	Arabic
COVID-19 vaccination	لقاح كوفيد-19
What to expect	ماذا تتوقع
Information for people who have just had	معلومات للأشخاص الذين تلقوا مؤخرًا اللقاح المضاد لفيروس
their COVID-19 vaccination	كورونا المستجد (كوفيد-19)
Find out more at	اكتشف المزيد على: www.nidirect.gov.uk/covid-vaccine
www.nidirect.gov.uk/covid-vaccine	
Contents	المحتويات
What are the side effects?	ما الأثار الجانبية؟
Can I catch COVID-19 from the vaccines?	هل يمكن أن أصاب بفيروس كورونا المستجد (كوفيد-19) من
	اللقاحات؟
When can I go back to daily activities?	متى أستطيع العودة إلى الأنشطة اليومية؟
What do I do next?	ما خطواتي التالية؟
What should I do if I am not well when it is	ماذا ينبغي أن أفعل إذا كنت مريضًا عندما يحين موعدي التالي؟
my next appointment?	
Will the vaccine protect me?	هل سيحميني اللقاح؟
What can I do after I have had the vaccine?	ماذا يمكنني أن أفعل بعد تلقي اللقاح؟
Please read the product information	الرجاء قرآءة نشرة معلومات المنتج للاطلاع على تفاصيل اللقاح
leaflet for more details on your vaccine,	الذي ستتلقاه، بما في ذلك الآثار الجانبية المحتملة، بالبحث عن
including possible side effects, by	Coronavirus Yellow Card (بطاقة فيروس كورونا الصفراء).
searching Coronavirus Yellow Card.	
You can also report suspected side effects	يمكنك كذلك الإبلاغ عن الآثار الجانبية المشتبه بها على نفس موقع الويب أو بتنزيل تطبيق Yellow Card (البطاقة الصفراء)
on the same website or by downloading	الويب او بسرين تعبيق Yellow Card (البصف الصعراع)
the Yellow Card app. coronavirus-yellowcard.mhra.gov.uk	coronavirus-yellowcard.mhra.gov.uk
People who are most at risk from the	الأشخاص الأكثر عرضة للخطر من مضاعفات فيروس كورونا
complications of COVID-19 are being	المستجد (كوفيد-19) يُقدم لهم لقاح كوفيد-19.
	123 23 6 76 7 2 23 7 .
offered the COVID-19 vaccination.	
This leaflet tells you what to expect after	توضح لك هذه النشر ة ماذا تتوقع بعد أن تتلقى اللقاح و إذا كنت تحتاج
This leaflet tells you what to expect after	توضح لك هذه النشرة ماذا تتوقع بعد أن تتلقى اللقاح. وإذا كنت تحتاج إلى جرعة ثانية من اللقاح، فاحرص على معرفة تاريخ موعدك
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you still need to have the second dose.	الأولى، فإن الحصول على الدورة العلاجية الكاملة الموصى بها
Although you may get some protection	الدولي، على المعتمون على الموروة المعارفية المعالمة المعرفة بها سوف يمنحك الفول حماية ضد الفيروس.
from the first dose, having the full	
recommended course will give you the best	
protection against the virus.	
Very common side effects in the first day	الآثار الجانبية الشائعة جدًا في اليوم الأول أو الثاني تشمل:
or two include:	الا تار الجالبية الساعة جدا في اليوم الاول ال التاقي فللس:
	 شعور مؤلم ثقيل وألم في الذراع الذي تم فيه الحقن
 having a painful, heavy feeling and tenderness in the arm where you 	• سعور مولم تقیل والم في الدراع الذي ثم فیه الحقل
•	
had your injection	 الشعور بالتعب
feeling tired	
headache, aches and chills	• صداع، أوجاع، إحساس بالبرد مع ارتعاش
You may also have flu like symptoms with	ربما تشعر أيضًا بأعراض شبيهة بأعراض الإنفلونزا مع نوبات من
episodes of shivering and shaking for a day	الارتعاش والارتجاف ليوم أو يومين. ويمكن أن يعني ارتفاع درجة
or two. However, a high temperature*	الحرارة * أيضًا أنك مصاب بغيروس كورونا المستجد (كوفيد-19) أو
could also indicate that you have COVID-19	عدوى أخرى (فضلًا، انظر المشورة بالصفحة 6). ويمكنك الراحة
or another infection (see advice on page 6).	وتناول الجرعة العادية من بار اسيتامول (اتبع المشورة التي على
You can rest and take the normal dose of	العبوة) لمساعدتك على التحسن.
paracetamol (follow the advice in the	
packaging) to help make you feel better.	at the same of the first and the same
*If you are on chemotherapy and have a	*إذا كنت تخضع للعلاج الكيماوي ولديك ارتفاع في درجة الحرارة،
high temperature, contact your local cancer	فاتصل بو حدة الر عاية المحلية المعنية بمكافحة السر طان.
care unit.	
An uncommon side effect is swollen glands	ومن الأثار الجانبية غير الشائعة تورم الغدد في الإبط أو العنق بنفس
in the armpit or neck on the same side as	الجانب الذي به الذراع الذي تلقيت فيه اللقاح. ويمكن أن يستمر هذا
the arm where you had the vaccine. This	حوالي 10 أيام، ولكن إذا طال عن ذلك فاذهب إلى طبيبك. وإذا كان
can last for around 10 days, but if it lasts	مقررًا لك فحص بالماموجر ام (تصوير اللَّذي بالأَشْعَة السينية) في الله له التالة التربيّا على الله المنت في ذلك منذ ال
longer see your doctor. If you are due for a	الأسابيع القليلة التي تلي تلقي اللقاح فينبغي ذكر ذلك عند الحضور.
mammogram in the few weeks after the	
vaccine, then you should mention that	
when you attend.	راً الله على الله على الله الله الله الله الله الله الله ال
What should I do if I am concerned about	ماذا أفعل لو عندي مخاوف بشأن الأعراض التي لديّ؟
my symptoms?	for the second s
These symptoms normally last less than a	تستمر هذه الأعراض عادة لأقل من أسبوع. فإن بدا أن الأعراض
week. If your symptoms seem to get worse	تزداد سوءًا أو إذا كان لديك مخاوف يُرجى الاتصال على بالرقم:
or if you are concerned, call NHS 111. If you	111 لهيئة الصحة الوطنية. وإذا سعيت للحصول على مشورة من
do seek advice from a doctor or nurse,	طبيب أو ممرض(ة) فاحرص على إخبار هما باللقاح الذي تلقيته (أبل المالية تالتال كريت من التناس التاكوم الله
make sure you tell them about your	(أظهر لهما بطاقة التطعيم) حتى يمكنهما تقييم حالتك على النحو المرابعة على التعليم التع
vaccination (show them the vaccination	الصحيح. يمكنك كذلك الإبلاغ عن الأثار الجانبية المشتبه بها للقاحات الأدرية من خلال خطة Card عن الإثار البطاقة العرف الي مريكات
card) so that they can assess you properly.	والأدوية من خلال خطة Yellow Card (البطاقة الصفراء). ويمكنك التما ويتاريع الإنترانية المستوراء).
You can also report suspected side effects	القيام بذلك عبر الإنترنت بالبحث عن Coronavirus Yellow
of vaccines and medicines through the	Card (بطاقة فيروس كورونا الصفراء) أو بتنزيل تطبيق Yellow
Yellow Card scheme. You can do this online	Card (البطاقة الصفراء) (فضلًا انظر الصفحة 2).
by searching Coronavirus Yellow Card or by	
downloading the Yellow Card app (please	
see page 2).	
Recently there have been reports of an	كانت هناك في الأونة الأخيرة تقارير عن حالة نادرة للغاية تنطوي
extremely rare condition involving blood	على تجلطات دم (تخثرات) ونزف غير معتاد بعد التطعيم بلقاح
clots and unusual bleeding after	أستر ازينيكا (AZ). ويجري في الوقت الحاضر مراجعة هذه الحالة
vaccination with AstraZeneca (AZ). This is	ولكن عوامل الخطر المتعلقة بها لم تتضح بعد. ونظرًا للمخاطر
being carefully reviewed but the risk	العالية للمضاعفات والوفاة التي تحدث بسبب فيروس كورونا

المستخد (كونيد-19) ومستحد المنافر المنافرة الم		
and death from COVID-19, the MHRA, the World Health Organization and the European Medicines Agency have concluded that the balance is very much in favour of vaccination. If you experience any of the following from more than 4 days and within 28 days after vaccination you should seek medical advice urgently from your GP or Emergency Department. a new, severe headache which is not helped by usual painkillers or is getting worse a nunusual headache which seems worse when lying down or bending over or may be accompanied by blurred vision, nausea and vomitting difficulty with your speech, - weakness, drowsiness or seizures new, unexplained pinprick bruising or bleeding shortness of breath, chest pain, leg swelling persistent abdominal pain Are the side effects different for each dose? Not all COVID-19 vaccines are the same – some tend to cause more side effects at the first dose, others cause more side effects at day or two. Can I 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. The most important symptoms of COVID-19 are recent onset of any of the following: a new continuous cough a new continuous cough a new continuous cough a loss of, or change in, your normal sense of taste or smell (anosmia). Although a fever can occur within a day or vow of vaccination, if you have any other woor of vaccination of the following: a loss of, or change in, your normal sense of taste or smell (anosmia). Although a fever can occur within a day or vow of vaccination, if you have any other woor of vaccination of the following: a loss of, or change in, your normal sense of taste or smell (anosmia). Although a fever can occur within a day or vow of vaccination, if you have any other woor of vaccination of the following: a loss of, or change in, your normal sense of taste or smell (anosmia). Although a fever can occur within a day or vow of vaccination, if you have any other woor of vaccination of the follow	factors for this condition are not yet clear.	المستجد (كوفيد-19)، توصلت هيئة تنظيم الأدوية ومنتجات الرعاية
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أو يومين من التطعيم باللقارح، إذا كان لديك أي أعراض أخرى للاستان لله two of vaccination, if you have any other	1	
للإصابة بفيروس كورونا المستجد (كوفيد-19) او استمرت الحُمي	Although a fever can occur within a day or	
	Although a fever can occur within a day or	أو يومين من التطعيم باللقاح، إذا كآن لديك أي أعراض أخرى

COVID-19 symptoms or your fever lasts longer, stay at home and arrange to have a	لفترة أطول، فيجب أن تبقى في المنزل وترتب لإجراء اختبار (تحليل).
test.	at with sain the the table
When can I go back to daily activities? You should be able to resume activities that are normal for you as long as you feel well. If your arm is particularly sore, you may find heavy lifting difficult. If you feel unwell or very tired you should rest and avoid operating machinery or driving.	متى أستطيع العودة إلى الأنشطة اليومية؟ ينبغي أن تكون قادرًا على استئناف أنشطتك العادية طالما كنت تشعر بصحة جيدة. وإذا كانت ذراعك خاصة ملتهبة فقد تجد صعوبة في رفع الأشياء الثقيلة. وإذا كنت تشعر بتوعك أو متعب جدًا، فينبغي أن تخلد للراحة وتتجنب تشغيل الآلات أو قيادة المركبات.
What do I do next?	ما خطواتي التالية؟
If this is your first dose, you should have a record card with your next appointment in between 3 and 12 weeks time. It is important to have both doses of the same vaccine to give you the best protection.	إذا كانت هذه جرعتك الأولى، فينبغي أن يكون لديك بطاقة تسجيل بموعدك التالي في غضون 3 أسابيع إلى 12 أسبوعًا. ومن المهم أن تحصل على كلا جرعتي اللقاح نفسه ليمنحك أفضل حماية.
Make sure you keep this record card with	احرص على المحافظة على بطاقة التسجيل هذه معك.
you Don't forget your COVID-19 vaccination Protect yourself. For more information on	لا تنس لقاح كوفيد-19 الخاص بك امنح نفسك الحماية. للمزيد من المعلومات حول اللقاح المضاد لفيروس كورونا المستجد (كوفيد-
the COVID-19 vaccination or what to do after your vaccination, see www.nidirect.gov.uk/covid-vaccine	19) أَو ماذا تُفعل بعد تَلقيك اللقاح، تَفضَلُ بزيارة: www.nidirect.gov.uk/covid-vaccine
Keep your card safe. If this is your first dose, don't forget to keep your next appointment.	حافظ على سلامة بطاقتك. إذا كانت هذه جرعتك الأولى لا تنس حفظ موعدك التالي.
What should I do if I am not well before my next appointment?	ماذا ينبغي أن أفعل إذا كنت مريضًا عندما يحين موعدي التالي؟
If you are unwell, it is better to wait until you have recovered to have your vaccine. You should not attend a vaccine appointment if you are self-isolating, waiting for a COVID-19 test or within 4 weeks of having a first confirmed positive COVID-19 test result.	إذا كنت مريضًا فمن الأفضل أن تنتظر حتى تتعافى ثم تحصل على اللقاح. وينبغي ألا تحضر موعد التطعيم إذا كنت في عزل ذاتي، أو تنتظر إجراء تحليل فيروس كورونا المستجد (كوفيد-19)، أو في فترة 4 أسابيع من الحصول على أول نتيجة إيجابية مؤكدة لتحليل كوفيد-19.
Will the vaccine protect me?	هل سيحميني اللقاح؟
The COVID-19 vaccine that you have had has been shown to reduce the chance of you suffering from COVID-19 disease. Each vaccine has been tested in more than 20,000 people and each has also been used in many different countries.	أظهر اللقاح المضاد لفيروس كورونا المستجد (كوفيد-19) الذي تلقيته أنه يخفض احتمالية الإصابة بالمرض بسبب هذا الفيروس. وقد تم اختبار كل لقاح على أكثر من 20000 شخص وأستخدم أيضًا في العديد من البلدان المختلفة.
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, so you should continue to take recommended precautions to avoid infection. Some people may still get COVID-19 despite having a vaccination, but this should be less severe.	وربما استغرق الأمر بضعة أسابيع كي يبني الجسم بعض الحماية من اللقاح. وككل الأدوية، ليس ثمة لقاح فعال بالكامل، ولذلك ينبغي أن تستمر في اتخاذ الاحتياطات الموصى بها لتجنب الإصابة بالعدوى. وربما أصيب بعض الأشخاص بفيروس كورونا المستجد (كوفيد- 19) رغم تطعيمهم باللقاح، ولكن هذا ينبغي أن يكون أقل شدة.
What can I do after I have had the	ماذا يمكنني أن أفعل بعد تلقي اللقاح؟

vaccine?	
The vaccine cannot give you COVID-19	لا يمكن للقاح أن يصيبك بغيروس كورونا المستجد (كوفيد-19)،
infection, and a full course will reduce your	وسوف تحد الدورة العلاجية الكاملة من احتمالية إصابتك بالمرض
chance of becoming seriously ill. We don't	على نحو جسيم. و لا نعلم نسبة تقليل اللقاح من خطر نقلك للفيروس؛
know how much it will reduce the risk of	ولذلك من الأهمية أن تستمر في اتباع التوجيهات الحالية.
you passing on the virus. So it is important	
to continue to follow current guidance.	
To protect yourself and your family,	من أجل حماية نفسك وأسرتك وأصدقائك وزملائك، لا يزال عليك
friends and colleagues you MUST still:	ان:
practise social distancing	• تطبق التباعد الاجتماعي
 wear a face covering 	 ترتدي غطاءً للوجه
wash your hands carefully and	• تغسل يديك بعناية وبصورة متكررة
frequently	
 open windows to let in fresh air 	 تفتح النوافذ لدخول الهواء النقي
 follow the current guidance at 	 تتبع التوجيهات الحالية الواردة على موقع الويب:
www.nidirect.gov.uk/coronavirus	www.nidirect.gov.uk/coronavirus
Remember	تنكر
COVID-19 is spread through droplets	فيروس كورونا المستجد (كوفيد-19) ينتشر عبر الرذاذ الخارج من
breathed out from the nose or mouth,	الأنف أو الفم، خاصة أثناء الكلام أو السعال ويمكن الإصابة به كذلك
particularly when speaking or coughing. It	بلمس العينين والأنف والفم بعد ملامسة أجسام أو أسطح ملوثة.
can also be picked up by touching your	
eyes, nose and mouth after contact with	
contaminated objects and surfaces.	
Vaccination, helping to protect those most	التطعيم باللقاح، حماية الأشخاص الأكثر ضعفًا
vulnerable.	
If you need more information on the	إذا كنت تحتاج للمزيد من المعلومات حول اللقاح المضاد لفيروس
COVID-19 vaccination please visit:	كورونا المستَجد (كوفيد-19)، تفضل بزيارة:
www.nidirect.gov.uk/covid-vaccine	www.nidirect.gov.uk/covid-vaccine
Information correct at time of publication.	المعلومات الواردة صحيحة وقت النشر وللحصول على أحدث
For the latest version of this leaflet and	إصدار من هذه النشرة والصيغ البديلة، يُرجى زيارة الموقع
alternative formats visit the PHA website	الإلكتروني لهيئة الصحة العامة:
www.publichealth.hscni.net	www.publichealth.hscni.net
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