

Tetum translation of *COVID-19 vaccine - Your guide to booster vaccination*

English	Tetum
<b>COVID-19 vaccine</b>	<b>Vasina COVID-19</b>
<b>Your guide to booster vaccination</b>	<b>Matadalan ba Ita atu simu booster vasinasaun</b>
<p>People aged 16 years and over, and those aged 12 years and over who are at risk (including health and social care workers) will be offered a booster dose of coronavirus (COVID-19) vaccine. Find out how to get your booster vaccination at <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>	<p>Ema sira ho tinan 16 ba leten, no sira ho tinan 12 ba leten ne'ebé iha risku hela (inklui ba assistente sosiál no saúde) sei oferes ho doze intensifikador husi vasina virus korona (COVID-19).</p> <p>Buka hatene oinsá atu hetan Ita-nia vasinasaun intensifikador iha <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>
<b>What is coronavirus or COVID-19?</b>	<b>Sa'ida mak virus korona ka COVID-19 ne'e?</b>
<p>COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus and is more serious in older people and those with certain health conditions.</p>	<p>COVID-19 hanesan moras respirasaun nian maka bele da'et lalais no kauza husi virus SARS-CoV-2 ba ferik-katoas no sira ne'ebé iha kondisaun saúde espesifiku.</p>
<b>Why are you being offered a COVID-19 booster?</b>	<b>Oinsá Ita hetan ofereba booster COVID-19 ne'e?</b>
<p>Like some other vaccines, levels of protection may begin to wane over time. The booster will help to reduce the risk of you needing admission to hospital due to COVID-19 infection this winter. Protection against severe disease from the first 2 doses seems to decline very slowly. Boosting your immunity should help to extend</p>	<p>Hanesan vasina sira seluk, nia nivél protesaun karik bele redus husi tempu ba tempu. Booster ne'e sei ajuda Ita atu redus risku baixa ba óspital tanba infesaun COVID-19 iha tempu invernu ida ne'e. Protesaun hasoru moras hirak husi vasina doze rua ne'e redus neineik ona. Hametin ka boosting Ita-nia imunidade sei ajuda prolonga</p>

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your protection into next year and give you longer term protection.	protesaun ba tinan oin no fó Ita protesauin iha tempu naruk liu tan.
<b>When should you have a booster?</b>	<b>Bainhira Ita tenke simu booster ida ne'e?</b>
Your appointment should be at least 3 months from your last dose, but you may be called later based on your age group or level of risk.	Ita-nia loron ba enkontru markadu ne'e minimu liu fulan 3 desde Ita simu ona vasina doze ikus nian, maibe ida ne'e sei depende ba Ita-nia tinan tama ba grupu ida ne'ebé ka nivél risku nian
You should not attend a vaccine appointment if you are self-isolating or waiting for a COVID-19 test. If you've had COVID-19, you will still need your booster but wait at least 4 weeks after your positive test (or 12 weeks if you are under 18 with no underlying health conditions).	Ita la bele atende enkontru markadu sei Ita hala'o auto-isolamentu ka hein hela rezultadu teste COVID-19. Se Ita kona COVID-19, Ita nafatin presijta Ita-nia intensifikador, maibe tenke hein minimu liu to'o semana 4 depois de Ita-nia rezultadu teste ne'e positivu (ka semana 12 se Ita-nia tinan 18 ba kraik no la iha problema ba kondisaun saúde)
<b>Which vaccine will you be offered?</b>	<b>Vasina ida ne'ebé mak sei oferese ba Ita?</b>
You will be given a booster dose of either Pfizer or Moderna vaccine*. Both vaccines boost well and have already been given to millions of people in the UK.	Ita sei simu intensifikador doze ida husi vasina Pfizer ka Moderna nian*. Vasina rua ne'e intensifika ho diak no fó ona ba ema miliaun ba miliaun iha Reinu Unidu.
Studies have shown those aged 18 and over who can get the Moderna vaccine only need a half dose to boost the immune system	Peskiza hatudu ona katak sira ho tinan 18 ba leten mak bele simu vasina Moderna persija deit doze balun atu intensifika sistema

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<p>well. This half dose of Moderna is expected to have a low rate of side effects including myocarditis. See page 3 for more information.</p>	<p>imunidade ho diak. Doze balun husi Moderna ne'e espera ona iha efeitu sekundariu minimu liu inklui kona miokardite. Haree ba pajina 3 ba informasaun liutan.</p>
<p>You will be offered the right vaccine for you which may be the same or different from the vaccines that you had before.</p>	<p>Ita sei simu oferese vasina ida maka loos ba Ita ne'ebé karik bele hanesan ka diferente husi vasina mak Ita simu ona molok ne'e.</p>
<p>*You may be offered the AstraZeneca vaccine if this is what you had for your first doses and you cannot receive either of the other vaccines.</p>	<p>*Ita karik sei hetan oferese vasina Astrazeneca se vasina tipu ida ne'e mak Ita simu ona iha doze rua uluk nian no Ita la bele simu vasina seluk.</p>
<p><b>Common side effects</b></p>	<p><b>Efeitu sekundariu jeral ne'e inklui:</b></p>
<p>As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:</p>	<p>Hanesan hotu ho Ita-nia doze molok nian, efeitu sekundariu baibain mak mosu hanesan deit husi vasina COVID-19 hotu-hotu ne'ebé uza ona iha Reinu Unidu, no inklui:</p>
<ul style="list-style-type: none"> <li>• having a painful, heavy feeling and tenderness in the arm where you had your injection. This tends to be worst around 1 to 2 days after the vaccine</li> </ul>	<ul style="list-style-type: none"> <li>• liman ne'ebé hetan sona sei moras, todan no mamar. Ida ne'e sei aumenta aat iha lora 1-2 depoizde simu ona vasinasaun ne'e</li> </ul>
<ul style="list-style-type: none"> <li>• feeling tired</li> </ul>	<ul style="list-style-type: none"> <li>• sente kolen</li> </ul>
<ul style="list-style-type: none"> <li>• headache</li> </ul>	<ul style="list-style-type: none"> <li>• ulun-moras</li> </ul>
<ul style="list-style-type: none"> <li>• general aches, or mild flu like symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• isin moras baibain, sintoma moras gripe kmaan</li> </ul>

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<p>You can rest and take paracetamol (follow the dose advice in the packaging) to help make you feel better. Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate you have COVID-19 or another infection.</p>	<p>Ita bele deskansa no bele hemu aimoruk paracetamol (ho doze maka sujere ona iha ninia falun) atu halo Ita atu halo Ita sente di'ak. Maibe sekuandu sente isin-manas la hanesan baibain to'o loron 2 ka 3, isin manas la hanesan baibain no karik bele indika katak Ita sofre COVID-19 ka infesaun seluk.</p>
<p>Although a fever can occur within a day or 2 of vaccination, if you have any other COVID-19 symptoms or your fever lasts longer, stay at home and arrange to have a test. Symptoms following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, contact your GP.</p>	<p>Maske isin manas bele akontese iha loron ida ka rua nia laran depoizde simu ona vasinasaun, sé Ita hetan sintomas COVID-19 seluk ka sé Ita-nia isin manas kleur liu, entaun hela iha uma no aranja atu tuir teste. Sintomas ne'ebé mosu depoizde simu ona vasinasaun ne'e baibain la to'o semana ida. Sé Ita nia sintomas sira ne'e aumenta aat ka sé Ita preokupa, kontaktu ba Ita-nia GP.</p>
<p>You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme. You can do this online by searching Coronavirus Yellow Card or by downloading the Yellow Card app.</p>	<p>Ita mós bele reporta efeito sekundariu ne'ebé Ita deskonfia hetan husi vasina ne'e ka husi aimoruk sira liu husi Eskema Yellow Card. Ita bele halo ida ne'e liu husi online no ba buka "Coronavirus Yellow Card" (Kartaun Kinur Virus Korona) ka ba karega aplikasaun Yellow Card</p>
<p>Please see the back of the leaflet for more details.</p>	<p>Favor haree ba folleta-nia kotuk atu hetan detalla liutan.</p>
<p><b>If you had serious side effects after any previous dose you may be advised to avoid or</b></p>	<p><b>Sé Ita hetan efeito sekundariu mak seriu depoizde Ita simu ona doze ruma ne'ebé deit, karik Ita</b></p>

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<b>delay further vaccination. You should discuss this with your doctor or specialist.</b>	<b>sei hetan sujestaun para Ita evita ka demora vasinasaun tuir mai. Ita tenke diskute kona-ba ida ne'e ho Ita-nia doutor ka espesialista ida.</b>
<b>Serious side effects</b>	<b>Efeitú sekundariu seriu:</b>
Worldwide, there have also been recent, very rare cases of inflammation of the heart called myocarditis or pericarditis reported after Pfizer and Moderna COVID-19 vaccines.	Iha mundu tomak, iha mós kazu moras bubu-fuan ne'ebé mosu raru liu, moras ne'e bolu miokardite ka perikardite ne'ebé foin dadauk ne'e reporta ona depoizde simu ona vasina Pfizer no vasina Moderna COVID-19.
These cases have been seen mostly in younger men within several days after vaccination. Most of these people recovered and felt better following rest and simple treatments.	Kazu hirak ne'e, hare ona mosu liuliu ba mane joven sira ne'ebé akontese deit iha loron hirak depoizde simu ona vasinasaun. Balun husi ema hirak ne'e rekupera lalais no sente diak liu depoizde sira ba deskansa no simu tratamentu simples deit.
<b>You should seek medical advice urgently if, after vaccination, you experience:</b>	<b>Ita tenke ba buka tratamentu mediku kedas sekuandu Ita esperiénsia:</b>
<ul style="list-style-type: none"> <li>• chest pain</li> </ul>	<ul style="list-style-type: none"> <li>• hirus-matan sente moras</li> </ul>
<ul style="list-style-type: none"> <li>• shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>• iis badak</li> </ul>
<ul style="list-style-type: none"> <li>• feelings of having a fast-beating, fluttering, or pounding heart</li> </ul>	<ul style="list-style-type: none"> <li>• fuan sente hanesan tuku-tuku makaas, nakdedar, ka bebar</li> </ul>
<b>Is there anyone who shouldn't have a booster?</b>	<b>Iha ema espesifiku ruma ka lae mak la bele simu booster ne'e?</b>
There are very few people who should not have a booster.	Iha ema hirak deit mak la bele simu booster ne'e.

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<p>If you have had a severe reaction to a previous dose of the vaccine you should discuss this with your doctor.</p>	<p>Sekuandu Ita iha reasaun todan ba doze primeiru husi vasina ne'e, Ita tenke diskute kona-ba buat ne'e ho Ita-nia doutor.</p>
<p><b>Can you still catch COVID-19 after having the vaccine?</b></p>	<p><b>Ita sei bele hetan COVID-19 husi vasina ne'e ka lae?</b></p>
<p>The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It may take a few days for your body to build up some protection from the booster.</p>	<p>Vasina COVID-19 sei hatún possibilidade ba Ita sofre husi moras COVID-19. Presiza loron hirak para Ita-nia isin dezenvolve proteasaun ruma husi vasina ne'e.</p>
<p>Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.</p>	<p>Hanesan medisina sira seluk, laiha vasina ida mak kompletamente efetivu - ema balun sei bele hetan COVID-19 maske hetan ona vasinasaun, maibé ida ne'e sei la grave.</p>
<p><b>If you have not had the first vaccinations</b></p>	<p><b>Sé Ita seidauk simu vasinasaun doze primeiru</b></p>
<p>If you have not yet had either of your first 2 doses of the vaccine you should have them as soon as possible.</p>	<p>Sé Ita seidauk simu doze primeiru ka doze segundu husi vasina ne'e, Ita tenke simu sira lalais kedas.</p>
<p><b>Further information</b></p>	<p><b>Informasaun liu tan</b></p>
<p>Visit coronavirus vaccination <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>	<p>Vizita vasinasaun virus korona <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>
<p>See the PHA leaflet on what to expect after vaccination, which is available to download at <a href="http://www.pha.site/COVID19InfoMaterials">www.pha.site/COVID19InfoMaterials</a></p>	<p>Hare ba folleta PHA kona-ba sa'ida mak atu espera depoizde simu ona vasinasaun, ne'ebé disponivel hela atu karregar iha <a href="http://www.pha.site/COVID19InfoMaterials">www.pha.site/COVID19InfoMaterials</a></p>

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<p>Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card. You can also report suspected side effects on the same website or by downloading the Yellow Card app.</p>	<p>Favór lee folleta informasaun produktu ne'e atu hetan informasaun detalla liu tan kona-ba Ita-nia vasina, inklui nia efeitu sekundariu, hodi halo buska Coronavirus Yellow Card (Kartaun Kinur Virus Korona). Ita mós bele relata efeitu sekundaria ne'ebé ita deskonfia iha sítiu internet ne'ebé hanesan ka hodi karregar aplikasaun Yellow Card.</p>
<p><a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a></p>	<p><a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a></p>
<p>You can read the information for UK recipients of the Pfizer and Moderna vaccines here:</p>	<p>Ita bele lee Informasaun kona-ba reseptadór iha Reinu Uniduba vasina Pfizer no Moderna iha ne'e:</p>
<p><a href="https://coronavirus-yellowcard.mhra.gov.uk/productinformation">https://coronavirus-yellowcard.mhra.gov.uk/productinformation</a></p>	<p><a href="https://coronavirus-yellowcard.mhra.gov.uk/productinformation">https://coronavirus-yellowcard.mhra.gov.uk/productinformation</a></p>
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