

	<b>Irish</b>
<b>COVID-19 vaccination</b>	<b>Vacsáiniú COVID-19</b>
<b>What to expect</b>	<b>Cad a mbeifeá ag súil leis?</b>
Information for people who have just had their COVID-19 vaccination	Eolas do dhaoine a fuair vacsaíniú in aghaidh COVID-19
<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>
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<b>Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card.</b>	<b>Léigh an bhileog eolais ar an táirge le haghaidh tuilleadh faisnéise maidir le do vacsaín, fo-iarmhairtí a d'fhéadfadh dul leis san áireamh, trí Chárta Buí an Coróinvírís a chuardach, le do thoil.</b>
<b>You can also report suspected side effects on the same website or by downloading the Yellow Card app.</b>	<b>Is féidir leat fo-iarmhairtí amhrasta a thuarisciú ar an suíomh gréasáin chéanna nó trí aip Chárta Buí an Choróinvírís a íoslódáil.</b>
<b><a href="http://coronavirus-yellowcard.mhra.gov.uk">coronavirus-yellowcard.mhra.gov.uk</a></b>	<b><a href="http://coronavirus-yellowcard.mhra.gov.uk">coronavirus-yellowcard.mhra.gov.uk</a></b>
<b>People who are most at risk from the complications of COVID-19 are being offered the COVID-19 vaccination.</b>	<b>Cuirtear vacsaíniú ar fáil do dhaoine atá i gcontúirt ó COVID-19 ag dul in aimhréidh.</b>
This leaflet tells you what to expect after you have had your vaccination. If you need a second dose of vaccine, make sure you know the date of your next appointment.	Insíonn an bhileog seo duit céard atá i ndáin duit i ndiaidh do vacsaíniú. Má tá dara dáileog vacsaíne ag taisteál uait, bí cinnte go bhfuil dáta do chéad choinne eile ar eolas agat.
<b>Following detailed review of large studies of safety and effectiveness, the Medicines and Healthcare products Regulatory Agency (MHRA) has now approved several different types of COVID-19 vaccines for use in the UK.</b>	<b>Tar éis mion-athbhreithnithe ar staidéir cuimsitheacha ar shláintíocht agus éifeachtacht, cheadaigh an Medicines and Healthcare products Regulatory Agency (MHRA) roinnt cineálacha éagsúla de vacsaíní COVID-19 d'úsáid sa RA.</b>
An independent group of experts has recommended that these vaccines are offered to those at risk of catching the infection and suffering serious complications.	Mhol grúpa neamhspleách saineolaithe go gcuirtear na vacsaíní seo ar fáil do dhaoine atá i gcontúirt ón ionfhabhtú a tholghadh agus castachtaí dáiríre a bheith acu.
Now that more vaccine has become available, we are offering protection to all adults in order of risk.	Agus níos mó vacsaíniú ar fáil, tá cosaint á tabhairt againn do gach daoine fásta de réir riosca an duine.
<b>What are the side effects?</b>	<b>Cad iad na fo-iarmhairtí?</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 symptoms after the first dose, you still need to have the second dose. Although you may get some protection from the first dose, having the	Cosúil le gach leigheas, is feidir fo-iarmhairtí dul le vacsaíní. Tá formhór na n-iarmhairtí seo éadrom agus gearrthréimhseach, agus ní fhaigheann cách iad. Fiú mura bhfuil siomptóim agat i ndiaidh na céad dáileoige, ní mór duit an dara dáileog a fháil. Cé go bhfaighidh tú cosaint éigin sa chéad dáileog, beidh

full recommended course will give you the best protection against the virus.	an chosaint is fearr ar an víreas agat tríd an gcúrsa iomlán a mholtar a fháil.
<b>Very common side effects in the first day or two include:</b>	<b>Ar na fo-iarmhairtí coitianta sa chéad nó dara lá tá:</b>
<ul style="list-style-type: none"> <li>• having a painful, heavy feeling and tenderness in the arm where you had your injection</li> </ul>	<ul style="list-style-type: none"> <li>• pian, troime agus soghortaitheacht sa lámh ina bhfuair tú d'instealladh</li> </ul>
<ul style="list-style-type: none"> <li>• feeling tired</li> </ul>	<ul style="list-style-type: none"> <li>• tuirse</li> </ul>
<ul style="list-style-type: none"> <li>• headache, aches and chills</li> </ul>	<ul style="list-style-type: none"> <li>• tinneas cinn, pian agus crithfhuacht</li> </ul>
You may also have flu like symptoms with episodes of shivering and shaking for a day or two. However, a high temperature* could also indicate that you have COVID-19 or another infection (see advice on page 6). You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help make you feel better.	D'fhéadfá siomptaim fhliú le babhta creatháin ar feadh lá nó dó. D'fhéadfadh teocht ard* a léiriú go bhfuil COVID-19 no ionfhabhtú eile ort, áfach (féach comhairle at leathanach 6). Is féidir leat do scíth a ligean agus an ghnáth-dáileog paraicéatamóil (lean an chomhairle ar an bpacáiste) chun biseach a chur ort.
<i>*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.</i>	<i>*Má tá tú ar cheimiteiripe agus tá teas ionat, déan teagmháil le d'aonad cúraim ailse áitiúil.</i>
An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm where you had the vaccine. This can last for around 10 days, but if it lasts longer see your doctor. If you are due for a mammogram in the few weeks after the vaccine, then you should mention that when you attend.	Is fo-iarmhairt é do chuid faireoga ar d'ascaill nó do mhuinéal ar an taobh a bhfuair tú an vacsaín. D'fhéadfadh sé seo maireachtáil timpeall 10 lá, ach má mhaireann sé níos faide, téigh chuig do dhochtúir. Má tá tú ag súil le mamagram a dhéanamh sna seachtainí i ndiaidh na vacsaíne, ba cheart duit é sin a lua ag an gcoinne.
<b>What should I do if I am concerned about my symptoms?</b>	<b>Céard is cóir dom a dhéanamh má tá imní orm faoi mo chuid siompaim?</b>
These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, call NHS 111. If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card) so that they can assess you properly. You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this online by searching Coronavirus Yellow Card or by downloading the Yellow Card app (please see page 2).	Maireann na siomptaim seo níos lú ná seachtain de ghnáth. Má éiríonn do shiomptaim níos measa nó má tá imní ort, glaogh ar NHS 111. Má iarrann tú comhairle doctúra nó altra, déan cinnte go n-insíonn tú leo faoi do vacsaín (taispeán dóibh an cárta vacsaíne) chun gur féidir leo thú a measúnú i gceart. Is féidir fo-iarmhairtí amhrasta na vacsaíne agus leigis a thuairisciú trí scéime an Chárta Bhuí. Is féidir é seo a dhéanamh ar líne trí Coronavirus Yellow Card a chuardú nó tríd an aip Yellow Card a íoslódáil (féach leathanach 2 Idt).
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 MHRA, the World Health Organization and the European Medicines Agency have concluded that the balance is very much in favour of vaccination.	Rinneadh tuairiscí ar fhadhb rí-annamh ina bhfuil téachtáin fola agus fuiliú neamhghnách tar éis na vacsaín AstraZeneca (AZ). Tá athbhreithniú cuimsitheach á dhéanamh air seo ach níl na fachtóir riosca soiléir go fóill. De bharr an riosca aird go téitear in aimhréidh nó go bhfaightear bás ó COVID-19, rinne an MHRA, an Eagraíocht Dhomhanda Sláinte agus an Ghníomhaireacht Leigheasra Eorpach amach go dtéann an tromlach ar son vacsaínithe.
<b>If you experience any of the following from</b>	<b>Má tá aon cheann de seo a leanas ort tar éis níos</b>

<b>more than 4 days and within 28 days after vaccination you should seek medical advice urgently from your GP or Emergency Department.</b>	<b>mó ná ceithre lae agus laistigh de 28 lá i ndiaidh do vacsaíne, ba cheart duit comhairle do dhochtúra 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> </ul>	<ul style="list-style-type: none"> <li>tinneas cinn dona nach laghdaíonn le gnáth-phianmhúcháin nó atá ag éirí in olcas</li> </ul>
<ul style="list-style-type: none"> <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 annamh a éiríonn in olcas nuair a bhíonn tú i do luí nó ag chromadh, nó 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 nó taomanna
<ul style="list-style-type: none"> <li>new, unexplained pinprick bruising or bleeding</li> </ul>	<ul style="list-style-type: none"> <li>ballbhrú priocadh bioráin nua gan mhíniú nó fuiliú</li> </ul>
<ul style="list-style-type: none"> <li>shortness of breath, chest pain, leg swelling</li> </ul>	<ul style="list-style-type: none"> <li>gearránáil, pianta cliabhraigh, at cosa</li> </ul>
<ul style="list-style-type: none"> <li>persistent abdominal pain</li> </ul>	<ul style="list-style-type: none"> <li>pianta boilg leanúnacha</li> </ul>
<b>Are the side effects different for each dose?</b>	<b>An bhfuil na fo-iarmhairtí difriúil do gach dáileog?</b>
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 dose two. The very common side effects are the same and should still only last a day or two.	Ní ionann gach vacsaín COVID-19 - bíonn níos mó fo-iarmhairtí ag baint leis an gcéad dáileog de vacsaín amháin, ach leis an dara dáileog de vacsaín eile. Is ionann na fo-iarmhairtí coitianta agus ba cheart nach maireann siad ach lá nó dhó.
<b>Can I catch COVID-19 from the vaccines?</b>	<b>An bhfaighidh mé COVID-19 de bharr na vacsaíní?</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 vaccination appointment.	Ní féidir COVID-19 a tholghadh ó na vacsaíní ach is féidir gur tholg tú COVID-19 agus nach dtugann tú faoi deara go dtí tar éis do choinne vacsaínithe.
<b>The most important symptoms of COVID-19 are recent onset of any of the following:</b>	<b>Is iad na fo-iarmhairtí COVID-19 is tábhachtaí ná tús seo a leanas:</b>
<ul style="list-style-type: none"> <li>a new continuous cough</li> </ul>	<ul style="list-style-type: none"> <li>casacht nua leanúnach</li> </ul>
<ul style="list-style-type: none"> <li>a high temperature</li> </ul>	<ul style="list-style-type: none"> <li>teocht ard</li> </ul>
<ul style="list-style-type: none"> <li>a loss of, or change in, your normal sense of taste or smell (anosmia).</li> </ul>	<ul style="list-style-type: none"> <li>cailleadh nó athrú do bhlais nó do bholaidh (anoisime).</li> </ul>
Although a fever can occur within a day or two of vaccination, if you have any other COVID-19 symptoms or your fever lasts longer, stay at home and arrange to have a test.	Cé go bhféadfadh fiabhras teacht ort laistigh de lá nó dhó i ndiaidh vacsaínithe, má mhaireann aon shiomptaim COVID-19 nó fiabhras níos fiade, fan abhaile agus eagraigh tástáil.
<b>When can I go back to daily activities?</b>	<b>Cathain is féidir liom leanúint ar aghaidh le mo ghnáthchúraimí?</b>
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.	Féadfaidh tú leanúint ar aghaidh le do ghnáthchúraimí má mhothaíonn go maith. Má tá pian suntasach i do lámh, is féidir go bhfuil sé deacair duit meáchain throma a thógáil. Má áiríonn tú go dona nó má tá tuirse ort, ba cheart duit do scíth a ligean agus oibriúcháin innealra agus tiomáint a sheachaint.
<b>What do I do next?</b>	<b>Conas a dhéanaim an tástáil?</b>
If this is your first dose, you should have a record	Más é seo do chéad dáileog, ba cheart duit cárta

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.	taifid a fháil le do chéad choinne eile laistigh de 3 agus 12 seachtain. Tá sé tábhachtach go bhfaigheann tú dá dáileog den vacsaín chéanna chun na cosanta is fearr a chinntiú.
Make sure you keep this record card with you	Bí cinnte go dtógann tú an cárta taifid seo leat.
Don't forget your COVID-19 vaccination Protect yourself. 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>	Ná déan dearmad ar do vacsaíniú COVID-19, cosaint thú féin. 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>Keep your card safe. If this is your first dose, don't forget to keep your next appointment.</b>	<b>Coinnigh do chárta slán. Más é seo do chéad dáileog, ná déan dearmad ar do chéad choinne eile.</b>
<b>What should I do if I am not well before my next appointment?</b>	<b>Cad is ceart dom a dhéanamh mura mothaím go maith roimh mo chéad choinne eile?</b>
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.	Má áiríonn tú tinn, is fearr fanacht go dtí go dtagann biseach ort chun do vacsaín a fháil. 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 seachtaine ó thástáil dearfach COVID-19.
<b>Will the vaccine protect me?</b>	<b>An gcosnóidh an vacsaín mé?</b>
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.	Léirítear go laghdaíonn an vacsaín COVID-19 a fuair tú an seans go dtagann COVID-19 ort. Rinneadh tástáil ar gach vacsaín i mbreis agus 20,000 duine agus úsáidtear iad go léir i gcuid mhaith tíortha éagsúla.
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.	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. D'fhéadfadh daoine áirithe COVID-19 a tholghadh fós cé go bhfuair siad vacsaíniú, ach ní bheadh an oiread céanna contúirte ag baint leis.
<b>What can I do after I have had the vaccine?</b>	<b>Cad is féidir liom a dhéanamh tar éis na vacsaíne?</b>
The vaccine cannot give you COVID-19 infection, and a full course will reduce your chance of becoming seriously ill. We don't know how much it will reduce the risk of you passing on the virus. So it is important to continue to follow current guidance.	Ní féidir leis an vacsaín an t-ionfhabhtú COVID-19 a thabhairt duit, agus laghdóidh cúrsa iomlán an seans go dtolgfadh 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.
<b>To protect yourself and your family, friends and colleagues you MUST still:</b>	<b>Chun thú féin, do theaghlach, do chairde agus do chomhghleacaithe a chosaint, NÍ MÓR duit:</b>
<ul style="list-style-type: none"> <li>• <b>practise social distancing</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>scaradh sóisialta a dhéanamh</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>wear a face covering</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>masc aghaidhe a chaitheamh</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>wash your hands carefully and frequently</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>do lámha a ní go cúramach agus go minic</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>open windows to let in fresh air</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>fuinneoga a oscailt chun aer úr a ligean isteach</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>follow the current guidance at <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>lean treoir reatha ag <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></b></li> </ul>

<b>Remember</b>	<b>Cuimhnigh</b>
COVID-19 is spread through droplets breathed out 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.	Scaiptear COVID-19 trí braoiníní anáilithe as an srón nó as an mbéal, nuair atá duine a labhairt nó ag casacht go háirithe. Is féidir é a tholghadh trí lámh a chur ar do shúile, do shrón agus do bhéal tar éis teagmháil le rudaí agus dromchlaí truaillithe freisin.
<b>Vaccination, helping to protect those most vulnerable.</b>	<b>Vacsaíniú, ag cabhrú le cosaint a thabhairt dóibh siúd atá i gcontúirt.</b>
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 tá tuilleadh eolais ag taisteál ort ar an vacsaíniú COVID-19, téigh chuig: <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a> ldt.
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 bhileog seo agus formáidí malartacha, téigh chuig suíomh gréasáin na PHA <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a>
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