

English	Irish
Pregnant? Have your COVID-19 vaccinations	An bhfuil tú ag iompar clainne? Bíodh do vacsaíní COVID-19 agat
COVID-19 vaccination is strongly recommended for pregnant or breastfeeding women	Moltar go láidir vacsaíniú COVID-19 do mhná torracha nó do mhná atá ag beathú cíche
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.	Tá fianaise ann go bhfuil na vacsaíní COVID-19 ar fáil sa RA éifeachtach agus go bhfuil próifíl sabháilteachta acu. Tá sé tábhachtach do vacsaíniú COVID-19 a fháil chun tú féin agus do leanbh a chosaint.
COVID-19 vaccination in pregnancy	Vacsaíniú COVID-19 sa tréimhse thoiricis
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.	Tá sé tugtha le fios anois ag an gComhchoiste um Vacsaíniú agus Imdhíonadh (JCVI) go bhfuil mná torracha i mbaol mór-ghalar COVID-19. Tá siad ag meabhrú do mhná torracha a vacsaíní COVID-19 a fháil chomh luath agus is féidir. Níor chóir do mhná torracha moill a chur ar an vacsaíniú go dtí go mbíonn a leanbh tugtha ar an saol acu. Tá sé seo chun iad féin agus a gcuid leanaí a chosaint. Sa RA, tá breis is 100,000 mná torracha vacsaínithe go príomha le vacsaíní Pfizer agus Moderna agus tá próifíl sábháilteachta maith acu.
These vaccines do not contain live coronavirus and cannot infect a pregnant woman or her unborn baby in the womb.	Níl an choróinvíreas beo sna vacsaíní seo agus ní féidir leo bean atá ag iompar clainne ná a leanbh nach bhfuil beirthe a ionfhabhtú sa bhroinn.
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.	Tá fianaise ar vacsaíní COVID-19 á athbhreithniú go leanúnach ag an Eagraíocht Dhomhanda Sláinte (WHO) agus na comhlachtaí rialála sa RA, sna Stáit Aontaithe, i gCeanada agus san Eoraip.
Pfizer and Moderna vaccines are the preferred vaccines for pregnant women of any age who are coming for their first dose.	Is iad na vacsaíní Pfizer agus Moderna na vacsaíní is fearr le mná torracha d'aois ar bith atá ag teacht dá gcéad dáileog.
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.	Ba cheart go mbeadh an dara dáileog leis an vacsaín chéanna ag aon duine a bhfuil an vacsaíniú tosaithe aici cheana, agus a dtairgtear an dara dáileog di agus í ag iompar clainne, ach amháin má bhí fo-iarmhairt thromchúiseach acu i

	ndiaidh na chéad dáileog.
Find out more about pregnancy, breastfeeding, fertility and COVID-19 vaccination on the website www.nidirect.gov.uk/covid-vaccine	Faigh tuilleadh eolais faoi thoircheas, beathú cíche, torthúlacht agus vacsaíniú COVID-19 ar an suíomh gréasáin www.nidirect.gov.uk/covid-vaccine
Why do I need the vaccine if I'm pregnant?	Cén fáth a bhfuil an vacsaín ag teastáil uaim má tá mé ag iompar clainne?
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.	Má bhíonn galar COVID-19 ort agus tú i do thoircheas níos déanaí, tá tú féin agus do leanbh sa bhroinn i mbaol méadaithe ó ghalair thromchúiseacha a bhfuil cóireáil ospidéil agus tacaíocht dianchúraim de dhíth orthu. Tá sé léirithe ag sonraí na RA nach raibh vacsaíniú faighte ag beagnach gach bean torrach a raibh galar COVID-19 uirthi a raibh cóireáil ospidéil nó dianchúraim de dhíth uirthi. Tá an riosca foriomlán ó ghalair COVID-19 duit féin agus do do leanbh nua íseal ach tá sé méadaithe ó na chéad tonnta de COVID-19.
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.	Tugann vacsaíní COVID-19 le linn toirchis leibhéil arda cosanta duit ar ghalair. Tá faisnéis dearfach ann faoi shábháilteacht na vacsaíní COVID-19 a thugtar do mhná torracha sa RA, chomh maith le tíortha eile.
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.	Tá sé tábhachtach go bhfuil tú cosanta le gach dáileog vacsaíne chun tú féin agus do leanbh a choinneáil sábháilte. Ná fan go dtí tar éis do leanbh a thabhairt ar an saol.
Pregnant women with underlying clinical conditions are at higher risk of suffering serious complications from COVID-19.	Tá mná torracha a bhfuil bunriochtaí cliniciúla orthu i mbaol níos mó ó thaobh aimhréití tromchúiseacha a fhulaingt de bharr COVID-19.
Risk factors for pregnant women	Fachtóirí riosca do mhná torracha
If you have underlying medical conditions such as:	Má tá bunriochtaí leighis agat ar nós:
<ul style="list-style-type: none"> • immune problems 	<ul style="list-style-type: none"> • fadhbanna imdhíonachta
<ul style="list-style-type: none"> • diabetes 	<ul style="list-style-type: none"> • diaibéiteas
<ul style="list-style-type: none"> • high blood pressure 	<ul style="list-style-type: none"> • brú fola ard
<ul style="list-style-type: none"> • heart disease 	<ul style="list-style-type: none"> • galar croí
<ul style="list-style-type: none"> • asthma 	<ul style="list-style-type: none"> • asma
Or if you are:	Nó má tá tú:
<ul style="list-style-type: none"> • overweight 	<ul style="list-style-type: none"> • róthrom

<ul style="list-style-type: none"> • over the age of 35 	<ul style="list-style-type: none"> • os cionn 35 bliana d'aois
<ul style="list-style-type: none"> • in your third trimester of pregnancy (over 28 weeks) 	<ul style="list-style-type: none"> • i do thríú trimeastar toirchis (os cionn 28 seachtaine)
<ul style="list-style-type: none"> • of black or asian minority ethnic background 	<ul style="list-style-type: none"> • ó chúlra mionlach eitneach dubh nó Áiseach
<ul style="list-style-type: none"> • unvaccinated or partially vaccinated 	<ul style="list-style-type: none"> • gan vacsaíniú nó go páirteach
You are at more risk from COVID-19 than women of the same age who are not pregnant.	Tá tú i mbaol níos mó ó COVID-19 ná mná den aois chéanna nach bhfuil ag iompar clainne.
What does this mean for me?	Cad a chiallaíonn sé seo dom?
Getting pregnant	Ag éirí torrach
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.	Ní gá toircheas a sheachaint tar éis vacsaínte COVID-19. Níl aon fhianaise ann go bhfuil aon tionchar ag vacsaíní COVID-19 ar thorthúlacht ná ar do sheans go n-éireoidh tú torrach.
If you are pregnant	Má tá tú ag iompar clainne
COVID-19 vaccines offer pregnant women the best protection against COVID-19 disease which can be serious in later pregnancy for some women.	Tugann vacsaíní COVID-19 an chosaint is fearr ar ghalair COVID-19 do mhná torracha, rud a d'fhéadfadh a bheith tromchúiseach do roinnt ban le linn toirchis níos déanaí.
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.	Tabharfaidh an chéad dáileog den vacsaín COVID-19 cosaint mhaith duit. Ní mór duit gach dáileog de do chuid a fháil in am chun an chosaint is fearr is féidir a fháil. Ba cheart do dhara dáileog a bheith agat 8 go 12 sheachtain tar éis do chéad dáileog. Ní gá duit moill a chur ar an dara dáileog seo. Má tá moill curtha agat ar do vacsaíniú ar chúis ar bith, faigh do vacsaíní chomh luath agus is féidir.
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.	Má tá an chéad dáileog den vacsaín COVID-19 faighte agat cheana féin gan aon fho-iarmhairtí tromchúiseacha a bheith agat, féadfaidh tú do dhara dáileog a fháil leis an vacsaín chéanna nuair a thairgtear é seo.

<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>Más í an vacsaín AstraZeneca do chéad dáileog ba cheart duit smaoineamh ar an eolas atá sa bhileog seo www.publichealth.hscni.net/publications/covid-19-astrazeneca-vaccine-and-extremely-rare-blood-clots-and-translations</p>
<p>Booster vaccines</p>	<p>Vacsáiní teandáileog</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>Tá mná torracha i dteideal teandáileog 12 sheachtain tar éis an dara dáileog. Féadfaidh vacsaín Pfizer nó Moderna a bheith sa teandáileog a thairgtear.</p>
<p>Breastfeeding</p>	<p>Cothú Cíche</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>Tá na buntáistí a bhaineann le beathú cíche ar eolas go maith. Tá sé molta ag an JCVI gur féidir na vacsaíní a fháil agus tú ag beathú cíche. Tá sé seo ag teacht le moltaí ó SAM agus ón Eagraíocht Dhomhanda Sláinte. Labhair le do dhochtúir nó le d'altra má tá imní ar bith ort.</p>
<p>Side effects</p>	<p>Fo-iarmhairtí</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>Cosúil le gach leigheas, is féidir go dtiocfaidh fo-iarmhairtí ort. B'fhéidir go mbeadh sé ina chuidiú a chinntiú go bhfuil a fhios agat cad ba cheart a bheith ag súil leis tar éis duit an vacsaín a fháil, go háirithe má tá do leanbh nó leanaí agat ar gá duit aire a thabhairt dóibh.</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>Léigh le do thoil an bhileog 'Cad le bheith ag súil leis tar éis do vacsaínithe COVID' www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations</p>
<p>Further information</p>	<p>Tuilleadh eolais</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>Tá treoir chinnidh agus faisnéis eile ag Coláiste Ríoga na gCnáimhseach agus na Gíniceolaithe (RCOG) agus ag Coláiste Ríoga na mBan Cabhrach (RCM) a d'fhéadfadh a bheith cabhrach duit maidir le vacsaíní COVID-19 agus toircheas (rcog.org.uk – www.rcm.org.uk/guidance-for-pregnant-women).</p>
<p>If you would like to discuss COVID-19 vaccination, please contact your midwife,</p>	<p>Más mian leat vacsaíniú COVID-19 a phlé, déan teagmháil le do</p>

doctor, or nurse.	chnáimhseach, do dhochtúir nó d'altra.
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.	Ná cuir siar an vacsaíniú go dtí tar éis duit an leanbh a thabhairt ar an saol, déan am chun an chosaint is fearr ar ghalar COVID-19 a fháil duit féin agus do do leanbh.
Vaccination, helping to protect those most vulnerable.	Vacsaíniú, ag cabhrú le cosaint a thabhairt dóibh siúd atá i gcontúirt.
No vaccines are 100% effective so it is important to continue to follow current national guidance.	Níl aon vacsaíní 100% éifeachtach agus mar sin tá sé tábhachtach leanúint ar aghaidh leis an treoir náisiúnta reatha.
To protect yourself and your family, friends and colleagues, you MUST still:	Chun tú féin, do theaghlach, do chairde agus do chomhghleacaithe a chosaint, ní mór duit fós:
<ul style="list-style-type: none"> • where advised wear a face mask 	<ul style="list-style-type: none"> • masc aghaidhe a chaitheamh nuair a moltar é
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • do lámha a ní go cúramach agus go minic
<ul style="list-style-type: none"> • open windows to let in fresh air 	<ul style="list-style-type: none"> • fuinneoga a oscailt chun aer úr a ligean isteach
<ul style="list-style-type: none"> • follow the current guidance 	<ul style="list-style-type: none"> • na treoracha reatha a leanúint
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