

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

English	Tetum
COVID-19 vaccine	vasina COVID-19 ne'e
Your guide to booster vaccination	Matadalan ba Ita atu simu booster vasinasaun
<p>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.</p>	<p>Ema sira ho tinan 50 ba leten, funsinariu saúde no sosiál sira no joventude sira ne'ebé iha risku hela, sei hetan oferese atu simu booster vasina virus korona nian (COVID-19). Ita sei simu kontaktu ruma sekuandu tama ona ba Ita-nia tempu atu simu booster ne'e.</p>
What is coronavirus or COVID-19?	Sa'ida maka virus korona ka COVID-19 ne'e?
<p>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.</p>	<p>COVID-19 hanesan moras respirasaun nian maka bele da'et lalais no kauza husi virus SARS-CoV-2 no bele kona seriu liu ba ferik-katos sira no sira ne'ebé iha kondisaun saúde espesifiku.</p>
Why are you being offered a COVID-19 booster?	Oinsá Ita hetan oferese ba booster COVID-19 ne'e?
<p>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.</p>	<p>Hanesan vasina sira seluk, nia nivél protesaun karik bele redus husi tempu ba tempu. Doze booster ida ne'e sei prolonga protesaun maka Ita simu ona husi vasina doze rua uluk nian no fó protesaun iha periodu naruk tan. Booster ne'e sei ajuda Ita atu redus risku baixa ba óspital tanba infesaun COVID-19 iha tempu invernu ida ne'e.</p>

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<p>When should you have a booster?</p>	<p>Bainhira Ita tenke simu booster ida ne'e?</p>
<p>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.</p>	<p>Booster ne'e oferese ona atu simu iha tempu fulan 6 depoizde husi Ita simu ona vasina doze ikus nian. Hanesan Ita-nia doze ikus nian, vasina ne'e sei fó hotu iha Ita-nia liman loku-fatin.</p>
<p>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.</p>	<p>Protesaun hasoru moras grave maka fó husi doze rua primeiru ne'e hanesan tuun neineik liu. Tanba ne'e lalika preokupa sé Ita-nia booster vasina fó iha semana hirak depoizde pontu tempu fulan 6 . Doze booster ne'e sei ajuda Ita atu prolonga Ita-nia protesauun iha tinan oin.</p>
<p>Which vaccine will I be offered?</p>	<p>Vasina ida ne'ebé mak sei fó?</p>
<p>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.</p>	<p>Ita sei simu booster doze ida husi vasina Pfizer ka Moderna nian. Karik Ita sei hetan oferese atu simu vasina AstraZeneca sé vasina ida ne'e maka Ita simu duni iha doze primeiru no Ita la bele simu vasina tipu seluk nian. Vasina hirak ne'e fó ona ba ema miliaun ba miliaun iha Reinu Unidu.</p>
<p>You will be offered the right vaccine for you which may be the same or different from the vaccines that you had before.</p>	<p>Ita sei simu oferese vasina ida maka loos ba Ita ne'ebé karik bele hanesan ka diferente husi vasina maka Ita simu ona molok ne'e.</p>

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Common side effects	Efeitú sekundariu jeral ne'e inklui:
<p>As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:</p>	<p>Hanesan hotu ho Ita-nia doze molok nian, efeitú sekundariu baibain maka mosu hanesan deit husi vasina COVID-19 hotu-hotu ne'ebé uza ona iha Reinu Unidu, no inklui:</p>
<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"> • liman ne'ebé hetan sona sei moras, todan no mamar. Ida ne'e sei aumenta aat iha lora 1-2 depoizde simu ona vasinasaun ne'e
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • sente kolen
<ul style="list-style-type: none"> • headache 	<ul style="list-style-type: none"> • ulun-moras
<ul style="list-style-type: none"> • general aches, or mild flu like symptoms 	<ul style="list-style-type: none"> • isin moras baibain, sintoma moras gripe kmaan
<p>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.</p>	<p>Ita bele deskansa no bele hemu ai-moruk paracetamol (ho doze maka sujere ona iha ninia falun) atu halo Ita atu halo Ita sente di'ak. Maibe sekuandu sente isin-manas la hanesan baibain to'o lora 2 ka3, isin-nia temperatura aas la hanesan baibain no karik bele indika katak Ita sofre COVID-19 ka infesaun seluk.</p>
<p>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</p>	<p>Maske isin manas bele akontese iha lora ida ka rua nia lara depoizde simu ona vasinasaun, sé Ita hetan sintomas COVID-19 seluk ka sé Ita-nia isin manas kleur liu, entaun hela iha uma no aranja atu</p>

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<p>following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, contact your GP.</p>	<p>tuir teste. Sintomas ne'ebé mosu depoizde simu ona vasinasaun ne'e baibain la to'o semana ida. Sé Ita nia sintomas sira ne'e aumenta aat ka sé Ita preokupa, kontaktu ba Ita-nia GP.</p>
<p>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.</p>	<p>Ita mós bele reporta efeitu sekundariu ne'ebé Ita deskonfia iha husi vasina ne'e ka husi ai-moruk sira liu husi Eskema Yellow Card. Ita bele halo ida ne'e liu husi online no ba buka "Coronavirus Yellow Card" (Kartaun Kinur Virus Korona) ka ba download aplikasaun Yellow Card</p>
<p>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.</p>	<p>Sé Ita hetan efeitu sekundariu maka seriu depoizde Ita simu ona doze ruma ne'ebé deit, karik Ita sei hetan sujestaun para Ita evita ka demora vasinasaun tuir mai. Ita tenke diskute kona-ba ida ne'e ho Ita-nia doutor ka espesialista ida.</p>
<p>Serious side effects</p>	<p>Efeitu sekundariu seriu:</p>
<p>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.</p>	<p>Iha mundu tomak, iha mós kazu moras bubu-fuan ne'ebé mosu raru liu, moras ne'e bolu miokardite ka perikardite ne'ebé foin dadauk ne'e reporta ona depoizde simu ona vasina Pfizer no vasina Moderna COVID-19.</p>
<p>These cases have been seen mostly in younger men within several days after vaccination. Most of these people recovered</p>	<p>Kazu hirak ne'e, hare mosu ona liuliu ba mane joven sira ne'ebé akontese deit iha loron hirak depoizde simu ona vasinasaun.</p>

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and felt better following rest and simple treatments.	Balun husi ema hirak ne'e rekupera lalais no sente diak liu depoizde sira ba deskansa no simu tratamentu simples deit.
You should seek medical advice urgently if, after vaccination, you experience:	Ita tenke ba buka tratamentu mediku kedas sekuandu Ita esperiênsia:
<ul style="list-style-type: none"> • chest pain 	<ul style="list-style-type: none"> • hirus-matan sente moras
<ul style="list-style-type: none"> • shortness of breath 	<ul style="list-style-type: none"> • iis badak
<ul style="list-style-type: none"> • feelings of having a fast-beating, fluttering, or pounding heart 	<ul style="list-style-type: none"> • fuan sente hanesan tuku-tuku makaas, nakdedar, ka bebar
Is there anyone who shouldn't have a booster?	Iha ema spesifiku ruma ka lae maka la bele simu booster ne'e?
There are very few people who should not have a booster.	Iha ema hirak deit maka la bele simu booster ne'e.
If you have had a severe reaction to a previous dose of the vaccine you should discuss this with your doctor.	Sekuandu Ita iha reasaun todan ba doze primeiru husi vasina ne'e, Ita tenke diskute kona-ba buat ne'e ho Ita-nia doutor.
Can you still catch COVID-19 after having the vaccine?	Ita sei bele hetan COVID-19 husi vasina ne'e ka lae?
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.	Vasina COVID-19 sei hatún possibilidade atu Ita sofre husi moras COVID-19. Presiza lora hirak para Ita-nia isin dezenvolve protesaun ruma husi vasina ne'e.
Like all medicines, no vaccine is completely effective – some people may still get COVID-19	Hanesan medisina sira seluk, laiha vasina ida mak kompletamente efetivu - ema balun sei bele hetan COVID-19 maske hetan ona

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despite having a vaccination, but this should be less severe.	vasinasaun, maibé ida ne'e sei la grave.
If you have not had the first vaccinations	Sé Ita seidak simu vasinasaun doze primeiru
If you have not yet had either of your first 2 doses of the vaccine you should have them as soon as possible.	Sé Ita seidak simu doze primeiru ka doze segundu husi vasina ne'e, Ita tenke simu sira lalais kedas.
You will still need the booster but the timing of it will depend on when you had your first 2 doses.	Ita sei presija booster ne'e maibe tempu ba simu ne'e sei depende ba tempu bainhira Ita simu ona doze 2 primeiru.
Further information	Informasaun liu tan
Visit coronavirus vaccination www.nidirect.gov.uk/covid-vaccine	Vizita vasinasaun virus korona 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	Hare ba folleta PHA kona-ba sa'ida maka atu espera depoizde simu ona vasinasaun, ne'ebé disponivel hela atu karrega iha 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.	Favór 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). Ita mós bele relata efeitu sekundaria ne'ebé ita deskonfia iha sítiu internet ne'ebé hanesan ka hodi download aplikasaun Yellow Card.

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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:	Ita bele lee Informasaun kona-ba reseptadór iha Reinu Uniduba vasina Pfizer no Moderna iha ne'e:
https://coronavirus-yellowcard.mhra.gov.uk/productinformation	https://coronavirus-yellowcard.mhra.gov.uk/productinformation
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© Crown copyright 2021. This information was originally developed by UK Health Security Agency and is used under the Open Government Licence v3.0	© Crown copyright 2021 Informasaun ne'e dezenvolve ona liu husi Ajénsia Seguransa ba Saúde Públiku Reinu Unidu no uza bazeia ba Lisensa Governu Aberta v3.0