

Tetum translation of *COVID-19 vaccination – a guide to the spring booster*

English	Tetum
COVID-19 vaccine	Vasina COVID-19
A guide to the spring booster for those aged 75 years and older residents in care homes	Matadalan ba vasina booster tempu primavera nian ba sira ne'ebé ho idade 75 ba leten no rezidente sira iha uma idozu.
<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>Ema ho idade 75 ba leten, rezidente sira iha uma idozu sira, no ba sira ho idade 12 ba leten ne'ebé ho sistema imunidade fraku sei bele hetan doze vasina booster virus korona (COVID-19) tempu primavera nian. Buka hatene oinsá atu hetan Ita-nia vasina booster iha www.nidirect.gov.uk/covid-vaccine</p>
Who is being offered a spring booster?	Sé maka bele hetan vasina booster tempu primavera ne'e?
<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>Idozu sira no sira ne'ebé ho sistema imunidade fraku bele hetan moras grave liu bainhira kona COVID-19. Ba ema sira ne'e, protesaun husi vasina bele menus liu fali ema seluk no bele lakon lalais liu. Ho razaun ida ne'e, ema ho idade 75 ba leten, sira ne'ebé hela iha uma idozu sira no ba sira ho idade 12 ba leten ne'ebé ho sistema imunidade fraku bele hetan doze vasina booster tempu primavera nian ida.</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>Maske vasina sira ne'e bele fó protesaun di'ak hasoru moras COVID-19 la sai grave, maibé protesaun hasoru infesaun kmaan husi variante Omicron dalaruma sai menus lalais, mezmua hetan ona doze booster ne'e.</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>Booster tempu primavera nian oferese ba ema nu'udar prevensaun ba sira ne'ebé ho risku aas, liuliu sira ne'ebé simu ona sira-nia booster primeiru iha fulan 6 liubá. Se númeru infesaun aumenta iha tempu veraun, booster ida ne'e sei ajuda atu hamenus risku atu baixa ospítal ho moras COVID-19.</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>Wainhira bele hetan booster tempu primavera nian Ita presiza simu booster tempu primavera nian iha maizumenus fulan 6 (no la'os molok fulan 3) depoizde Ita-nia doze vasina ikus.</p>
<p>Which vaccine will you be offered?</p>	<p>Vasina tipu ida ne'ebé mak sei fó ba Ita?</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>Ita sei simu doze booster ida husi vasina Pfizer ka Moderna nian. (Karik pesoál saúde sei oferese Ita vasina AstraZeneca se vasina ida ne'e maka Ita simu duni iha doze primeiru no Ita la bele simu vasina tipu seluk nian.) Vasina rua ne'e aumenta duni protesauun no fó ona ba ema miliaun ba miliaun iha Reinu Unidu.</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>Peritu sira hatudu ona katak sira ne'ebé ho idade 18 ba leten ne'ebé bele simu vasina Moderna sei presiza de'it meia doze atu hetan protesauun di'ak liu ba sistema imunidade nian. Tuir peskiza ne'e, meia doze husi vasina Moderna iha taxa efeitu sekundáriu ne'ebé ki'ik inklui miokardite (moras fuan ida).</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>Pesoál saúde sei oferese vasina ida ne'ebé loos ba Ita. Ne'e bele hanesan ka diferente husi vasina ne'ebé Ita simu ona.</p>

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<p>Who cannot take up the offer of a spring booster</p>	<p>Sé mak labele simu vasina booster tempu primavera nian?</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>Iha ema balun de'it maka la bele simu booster ne'e.</p> <p>Se Ita hetan reasaun todan ba doze primeiru husi vasina ne'e, Ita tenke ko'alia kona-ba buat ne'e ho Ita-nia doutór.</p>
<p>Common side effects</p>	<p>Efeitu sekundáriu jerál inklui:</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 ho Ita-nia doze molok nian, efeitu sekundáriu jerál maka hanesan ba tipu vasina COVID-19 hotu ne'ebé uza ona iha Reinu Unidu, no inklui:</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"> • liman ne'ebé hetan sona sei moras, todan no mamar. Ida ne'e sei aumenta aat iha loron 1-2 depoizde simu ona vasinasaun ne'e
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • sente kolen
<ul style="list-style-type: none"> • headache 	<ul style="list-style-type: none"> • ulun-moras
<ul style="list-style-type: none"> • general aches, or mild flu like symptoms 	<ul style="list-style-type: none"> • isin moras baibain, sintoma moras gripe kmaan
<p>You can rest and take paracetamol (follow the dose advice in the packaging) to help make you feel better.</p>	<p>Ita bele deskansa no bele hemu ai-moruk paracetamol (ho doze maka sujere ona iha ninia falun) atu halo Ita sente di'ak.</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>Maske isin manas bele akontese iha loron ida ka rua nia laran depoizde vasinasaun, se Ita hetan sintoma COVID-19 seluk ka se Ita-nia isin manas kleur liu, entaun hela iha uma no aranja atu halo teste.</p> <p>Sintomas ne'ebé mosu depoizde simu ona vasinasaun ne'e baibain la to'o semana ida. Se Ita nia sintomas sira ne'e aumenta aat ka se Ita preokupa, kontaktu ba Ita-nia doutór.</p>
<p>You can also report suspected side effects of vaccines and medicines through the</p>	<p>Ita mós bele reporta efeitu sekundáriu ne'ebé Ita deskonfia husi vasina ne'e ka</p>

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<p>Yellow Card scheme. You can do this online by searching Coronavirus Yellow Card or by downloading the Yellow Card app.</p>	<p>husi ai-moruk seluk sira liu husi Eskema Yellow Card. Ita bele halo ida ne'e online hodi buska "Coronavirus Yellow Card" (Kartaun Kinur Virus Korona) ka hodi download aplikasaun Yellow Card.</p>
<p>Please see the end of this document for more details.</p>	<p>Favór haree iha dokumentu ne'e nia rohan atu hetan detalla barak liu tan.</p>
<p>Serious side effects</p>	<p>Efeitu sekundáriu sériu:</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>Iha mundu tomak, iha mós kazu moras bubu-fuan ne'ebé mosu raru liu, moras ne'e bolu miokardite ka perikardite reporta ona depoizde simu ona vasina Pfizer no vasina 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>Kazu hirak ne'e, hare mosu ona liuliu ba mane joven sira ne'ebé akontese de'it 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 simplés de'it.</p>
<p>You should seek medical advice urgently from your GP or Emergency Department if, after vaccination, you experience:</p>	<p>Ita presiza ba buka akonsellamentu médiku ho urjente husi Ita-nia doutór ka Servisu Emerjénsia se depoizde vasinasaun Ita esperiénsia:</p>
<ul style="list-style-type: none"> • chest pain 	<ul style="list-style-type: none"> • hirus-matan sente moras
<ul style="list-style-type: none"> • shortness of breath 	<ul style="list-style-type: none"> • iis badak
<ul style="list-style-type: none"> • feelings of having a fast-beating, fluttering, or pounding heart 	<ul style="list-style-type: none"> • fuan sente hanesan tuku-tuku makaas, nakdedar, ka bebar
<p>If you have had serious side effects after a previous dose of the vaccine you should discuss this with your doctor.</p>	<p>Se Ita iha ona efeitu sekundáriu sériu depoizde vasina ida uluk, Ita tenke ko'alia kona-ba buat ne'e ho Ita-nia doutór.</p>
<p>Can you still catch COVID-19 after having the vaccine?</p>	<p>Ita sei bele hetan COVID-19 depoizde simu vasina ne'e ka lae?</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 hamenus possibilidade atu Ita sofre husi moras COVID-19. Presiza loron balu para Ita-nia isin dezenvolve protesauun ruma husi vasina ne'e.</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>Hanesan ai-moruk sira seluk, laiha vasina ida mak kompletamente efektivu – ema balun sei bele hetan COVID-19 maske hetan ona vasinasaun, maibé baibain moras ne'e ladún grave.</p>
<p>If you have not had all your vaccinations</p>	<p>Sé Ita seidak simu Ita-nia vasina kompletu</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>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>Sé Ita seidak simu doze primeiru ka doze segundu husi vasina ne'e, Ita tenke simu sira lalais kedas.</p> <p>Se Ita la simu Ita-nia booster dahuluk ka doze datoluk (ba sira ne'ebé iha sistema imunidade ne'ebé fraku), Ita presiza simu kedas vasina booster tempu primavera nian.</p> <p>Karik Ita sei presiza booster seluk hamutuk ho Ita-nia injesaun gripe iha tempu autonu.</p> <p>Se Ita hetan rezultadu positivu COVID-19, wainhira mak Ita bele simu vasina booster tempu primavera nian?</p> <p>Se Ita moras, hein to'o wainhira Ita recupera ona atu simu Ita-nia vasina. Se Ita konfirmadu hetan COVID-19, di'ak liu atu Ita hein semana 4 molok simu Ita-nia vasina booster tempu primavera nian. Ita la bele atende markasaun vasina se Ita izola-an hela ka hein rezultadu teste COVID-19 nian.</p>
<p>Further information</p>	<p>Informasaun kle'an liu tan</p>
<p>An information leaflet on what to expect after vaccination is available to download at www.pha.site/COVID19InfoMaterials</p>	<p>Folleta informasaun ida kona-ba saida maka bele akontese depoizde simu ona vasinasaun ne'e disponivel hela atu karrega iha www.pha.site/COVID19InfoMaterials</p>

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<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. https://coronavirus-yellowcard.mhra.gov.uk</p>	<p>Lee folleta informasaun produktu ba beneficiariu vasina Pfizer no Moderna iha UK atu hetan informasaun detalla liu tan kona-ba Ita-nia vasina, inklui possibilidade efeitu sekundáriu sira. 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>Ita mós bele relata efeitu sekundaria ne'ebé ita deskonfia iha sítiu internet Kartaun Kinur.</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>Informasaun ne'e mak loos iha tempu publikasaun ne'e. Ba versaun ikus ba folleta ida ne'e no folleta pasiente seluk, vizita sítiu internet PHA www.publichealth.hscni.net</p>
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