

	<b>Irish</b>
<b>COVID-19 vaccination</b>	<b>Vacsáiniú COVID-19</b>
<b>A guide for women who are pregnant or breastfeeding</b>	<b>Treoir do mhná atá ag iompar clainne nó ag cothú cíche</b>
<b>Please read this before your vaccination</b>	<b>Léigh é seo roimh do vacsaín le do thoil</b>
<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>
The COVID-19 vaccines available in the UK have been shown to be effective and to have a good safety profile. The current COVID-19 vaccines do not contain live coronavirus and cannot infect a pregnant woman or her unborn baby in the womb.	Tá fianaise ann go bhfuil na vacsaíní COVID-19 ar fáil sa RA éifeachtach agus go bhfuil próifíl sabháilteachta acu. Níl coróinvíreas beo sna vacsaíní reatha COVID-19 agus ní féidir leo mná torracha nó a leanbh sa bhroinn a ionfhabhtú.
<b>COVID-19 vaccination in pregnancy</b>	<b>Vacsáiniú COVID-19 sa tréimhse thoiricis</b>
Although clinical trials on the use of COVID-19 vaccines during pregnancy are not advanced, the available data do not indicate any harm to pregnancy.	Cé nach bhfuil forbairt mhór déanta ar thrialacha cliniciúla faoi úsáid na vacsaíní COVID-19 le linn na tréimhse thoiricis, ní léiríonn na sonraí atá fáil go bhfuil seans dochair do thoirceas.
In addition to any pre-existing risk factors a pregnant woman may have, in the later stages of pregnancy women are at increased risk of becoming seriously unwell with COVID-19. If this happens, your baby is two to three times more likely to be born prematurely, which can affect their long-term health.	In éineacht le fachtóirí riosca atá ann cheana do mhná torracha, méadaítear an riosca go n-éiríonn mná torracha an-tinn le COVID-19 ag deireadh na tréimhse thoiricis. Má tharlaíonn sé seo, tá seans mór ann go mbéarfar do leanbh roimh a am, rud a chuirfear i bhfeidhm ar a sláinte fadtéarmach.
The Joint Committee on Vaccination and Immunisation (JCVI) has therefore 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.	Mar sin, mhol an Joint Committee on Vaccination and Immunisation (JCVI) 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.
There is now extensive experience of the use of the Pfizer BioNTech and Moderna vaccines during pregnancy in the USA with no safety concerns. These vaccines are therefore the preferred vaccines to offer to pregnant women of any age.	Tá taithí cuimsitheach faighte anois ar úsáid na vacsaíní Pfizer BioNTech agus Moderna le linn na tréimhse thoiricis sna SA gan aon imní faoi shabháilteacht. Is fearr na vacsaíní seo mar sin a chur ar fáil do mhná torracha de gach aois.
Pregnant women who commenced vaccination with AstraZeneca, however, are advised to complete the course with the same vaccine.	Moltar, áfach, go gcríochnaíonn mná torracha a fuair an vacsaín AstraZeneca an cúrsa iomlán leis an vacsaín chéanna.
<b>What does this mean for me?</b>	<b>Cad a chiallaíonn sé seo dom?</b>
If you are pregnant you will be able to receive a COVID-19 vaccine at the same time as other women of your age:	Má tá tú torrach, féadfaidh tú vacsaín COVID-19 a fháil ag an am céanna le mná do do chomhaois.
<ul style="list-style-type: none"> <li>You may wish to discuss having it with your doctor or midwife.</li> </ul>	<ul style="list-style-type: none"> <li>B'fhéidir gur mian leat é a fháil ó do dhochtúir nó d'altra.</li> </ul>
<ul style="list-style-type: none"> <li>Pfizer and Moderna vaccines are the preferred vaccines for pregnant women of any age, because of more extensive experience of their use in pregnancy.</li> </ul>	<ul style="list-style-type: none"> <li>Is fearr na vacsaíní Pfizer agus Moderna do mhná torracha de gach aois, toisc go bhfuil tuilleadh taithí cuimsithí ar a n-úsáid le linn an thoiricis.</li> </ul>

<ul style="list-style-type: none"> <li>If you decide to have a COVID-19 vaccine, please tell the vaccination team that you are pregnant so that this can be recorded.</li> </ul>	<ul style="list-style-type: none"> <li>Má bheartaíonn tú vacsaín COVID-19 a fháil, inis don fhoireann vacsaínithe le do thoil go bhfuil tú ag iompar clainne ionas go dtaifeadfar é seo.</li> </ul>
<ul style="list-style-type: none"> <li>Pregnant women who commenced vaccination with AstraZeneca, however, are advised to complete the course with the same vaccine.</li> </ul>	<ul style="list-style-type: none"> <li>Moltar, áfach, go gcríochnaíonn mná torracha a fuair an vacsaín AstraZeneca an cúrsa iomlán leis an vacsaín chéanna.</li> </ul>
If you have had the first dose of COVID-19 vaccine and then become pregnant or find out you are pregnant:	Má bhí an chéad dáileog den vacsaín COVID-19 agat agus faigheann tú amach go bhfuil tú ag iompar clainne:
<ul style="list-style-type: none"> <li>you may wish to discuss having the second dose with your doctor or midwife.</li> </ul>	<ul style="list-style-type: none"> <li>b'fhéidir gur mian leat an dara dáileog a fháil a phlé le do dhochtúir nó d'altra.</li> </ul>
<ul style="list-style-type: none"> <li>unless you had serious side effects, you are advised to complete the course with the same vaccine during your pregnancy or you can wait until you have had your baby.</li> </ul>	<ul style="list-style-type: none"> <li>mura raibh fo-iarmhairtí dáiríre agat, moltar go gcríochnaíonn tú an cúrsa iomlán den vacsaín chéanna le linn do thoircis nó is féidir leat fanacht go dtí go mbéarfar do leanbh.</li> </ul>
<b>Breastfeeding</b>	<b>Cothú Cíche</b>
There is no known risk associated with any current COVID-19 vaccines whilst breastfeeding. The JCVI advises that breastfeeding women may be offered any suitable COVID-19 vaccine.	Níl aon riosca aitheanta ag baint leis na vacsaíní reatha COVID-19 le linn cothú cíche. Molann an JCVI go gcuirtear aon vacsaín COVID-19 fheiliúnach do mhná atá ag cothú cíche.
Talk to your doctor or midwife if you have any concerns.	Labhair le do dhochtúir nó le d'altra má tá imní ar bith ort.
There is no need to avoid pregnancy after COVID-19 vaccination.	Ní gá toirceas a sheachaint tar éis vacsaínithe COVID-19.
The Royal College of Obstetricians and Gynaecologists (RCOG) and Royal College of Midwives (RCM) have a decision guide and other useful information on COVID-19 vaccines and pregnancy ( <a href="http://www.rcog.org.uk">www.rcog.org.uk</a> and <a href="http://www.rcm.org.uk/guidance-for-pregnant-women">www.rcm.org.uk/guidance-for-pregnant-women</a> )	Tá treoir chinnidh agus tuilleadh eolais úsáidigh ar vacsaíní COVID-19 agus toirceas ag an Royal College of Obstetricians and Gynaecologists (RCOG) agus an Royal College of Midwives (RCM) ( <a href="http://www.rcog.org.uk">www.rcog.org.uk</a> agus <a href="http://www.rcm.org.uk/guidance-for-pregnant-women">www.rcm.org.uk/guidance-for-pregnant-women</a> )
<b>Vaccination, helping to protect those most vulnerable.</b>	<b>Vacsaíniú, ag cabhrú le cosaint a thabhairt dóibh siúd atá i gcontúirt.</b>
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