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COVID-19 AstraZeneca vaccine and extremely rare blood clots	冠狀病毒 AstraZeneca疫苗和極為罕見的血栓
Information about your vaccination	有關您的疫苗接種信息
The UK vaccination programme has been very successful with more than 34 million people vaccinated and more than 10,000 lives already saved. The rapid rollout has meant that we have been able to protect more people and we are starting to lift the restrictions on our population. This leaflet is designed to help you make an informed decision about vaccination.	英國的疫苗接種計劃非常成功，已經為超過3400萬人接種了疫苗，已經挽救了10000多條生命。快速疫苗計劃意味著我們已經能夠保護更多的人，並且我們開始解除對我們人民的限制。本傳單旨在幫助您做出有關疫苗接種的明智決定。
What is the concern?	擔心的問題是什麼？
Recently there have been reports of an extremely rare but serious condition involving blood clots and unusual bleeding after AstraZeneca (AZ) vaccination. Some people with this condition have suffered life changing effects and some have died. These cases are being carefully reviewed but the risk factors for this condition are not yet clear.	最近，有報導稱，AstraZeneca (AZ) 疫苗接種後，有一種非常罕見但嚴重的症狀，包括血塊和異常出血。一些得到這種症狀的人遭受了改變生命的影響，而有些人已經死亡。這些情況正在仔細審查中，但尚不清楚這種情況的風險因素。
Although this condition remains extremely rare, there is a higher risk in people after the first dose of the AZ vaccine. To date and overall, just over 10 people develop this condition for every million doses of AZ vaccine given. This is seen more often in younger people and tends to occur more than 4 days and within 28 days (4 weeks) following vaccination.	儘管這種情況仍然極為罕見，但是在首次接種AZ疫苗後，人們得到此症狀的風險更高。迄今為止，總的來說，每100萬劑AZ疫苗僅有超過10人得到此症狀。這在年輕人中更常見，並且往往在接種後超過4天和28天（4週）內發生。
Similar conditions can also occur naturally, and clotting problems are a common complication of COVID-19 infection. An increased risk has not yet been seen after other COVID-19 vaccines in the UK.	類似的情況也可能自然發生，而凝血問題是冠狀病毒感染的常見併發症。在英國使用的其他冠狀病毒疫苗，尚未發現有此症狀增加的風險。
Which vaccine will I be offered?	我將被提供哪種疫苗？
Until recently we have relied upon all our vaccines being offered without preference to the whole	直到最近，我們仍依賴於所有提供的疫苗，而不沒有特別的族群區分。
population. The Joint Committee on Vaccination and Immunisation (JCVI) has considered the balance of risks and benefits and has now made the following recommendations (see further detail over the page).	population.疫苗接種和免疫聯合委員會（JCVI）考慮了風險和益處之間的平衡，並提出了以下建議（請參見頁面上的更多詳細信息）。
40 years or older or with underlying medical conditions	40歲或以上或患有潛在疾病
Older adults (including health and social care workers aged 40 years or older ¹), care home residents, and adults of any age with certain medical conditions are at high risk of the complications of COVID-19. The Medicines and Healthcare products Regulatory Agency (MHRA)	年紀大一點的人（包括40歲或40歲以上的健康人員和社工 ¹ ），療養院居民以及具有一定醫療問題的任何年齡的成年人都極有可能發生冠狀病毒並發症。藥品和醫療保健產品監管局（MHRA）和JCVI建議您仍應接種任何

and the JCVI advises that you should still receive any of the available COVID-19 vaccines. ² The benefits of vaccination in protecting you against the serious consequences of COVID-19 outweigh any risk of this extremely rare condition.	可用的冠狀病毒疫苗。2接種疫苗可保護您免受冠狀病毒的嚴重後果的好處，勝過此極端危險罕見病症。
If you are a healthy person aged 30 to 39	如果您是30至39歲的健康的人
In the current situation, the JCVI has advised that it is preferable for people in this age group to have a vaccine other than AZ where possible. You are more at risk of the serious consequences of COVID-19 and will have the most benefit from being vaccinated if you are older, male, from certain minority ethnic backgrounds, in some occupations, or are obese. It is important that you have the vaccination as soon as possible to protect you and to reduce the chance of passing on the virus. If the situation changes and you are offered the AZ vaccination you may go ahead after you have considered all the risks and benefits. Please carefully consider the risk of COVID-19 to both you and your family and friends before making your decision. Please see the table on the next page.	在當前情況下，JCVI建議該年齡段的人最好在可能的情況下接種除AZ以外的其他疫苗。如果您年齡較大，男性，來自某些少數民族背景，在某些職業中或肥胖，則更容易遭受感染冠狀病毒嚴重後果的風險，而您從接種疫苗中受益最大。請務必盡快進行疫苗接種，以保護自己並減少病毒傳播的機會。如果情況發生變化，並且已經為您提供了AZ疫苗接種，那麼您在考慮了所有風險和益處後可以繼續進行。在做出決定之前，請仔細考慮冠狀病毒對您以及您的家人和朋友的風險。請參閱下一頁的表格。
If you are a healthy younger person aged 18 to 29	如果您是年齡在18至29歲之間的健康年輕人
Currently JCVI has advised that it is preferable for people under 30 to have a vaccine other than AZ because the risk from COVID-19 infections is so low. If you are offered the AZ vaccination you may wish to go ahead after you have considered all the risks and benefits for you.	目前，JCVI建議30歲以下的人最好接種AZ以外的其他疫苗，因為感染冠狀病毒得到的風險非常低。如果為您提供了AZ疫苗接種，那麼您在考慮了所有風險和益處之後，您可能希望繼續進行。
What about the second dose?	那第二劑呢？
Everybody who has already had a first dose of AZ vaccine without suffering this rare side effect should complete the course. It is expected that the first dose of the vaccine will have given you some protection, particularly against severe disease. Having the second dose will give you higher and longer lasting protection and tends to cause less of the common side effects (including short lived headache).	每個已經接種過第一劑AZ疫苗但沒有遭受這種罕見副作用的人都應完成此計劃。預計疫苗的第一劑將為您提供一些保護，特別是針對嚴重疾病。接種第二劑將為您提供更高和更長久的保護，並且傾向於減少常見的副作用（包括短暫的頭痛）。
1. This includes unpaid carers and family members of those who are immunosuppressed	1這包括無薪看護者和免疫抑制者的家庭成員
2. If you have certain rare blood clotting disorders then you should discuss whether you can have the AZ vaccine with your specialist	2如果您患有某些罕見的凝血障礙，則應與專科醫生討論是否可以使用AZ疫苗
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Information about your vaccination	有關您的疫苗接種信息
What are the potential risks and benefits of the AZ vaccine compared to the risks associated with COVID-19 for my age group?	AZ疫苗的潛在風險和益處與在我的年齡段冠狀病毒相關風險相比是什麼？
Over 50 years of age or with underlying medical conditions	超過50歲或患有潛在疾病
40 to 49 years of age	40至49歲
30 to 39 years of age	30至39歲
18 to 29 years of age	18至29歲
Age	年齡
Risk from COVID-19	來自冠狀病毒的風險
Risk of vaccination	冠狀病毒疫苗接種的風險
Benefit of vaccination	冠狀病毒疫苗接種的益處
Low	低
• chance of catching and spreading infection	• 感染和傳播感染的機會
Very high	很高
• hospitalisation	• 住院
• intensive care admission	• 入重症監護
• death	• 死亡
Moderate	中
• Long COVID	• 長期冠狀病毒感染
High	高
• chance of catching and spreading infection	• 感染和傳播感染的機會
Moderate	中
• hospitalisation	• 住院
• intensive care admission	• 入重症監護
• death	• 死亡
• Long COVID	• 長期冠狀病毒感染
High	高
• chance of catching and spreading infection	• 感染和傳播感染的機會
Low	低
• hospitalisation	• 住院
• intensive care admission	• 入重症監護
• death	• 死亡
Moderate	中
• Long COVID	• 長期冠狀病毒感染
Very high	很高
• chance of catching and spreading infection	• 感染和傳播感染的機會
Very low	很低
• hospitalisation	• 住院
• intensive care admission	• 入重症監護
• death	• 死亡
Moderate	中
• Long COVID	• 長期冠狀病毒感染
After 1st dose, more than 80% reduction in:	第一次接種後，減少80%以上；
• deaths	• 死亡
• hospitalisation	• 住院

• intensive care	• 重症監護
After 2nd dose, more than 95% reduction in:	第二次接種後，減少了95%以上：
• deaths	• 死亡
After 1st dose, between 60% and 70% reduction in:	第一次接種後，減少60%至70%
• catching and passing on infection	• 感染並傳染
After 2nd dose, more than 85% reduction in:	第二次接種後，減少了85%以上：
• catching and passing on infection	• 感染和傳播感染的機會
Uncommon	不常見
• sore arm	• 手臂酸痛
• feeling tired	感覺累
• headache	• 頭痛
• general aches	• 全身酸痛
• flu like symptoms	• 流感症狀
Extremely rare	極為稀有
• clotting problems (around 1 in 100,000 first doses)	• 凝血問題（第1劑約100,000劑中1個）
Common	常見
• sore arm	• 手臂酸痛
• feeling tired	• 感覺累
• headache	• 頭痛
• general aches	• 全身酸痛
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Extremely rare	極為稀有
• clotting problems (around 1 in 50,000 first doses)	• 凝血問題（第1劑約50,000劑中1個）
Very common	非常常見
• sore arm	• 手臂酸痛
• feeling tired	• 感覺累
• headache	• 頭痛
• general aches	• 全身酸痛
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Extremely rare	極為稀有
• clotting problems (around 1 in 50,000 first doses)	• 凝血問題（第1劑約50,000劑中1個）
What should I look out for after vaccination?	接種疫苗後我應該注意什麼？
Although serious side effects are very rare, if you experience any of the following more than 4 days and within 28 days (4 weeks) after	如果您在接種疫苗後有超過4天的以下情況和28天（4個星期）內遇到以下任何一種情況，則應立即向您的家庭醫生或急診科尋求醫療

vaccination you should seek medical advice urgently from your GP or Emergency Department.	建議。
<ul style="list-style-type: none"> • a new, severe headache which is not helped by usual painkillers or is getting worse 	<ul style="list-style-type: none"> • 一種新的嚴重頭痛，通常的止痛藥無濟於事，甚至變得更糟
<ul style="list-style-type: none"> • a headache which seems worse when lying down or bending over or 	<ul style="list-style-type: none"> • 不尋常的頭痛，躺下或彎腰時可能會加重病情，或
<ul style="list-style-type: none"> • an unusual headache that may be accompanied by: <ul style="list-style-type: none"> – blurred vision, nausea and vomiting – difficulty with your speech – weakness, drowsiness or seizures 	<ul style="list-style-type: none"> • 不尋常的頭痛，或伴有 <ul style="list-style-type: none"> – 視力模糊，噁心和嘔吐 – 講話困難， – 虛弱，嗜睡或癲癇發作
<ul style="list-style-type: none"> • new, unexplained pinprick bruising or bleeding 	<ul style="list-style-type: none"> • 新的原因不明的針點狀瘀傷或出血
<ul style="list-style-type: none"> • shortness of breath, chest pain, leg swelling 	<ul style="list-style-type: none"> • 呼吸急促，胸痛，腿腫脹
<ul style="list-style-type: none"> • persistent abdominal pain 	<ul style="list-style-type: none"> • 持續性腹痛
Vaccination, helping to protect those most vulnerable.	接種疫苗，有助於保護最脆弱的人群。
Further information can be found at the following link: www.nidirect.gov.uk/covid-vaccine	可以在以下鏈接中找到更多信息： www.nidirect.gov.uk/covid-vaccine
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