

	Tetum
COVID-19 vaccination	Vasinasau COVID-19
A guide for women who are pregnant or breastfeeding	Matadalan ba fetu ne'ebé isin rua ka fó susu hela.
Please read this before your vaccination	Favór lee ida ne'e molok ita-nia vasinasau
Find out more at www.nidirect.gov.uk/covid-vaccine	Hatene barak liu tan iha www.nidirect.gov.uk/covid-vaccine
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.	Vasina COVID-19 sira iha UK ne'e hatudu ona katak sira ne'e efetivu no iha perfil seguransa ne'ebé di'ak. Vasina COVID-19 ida agora ne'e la iha virus korona ne'ebé sei moris no labele da'et ba fetu isin rua sira ka bebé iha sira-nia knotak.
COVID-19 vaccination in pregnancy	Vasinasau COVID-19 durante isin rua
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.	Maske teste klíniku atu uza vasina COVID-19 durante isin rua ne'e la'os avansadu, dadus hirak ne'ebé iha la indika danu ruma ba fetu isin rua.
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.	Aumenta ba fatore risku ruma ne'ebé iha ona ba fetu isin rua ida, iha faze ikus isin rua nian fetu sira iha risku boot liu atu hetan moras sériu husi COVID-19. Se ida ne'e mak akontese, possibilidade atu Ita-nia bebé moris prematuru sei aumenta dala rua ka dala tolu, ne'ebé mak sei afeta sira-nia saúde longu prazu nian.
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.	Ho nune'e Komisaun konjunta ba Vasinasau no Imunizasaun (JCVI) orienta ona atu inan isin rua sira mós hetan ofereze vasinasau iha tempu ne'ebé hanesan ho populasaun seluk, bazea ba sira-nia idade no grupu risku klíniku nian.
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.	Oras ne'e iha ona esperiênsia barak tan kona-ba uzu vasina Pfizer BioNTech no Moderna durante isin rua iha USA no la deteta preokupasaun seguransa ruma. Tanba ida ne'e vasina sira ne'e mak preferidu atu ofereze ba inan isin rua iha kualkér idade.
Pregnant women who commenced vaccination with AstraZeneca, however, are advised to complete the course with the same vaccine.	Maske nune'e, inan isin rua ne'ebé komesa vasinasau ho AstraZeneca, husu atu kompleta síklu ne'e ho vasina ne'ebé hanesan.
What does this mean for me?	Ida ne'e signifika saida ba ha'u?
If you are pregnant you will be able to receive a COVID-19 vaccine at the same time as other women of your age:	Se Ita isin rua hela Ita sei bele atu simu vasina COVID-19 iha tempu ne'ebé hanesan ho fetu sira seluk ne'ebé nia idade hanesan ho ita-nia.
<ul style="list-style-type: none"> You may wish to discuss having it with your doctor or midwife. 	<ul style="list-style-type: none"> Karik Ita hakarak ko'alia kona-ba simu vasina ne'e ho Ita-nia dotór ka parteira.
<ul style="list-style-type: none"> Pfizer and Moderna vaccines are the preferred vaccines for pregnant women of any age, because of more extensive experience of their use in pregnancy. 	<ul style="list-style-type: none"> Vasina Pfizer no Moderna mak vasina preferidu ba ema isin rua iha kualkér idade, tanba iha esperiênsia ne'ebé barak liu kona-ba ema hetan ida ne'e wainhira isin rua hela.
<ul style="list-style-type: none"> If you decide to have a COVID-19 	<ul style="list-style-type: none"> Se Ita decide atu simu vasina COVID-19,

vaccine, please tell the vaccination team that you are pregnant so that this can be recorded.	favór dehan ba ekipa vasinasaun nian katak Ita isin rua hela atu sira bele halo nota ba ida ne'e.
<ul style="list-style-type: none"> Pregnant women who commenced vaccination with AstraZeneca, however, are advised to complete the course with the same vaccine. 	<ul style="list-style-type: none"> Maske nune'e, inan isin rua ne'ebé komesa vasinasaun ho AstraZeneca, husu atu kompleta síklu ne'e ho vasina ne'ebé hanesan.
If you have had the first dose of COVID-19 vaccine and then become pregnant or find out you are pregnant:	Se Ita hetan ona doze dahuluk ba vasina COVID-19 mak isin rua ka foin mak hatene katak Ita isin rua ona:
<ul style="list-style-type: none"> you may wish to discuss having the second dose with your doctor or midwife. 	<ul style="list-style-type: none"> karik Ita hakarak ko'alia kona-ba simu doze daruak vasina ne'e ho Ita-nia dotór ka parteira.
<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> anaunser uluk Ita hetan efeitu sekundariu sériu, di'ak liu Ita kompleta síklu ne'e ho vasina ne'ebé hanesan durante Ita-nia isin rua ne'e ka Ita mós bele hein to'o depois ita hahoris ona Ita-nia bebé.
Breastfeeding	Fó susubeen inan nian
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.	Laiha risku ruma ne'ebé ema nota relasiona ho kualkér vasina COVID-19 ne'e ho fó susubeen inan nian. JCVI orienta katak inan isin rua sira bele simu kualkér vasina COVID-19 ne'ebé serve.
Talk to your doctor or midwife if you have any concerns.	Ko'alia ho Ita-nia doutór ka parteira se Ita iha preokupasaun ruma.
There is no need to avoid pregnancy after COVID-19 vaccination.	La presiza tenke evita isin rua depoizde vasinasaun 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 (www.rcog.org.uk and www.rcm.org.uk/guidance-for-pregnant-women)	Royal College ba Obstetra no Jinekolojista (RCOG) no Royal College ba Parteira sira (RCM) fornese matadalan desizaun no informasaun importante seluk kona-ba vasina COVID-19 no isin rua (www.rcog.org.uk and www.rcm.org.uk/guidance-for-pregnant-women)
Vaccination, helping to protect those most vulnerable.	Vasinasaun, ajuda hodi proteje sira ne'ebé vulneravel liu.
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