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| Translation | English |
| COVID-19（新冠肺炎）疫苗接种 | COVID-19 vaccine |
| **新冠肺炎秋季加强疫苗接种指南** | **A guide to the COVID-19 autumn booster** |
| 今年秋天，将向50岁及以上的个人及养老院的长者、5岁及以上年龄属于临床风险群体的个人以及一线卫生和社会护理人员提供新冠肺炎加强疫苗接种。 | People aged 50 years and older, residents in care homes for older people, those aged 5 years and over in a clinical risk group and frontline health and social care staff will be offered a booster of coronavirus (COVID-19) vaccine this autumn. |
| **谁正在接受秋季加强疫苗的接种？**新冠肺炎在老年人和具有某些潜在健康情况的人中更为严重。今年冬天，预计包括新冠肺炎和流感在内的许多呼吸道感染可能会大量传播——这可能给医院和其他医疗保健服务带来越来越大的压力。出于这些原因，对50岁及以上的个人、养老院里的长者和5岁或以上属于临床风险群体的个人提供新冠肺炎秋季加强疫苗的接种。还将向一线卫生和社会护理人员、照顾弱势群体的个人和家中有免疫系统较弱的个人提供加强接种。 | **Who is being offered an autumn booster?** COVID-19 is more serious in older people and in people with certain underlying health conditions. This winter it is expected that many respiratory infections, including COVID-19 and flu may be circulating at high levels – this may put increasing pressure on hospitals and other health care services. For these reasons, people aged 50 years and over, those in care homes, and those aged 5 years and over in clinical risk groups are being offered an autumn booster of COVID-19 vaccine. A booster will also be offered to front-line health and social care staff, those who care for vulnerable individuals and families of individuals with weakened immune systems. |
| 秋季加强接种提供给那些一旦感染了新冠肺炎就出现并发症的高风险人群。他们可能几个月没有得到过加强接种。由于冬季新冠肺炎感染的人数可能会增加，这种加强接种应该有助于降低您因新冠肺炎入院的风险。 | The autumn booster is being offered to those at high risk of the complications of COVID-19 infection, who may have not been boosted for a few months. As the number of COVID-19 infections is likely to increase over the winter, this booster should help to reduce your risk of being admitted to hospital with COVID-19. |
| 加强接种还可以针对轻度奥密克戎（Omicron）感染提供保护，但这种保护不会持续很长时间。 | The booster may also provide some protection against milder Omicron infection but such protection does not last for long. |
| **秋季疫苗接种的时间**疫苗接种将在9月至12月期间提供，风险最高的人将首先接种疫苗。您应该在最后一剂疫苗后至少3个月后方可接种秋季加强注射。如果您有资格接种流感疫苗，您也许可以同时接种；如果没有，请仍然接受加强接种，您可以稍后再接种另一种疫苗。 | **Timing of the autumn booster** Vaccination will be available between September and December, and those at highest risk will be vaccinated first. You should have your autumn booster at least 3 months after your last dose of vaccine.  If you are eligible for a flu vaccine, you may be able to have them at the same time – if not please go ahead anyway, you can catch up with the other vaccine later. |
| **将为您提供哪种疫苗？** 您将得到由辉瑞（Pfizer）或莫德纳（Moderna）生产的疫苗加强剂。您可能会获得这些加强疫苗的更新组合版本。组合疫苗包括：   * 一半剂量的原始疫苗与： * 针对奥密克戎变体的半剂量疫苗。   原始疫苗和组合疫苗都可以很好地增强保护作用，尽管组合疫苗产生的针对某些奥密克戎菌株的抗体水平略高。 | **Which vaccine will you be offered?**  You will be given a booster dose of a vaccine made by Pfizer or Moderna. You may be offered an updated combination version of these booster vaccines – the combination vaccines include:   * a half-dose of the original vaccine combined with: * a half-dose of a vaccine against the Omicron variant.   Both the original and the combination vaccines boost protection very well, although the combination vaccines produce slightly higher levels of antibody against some strains of Omicron. |
| 由于我们无法预测新冠肺炎病毒的哪些变种会在今年冬天流行，因此疫苗接种和免疫联合委员会（JCVI）得出的结论是，这两种疫苗都可以用于成人，并且任何人都不应为了接受组合疫苗而推迟疫苗接种。因此，卫生部门将在正确的时间为您提供正确的疫苗。 | As we cannot predict which variants of the virus of COVID-19 will be circulating this winter, the Joint Committee on Vaccination and Immunisation (JCVI) have concluded that both types of vaccine can be used in adults, and that no one should delay vaccination to receive combination vaccines. So you will be offered the right vaccine for you at the right time. |
| **请尽快接受为您提供的疫苗接种——重要的是在冬季之前接种加强剂，增强保护，以免出现严重疾病。** | **Please accept the vaccination that is offered to you as soon as you are able to – it is important to have your booster and build up your protection against severe illness before the winter.** |
| **哪类人不能接种秋季加强疫苗**很少有人不应该接受加强疫苗接种。如果您对前一剂疫苗有严重反应，您应该与您的医生讨论**。** | **Who cannot take up the offer of an autumn booster** There are very few people who should not have this booster. If you have had a severe reaction to a previous dose of the vaccine you should discuss this with your doctor. |
| **副作用****常见副作用：**与您之前的接种一样，所有新冠肺炎疫苗（包括今年秋季使用的组合疫苗）的常见副作用相同，包括：注射部位的手臂有疼痛、沉重的感觉和压痛 — 这往往在疫苗接种后1至2天左右最严重感觉疲惫头痛全身疼痛或轻度流感样症状。您可以休息并服用扑热息痛（遵循包装中的剂量建议）以帮助您缓解症状。尽管在接种疫苗后的一两天内可能会发烧，不过，如果您有任何其他 新冠肺炎症状或发烧持续时间更长，请留在家里，您可能需要接受检测。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感到担心，请联系您的全科医生或提供非工作时间医疗服务的机构。您还可以通过“黄卡”计划报告疫苗和药物的可疑副作用。 | **Side effects** **Common side effects**: As with your previous doses, the common side effects are the same for all COVID-19 vaccines, including the combination vaccines being used this autumn, and include:   * 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 * feeling tired * headache * general aches or mild flu-like symptoms   You can rest and take paracetamol (follow the dose advice in the packaging) to help you feel better.  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 you may need 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 or Out of Hours service. You can also report suspected side effects of vaccines and medicines through the Yellow Card scheme. |
| **严重的副作用：**在辉瑞和莫德纳新冠肺炎疫苗接种后，有报告心脏炎症（称为心肌炎或心包炎）的病例，不过这些病例很罕见，主要在年轻男性接种疫苗后的几天内出现。大多数受影响的人在休息和简单的治疗后感觉好很多，并迅速康复。如果在接种疫苗后您出现以下情况，您应该立即向您的全科医生或到急诊部寻求医疗建议：   * 胸痛 * 呼吸急促 * 心跳加速、心脏颤动或有跳动的感觉   如果您在之前的任何接种后出现严重的副作用，医生可能会建议您避免或延迟进一步接种疫苗。您应该与您的全科医生或专科医生讨论这个问题。请参阅宣传册末尾的“黄卡”计划信息，了解如何报告副作用。 | **Serious side effects**: Cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after both the Pfizer and Moderna COVID-19 vaccines. These cases have been seen mostly in younger men and within several days of vaccination. Most of the people affected have felt better and recovered quickly following rest and simple treatments. You should seek medical advice urgently from your doctor or Emergency Department if, after vaccination, you experience:   * chest pain * shortness of breath * feelings of having a fast-beating, fluttering or pounding heart   If you had serious side effects after any previous dose you may be advised to avoid or delay further vaccination. You should discuss this with your doctor or specialist. Please see the information on the Yellow Card scheme at the end of the leaflet to see how to report side effects. |
| **接种疫苗后您还能感染新冠肺炎吗？**新冠肺炎加强接种将减少您在今年冬天因新冠肺炎而出现严重不适的机会。您的身体可能需要几天时间才能从加强接种中获得额外的保护。与所有药物一样，没有疫苗是完全有效的。有些人尽管接种了疫苗，仍可能感染新冠肺炎，但任何感染都应该不那么严重。 | **Can you still catch COVID-19 after having the vaccine?** The COVID-19 booster will reduce the chance of you becoming severely unwell from COVID-19 this winter. It may take a few days for your body to build up some extra protection from the booster. Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but any infection should be less severe. |
| **如果您还没有完整接种**如果您尚未接种前2剂疫苗（或免疫系统较弱者的第3剂），您应该尽快接种。如果您有资格获得秋季加强接种，但认为您错过了之前的加强剂，您仍然应该接种，您不需要再注射额外的一剂。 | **If you have not had all your vaccinations** If you have not yet had either of your first 2 doses of the vaccine (or a third dose for those with a weakened immune system) you should have them as soon as possible. If you are eligible for the autumn booster but think you have missed a previous booster you should still go ahead – you will not need another dose. |
| **如果您的新冠肺炎结果呈阳性，您什么时候接种秋季加强剂？**如果您身体不适，请等到康复后再接种疫苗。如果您已确认感染了新冠肺炎，您最好等4周后再接种秋季加强剂。如果您正在自我隔离或等待新冠肺炎的测试结果，则不应接受接种。 | **If you have a COVID-19 positive result, when can you have your autumn booster?** 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 autumn booster. You should not attend for vaccination if you are self-isolating or waiting for a COVID-19 test. |
| **更多信息**您可以在 PHA 网站www.pha.site/covid19infomaterials 上阅读以下关于新冠肺炎的宣传册接种新冠肺炎疫苗后会发生什么新冠肺炎疫苗接种计划指南您怀孕了吗？接种新冠肺炎疫苗新冠肺炎疫苗接种 — 针对免疫系统较弱的人群的指南阅读为接受辉瑞和莫德纳疫苗接种的英国人制作的产品信息宣传册，了解有关疫苗的更多详细信息，包括可能的副作用。对于极少数人，医生可能会建议使用另一种疫苗产品。有关如何获得秋季加强疫苗接种的更多信息，请访问 nidirect.gov.uk/covid-vaccine您可以在“黄卡”网站上报告可疑副作用，或致电 0800 731 6789（周一至周五上午9点至下午5点）或下载 Yellow Card 应用程序：nidirect.gov.uk/covid-vaccine在本宣传册发布时信息正确。有关本宣传册的最新版本和替代格式，请访问 PHA 网站 www.publichealth.hscni.net | **Further information** You can read the following COVID-19 information leaflets on the PHA website www.pha.site/covid19infomaterials   * COVID-19 What to expect after vaccination * COVID-19 A guide to the programme * Pregnant? Have your COVID-19 vaccinations * COVID-19 vaccinations – a guide for people with a weakened immune system   Read the product information leaflets for UK recipients of the Pfizer and Moderna vaccines for more details on your vaccine, including possible side effects.  For a very small number of people another vaccine product may be advised by your doctor.  For more information on how to get your autumn booster, visit nidirect.gov.uk/covid-vaccine  You can report suspected side effects on the Yellow Card website or by calling 0800 731 6789 (9am to 5pm Monday to Friday) or by downloading the Yellow Card app: www.mhra.gov.uk/yellowcard  Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website www.publichealth.hscni.net |
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