

	Chinese simplified
COVID-19 vaccination	冠状病毒疫苗接种
A guide to the programme	接种指南
This leaflet explains about the COVID-19 vaccination programme and who is eligible.	本指南介绍了冠状病毒疫苗接种指南以及符合条件的人。
Find out more at www.nidirect.gov.uk/covid-vaccine	有关更多信息，请访问 www.nidirect.gov.uk/covid-vaccine
What is COVID-19 or Coronavirus?	什么是COVID-19或冠状病毒？
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是由一种称为SARS-CoV-2的新型冠状病毒引起的。它是在2019年末首次发现的。它具有极强的传染性，可导致严重的呼吸道疾病。
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.	许多被感染的人可能没有任何症状或只有轻微的症状。这些通常从咳嗽，发热，头痛和味觉或嗅觉丧失开始。
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.	有些人会感到非常疲倦，肌肉酸痛，腹泻和呕吐，发热和神志不清。然后，少数人患上严重疾病，可能需要住院或接受重症监护。
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.	总体而言，不到100名受感染的人中有1人死于冠状病毒，但在75岁以上的人群中，这一比例上升到了十分之一。
There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications.	尽管一些最近测试的治疗方法确实有助于降低并发症的风险，但尚无冠状病毒的治愈方法。
About the types of vaccine	关于疫苗的种
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.	在北爱尔兰，2021年将使用几种不同类型的冠状病毒疫苗。疫苗仅在安全性和有效性进行了大量研究的基础上批准。
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.	在英国，已有超过3,400万人接种了冠状病毒疫苗，而疫苗已预防了多病例，并预防了冠状病毒造成的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，有报道称接种AstraZeneca (AZ)后出现极少见的症状，包括血块和异常出血。对此已进行了仔细审查，但尚不清楚这种情况的风险因素。由于得到冠状病毒后的并发症和死亡的风险很高，因此，世界卫生组织和欧洲药品管理局 (MHRA)，得出的结论是，权衡得失后接种疫苗比不接种有利。
Who should have the COVID-19 vaccines?	谁应该接种冠状病毒疫苗？
Initially, the Joint Committee on Vaccination and Immunisation (JCVI), an independent expert	一个独立的皇家小建，将一些疫苗提供有感染危重并有严重并发症的

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，一线卫生和社会护理工作，养老院居民和工作人员以及具有一定临床疾病的人。
Am I at risk from COVID-19 infection?	我是否有感染冠状病毒的风险？
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.	冠状病毒可以影响任何人。如果您是成年人，并且有长期健康问题，您应该已经提供了疫苗。
Who is now eligible for the vaccination?	谁现在符合接种疫苗的条件？
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.	目前正在向因冠状病毒并发症而处于较低风险中的人提供疫苗。您仍然有被感染并传染给他人的风险。
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.	对于大多数年轻人，冠状病毒通常是一种较轻的疾病，很少导致并发症。对于少数人来说，症状可能比通常的两到三周持续得更久。接种疫苗有助于保护您免受冠状病毒的侵害。
The vaccine will be offered to those under 50 years old in the following order:	疫苗将按以下顺序提供50岁以下的人：
<ul style="list-style-type: none"> • 40 - 49 years 	<ul style="list-style-type: none"> • 40-49岁
<ul style="list-style-type: none"> • 30 - 39 years 	<ul style="list-style-type: none"> • 30-39岁
<ul style="list-style-type: none"> • 18 years and over 	<ul style="list-style-type: none"> • 18岁以上
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.	年龄较大的人的风险仍然较高。例如，年龄在40至49岁的人死于冠状病毒的风险比30至39岁年龄段的人高3倍，比20至29岁年龄段的人高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).	随着计划的展开，JCVI将向每个年龄段的人提供适当的疫苗建议。是否提供疫苗可能取决于您的年龄。目前，JCVI建议，对于尚未接受第一剂疫苗的40岁以下健康人，最好接种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.	提供哪些疫苗的条件将取决于哪些疫苗的数量。以前符合接种疫苗条件的任何人都是有资格，并且开始或完成其被推荐的接种课程。
Pregnant women	孕妇
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，疫苗接种和免疫联合委员会 (JCVI) 建议，应根据孕妇的年龄和临床风险，孕妇和其他人群同时提供疫苗接种。

<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>瑞和Moderna疫苗是任何年龄段孕妇的首选疫苗，因为它在妊娠中的使用更丰富。在，在美国已有广泛的使用。在孕期使用瑞BioNTech和Moderna疫苗，并且没有任何安全隐患。但是，建议开始使用AstraZeneca疫苗接种的孕妇也要使用相同的疫苗来完成疗程。</p>
<p>Who cannot have the vaccine?</p>	<p>谁不能接种疫苗？</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>疫苗不含会在体内生长的生物，因此对于免疫系统异常的人来说是安全的。有些人对疫苗的反应可能不太好。极少数感染冠状病毒有症状的人有可能无法接种疫苗-其中包括一些过敏的人和某些血液疾病的人</p>
<p>Who should wait to have the vaccine?</p>	<p>谁应该等待接种疫苗？</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>如果您目前身体不适，自我隔离，正在等待冠状病毒检测或在最近四周内检测阳性冠状病毒检测结果，则将疫苗接种推迟到以后。</p>
<p>Will the vaccine protect me?</p>	<p>疫苗能保护我吗？</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>已明确所使用的冠状病毒疫苗可以减少您患冠状病毒疾病的机会。您的身体可能需要几周的时间才能建立起由疫苗得到的保护措施。像所有药物一样，没有一种疫苗能完全有效-有些人尽管进行了疫苗接种仍可能会感染冠状病毒，但症状不那么严重了。</p>
<p>Will the vaccine have side effects?</p>	<p>疫苗会有副作用吗？</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>像所有药物一样，疫苗也会引起副作用。其中大多数是温和的和短期的，并非所有人都会产生副作用。即使您在第一剂之后确有副作用，您仍然需要接种第二剂。尽管您从第一剂开始可能会得到一些保护，但是完整推荐的接种将为您提供最佳的病毒防护。</p>
<p>Very common side effects include:</p>	<p>非常常见的副作用包括：</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，沉重的感觉和酸痛 疫苗接种后1-2天，这种情况往往最严重
<ul style="list-style-type: none"> feeling tired 	<ul style="list-style-type: none"> 感觉累
<ul style="list-style-type: none"> headache, aches and chills 	<ul style="list-style-type: none"> 头痛，疼痛和发冷
<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>您可以休息并服用正常剂量的paracetamol（按照包装上的建议），以使您感觉好些。尽管在两到三天内感冒并出现</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.	似流感的症状并不罕□，但高温*是罕□的，可能表明您患有冠状病毒或其他感染。□些症状通常持□不到一周。如果您的症状似乎□得更糟或您担心的□，□致□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□并且□高□，□□系您当地的癌症□理部□。
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.	如果您在接种疫苗后有超□4天的以下情况和28天内（4个星期）遇到以下任何一种情况，□□立即向您的家庭医生或急□科□求医□建□。
<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"> 一种新的□重□痛，通常的止痛□无□于事，甚至□得更糟
<ul style="list-style-type: none"> an unusual headache which seems worse when lying down or bending over or may be accompanied by 	<ul style="list-style-type: none"> 不□常的□痛，躺下或弯腰□可能会加重病情，或伴有
– blurred vision, nausea and vomiting	–□力模糊，□心和呕吐
– difficulty with your speech	–□□困□，
– weakness, drowsiness or seizures;	–虚弱，嗜睡或□□□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□点状瘀□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□□
<ul style="list-style-type: none"> persistent abdominal pain. 	<ul style="list-style-type: none"> 持□性腹痛
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.	如果您在初次接种疫苗后有上述任何症状，□□在第二次接种疫苗之前先咨□您的医生或□科医生。
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□求医生或□士的建□，□确保告□他□您的疫苗接种情况（向他□出示疫苗接种卡），以便他□可以正确地□估您。您□可以通□黄卡□划（the Yellow Card scheme）□告可疑的疫苗和□物副作用。□□面
If you are currently in the clinically extremely vulnerable group, please continue to follow the government guidance.	如果您目前属于□床上非常脆弱的人群，□□□遵循政府的指□。
What can I do after I have had the COVID-19 vaccine?	接种疫苗后□做什么？
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□您□来冠状病毒的感染，并且整个□程将减少您患重病的机会。我□不知道它将在多大程度上降低您□播□病毒的□□。因此，重要的是要□□遵循当前的指□。
Remember, to protect yourself and your family, friends and colleagues you MUST still follow any	□了保□自己和家人，朋友和同事，您仍然必□：

local restrictions and:	
<ul style="list-style-type: none"> practise social distancing 	<ul style="list-style-type: none"> □行社交距离
<ul style="list-style-type: none"> wear a face covering 	<ul style="list-style-type: none"> 戴面罩
<ul style="list-style-type: none"> wash your hands regularly 	<ul style="list-style-type: none"> □□住要勤洗手
<ul style="list-style-type: none"> open windows to let fresh air in 	<ul style="list-style-type: none"> 打开窗□□新□空气□入
<ul style="list-style-type: none"> follow the current guidance at www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> 遵循 www.nidirect.gov.uk/coronavirus上的最新指南
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□□以接种第二□。
Make sure you keep this record card with you	确保随身携□□□□卡
Don't forget your COVID-19 vaccination Protect yourself.	不要忘□您的冠状病毒疫苗能保□自己。
For more information on the COVID-19 vaccination or what to do after your vaccination, see www.nidirect.gov.uk/covid-vaccine	有关冠状病毒疫苗接种或疫苗接种后□作什么的更多信息，□参□ www.nidirect.gov.uk/covid-vaccine
Can I catch COVID-19 from the vaccine?	我会从疫苗中感染冠状病毒□？
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.	您不能从疫苗中感染冠状病毒，但是有可能您之前已□感染了冠状病毒，直到您接种了疫苗后才意□到自己有症状。
The most important symptoms of COVID-19 are recent onset of any of the following:	感染冠状病毒的最重要症状是以下任何一□的近期□作：
<ul style="list-style-type: none"> a new continuous cough 	<ul style="list-style-type: none"> 新的持□咳嗽
<ul style="list-style-type: none"> a high temperature 	<ul style="list-style-type: none"> 高□
<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□正常的味□或嗅□
If you have the symptoms above, stay at home and arrange to have a test.	如果您有上述症状，□留在家里安排□□。
What do I do next?	我下一步□怎么□？
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.	第一次接种后，您需要□划参加第二次的□□。如果□是您的第一□，□您□□□有一□□□卡，并在3至12周的□□内□行下次接种。
Although the first dose will give you good protection, you need the second dose to get longer lasting protection.	尽管第一□将□您提供良好的保□，但您需要第二□才能□得更□久的保□。
What should I do if I am not well when it is my next appointment?	如果我下次□□会□不舒服，□□怎么□？
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.	如果您身体不适，最好等到康复后再接种疫苗，但您□□□□尽快接种。
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.	如果您正在自我隔离，等待冠状病毒□□或在首次确□冠状病毒□□□果呈阳性后的4周内，□不□参加疫苗□□。
Please read the product information leaflet for more details on your vaccine, including possible	□□□□品信息手册以□取有关疫苗的更多□□信息，包括可能的副作用通□搜索

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.	冠状病毒黄卡 (Coronavirus Yellow Card)。您也可以在同一网站上或通过下载黄卡应用程序 (app) 报告可疑的副作用。
coronavirus-yellowcard.mhra.gov.uk	coronavirus-yellowcard.mhra.gov.uk
Remember	记住
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.	冠状病毒通过从鼻子或嘴中呼出的小液滴传播，尤其是在说话或咳嗽时。接触被染色的物体和表面后，也可以通过触摸您的眼睛，鼻子和嘴巴来感染。
You MUST still continue to follow any local restrictions and:	您仍必须遵守任何当地的限制，并且：
<ul style="list-style-type: none"> practise social distancing 	<ul style="list-style-type: none"> 保持社交距离
<ul style="list-style-type: none"> wear a face covering 	<ul style="list-style-type: none"> 戴口罩
<ul style="list-style-type: none"> wash your hands regularly 	<ul style="list-style-type: none"> 居住要勤洗手
<ul style="list-style-type: none"> open windows to let in fresh air 	<ul style="list-style-type: none"> 打开窗口让新鲜空气进入
<ul style="list-style-type: none"> follow the current guidance at www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> 遵循 www.nidirect.gov.uk/coronavirus 上的最新指南
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	如果您需要有关冠状病毒疫苗接种的更多信息，请访问： www.nidirect.gov.uk/covid-vaccine
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