

English	Simplified Chinese
Waiting after your COVID-19 vaccination	在您接种完 COVID-19 疫苗后的等待
What is changing?	什么情况正在发生变更？
<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>到目前为止，接种莫德纳（Moderna）或辉瑞（Pfizer）疫苗的人都被要求等待 15 分钟才能离开疫苗中心，以防出现严重的过敏反应。在成人接种第一剂、第二剂和加强剂后，现在已暂停这种 15 分钟的等待。</p>
Why is this changing?	为什么会发生这种变更？
<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"> • 由于奥密克戎（Omicron）变体，正在加速成年人的加强剂计划。
<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"> • 由于数百万人已经接种了这些疫苗，并且严重过敏反应的发生率非常低（每百万剂中大约 5-10 例），现在我们在此方面拥有了更多经验。通常不会在人们接种其他疫苗后对其进行 15 分钟的观察。
Who is advising this change?	谁建议进行这种变更？
<p>The change has been advised by the four UK Chief Medical Officers, and has the support of the</p>	<p>此次变更由四位英国首席医疗官提出建议，并得到了药品保健产品监管机</p>

Medicines Healthcare products Regulatory Agency (MHRA) and the Joint Committee on Vaccination and Immunisation (JCVI).	构（MHRA）和疫苗接种和免疫联合委员会（JCVI）的支持。
What should I do when I attend for vaccination?	当我前去接种疫苗时应该怎么做？
Please make sure you tell the vaccine centre if:	如果出现以下情况，请务必告知疫苗中心：
<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"> • 您有过敏反应史，尤其是对其他疫苗，或者如果您在接种前一剂疫苗后曾立即发生反应。（过敏的家族史不是风险因素。）如果是这样，您可能被建议留下来 15 分钟；
<ul style="list-style-type: none"> • you have previously fainted following vaccination. 	<ul style="list-style-type: none"> • 您之前曾在接种疫苗后晕倒过。
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.	与任何疫苗一样，接种疫苗后的 15 分钟内不得驾驶 - 这是因为有晕厥的风险。如果您确实发生晕厥，请保持平躺，将双腿抬起。如果这不能让您感觉好转，则请寻求帮助。否则，只要您感觉良好，就可以在接种疫苗后立即离开中心。
What happens if I do get symptoms of an allergic reaction?	如果我确实出现过敏反应症状 该怎么办？
Keep this flyer handy. You should look out for the following 'ABC' symptoms:	把这张传单放在身边。您应该注意以下的“ABC”症状：
Airway	呼吸道 (Airway 黄立首字 A)
<ul style="list-style-type: none"> • persistent cough 	<ul style="list-style-type: none"> • 持续咳嗽

<ul style="list-style-type: none"> vocal change (hoarse voice) 	<ul style="list-style-type: none"> 声音变化（声音嘶哑）
<ul style="list-style-type: none"> swollen tongue causing difficulty swallowing 	<ul style="list-style-type: none"> 舌头肿胀导致吞咽困难
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"> 呼吸困难或有杂音
<ul style="list-style-type: none"> wheezing (like an asthma attack) 	<ul style="list-style-type: none"> 喘息（就如哮喘发作）
Consciousness	知觉 (Consciousness, 英文首字 C)
<ul style="list-style-type: none"> feeling lightheaded or prolonged faint 	<ul style="list-style-type: none"> 感觉头晕或长时间昏厥
<ul style="list-style-type: none"> clammy skin 	<ul style="list-style-type: none"> 粘湿的皮肤
<ul style="list-style-type: none"> confusion 	<ul style="list-style-type: none"> 思维混乱
<ul style="list-style-type: none"> unresponsive/unconscious 	<ul style="list-style-type: none"> 无反应/无意识
<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>这些症状通常在接种疫苗后的 15 分钟内发生。如果您遇到其中任何一种情况，请立即拨打 999 寻求帮助（或请人帮您拨打）。</p>
<p>The following symptoms are NOT a serious allergic reaction, but imply a more mild reaction:</p>	<p>以下症状不是严重的过敏反应，但意味着较轻微的反应：</p>
<ul style="list-style-type: none"> Swollen lips, face or eyes 	<ul style="list-style-type: none"> 嘴唇、脸部或眼睛肿胀
<ul style="list-style-type: none"> Itchy skin rash eg hives 	<ul style="list-style-type: none"> 发痒的皮疹，例如荨麻疹
<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>更多信息 如果您在接种疫苗后有任何副作用，请在 www.coronavirus-yellowcard.mhra.gov.uk 向黄卡计划（Yellow Card Scheme）报告</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>您还可以在冠状病毒黄卡（Coronavirus Yellow Card）网站上阅读产品信息手册，以获取有关疫苗的更多详细信息，包括可能的副作用。</p>
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