

	<b>Chinese Simplified</b>
<b>COVID-19 vaccination</b>	<b>冠状病毒疫苗接种</b>
<b>What to expect</b>	<b>预期什么</b>
Information for people who have just had their COVID-19 vaccination	给刚接种冠状病毒疫苗者的信息
<b>Find out more at <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></b>	<b>有关更多信息，请访问 <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></b>
<b>Contents</b>	<b>内容</b>
What are the side effects?	有什么副作用？
Can I catch COVID-19 from the vaccines?	我会从疫苗中感染冠状病毒吗？
When can I go back to daily activities?	我什么时候可以做回日常活动？
What do I do next?	我下一步该怎么办？
What should I do if I am not well when it is my next appointment?	如果我下次预约会时不舒服，应该怎么办？
Will the vaccine protect me?	疫苗能保护我吗？
What can I do after I have had the vaccine?	接种疫苗后该做什么？
<b>Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card.</b>	<b>请阅读产品信息手册以获取有关疫苗的更多详细信息，包括可能的副作用通过搜索冠状病毒黄卡（Coronavirus Yellow Card）。</b>
<b>You can also report suspected side effects on the same website or by downloading the Yellow Card app.</b>	<b>您也可以在同一网站上或通过下载黄卡应用程序（app）报告可疑的副作用。</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>最容易受到得冠状病毒并发症的威胁的人群正得到疫苗接种的机会。</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.	此传单告诉您接种疫苗后的应预期什么。如果您需要第二剂疫苗，请确保您知道下次预约的日期。
<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>在对安全性和有效性的大型研究进行了详细审查之后，药品和保健产品监管局（MHRA）现在批准了几种不同类型的冠状病毒疫苗在英国使用。</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.	一个独立的专家小组建议，将这些疫苗提供给有感染危险并有严重并发症的风险的人。
Now that more vaccine has become available, we are offering protection to all adults in order of risk.	现在已经有了更多的疫苗，我们将按照风险等级向所有成年人提供保护。
<b>What are the side effects?</b>	<b>有什么副作用？</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 full recommended course will give you the best protection against the virus.	像所有药物一样，疫苗也会引起副作用。其中大多数是温和的和短期的，并非所有人都会有副作用。即使您在第一剂之后确实有副作用，您仍然需要接种第二剂。尽管您从第一剂开始可能会获得一些保护，但是完整推荐的接种将为您提供最佳的病毒防护。

<b>Very common side effects in the first day or two include:</b>	<b>在第一到两天中非常常见的副作用包括:</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>• 注射部位的手臂有疼痛，沉重的感觉和压痛</li> </ul>
<ul style="list-style-type: none"> <li>• feeling tired</li> </ul>	<ul style="list-style-type: none"> <li>• 感觉累</li> </ul>
<ul style="list-style-type: none"> <li>• headache, aches and chills</li> </ul>	<ul style="list-style-type: none"> <li>• 头痛，疼痛和发冷</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.	您可能还会出现类似流感的症状，发抖和虚弱一两天。但是，高温*也可能表明您患有冠状病毒或另一种感染（请参阅第 6 页的建议）。您可以休息并服用正常剂量的 paracetamol（按照包装上的建议），以使您感觉好些。
<i>*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.</i>	<i>*如果您正在接受化疗并且温度很高，请联系您当地的癌症护理部门。</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.	罕见的副作用是与接种疫苗的手臂同一侧的腋下或颈部的腺体肿胀。这可能会持续 10 天左右，但是如果持续时间更长，请去看医生。如果您在接种疫苗后的几周内要进行乳房 X 光检查，则在参加预约时应提及这一点。
<b>What should I do if I am concerned about my symptoms?</b>	<b>如果我担心自己的症状该怎么办？</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).	这些症状通常持续不到一周。如果您的症状似乎变得更糟或担心，请致电 NHS 111。如果您确实寻求医生或护士的建议，请确保告诉他们您的疫苗接种情况（向他们出示疫苗接种卡），以便他们可以正确地评估您。您还可以通过黄卡计划（the Yellow Card scheme）报告可疑的疫苗和药物副作用。您可以通过搜索冠状病毒黄卡或下载黄卡应用程序在线进行此操作（请参阅第 2 页）。
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.	最近，有报道称接种 AstraZeneca（AZ）后出现极少见的症状，包括血块和异常出血。对此有进行了仔细的审查，但尚不清楚这种情况的风险因素。由于得到冠状病毒后的并发症和死亡的风险很高，因此，世界卫生组织和欧洲药品管理局（MHRA），得出的结论是，权衡得失后接种疫苗比较有利。
<b>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.</b>	<b>如果您在接种疫苗后有超过 4 天的以下情况和 28 天内遇到以下任何一种情况，则应立即向您的家庭医生或急诊科寻求医疗建议。</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>• 一种新的严重头痛，通常的止痛药无济于事，甚至变得更糟</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>不寻常的头痛，躺下或弯腰时可能会加重病情，或伴有</li> </ul>
– blurred vision, nausea and vomiting	–视力模糊，恶心和呕吐
– difficulty with your speech,	–讲话困难，
– weakness, drowsiness or seizures	–虚弱，嗜睡或癫痫发作
<ul style="list-style-type: none"> <li>new, unexplained pinprick bruising or bleeding</li> </ul>	<ul style="list-style-type: none"> <li>新的原因不明的针点状瘀伤或出血</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>呼吸急促，胸痛，腿肿胀</li> </ul>
<ul style="list-style-type: none"> <li>persistent abdominal pain</li> </ul>	<ul style="list-style-type: none"> <li>持续性腹痛</li> </ul>
<p>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.</p> <p>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.</p>	<p>在全球范围内，最近还报告了在辉瑞和 蒙德纳冠状病毒（Moderna COVID-19）疫苗后发生的罕见的心脏炎症病例，称为心肌炎或心包炎，尽管尚不清楚这些是由疫苗引起的。</p> <p>这些病例主要见于接种疫苗后几天内的年轻男性。这些人中的大多数人在休息和简单治疗后恢复并感到好转。</p>
<b>You should seek medical advice urgently if you experience:</b>	<b>如果您遇到以下情况，您应该立即寻求医疗建议：</b>
<ul style="list-style-type: none"> <li>chest pain</li> </ul>	<ul style="list-style-type: none"> <li>胸痛</li> </ul>
<ul style="list-style-type: none"> <li>shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>气促</li> </ul>
<ul style="list-style-type: none"> <li>feelings of having a fast-beating, fluttering, or pounding heart</li> </ul>	<ul style="list-style-type: none"> <li>心跳加快、颤动或心跳加速的感觉</li> </ul>
<b>Are the side effects different for each dose?</b>	<b>每次接种的副作用是否有所不同？</b>
<p>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.</p>	<p>并非所有的冠状病毒疫苗都是一样的-有些疫苗在第一剂会引起更多的副作用，而另一些疫苗在第二剂会引起更多的副作用。非常常见的副作用是相同的，并且应该只持续一两天。</p>
<b>Can I catch COVID-19 from the vaccines?</b>	<b>我会从疫苗中感染冠状病毒吗？</b>
<p>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.</p>	<p>您不能从疫苗中感染冠状病毒，但是有可能您之前已经感染了冠状病毒，直到您接种了疫苗后才意识到自己有症状。</p>
<b>The most important symptoms of COVID-19 are recent onset of any of the following:</b>	<b>感染冠状病毒的最重要症状是以下任何一项的近期发作：</b>
<ul style="list-style-type: none"> <li>a new continuous cough</li> </ul>	<ul style="list-style-type: none"> <li>新的持续咳嗽</li> </ul>
<ul style="list-style-type: none"> <li>a high temperature</li> </ul>	<ul style="list-style-type: none"> <li>高烧</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>失去正常的味觉或嗅觉（嗅觉失调）。</li> </ul>
<p>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.</p>	<p>尽管在接种疫苗后一两天内会发烧，但是如果您有其他任何冠状病毒症状或发烧持续时间更长，请留在家中安排检查。</p>
<b>When can I go back to daily activities?</b>	<b>我什么时候可以做回日常活动？</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.	只要您感觉良好，就应该能够恢复对您来说是正常的活动。如果您的手臂特别酸痛，则可能会感到举重困难。如果您感到不适或非常疲倦，则应休息，并避免操作机器或驾驶。
<b>What do I do next?</b>	<b>我下一步该怎么办？</b>
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.	如果这是您的第一剂，则您应该拥有一张记录卡，并在 3 至 12 周的时间内进行下次接种。重要的是，两个剂量的同一疫苗可以为您提供最佳保护。
Make sure you keep this record card with you	确保随身携带该记录卡
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 <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>	不要忘记您的冠状病毒疫苗能保护自己。有关冠状病毒疫苗接种或疫苗接种后该作什么的更多信息，请参见 <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>确保您的卡安全。如果这是您的第一剂，请不要忘记下一次的预约。</b>
<b>What should I do if I am not well before my next appointment?</b>	<b>如果我下次预约时不舒服，应该怎么办？</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.	如果您身体不适，最好等到康复后再接种疫苗。如果您正在自我隔离，等待冠状病毒测试或在首次确认冠状病毒测试结果呈阳性后的 4 周内，则不应参加疫苗预约。
<b>Will the vaccine protect me?</b>	<b>疫苗能保护我吗？</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.	已证明您所使用的冠状病毒疫苗可以减少您患冠状病毒疾病的机会。每种疫苗已在 20,000 多人中进行了测试，每种疫苗也已在许多不同的国家/地区使用。
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.	您的身体可能需要几周的时间才能建立起由疫苗得到的保护措施。与所有药物一样，没有疫苗是完全有效的，因此您应继续采取建议的预防措施，以避免感染。尽管接种了疫苗，有些人仍可能会感染冠状病毒，但这应该不那么严重了。
<b>What can I do after I have had the vaccine?</b>	<b>接种疫苗后该做什么？</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.	疫苗不能给您带来冠状病毒的感染，并且整个疗程将减少您患重病的机会。我们不知道它将在多大程度上降低您传播该病毒的风险。因此，重要的是要继续遵循当前的指导。
<b>To protect yourself and your family, friends and colleagues you MUST still:</b>	<b>为了保护自己和家人，朋友和同事，您仍然必须：</b>

<ul style="list-style-type: none"> <li>• <b>practise social distancing</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>实行社交距离</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>戴面罩</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>仔细并经常洗手</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>打开窗户让新鲜空气进入</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>遵循 <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a> 上的最新指南</b></li> </ul>
<b>Remember</b>	<b>记住</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.	冠状病毒通过从鼻子或嘴中呼出的小滴传播，尤其是在说话或咳嗽时。接触被污染的物体和表面后，也可以通过触摸您的眼睛，鼻子和嘴巴来感染。
<b>Vaccination, helping to protect those most vulnerable.</b>	<b>接种疫苗，有助于保护最脆弱的人群。</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>	如果您需要有关冠状病毒疫苗接种的更多信息，请访问： <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>
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>	此信息在出版时时正确的。有关此传单的最新版本和其他格式，请访问 PHA 网站 <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a>
© Crown copyright 2021	© Crown copyright 2021
This information was originally developed by Public Health England and is used under the Open Government Licence v3.0	此信息最初是由英国公共卫生协会开发的，并在“开放政府许可证” v3.0 下使用
Public Health Agency	公共卫生署
Tel: 0300 555 0114 (local rate)	电话:0300 555 0114 (当地电话费率)
Find us on:	找到我们：