

Tetum translation of *COVID-19 vaccination - Your guide to booster vaccination 12/21*

| English  | Tetum   |
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| <b>COVID-19 vaccine</b>  | <b>Vasina COVID-19</b>  |
| <b>Your guide to booster vaccination</b>   | <b>Matadalan ba Ita atu simu booster vasinasaun</b>   |
| People aged 18 years and over, health and social care workers and those aged 16 and 17 who are at risk are being offered a booster dose of coronavirus (COVID-19) vaccine.   | Ema sira ho tinan 18 ba leten, funsinariu saúde no sosiál sira no sira ho tinan 16 no 17 ne'ebé sira iha risku nia-laran, sei hetan oferese atu simu booster vasina virus korona nian (COVID-19).   |
| <b>What is coronavirus or COVID-19?</b>  | <b>Sa'ida mak virus korona ka COVID-19 ne'e?</b>  |
| COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus and is more serious in people over 40 years of age and those with certain health conditions.  | COVID-19 hanesan moras respirasaun nian maka bele da'et lalais no kauza husi virus SARS-CoV-2 ba ema ho tinan 40 ba leten no sira ne'ebé iha kondisaun saúde espesifiku.  |
| <b>Why are you being offered a COVID-19 booster?</b>   | <b>Oinsá Ita hetan oferese ba booster COVID-19 ne'e?</b>  |
| Like some other vaccines, levels of protection may begin to wane over time. The booster will help to reduce the risk of you needing admission to hospital due to COVID-19 infection this winter. Protection against severe disease from the first 2 doses seems to decline very slowly. Boosting your immunity should help to extend your protection into next year and give you longer term protection. | Hanesan vasina sira seluk, nia nivél protesaun karik bele redus husi tempu ba tempu. Booster ne'e sei ajuda Ita atu redus risku baixa ba óspital tanba infesaun COVID-19 iha tempu invernu ida ne'e. Protesaun hasoru moras hirak husi vasina doze rua ne'e redus neineik ona. Hametin ka boosting Ita-nia imunidade sei ajuda prolonga protesaun ba tinan oin no fó Ita protesaun iha tempu naruk liu tan. |

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| <p><b>When should you have a booster?</b></p>   | <p><b>Bainhira Ita tenke simu booster ida ne'e?</b></p>   |
| <p>The booster is being offered to those most vulnerable first and will then be rolled down to younger age groups. Your appointment should be at least 3 months from your last dose, but this may be later depending on your age group or level of risk. For more on this, visit <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>                   | <p>Booste ne'e oferese hela liuliu ba sira mak vulneravél liu no depoizde sei fó ba grupu tutuir bazeia ba sira-nia tinan to'ó tinan kiik liu. Ita-nia loron ba konsulta ne'e minimu liu fulan 3 desde Ita simu ona vasina doze ikus nian, maibe ida ne'e sei depende ba Ita-nia tinan tama ba grupu ida ne'ebé ka nivél risku nian. Ba informasaun liu tan kona-ba ida ne'e, vizita <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p> |
| <p><b>Which vaccine will you be offered?</b></p>  | <p><b>Vasina ida ne'ebé mak sei oferese ba Ita?</b></p>   |
| <p>You will be given a booster dose of either Pfizer or Moderna vaccine. Both vaccines boost well and have already been given to millions of people in the UK. Studies have shown that you only need a half dose of Moderna to boost the immune system well. This half dose of Moderna is expected to have low rate of side effects including myocarditis. See page 3 for more information.</p> | <p>Ita sei simu booster doze ida husi vasina Pfizer ka Moderna nian. Vasina rua hasai ka boost ho diak no fó ona ba ema miliaun ba miliaun iha Reinu Unidu. Peskiza hatudu ona katak Ita presija deit doze balun husi Moderna atu hasai ka booster sistema imunidade ho diak. Doze balun Moderna ne'e espera bele fó efeitu sekundariu oituan deit, inklui ba miokardite. Hare ba pagjina 3 kona-ba informasaun liu tan.</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 mak Ita simu ona molok ne'e.</p>   |

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| <b>Common side effects</b>  | <b>Efeitu sekundariu jeral ne'e inklui:</b>   |
| As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:  | Hanesan hotu ho Ita-nia doze molok nian, efeitu sekundariu baibain mak mosu hanesan deit husi vasina COVID-19 hotu-hotu ne'ebé uza ona iha Reinu Unidu, no inklui:  |
| <ul style="list-style-type: none"> <li>• 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</li> </ul>   | <ul style="list-style-type: none"> <li>• liman ne'ebé hetan sona sei moras, todan no mamar. Ida ne'e sei aumenta aat iha loron 1-2 depoizde simu ona vasinasaun ne'e</li> </ul>   |
| <ul style="list-style-type: none"> <li>• feeling tired</li> </ul>   | <ul style="list-style-type: none"> <li>• sente kolen</li> </ul>   |
| <ul style="list-style-type: none"> <li>• headache</li> </ul>  | <ul style="list-style-type: none"> <li>• ulun-moras</li> </ul>  |
| <ul style="list-style-type: none"> <li>• general aches, or mild flu like symptoms</li> </ul>  | <ul style="list-style-type: none"> <li>• isin moras baibain, sintoma moras gripe kmaan</li> </ul>   |
| 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. | 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 loron 2 ka 3, isin manas la hanesan baibain no karik bele indika katak Ita sofre COVID-19 ka infesaun seluk. |
| 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   | Maske isin manas bele akontese iha loron ida ka rua nia laran depoizde simu ona vasinasaun, sé Ita hetan sintomas COVID-19 seluk ka sé Ita-nia isin manas kleur liu,  |

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| <p>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.</p>   | <p>entaun hela iha uma no aranja atu 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 efeito sekundariu ne'ebé Ita deskonfia hetan husi vasina ne'e ka husi aimoruk 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 karega aplikasaun Yellow Card</p> |
| <p><b>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.</b></p>                        | <p><b>Sé Ita hetan efeito sekundariu mak 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.</b></p>                                |
| <p><b>Serious side effects</b></p>   | <p><b>Efeito sekundariu seriu:</b></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.</p>   | <p>Kazu hirak ne'e, hare ona mosu liuliu ba mane joven sira ne'ebé akontese deit iha loron hirak</p>   |

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| Most of these people recovered and felt better following rest and simple treatments.   | depoizde simu ona vasinasaun. Balun husi ema hirak ne'e rekupera lalais no sente diak liu depoizde sira ba deskansa no simu tratamentu simples deit.        |
| <b>You should seek medical advice urgently if, after vaccination, you experience:</b>  | <b>Ita tenke ba buka tratamentu mediku kedas sekuandu ita esperiênsia:</b>  |
| <ul style="list-style-type: none"> <li>• chest pain</li> </ul>   | <ul style="list-style-type: none"> <li>• hirus-matan sente moras</li> </ul>   |
| <ul style="list-style-type: none"> <li>• shortness of breath</li> </ul>  | <ul style="list-style-type: none"> <li>• iis badak</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>• fuan sente hanesan tuku-tuku makaas, nakdedar, ka bebar</li> </ul>   |
| <b>Is there anyone who shouldn't have a booster?</b>   | <b>Iha ema espesifiku ruma ka lae mak la bele simu booster ne'e?</b>  |
| There are very few people who should not have a booster.   | Iha ema hirak deit mak 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.                                    |
| <b>Can you still catch COVID-19 after having the vaccine?</b>  | <b>Ita sei bele hetan COVID-19 husi vasina ne'e ka lae?</b>   |
| 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 ba ita sofre husi moras COVID-19. Presiza loron 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.   |
| <b>If you have not had the first vaccinations</b>   | <b>Sé Ita seidauk simu vasinasaun doze primeiru</b>  |
| 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 seidauk simu doze primeiru ka doze segundu husi vasina ne'e, Ita tenke simu sira lalais kedas.  |
| <b>When can you have your booster if you've had a COVID-19 positive test result?</b>  | Bainhira Ita bele hetan booster ne'e sé rezultadu teste COVID-19 Ita nian sai positivu?  |
| You will still need the booster but you should wait at least 4 weeks from your COVID-19 infection.  | Ita nafatin sei presija booster ne'e maibe Ita tenke hein minimu liu semana 4 depoizde Ita kona infesaun COVID-19.   |
| <b>Further information</b>  | <b>Informasaun liu tan</b>   |
| Visit coronavirus vaccination <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>  | Vizita vasinasaun virus korona <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>  |
| See the PHA leaflet on what to expect after vaccination, which is available to download at <a href="http://www.pha.site/COVID19InfoMaterials">www.pha.site/COVID19InfoMaterials</a>             | Hare ba folleta PHA kona-ba sa'ida mak atu espera depoizde simu ona vasinasaun, ne'ebé disponivel hela atu karregar iha <a href="http://www.pha.site/COVID19InfoMaterial">www.pha.site/COVID19InfoMaterial</a><br><a href="#">s</a>      |
| 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 | 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 |

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| on the same website or by downloading the Yellow Card app.  | sekundaria ne'ebé ita deskonfia iha sítiiu internet ne'ebé hanesan ka hodi karregar aplikasaun Yellow Card.   |
| <a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a>   | <a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a>   |
| 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:  |
| <a href="https://coronavirus-yellowcard.mhra.gov.uk/productinformation">https://coronavirus-yellowcard.mhra.gov.uk/productinformation</a>         | <a href="https://coronavirus-yellowcard.mhra.gov.uk/productinformation">https://coronavirus-yellowcard.mhra.gov.uk/productinformation</a>                   |
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