

Chinese Simplified translation of *COVID-19 vaccine- Your guide to booster vaccination*

English	Chinese Simplified
COVID-19 vaccine	冠状病毒（COVID-19）疫苗？
Your guide to booster vaccination	您的疫苗加强剂指南
People aged 50 years and over, health and social care workers and younger people at risk are being offered a booster dose of coronavirus (COVID-19) vaccine. You will be contacted when it is your turn to have a booster.	目前正在向 50 岁及以上的人、卫生和社会护理工作者以及存在风险中的年轻人提供冠状病毒 (COVID-19) 疫苗加强剂。当轮到您接种疫苗加强剂时，我们会与您联系。
What is coronavirus or COVID-19?	什么是冠状病毒或 COVID-19？
COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus and is more serious in older people and those with certain health conditions.	冠状病毒是一种传染性很强的呼吸道疾病，由 SARS-CoV-2 病毒引起，在老年人和具有某些健康问题的人中更为严重。
Why are you being offered a COVID-19 booster?	为什么向您提供冠状病毒疫苗加强剂？
Like some other vaccines, levels of protection may begin to wane over time. This booster dose will help extend the protection you gained from your first 2 doses and give you longer term protection. The booster will help to reduce the risk of you needing admission to hospital due to COVID-19 infection this winter.	像其他一些疫苗一样，其保护水平可能会随着时间的推移开始减弱。此加强剂量将有助于延长您从前 2 次接种中获得的保护，并为您提供更长期的保护。疫苗加强剂将有助于降低您在今年冬天因冠状病毒感染而需要住院的风险。

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When should you have a booster?	您应该什么时候接种疫苗加强剂？
The booster is being offered at least 6 months after your last dose. Like your previous doses, the vaccine will be given in your upper arm.	疫苗加强剂会在您最后一次接种完至少 6 个月后提供。与您之前的剂量一样，疫苗将接种在您的上臂。
Protection against severe disease from the first 2 doses seems to decline very slowly. So don't worry if your booster vaccine is given a few weeks after the 6 months' time-point. The booster dose should help to extend your protection into the next year.	从前 2 剂得到的对严重疾病的保护似乎在非常缓慢地下降。因此，如果您的加强疫苗是在 6 个月的时间点后的几周内接种的，请不要担心。加强剂量应有助于将您的保护延长至下一年。
Which vaccine will I be offered?	我将被提供哪种疫苗？
You will be given a booster dose of either Pfizer or Moderna vaccine. You may be offered the AstraZeneca vaccine if this is what you had for your first doses and you cannot receive either of the other vaccines. These vaccines have already been given to millions of people in the UK.	您将获得辉瑞（Pfizer）或莫德纳（Moderna）的加强疫苗。如果您第一次是接种阿斯利康（AstraZeneca）疫苗，并且您无法接种其他任何一种疫苗，则可能会为您提供此疫苗。这些疫苗已在英国提供给数百万人使用。
You will be offered the right vaccine for you which may be the same or different from the vaccines that you had before.	您将获得适合您的疫苗，该疫苗可能与您之前接种的疫苗相同或不同。

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Common side effects	常见的副作用
As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:	与您之前接种的疫苗一样，在英国使用的所有冠状病毒疫苗的常见副作用都相同，包括：
<ul style="list-style-type: none">• having a painful, heavy feeling and tenderness in the arm where you had your injection. This tends to be worst around 1 to 2 days after the vaccine	<ul style="list-style-type: none">• 注射部位的手臂有疼痛，沉重的感觉和压痛。在疫苗接种后约1-2天，这种情况往往最严重
<ul style="list-style-type: none">• feeling tired	<ul style="list-style-type: none">• 感觉累
<ul style="list-style-type: none">• headache	<ul style="list-style-type: none">• 头痛
<ul style="list-style-type: none">• general aches, or mild flu like symptoms	<ul style="list-style-type: none">• 全身痛，或轻度流感样症状
You can rest and take paracetamol (follow the dose advice in the packaging) to help make you feel better. Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate you have COVID-19 or another infection.	您可以休息，并服用扑热息痛（paracetamol）（按照包装上的剂量建议），以使您感觉好些。尽管在两到三天内感觉发烧并不罕见，但很少会出现高烧，这可能表明您感染了冠状病毒或有其他感染。
Although a fever can occur within a day or 2 of vaccination, if you have any other COVID-19 symptoms or your fever lasts longer, stay at home and arrange to have a test. Symptoms following vaccination normally last less than a week.	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，请留在家中及安排检查。接种疫苗后的症状通常持续不到一周。如果

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If your symptoms seem to get worse or if you are concerned, contact your GP.	您的症状似乎变得更糟或是您担心，请致电您的全科医师。
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.	您还可以通过黄卡计划（the Yellow Card scheme）报告可疑的疫苗副作用和药物副作用。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。
If you had serious side effects after any previous dose you may be advised to avoid or delay further vaccination. You should discuss this with your doctor or specialist.	如果您在之前的任何接种后出现严重副作用，可能会建议您避免或推迟进一步接种疫苗。您应该与您的医生或专科医生讨论这个问题。
Serious side effects	严重的副作用
Worldwide, there have also been recent, very rare cases of inflammation of the heart called myocarditis or pericarditis reported after Pfizer and Moderna COVID-19 vaccines.	在全球范围内，最近出现了非常罕见的心脏炎症病例，称为心肌炎或心包炎，是在接种辉瑞或莫德纳冠状病毒疫苗后被报告的。
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.	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感觉好多了。
You should seek medical advice urgently if, after vaccination, you experience:	如果你打完疫苗，有以下情况，应该立即寻求医疗建议：

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• chest pain	• 胸痛
• shortness of breath	• 呼吸急促
• feelings of having a fast-beating, fluttering, or pounding heart	• 感觉 心跳节奏快，心颤动或心脏狂跳
Is there anyone who shouldn't have a booster?	有没有人不应该接种疫苗加强剂？
There are very few people who should not have a booster.	很少有人不应该接种疫苗加强剂。
If you have had a severe reaction to a previous dose of the vaccine you should discuss this with your doctor.	如果您对之前接种的疫苗有严重反应，您应该与您的医生讨论这个问题。
Can you still catch COVID-19 after having the vaccine?	会从疫苗中感染冠状病毒吗？
The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It may take a few days for your body to build up some protection from the booster.	已证明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。您的身体可能需要几天的时间才能建立起由疫苗得到的保护。
Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.	像所有药物一样，没有一种疫苗能完全有效—有些人尽管进行了疫苗接种仍可能会感染冠状病毒，但这应该不那么严重了。
If you have not had the first vaccinations	如果您尚未接种第一次疫苗
If you have not yet had either of your first 2 doses of the vaccine you should have them as soon as possible.	如果您尚未接种前 2 剂疫苗中的任何一剂，则应尽快接种。

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You will still need the booster but the timing of it will depend on when you had your first 2 doses.	您仍然需要疫苗加强剂，但它接种的时间将取决于您接种第 2 剂的时间。
Further information	附加信息
Visit coronavirus vaccination www.nidirect.gov.uk/covid-vaccine	在以下的网站查看冠状病毒疫苗 www.nidirect.gov.uk/covid-vaccine
See the PHA leaflet on what to expect after vaccination, which is available to download at www.pha.site/COVID19InfoMaterials	请参阅有关接种疫苗后会发生什么的 公共 卫生署 (PHA) 宣传单，该宣传单可在以下 网址下载 www.pha.site/COVID19InfoMaterials
Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card. You can also report suspected side effects on the same website or by downloading the Yellow Card app.	请阅读产品信息手册以获取有关疫苗的更多 详细信息，包括通过搜索冠状病毒黄卡 (Coronavirus Yellow Card) 查看可能的副 作用。 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。
https://coronavirus-yellowcard.mhra.gov.uk	https://coronavirus-yellowcard.mhra.gov.uk
You can read the information for UK recipients of the Pfizer and Moderna vaccines here:	您可以在此处阅读辉瑞和莫德纳疫苗的“给 英国接受者的信息”：
https://coronavirus-yellowcard.mhra.gov.uk/productinformation	https://coronavirus-yellowcard.mhra.gov.uk/productinformation

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