

English	Irish
COVID-19 vaccine	Vacsaín COVID-19
A guide to the spring booster for those aged 75 years and older residents in care homes	Treoir maidir le teanndáileog an earraigh dóibh siúd atá 75 bliana d’aois agus cónaitheoirí níos sine i dtithe cúraim
<p>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</p>	<p>Tairgfear teanndáileog earraigh den vacsaín don choróinvíreas (COVID-19) do dhaoine atá 75 bliana d’aois agus níos sine, do chónaitheoirí i dtithe cúraim do dhaoine scothaosta, agus do dhaoine 12 bhliain d’aois agus níos sine a bhfuil córais imdhíonachta lagaithe acu. Faigh amach conas do vacsaíniú teanndáileog a fháil ag www.nidirect.gov.uk/covid-vaccine</p>
Who is being offered a spring booster?	Cé dó a bhfuil teanndáileog earraigh á thairiscint?
<p>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.</p>	<p>Tá COVID-19 níos tromchúisí i ndaoine scothaosta agus iad siúd a bhfuil córas imdhíonachta lag acu. D’fhéadfadh cosaint ón vacsaín a bheith níos ísle agus d’fhéadfadh sé laghdú a dhéanamh níos tapúla sna daoine seo. Ar an ábhar sin, tá teanndáileog an earraigh á thairiscint do dhaoine atá 75 bliana d’aois agus níos sine, dóibh siúd atá i dtithe cúraim agus dóibh siúd atá 12 bhliain d’aois agus níos sine a bhfuil córas imdhíonachta lag acu.</p>
<p>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.</p> <p>This spring booster is being offered as a</p>	<p>Cé go bhfuiltear ag súil go dtabharfaidh vacsaíní cosaint mhaith ar ghalair thromchúiseacha COVID-19, is cosúil go dtiocfaidh laghdú tapa ar an gcosaint ar ionfhabhtú éadrom leis an leagan Omicron, fiú tar éis an teanndáileog.</p>

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<p>precaution to those at extremely high risk, 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>Tá an teanndáileog earrach seo á thairiscint mar réamhchúram dóibh siúd atá i mbaol an-ard, a fuair an chuid is mó acu a gcéad teanndáileog timpeall 6 mhí ó shin. Má thagann méadú ar líon na n-ionfhabhtuithe i rith an tsamhraidh, ba cheart go gcuideodh an teanndáileog seo chun do riosca a laghdú go nglacfar isteach san ospidéal le COVID-19 thú.</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>Am an teanndáileog earraigh Ba cheart teanndáileog an earraigh a bheith agat timpeall 6 mhí (agus ní roimh 3 mhí) ó do dáileog dheireanach den vacsaín.</p>
<p>Which vaccine will you be offered?</p>	<p>Cén vacsaín a thairgfear duit?</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>Tabharfar teanndáileog duit den vacsaín Pfizer nó den vacsaín Moderna. (Féadtar an vacsaín AstraZeneca a thairiscint duit más é seo a bhí agat do do chéad dáileoga agus mura féidir leat ceachtar den dá vacsaín a fháil.) Oibríonn an dá vacsaín go maith mar theanndáileog agus tugadh cheana féin do na milliúin duine sa RA.</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>Tá sé léirithe ag staidéir nach bhfuil ach leath-dáileog ag teastáil uathu siúd atá 18 mbliana d'aois agus níos sine atá in ann an vacsaín Moderna a fháil chun an córas imdhíonachta a threisiú. Táthar ag súil go mbeidh ráta íseal fo-iarsmaí ag an leath-dáileog seo de Moderna lena n-áirítear miócairdíteas.</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>Tairgfear an vacsaín cheart duit a d'fhéadfadh a bheith mar an gcéanna nó difriúil leis na vacsaíní a bhí agat roimhe seo.</p>

<p>Who cannot take up the offer of a spring booster</p>	<p>Cé nach féidir leis an tairiscint teanndáileog earraigh a ghlacadh</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>Is beag duine nár cheart an teanndáileog seo a bheith acu.</p> <p>Má bhí frithghníomh tromchúiseach agat ar dháileog den vacsaín roimhe seo ba chóir duit é seo a phlé le do dhochtúir.</p>
<p>Common side effects</p>	<p>Fo-iarmhairtí coitianta</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>Cosúil le do dháileog roimhe seo tá na fo-iarmhairtí coitianta mar an gcéanna do gach vacsaín COVID-19 a úsáidtear sa RA, agus áirítear leo:</p>
<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"> • pian, troime agus soghortaitheacht sa ghéag ina bhfuair tú d'instealladh. De ghnáth bíonn sé seo níos measa timpeall 1-2 lá i ndiaidh na vacsaíne
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • tuirse
<ul style="list-style-type: none"> • headache 	<ul style="list-style-type: none"> • tinneas cinn
<ul style="list-style-type: none"> • general aches, or mild flu like symptoms 	<ul style="list-style-type: none"> • tinneas agus pianta ginearálta, nó siomptóim éadroma mar a bheadh fliú ort
<p>You can rest and take paracetamol (follow the dose advice in the packaging) to help make you feel better.</p>	<p>Is féidir leat do scíth a ligean agus paraicéiteamól a thógáil (lean an chomhairle ar an bpacáiste) chun biseach a chur ort.</p>
<p>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.</p> <p>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>Cé go bhféadfadh fiabhras teacht ort laistigh de lá nó dhó i ndiaidh vacsaínithe, má tá aon siomptóim COVID-19 ort nó má mhaireann fiabhras tréimhse níos faide, fan abhaile agus socraigh tástáil duit féin.</p> <p>Maireann siomptóim i ndiaidh na vacsaíne níos lú ná seachtain amháin go hiondúil. Más cosúil go n-éiríonn do chuid siomptóim in olcas nó má tá imní ort, déan teagmháil le do dhochtúir teaghligh.</p>

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<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>Is féidir fo-iarmhairtí amhrasta na vacsaíne agus leighis a thuairisciú trí scéime an Chárta Bhuí. Is féidir é seo a dhéanamh ar líne trí Coronavirus Yellow Card a chuardach nó tríd an aip Yellow Card a íoslódáil.</p>
<p>Please see the end of this document for more details.</p>	<p>Féach le do thoil ag deireadh an doiciméid seo le haghaidh tuilleadh sonraí.</p>
<p>Serious side effects</p>	<p>Fo-iarsmaí tromchúiseacha</p>
<p>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.</p>	<p>Ar fud an domhain, tá cásanna fíor-annamh freisin d’athlasadh an chroí ar a dtugtar miócairdíteas nó peireacairdíteas a tuairiscíodh tar éis vacsaíní Pfizer agus Moderna COVID-19.</p>
<p>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.</p>	<p>Feictear na cásanna seo i meas fir níos óige go hiondúil, laistigh de cúpla lá i ndiaidh an vacsaín a fháil. Tháinig biseach ar formhór na ndaoine sin agus mhothaigh siad i bhfad níos fearr tar éis dóibh a scíth a ligean agus cóir leighis simplí a fháil.</p>
<p>You should seek medical advice urgently from your GP or Emergency Department if, after vaccination, you experience:</p>	<p>Ba cheart duit comhairle a lorg ó do dhochtúir teaghlaigh nó ón Roinn Éigeandála ar bhonn práinne má tá aon cheann de na fo-iarmhairtí seo a leanas ort:</p>
<ul style="list-style-type: none"> • chest pain 	<ul style="list-style-type: none"> • pianta cliabhraigh
<ul style="list-style-type: none"> • shortness of breath 	<ul style="list-style-type: none"> • giorra anála
<ul style="list-style-type: none"> • feelings of having a fast-beating, fluttering, or pounding heart 	<ul style="list-style-type: none"> • croí atá ag preabadh, ag léim nó ag réabadh
<p>If you have had serious side effects after a previous dose of the vaccine you should discuss this with your doctor.</p>	<p>Má bhí fo-iarmhairtí tromchúiseacha agat tar éis dáileog roimhe seo den vacsaín ba chóir duit é seo a phlé le do dhochtúir.</p>
<p>Can you still catch COVID-19 after having the vaccine?</p>	<p>An féidir leat COVID-19 a ghabháil fós tar éis duit an vacsaín a fháil?</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>Laghdóidh vacsaíniú COVID-19 an seans go mbeidh tú thíos le COVID-19. D’fhéadfadh go dtógfaidh sé cúpla seachtain ar an vacsaín cosaint a neartú i do chorp.</p>

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<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>Cosúil le gach leigheas, níl gach uile vacsaín go hiomlán éifeachtach, mar sin d'fhéadfadh go dtolgfadh roinnt daoine COVID-19 fós d'ainneoin an vacsaín, ach ba cheart go mbeadh an galar níos éadroime sa chás seo.</p>
<p>If you have not had all your vaccinations</p>	<p>Mura bhfuil do vacsaíniú ar fad faighte agat</p>
<p>If you have not yet had either of your first two doses of the vaccine you should have them as soon as possible.</p> <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>Mura bhfuil ceachtar den dá dháileog tosaigh den vacsaín faighte agat fós, ba cheart duit iad a fháil chomh luath agus is féidir.</p> <p>Má chaill tú do chéad teandáileog nó tríú dáileog (dóibh siúd a bhfuil córas imdhíonachta lag orthu), ba chóir go mbeadh an teandáileog earrach seo agat chomh luath agus is féidir.</p> <p>Seans go mbeidh teandáileog eile uait chomh maith le do ghnáth-instealladh fliú san fhómhar.</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>Má tá toradh dearfach COVID-19 agat, cathain is féidir teandáileog earraigh a bheith agat?</p> <p>Má mhothaíonn tú tinn, is fearr fanacht go dtí go dtagann biseach ort chun do vacsaín a fháil. Má tá COVID-19 deimhnithe agat, b'fhearr duit fanacht 4 seachtaine roimh do theandáileog earraigh a bheith agat. Níor cheart duit freastal ar choinne vacsaíne má tá tú ag féin-aonrú nó ag fanacht ar thástáil COVID-19.</p>

Further information	Tuilleadh eolais
An information leaflet on what to expect after vaccination is available to download at www.pha.site/COVID19InfoMaterials	Tá bileog eolais ar a bhfuiltear ag súil leis tar éis an vacsaínithe ar fáil le híoslódáil ag www.pha.site/COVID19InfoMaterials
Read the product information leaflets for UK recipients of the Pfizer and Moderna vaccines for more details on your vaccine, including possible side effects. https://coronavirus-yellowcard.mhra.gov.uk	Léigh na bileoga faisnéise táirge d'fhaighteoirí na vacsaíne Pfizer agus Moderna sa RA le haghaidh tuilleadh sonraí ar do vacsaín, lena n-áirítear fo-iarmhairtí féideartha. https://coronavirus-yellowcard.mhra.gov.uk
https://coronavirus-yellowcard.mhra.gov.uk/productinformation	https://coronavirus-yellowcard.mhra.gov.uk/productinformation
You can also report suspected side effects on the coronavirus Yellow Card website.	Is féidir leat fo-iarmhairtí amhrasta a thuairisciú freisin ar shuíomh Gréasáin Chárta Bhuí an choróinvíris.
Information correct at time of publication. For the latest version of this and other patient leaflets, visit the PHA website www.publichealth.hscni.net	Eolas ceart ag dáta an fhoilsithe. Chun an leagan is deireanaí den bhileog seo agus formáidí malartacha a fháil, téigh chuig suíomh gréasáin na PHA www.publichealth.hscni.net
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