

English	Simplified Chinese
Pregnant? Have your COVID-19 vaccinations	怀孕了？接种您的 2019 冠状病毒病 (COVID-19) 疫苗
COVID-19 vaccination is strongly recommended for pregnant or breastfeeding women	强烈建议孕妇或哺乳期妇女接种 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.	在英国可获得的 COVID-19 疫苗 已被证明是有效的，并且具有良好的安全性。接种 COVID-19 疫苗 以保护您和您的宝宝是很重要的。
COVID-19 vaccination in pregnancy	在怀孕期间接种 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.	疫苗接种和免疫联合委员会 (JCVI) 现在建议孕妇面临更高的患上严重 COVID-19 疾病的风险。他们提醒孕妇尽快接种 COVID-19 疫苗 。孕妇不应延迟接种疫苗至分娩后。这是为了保护她们和她们的孩子。在英国，超过 10 万名孕妇主要接种了辉瑞 (Pfizer) 和 莫德纳 (Moderna) 疫苗，并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.	这些疫苗不含活性冠状病毒，也不会感染孕妇或子宫内未出生的婴儿。
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.	世界卫生组织 (WHO) 以及英国、美国、加拿大和欧洲的监管机构正在持续审查有关 COVID-19 疫苗 的证据。
Pfizer and Moderna vaccines are the preferred vaccines for pregnant women of any age who are coming for their first dose.	辉瑞 (Pfizer) 和莫德纳 (Moderna) 疫苗是任何年龄的孕妇接种第一剂的首选疫苗。
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.	任何已经开始接种疫苗并在怀孕期间获提供第二剂疫苗的人，都应该接种与第一剂相同的第二剂疫苗，除非他们在第一剂后出现严重的副作用。

Find out more about pregnancy, breastfeeding, fertility and COVID-19 vaccination on the website www.nidirect.gov.uk/covid-vaccine	欲了解有关怀孕、母乳喂养、生育能力和 COVID-19 疫苗接种的更多信息，请访问 www.nidirect.gov.uk/covid-vaccine
Why do I need the vaccine if I'm pregnant?	如果我怀孕了，为什么需要接种疫苗？
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.	如果您在怀孕后期患有 COVID-19 疾病，您和您未出生的婴儿都面临更高的需要住院治疗的严重疾病和重症监护支持的风险。英国的数据显示，几乎所有需要住院治疗或重症监护的 COVID-19 孕妇都没有接种疫苗。您和您的新生儿患 COVID-19 疾病的总体风险很低，但自第一波 COVID-19 以来有所增加。
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.	怀孕期间的 COVID-19 疫苗可为您提供高水平的预防疾病的保护。在英国和其他国家，有关于向孕妇接种 COVID-19 疫苗的安全性的可靠信息。
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，您获得所有疫苗剂量的保护，以确保您和您宝宝的安全。不要等到您分娩后再接种疫苗。
Pregnant women with underlying clinical conditions are at higher risk of suffering serious complications from COVID-19.	患有潜在临床疾病的孕妇患 COVID-19 严重并发症的风险更高。
Risk factors for pregnant women	孕妇的风险因素
If you have underlying medical conditions such as:	如果您有潜在的医疗病症，例如：
<ul style="list-style-type: none"> immune problems 	<ul style="list-style-type: none"> 免疫问题
<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"> 高血压
<ul style="list-style-type: none"> heart disease 	<ul style="list-style-type: none"> 心脏疾病
<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 岁以上
<ul style="list-style-type: none"> in your third trimester of 	<ul style="list-style-type: none"> 在您怀孕的最后三个月（超过 28

pregnancy (over 28 weeks)	周)
<ul style="list-style-type: none"> • of black or asian minority ethnic background 	<ul style="list-style-type: none"> • 黑人或亚洲少数族裔背景
<ul style="list-style-type: none"> • unvaccinated or partially vaccinated 	<ul style="list-style-type: none"> • 未接种或部分接种
You are at more risk from COVID-19 than women of the same age who are not pregnant.	与未怀孕的同龄女性相比，您感染 COVID-19 的风险更高。
What does this mean for me?	这对我意味着什么？
Getting pregnant	怀孕
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.	接种 COVID-19 疫苗后无需避免怀孕。没有证据表明 COVID-19 疫苗对生育能力或怀孕机会有任何影响。
If you are pregnant	如果您怀孕了
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 疫苗能为孕妇提供预防 COVID-19 疾病的最佳保护，对某些女性而言，在怀孕后期患上这种疾病可能会很严重。
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.	第一剂 COVID-19 疫苗将为您提供良好的保护。您需要按时接种每一剂，以获得最佳保护。您应该在接种第一剂的 8 到 12 周后接种第二剂疫苗。您无需延迟该第二剂。如果您因任何原因延迟了接种疫苗，请尽快接种。
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.	如果您已经接种了第一剂 COVID-19 疫苗而没有出现任何严重的副作用，那么您可以在向您提供第二剂时接种相同的疫苗。

<p>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</p>	<p>如果您的第一剂疫苗是阿斯利康 (AstraZeneca) 疫苗, 您还应该考虑本传单中的信息 www.publichealth.hscni.net/publications/covid-19-astrazeneca-vaccine-and-extremely-rare-blood-clots-and-translations</p>
<p>Booster vaccines</p>	<p>加强疫苗</p>
<p>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.</p>	<p>孕妇在接种第二剂的 12 周后有资格获得加强剂疫苗。提供的加强剂可能是辉瑞 (Pfizer) 或莫德纳 (Moderna) 疫苗。</p>
<p>Breastfeeding</p>	<p>哺乳</p>
<p>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.</p>	<p>母乳喂养的好处是众所周知的。疫苗接种和免疫联合委员会 (JCVI) 建议可以在母乳喂养期间接种疫苗。这符合美国和世界卫生组织的建议。如果您有任何疑问, 请咨询您的医生或助产士。</p>
<p>Side effects</p>	<p>副作用</p>
<p>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.</p>	<p>像所有药物一样, 疫苗也可能会引起常见的副作用。确保您知道接种疫苗后会发生什么可能会有所帮助, 尤其是在您已经分娩或有其他子女需要照顾的情况下。</p>
<p>Please read the leaflet 'What to expect after your COVID vaccination' www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations</p>	<p>请阅读传单“接种 COVID 疫苗后会发生什么” (What to expect after your COVID vaccination) www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations</p>
<p>Further information</p>	<p>附加信息</p>
<p>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).</p>	<p>皇家妇产科学院 (RCOG) 和皇家助产士学院 (RCM) 提供关于 COVID-19 疫苗和妊娠的决策指南和其他有用信息 (rcog.org.uk – www.rcm.org.uk/guidance-for-pregnant-women) 。</p>

If you would like to discuss COVID-19 vaccination, please contact your midwife, doctor, or nurse.	如果您想讨论 COVID-19 疫苗接种，请联系您的助产士、医生或护士。
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.	不要推迟到分娩后才接种疫苗，腾出时间为您和您的宝宝获得针对 COVID-19 疾病的最佳保护。
Vaccination, helping to protect those most vulnerable.	接种疫苗，有助于保护那些最脆弱的人群。
No vaccines are 100% effective so it is important to continue to follow current national guidance.	没有疫苗是 100%有效的，因此继续遵循当前的国家指引很重要。
To protect yourself and your family, friends and colleagues, you MUST still:	为了保护您自己和家人、朋友及同事，您仍然必须：
<ul style="list-style-type: none"> • where advised wear a face mask 	<ul style="list-style-type: none"> • 在建议时戴面罩
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • 仔细并经常洗手
<ul style="list-style-type: none"> • open windows to let in fresh air 	<ul style="list-style-type: none"> • 打开窗户让新鲜空气进入
<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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