

	<b>Irish</b>
<b>COVID-19 vaccination</b>	<b>Vacsaíniú COVID-19</b>
<b>A guide to the programme</b>	<b>Treoir don chlár</b>
This leaflet explains about the COVID-19 vaccination programme and who is eligible.	Cuireann an bhileog seo síos ar chlár an vacsaínithe COVID-19 agus ar cé atá incháilithe.
<b>Find out more at <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></b>	<b>Faigh tuilleadh eolais ag <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>Cad é COVID-19 nó an Coróinvíreas?</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.	Coróinvíreas nua, SARS-CoV-2 mar a thugtar air, is cúis le COVID-19. Aithníodh don chéad uair é ag deireadh 2019. Tá sé thar a bheith tógálach agus is féidir galar riospráide dáiríre teacht dá bharr.
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.	D'fhéadfadh nach bhfuil siomptaim nó ach siomptaim éadroma ag a lán daoine. Tosaíonn siad seo le casacht, fiabhras, tinneas cinn agus cailleadh blais nó bolaidh go hiondúil.
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.	Beidh tuirse, matáin phianmhara, buinneach agus cur amach, fiabhras agus mearbhall ar roinnt daoine. Tiocfaidh galar dáiríre ar líon beag daoine agus beidh seans gur ghá tabhairt chun an ospidéil nó iontráil go dianchúram iad.
<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>San iomlán faigheann níos lú ná 1 faoi 100 duine a ionfhabhtaítear bás de bharr COVID-19, ach dóibh siúd os cionn 75 bliaina d'aois, ardaíonn sé seo go 1 faoi 10.</b>
There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications.	Níl aon leigheas ar COVID-19 cé go gcabhraíonn cóireálacha nuacheaptha le riosca iarmhairtí a laghdú.
<b>About the types of vaccine</b>	<b>Faoi na cineálacha vacsaíni</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.	I dTuaisceart na hÉireann, úsáidfear cúpla cineál vacsaíní COVID-19 le linn an tsamhraidi 2021. Ní cheadófear na vacsaíní ach amháin ar bhonn staidéir cuimsitheach ar shábháilteach agus éifeachtacht.
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.	Fuair os cionn 34 milliún duine sa RA vacsaíniú in aghaidh COVID-19 cheana agus sheachain an vacsaín a lán cásanna agus os cionn 10,000 bás de bharr COVID-19.
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	Le gairid, rinneadh tuairisci faoi fo-iarmhairt rí-annamh a ghabhann le téachtáin fola agus fuiliú annamh tar éis an vacsaínithe de chuid AstraZeneca (AZ). Tá athbhreithniú cuimsitheach á dhéanamh ar na cásanna seo ach níl na factóirí riosca don fhadhb seo soileár fós. De bharr an riosca aird go téitear in aimhréidh nó go bhfaigtear bás ó COVID-19, rinne an MHRA, an Eagraíocht Dhomhanda Sláinte agus an Ghníomhaireacht

balance is very much in favour of vaccination.	Leigheasra Eorpach amach go dtéann an tromlach ar son vacsaínithe.
<b>Who should have the COVID-19 vaccines?</b>	<b>Cé ba cheart dóibh vacsaíní COVID-19 a fháil?</b>
Initially, the Joint Committee on Vaccination and Immunisation (JCVI), an independent expert 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.	Ar dtús, mholtar an Joint Committee on Vaccination and Immunisation (JCVI), grúpa neamhspleách saineolaithe, go gcuirtear vacsaíní ar fáil dóibh siúd is mó i gcontúirt an t-ionfhabhtú a tholgadh agus iarmhaintí dáiríre a fhulaingt má tholgann siad é.
This included older adults, frontline health and social care workers, care home residents and staff, and those with certain clinical conditions.	Baineann sé seo le daoine fásta níos sine, gairmí sa líne thosaigh agus oibrithé sósialta, cónaitheoirí agus oibreoirí in áras na n-aosach, agus iad siúd le fadhbanna sláinte áirithe.
<b>Am I at risk from COVID-19 infection?</b>	<b>An bhfuilim i gcontúirt ionfhabhtú COVID-19 a fháil?</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.	Is féidir le gach duine fulaingt leis an gCoróinvíreas. Ba chóir gur cuireadh an vacsaín ar fáil duit cheana, más duine fásta níos sine thú agus tá fadhb sláinte fadtéarmach agat.
<b>Who is now eligible for the vaccination?</b>	<b>Cé atá incháilithe don vacsaíniú?</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.	Cuirtear an vacsaín ar fáil anois do dhaoine a bhfuil contúirt níos lú ann go bhfulaingeoidh siad le iarmhaintí COVID-19. Tá contúirt ann fós go dtolgfaidh tú ionfhabhtú agus go scairpeadh tú é ar dhaoine eile.
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.	Go ginearálta, is galar níos éadroime é COVID-19 nach mbíonn iarmhaintí dáiríre ag baint leis do dhaoine óga. Do dhaoine áirithe, d'fhéadfadh go mairfidh na siomptaim ar feadh níos faide ná an dá nó trí seachtaine a mhaireann sé de ghnáth. Cabhróidh an vacsaín thú a chosaint in aghaidh COVID-19.
The vaccine will be offered to those under 50 years old in the following order:	Cuirfear an vacsaín ar fáil dóibh siúd faoi 50 bliain san ord seo a leanas:
<ul style="list-style-type: none"> <li>• 40 - 49 years</li> <li>• 30 - 39 years</li> <li>• 18 years and over</li> </ul>	<ul style="list-style-type: none"> <li>• 40 - 49 m bliana</li> <li>• 30 - 39 m bliana</li> <li>• Os cionn 18 m bliana</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.	Bíonn contúirt níos airde ag baint le haoiseanna níos sine. Mar shampla, tá riosca 3 huairé níos airde go bhfaighidh tú bás de bharr COVID-19 don aoisghráupa 40 go 49 i gcomparáid leis an aoisghráupa 30 go 39 agus tá sé 12 huairé níos airde ná dóibh siúd san aoisghráupa 20 go 29.
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	Mar a dhéantar forbairt ar an gclár, tabharfaidh an JCVI comhairle ar an vacsaín feiliúnach do gach aoisghráupa. D'fhéadfadh go mbraithfidh an vacsaín ar d'aois. Faoi

preferable for healthy people under 40, who have not yet received a first dose, to have a vaccine other than AstraZeneca (AZ).	láthair, mhol an JCVI gur fearr go bhfaighidh daoine sláintíúla faoi 40 bliain d'aois, nach bhfuair an chéad dáileog fós, vacsaín nach chuid AstraZeneca (AZ) é.
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.	Braithfear an t-am a chuirtear ar fáil é ar méid na vacsaíní sin atá ar fáil. Tá aon duine a bhí incháilithe do vacsaín roimhe sin fós incháilithe agus ba cheart dóibh coinne a shocrú chun a gcúrsa molta a thosú nó a chríochnú.
<b>Pregnant women</b>	<b>Mná torrach</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.	Molann an JCVI anois go gcuirtear vacsaíniú ar fáil do mhná torracha ag an am céanna leis an gcuid eile den daonra, bunaithe ar a n-aois agus a ngrúpa riosca chliniciúil.
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.	Is fearr na vacsaíní Pfizer BioNTech agus Moderna do mhná torracha de gach aois. Tá taithí cuimsitheach faigte anois ar úsáid na vacsaíní Pfizer BioNTech agus Moderna le linn na tréimhse thoircis sna SA gan aon imní faoi shabháilteacht. Moltar, áfach, go gcríochnaíonn mná torracha a fuair an vacsaín AstraZeneca an cursa iomlán leis an vacsaín chéanna.
<b>Who cannot have the vaccine?</b>	<b>Cé hiad na daoine nach féidir leo an vacsaín a fháil?</b>
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.	Níl aon orgánaigh a fhásann sa chorp sna vacsaíní agus mar sin, tá siad sábháilte do dhaoine le neamhoird an chórais imdhíonachta. D'fhéadfadh nach n-oibreoidh an vacsaín i gceart do na daoine seo. Ní féidir le líon beag daoine atá i gcontúirt COVID-19 an vacsaín a fháil – roinnt daoine le hailléiríg dáiríre agus le neamhoird fola áirithe san áireamh.
<b>Who should wait to have the vaccine?</b>	<b>Cé hiad na daoine ba cheart fanacht ar an vacsaín a fháil?</b>
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.	Má tá tú tinn, do do féinleithlisiú, ag fanacht ar thástáil COVID-19 faoi láthair nó má bhí tástáil dearfach agat sa cheithre seachtaine is déanaí, ba cheart duit fanacht ar vacsaíniú.
<b>Will the vaccine protect me?</b>	<b>An gcosnóidh an vacsaín mé?</b>
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.	Laghdóidh vacsaíniú COVID-19 an seans go bhfulaingeoidh tú galar COVID-19. D'fhéadfadh go dtógfaidh sé cúpla seachtain chun cosaint ar an vacsaín a neartú i do chorp. Cosúil le gach leigheas, níl gach uile vacsaín éifeachtach, mar sin ba cheart duit an réamhchúram cuí a leanúint le hionfhabhtú a sheachaint.
<b>Will the vaccine have side effects?</b>	<b>An mbeidh fo-iarmhairtí ón vacsaín?</b>

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.	Cosúil le gach leigheas, is féidir go dtiocfaidh fo-iarmhaintí ort. Tá an chuid is mó díobh seo éadrom agus gearrthréimhseach, agus ní thagann siad ar chách. Fiú má tagann fo-iarmhaintí ort tar éis na céad dáileoige, ní mór duit fós an dara dáileog a fháil. Cé go bhfaighidh tú cosaint mhaith ón gcéad dáileog, mairfidh an chosaint in aghaidh na vacsaíne níos faide leis an dara dáileog.
Very common side effects include:	Ar na fo-iarmhaintí coitianta tá:
<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> <li>feeling tired</li> <li>headache, aches and chills</li> </ul>	<ul style="list-style-type: none"> <li>pian, troime agus soghortaitheacht sa lámh ina bhfuair tú d'instealladh. De ghnáth bíonn sé seo níos measa timpeall 1-2 lá i ndiaidh na vacsaíne</li> <li>tuirse</li> <li>tinneas cinn, pian agus crithfhuacht</li> </ul>
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 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.	Is féidir leat do scíth a ligean agus an ghnáth-dáileog paraicéatamóil (lean an chomhairle ar an bpacáiste) chun biseach a chur ort. Cé nach bhfuil sé annamh a bheith ag mothú fiabhrasach le siomptaim fhliú ar feadh dhá nó trí lae, tá teocht ard annamh agus d'fhéadfadh sé a léiriú go bhfuil COVID-19 ní ionfhabhtú eile ort. Maireann fo-iarmhaintí i ndiaidh na vacsaíne níos lú ná seachtain go hiondúil. Má éiríonn do shiomptaim níos measa ná tá imní ort, glaogh ar NHS 111.
*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.	*Má tá tú ar cheimiteiripe agus tá teas ionat, déan teagmháil le d'aonad cúramail ailse áitiúil.
<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>Má tá aon cheann de seo a leanas ort tar éis níos mó ná ceithre lae agus laistigh de 28 lá i ndiaidh do vacsaíne, ba cheart duit comhairle do dhoctúra nó na Roinne Éagandála a iarraidh láithreach.</b>
<ul style="list-style-type: none"> <li>a new, severe headache which is not helped by usual painkillers or is getting worse;</li> <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>tinneas cinn dona nach laghdaíonn le gnáth-phianmhúcháin ná atá ag éirí in olcas</li> <li>tinneas cinn annamh a éiríonn in olcas nuair a bhíonn tú i do luí ná ag chromadh, ná má tagann sé in éineacht le seo a leanas</li> </ul>
– blurred vision, nausea and vomiting	– radharc doiléir, samhnas agus cur amach
– difficulty with your speech	– fadhb le do chaint
– weakness, drowsiness or seizures;	– laige, fonn codalta ná taomanna
<ul style="list-style-type: none"> <li>new, unexplained pinprick bruising or bleeding;</li> <li>shortness of breath, chest pain, leg swelling;</li> <li>persistent abdominal pain.</li> </ul>	<ul style="list-style-type: none"> <li>ballbhrú priocadh bioráin nua gan mhíniú ná fuiliú</li> <li>gearranáil, pianta cliabhraighe, at cosa</li> <li>pianta boilg leanúnacha.</li> </ul>
If you have any of the above symptoms after your	Má bhí aon cheann de na siompaim luaite

first vaccination, you should speak to your doctor or specialist before having the second dose.	thusas ort tar éis do chéad vacsaínithe, ba cheart duit labhairt le do dhoctúir nó speisialtóir sula bhfaigheann tú an dara dáileog.
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	Má iarrann tú comhairle doctúra nó altra, déan cinnte go n-insíonn tú leo faoi do vacsaín (taispeán dóibh an cártá vacsaíne) chun gur féidir leo thú a measúnú i gceart. Is féidir fo-iarmháirtí amhrasta na vacsaíne agus leigis a thuairisciú trí scéime an Yellow Card. Féach leathanach
<b>If you are currently in the clinically extremely vulnerable group, please continue to follow the government guidance.</b>	Má tá tú sa ghrúpa rí-leocheileach i dtéarmaí cliniciúla faoi láthair, lean ort ag cloí le treoir an rialtais.
<b>What can I do after I have had the COVID-19 vaccine?</b>	<b>Cad is féidir liom a dhéanamh i ndiaidh mo vacsaíne COVID-19?</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.	Ní féidir leis an vacsaín an t-ionfhabhtú COVID-19 a thabhairt duit, agus laghdóidh cúrsa ioimlán an seans go dtolgfaidh tú tinneas dáiríre. Níl a fhios againn cé chomh héifeachtach agus atá sé chun an riosca go scaipeann tú an víreas a laghdú. Mar sin, tá sé tábhachtach go leanann tú na treorach reatha.
Remember, to protect yourself and your family, friends and colleagues you MUST still follow any local restrictions and:	Cuimhnigh, Chun thú féin, do theaghlach, do chairde agus do chomhghleacaithe a chosaint, Ní MÓR duit cloí leis na srianta áitiúla fós:
<ul style="list-style-type: none"> <li>• practise social distancing</li> <li>• wear a face covering</li> <li>• wash your hands regularly</li> <li>• open windows to let fresh air in</li> <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>• scaradh sóisialta a dhéanamh</li> <li>• masc aghaidhe a chaitheamh</li> <li>• do lámha a ní go cúramach agus go minic</li> <li>• fuinneoga a oscailt chun aer úr a ligean isteach</li> <li>• lean an treoir reatha ag <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></li> </ul>
<b>Keep your card safe and make sure you keep your next appointment to get your second dose.</b>	<b>Coinníogh do chárta slán agus déan cinnte go dtéann tú chuig do chéad choinne eile chun do dara dáileog a fháil.</b>
<b>Make sure you keep this record card with you</b>	<b>Bí cinnte go dtógaíonn tú an cártá taifid seo leat</b>
Don't forget your COVID-19 vaccination Protect yourself.	Ná déan dearmad ar do vacsaíniú COVID-19, cosaint thú féin.
<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>Le haghaidh tuilleadh eolais ar vacsaíniú COVID-19 nó céard a dhéanamh tar éis do vacsaíne, féach <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>An bhfaighidh mé COVID-19 de bharr na vacsaíne?</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	Ní féidir COVID-19 a tholgadh ó na vacsaíni ach is féidir gur tholg tú COVID-19 agus nach dtugann tú faoi deara go dtí tar éis do

vaccination appointment.	choinne vacsaínithe.
The most important symptoms of COVID-19 are recent onset of any of the following:	Is iad na fo-iarmháirtí COVID-19 is tábhachtaí ná túis seo a leanas: <ul style="list-style-type: none"><li>• a new continuous cough</li><li>• a high temperature</li><li>• a loss of, or change in your normal sense of taste or smell</li></ul>
If you have the symptoms above, stay at home and arrange to have a test.	Má thagann na siomptaim luate thusa ort, fan abhaile agus socraigh tástáil.
<b>What do I do next?</b>	<b>Conas a dhéanaim an tástáil?</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.	Tar éis do chéad dáileoige ní mór duit do dara coinne a shocrú. Ba cheart duit cártá taifid a fháil le do chéad choinne eile laistigh de 3 agus 12 seachtain.
Although the first dose will give you good protection, you need the second dose to get longer lasting protection.	Cé go bhfaighidh tú cosaint mhaith ón gcéad dáileog, mairfidh an chosaint in aghaidh na vacsaíne níos faide leis an dara dáileog.
<b>What should I do if I am not well when it is my next appointment?</b>	<b>Cad is ceart dom a dhéanamh mura motháim go math roimh mo chéad choinne eile?</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.	Má áiríonn tú tinn, is fearr fanacht go dtí go dtagann biseach ort chun do vacsaín a fháil.
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.	Níor chóir duit freastail ar choinne vacsaíne má tá tú do do fhéinleithlisiú, ag fanacht ar thástáil COVID-19 nó má tá sé laistigh de cheithre seachtaíne ó thástáil dearfach COVID-19.
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.	Léigh bileog eolais an táirge le do thoil le haghaidh tuilleadh faisinéise ar do vacsaín, na fo-iarmháirtí san áireamh, trí Coronavirus Yellow Card a chuardach. Is féidir fo-iarmháirtí amhrasta a thuairisciú trí aip an Yellow Card a íoslódáil.
<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>Cuimhnigh</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.	Scaptear COVID-19 trí bhraoiníní análaithe as an srón nó as an mbéal, go háirithe nuair atá duine ag labhairt nó ag casacht. Is féidir é a tholgadh trí lámh a chur ar do shúile, do shrón agus do bhéal tar éis teagmháil le rudaí agus dromchlaí truallithe freisin.
You MUST still continue to follow any local restrictions and:	NÍ MÓR duit na treoracha áitiúla a leanúint fós agus:
<ul style="list-style-type: none"><li>• practise social distancing</li><li>• wear a face covering</li><li>• wash your hands regularly</li><li>• open windows to let in fresh air</li><li>• follow the current guidance at</li></ul>	<ul style="list-style-type: none"><li>• scaradh sóisialta a dhéanamh</li><li>• masc aghaidhe a chaiteamh</li><li>• do lámha a ní go minic</li><li>• fuinneoga a oscailt chun aer úr a ligean isteach</li><li>• lean an treoir reatha ag</li></ul>

<a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a>	<a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a>
Vaccination, helping to protect those most vulnerable.	Vacsaíniú, ag cabhrú le cosaint a thabhairt dóibh siúd atá i gcontúirt.
If you need more information on the COVID-19 vaccination please visit: <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>	Má theasaíonn tuilleadh eolais ar an vacsaíniú COVID-19 uait, téigh chuig: <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>
Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a>	Eolas ceart ag dáta an fhoilsithe. Chun an leagan is deireanaí den bhiveog seo agus formáidí malartacha, téigh chuig suíomh gréasán na PHA <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a>
© Crown copyright 2021	© Faoi chóipcheart Crown 2021
This information was originally developed by Public Heath England and is used under the Open Government Licence v3.0	Rinneadh an eolas seo ag Public Heath England ar dtús agus úsáidtear é faoin Open Government Licence v3.0
Tel: 0300 555 0114 (local rate)	Teil.: 0300 555 0114 (ráta áitiúil)
Find us on:	Tar orainn ar:

05/21