

English	Traditional Chinese
Waiting after your COVID-19 vaccination	在您接種完 COVID-19 疫苗後的等待
What is changing?	什麼情況正在發生變更？
<p>Until now, people receiving the Moderna or Pfizer vaccines have been asked to wait for 15 minutes before leaving the vaccine centre in case of serious allergic reaction. This 15 minute wait has now been suspended for adults after 1st doses, 2nd doses and boosters.</p>	<p>到目前為止，接種莫德納（Moderna）或輝瑞（Pfizer）疫苗的人都被要求等待 15 分鐘才能離開疫苗中心，以防出現嚴重的過敏反應。在成人接種第一劑、第二劑和加強劑後，現在已暫停這種 15 分鐘的等待。</p>
Why is this changing?	為什麼會發生這種變更？
<ul style="list-style-type: none"> • Because of the Omicron variant, the booster programme for adults is being speeded up. 	<ul style="list-style-type: none"> • 由於奧密克戎（Omicron）變體，正在加速成年人的加強劑計畫。
<ul style="list-style-type: none"> • We now have much more experience with giving these vaccines to millions of people and the rate of serious allergic reactions is very low (around 5-10 per million doses). People are not normally observed for 15 minutes after other vaccinations. 	<ul style="list-style-type: none"> • 由於數百萬人已經接種了這些疫苗，並且嚴重過敏反應的發生率非常低（每百萬劑中大約 5-10 例），現在我們在此方面擁有了更多經驗。通常不會在人們接種其他疫苗後對其進行 15 分鐘的觀察。
Who is advising this change?	誰建議進行這種變更？
<p>The change has been advised by the four UK Chief Medical Officers, and has the support of the Medicines Healthcare products</p>	<p>此次變更由四位英國首席醫療官提出建議，並得到了藥品保健產品監管機構（MHRA）和疫苗接種和免疫聯合</p>

Regulatory Agency (MHRA) and the Joint Committee on Vaccination and Immunisation (JCVI).	委員會（JCVI）的支持。
What should I do when I attend for vaccination?	當我前去接種疫苗時應該怎麼做？
Please make sure you tell the vaccine centre if:	如果出現以下情況，請務必告知疫苗中心：
<ul style="list-style-type: none"> • you have a history of allergic reactions, particularly to other vaccines, or if you had an immediate reaction after a previous dose. (A family history of allergies is not a risk factor.) If so, you may be advised to stay for the 15 minutes; 	<ul style="list-style-type: none"> • 您有過敏反應史，尤其是對其他疫苗，或者如果您在接種前一劑疫苗後曾立即發生反應。（過敏的家族史不是風險因素。）如果是這樣，您可能會被建議留下來 15 分鐘；
<ul style="list-style-type: none"> • you have previously fainted following vaccination. 	<ul style="list-style-type: none"> • 您之前曾在接種疫苗後暈倒過。
As with any vaccine, you must not drive for 15 minutes after the vaccine – this is because of the risk of fainting. If you do faint, stay flat on your back with your legs raised. If this doesn't make you feel better, then call for help. Otherwise, you will be able to leave the centre straight after your vaccine as long as you feel OK.	與任何疫苗一樣，接種疫苗後的 15 分鐘內不得駕駛 - 這是因為有暈厥的風險。如果您確實發生暈厥，請保持平躺，將雙腿抬起。如果這不能讓您感覺好轉，則請尋求幫助。否則，只要您感覺良好，就可以在接種疫苗後立即離開中心。
What happens if I do get symptoms of an allergic reaction?	如果我確實出現過敏反應症狀，該怎麼辦？
Keep this flyer handy. You should look out for the following 'ABC' symptoms:	把這張傳單放在身邊。您應該注意以下的“ABC”症狀：
Airway	呼吸道（Airway，英文首字 A）
<ul style="list-style-type: none"> • persistent cough 	<ul style="list-style-type: none"> • 持續咳嗽
<ul style="list-style-type: none"> • vocal change (hoarse voice) 	<ul style="list-style-type: none"> • 聲音變化（聲音嘶啞）

<ul style="list-style-type: none"> swollen tongue causing difficulty swallowing 	<ul style="list-style-type: none"> 舌頭腫脹導致吞嚥困難
Breathing	呼吸 (Breathing , 英文首字 B)
<ul style="list-style-type: none"> difficult or noisy breathing 	<ul style="list-style-type: none"> 呼吸困難或有雜音
<ul style="list-style-type: none"> wheezing (like an asthma attack) 	<ul style="list-style-type: none"> 喘息 (就如哮喘發作)
Consciousness	知覺 (Consciousness , 英文首字 C)
<ul style="list-style-type: none"> feeling lightheaded or prolonged faint 	<ul style="list-style-type: none"> 感覺頭暈或長時間昏厥
<ul style="list-style-type: none"> clammy skin 	<ul style="list-style-type: none"> 粘濕的皮膚
<ul style="list-style-type: none"> confusion 	<ul style="list-style-type: none"> 思維混亂
<ul style="list-style-type: none"> unresponsive/unconscious 	<ul style="list-style-type: none"> 無反應/無意識
<p>These symptoms typically happen within 15 minutes of vaccination. If you experience any of these, call out for help and ring 999 immediately (or ask someone to do this for you).</p>	<p>這些症狀通常在接種疫苗後的 15 分鐘內發生。如果您遇到其中任何一種情況，請立即撥打 999 尋求幫助 (或請人幫您撥打)。</p>
<p>The following symptoms are NOT a serious allergic reaction, but imply a more mild reaction:</p>	<p>以下症狀不是嚴重的過敏反應，但意味著較輕微的反應：</p>
<ul style="list-style-type: none"> Swollen lips, face or eyes 	<ul style="list-style-type: none"> 嘴唇、臉部或眼睛腫脹
<ul style="list-style-type: none"> Itchy skin rash eg hives 	<ul style="list-style-type: none"> 發癢的皮疹，例如蕁麻疹
<p>Further information If you have any side effects after vaccination, please report to the Yellow Card Scheme at www.coronavirus-yellowcard.mhra.gov.uk</p>	<p>更多資訊 如果您在接種疫苗後有任何副作用，請在 www.coronavirus-yellowcard.mhra.gov.uk 向黃卡計畫 (Yellow Card Scheme) 報告</p>
<p>You can also read the product information leaflet for more details on your vaccine, including possible side effects, on the Coronavirus Yellow Card website.</p>	<p>您還可以在冠狀病毒黃卡 (Coronavirus Yellow Card) 網站上閱讀產品資訊手冊，以獲取有關疫苗的更多詳細資訊，包括可能的副作用。</p>
<p>Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website www.publichealth.hscni.net</p>	<p>資料在出版時正確無誤。有關本傳單的最新版本和其他格式，請訪問公共衛生署 (PHA) 的網站 www.publichealth.hscni.net</p>

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