

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

English	Irish
COVID-19 vaccine	Vacsáin COVID-19
Your guide to booster vaccination	Treoir duit maidir le vacsaíniú teanndáileoige
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.	Tá teanndáileog de vacsaín in aghaidh an choróinvíris (COVID-19) á tairiscint do dhaoine 50 bliain d'aois agus níos sine, d'oibrithe cúraim sláinte agus cúram sóisialta agus do dhaoine óga atá i gcontúirt an choróinvíris. Rachfar i dteagmháil leat nuair a thagann do sheal chun teanndáileog a fháil.
What is coronavirus or COVID-19?	Cad is coróinvíreas nó COVID-19 ann?
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.	Is galar riospráide atá an-tógálach é COVID-19 agus an víreas SARS-CoV-2 mar chúis leis. Tá sé níos tromchúisí do daoine scothaoise agus do dhaoine a bhfuil breoiteacht áirithe orthu.
Why are you being offered a COVID-19 booster?	Cén fáth a bhfuil teanndáileog de vacsaín COVID-19 á tairiscint duit?
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	Mar is amhlaidh le vacsaíní eile, d'fhéadfadh na leibhéil chosanta laghdú thar am. Cuideoidh an teanndáileog seo an chosaint a bhfuair tú ón gcéad 2 dháileog a shíneadh agus tabharfaidh sé cosaint níos fadtéarmaí duit. Cuideoidh an teanndáileog seo leis an riosca a nglacfar isteach san ospidéal thú mar gheall ar

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hospital due to COVID-19 infection this winter.	COVID-19 an geimhreadh seo a laghdú.
When should you have a booster?	Cathain ar cheart duit an teanndáileog a fháil?
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.	Tá an teanndáileog á thairiscint 6 mhí ar a laghad i ndiaidh do dháileoige deireanaí. Mar is amhlaidh leis na dáileoga a tugadh duit roimhe seo, tabharfar an vacsaín duit in uachtar na láimhe.
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.	Is cosúil go laghdaíonn an chosaint in aghaidh dianghalair ón gcéad 2 dháileog go han-mhall. Mar sin, ná bí buartha má thugtar an vacsaín teanndáileoige duit cúpla sheachtain i ndiaidh an dáta 6 mhí sin. Ba cheart go gcuideodh an teanndáileog do chosaint a shíneadh go dtí na bliana seo chugainn.
Which vaccine will I be offered?	Cén vacsaín a chuirfear ar fáil domsa?
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.	Tabharfar teanndáileog de vacsaín Pfizer nó Moderna duit. Tá seans ann go dtairgfí vacsaín AstraZeneca duit más an ceann sin a fuair tú le haghaidh do chéad dháileoga agus murar féidir leat ceachtar den dá vacsaín eile a fháil. Tugadh na vacsaíní sin do na milliún daoine sa Ríocht Aontaithe cheana féin.
You will be offered the right vaccine for you which may be the	Tairgfear an vacsaín cheart duit agus d'fhéadfadh an vacsaín

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same or different from the vaccines that you had before.	cheart a bheith mar an gcéanna nó éagsúil ó na vacsaíní a fuair tú roimhe seo.
Common side effects	Fo-iarmhairtí coitianta
As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:	Mar is amhlaidh an cás leis an dáileog a fuair tú roimhe seo, tá na fo-iarmhairtí coitianta mar an gcéanna le haghaidh gach vacsaín in aghaidh COVID-19 a úsáidtear sa Ríocht Aontaithe, agus na fo-iarmhairtí seo a leanas ina measc:
• 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	• pian, troime agus soghortaitheacht sa lámh ina bhfuair tú d'instealladh. De ghnáth bíonn sé seo níos measa timpeall 1-2 lá i ndiaidh na vacsaíne
• feeling tired	• tuirse
• headache	• tinneas cinn
• general aches, or mild flu like symptoms	• tinneas agus pianta ginearálta, nó siomptóim éadroma mar a bheadh fliú ort
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	Is féidir leat do scíth a ligean agus paraicéiteamól a thógáil (lean an chomhairle dáileoige ar an bpacáiste) chun biseach a chur ort. Cé nach bhfuil sé annamh braith mar atá fiabhras ort ar feadh 2 nó 3 lá, tá teocht ard neamhghnách agus d'fhéadfadh

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have COVID-19 or another infection.	sé a léiriú go bhfuil COVID-19 nó ionfhabhtú eile ort.
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. If your symptoms seem to get worse or if you are concerned, contact your GP.	Cé go bhféadfadh fiabhras teacht ort laistigh de lá nó 2 lá i ndiaidh vacsaínithe, má mhaireann aon shiomptóim COVID-19 nó fiabhras níos faide ná sin, fan sa bhaile agus eagraigh tástáil duit féin. Maireann fo-iarmhairtí i ndiaidh na vacsaíne níos lú ná seachtain amháin go hiondúil. Má éiríonn do shiomptóim níos measa nó má tá imní ort, déan teagmháil le do dhochtúir teaghlaigh.
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.	Is féidir fo-iarmhairtí amhrasta na vacsaíne agus leighis a thuairisciú trí scéime an Chárta Bhuí. Is féidir é seo a dhéanamh ar líne trí Coronavirus Yellow Card a chuardach nó tríd an aip Yellow Card a íoslódáil.
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.	I gcás ina raibh fo-iarmhairtí tromchúiseacha ort i ndiaidh aon dáileog a fuair tú roimhe seo, tá seans ann go moltar duit tuilleadh vacsaínithe a sheachaint nó a chur siar. Ba cheart duit an méid sin a phlé le do dhochtúir nó le do dhochtúir comhairleach.
Serious side effects	Fo-iarmhairtí tromchúiseacha
Worldwide, there have also been recent, very rare cases of inflammation of the heart called myocarditis or pericarditis	Tuairiscíodh cásanna athlasta croí go gairid freisin timpeall an domhain (darbh ainm miócairdíteas nó peireacardíteas)

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reported after Pfizer and Moderna COVID-19 vaccines.	ach go han-annamh i ndiaidh vacsaíní in aghaidh COVID-19.
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.	Feictear na cásanna sin i measc fear óg den chuid is mó, laistigh de cúpla lá i ndiaidh an vacsaín a fháil. Tháinig biseach ar formhór na ndaoine sin agus mhothaigh siad i bhfad níos fearr tar éis dóibh a scíth a ligean agus cóir leighis simplí a fháil.
You should seek medical advice urgently if, after vaccination, you experience:	Ba cheart duit comhairle leighis a lorg go práinneach má mhothaíonn tú na hiarmhairtí seo a leanas i ndiaidh vacsaínithe:
• chest pain	• pianta cliabhraigh
• shortness of breath	• giorra anála
• feelings of having a fast-beating, fluttering, or pounding heart	• croí atá ag preabadh, ag léim nó ag réabadh
Is there anyone who shouldn't have a booster?	An bhfuil duine ann nár cheart dó teanndáileog a fháil?
There are very few people who should not have a booster.	Níl ach líon beag daoine nár cheart dóibh teanndáileog a fháil.
If you have had a severe reaction to a previous dose of the vaccine you should discuss this with your doctor.	I gcás ina raibh frithghníomh tromchúiseach agat ar dháileog roimhe seo, ba cheart duit an méid sin a phlé le do dhochtúir.
Can you still catch COVID-19 after having the vaccine?	An féidir COVID-19 a tholghadh tar éis duit an vacsaín a fháil?
The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease.	Laghdóidh vacsaíniú in aghaidh COVID-19 an seans go bhfulaingeadh tú mar gheall ar

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It may take a few days for your body to build up some protection from the booster.	ghalar COVID-19. D'fhéadfadh go dtógfaidh sé cúpla lá chun cosaint ón teanndáileog a neartú i do chorp.
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.	Mar is amhlaidh an cás le gach leigheas, níl gach uile vacsaín go hiomlán éifeachtach, mar sin d'fhéadfadh go dtolgfadh roinnt daoine COVID-19 fós d'ainneoin an vacsaín, ach ba cheart go mbeadh an galar níos éadroime sa chás sin.
If you have not had the first vaccinations	I gcás nár fuair tú na chéad vacsaín
If you have not yet had either of your first 2 doses of the vaccine you should have them as soon as possible.	I gcás nach bhfuair tú ceachtar den 2 dháileog den vacsaín, ba cheart duit iad a fháil a luaithe agus is féidir.
You will still need the booster but the timing of it will depend on when you had your first 2 doses.	Beidh ort an teanndáileog a fháil fós ina dhiaidh sin ach beidh uainiú an vacsaínithe sin ag brath ar an uair a bhfuair tú do chéad 2 dháileog.
Further information	Tuilleadh eolais
Visit coronavirus vaccination www.nidirect.gov.uk/covid-vaccine	Tabhair cuairt ar an suíomh gréasáin maidir le vacsaíniú in aghaidh an choróinvíris 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	Féach ar an mbileog eolais de chuid PHA ar céard ba cheart duit a bheith ag súil leis i ndiaidh an vacsaínithe, atá ar fáil le híoslódáil ag

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	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.	Léigh bileog eolais an táirge le do thoil le haghaidh tuilleadh faisnéise ar do vacsaín, lena n-áirítear na fo-iarmhairtí a bhaineann leis, trí Coronavirus Yellow Card a chuardach. Is féidir leat fo-iarmhairtí amhrasta a thuarisciú ar an suíomh gréasáin chéanna nó trí aip Chárta Buí an Choróinvíris a íoslódáil.
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:	Is féidir leat eolas le haghaidh daoine a fhaigheann vacsaíní Pfizer agus Moderna sa Ríocht Aontaithe a léamh anseo:
https://coronavirus-yellowcard.mhra.gov.uk/productinformation	https://coronavirus-yellowcard.mhra.gov.uk/productinformation
Published September 2021 by the Public Health Agency.	Foilsithe Meán Fómhair 2021 ag an nGníomhaireacht Sláinte Poiblí (PHA)
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