

	<b>Chinese complex</b>
<b>COVID-19 vaccination</b>	<b>冠狀病毒疫苗接種</b>
<b>A guide to the programme</b>	<b>該計劃的指南</b>
This leaflet explains about the COVID-19 vaccination programme and who is eligible.	本傳單介紹了冠狀病毒疫苗接種計劃以及符合條件的人。
<b>Find out more at <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></b>	<b>有關更多信息，請訪問 <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></b>
<b>What is COVID-19 or Coronavirus?</b>	<b>什麼是COVID-19或冠狀病毒？</b>
COVID-19 is caused by a new coronavirus, known as SARS-CoV-2. It was first identified in late 2019. It is very infectious and can lead to severe respiratory disease.	COVID-19是由一種稱為SARS-CoV-2的新型冠狀病毒引起的。它是在2019年末首次發現的。它具有極強的傳染性，可導致嚴重的呼吸道疾病。
Many people who are infected may not have any symptoms or only have mild symptoms. These commonly start with cough, fever, headache and loss of taste or smell.	許多被感染的人可能沒有任何症狀或只有輕微的症狀。這些通常從咳嗽，發燒，頭痛和味覺或嗅覺喪失開始。
Some people will feel very tired, have aching muscles, diarrhoea and vomiting, fever and confusion. A small number of people then go on to have severe disease which may require hospitalisation or admission to intensive care.	有些人會感到非常疲倦，肌肉酸痛，腹瀉和嘔吐，發燒和神志不清。然後，少數人繼續患有嚴重疾病，可能需要住院或接受重症監護。
<b>Overall fewer than 1 in 100 people who are infected will die from COVID-19, but in those over 75 years of age this rises to 1 in 10.</b>	<b>總體而言，不到100名受感染的人中有1人死于冠狀病毒，但在75歲以上的人群中，這一比例上升到了十分之一。</b>
There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications.	儘管一些最近經過測試的治療方法確實有助於降低並發症的風險，但尚無冠狀病毒的治愈方法。
<b>About the types of vaccine</b>	<b>關於疫苗的種類</b>
In Northern Ireland, several different types of COVID-19 vaccines will be used during 2021. The vaccines will only be approved on the basis of large studies of safety and effectiveness.	在北愛爾蘭，2021年將使用幾種不同類型的冠狀病毒疫苗。僅在對安全性和有效性進行大量研究的基礎上批准疫苗。
Over 34 million people in the UK have been vaccinated against COVID-19 and the vaccine has already prevented many cases and more than 10,000 deaths from COVID-19.	在英國，已有超過3,400萬人接種了冠狀病毒疫苗，而疫苗已經預防了許多病例，並預防了冠狀病毒造成的10,000多人死亡。
Recently there have been reports of an extremely rare condition involving blood clots and unusual bleeding after vaccination with AstraZeneca (AZ). This is being carefully reviewed but the risk factors for this condition are not yet clear. Because of the high risk of complications and death from COVID-19, the Medicines Healthcare products and Regulatory Agency (MHRA), the World Health Organization and the European Medicines Agency have concluded that the balance is very much in favour of vaccination.	最近，有報導稱接種AstraZeneca (AZ)後出現極少見的症狀，包括血塊和異常出血。對此有進行了仔細的審計，但尚不清楚這種情況的風險因素。由於得到冠狀病毒後的並發症和死亡的風險很高，因此，世界衛生組織和歐洲藥品管理局 (MHRA)，得出的結論是，權衡得失後接種疫苗比較有利。
<b>Who should have the COVID-19 vaccines?</b>	<b>誰應該接種冠狀病毒疫苗？</b>
Initially, the Joint Committee on Vaccination and Immunisation (JCVI), an independent expert	一個獨立的專家小組建議，將這些疫苗提供給有感染危險並有嚴重並發症的風險的

group, recommended that these vaccines were offered to those at highest risk of catching the infection and of suffering serious complications if they catch the infection.	人。
This included older adults, frontline health and social care workers, care home residents and staff, and those with certain clinical conditions.	其中包括老年人，一線衛生和社會護理工作者，療養院居民和工作人員以及具有一定臨床疾病的人。
<b>Am I at risk from COVID-19 infection?</b>	<b>我是否有感染冠狀病毒的風險？</b>
Coronavirus can affect anyone. If you are an older adult and have a long-term health condition, you should have already been offered the vaccine.	冠狀病毒可以影響任何人。如果您是成年人，並且有長期健康問題，則應該已經為您提供了疫苗。
<b>Who is now eligible for the vaccination?</b>	<b>誰現在有資格接種疫苗？</b>
The vaccine is now being offered to people at lower risk from the complications of COVID-19. You are still at risk of catching the infection and passing it on to others.	現在正在向因冠狀病毒並發症而處於較低風險中的人們提供疫苗。您仍然有被感染並傳染給他人的風險。
For most younger people COVID-19 is usually a milder illness that rarely leads to complications. For a few people the symptoms may last for longer than the usual two to three weeks. The vaccination will help to protect you against COVID-19.	對於大多數年輕人，冠狀病毒通常是一種較輕的疾病，很少導致並發症。對於少數人來講，症狀可能比通常的兩到三週持續時間更長。接種疫苗有助於保護您免受冠狀病毒的侵害。
The vaccine will be offered to those under 50 years old in the following order:	疫苗將按以下順序提供給50歲以下的人：
<ul style="list-style-type: none"> <li>• 40 - 49 years</li> </ul>	<ul style="list-style-type: none"> <li>• 40-49歲</li> </ul>
<ul style="list-style-type: none"> <li>• 30 - 39 years</li> </ul>	<ul style="list-style-type: none"> <li>• 30-39歲</li> </ul>
<ul style="list-style-type: none"> <li>• 18 years and over</li> </ul>	<ul style="list-style-type: none"> <li>• 18歲以上</li> </ul>
The risk remains higher in older ages. For example the risk of dying from COVID-19 in someone aged 40 to 49 is 3 times higher than someone in the 30 to 39 year age group and 12 times higher than someone in the 20 to 29 year age group.	年長的人的風險仍然較高。例如，年長者在40至49歲之間的人死于冠狀病毒的風險比30至39歲年齡組中的人高3倍，比20至29歲年齡組中的人高12倍。
As the programme progresses, the JCVI will advise on the appropriate vaccine for each age group. The vaccine offered may depend on your age. Currently the JCVI has advised it is preferable for healthy people under 40, who have not yet received a first dose, to have a vaccine other than AstraZeneca (AZ).	隨著計劃的開展，JCVI將為每個年齡段的人提供適當的疫苗建議。是否被提供疫苗可能取決於您的年齡。目前，JCVI建議，對於尚未接受第一劑疫苗的40歲以下健康人，最好接種AstraZeneca (AZ) 以外的疫苗。
The time when it will be offered will be based on the availability of those vaccines. Anybody who was previously eligible for vaccination remains so and should make an appointment to start or complete their recommended course.	提供這些疫苗的數量將取決於這些疫苗的數量。以前有資格接種疫苗的任何人都是有資格，並且開始或完成其被推薦的接種課程。
<b>Pregnant women</b>	<b>孕婦</b>
The JCVI has now advised that pregnant women should be offered vaccination at the same time as the rest of the population, based on their age and clinical risk group.	因此，疫苗接種和免疫聯合委員會 (JCVI) 建議，根據孕婦的年齡和臨床風險，孕婦和其他人群同樣提供疫苗接種。

<p>The Pfizer BioNTech and Moderna vaccines are the preferred vaccines for pregnant women of any age. There is now extensive experience of the use of the Pfizer BioNTech and Moderna vaccines in pregnancy in the USA with no safety concerns. Pregnant women who commenced vaccination with the AZ vaccine, however, are advised to complete with the same vaccine.</p>	<p>輝瑞和Moderna疫苗是任何年齡段孕婦的首選疫苗，因為它們在妊娠中的使用經驗更為豐富。在，在美國已有廣泛的在孕早期使用輝瑞BioNTech和Moderna疫苗，並且沒有任何安全隱患。但是，建議剛開始使用AstraZeneca疫苗接種的孕婦也要使用相同的疫苗來完成該過程。</p>
<p><b>Who cannot have the vaccine?</b></p>	<p><b>誰不能接種疫苗？</b></p>
<p>The vaccines do not contain organisms that grow in the body, and so are safe for people with disorders of the immune system. These people may not respond so well to the vaccine. A very small number of people who are at risk of COVID-19 cannot have the vaccine – this includes some people who have severe allergies and people with certain blood disorders.</p>	<p>疫苗不含會在體內生長的生物，因此對於免疫系統異常的人來說是安全的。這些人對疫苗的反應可能不太好。極少數感染冠狀病毒有風險的人有可能無法接種疫苗-其中包括一些嚴重過敏的人和某些血液疾病的人。</p>
<p><b>Who should wait to have the vaccine?</b></p>	<p><b>誰應該等待接種疫苗？</b></p>
<p>If you are currently unwell, self-isolating, waiting for a COVID-19 test or have had a positive COVID-19 test result in the last four weeks, you should delay vaccination until later.</p>	<p>如果您目前身體不適，自我隔離，正在等待冠狀病毒測試或在最近四周內獲得陽性冠狀病毒測試結果，則應將疫苗接種推遲到以後。</p>
<p><b>Will the vaccine protect me?</b></p>	<p><b>疫苗能保護我嗎？</b></p>
<p>The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It may take a few weeks for your body to build up some protection from the vaccine. Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.</p>	<p>已證明所使用的冠狀病毒疫苗可以減少您患冠狀病毒疾病的機會您的身體可能需要幾週的時間才能建立起由疫苗得到的保護措施。儘管接種了疫苗，有些人仍可能會感染冠狀病毒，但這應該不那麼嚴重了。</p>
<p><b>Will the vaccine have side effects?</b></p>	<p><b>疫苗會有副作用嗎？</b></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 side effects after the first dose, you still need to have the second dose. Although you should get good protection from the first dose, having the second dose should give you longer lasting protection against the virus.</p>	<p>像所有藥物一樣，疫苗也會引起副作用。其中大多數是溫和的和短期的，並非所有人都會有副作用。即使您在第一劑之後確實有副作用，您仍然需要接種第二劑。儘管您從第一劑開始可能會獲得一些保護，但是完整推薦的接種將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"> <li>• 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</li> </ul>	<ul style="list-style-type: none"> <li>• 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，這種情況往往最嚴重</li> </ul>
<ul style="list-style-type: none"> <li>• feeling tired</li> </ul>	<ul style="list-style-type: none"> <li>• 感覺累</li> </ul>
<ul style="list-style-type: none"> <li>• headache, aches and chills</li> </ul>	<ul style="list-style-type: none"> <li>• 頭痛，疼痛和發冷</li> </ul>
<p>You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help you feel better. Although feeling feverish with flu-like symptoms is not uncommon for two</p>	<p>您可以休息並服用正常劑量的paracetamol（按照包裝上的建議），以使您感覺好些。儘管在兩到三天內感覺發燒並出現類似流感的症狀並不罕見，這些症狀通常持</p>

to three days, a high temperature* is unusual and may indicate you have COVID-19 or another infection. Side effects following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111.	續不到一周。如果您的症狀似乎變得更糟或擔心，請致電NHS 111。
*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.	*如果您正在接受化療並且發高燒，請聯繫您當地的癌症護理部門。
<b>If you experience any of the following more than 4 days and within 28 days (4 weeks) after vaccination you should seek medical advice urgently from your GP or Emergency Department.</b>	<b>如果您在接種疫苗後有超過4天的以下情況和28天內（4個星期）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建議。</b>
<ul style="list-style-type: none"> <li>a new, severe headache which is not helped by usual painkillers or is getting worse;</li> </ul>	<ul style="list-style-type: none"> <li>一種新的嚴重頭痛，通常的止痛藥無濟於事，甚至變得更糟</li> </ul>
<ul style="list-style-type: none"> <li>an unusual headache which seems worse when lying down or bending over or may be accompanied by</li> </ul>	<ul style="list-style-type: none"> <li>不尋常的頭痛，躺下或彎腰時可能會加重病情，或伴有</li> </ul>
– blurred vision, nausea and vomiting	–視力模糊，噁心和嘔吐
– difficulty with your speech	–講話困難，
– weakness, drowsiness or seizures;	–虛弱，嗜睡或癲癇發作
<ul style="list-style-type: none"> <li>new, unexplained pinprick bruising or bleeding;</li> </ul>	<ul style="list-style-type: none"> <li>新的原因不明的針點狀瘀傷或出血</li> </ul>
<ul style="list-style-type: none"> <li>shortness of breath, chest pain, leg swelling;</li> </ul>	<ul style="list-style-type: none"> <li>呼吸急促，胸痛，腿腫脹</li> </ul>
<ul style="list-style-type: none"> <li>persistent abdominal pain.</li> </ul>	<ul style="list-style-type: none"> <li>持續性腹痛</li> </ul>
If you have any of the above symptoms after your first vaccination, you should speak to your doctor or specialist before having the second dose.	如果您在初次接種疫苗後有上述任何症狀，則應在第二次接種疫苗之前先諮詢您的醫生或專科醫生。
If you do seek advice from a doctor or nurse please make sure you tell them about your vaccination (show them the vaccination card if possible) so that they can assess you properly. You can also report suspected side effects to vaccines and medicines through the Yellow Card scheme. See page	如果您確實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。您還可以通過黃卡計劃（the Yellow Card scheme）報告可疑的疫苗和藥物副作用。見頁面
<b>If you are currently in the clinically extremely vulnerable group, please continue to follow the government guidance.</b>	<b>如果您目前屬於臨床上非常脆弱的人群，請繼續遵循政府的指導。</b>
<b>What can I do after I have had the COVID-19 vaccine?</b>	<b>接種疫苗後該做什麼？</b>
The vaccine cannot give you COVID-19 infection, and two doses will reduce your chance of becoming seriously ill. We do not yet know how much it will reduce the chance of you catching and passing on the virus. So, it is important to continue to protect those around you.	疫苗不能給您帶來冠狀病毒的感染，並且整個療程將減少您患重病的機會。我們不知道它將在多大程度上降低您傳播該病毒的風險。因此，重要的是要繼續遵循當前的指導。
Remember, to protect yourself and your family, friends and colleagues you MUST still follow any	為了保護自己和家人，朋友和同事，您仍然必須：

local restrictions and:	
<ul style="list-style-type: none"> <li>practise social distancing</li> </ul>	<ul style="list-style-type: none"> <li>實行社交距離</li> </ul>
<ul style="list-style-type: none"> <li>wear a face covering</li> </ul>	<ul style="list-style-type: none"> <li>戴面罩</li> </ul>
<ul style="list-style-type: none"> <li>wash your hands regularly</li> </ul>	<ul style="list-style-type: none"> <li>請記住要洗手。</li> </ul>
<ul style="list-style-type: none"> <li>open windows to let fresh air in</li> </ul>	<ul style="list-style-type: none"> <li>打開窗口讓新鮮空氣進入</li> </ul>
<ul style="list-style-type: none"> <li>follow the current guidance at <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></li> </ul>	<ul style="list-style-type: none"> <li>遵循 <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a> 上的最新指南</li> </ul>
<b>Keep your card safe and make sure you keep your next appointment to get your second dose.</b>	<b>確保您的卡安全，並確保您參加下一次預約以接種第二劑。</b>
<b>Make sure you keep this record card with you</b>	<b>確保隨身攜帶該記錄卡</b>
Don't forget your COVID-19 vaccination Protect yourself.	不要忘記您的冠狀病毒疫苗能保護自己。
<b>For more information on the COVID-19 vaccination or what to do after your vaccination, see <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></b>	<b>有關冠狀病毒疫苗接種或疫苗接種後該作什麼的更多信息，請參見 <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></b>
<b>Can I catch COVID-19 from the vaccine?</b>	<b>我會從疫苗中感染冠狀病毒嗎？</b>
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.	您不能從疫苗中感染冠狀病毒，但是有可能您之前已經感染了冠狀病毒，直到您接種了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:	感染冠狀病毒的最重要症狀是以下任何一項的近期發作：
<ul style="list-style-type: none"> <li>a new continuous cough</li> </ul>	<ul style="list-style-type: none"> <li>新的持續咳嗽</li> </ul>
<ul style="list-style-type: none"> <li>a high temperature</li> </ul>	<ul style="list-style-type: none"> <li>高燒</li> </ul>
<ul style="list-style-type: none"> <li>a loss of, or change in your normal sense of taste or smell</li> </ul>	<ul style="list-style-type: none"> <li>失去，或改變正常的味覺或嗅覺（嗅覺失調）。</li> </ul>
If you have the symptoms above, stay at home and arrange to have a test.	儘管在接種疫苗後一兩天可能會發燒，但是如果您有其他任何冠狀病毒症狀或發燒持續時間更長，請留在家裡安排檢口。
<b>What do I do next?</b>	<b>我下一步該怎麼辦？</b>
After you have had the first dose you need to plan to attend your second appointment. You should have a record card and your next appointment should be between 3 and 12 weeks later.	第一次接種後，您需要計劃參加第二次的預約。如果這是您的第一劑，則您應該擁有一張記錄卡，並在3至12週的時間內進行下次接種。
Although the first dose will give you good protection, you need the second dose to get longer lasting protection.	儘管第一劑將為您提供良好的保護，但您需要第二劑才能獲得更長久的保護。
<b>What should I do if I am not well when it is my next appointment?</b>	<b>如果我下次預約會時不舒服，應該怎麼辦？</b>
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.	如果您身體不適，最好等到康復後再接種疫苗，但您應儘快接種。
You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or within four weeks of having a positive COVID-19 test.	如果您正在自我隔離，等待冠狀病毒測試或在首次確認冠狀病毒測試結果呈陽性後的4週內，則不應參加疫苗預約。
Please read the product information leaflet for	請閱讀產品信息手冊以獲取有關疫苗的更

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.	多詳細信息，包括可能的副作用通過搜索冠狀病毒黃卡（Coronavirus Yellow Card）。您也可以在同一網站上或通過下載黃卡應用程序（app）報告可疑的副作用。
<a href="https://coronavirus-yellowcard.mhra.gov.uk">coronavirus-yellowcard.mhra.gov.uk</a>	<a href="https://coronavirus-yellowcard.mhra.gov.uk">coronavirus-yellowcard.mhra.gov.uk</a>
<b>Remember</b>	<b>記住</b>
COVID-19 is spread through droplets expelled 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滴傳播，尤其是在口話或咳嗽時。接觸被口染的物體和表面後，也可以通過觸摸您的眼睛，鼻子和嘴巴來感染。
You MUST still continue to follow any local restrictions and:	您仍必須繼續遵守任何當地的限制，並且：
<ul style="list-style-type: none"> <li>practise social distancing</li> </ul>	<ul style="list-style-type: none"> <li>實行社交距離</li> </ul>
<ul style="list-style-type: none"> <li>wear a face covering</li> </ul>	<ul style="list-style-type: none"> <li>戴面罩</li> </ul>
<ul style="list-style-type: none"> <li>wash your hands regularly</li> </ul>	<ul style="list-style-type: none"> <li>請記住要勤洗手。</li> </ul>
<ul style="list-style-type: none"> <li>open windows to let in fresh air</li> </ul>	<ul style="list-style-type: none"> <li>打開窗口讓新鮮空氣進入</li> </ul>
<ul style="list-style-type: none"> <li>follow the current guidance at <a href="https://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></li> </ul>	<ul style="list-style-type: none"> <li>遵循 <a href="https://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a> 上的最新指南</li> </ul>
<b>Vaccination, helping to protect those most vulnerable.</b>	<b>接種疫苗，有助於保護最脆弱的人群。</b>
If you need more information on the COVID-19 vaccination please visit: <a href="https://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>	如果您需要有關冠狀病毒疫苗接種的更多信息，請訪問： <a href="https://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>
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