

English	Tetum
<b>Pregnant? Have your COVID-19 vaccinations</b>	<b>Isin-rua? Ba simu Ita-nia vasinasaun COVID-19</b>
<b>COVID-19 vaccination is strongly recommended for pregnant or breastfeeding women</b>	<b>Vasinasaun COVID-19 rekomena maka'as ba feto isin rua no sira ne'ebé fó susu-been inan nian</b>
<b>The COVID-19 vaccines available in the UK have been shown to be effective and to have a good safety profile. It is important to have your COVID-19 vaccinations to protect you and your baby.</b>	<b>Vasina COVID-19 sira iha UK ne'e hatudu ona katak sira ne'e efetivu no iha perfil seguransa ne'ebé di'ak. Importante atu ba simu Ita-nia vasinasaun COVID-19 atu proteje Ita no Ita-nia bebé.</b>
<b>COVID-19 vaccination in pregnancy</b>	<b>Vasinasaun COVID-19 durante isin rua</b>
The Joint Committee on Vaccination and Immunisation (JCVI) has now advised that pregnant women are more at risk of severe COVID-19 disease. They are reminding pregnant women to have their COVID-19 vaccines as soon as possible. Pregnant women should not delay vaccination until after they have given birth. This is to protect them and their babies. In the UK, over 100,000 pregnant women have been vaccinated mainly with Pfizer and Moderna vaccines and they have a good safety profile.	Komisaun Konjunta ba Vasinasaun no Imunizasaun (JCVI) orienta ona katak feto isin rua sira hetan risku boot liu atu hetan moras COVID-19 ne'ebe grave. Sira fó hanoin ba feto isin rua sira atu ba simu vasina COVID-19 lalais liu di'ak liu. Feto isin rua sira labele demora vasinasaun to'o depoizde sira tuur ahi ona. Ida ne'e atu proteje sira no sira-nia bebé sira. Iha UK, feto isin rua na'in 100,000 liu ona mak hetan vasina barak liu mak ho vasina Pfizer no Moderna no sira iha perfil seguransa ne'ebé di'ak.
These vaccines do not contain live coronavirus and cannot infect a pregnant woman or her unborn baby in the womb.	Vasina hirak ne'e agora la iha virus korona ne'ebé sei moris no labele da'et ba feto isin rua sira ka bebé iha sira-nia knotak.
Evidence on COVID-19 vaccines is being continuously reviewed by the World Health Organization (WHO) and the regulatory bodies in the UK, USA, Canada and Europe.	Evidénsia kona-ba vasina COVID-19 kontinua hetan avaliasaun husi Organizasaun Saúde Mundial (WHO) no orgaun reguladór iha UK, USA, Kanadá no Europa.
Pfizer and Moderna vaccines are the preferred vaccines for pregnant women of any age who are coming for their first dose.	Vasina Pfizer no Moderna ne'e mak vasina preferidu ba feto isin rua iha kualkér idade ne'ebé foin mai atu simu sira-nia doze dahuluk.
Anyone who has already started vaccination, and is offered a second dose whilst pregnant, should have a second dose with the same vaccine unless they had a serious side effect after the first dose.	Sira ne'ebé mak hahú ona sira-nia vasinasaun, no oferese ona doze daruak wainhira sira isin rua hela, presiza simu doze daruak husi vasina ne'ebé hanesan anaunser sira hetan efeitu sekundáriu ida ne'ebé sériu depoizde doze dahuluk.

<p><b>Find out more about pregnancy, breastfeeding, fertility and COVID-19 vaccination on the website</b>  <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>	<p><b>Buka hatene liu kona-ba isin-rua, fó susu-been inan, fertilidade no vasinasaun COVID-19 iha sítiu internet</b>  <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>
<p><b>Why do I need the vaccine if I'm pregnant?</b></p>	<p><b>Tansá mak ha'u presiza vasina se ha'u isin rua?</b></p>
<p>If you have COVID-19 disease in later pregnancy, both you and your unborn baby are at increased risk of serious disease needing hospital treatment, and intensive care support. UK data has shown that almost every pregnant woman with COVID-19 disease who needed hospital treatment or intensive care had not been vaccinated. The overall risk from COVID-19 disease for you and your new baby is low but has increased since the first waves of COVID-19.</p>	<p>Se Ita hetan moras COVID-19 iha faze ikus iha Ita-nia isin rua nian, Ita ho Ita-nia bebé hetan risku boot liu tan ba moras sériu ne'ebé presiza tratamentu ospital no apoiu kuidadu intensivu. Dadus husi UK hatudu katak kuaze feto isin rua hotu ne'ebé hetan moras COVID-19 ne'ebé presiza baixa ospital ka kuidadu intensivu seidak simu vasina. Risku enjeral husi moras COVID-19 ba Ita no ba Ita-nia bebé foin moris ne'e ki'ik maibé aumenta ona dezde faze dahuluk husi COVID-19.</p>
<p>COVID-19 vaccines in pregnancy give you high levels of protection against disease. There is reassuring information on the safety of COVID-19 vaccines given to pregnant women in the UK, as well as other countries.</p>	<p>Vasina COVID-19 durante Ita isin rua sei fó nivel protesaun ne'ebé aas hasoru moras ne'e. Iha informasaun ne'ebé kredivel kona-ba seguransa vasina COVID-19 ne'ebé fó ba feto isin rua sira iha UK, hanesan mós iha nasaun seluk.</p>
<p>It is important that you are protected with all your vaccine doses to keep you and your baby safe. Don't wait until after you have given birth.</p>	<p>Importante atu Ita hetan protesaun ho Ita-nia doze vasina hotu atu proteje Ita no Ita-nia bebé. Labele hein to'o wainhira Ita hahoris ona.</p>
<p>Pregnant women with underlying clinical conditions are at higher risk of suffering serious complications from COVID-19.</p>	<p>Feto isin rua ne'ebé iha kondisaun moras króniku hetan risku aas liu atu hetan komplikasaun sériu husi COVID-19.</p>
<p><b>Risk factors for pregnant women</b></p>	<p><b>Fatór risku sira ba feto isin rua sira</b></p>
<p>If you have underlying medical conditions such as:</p>	<p>Se Ita iha kondisaun moras króniku hanesan:</p>
<ul style="list-style-type: none"> <li>• immune problems</li> </ul>	<ul style="list-style-type: none"> <li>• problema ho imunidade</li> </ul>
<ul style="list-style-type: none"> <li>• diabetes</li> </ul>	<ul style="list-style-type: none"> <li>• diabetiku</li> </ul>
<ul style="list-style-type: none"> <li>• high blood pressure</li> </ul>	<ul style="list-style-type: none"> <li>• presaun raan aas</li> </ul>
<ul style="list-style-type: none"> <li>• heart disease</li> </ul>	<ul style="list-style-type: none"> <li>• moras fuan</li> </ul>
<ul style="list-style-type: none"> <li>• asthma</li> </ul>	<ul style="list-style-type: none"> <li>• azma</li> </ul>
<p>Or if you are:</p>	<p>Ka se lae Ita:</p>
<ul style="list-style-type: none"> <li>• overweight</li> </ul>	<ul style="list-style-type: none"> <li>• bokur liu</li> </ul>
<ul style="list-style-type: none"> <li>• over the age of 35</li> </ul>	<ul style="list-style-type: none"> <li>• liu idade 35</li> </ul>
<ul style="list-style-type: none"> <li>• in your third trimester of pregnancy (over 28 weeks)</li> </ul>	<ul style="list-style-type: none"> <li>• iha Ita-nia trimester datoluk ba Ita-nia isin rua (liu semana 28)</li> </ul>
<ul style="list-style-type: none"> <li>• of black or asian minority ethnic background</li> </ul>	<ul style="list-style-type: none"> <li>• husi grupu negro ka aziátiku, no étniku minoritáriu</li> </ul>

<ul style="list-style-type: none"> <li>• unvaccinated or partially vaccinated</li> </ul>	<ul style="list-style-type: none"> <li>• seidauk vasina ka vasina la kompletu</li> </ul>
<b>You are at more risk from COVID-19 than women of the same age who are not pregnant.</b>	<b>Ita sei hetan risku boot liu husi COVID-19 duké feto sira ne'ebé ho idade hanesan ne'ebé la'os isin rua.</b>
<b>What does this mean for me?</b>	<b>Ida ne'e signifika saida ba ha'u?</b>
<b>Getting pregnant</b>	<b>Hetan isin-rua</b>
There is no need to avoid getting pregnant after COVID-19 vaccination. There is no evidence that COVID-19 vaccines have any effect on fertility or your chances of becoming pregnant.	La presiza tenke evita atu hetan isin rua depoizde vasinasaun COVID-19. Laiha evidénsia katak vasina COVID-19 fó impaktu ba fertilidade ka Ita-nia oportunidade atu hetan isin rua.
<b>If you are pregnant</b>	<b>Se Ita isin rua hela</b>
COVID-19 vaccines offer pregnant women the best protection against COVID-19 disease which can be serious in later pregnancy for some women.	Vasina COVID-19 fó protesauñ di'ak liu ba feto isin rua sira hasoru moras COVID-19 ne'ebé mak bele sai sériu ba feto balun iha sira nia faze ikus isin rua nian.
The first dose of COVID-19 vaccine will give you good protection. You need to get each of your doses on time to get the best possible protection. You should have your second dose 8 to 12 weeks after your first dose. You do not need to delay this second dose. If you have delayed your vaccination for any reason, have your vaccinations as soon as possible.	Vasina doze dahuluk COVID-19 ne'e sei fó protesauñ ne'ebe di'ak. Ita presiza simu Ita-nia doze vasina sira ne'e tuir tempu atu hetan protesauñ di'ak liu ne'ebé posivel. Ita presiza simu Ita-nia doze daruak iha semana 8 to'o 12 depoizde doze dahuluk. Ita la presiza demora Ita-nia doze daruak. Se Ita demora ona Ita-nia vasinasaun tanba ho razaun ruma, ba simu kedas kuandu bele ona.
If you have already had a first dose of COVID-19 vaccine without suffering any serious side effects, you can have your second dose with the same vaccine when this is offered.	Se Ita simu ona vasina COVID-19 doze dahuluk sein hetan efeitu sekundáriu sériu ruma, Ita bele simu Ita-nia doze daruak ho vasina ne'ebé hanesan wainhira sira oferese ba Ita.
If your first dose was the AstraZeneca vaccine you should also consider the information in this leaflet <a href="http://www.publichealth.hscni.net/publications/covid-19-astrazeneca-vaccine-and-extremely-rare-blood-clots-and-translations">www.publichealth.hscni.net/publications/covid-19-astrazeneca-vaccine-and-extremely-rare-blood-clots-and-translations</a>	Se Ita-nia doze dahuluk mak vasina AstraZeneca Ita presiza mós konsidera informasaun iha folleta ida ne'e <a href="http://www.publichealth.hscni.net/publications/covid-19-astrazeneca-vaccine-and-extremely-rare-blood-clots-and-translations">www.publichealth.hscni.net/publications/covid-19-astrazeneca-vaccine-and-extremely-rare-blood-clots-and-translations</a>

<b>Booster vaccines</b>	<b>Vasina booster</b>
Pregnant women are eligible for a booster 12 weeks after their second dose. The booster dose that is offered may be a Pfizer or Moderna vaccine.	Feto isin rua sira elijivel ba vasina booster iha semana 12 depoizde sira-nia doze daruak. Doze booster ne'ebé ema oferese ne'e bele vasina Pfizer ka Moderna.
<b>Breastfeeding</b>	<b>Fó susubeen inan nian</b>
The benefits of breastfeeding are well known. The JCVI has recommended that the vaccines can be received whilst breastfeeding. This is in line with recommendations from the USA and the World Health Organization. Talk to your doctor or midwife if you have any concerns.	Vantajen fó susubeen inan ne'e bem-koñesidu. JCVI rekomenda ona katak ema bele simu vasina wainhira sei fó hela susubeen inan nian. Ida ne'e atu halo tuir rekomendasaun sira husi USA no Organizasaun Saúde Mundial. Ko'alia ho Ita-nia doutór ka parteira se Ita iha preokupasaun ruma.
<b>Side effects</b>	<b>Efeito sekundariu sira:</b>
Like all medicines, vaccines can cause common side effects. It may be helpful to make sure you know what to expect after you have the vaccine, especially if you have had your baby or have other children to look after.	Hanesan mos ai-moruk selu-seluk, vasina bele kauza efeito sekundariu baibain. Karik di'ak ba Ita atu asegura katak Ita hatene saida mak Ita sei hetan wainhira Ita hetan ona vasin, liu-liu se Ita hahoris ona Ita-nia bebé ka iha labarik sira ne'ebé Ita tenke tau matan.
Please read the leaflet 'What to expect after your COVID vaccination' <a href="http://www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations">www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations</a>	Favór lee folleta 'Saida mak atu espera depoizde Ita hetan ona vasina COVID' <a href="http://www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations">www.publichealth.hscni.net/publications/covid-19-vaccination-what-expect-and-translations</a>
<b>Further information</b>	<b>Informasaun kle'an liu tan</b>
The Royal College of Obstetricians and Gynaecologists (RCOG) and Royal College of Midwives (RCM) have a decision guide and other information you may find helpful on COVID-19 vaccines and pregnancy (rcog.org.uk – <a href="http://www.rcm.org.uk/guidance-for-pregnant-women">www.rcm.org.uk/guidance-for-pregnant-women</a> ).	Royal College ba Obstetra no Jinekolojista (RCOG) no Royal College ba Parteira sira (RCM) fornese matadalan desizaun no informasaun seluk ne'ebe karik importante ba Ita kona-ba vasina COVID-19 no isin rua (rcog.org.uk – <a href="http://www.rcm.org.uk/guidance-for-pregnant-women">www.rcm.org.uk/guidance-for-pregnant-women</a> ).
If you would like to discuss COVID-19 vaccination, please contact your midwife, doctor, or nurse.	Se Ita hakarak atu ko'alia kona-ba vasinasaun COVID-19, favór kontaktu Ita-nia parteira, doutór, ka enfermeiru.
Don't put off vaccination until after you give birth, make time to get the best protection against COVID-19 disease for you and your baby.	Labele demora vasinasaun até Ita partu ona, buka tempu atu hetan protesaun ne'ebé di'ak liu hasoru moras COVID-19 ba Ita no ba Ita-nia bebé.

<b>Vaccination, helping to protect those most vulnerable.</b>	<b>Vasinasaun, ajuda hodi proteje sira ne'ebé vulneravel liu.</b>
<b>No vaccines are 100% effective so it is important to continue to follow current national guidance.</b>	<b>Laiha vasina ne'ebé efetivu 100% tanba ne'e mak importante atu kontinua halo tuir matadalan nasional atuál nian.</b>
To protect yourself and your family, friends and colleagues, you MUST still:	Atu proteje Ita-nia an no Ita-nia família, maluk no kolega sira Ita PRESIZA nafatin:
<ul style="list-style-type: none"> <li>• where advised wear a face mask</li> </ul>	<ul style="list-style-type: none"> <li>• uza máskara kuandu orienta nune'e</li> </ul>
<ul style="list-style-type: none"> <li>• wash your hands carefully and frequently</li> </ul>	<ul style="list-style-type: none"> <li>• fase Ita-nia liman didi'ak no dala barak.</li> </ul>
<ul style="list-style-type: none"> <li>• open windows to let in fresh air</li> </ul>	<ul style="list-style-type: none"> <li>• loke janela atu husik anin fresku tama</li> </ul>
<ul style="list-style-type: none"> <li>• follow the current guidance</li> </ul>	<ul style="list-style-type: none"> <li>• halo tuir matadalan atuál iha <a href="http://www.nidirect.gov.uk/coronavirus">www.nidirect.gov.uk/coronavirus</a></li> </ul>
Information correct at time of publication. For the latest version of this factsheet, visit the PHA website <a href="http://www.publichealth.hscni.net/publications">www.publichealth.hscni.net/publications</a>	Informasaun ne'e mak loos iha tempu publikasaun ne'e. Ba versaun ikus lista faktu sira ne'e vizita sítiu internet PHA <a href="http://www.publichealth.hscni.net/publications">www.publichealth.hscni.net/publications</a>
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01/22	01/22