

	Chinese Complex
COVID-19 vaccination	冠狀病毒疫苗接種
What to expect	預期什麼
Information for people who have just had their COVID-19 vaccination	給剛接種冠狀病毒疫苗者的信息
Find out more at www.nidirect.gov.uk/covid-vaccine	有關更多信息，請訪問 www.nidirect.gov.uk/covid-vaccine
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Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card.	請閱讀產品信息手冊以獲取有關疫苗的更多詳細信息，包括可能的副作用通過搜索冠狀病毒黃卡（Coronavirus Yellow Card）。
You can also report suspected side effects on the same website or by downloading the Yellow Card app.	您也可以在同一網站上或通過下載黃卡應用程序（app）報告可疑的副作用。
coronavirus-yellowcard.mhra.gov.uk	coronavirus-yellowcard.mhra.gov.uk
People who are most at risk from the complications of COVID-19 are being offered the COVID-19 vaccination.	最容易受到冠狀病毒並發症的威脅的人群正得到疫苗接種的機會。
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.	此傳單告訴您接種疫苗後的應預期什麼。如果您需要第二劑疫苗，請確保您知道下次預約的日期。
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.	在對安全性和有效性的大型研究進行了詳細審查之後，藥品和保健產品監管局（MHRA）現在批准了幾種不同類型的冠狀病毒疫苗在英國使用。
An independent group of experts has recommended that these vaccines are offered to those at risk of catching the infection and suffering serious complications.	一個獨立的專家小組建議，將這些疫苗提供給有感染危險並有嚴重並發症的風險的人。
Now that more vaccine has become available, we are offering protection to all adults in order of risk.	現在已經有了更多的疫苗，我們將按照風險等級向所有成年人提供保護。
What are the side effects?	有什麼副作用？

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 full recommended course will give you the best protection against the virus.	像所有藥物一樣，疫苗也會引起副作用。其中大多數是溫和的和短期的，並非所有人都會有副作用。即使您在第一劑之後確實有副作用，您仍然需要接種第二劑。儘管您從第一劑開始可能會獲得一些保護，但是完整推薦的接種將為您提供最佳的病毒防護。
Very common side effects in the first day or two include:	在第一到兩天中非常常見的副作用包括：
<ul style="list-style-type: none"> • having a painful, heavy feeling and tenderness in the arm where you had your injection 	<ul style="list-style-type: none"> • 注射部位的手臂有疼痛，沉重的感覺和壓痛
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • 感覺累
<ul style="list-style-type: none"> • headache, aches and chills 	<ul style="list-style-type: none"> • 頭痛，疼痛和發冷
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.	您可能還會出現類似流感的症狀，發抖和虛弱一兩天。但是，高溫*也可能表明您患有冠狀病毒或另一種感染（請參閱第6頁的建議）。您可以休息並服用正常劑量的paracetamol（按照包裝上的建議），以使您感覺好些。
<i>*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.</i>	<i>*如果您正在接受化療並且溫度很高，請聯繫您當地的癌症護理部門。</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.	罕見的副作用是與接種疫苗的手臂同一側的腋下或頸部的腺體腫脹。這可能會持續10天左右，但是如果持續時間更長，請去看醫生。如果您在接種疫苗後的幾週內要進行乳房X光檢查，則在參加預約時應提及這一點。
What should I do if I am concerned about my symptoms?	如果我擔心自己的症狀該怎麼辦？
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).	這些症狀通常持續不到一周。如果您的症狀似乎變得更糟或擔心，請致電NHS 111。如果您確實尋求醫生或護士的建議，請確保告訴他們您的疫苗接種情況（向他們出示疫苗接種卡），以便他們可以正確地評估您。您還可以通過黃卡計劃（the Yellow Card scheme）報告可疑的疫苗和藥物副作用。您可以通過搜索冠狀病毒黃卡或下載黃卡應用程序在線進行此操作（請參閱第2頁）。
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	最近，有報導稱接種AstraZeneca（AZ）後出現極少見的症狀，包括血塊和異常出血。對此有進行了仔細的審查，但尚不清楚這種情況的風險因素。由於

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.	得到冠狀病毒後的並發症和死亡的風險很高，因此，世界衛生組織和歐洲藥品管理局（MHRA），得出的結論是，權衡得失後接種疫苗比較有利。
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.	如果您在接種疫苗後有超過4天的以下情況和28天內遇到以下任何一種情況，則應立即向您的家庭醫生或急診科尋求醫療建議。
<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"> 一種新的嚴重頭痛，通常的止痛藥無濟於事，甚至變得更糟
<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"> 不尋常的頭痛，躺下或彎腰時可能會加重病情，或伴有
– blurred vision, nausea and vomiting	–視力模糊，噁心和嘔吐
– difficulty with your speech,	–講話困難，
– weakness, drowsiness or seizures	–虛弱，嗜睡或癲癇發作
<ul style="list-style-type: none"> new, unexplained pinprick bruising or bleeding 	<ul style="list-style-type: none"> 新的原因不明的針點狀瘀傷或出血
<ul style="list-style-type: none"> shortness of breath, chest pain, leg swelling 	<ul style="list-style-type: none"> 呼吸急促，胸痛，腿腫脹
<ul style="list-style-type: none"> persistent abdominal pain 	<ul style="list-style-type: none"> 持續性腹痛
Worldwide, there have also been recent, rare cases of inflammation of the heart called myocarditis or pericarditis reported after the Pfizer and Moderna COVID-19 vaccines, although it is not yet clear that these are caused by the vaccines. These cases have been seen mostly in younger men within several days after vaccination. Most of these people recovered and felt better following rest and simple treatments.	在全球範圍內，最近還報告了在輝瑞和蒙德納冠狀病毒（Moderna COVID-19）疫苗後發生的罕見的心臟炎症病例，稱為心肌炎或心包炎，儘管尚不清楚這些是由疫苗引起的。這些病例主要見於接種疫苗後幾天內的年輕男性。這些人中的大多數人在休息和簡單治療後恢復並感到好轉。
You should seek medical advice urgently if you experience:	如果您遇到以下情況，您應該立即尋求醫療建議：
<ul style="list-style-type: none"> chest pain 	<ul style="list-style-type: none"> 胸痛
<ul style="list-style-type: none"> shortness of breath 	<ul style="list-style-type: none"> 氣促
<ul style="list-style-type: none"> feelings of having a fast-beating, fluttering, or pounding heart 	<ul style="list-style-type: none"> 心跳加快、顫動或心跳加速的感覺
Are the side effects different for each dose?	每次接種的副作用是否有所不同？
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.	並非所有的冠狀疫苗都是一樣的-有些疫苗在第一劑會引起更多的副作用，而另一些疫苗在第二劑會引起更多的副作用。非常常見的副作用是相同的，並且應該只持續一兩天。
Can I catch COVID-19 from the vaccines?	我會從疫苗中感染冠狀病毒嗎？
You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you	您不能從疫苗中感染冠狀病毒，但是有可能您之前已經感染了冠狀病毒，直到您接種了疫苗後才意識到自己有症狀。

have the symptoms until after your vaccination appointment.	
The most important symptoms of COVID-19 are recent onset of any of the following:	感染冠狀病毒的最重要症狀是以下任何一項的近期發作：
<ul style="list-style-type: none"> • a new continuous cough 	<ul style="list-style-type: none"> • 新的持續咳嗽
<ul style="list-style-type: none"> • a high temperature 	<ul style="list-style-type: none"> • 發燒
<ul style="list-style-type: none"> • a loss of, or change in, your normal sense of taste or smell (anosmia). 	<ul style="list-style-type: none"> • 失去正常的味覺或嗅覺（嗅覺失調）。
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.	儘管在接種疫苗後一兩天內會發燒，但是如果您有其他任何冠狀病毒症狀或發燒持續時間更長，請留在家裡安排檢查。
When can I go back to daily activities?	我什麼時候可以做回日常活動？
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.	只要您感覺良好，就應該能夠恢復對您來說是正常的活動。如果您的手臂特別酸痛，則可能會感到舉重困難。如果您感到不適或非常疲倦，則應休息，並避免操作機器或駕駛。
What do I do next?	我下一步該怎麼辦？
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.	如果這是您的第一劑，則您應該擁有一張記錄卡，並在3至12週的時間內進行下次接種。重要的是，兩個劑量的同一疫苗可以為您提供最佳保護。
Make sure you keep this record card with you	確保隨身攜帶該記錄卡
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 www.nidirect.gov.uk/covid-vaccine	不要忘記您的冠狀病毒疫苗能保護自己。有關冠狀病毒疫苗接種或疫苗接種後該作什麼的更多信息，請參見 www.nidirect.gov.uk/covid-vaccine
Keep your card safe. If this is your first dose, don't forget to keep your next appointment.	確保您的卡安全。如果這是您的第一劑，請不要忘記下一次的預約。
What should I do if I am not well before my next appointment?	如果我下次預約時不舒服，應該怎麼辦？
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.	如果您身體不適，最好等到康復後再接種疫苗。如果您正在自我隔離，等待冠狀病毒測試或在首次確認冠狀病毒測試結果呈陽性後的4週內，則不應參加疫苗預約。
Will the vaccine protect me?	疫苗能保護我嗎？
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.	已證明您所使用的冠狀病毒疫苗可以減少您患冠狀病毒疾病的機會。每種疫苗已在20,000多人中進行了測試，每種疫苗也已在許多不同的國家/地區使用。
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.	您的身體可能需要幾週的時間才能建立起由疫苗得到的保護措施。與所有藥物一樣，沒有疫苗是完全有效的，因此您應繼續採取建議的預防措施，以避免感染。儘管接種了疫苗，有些人仍可能會感染冠狀病毒，但這應該不那麼嚴重了。
What can I do after I have had the vaccine?	接種疫苗後該做什麼？

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.	疫苗不能給您帶來冠狀病毒的感染，並且整個療程將減少您患重病的機會。我們不知道它將在多大程度上降低您傳播該病毒的風險。因此，重要的是要繼續遵循當前的指導。
To protect yourself and your family, friends and colleagues you MUST still:	為了保護自己和家人，朋友和同事，您仍然必須：
<ul style="list-style-type: none"> • practise social distancing 	<ul style="list-style-type: none"> • 實行社交距離
<ul style="list-style-type: none"> • wear a face covering 	<ul style="list-style-type: none"> • 戴面罩
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • 仔細並經常洗手
<ul style="list-style-type: none"> • open windows to let in fresh air 	<ul style="list-style-type: none"> • 打開窗戶讓新鮮空氣進入
<ul style="list-style-type: none"> • follow the current guidance at www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> • 遵循www.nidirect.gov.uk/coronavirus上的最新指南
Remember	記住
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.	冠狀病毒通過從鼻子或嘴中呼出的小滴傳播，尤其是在說話或咳嗽時。接觸被污染的物體和表面後，也可以通過觸摸您的眼睛、鼻子和嘴巴來感染。
Vaccination, helping to protect those most vulnerable.	接種疫苗，有助於保護最脆弱的人群。
If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine	如果您需要有關冠狀病毒疫苗接種的更多信息，請訪問： www.nidirect.gov.uk/covid-vaccine
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