

Chinese Complex translation of COVID-19 vaccination – a guide to the spring booster

English	Chinese Complex
COVID-19 vaccine	2019 冠狀病毒病（COVID-19）疫苗
A guide to the spring booster for those aged 75 years and older residents in care homes	向 75 歲及以上人士和安老院居民提供的春季加強劑指引
People aged 75 years and over, residents in care homes for older people, and those aged 12 years and over with weakened immune systems will be offered a spring booster dose of coronavirus (COVID-19) vaccine. Find out how to get your booster vaccination at www.nidirect.gov.uk/covid-vaccine	將向 75 歲及以上人士、安老院居民以及 12 歲及以上免疫系統較弱的人提供冠狀病毒（COVID-19）疫苗的春季加強劑。可以在以下網址了解如何獲得疫苗加強劑接種 www.nidirect.gov.uk/covid-vaccine
Who is being offered a spring booster?	正在向誰提供春季加強劑？
COVID-19 is more serious in older people and those with a weakened immune system. Protection from the vaccine may be lower and may decline more quickly in these people. For this reason, people aged 75 years and over, those in care homes and those 12 years and over with a weakened immune system are being offered the spring booster.	COVID-19 在長者和免疫系統較弱的人中更為嚴重。在這些人中，從疫苗獲得的保護力可能更低，並且保護力可能減退得更快。出於這個原因，正在向 75 歲及以上人士、護理院居民和 12 歲及以上免疫系統較弱的人提供春季加強劑。
Although vaccines are expected to provide good protection against severe COVID-19 disease, protection against mild infection with the Omicron variant seems to decline quickly, even after the booster dose. This spring booster is being offered as a precaution to those at extremely high risk,	儘管疫苗有望對嚴重的 COVID-19 疾病提供良好的保護，但即使在接種加強劑後，對奧密克戎（Omicron）變種輕度感染的保護力似乎也會迅速下降。 這劑春季加強劑是作為預防措施提供給那些處於極高風險的人士，他們中的大多數人在

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<p>most of whom received their first booster around 6 months ago. If the number of infections increases over the summer, this booster should help to reduce your risk of being admitted to hospital with COVID-19.</p>	<p>大約 6 個月前接受了第一次加強劑。如果夏季感染人數增加，這劑加強劑應該有助於降低您因 COVID-19 入院的風險。</p>
<p>Timing of the spring booster You should have the spring booster around 6 months (and not before 3 months) since your last dose of vaccine.</p>	<p>春季加強劑的接種時段 自您接種最後一劑疫苗後，應該在 6 個月左右（並且不早於 3 個月）接種春季加強劑。</p>
<p>Which vaccine will you be offered?</p>	<p>將為您提供哪種疫苗？</p>
<p>You will be given a booster dose of either Pfizer or Moderna vaccine. (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.) Both vaccines boost well and have already been given to millions of people in the UK.</p>	<p>您將獲得輝瑞（Pfizer）或莫德納（Moderna）的加強劑疫苗。（如果您第一次接種的是阿斯利康（AstraZeneca）疫苗，並且您無法接種其他任何一種疫苗，可能會向您提供 AstraZeneca。）這兩種疫苗的效果都很好，並且已經在英國提供給數百萬人使用。</p>
<p>Studies have shown those aged 18 and over who can get the Moderna vaccine only need a half dose to boost the immune system well. This half dose of Moderna is expected to have low rate of side effects including myocarditis.</p>	<p>研究表明，那些 18 歲及以上可以接種 Moderna 疫苗的人只需半劑量即可很好地增強免疫系統。預計這半劑量的 Moderna 的副作用（包括心肌炎）的發生率較低。</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>您將獲得適合您的疫苗，該疫苗可能與您之前接種的疫苗相同或不同。</p>
<p>Who cannot take up the offer of a spring booster</p>	<p>誰不能接種向其提供的春季加強劑</p>
<p>There are very few people who should not have this booster.</p> <p>If you have had a severe reaction to a previous dose of the vaccine you should discuss this with your doctor.</p>	<p>很少有人不應該接種這劑加強劑。</p> <p>如果您對之前接種的疫苗劑次曾有嚴重反應，應該與您的醫生討論這個問題。</p>

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Common side effects	常見的副作用
As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:	與您之前的劑次一樣，英國使用的所有 COVID-19 疫苗的常見副作用都相同，包括：
<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 注射部位的手臂有疼痛、沉重的感覺和壓痛。在疫苗接種後約 1-2 天，這種情況往往最嚴重。
<ul style="list-style-type: none">• feeling tired	<ul style="list-style-type: none">• 感覺累
<ul style="list-style-type: none">• headache	<ul style="list-style-type: none">• 頭痛
<ul style="list-style-type: none">• general aches, or mild flu like symptoms	<ul style="list-style-type: none">• 全身疼痛，或輕度流感樣症狀
You can rest and take paracetamol (follow the dose advice in the packaging) to help make you feel better.	您可以休息，並服用撲熱息痛（paracetamol）（按照包裝上的劑量建議），以使您感覺好些。
Although a fever can occur within a day or two 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.	儘管在接種疫苗後的一兩天內可能會發燒，但如果您有任何其他 COVID-19 症狀或發燒持續時間更長，請留在家中並安排進行檢測。 接種疫苗後的症狀通常持續不到一週。如果您的症狀似乎惡化或者您擔心，請聯絡您的全科醫生（GP）。
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.	您還可以透過黃卡計劃（the Yellow Card scheme）報告疫苗和藥物的疑似副作用。您可以透過搜尋冠狀病毒黃卡（Coronavirus Yellow Card）或下載黃卡應用程式（Yellow Card app）上網進行此操作。
Please see the end of this document for more details.	欲瞭解詳情，請參閱本文件的末尾。

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Serious side effects	嚴重的副作用
Worldwide, there have also been very rare cases of inflammation of the heart called myocarditis or pericarditis reported after Pfizer and Moderna COVID-19 vaccines.	在全球範圍內，有報告在接種 Pfizer 和 Moderna 的 COVID-19 疫苗後出現非常罕見的心臟炎症病例，稱為心肌炎或心包炎。
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.	這些病例主要見於接種疫苗後幾天內的年輕男性。這些人中的大多數人在休息和簡單的治療後康復並感覺好轉。
You should seek medical advice urgently from your GP or Emergency Department if, after vaccination, you experience:	如果在接種疫苗後出現以下情況，您應該立即向您的全科醫生（GP）或急診部門尋求醫療建議：
<ul style="list-style-type: none">• chest pain	<ul style="list-style-type: none">• 胸痛
<ul style="list-style-type: none">• shortness of breath	<ul style="list-style-type: none">• 呼吸急促
<ul style="list-style-type: none">• feelings of having a fast-beating, fluttering, or pounding heart	<ul style="list-style-type: none">• 感覺心跳加速、顫動或心臟狂跳
If you have had serious side effects after a previous dose of the vaccine you should discuss this with your doctor.	如果您在接種之前劑次的疫苗後曾發生嚴重的副作用，應該與您的醫生討論這個問題。
Can you still catch COVID-19 after having the vaccine?	接種疫苗後您還會感染 COVID-19 嗎？
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.	COVID-19 疫苗接種將減少您患 COVID-19 疾病的機會。您的身體可能需要幾天的時間才能建立起由加強劑得到的一些保護。
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.	與所有藥物一樣，沒有一種疫苗是完全有效的——儘管接種了疫苗，有些人仍可能感染 COVID-19，但這嚴重程度應該更低。
If you have not had all your vaccinations	如果您尚未接種所有疫苗
If you have not yet had either of your first two doses of the vaccine you should have them as soon as possible.	如果您尚未接種前兩劑疫苗中的任何一劑，您應該儘快接種。 如果您錯過了第一次加強劑或第三劑（對於

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<p>If you missed your first booster or third dose (for those with weakened immune system), you should have this spring booster as soon as possible.</p> <p>You may need another booster as well as your usual flu injection in the autumn.</p> <p>If you have a COVID-19 positive result, when can you have a spring booster?</p> <p>If you are unwell, wait until you have recovered to have your vaccine. If you have had confirmed COVID-19 you should ideally wait 4 weeks before having your spring booster. You should not attend a vaccine appointment if you are self-isolating or waiting for a COVID-19 test.</p>	<p>免疫系統較弱的人），您應該儘快接種此春季加強劑。</p> <p>您可能需要另一劑加強劑，以及秋季通常的流感疫苗注射。</p> <p>如果您的 COVID-19 檢測結果呈陽性，您什麼時候可以接種春季加強劑？ 2]</p> <p>如果您身體不適，請等到康復後再接種疫苗。如果您已確認感染 COVID-19，則理想情況下應等待 4 週，然後再接種春季加強劑。如果您正在自我隔離或等待 COVID-19 檢測，則不應參加疫苗預約。</p>
<p>Further information</p>	<p>更多資訊</p>
<p>An information leaflet on what to expect after vaccination is available to download at www.pha.site/COVID19InfoMaterials</p>	<p>請參閱有關接種疫苗後會發生什麼的公共衛生署（PHA）宣傳單，該宣傳單可在以下網址下載</p> <p>www.pha.site/COVID19InfoMaterials</p>
<p>Read the product information leaflets for UK recipients of the Pfizer and Moderna vaccines for more details on your vaccine, including possible side effects.</p> <p>https://coronavirus-yellowcard.mhra.gov.uk</p>	<p>閱讀針對 Pfizer 和 Moderna 疫苗的英國接受者的產品資訊傳單，以瞭解有關您的疫苗的更多詳情，包括可能的副作用。</p> <p>https://coronavirus-yellowcard.mhra.gov.uk</p>
<p>https://coronavirus-yellowcard.mhra.gov.uk/productinformation</p>	<p>https://coronavirus-yellowcard.mhra.gov.uk/productinformation</p>
<p>You can also report suspected side effects on the coronavirus Yellow Card website.</p>	<p>您還可以在冠狀病毒黃卡（Yellow Card）網站上報告疑似的副作用。</p>
<p>Information correct at time of publication. For the latest version of this and other patient leaflets, visit the PHA website www.publichealth.hscni.net</p>	<p>出版時資訊正確。欲獲得本傳單和其他患者傳單的最新版本，請訪問 PHA 網站</p> <p>www.publichealth.hscni.net</p>
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