

English	Irish
Waiting after your COVID-19 vaccination	Ag fanacht tar éis do vacsaínithe COVID-19
What is changing?	Cad atá ag athrú?
<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>Go dtí seo, iarradh ar dhaoine a fhaigheann na vacsaíní Moderna nó Pfizer fanacht 15 nóiméad sula bhfágfaidh siad ionad na vacsaíne i gcás imoibriú ailléirgeach tromchúiseach. Tá an fanacht 15 nóiméad seo curtha ar fionraí anois do dhaoine fásta tar éis 1ú dáileoga, 2ú dáileoga agus teandáileoga.</p>
Why is this changing?	Cén fáth go bhfuil sé seo ag athrú?
<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"> • Mar gheall ar an leagan Omicron, tá an clár teandáileog d'aosaigh á bhrostú.
<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"> • Tá i bhfad níos mó taithí againn anois ar na vacsaíní seo a thabhairt do na milliúin daoine agus tá ráta na bhfrithghníomhartha ailléirgeacha tromchúiseacha an-íseal (timpeall 5-10 in aghaidh an mhilliúin dáileog). De ghnáth ní bhreathnaítear ar dhaoine ar feadh 15 nóiméad tar éis vacsaínithe eile.

<p>Who is advising this change?</p>	<p>Cé atá ag tabhairt comhairle faoin athrú seo?</p>
<p>The change has been advised by the four UK Chief Medical Officers, and has the support of the Medicines Healthcare products Regulatory Agency (MHRA) and the Joint Committee on Vaccination and Immunisation (JCVI).</p>	<p>Chuir ceathrar Príomh-Oifigeach Míochaine na RA comhairle ar an athrú, agus tá tacaíocht aige ón nGníomhaireacht Rialála Táirgí Cúram Sláinte Cógais (MHRA) agus ón gComhchoiste um Vacsaíniú agus Imdhíonadh (JCVI).</p>
<p>What should I do when I attend for vaccination?</p>	<p>Cad ba cheart dom a dhéanamh nuair a fhreastalaím ar vacsaíniú?</p>
<p>Please make sure you tell the vaccine centre if:</p>	<p>Cinntigh le do thoil go ndéarfadh tú leis an ionad vacsaín:</p>
<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"> • má tá stair frithghníomhartha ailléirgeacha agat, go háirithe maidir le vacsaíní eile, nó má bhí imoibriú láithreach agat tar éis dáileog roimhe seo. (Ní fachtóir riosca é stair teaghlaigh ailléirgí.) Más ea, b'fhéidir go molfaí duit fanacht ar feadh na 15 nóiméad;
<ul style="list-style-type: none"> • you have previously fainted following vaccination. 	<ul style="list-style-type: none"> • tá tú tar éis lagú roimhe seo tar éis an vacsaínithe.
<p>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.</p>	<p>Mar aon le haon vacsaín, ní gá duit tiomáint ar feadh 15 nóiméad tar éis an vacsaín - tá sé seo mar gheall ar an mbaol go lagfaidh sé. Má lagaíonn tú, fan go cothrom ar do dhroim le do chosa ardaithe. Mura mbraitheann sé seo níos fearr ort, glaoighar chabhair ansin. Seachas sin, beidh tú in ann an t-ionad a fhágáil díreach tar éis do vacsaín a fhad agus a bhraitheann tú ceart go</p>

	leor.
What happens if I do get symptoms of an allergic reaction?	Cad a tharlóidh má fhaighim comharthaí imoibriú ailléirgeach?
Keep this flyer handy. You should look out for the following 'ABC' symptoms:	Coinnigh an bhileog seo áisiúil. Ba cheart duit faire amach do na hairíonna 'AAC' seo a leanas:
Airway	Aerbhealach
<ul style="list-style-type: none"> • persistent cough 	<ul style="list-style-type: none"> • casacht leanúnach
<ul style="list-style-type: none"> • vocal change (hoarse voice) 	<ul style="list-style-type: none"> • athrú gutha (guth piachánach)
<ul style="list-style-type: none"> • swollen tongue causing difficulty swallowing 	<ul style="list-style-type: none"> • teanga ata ag cruthú deacrachta slogtha
Breathing	Análú
<ul style="list-style-type: none"> • difficult or noisy breathing 	<ul style="list-style-type: none"> • Análú deacair nó torannach
<ul style="list-style-type: none"> • wheezing (like an asthma attack) 	<ul style="list-style-type: none"> • Cársán (cosúil le ionsaí asma)
Consciousness	Comhfhios
<ul style="list-style-type: none"> • feeling lightheaded or prolonged faint 	<ul style="list-style-type: none"> • Meadhrán nó lag ar feadh tamall fada
<ul style="list-style-type: none"> • clammy skin 	<ul style="list-style-type: none"> • Craiceann tais
<ul style="list-style-type: none"> • confusion 	<ul style="list-style-type: none"> • mearbhall
<ul style="list-style-type: none"> • unresponsive/unconscious 	<ul style="list-style-type: none"> • neamhfhreagrach / neamhfhiosach
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).	Is gnách go dtarlaíonn na hairíonna seo laistigh de 15 nóiméad ón vacsaíniú. Má bhíonn taithí agat ar aon cheann díobh seo, glaoigh amach chun cabhair a fháil agus glaoigh ar 999 láithreach (nó iarr ar dhuine é seo a dhéanamh duit).
The following symptoms are NOT a serious allergic reaction, but imply a more mild reaction:	NÍL imoibriú ailléirgeach tromchúiseach ar na hairíonna seo a leanas, ach tugann siad le tuiscint imoibriú níos éadroma:
<ul style="list-style-type: none"> • Swollen lips, face or eyes 	<ul style="list-style-type: none"> • Liopaí, aghaidh nó súile ata
<ul style="list-style-type: none"> • Itchy skin rash eg hives 	<ul style="list-style-type: none"> • Itchy skin rash eg hives
Further information If you have any side effects after vaccination, please report to the Yellow Card Scheme at	Tuilleadh eolais Má tá aon fo-iarsmaí agat tar éis an vacsaínithe, tabhair tuairisc don Scéim Cárta Buí ag

www.coronavirus-yellowcard.mhra.gov.uk	www.coronavirus-yellowcard.mhra.gov.uk
<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>Is féidir leat bileog eolais an táirge a léamh freisin le haghaidh tuilleadh faisnéise faoi do vacsaín, na fo-iarmhairtí a d'fhéadfadh a bheith ann san áireamh ar suíomh gréasáin an Chárta Buí.</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>Eolas ceart ag dáta an fhoilsithe. Chun an leagan is deireanaí den bhileog seo agus formáidí malartacha, téigh chuig suíomh gréasáin na PHA www.publichealth.hscni.net</p>
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