

	Chinese complex
COVID-19 vaccination	冠狀病毒疫苗接種
What to expect	應該預期什麼
Information for people who have had their first COVID-19 vaccination	給首次接種冠狀病毒疫苗的人士的信息
COVID-19 immunisation Protect yourself	冠狀病毒免疫 保護自己
Contents	內容
What are the side effects?	有什麼副作用？
Can I catch COVID-19 from the vaccine?	我會從疫苗中感染冠狀病毒嗎？
Can I go back to normal activities after having my vaccine?	接種疫苗後我可以回去正常活動嗎？
What do I do next?	接下來我該怎麼辦？
What should I do if I am not well when it is my next appointment?	如果我下次預約時身體不舒服，應該怎麼辦？
Will the vaccine protect me?	疫苗能保護我嗎？
Can I give COVID-19 to anyone, now I have had the vaccine?	接種疫苗後，我會傳染冠狀病毒給任何人嗎？
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	藉由通過搜索冠狀病毒黃卡（ Coronavirus Yellow Card ），請閱讀產品信息手冊以獲取有關疫苗的更多詳細信息，包括可能的副作用。您也可以在同一網站上或通過下載黃卡應用程序報告可疑的副作用。 coronavirus-yellowcard.mhra.gov.uk
People who are most at risk from the complications of COVID-19 are being offered the COVID-19 vaccination first.	首先將冠狀病毒疫苗接種給受感染引發並發症風險最大的人。

<p>The vaccine you are being offered is among the first to be approved as safe and effective by the Medicines and Healthcare products Regulatory Agency (MHRA).</p> <p>You have just received your first dose and now should plan to attend your next appointment. This leaflet is a guide to what to do now.</p>	<p>您被提供的疫苗是第一批被藥品和保健產品監管局（MHRA）批准為安全有效的疫苗。您剛接種了第一劑的疫苗，現在應該計劃參加下一次的預約。</p> <p>本傳單是現在要做什麼的指南。</p>
<p>In Northern Ireland, the types of COVID-19 vaccine to be used require two doses to provide the best protection. They have been shown to be safe and effective in clinical trials.</p>	<p>在北愛爾蘭，使用的冠狀病毒疫苗需要兩劑才能提供更持久的保護。已經證明它們在臨床試驗中是有效的，並且具有良好的安全記錄。</p>
<p>An independent group of experts has recommended that these vaccines are offered to those at highest risk of catching the infection and suffering serious complications if they do catch the infection.</p>	<p>一個獨立的專家小組建議，應將這些疫苗首先提供給最易感染該疾病且感染後引發嚴重並發症的高危險的人。</p>
<p>This includes older adults in care homes and frontline health and social care workers.</p> <p>When more vaccine becomes available, the vaccines will be offered to other people at risk as soon as possible.</p>	<p>這包括在療養院的老年人以及前線健康和社會護理工作者。當有更多疫苗可用時，疫苗將盡快提供給其他有風險的人。</p>
<p>What are the side effects?</p>	<p>有什麼副作用？</p>
<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.</p> <p>Although you may get some protection from the first dose, having the second dose will give you the best protection against the virus.</p>	<p>像所有藥物一樣，疫苗也會引起副作用。其中大多數是輕微和短期的，並且不是每個人都會有。即使您在接種第一劑之後確實有症狀，您仍然需要第二劑。</p> <p>儘管您可以從第一劑獲得一些保護，但是第二劑可以為您提供最佳的病毒防護。</p>
<p>Very common side effects include:</p>	<p>非常常見的副作用包括：</p>
<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，沉重的感覺和壓痛。疫苗接種後約 1-2 天，這種情況最嚴重
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • 感覺累

<ul style="list-style-type: none"> headache 	<ul style="list-style-type: none"> 頭痛
<ul style="list-style-type: none"> general aches, or mild flu like symptoms 	<ul style="list-style-type: none"> 全身酸痛或輕度像流感的症狀
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 5). An uncommon side effect is swelling of the glands. You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help make you feel better.	儘管在兩到三天內發燒並不罕見，但高溫並不常見，這可能表明您患有冠狀病毒或其他感染（請參閱第 5 頁的建議）。罕見的副作用是腺體腫脹。您可以休息和服用正常劑量的撲熱息痛（paracetamol）（按照包裝中的建議）以幫助您感覺舒服一點。
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 record card) so that they can assess you properly. You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme.	這些症狀通常持續不到一周。如果您的症狀似乎變得更糟或您擔心的話，請致電 NHS 111。如果您尋求醫生或護士的建議，請確保告訴他們您的疫苗接種情況（向他們出示疫苗接種卡），以便他們可以正確地評估您。您可以通過黃卡計劃（the Yellow Card scheme）報告可疑的疫苗和藥物副作用。
You can do this online by searching Coronavirus Yellow Card or by downloading the Yellow Card app.	您可以通過搜索冠狀病毒黃卡或下載黃卡應用程序在網路上進行此操作。
Can I catch COVID-19 from the vaccine?	我會從疫苗中感染冠狀病毒嗎？
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.	您無法從疫苗中感染冠狀病毒，但有可能您已經感染了冠狀病毒，並且直到接種疫苗後才意識到自己有症狀。 。
The most important symptoms of COVID-19 are recent onset of any of the following:	冠狀病毒最重要的症狀是最近出現以下任何一種症狀：
<ul style="list-style-type: none"> a new continuous cough 	<ul style="list-style-type: none"> 新的連續咳嗽

<ul style="list-style-type: none"> a high temperature 	<ul style="list-style-type: none"> 發高燒
<ul style="list-style-type: none"> a loss of, or change in, your normal sense of taste or smell. 	<ul style="list-style-type: none"> 失去或改變正常的味道或嗅覺
Although a mild fever can occur within a day or two of vaccination, if you have any other COVID symptoms or your fever lasts longer, stay at home and arrange to have a test.	儘管在接種疫苗後的一兩天內會出現輕度發燒，但如果其他任何冠狀病毒症狀或發燒持續時間更長，請留在家中並安排進行測試
If you need more information on symptoms visit www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice	如果您需要更多有關症狀的信息，請訪問 www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice
Can I go back to normal activities after having my vaccine?	接種疫苗後我可以回去正常活動嗎？
Yes, you should be able to resume activities that are normal for you 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.	是的，只要您感覺良好，就應該能夠恢復正常的活動。如果您的手臂特別酸痛，則可能會感到舉重困難。如果您感到不適或非常疲倦，則應休息並避免操作機器或駕駛。
What do I do next?	接下來我該怎麼辦？
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. It is important to have both doses of the same vaccine to give you the best protection.	需要計劃參加第二次預約。您應該有一張記錄卡，上面寫有您的下一個預約，是第一個日期後 3 到 12 週之間的日期。非常重要接種兩種劑量的同一疫苗才能對您提供最佳保護。
Keep your card safe and make sure you keep your next appointment to get your second dose.	確保您的卡安全，並確保您參加下一次的預約以接種第二劑。
What should I do if I am not well when it is my next appointment?	如果我下次預約時身體不舒服，應該怎麼辦？
If you are unwell, it is better to wait until you have recovered to have your	如果您身體不適，最好等到康復後再接種疫苗，但是您應該盡快接種。如果您

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.	正在自我隔離，等待冠狀病毒測試或不確定自己是否健康，則不應參加疫苗接種預約。
Will the vaccine protect me?	疫苗能保護我嗎？
The COVID-19 vaccine that you have had has been shown to reduce the chance of you suffering from COVID-19 disease. Each vaccine has been tested in more than 20,000 people in several different countries and shown to be safe.	冠狀病毒疫苗接種將減少您感染冠狀病毒的機會。每種疫苗已被證明是有效的，在不同國家的 2 萬多人的研究中顯示安全。
It may take a week or two for your body to build up protection from the first dose of vaccine. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid infection. Some people may still get COVID-19 despite having a vaccination, but this should be less severe.	您的身體可能需要 1-2 個星期來建立從疫苗來的保護。像所有藥物一樣，沒有疫苗是完全有效的，所以您應該繼續遵循建議來避免感染。有些人可能仍然會感染冠狀病毒，儘管有接種疫苗，但這應該不那麼嚴重。
Can I give COVID-19 to anyone, now I have had the vaccine?	接種疫苗後，我會傳染冠狀病毒給任何人嗎？
The vaccine cannot give you COVID-19 infection, and a full course will reduce your chance of becoming seriously ill. We do not yet know whether it will stop you from catching and passing on the virus, but we do expect it to reduce this risk. So, it is still important to follow the guidance in your local area to protect those around you.	疫苗不能讓您得到冠狀病毒感染，兩劑疫苗將減少你患重病的機會。我們還不知道它是否會阻止你感染和傳遞病毒。但我們預期疫苗能降低危險。因此，仍然必需遵循您當地的指導，以保護您周圍的人。
To protect yourself and your family, friends and colleagues, you still need to	為了繼續保護自己，您的家人，朋友和同事，您仍然應該要
• practise social distancing	• 保持社交距離
• wear a face covering	• 戴面罩
• wash your hands carefully and frequently	• 經常仔細洗手
• follow the current guidance at	• 遵循當前的指南

www.nidirect.gov.uk/coronavirus	www.nidirect.gov.uk/coronavirus
Remember	記住
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.	冠狀病毒通過從鼻子或嘴中呼出的小水滴傳播，尤其是在說話或咳嗽時。還可以通過接觸被污染的物體和表面後，觸摸您的眼睛，鼻子和嘴巴來感染。
Vaccination, helping to protect those most vulnerable.	接種疫苗，有助於保護最脆弱的人群。
If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine	如果您需要冠狀病毒疫苗接種的更多信息，請看： www.nidirect.gov.uk/covid-vaccine