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A guide to COVID-19 vaccination	冠狀病毒疫苗接種指南
All women of childbearing age, those currently pregnant or breastfeeding	所有育齡婦女，目前懷孕或哺乳的婦女
You must read this before you go for vaccination	在進行疫苗接種之前，您必須閱讀此資料
The COVID-19 vaccines available in the UK have been shown to be effective and to have a good safety profile. The early COVID-19 vaccines do not contain organisms that can multiply in the body, so they cannot infect the person being vaccinated or an unborn baby in the womb.	在英國可獲得的冠狀病毒疫苗已被證明是有效的並且具有良好的安全性。早期的冠狀病毒疫苗不含能在體內繁殖的生物，因此它們無法感染正在接種疫苗的人或子宮中未出生的嬰兒。
Many vaccines can be given safely in pregnancy so why am I being advised against this vaccine?	懷孕期間可以安全地接種許多疫苗，那為什麼不建議我使用這種疫苗？
The vaccines have not yet been tested in pregnancy, so until more information is available, those who are pregnant should not routinely have this vaccine. Non-clinical evidence is required before any clinical studies in pregnancy can start, and before that, it is usual to not recommend routine vaccination during pregnancy.	這些疫苗尚未在懷孕的情況下進行測試，因此，在獲得更多信息之前，孕婦不應該常規的接種這種疫苗。在進行任何懷孕期間的臨床研究之前，需要有非臨床的證據，在此之前，通常不建議懷孕期間進行常規的疫苗接種。
Evidence from non-clinical studies of the Pfizer BioNTech vaccine has been received and reviewed by the Medicines and Healthcare products Regulatory Agency (MHRA). This evidence was also reviewed by World Health Organization and the regulatory bodies in the USA, Canada and Europe and has raised no concerns about safety in pregnancy. Non-clinical studies of the Astra-Zeneca COVID-19 vaccine have raised no concerns.	輝瑞 BioNTech 疫苗的非臨床研究證據，藥品和保健產品監管局（MHRA）已經收到和審查。世界衛生組織和在美國，加拿大和歐洲的監管機構也對這一證據進行了審查，並沒有提出對在懷孕時接種次疫苗的安全性的擔憂。 Astra-Zeneca 冠狀病毒疫苗的非臨床研究沒有引起任何擔憂。
The Joint Committee on Vaccination and Immunisation (JCVI) has recognised that the potential benefits of vaccination are particularly important for some pregnant women. This includes those who are at very high risk of	疫苗接種和免疫聯合委員會（JCVI）意識到，疫苗接種的潛在好處對某些孕婦尤為重要。這包括那些在感染的風險非常高，或者那些患有臨床疾病而使得她們得到冠狀病毒後產生嚴重並發症的

catching the infection or those with clinical conditions that put them at high risk of suffering serious complications from COVID-19.	風險很高的人。
What does this mean for me?	這對我意味著什麼？
Here are the key points you should consider:	以下是您應考慮的關鍵點：
<ul style="list-style-type: none"> if you are pregnant you should not be vaccinated unless you are at high risk – you can be vaccinated after your baby is born 	<ul style="list-style-type: none"> 如果您懷孕了，除非您屬於高風險群，否則不應該接種疫苗–您可以在寶寶出生後接種疫苗
<ul style="list-style-type: none"> if you have had the first dose and then become pregnant, you should delay the second dose until after your baby is born (unless you are at high risk) 	<ul style="list-style-type: none"> 如果您已先打了第一劑的疫苗然後才懷孕，那麼您應該將第二劑推遲到寶寶出生後（除非您屬於高風險群）
If you are pregnant and think you are at high risk, you should discuss having or completing vaccination with your doctor, nurse or midwife.	如果您懷孕並且認為自己處於高風險群，則應與醫生，護士或助產士討論是否要接種疫苗或完成疫苗接種。
Although the vaccine has not been tested in pregnancy, you may decide that the known risks from COVID-19 are so clear that you wish to go ahead with vaccination. There is no advice to avoid pregnancy after COVID-19 vaccination. Vaccination, helping to protect those most vulnerable.	雖然疫苗還沒有在懷孕中進行測試，而您確定冠狀病毒的已知風險非常明顯，因此您希望進行疫苗接種。沒有建議要在接種冠狀病毒疫苗後避免懷孕。疫苗接種，有助於保護最脆弱的人群。
Breastfeeding	哺乳
There are no data on the safety of COVID-19 vaccines in breastfeeding or on the breastfed infant. Despite this, COVID-19 vaccines are not thought to be a risk to the breastfeeding infant, and the benefits of breastfeeding are well known. Because of this, the JCVI has recommended that the vaccine can be received whilst breastfeeding. This is in line with recommendations in the USA and from the World Health Organization. If you are breastfeeding, you may decide to wait until you have finished breastfeeding and then have	沒有關於冠狀病毒疫苗在母乳喂養或母乳喂養嬰兒中安全性的數據。儘管如此，冠狀病毒疫苗仍不被認為是由母乳喂養的嬰兒的風險，而母乳喂養的好處是眾所周知的。因此，疫苗接種和免疫聯合委員會建議在母乳喂養期間可以接種疫苗。這符合來自美國和世界衛生組織的建議。如果您正在母乳喂養，您也可能會決定等到您完成母乳喂養後再進行疫苗接種。

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