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| | Chinese simplified |
| COVID-19 vaccination | 冠状病毒疫苗接种 |
| What to expect | 应该预期什么 |
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| Information for people who have had their first COVID-19 vaccination | 给首次接种冠状病毒疫苗的人士的信息 |
| COVID-19 immunisation Protect yourself | 冠状病毒免疫 保护自己 |
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| 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 | 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 |
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| People who are most at risk from the complications of COVID-19 are being offered the COVID-19 vaccination first. | 首先将冠状病毒疫苗接种给受感染引发并发症风险最大的人。 |
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| 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). 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. | 您被提供的疫苗是第一批被药品和保健产品监管局（MHRA）批准为安全有效的疫苗。您刚接种了第一剂的疫苗，现在应该计划参加下一次的预约。本传单是现在要做什么的指南。 |
| In Northern Ireland, the types of COVID-19 vaccine to be used require two | 在北爱尔兰，使用的冠状病毒疫苗需要 |

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| doses to provide the best protection. They have been shown to be safe and effective in clinical trials. | 两剂才能提供更持久的保护。已经证明它们在临床试验中是有效的，并且具有良好的安全记录。 |
| 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. | 一个独立的专家小组建议，应将这些疫苗首先提供给最易感染该疾病且感染后引发严重并发症的高危险的人。 |
| This includes older adults in care homes and frontline health and social care workers. When more vaccine becomes available, the vaccines will be offered to other people at risk as soon as possible. | 这包括在疗养院的老年人以及前线健康和社会护理工作者。当有更多疫苗可用时，疫苗将尽快提供给其他有风险的人。 |
| What are the side effects? | 有什么副作用？ |
| 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，并且不是每个人都会有。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 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. | 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 5 页的建议）。罕见的副作用是腺体肿胀。您可以休息和服用正常剂量的扑热息痛（paracetamol）（按照包装中的建议）以帮助您感觉舒服一点。 |

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| 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. | 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。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。 |
| You can do this online by searching Coronavirus Yellow Card or by downloading the Yellow Card app. | 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。 |
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| Can I catch COVID-19 from the vaccine? | 我会从疫苗中感染冠状病毒吗？ |
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| 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。 |
| The most important symptoms of COVID-19 are recent onset of any of the following: | 冠状病毒最重要的症状是最近出现以下任何一种症状： |
| • a new continuous cough | • 新的连续咳嗽 |
| • a high temperature | • 发高烧 |
| • a loss of, or change in, your normal sense of taste or smell. | • 失去或改变正常的味道或嗅觉 |
| 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. | 尽管在接种疫苗后的一两天内会出现轻度发烧，但如果其他任何冠状病毒症状或发烧持续时间更长，请留在家中并安排进行测试。 |
| If you need more information on symptoms visit www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice | 如果您需要更多有关症状的信息，请访问 www.nidirect.gov.uk/articles/coronavirus-covid-19-overview-and-advice |
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| Can I go back to normal activities after having my vaccine? | 接种疫苗后我可以回去正常活动吗？ |
| 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 | 是的，只要您感觉良好，就应该能够恢复正常的活动。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。 |

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| operating machinery or driving. | |
| What do I do next? | 接下来我该怎么办？ |
| 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. | 需要计划参加第二次预约。您应该有一张记录卡，上面写有您的下一个预约，是第一个日期后 3 到 12 周之间的日期。非常重要接种两种剂量的同一疫苗才能对您提供最佳保护。 |
| 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。 |
| 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 you have 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。 |
| Will the vaccine protect me? | 疫苗能保护我吗？ |
| 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. | 冠状病毒疫苗接种将减少您感染冠状病毒的机会。每种疫苗已被证明是有效的，在不同国家的 2 万多人的研究中显示安全。 |
| 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. | 您的身体可能需要 1-2 个星期来建立从疫苗来的保护。像所有药物一样，没有疫苗是完全有效的，所以您应该继续遵循建议来避免感染。有些人可能仍然会感染冠状病毒，尽管有接种疫苗，但这应该不那么严重。 |
| Can I give COVID-19 to anyone, now I have had the vaccine? | 接种疫苗后，我会传染冠状病毒给任何人吗？ |
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| 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. | 疫苗不能让您得到冠状病毒感染，两剂疫苗将减少你患重病的机会。我们还不知道它是否会阻止你感染和传递病毒，但我们预期疫苗能降低危险。因此，仍然必须遵循您当地的指导，以保护您周围的人。 |
| To protect yourself and your family, friends and colleagues, you still need to | 为了继续保护自己，您的家人，朋友和同事，您仍然应该要： |
| • practise social distancing | • 保持社交距离 |
| • wear a face covering | • 戴面罩 |
| • wash your hands carefully and frequently | • 经常仔细洗手 |
| • follow the current guidance at www.nidirect.gov.uk/coronavirus | • 遵循当前的指南 www.nidirect.gov.uk/coronavirus |
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| Remember | 记住 |
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| 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。 |
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| Vaccination, helping to protect those most vulnerable. | 接种疫苗，有助于保护最脆弱的人群。 |
| If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine | 如果您需要冠状病毒疫苗接种的更多信息，请看： www.nidirect.gov.uk/covid-vaccine |
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