVID-19, importante ba ita hotu atu hapara virus korona atu labele da'et, hamenus impaktu ba servisu saúde no sosiál, no proteje asistente saúde no sosiál sira.
For more information on the COVID-19 vaccine and how to book, visit www.nidirect.gov.uk/covid-vaccine	Ba informasaun seluk tan kona-ba vasin COVID-19 no oinsá atu marka oras atu simu vasin, loke sítiu internét www.nidirect.gov.uk/covid-vaccine
Will the vaccine protect me?	Vasin ne'e sei proteje ha'u ka lae?
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	Vasinasau COVID-19 sei hamenus risku ba Ita atu kona moras COVID-19. Hanesan ai-moruk hotu, la iha vasin ne'ebé bele fó protesaun kompletu ba ema ida, no depois simu vasin, ita-nia isin-lolon presiza semana balu atu kria protesaun ba moras ne'e. Ema balu sei kona COVID-19 maski sira simu ona vasin, maibé baibain sira-nia sintoma

of any infection.	ladún maka'as.
The vaccine has been shown to be effective and no safety concerns were seen in studies of more than 20,000 people.	Sientista ne'ebé estuda ema na'in-20.000 ne'ebé simu ona vasin ne'e, hateten katak vasin fó rezultadu di'ak no sira la fó sai avizu ida kona-ba perigu ruma.
Will the vaccine protect those I care for?	Vasin ne'e sei proteje ha'u-nia família no belun sira ka lae?
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.	Evidénsia kona-ba se vasinasaun COVID-19 bele hamenus risku kona-ba hada'et virus ne'e ba ema seluk mak ladún klaru. Baibain vasin sira hamenus risku ba ema ida atu kona virus ruma, maibé dala ruma ema ne'ebé simu ona vasin bele kona infesaun ho sintoma la todan ka la ho sintoma ida. Ema hanesan ne'e bele hada'et infesaun ne'e ba ema seluk. Karik, ema ne'ebé simu ona vasin no ne'ebé kona infesaun sei sente la moras todan no sei hada'et moras ne'e durante tempu badak de'it. Tan ne'e, ami hanoin katak asistente saúde no sosiál ne'ebé simu ona vasin mak iha risku ki'ik liu kona-ba hada'et infesaun ba família, belun, pasiente, ka katuas-ferik ne'ebé sira tahu matan ba.
Will the vaccine have side effects?	Vasin ne'e sei hamosu efeitu aat ba ha'u-nia saúde ka lae?
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.	Hanesan ai-moruk hotu, vasin sira bele hamosu efeitu aat ba ema nia saúde. Baibain, efeitu sira-ne'e mak ladún maka'as no la'ós ba tempu kleur, no la'ós ema hotu sei kona efeitu sira-ne'e. Maski ita iha sintoma depois simu vasin primeiru, maibé Ita tenkesér simu mós vasin segundu. Tanba, maski vasin primeiru sei proteje Ita, maibé Ita sei simu protesau boot liu só de'it Ita simu mós vasin segundu.
Very common side effects include:	Efeitu aat ne'ebé bele mosu inklui:
<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"> iha liman-kabun parte hetan sona, bele sente moras, ka todan. Dala ruma, ida-ne'e sei mosu loron 1-2 depois simu vasin

<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • sente kole
<ul style="list-style-type: none"> • headache 	<ul style="list-style-type: none"> • ulun-fatuk moras
<ul style="list-style-type: none"> • general aches, or mild flu like symptoms 	<ul style="list-style-type: none"> • sente moras iha parte isin-lolon balu, ka iha sintoma gripe ne'ebé la todan
<p>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).</p>	<p>Maski dala ruma ema sente isin-manas ba loron rua ka tolu, maibé baibain ne'e ladún maka'as. Se iha isin-manas maka'as, ida-ne'e bele signifika katak Ita kona COVID-19 ka infesaun seluk (haree informasaun iha pájina 6).</p>
<p>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.</p>	<p>Hodi bele sente di'ak uitoan, Ita bele hemu <i>paracetamol</i> (hodi tuir matadalan ne'ebé temi iha kaixa-papelaun) no deskansa. Keta hemu <i>paracetamol</i> demais.</p>
<p>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.</p>	<p>Baibain, sintoma sira-ne'e lakon iha semana ida nia laran. Se Ita-nia sintoma la lakon ka sai aat liután, ka se Ita komesa hanoin resin, kontaktu NHS 111. Se Ita konsulta ho doutór ka enfermeira, fó-hatene katak Ita foin simu vasin (hatudu Ita-nia kartaun vasinasaun) hodi sira bele fó tratamentu ne'ebé loos.</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>Ita mós bele fó sai kona-ba efeitu aat ne'ebé mosu luihusi <i>Yellow Card scheme</i>. Ita bele halo nune'e online hodi buka <i>Coronavirus Yellow Card</i> ka hodi download aplikasaun <i>Yellow Card app</i>.</p>
<p>Who cannot have the vaccine?</p>	<p>Sé de'it mak labele simu vasin ne'e?</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>Vasin sira la iha organizmu ne'ebé moris hela, no sira seguru mós ba ema ne'ebé iha problema ho sira-nia sistema imunidade nian. Karik ema sira-ne'e sei ladún responde ba vasin. Ema uitoan tebes mak labele simu vasin COVID-19. Ema sira-ne'e inklui sira ne'ebé iha ona reasaun alerjia sistémika ba dosis uluk ba vasin COVID-19 ne'ebé hanesan ka ba parte ki'ikoan husi vasin COVID-19 ne'e.</p>
<p>If in doubt, speak to the relevant specialist or the local immunisation or health protection team.</p>	<p>Se iha dúvida, ko'alia hamutuk ho especialista relevante ka Ita-nia ekipa lokál ba imunizasaun ka protesaun</p>

	saúde.
What if I'm pregnant?	Oinsá se ha'u isin-rua?
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.	Hanesan ai-moruk foun hotu, sientista sira seidak koko vasin sira-ne'e ba fetu ne'ebé isin-rua. Entaun, ami husu katak fetu isin-rua ne'ebé la hasoru risku boot ba sira-nia saúde se karik sira kona COVID-19, atu hein to'o sira-nia bebé moris-mai ona atu simu vasinasaun. Halo favór, ko'alia hamutuk ho Ita-nia patraun kona-ba oinsá mak Ita bele hamenus possibilidade atu kona COVID-19.
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.	Fetu barak liu ne'ebé kona COVID-19 durante tempu sira isin-rua la hetan problema boot liu fali fetu sira-ne'ebé la'ós isin-rua, no sira-nia bebé iha saúde di'ak bainhira moris-mai. Bainhira ami simu informasaun liután kona-ba vasin sira, karik ami sei troka avizu ida-ne'e. Se Ita mak fetu isin-rua ne'ebé hasoru risku boot ba Ita-nia saúde se karik Ita kona COVID-19, di'ak liu atu ko'alia hamutuk ho Ita-nia doutór ka enfermeira kona-ba simu vasin ka lae.
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.	Se Ita hatene katak Ita isin-rua foin depois Ita simu ona vasin, keta hanoin resin. Vasin COVID-19 sira la iha organizmu ne'ebé moris hela no ne'ebé aumenta ba beibeik iha ema nia isin laran. Entaun, la iha perigu atu moras ne'e da'et ba ema ne'ebé simu vasin ne'e ka ba ninia bebé iha kabun laran. Kona-ba fetu isin-rua sira-ne'ebé simu vasin seluk sira, autoridade sira sei forma sistema nasionál atu observa sira. Ami espera katak ida-ne'e sei halo fetu isin-rua sente kmaan liu agora no iha futuro.
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	Fetu hotu ne'ebé bele sai isin-rua, ne'ebé isin-rua daudauk, ne'ebé planu atu sai isin-rua, ka ne'ebé fó-susu ba bebé, halo favór lee informasaun ho detalla liután iha sítiu internét www.nidirect.gov.uk/covid-vaccine
Can I go back to work after having my vaccine?	Ha'u bele kontinua bá serbisu depois simu vasina ne'e ka lae?

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.	Sin, baibain Ita bele kontinua bá serbisu se Ita sente isin-di'ak. Se Ita-nia liman moras, karik sei sai susar atu hi'it sa'e buat ne'ebé todan. Se Ita sente moras ka kole, di'ak liu atu deskansa no la opera mákina boot ka hodi karreta ruma.
Can I catch COVID-19 from the vaccine?	Ha'u bele kona COVID-19 husi vasin ne'e ka lae?
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.	Ita labele kona COVID-19 husi vasin ne'e, maibé dala ruma Ita kona ona COVID-19 no la hatene kona-ba ne'e tanba la iha sintoma to'o tempu depois Ita simu ona vasinasaun. Se Ita iha sintoma COVID-19 naran de'it, izola an iha uma no arranja atu hetan teste.
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.	Se Ita hakarak hetan informasaun seluk tan kona-ba sintoma sira, loke sítiu internét www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice Halo favór, kontinua atu hetan teste COVID-19 ne'ebé Ita-nia patraun organiza daudaun.
What do I do next?	Depois simu vasin, ha'u tenke halo saida tan?
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.	Halo planu atu bá konsulta hodi bele simu vasin segundu. Ema prenxe tiha data ba Ita-nia konsulta tuirmai iha Ita-nia kartaun vasinasaun. Data ne'e mak semana 3 to'o 12 depois data ba simu vasin primeiru.
Keep your card safe and make sure you keep your next appointment to get your second dose.	Tau matan didi'ak ba kartaun ne'e no haka'as an atu tuir konsulta ne'ebé marka ona ba Ita-nia dosis segundu.
It is important to have both doses of the same vaccine to give you the best protection.	Importante atu simu dosis ba vasin ne'ebé hanesan atu bele proteje an ho di'ak liu.
What should I do if I am not well when it is my next appointment?	Se ha'u marka oras ona atu simu vasin, maibé ha'u sente moras, entaun ha'u

	tenke halo saida?
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.	Se Ita sente moras, di'ak liu atu hein to'o Ita sai isin-di'ak antes simu vasin, maibé haka'as an atu simu kedas bainhira isin-di'ak ona. Ita labelle bá konsulta atu simu vasin se Ita sei izola an husi ema ka hein hela atu hetan teste COVID-19 ka sente moras.
After I have had the vaccine, will I still need to follow all the infection prevention and control advice?	Depois ha'u simu ona vasin, ha'u tenke nafatin halo tuir medida preventiva no kontrola sira ka lae?
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.	Maski dosis rua husi vasin sei hamenus risku ba Ita atu sai moras tebes, la iha vasin ne'ebé bele fó protesaun kompletu ba ema ida, no depois simu vasin, Ita-nia isin-lolon presiza semana balu atu kria protesaun ba moras ne'e.
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.	Entaun, Ita tenke halo tuir matadalan sira iha serbisu-fatin, inklui uza ekipamentu protesaun pesoál ne'ebé loos no halo tuir programa avaliasaun sira, se iha.
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:	Atubele kontinua proteje Ita-nia an, família, belun, pasiente, ka katuas-ferik ne'ebé Ita tau matan ba, Ita tenke nafatin halo tuir medida preventiva jerál iha serbisu-fatin, iha uma no bainhira Ita sai ba fatin seluk:
<ul style="list-style-type: none"> • practise social distancing 	<ul style="list-style-type: none"> • mantein distánsia fíziku
<ul style="list-style-type: none"> • wear a face covering 	<ul style="list-style-type: none"> • uza maskára
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • fase Ita-nia liman beibeik ho didi'ak
<ul style="list-style-type: none"> • follow the current guidance www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> • halo tuir matadalan agora nian iha sítiu internét 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	Halo favór, lee didi'ak pamfletu informasaun kona-ba vasin atu hetan informasaun barak liután, inklui informasaun kona-ba efeitu aat ba saúde, hodi buka <i>Coronavirus Yellow Card</i> iha internét. Ita mós bele fó sai kona-ba efeitu aat ne'ebé Ita suspeta mosu ona iha sítiu internét ne'e, ka hodi download aplikasaun <i>Yellow Card app</i> .

	coronavirus-yellowcard.mhra.gov.uk
Remember	Hanoïn hetan
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.	COVID-19 bele da'et ba ema seluk liuhusi pártikula ne'ebé tama-sai ema nia inus no ibun, liuliu bainhira sira ko'alia ka me'ar. Virus mós da'et ba ema bainhira sira kaer sira rasik nia matan, inus, ka ibun ho liman rasik depois sira-nia liman ne'e kona mós sasán ne'ebé hetan ona kontaminaun husi virus korona.
I have had my flu vaccine, do I need the COVID-19 vaccine as well?	Ha'u simu ona vasin gripe (flu), entaun ha'u mós presiza simu vasin COVID-19 ka lae?
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.	Vasina gripe la bele proteje Ita husi COVID-19. Tanba Ita iha ona lisensa atu simu vasin rua ne'e, di'ak liu atu simu vasin hotu. Baibain, Ita simu ida, no hein semana ida ka liu atu simu ida seluk.
Vaccination, helping to protect those most vulnerable.	Vasinasau, ajuda proteje sira ne'ebé hasoru perigu boot liu.
If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine	Se Ita presiza informasaun seluk tan kona-ba vasina COVID-19, halo favór vizita sítiu internét: www.nidirect.gov.uk/covid-vaccine