

	Tetum
A guide to COVID-19 vaccination	Matadalan ba vasin COVID-19
All women of childbearing age, those currently pregnant or breastfeeding	Feto hotu ne'ebé bele sai isin-rua, ne'ebé isin-rua daudauk, ka ne'ebé fó-susu ba bebé
You must read this before you go for vaccination	Ita-Boot tenkesér lee uluk informasaun ne'e antes Ita bá simu vasinasaun
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.	Vasin ba COVID-19 iha UK mak di'ak no seguru. Vasin COVID-19 sira-ne'ebé iha ona 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.
Many vaccines can be given safely in pregnancy so why am I being advised against this vaccine?	Feto isin-rua bele simu ho seguru vasin barak. Entaun, tanbasá mak hau simu avizu atu la bele simu vasin ida-ne'e?
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.	Sientista sira seidauk koko vasin sira-ne'e ba feto ne'ebé isin-rua. Tan ne'e, to'o tempu ne'ebé ita hetan informasaun barak liután, di'ak liu se feto isin-rua la simu vasin sira-ne'e. Antes sientista bele buka-hetan evidénsia hotu ne'ebé prezisa, sira tenke halo lai peskiza não-klíniku, no depois ne'e peskiza klíniku ho feto ne'ebé isin-rua. Antes ne'e, baibain, feto isin-rua la simu vasin sira-ne'e.
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.	Evidénsia husi peskiza não-klíniku kona-ba vasin Pfizer BioNTech fó tiha ba <i>Medicines and Healthcare products Regulatory Agency</i> (MHRA). Organizasaun Mundiál Saúde no organizasaun ne'ebé halo regra kona-ba saúde iha Estados Unidos América, Kanadá, no Europa mós simu tiha ona evidénsia ne'e. Organizasaun sira-ne'e hotu ezamina tiha ona evidénsia ne'e, no sira la fó sai avizu ida kona-ba perigu ruma. Hanesan mós ho peskiza não-klíniku kona-ba vasin Astra-Zeneca COVID-19.

<p>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 catching the infection or those with clinical conditions that put them at high risk of suffering serious complications from COVID-19.</p>	<p><i>Joint Committee on Vaccination and Immunisation (JCVI) fó sai katak importante liu ba feto isin-rua balu atu simu vasin tanba sira bele simu benefísiu boot ruma. Feto sira-ne'e inklui sira ne'ebé hasoru perigu boot liu atu kona moras sira-ne'ebé hada'et ba ema seluk, no mós sira ne'ebé iha ona kondisaun saúde nian ne'ebé lori perigu boot liu, se karik sira kona COVID-19.</i></p>
<p>What does this mean for me?</p>	<p>Oinsá mak informasaun ne'e afeita ha'u?</p>
<p>Here are the key points you should consider:</p>	<p>Di'ak atu tetu didi'ak buat tuirmai ne'e:</p>
<ul style="list-style-type: none"> <li>• if you are pregnant you should not be vaccinated unless you are at high risk – you can be vaccinated after your baby is born</li> </ul>	<ul style="list-style-type: none"> <li>• se Ita mak isin-rua, di'ak liu atu la simu vasin (Ita bele simu depois bebé moris-mai), maibé se Ita-nia situasaun iha perigu boot liu, Ita bele simu agora</li> </ul>
<ul style="list-style-type: none"> <li>• 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)</li> </ul>	<ul style="list-style-type: none"> <li>• se Ita simu ona vasin primeiru no Ita sai isin-rua antes simu vasin segundu, Ita tenke demora vasin segundu to'o tempu bebé moris-mai (maibé só de'it Ita-nia situasaun la iha perigu boot liu)</li> </ul>
<p>If you are pregnant and think you are at high risk, you should discuss having or completing vaccination with your doctor, nurse or midwife.</p>	<p>Se Ita mak isin-rua no sente katak Ita-nia situasaun iha duni perigu boot liu, ko'alia hamutuk ho Ita-nia doutór, enfermeira, ka parteira kona-ba simu vasin ka simu vasin segundu.</p>
<p>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.</p>	<p>Maski sientista sira seidak koko vasin sira-ne'e ba feto ne'ebé isin-rua, maibé karik Ita deside atu simu vasin tanba perigu husi moras COVID-19 mak boot liu. La iha avizu ne'ebé hatudu katak la di'ak atu sai isin-rua depois ita simu tiha ona vasin COVID-19. Vasinasaun, ajuda proteje sira ne'ebé hasoru perigu boot liu.</p>
<p>Breastfeeding</p>	<p>Fó-susu ba bebé</p>
<p>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</p>	<p>La iha informasaun ne'ebé hatudu se vasin COVID-19 sira mak seguru ba inan no bebé kuandu inan fó-susu ba bebé. Maski nune'e, sientista sira hanoin katak vasin COVID-19 la lori perigu ba</p>

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 the vaccination.

bebé, no kuandu inan fó-susu ba bebé, ne'e lori benefísiu barak. Tan ne'e, JCVI fó sai katak inan ne'ebé sei fó-susu ba bebé bele simu vasin. Ida-ne'e hanesan ho informasaun husi Estados Unidos Amérika no Organizasaun Mundiál Saúde. Se Ita sei fó-susu ba Ita-nia bebé, karik Ita hakarak hein to'o tempu ne'ebé Ita la fó-susu tan no tuirmai ne'e foin simu vasin.