

	Tetum
COVID-19 vaccination	Vasinasau COVID-19
A guide to the programme	Matadalan ba programa ne'e
This leaflet explains about the COVID-19 vaccination programme and who is eligible.	Follet aida ne'e esplika kona-ba programa vasinasau COVID-19 no sé mak elijivel.
Find out more at www.nidirect.gov.uk/covid-vaccine	Hatene barak liu tan iha www.nidirect.gov.uk/covid-vaccine
What is COVID-19 or Coronavirus?	Saida mak COVID-19 ka Virus Korona?
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 kauza husi virus korona foun, kuñesidu ho naran SARS-CoV-2. Ida ne'e identifika uluk iha loron ikus tinan 2019. Ida ne'e kontajiozu tebes no bele halo ema moras respiratoriu grave.
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.	Ema barak ne'ebé infetadu dala ruma laiha sintoma ka iha sintoma ne'ebé kmaan de'it. Ida ne'e baibain komesa ho me'ar, isin manas, ulun moras no lakon sentidu gostu no horon.
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.	Ema balun sente kole tebes, isin moras, tee been no muta, isin manas no konfuzaun. Ema oituan mak hetan moras boot ne'ebé presiza tratamentu iha ospital ka tama ba iha kuidadu intensivu.
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.	Jeralmente la to'o ema 1 iha 100 ne'ebé infetadu sei mate tanba COVID-19, maibé iha ema sira ne'ebé idade liu 75 ida ne'e sa'e ba 1 iha 10.
There is no cure for COVID-19 although some newly tested treatments do help to reduce the risk of complications.	Laiha ai-moruk ba COVID-19 maske tratamentu balun ne'ebé foin teste bele ajuda atu redús risku komplikasaun sira.
About the types of vaccine	Kona-ba tipu vasina
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.	Iha Irlanda Norte, iha tipu diferente balun husi vasina COVID-19 ne'ebé sei utiliza durante tinan 2021. Vasina ida ne'e sei aprovalu de'it kuandu iha estudu kle'an ba nia seguransa no efetividade.
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.	Liu ema millaun 34 ih UK hetan ona vasina hasoru COVID-19 no vasina ne'e prevene ona kazu barak no prevene liu ema na'in 10,000 mak mate tanba 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 balance is very much in favour of vaccination.	Foin lalais ne'e iha ona relatóriu kona-ba kondisaun raru tebes ne'ebé envolve raan isin no raan sai la hanesan babain depoizde vasinasau AstraZeneca (AZ). Ida ne'e agora hetan avaliasaun ho kuidadu maibé fatore risku sira ba kondisaun ida ne'e seidak klaru. Tanba ho risku aas ba komplikasaun no mate tanba COVID-19, Entidade Regulatóriu no produktu Medisina Kuidadu Saúde (MHRA), Organizasaun Saúde Mundial no Entidade Medisina Europeu konklui ona katak balansu ba ida ne'e a favor liu ba vasinasau ne'e.

Who should have the COVID-19 vaccines?	Who should have the COVID-19 vaccines?
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.	Iha inísiu, Komisaun Konjunta ba Vasinasaun no Imunizasaun (JCVI), grupu péritu independente rekomenda ona katak vasina hirak ne'e oferese ba sira ne'ebé iha risku aas liu atu hetan infesaun no sei bele sofre komplikasaun ne'ebé sériu.
This included older adults, frontline health and social care workers, care home residents and staff, and those with certain clinical conditions.	Ida ne'e inklui adultu sira ne'ebé idade ona, pesoál saúde iha liña oin no pesoál sira iha assistensia sosiál, no sira ne'ebé ho kondisaun klíniku ruma.
Am I at risk from COVID-19 infection?	Karik ha'u iha risku ba infesaun COVID-19?
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.	Virus korona bele afeta kualkér ema. Se Ita adultu ne'ebé idade ona no iha kondisaun saúde longu prazu, entaun Ita sempre hetan ona konvite atu ba vasina.
Who is now eligible for the vaccination?	Se mak agora elijivel ba vasinasaun?
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.	Vasina ne'e agora oferese ba ema sira ne'ebé ho risku naton husi komplikasaun ba COVID-19. Ita sei iha risku atu hetan infesaun no da'et ba ema seluk.
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.	Ba foin sa'e sira barak liu, COVID-19 baibain kamaan de'it no raru liu hamosu komplisaun. Ba ema oituan mak sintoma sira ne'e dura liu semana rua to'o tolu. Vasinasaun ne'e sei ajuda proteje Ita hasoru COVID-19.
The vaccine will be offered to those under 50 years old in the following order:	Vasina ne'e sei oferese ba sira ne'ebé seidak to'o tinan 50 iha orden tuirmai:
<ul style="list-style-type: none"> • 40 - 49 years 	<ul style="list-style-type: none"> • tinan 40 - 49
<ul style="list-style-type: none"> • 30 - 39 years 	<ul style="list-style-type: none"> • tinan 30 - 39
<ul style="list-style-type: none"> • 18 years and over 	<ul style="list-style-type: none"> • tinan 18 ka liu
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.	Risku aas nafatin liu ba sira ne'ebé idade liu. Nu'udar ezemplu, risku atu mate husi COVID-19 iha ema ho tinan 40 to'o 49 ne'e aas liu dala 3 duké ema ne'ebé iha grupu idade 30 to'o 39 no dala 12 aas liu duke ema ruma ne'ebé iha grupu idade 20 to'o 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 preferable for healthy people under 40, who have not yet received a first dose, to have a vaccine other than AstraZeneca (AZ).	Durante programa ne'e la'o hela, JCVI sei orienta kona-ba vasina ne'ebé mak serve liu ba kada grupu idade. Vasina ne'e karik sei oferese ba Ita depende ba Ita-nia idade. Oras ne'e, JCVI fó sai ona katak ba ema ne'ebé saudavel ho tinan seidak to'o 40 ne'ebé mak seidak simu doze dahuluk, atu di'ak liu simu vasina seluk duké AstraZeneca (AZ).
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.	Iha tempu wainhira oferese ida ne'e, sei bazea ba disponibilidade husi vasina sira ne'e. Ema ne'ebé uluk elijivel ba vasinasaun sei nafatin hanesan no tenke halo markasaun atu komesa ka kompleta sira-nia síklu ne'ebé

	rekomenda ona.
Pregnant women	Inan isin-rua
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.	JCVI orienta ona atu inan isin rua sira mós hetan oferese vasinasaun iha tempu ne'ebé hanesan ho populasaun seluk, bazea ba sira-nia idade no grupu risku klíniku nian.
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.	Vasina Pfizer BioNTech no Moderna mak vasina preferidu ba feto isin rua iha kualkér idade. Oras ne'e iha ona esperiéncia barak tan kona-ba uzu vasina Pfizer BioNTech no Moderna iha isin rua iha USA no la deteta preokupasaun seguransa ruma. Maske nune'e, inan isin rua ne'ebé komesa vasinasaun ho vasina AZ, husu atu kompleta síklu ne'e ho vasina ne'ebé hanesan.
Who cannot have the vaccine?	Sé mak labele simu vasina?
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.	Iha vasina ne'e laiha organizmu sira ne'ebé sai boot iha isin laran, tan ne'e seguru ba ema sira ne'ebé nia sistema imunidade iha dizorden. Ema sira ne'e karik sei la responde di'ak ba vasina ne'e. Ema oituan ne'ebé iha risku ba COVID-19 labele simu vasina – ida ne'e inklui ema ruma ne'ebé iha alerjia maka'as no ema sira ne'ebé iha dizorden raan nian.
Who should wait to have the vaccine?	Sé mak tenke hein atu simu vasina ne'e?
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.	Se oras ne'e Ita moras hela, se Ita karantina hela, hein rezultadu teste COVID-19 ka iha semana 4 nia laran Ita-nia teste COVID-19 konfirmadu pozitivu, entaun ita tenke adia Ita-nia vasinasaun ba loron seluk.
Will the vaccine protect me?	Vasina ne'e sei proteje ha'u ka lae?
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.	Vasina COVID-19 sei hatún possibilidade atu Ita sofre husi moras COVID-19. Presiza semana balun atu Ita-nia isin dezenvolve protesaun ruma husi vasina ne'e. Hanesan medisina sira seluk, laiha vasina ida mak kompletamente efetivu - ema balun sei bele hetan COVID-19 maske hetan ona vasinasaun, maibé ida ne'e sei la grave.
Will the vaccine have side effects?	Vasina ne'e sei iha efeitu sekundaria ka lae?
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.	Hanesan mos ai-moruk selu-seluk, vasina bele kauza efeitu sekundariu. Barak liu mak kmaan deit no iha tempu badak, no la'os ema hotu hetan ida ne'e. Mezmu Ita hetan efeitu sekundariu doze dahuluk, Ita sei presiza hetan doze daruak. Maske karik Ita sei hetan protesaun balun husi doze dahuluk, simu doze daruak sei fó protesaun ne'ebé dura liu hasoru virus ida ne'e.
Very common side effects include:	Efeitu sekundariu jeral ne'e inklui:

<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"> liman ne'ebé hetan sona sei moras, todan no mamar. Ida ne'e baibain sai pior iha loron 1-2 depoizde vasina
<ul style="list-style-type: none"> feeling tired 	<ul style="list-style-type: none"> sente kolen
<ul style="list-style-type: none"> headache, aches and chills 	<ul style="list-style-type: none"> ulun moras, isin-moras no isin malirin
<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 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.</p>	<p>Ita bele deskansa no bele hemu ai-moruk paracetamol ho doze baibain (tuur orientasaun iha nia falun) atu ajuda Ita sente di'ak. Maske sente malirin no sente hanesan moras gripe ne'e baibain ba loron rua ka tolu, isin manas* ne'e la'os baibain no bele indika katak Ita hetan hela COVID-19 ka infesaun seluk. Efeitu sekundaria ne'ebé Ita sente depoizde vasinasaun ne'e baibain la to'o semana ida. Se Ita nia sintoma sira ne'e haree ba sai pior liu ka se Ita preokupa, telefone NHS 111.</p>
<p>*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.</p>	<p>*Se Ita hala'o hela kimioterapia no sente isin manas, kontaktu Ita-nia unidade kuidadu moras-kankru lokál nian.</p>
<p>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.</p>	<p>Se Ita esperiéncia buat hirak tuirmai ne'e ida liu loron 4 no iha loron 28 nia laran (semana 4) depoizde vasinasaun Ita tenke buka asisténsia médiku kedas husi Ita-nia GP ka Servisu Emerjénsia.</p>
<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"> komesa ulun moras maka'as ne'ebé labele kura ho ai-moruk hatún moras baibain nian ka moras ne'e sai pior liu tan;
<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"> ulun moras ne'ebé oinseluk ne'ebé mak sai pior wainhira toba tún ka hakru'uk ka bele mós akompañã ho
– blurred vision, nausea and vomiting	– haree la moos, laran sa'e no muta
– difficulty with your speech	– susar atu ko'alia sai,
– weakness, drowsiness or seizures;	– sente fraku, dukur ka hetan epilepsia;
<ul style="list-style-type: none"> new, unexplained pinprick bruising or bleeding; 	<ul style="list-style-type: none"> komesa iha raan metan iha kulit hanesan baku fatin la ho razaun ruma;
<ul style="list-style-type: none"> shortness of breath, chest pain, leg swelling; 	<ul style="list-style-type: none"> iis badak, hirus matan moras, ain bubu;
<ul style="list-style-type: none"> persistent abdominal pain. 	<ul style="list-style-type: none"> kabun moras la para.
<p>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.</p>	<p>Se Ita hetan sintoma hirak iha leten ne'e ida depoizde Ita-nia vasinasaun dahuluk, Ita tenke ko'alia ho Ita-nia dotór ka espesialista ida molok simu Ita-nia doze daruak.</p>
<p>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.</p>	<p>Se Ita buka matadalan husi dotór ida ka enfermeiru ida, fafor asegura katak Ita dehan ba sira kona-ba Ita-nia vasinasaun (hatudu kartaun vasinasaun ba sira se posivel) atu sira</p>

You can also report suspected side effects to vaccines and medicines through the Yellow Card scheme. See page	bele ezamina Ita loloos. Ita mós bele relata efeito sekundaria ne'ebé ita deskonfia iha husi vasina ne'e ka husi ai-moruk sira liu husi rejime Yellow Card (Kartaun Kinur). Haree pájina
If you are currently in the clinically extremely vulnerable group, please continue to follow the government guidance.	Se oras ne'e Ita iha grupu ne'ebé klinicamente vulneravel tebes, favór kontinua halo tuir guvernu nia orientasaun.
What can I do after I have had the COVID-19 vaccine?	Saida mak ha'u bele halo depoizde hau hetan ona vasina COVID-19?
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.	Vasina sei la fó infesaun COVID-19, no simu doze rua sei hatún Ita-nia possibilidade atu hetan moras sériu. Ami la hatene boot oinsá vasina ne'e sei hatún Ita-nia possibilidade atu hetan no hada'et virus ne'e. Tan ne'e importante atu kontinua proteje ema sira ne'ebé besik Ita.
Remember, to protect yourself and your family, friends and colleagues you MUST still follow any local restrictions and:	Lembra, atu proteje Ita-nia an no Ita-nia família, maluk no kolega sira Ita TENKE nafatin halo tuir kualkér restrisaun lokál no:
<ul style="list-style-type: none"> • practise social distancing 	<ul style="list-style-type: none"> • prátika distansiamentu sosiál
<ul style="list-style-type: none"> • wear a face covering 	<ul style="list-style-type: none"> • uza máskara
<ul style="list-style-type: none"> • wash your hands regularly 	<ul style="list-style-type: none"> • fase Ita-nia liman beibeik
<ul style="list-style-type: none"> • open windows to let fresh air in 	<ul style="list-style-type: none"> • loke janela atu husik anin fresku tama
<ul style="list-style-type: none"> • follow the current guidance at www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> • halo tuir orientasaun atuál iha www.nidirect.gov.uk/coronavirus
Keep your card safe and make sure you keep your next appointment to get your second dose.	Rai Ita nia kartaun ho seguru no asegura katak Ita atende Ita-nia markasaun tuir mai atu simu doze daruak.
Make sure you keep this record card with you	Asegura katak Ita rai kartaun rejistru ida ne'e ho Ita
Don't forget your COVID-19 vaccination Protect yourself.	Keta haluha Ita-nia vasinasau COVID-19 Proteje Ita.
For more information on the COVID-19 vaccination or what to do after your vaccination, see www.nidirect.gov.uk/covid-vaccine	Ba Informasaun kle'an liu tan kona-ba vasinasau COVID-19 ka tenke halo saida depoizde Ita nia vasinasau, haree www.nidirect.gov.uk/covid-vaccine
Can I catch COVID-19 from the vaccine?	Karik ha'u bele hetan COVID-19 husi vasina ne'e?
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.	Ita labele hetan COVID-19 husi vasina maibé iha possibilidade katak Ita hetan ona COVID-19 maibé la hatene se Ita iha sintoma até depoizde ita-nia loron vasinasau nian.
The most important symptoms of COVID-19 are recent onset of any of the following:	Sintoma importante liu husi COVID-19 mak komesa sente buat hirak tuirmai ne'e:
<ul style="list-style-type: none"> • a new continuous cough 	<ul style="list-style-type: none"> • komesa me'ar la para
<ul style="list-style-type: none"> • a high temperature 	<ul style="list-style-type: none"> • isin manas
<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"> • sentidu atu horon ka gostu baibain nian lakon ka muda
If you have the symptoms above, stay at home	Se Ita iha sintoma sira iha leten ne'e, entaun

and arrange to have a test.	hela iha uma no aranja atu halo teste.
What do I do next?	Tuir mai saida mak ha'u tenke halo?
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.	Depoizde Ita hetan ona doze dahuluk, Ita presiza planu atu atende Ita-nia markasaun daruak. Ita sempre iha kartaun oan ida no Ita-nia markasaun tuirmai sempre planu iha semana 3 no 12 nia laran.
Although the first dose will give you good protection, you need the second dose to get longer lasting protection.	Maske doze dahuluk sei fó protesau di'ak, Ita presiza doze daruak atu hetan protesau ne'ebé dura liu.
What should I do if I am not well when it is my next appointment?	Saida mak ha'u tenke halo se ha'u moras iha hau nia markasaun tuir mai?
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.	Se Ita moras, di'ak liu hein to'o wainhira Ita rekupera ona mak simu Ita-nia vasina, maibé Ita tenke koko atu simu lalais liu posivel.
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.	Ita labele atende markasaun vasina se Ita karantina hela, hein rezultadu teste COVID-19 ka iha semana haat nia laran Ita-nia teste COVID-19 konfirmadu pozitivu.
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.	Favór lee folleta informasaun produktu ne'e atu hetan informasaun detalla liu tan kona-ba Ita-nia vasina, inklui nia efeitu sekundariu, hodi halo buska Coronavirus Yellow Card (Kartaun Kinur Virus Korona). Ita mós bele relata efeitu sekundaria ne'ebé ita deskonfia iha sítiu internet ne'ebé hanesan ka hodi download aplikasaun Yellow Card.
coronavirus-yellowcard.mhra.gov.uk	coronavirus-yellowcard.mhra.gov.uk
Remember	Lembra
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.	COVID-19 da'et liu husi kabeen musan ne'ebé tama ita wainhira hasai husi inus ka ibun, liu-liu wainhira ko'alia ka me'ar. Ita bele hetan ida ne'e hodi ka'er ita-nia matan, inus no ibun depoizde iha kontaktu ho sasan sira ne'ebé kontaminadu ona.
You MUST still continue to follow any local restrictions and:	Ita TENKE nafatin halo tuir kualkér restrisaun lokál no:
<ul style="list-style-type: none"> • practise social distancing 	<ul style="list-style-type: none"> • prátika distansiamentu sosiál
<ul style="list-style-type: none"> • wear a face covering 	<ul style="list-style-type: none"> • uza máskara
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<ul style="list-style-type: none"> • follow the current guidance at www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> • halo tuir orientasaun atuál iha www.nidirect.gov.uk/coronavirus
Vaccination, helping to protect those most vulnerable.	Vasinasau, ajuda hodi proteje sira ne'ebé vulneravel liu.
If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine	Se Ita hakarak informasaun barak liu tan kona-ba vasinasau COVID-19, favór vizita: www.nidirect.gov.uk/covid-vaccine
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