

	Tetum
COVID-19 vaccination	Vasinasaun COVID-19
What to expect	Saida mak atu espera
Information for people who have just had their COVID-19 vaccination	Informasaun ba ema sira ne'ebé foin hetan sira-nia vasinasaun COVID 19
Find out more at www.nidirect.gov.uk/covid-vaccine	Hatene barak liu tan iha 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.	Fávór lee folleta informasaun produktu ne'e atu hetan informasaun detalla liu tan kona-ba Ita-nia vasina, inklui nia efeitu sekundariu, hodi halo buska Coronavirus Yellow Card (Kartaun Kinur Virus Korona).
You can also report suspected side effects on the same website or by downloading the Yellow Card app.	Ita mós bele relata efeitu sekundaria ne'ebé ita deskonfia iha sítii internet ne'ebé hanesan ka hodi download aplikasaun Yellow Card.
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.	Ema sira ne'ebé risku liu atu hetan komplikasaun husi COVID-19 sei hetan ofere se vasinasaun COVID-19.
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.	Folleta ida ne'e dehan ba Ita saida mak Ita bele espera depoizde hetan Ita-nia vasinasaun. Se Ita presiza doze daruak vasine ne'e, asegura katak Ita hatene loron ba Ita-nia markasaun tuirmai.
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.	Depoizde avaliasaun detalla husi estudu boot kona-ba seguransa no efektividade, Entidade Regulatóriu produsu Medisina no Kuidadu Saúde (MHRA) autoriza ona tipu diferente balun husi vasina COVID-19 atu uza iha UK.
An independent group of experts has recommended that these vaccines are offered to those at risk of catching the infection and suffering serious complications.	Grupú péritu independente ida rekomenda ona katak vasina hirak ne'e ofere se ba sira ne'ebé iha risku atu hetan infesaun no sei bele sofre komplikasaun ne'ebé sériu.
Now that more vaccine has become available, we are offering protection to all adults in order of risk.	Agora tanba iha ona vasina barak, ami ofere se protesaun ba adultu hotu tuir orden risku nian.
What are the side effects?	Saida mak efeitu sekundariu sira?
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	Hanesan mos ai-moruk selu-seluk, vasina bele kauza efeitu sekundariu. Barak liu mak kmaan deit no iha tempu badak, no la'os ema hotu hetan ida ne'e. Mezmu Ita hetan sintoma depoizde Ita hetan Ita-nia doze dahuluk, Ita sei presiza hetan doze

first dose, having the full recommended course will give you the best protection against the virus.	daruak. Maske karik Ita sei hetan protesaun balun husi doze dahuluk, hetan síklu kompleta ne'ebé rekomena sei fó protesaun di'ak liu hasoru virus ida ne'e.
Very common side effects in the first day or two include:	Efeito sekundariu ne'ebé baibain liu iha loron dahuluk ka daruak inklui:
<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"> • Ita nia liman ne'ebé hetan sona sei moras, todan no mamar
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • sente kolen
<ul style="list-style-type: none"> • headache, aches and chills 	<ul style="list-style-type: none"> • ulun moras, isin-moras no isin malirin
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.	Ita mós bele sente hanesan gripe ho epizodu beedoko no isin nakdedar ba loron ida ka rua. Maske nune'e, isin manas* bele indika katak Ita hetan COVID-19 ka infesaun seluk (haree orientasaun iha pájina 6). Ita bele deskansa no bele hemu ai-moruk paracetamol ho doze baibain (tuir orientasaun iha nia falun) atu halo Ita sente di'ak.
<i>*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.</i>	<i>*Se Ita hala'o hela kimioterapia no sente isin manas, kontaktu Ita-nia unidade kuidadu moras-kankru lokál nian.</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.	Efeito sekundariu ne'ebé la'os baibain mak kuandu bubu iha glándula iha kalilin ka iha kakorok sorin ne'ebé hanesan ho liman ne'ebé hetan vasina. Ida ne'e bele to'o loron 10, se karik kle'ur liu ida ne'e entaun tenke ba konsulta iha doktor. Se Ita atu hala'o mamografia iha semana balun depoizde vasina, entaun Ita tenke mensiona ida ne'e wainhira Ita atende.
What should I do if I am concerned about my symptoms?	Saida mak ha'u tenke halo se ha'u preokupa kona-ba ha'u nia sintoma sira?
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).	Sintoma sira ne'e baibain iha la to'o semana ida. Se Ita nia sintoma sira ne'e haree ba sai pior liu ka se Ita preokupa, telefone NHS 111. Se Ita buka matadalan husi dotór ida ka enfermeiru ida, asegura katak Ita dehan ba sira kona-ba Ita-nia vasinasaun (hatudu kartaun vasinasaun ba sira) atu sira bele ezamina Ita loloos. Ita mós bele relata efeito sekundaria ne'ebé ita deskonfia iha husi vasina ne'e ka husi ai-moruk sira liu husi rejime iha sítiu internet ne'ebé hanesan ka hodi download aplikasaun Yellow Card. Ita bele halo ida ne'e online hodi buska "Coronavirus Yellow Card" (Kartaun Kinur Virus Korona) ka hodi download aplikasaun Yellow Card (favor haree or by downloading the Yellow Card app (favór haree pájina 2)).
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	Foin lalais ne'e iha ona relatóriu kona-ba kondisaun raru tebes ne'ebé envolve raan isin no raan sai la hanesan babain depoizde vasinasaun AstraZeneca (AZ). Ida ne'e agora hetan avaliasaun ho kuidadu maibé fatore risku sira ba kondisaun ida ne'e

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.	seidauk klaru. Tanba ho risku aas ba komplikasaun no mate tanba COVID-19, MHRA, Organizaasaun Saúde Mundial no Entidade Medisina Europeu konklui ona katak balansu ba ida ne'e a favor liu ba vasinasaun ne'e.
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.	Se Ita esperiênsia buat hirak tuirmai ne'e ida durante lora 4 ka liu no iha lora 28 nia laran depoizde vasinasaun Ita tenke buka asistênsia médiku keda husi Ita-nia GP ka Servisu Emerjênsia.
<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"> komesa ulun moras maka'as ne'ebé labele kura ho ai-moruk hatún moras baibain nian ka moras ne'e sai pior liu tan.
<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"> ulun moras ne'ebé oinseluk ne'ebé mak sai pior wainhira toba tún ka hakru'uk ka bele mós akompañá ho
– blurred vision, nausea and vomiting	– haree la moos, laran sa'e no muta
– difficulty with your speech,	– susar atu ko'alia sai,
– weakness, drowsiness or seizures	– sente fraku, dukur ka hetan epilepsia
<ul style="list-style-type: none"> new, unexplained pinprick bruising or bleeding 	<ul style="list-style-type: none"> komesa iha raan metan iha kulit hanesan baku fatin la ho razaun ruma.
<ul style="list-style-type: none"> shortness of breath, chest pain, leg swelling 	<ul style="list-style-type: none"> iis badak, hirus matan moras, ain bubu
<ul style="list-style-type: none"> persistent abdominal pain 	<ul style="list-style-type: none"> kabun moras la para
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.	Iha mundu, ikus-ikus ne'e iha ona mós keixa kazu oituan iha ne'ebé ema hetan inflamasaun/bubu iha fuan depoizde ema simu vasina COVID-19 Pfizer no Moderna ho naran miokardite ka perikardite. Kazu hirak ne'e barak liu kona mane foinsae sira iha lora balun depoizde simu vasina ne'e. Barak liu husi ema sira ne'e hetan isin di'ak fali depoizde sira deskansa barak no simu tratamentu simples.
You should seek medical advice urgently if you experience:	Ita tenke buka keda asistênsia médiku se Ita esperiênsia:
<ul style="list-style-type: none"> chest pain 	<ul style="list-style-type: none"> hirus matan moras
<ul style="list-style-type: none"> shortness of breath 	<ul style="list-style-type: none"> iis boot
<ul style="list-style-type: none"> feelings of having a fast-beating, fluttering, or pounding heart 	<ul style="list-style-type: none"> sente ita-nia fuan tukun sa'e maka'as ka tuku mak'as
Are the side effects different for each dose?	Karik efeitu sekundariu sira husi kada doze la hanesan?
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.	Vasina COVID-19 la'os hanesan hotu – balun fó efeitu sekundariu ne'ebé maka'as iha doze dahuluk, balun fó efeitu sekundariu maka'as liu iha doze daruak. Efeitu sekundariu baibain ne'e hanesan hotu no tenke para ona iha lora ida ka rua.
Can I catch COVID-19 from the vaccines?	Karik ha'u bele hetan COVID-19 husi vasina?
You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you	Ita labele hetan COVID-19 husi vasina maibé iha possibilidade katak Ita hetan ona COVID-19 maibé la

have the symptoms until after your vaccination appointment.	hatene se Ita iha sintoma até depoizde ita-nia loron vasinasaun nian.
The most important symptoms of COVID-19 are recent onset of any of the following:	Sintoma importante liu husi COVID-19 mak komesa sente buat hirak tuirmai ne'e:
<ul style="list-style-type: none"> • a new continuous cough 	<ul style="list-style-type: none"> • komesa me'ar la para
<ul style="list-style-type: none"> • a high temperature 	<ul style="list-style-type: none"> • isin manas
<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"> • sentidu atu horon ka gostu baibain nian lakon ka muda (anozmia).
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.	Maske isin manas bele akontese iha loron ida ka rua nia laran depoizde vasinasaun, se Ita hetan sintoma COVID-19 seluk ka se Ita-nia isin manas kleur liu, entaun hela iha uma no aranja atu halo teste.
When can I go back to daily activities?	Wainhira mak ha'u bele fila ba atividade lor-loron nian?
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.	Ita bele hala'o Ita-nia atividade ne'ebé baibain Ita halo kuandu Ita sente di'ak hela. Se Ita-nia liman mak moras, karik difisil ba Ita atu foti sasan ne'ebé todan. Se Ita sente moras ka kole liu entaun Ita tenke deskansa no evita uza makina sira ka lori kareta.
What do I do next?	Tuir mai saida mak ha'u tenke halo?
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.	Se Ida ne'e Ita-nia doze dahuluk, Ita sempre iha kartaun oan ida ne'ebé hakerek Ita-nia markasaun tuirmai iha semana 3 no 12 nia laran. Importante atu hetan doze rua ne'e hotu husi vasina ne'ebé hanesan atu Ita hetan proteasaun ne'ebé másimu.
Make sure you keep this record card with you	Asegura katak Ita rai kartaun rejistru ida ne'e ho Ita
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	Keta haluha Ita-nia vasinasaun COVID-19 Proteje Ita. Ba Informasaun kle'an liu tan kona-ba vasinasaun COVID-19 ka tenke halo saida depoizde Ita nia vasinasaun, haree www.nidirect.gov.uk/covid-vaccine
Keep your card safe. If this is your first dose, don't forget to keep your next appointment.	Rai Ita nia kartaun ho seguru. Se ida ne'e Ita nia doze dahuluk, keta haluha atu atende Ita nia markasaun tuirmai.
What should I do if I am not well before my next appointment?	Saida mak ha'u tenke halo se ha'u moras molok ha'u nia loron vasina tuir mai?
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.	Se Ita moras, di'ak liu hein to'o wainhira Ita rekupera ona mak simu Ita-nia vasina. Ita labelle atende markasaun vasina se Ita karantina hela, hein rezultadu teste COVID-19 ka iha semana 4 nia laran Ita-nia teste COVID-19 konfirmadu pozitivu.
Will the vaccine protect me?	Vasina ne'e sei proteje ha'u ka lae?
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.	Vasina COVID-19 ne'ebé Ita simu, hatudu ona katak nia bele hatún possibilidade atu Ita sofre husi moras COVID-19. Kada vasina hetan ona teste ba ema na'in 20,000 liu no kada vasina uza ona iha nasaun barak.
It may take a few weeks for your body to build up some protection from the vaccine. Like all medicines,	Presiza semana balun atu Ita-nia isin dezenvolve proteasaun ruma husi vasina ne'e. Hanesan mós ai-

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.	moruk sira seluk, laiha vasine ne'ebé kompletamente efetivu, tan ne'e Ita tenke kontinua kuidadu tuir orientasaun sira atu evita infesaun. Ema balun sei bele hetan COVID-19 maske hetan ona vasinasaun, maibé ida ne'e sei la grave.
What can I do after I have had the vaccine?	Saida mak ha'u bele halo depoizde hau hetan ona vasina?
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.	Vasina sei la fó infesaun COVID-19, no hetan síklu kompleta sei hatún possibilidade atu Ita hetan moras sériu. Ami la hatene boot oinsá vasina ne'e sei hatún risku atu Ita hada'et virus ne'e ba ema seluk. Tan ne'e importante atu kontinua tuir orientasaun atuál.
To protect yourself and your family, friends and colleagues you MUST still:	Atu proteje Ita-nia an, Ita-nia família, maluk no kolega sira Ita TENKE nafatin:
<ul style="list-style-type: none"> • practise social distancing 	<ul style="list-style-type: none"> • prátika distansiamentu sosiál
<ul style="list-style-type: none"> • wear a face covering 	<ul style="list-style-type: none"> • uza máskara
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • fase Ita-nia liman didi'ak no dala barak.
<ul style="list-style-type: none"> • open windows to let in fresh air 	<ul style="list-style-type: none"> • loke janela atu husik anin fresku tama
<ul style="list-style-type: none"> • follow the current guidance at www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> • halo tuir orientasaun atuál iha www.nidirect.gov.uk/coronavirus
Remember	Lembra
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.	COVID-19 da'et liu husi kabeen musan ne'ebé tama ita wainhira dada iis liu husi inus ka ibun, liu-liu wainhira ko'alia ka me'ar. Ita bele hetan ida ne'e hodi ka'er ita-nia matan, inus no ibun depoizde iha kontaktu ho sasan sira ne'ebé kontaminadu ona.
Vaccination, helping to protect those most vulnerable.	Vasinasaun, ajuda hodi proteje sira ne'ebé vulneravel liu.
If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine	Se Ita hakarak informasaun barak liu tan kona-ba vasinasaun COVID-19, favór vizita: www.nidirect.gov.uk/covid-vaccine
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