

English	Traditional Chinese
Pregnant? Have your COVID-19 vaccinations	懷孕了？接種您的2019冠狀病毒病（COVID-19）疫苗
COVID-19 vaccination is strongly recommended for pregnant or breastfeeding women	強烈建議孕婦或哺乳期婦女接種COVID-19疫苗
The COVID-19 vaccines available in the UK have been shown to be effective and to have a good safety profile. It is important to have your COVID-19 vaccinations to protect you and your baby.	在英國可獲得的COVID-19疫苗已被證明是有效的，並且具有良好的安全性。接種COVID-19疫苗以保護您和您的嬰兒是很重要的。
COVID-19 vaccination in pregnancy	在懷孕期間接種COVID-19疫苗
The Joint Committee on Vaccination and Immunisation (JCVI) has now advised that pregnant women are more at risk of severe COVID-19 disease. They are reminding pregnant women to have their COVID-19 vaccines as soon as possible. Pregnant women should not delay vaccination until after they have given birth. This is to protect them and their babies. In the UK, over 100,000 pregnant women have been vaccinated mainly with Pfizer and Moderna vaccines and they have a good safety profile.	疫苗接種和免疫聯合委員會（JCVI）現在建議孕婦面臨更高的患上嚴重COVID-19疾病的風險。他們提醒孕婦儘快接種COVID-19疫苗。孕婦不應延遲接種疫苗至分娩後。這是為了保護她們和她們的嬰兒。在英國，超過10萬名孕婦主要接種了輝瑞（Pfizer）和莫德納（Moderna）疫苗，並且具有良好的安全性。
These vaccines do not contain live coronavirus and cannot infect a pregnant woman or her unborn baby in the womb.	這些疫苗不含活性冠狀病毒，也不會感染孕婦或子宮內未出生的嬰兒。
Evidence on COVID-19 vaccines is being continuously reviewed by the World Health Organization (WHO) and the regulatory bodies in the UK, USA, Canada and Europe.	世界衛生組織（WHO）以及英國、美國、加拿大和歐洲的監管機構正在持續審查有關COVID-19疫苗的證據。
Pfizer and Moderna vaccines are the preferred vaccines for pregnant women of any age who are coming for their first dose.	輝瑞（Pfizer）和莫德納（Moderna）疫苗是任何年齡的孕婦接種第一劑的首選疫苗。
Anyone who has already started vaccination, and is offered a second dose whilst pregnant, should have a second dose with the same vaccine unless they had a serious side effect after the first dose.	任何已經開始接種疫苗並在懷孕期間獲提供第二劑疫苗的人，都應該接種與第一劑相同的第二劑疫苗，除非他們在第一劑後出現嚴重的副作用。

Find out more about pregnancy, breastfeeding, fertility and COVID-19 vaccination on the website www.nidirect.gov.uk/covid-vaccine	欲瞭解有關懷孕、母乳餵哺、生育能力和 COVID-19 疫苗接種的更多資訊，請訪問 www.nidirect.gov.uk/covid-vaccine
Why do I need the vaccine if I'm pregnant?	如果我懷孕了，為什麼需要接種疫苗？
If you have COVID-19 disease in later pregnancy, both you and your unborn baby are at increased risk of serious disease needing hospital treatment, and intensive care support. UK data has shown that almost every pregnant woman with COVID-19 disease who needed hospital treatment or intensive care had not been vaccinated. The overall risk from COVID-19 disease for you and your new baby is low but has increased since the first waves of COVID-19.	如果您在懷孕後期患有 COVID-19 疾病，您和您未出生的嬰兒都面臨更高的需要住院治療的嚴重疾病和深切治療支持的風險。英國的資料顯示，幾乎所有需要住院治療或深切治療的 COVID-19 孕婦都沒有接種疫苗。您和您的初生嬰兒患 COVID-19 疾病的總體風險很低，但自第一波 COVID-19 以來有所增加。
COVID-19 vaccines in pregnancy give you high levels of protection against disease. There is reassuring information on the safety of COVID-19 vaccines given to pregnant women in the UK, as well as other countries.	懷孕期間的 COVID-19 疫苗可為您提供高水準的預防疾病的保護。在英國和其他國家，有關於向孕婦接種 COVID-19 疫苗的安全性的可靠資訊。
It is important that you are protected with all your vaccine doses to keep you and your baby safe. Don't wait until after you have given birth.	重要的是，您獲得所有疫苗劑量的保護，以確保您和您嬰兒的安全。不要等到您分娩後再接種疫苗。
Pregnant women with underlying clinical conditions are at higher risk of suffering serious complications from COVID-19.	患有潛在臨床疾病的孕婦患 COVID-19 嚴重併發症的風險更高。
Risk factors for pregnant women	孕婦的風險因素
If you have underlying medical conditions such as:	如果您有潛在的醫療病症，例如：
<ul style="list-style-type: none"> immune problems 	<ul style="list-style-type: none"> 免疫問題
<ul style="list-style-type: none"> diabetes 	<ul style="list-style-type: none"> 糖尿病
<ul style="list-style-type: none"> high blood pressure 	<ul style="list-style-type: none"> 高血壓
<ul style="list-style-type: none"> heart disease 	<ul style="list-style-type: none"> 心臟疾病
<ul style="list-style-type: none"> asthma 	<ul style="list-style-type: none"> 哮喘
Or if you are:	或者，如果您是：
<ul style="list-style-type: none"> overweight 	<ul style="list-style-type: none"> 超重
<ul style="list-style-type: none"> over the age of 35 	<ul style="list-style-type: none"> 35 歲以上
<ul style="list-style-type: none"> in your third trimester of pregnancy (over 28 weeks) 	<ul style="list-style-type: none"> 在您懷孕的最後三個月（超過 28 週）
<ul style="list-style-type: none"> of black or asian minority ethnic 	<ul style="list-style-type: none"> 黑人或亞洲少數族裔背景

background	
<ul style="list-style-type: none"> • unvaccinated or partially vaccinated 	<ul style="list-style-type: none"> • 未接種或部分接種
You are at more risk from COVID-19 than women of the same age who are not pregnant.	與未懷孕的同齡女性相比，您感染 COVID-19 的風險更高。
What does this mean for me?	這對我意味著什麼？
Getting pregnant	懷孕
There is no need to avoid getting pregnant after COVID-19 vaccination. There is no evidence that COVID-19 vaccines have any effect on fertility or your chances of becoming pregnant.	接種 COVID-19 疫苗後無需避免懷孕。沒有證據表明 COVID-19 疫苗對生育能力或懷孕機會有任何影響。
If you are pregnant	如果您懷孕了
COVID-19 vaccines offer pregnant women the best protection against COVID-19 disease which can be serious in later pregnancy for some women.	COVID-19 疫苗能為孕婦提供預防 COVID-19 疾病的最佳保護，對某些女性而言，在懷孕後期患上這種疾病可能會很嚴重。
The first dose of COVID-19 vaccine will give you good protection. You need to get each of your doses on time to get the best possible protection. You should have your second dose 8 to 12 weeks after your first dose. You do not need to delay this second dose. If you have delayed your vaccination for any reason, have your vaccinations as soon as possible.	第一劑 COVID-19 疫苗將為您提供良好的保護。您需要按時接種每一劑，以獲得最佳保護。您應該在接種第一劑的 8 到 12 週後接種第二劑疫苗。您無需延遲該第二劑。如果您因任何原因延遲了接種疫苗，請儘快接種。
If you have already had a first dose of COVID-19 vaccine without suffering any serious side effects, you can have your second dose with the same vaccine when this is offered.	如果您已經接種了第一劑 COVID-19 疫苗而沒有出現任何嚴重的副作用，那麼您可以在向您提供第二劑時接種相同的疫苗。
If your first dose was the AstraZeneca vaccine you should also consider the information in this leaflet www.publichealth.hscni.net/publications/covid-19-astrazeneca-vaccine-and-extremely-rare-blood-clots-and-translations	如果您的第一劑疫苗是阿斯利康 (AstraZeneca) 疫苗，您還應該考慮本傳單中的資訊 www.publichealth.hscni.net/publications/covid-19-astrazeneca-vaccine-and-extremely-rare-blood-clots-and-translations

Booster vaccines	加強疫苗
Pregnant women are eligible for a booster 12 weeks after their second dose. The booster dose that is offered may be a Pfizer or Moderna vaccine.	孕婦在接種第二劑的12週後有資格獲得加強劑疫苗。提供的加強劑可能是輝瑞（Pfizer）或莫德納（Moderna）疫苗。
Breastfeeding	母乳餵哺
The benefits of breastfeeding are well known. The JCVI has recommended that the vaccines can be received whilst breastfeeding. This is in line with recommendations from the USA and the World Health Organization. Talk to your doctor or midwife if you have any concerns.	母乳餵哺的好處是眾所周知的。疫苗接種和免疫聯合委員會（JCVI）建議可以在母乳餵哺期間接種疫苗。這符合美國和世界衛生組織的建議。如果您有任何疑問，請諮詢您的醫生或助產士。
Side effects	副作用
Like all medicines, vaccines can cause common side effects. It may be helpful to make sure you know what to expect after you have the vaccine, especially if you have had your baby or have other children to look after.	像所有藥物一樣，疫苗也可能會引起常見的副作用。確保您知道接種疫苗後會發生什麼可能會有所幫助，尤其是在您已經分娩或有其他子女需要照顧的情況下。
Please read the leaflet 'What to expect after your COVID vaccination' www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations	請閱讀傳單“接種COVID疫苗後會發生什麼”（What to expect after your COVID vaccination） www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations
Further information	額外資訊
The Royal College of Obstetricians and Gynaecologists (RCOG) and Royal College of Midwives (RCM) have a decision guide and other information you may find helpful on COVID-19 vaccines and pregnancy (rcog.org.uk – www.rcm.org.uk/guidance-for-pregnant-women).	皇家婦產科學院（RCOG）和皇家助產士學院（RCM）提供關於COVID-19疫苗和妊娠的決策指南和其他有用資訊（rcog.org.uk – www.rcm.org.uk/guidance-for-pregnant-women ）。
If you would like to discuss COVID-19 vaccination, please contact your midwife, doctor, or nurse.	如果您想討論COVID-19疫苗接種，請聯絡您的助產士、醫生或護士。
Don't put off vaccination until after you give birth, make time to get the best protection against COVID-19 disease for you and your baby.	不要推遲到分娩後才接種疫苗，騰出時間為您和您的嬰兒獲得針對COVID-19疾病的最佳保護。

Vaccination, helping to protect those most vulnerable.	接種疫苗，有助於保護那些最脆弱的人士。
No vaccines are 100% effective so it is important to continue to follow current national guidance.	沒有疫苗是100%有效的，因此繼續遵循當前的國家指引很重要。
To protect yourself and your family, friends and colleagues, you MUST still:	為了保護您自己和家人、朋友及同事，您仍然必須：
<ul style="list-style-type: none"> • where advised wear a face mask 	<ul style="list-style-type: none"> • 在建議時戴面罩
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • 仔細並經常洗手
<ul style="list-style-type: none"> • open windows to let in fresh air 	<ul style="list-style-type: none"> • 打開窗戶讓新鮮空氣進入
<ul style="list-style-type: none"> • follow the current guidance 	<ul style="list-style-type: none"> • 遵循最新指引
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