

<b>English</b>	<b>Chinese Simple</b>
<b>COVID-19 vaccine</b>	<b>2019 冠状病毒病（COVID-19）疫苗</b>
<b>A guide to the spring booster for those aged 75 years and older residents in care homes</b>	<b>向 75 岁及以上人士和养老院居民提供的春季加强剂指南</b>
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 <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>	将向 75 岁及以上人士、养老院居民以及 12 岁及以上免疫系统较弱的人提供冠状病毒（COVID-19）疫苗的春季加强剂。可以在以下网址了解如何获得疫苗加强剂 <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>
<b>Who is being offered a spring booster?</b>	<b>正在向谁提供春季加强剂？</b>
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 在老年人和免疫系统较弱的人中更为严重。在这些人中，从疫苗获得的保护力可能更低，并且保护力可能下降得更快。出于这个原因，正在向 75 岁及以上人士、护理院居民和 12 岁及以上免疫系统较弱的人提供春季加强剂。
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, most of whom received their first booster	尽管疫苗有望对严重的 COVID-19 疾病提供良好的保护，但即使在接种加强剂后，对奥密克戎（Omicron）变种轻度感染的保护力似乎也会迅速下降。  这剂春季加强剂是作为预防措施提供给那些处于极高风险的人士，他们中的大多数人在大约 6 个月前接受了第一次加强剂。如果夏

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<p>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>季感染人数增加，这剂加强剂应该有助于降低您因 COVID-19 入院的风险。</p>
<p><b>Timing of the spring booster</b> You should have the spring booster around 6 months (and not before 3 months) since your last dose of vaccine.</p>	<p><b>春季加强剂的接种时段</b> 自您接种最后一剂疫苗后，应该在 6 个月左右（并且不早于 3 个月）接种春季加强剂。</p>
<p><b>Which vaccine will you be offered?</b></p>	<p><b>将为您提供哪种疫苗？</b></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>您将获得辉瑞（Pfizer）或莫德纳（Moderna）的加强剂疫苗。（如果您第一次接种的是阿斯利康（AstraZeneca）疫苗，并且您无法接种其他任何一种疫苗，可能会向您提供 AstraZeneca。）这两种疫苗的效果都很好，并且已经在英国提供给数百万人使用。</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 岁及以上可以接种 Moderna 疫苗的人只需半剂量即可很好地增强免疫系统。预计这半剂量的 Moderna 的副作用（包括心肌炎）的发生率较低。</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>您将获得适合您的疫苗，该疫苗可能与您之前接种的疫苗相同或不同。</p>
<p><b>Who cannot take up the offer of a spring booster</b></p>	<p><b>谁不能接种向其提供的春季加强剂</b></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>很少有人不应该接种这剂加强剂。</p> <p>如果您对之前接种的疫苗剂次曾有严重反应，应该与您的医生讨论这个问题。</p>

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<b>Common side effects</b>	<b>常见的副作用</b>
As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:	与您之前的剂次一样，英国使用的所有 COVID-19 疫苗的常见副作用都相同，包括：
<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>• 注射部位的手臂有疼痛、沉重的感觉和压痛。在疫苗接种后约 1-2 天，这种情况往往最严重。</li></ul>
<ul style="list-style-type: none"><li>• feeling tired</li></ul>	<ul style="list-style-type: none"><li>• 感觉累</li></ul>
<ul style="list-style-type: none"><li>• headache</li></ul>	<ul style="list-style-type: none"><li>• 头痛</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>• 全身疼痛，或轻度流感样症状</li></ul>
You can rest and take paracetamol (follow the dose advice in the packaging) to help make you feel better.	您可以休息，并服用扑热息痛（paracetamol）（按照包装上的剂量建议），以使您感觉好些。
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.	尽管在接种疫苗后的一两天内可能会发烧，但如果您有任何其他 COVID-19 症状或发烧持续时间更长，请留在家中并安排进行检测。  接种疫苗后的症状通常持续不到一周。如果您的症状似乎变得更糟或您担心，请联系您的全科医生（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.	您还可以通过黄卡计划（the Yellow Card scheme）报告疫苗和药物的疑似副作用。您可以通过搜索冠状病毒黄卡（Coronavirus Yellow Card）或下载黄卡应用程序（Yellow Card app）在线进行此操作。
Please see the end of this document for more details.	欲了解详细信息，请参阅本文件的末尾。
<b>Serious side effects</b>	<b>严重的副作用</b>
Worldwide, there have also been very rare cases of inflammation of the heart called	在全球范围内，有报告在接种 Pfizer 和莫德纳 Moderna 的 COVID-19 疫苗后出现非常

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myocarditis or pericarditis reported after Pfizer and Moderna COVID-19 vaccines.	罕见的心脏炎症病例，称为心肌炎或心包炎。
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.	这些病例主要见于接种疫苗后几天内的年轻男性。这些人中的大多数人在休息和简单的治疗后康复并感觉好转。
You should seek medical advice urgently from your GP or Emergency Department if, after vaccination, you experience:	如果在接种疫苗后出现以下情况，您应该立即向您的全科医生（GP）或急诊部门寻求医疗建议：
<ul style="list-style-type: none"> <li>• chest pain</li> </ul>	<ul style="list-style-type: none"> <li>• 胸痛</li> </ul>
<ul style="list-style-type: none"> <li>• shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>• 呼吸急促</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>• 感觉心跳加速、颤动或心脏狂跳</li> </ul>
If you have had serious side effects after a previous dose of the vaccine you should discuss this with your doctor.	如果您在接种之前剂次的疫苗后曾发生严重的副作用，应该与您的医生讨论这个问题。
<b>Can you still catch COVID-19 after having the vaccine?</b>	<b>接种疫苗后您还会感染 COVID-19 吗？</b>
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 疫苗接种将减少您患 COVID-19 疾病的机会。您的身体可能需要几天的时间才能建立起由加强剂得到的一些保护。
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.	与所有药物一样，没有一种疫苗是完全有效的——尽管接种了疫苗，有些人仍可能感染 COVID-19，但这严重程度应该更低。
<b>If you have not had all your vaccinations</b>	<b>如果您尚未接种所有疫苗</b>
If you have not yet had either of your first two doses of the vaccine you should have them as soon as possible.	如果您尚未接种前两剂疫苗中的任何一剂，您应该尽快接种。
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.	如果您错过了第一次加强剂或第三剂（对于免疫系统较弱的人），您应该尽快接种此春季加强剂。
	您可能需要另一剂加强剂，以及秋季通常的

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<p>You may need another booster as well as your usual flu injection in the autumn.</p> <p><b>If you have a COVID-19 positive result, when can you have a spring booster?</b></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>流感疫苗注射。</p> <p><b>如果您的 COVID-19 检测结果呈阳性，您什么时候可以接种春季加强剂？</b> {</p> <p>如果您身体不适，请等到康复后再接种疫苗。如果您已确认感染 COVID-19，则理想情况下应等待 4 周，然后再接种春季加强剂。如果您正在自我隔离或等待 COVID-19 检测，则不应参加疫苗预约。</p>
<p><b>Further information</b></p>	<p><b>更多信息</b></p>
<p>An information leaflet on what to expect after vaccination is available to download at <a href="http://www.pha.site/COVID19InfoMaterials">www.pha.site/COVID19InfoMaterials</a></p>	<p>请参阅有关接种疫苗后会发生什么的公共卫生署（PHA）宣传单，该宣传单可在以下网址下载</p> <p><a href="http://www.pha.site/COVID19InfoMaterials">www.pha.site/COVID19InfoMaterials</a></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><a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a></p>	<p>阅读针对 Pfizer 和 Moderna 疫苗的英国接受者的产品信息传单，以了解有关您的疫苗的更多详细信息，包括可能的副作用。</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/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>
<p>You can also report suspected side effects on the coronavirus Yellow Card website.</p>	<p>您还可以在冠状病毒黄卡（Yellow Card）网站上报告疑似的副作用。</p>
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