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| Translation | English |
| 新冠肺炎（COVID-19）疫苗 | COVID-19 vaccine |
| **關於接種新冠肺炎秋季加強疫苗的指南** | **A guide to the COVID-19 autumn booster** |
| 今年秋天，我們將為部分人群接種新冠肺炎秋季加強疫苗，這些人群是50歲及以上的人士、養老院的長者、臨床風險群體中5歲及以上的人士，以及衛生部門和社會護理機構的一線工作人士。 | 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. |
| **目前哪些人士正在獲得秋季加強疫苗？**新冠肺炎在老年人和具有某些基礎病的人群中更為嚴重。今年冬天，預計會大範圍流行包括新冠肺炎在內的許多呼吸系統的感染，這可能會給醫院和其他醫療保健服務部門帶來越來越大的壓力。因此，我們正在為50歲及以上的人士、養老院的長者以及臨床風險群體中5歲及以上的人士提供新冠肺炎秋季加強疫苗。這一加強疫苗也將提供給衛生部門和社會護理機構的一線工作人士、對體弱多病者進行護理的人士和家中有免疫力低下成員的家庭。 | **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. |
| 目前，正在給新冠肺炎併發症的高風險人群接種秋季加強疫苗，這些人士可能已經有數月沒有接受過加強疫苗的接種。由於冬季新冠肺炎感染的人數可能增加，該加強疫苗應有助於降低因新冠肺炎住院的風險。 | 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. |
| 該加強疫苗也可能具有一定程度的抵抗毒性較弱的奧密克戎感染的作用，但這種保護作用不會持續太久。 | The booster may also provide some protection against milder Omicron infection but such protection does not last for long. |
| **秋季加強疫苗接種的時間安排** 9月至12月期間將提供這批疫苗的接種，風險最高的人群將首先接種疫苗。你的秋季加強疫苗的接種時間與上次接種的時間至少應該有三個月的間隔。 如果你有資格接種流感疫苗，你不妨同時接種新冠肺炎的秋季加強疫苗；如果不能同時接種兩種疫苗，請首先接種流感疫苗，隨後再接種新冠肺炎疫苗。 | **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. |
| **你將接種哪種疫苗？**  你將接種的秋季加強疫苗是由輝瑞（Pfizer）或莫德納（Moderna）生產的。你可能有機會接種這些加強疫苗的更新組合版本，該組合疫苗包括：   * 半劑原疫苗加上： * 針對奧密克戎變體的半劑疫苗。   原始疫苗和組合疫苗都能很好地增強保護，不過組合疫苗會對某些奧密克戎菌株產生較高水準的抗體。 | **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. |
| 由於我們無法預測今年冬天將會有哪些新冠病毒的變種傳播，疫苗接種和免疫聯合委員會（JCVI）規定，這兩種疫苗都可給成人接種，任何人都不應為了獲得組合疫苗故意延遲疫苗的接種。因此，在適當的時間你將得到適當的疫苗。 | 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. |
| **請儘快接受為你提供的疫苗接種，請務必在冬季到來之前獲得加強疫苗並增強對嚴重疾病的保護。** | **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.** |
| **哪些人不能接種秋季加強疫苗**不應接種秋季加強疫苗的人很少。如果你對之前的疫苗接種有嚴重反應，則應與你的醫生討論這次接種。 | **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** **常見副作用**：與你以前接種的情況一樣，所有新冠肺炎疫苗（包括今年秋天使用的組合疫苗）的常見副作用都是一樣的，包括：   * 接受注射的手臂有一種疼痛、發麻的感覺和觸痛感，而且往往在接種疫苗後1到2天內最為嚴重 * 感覺疲勞 * 頭痛 * 一般性疼痛或輕度感冒症狀   你可以休息一下並服用撲熱息痛（遵循包裝中的劑量建議）來緩解症狀。 儘管在接種疫苗後的一兩天內可能出現發燒的情況，但如果你有任何其他新冠肺炎的症狀或發燒持續時間較長，請留在家裡，你可能需要進行一次測試。接種疫苗後的症狀通常持續不到一周。如果你的症狀惡化，或者你為此感到擔心，請聯繫你的全科醫生（GP）或非工作時間的醫療服務。你還可以通過“黃卡計劃”報告疫苗和藥物的疑似副作用。 | **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. |
| **嚴重副作用**：在使用輝瑞和莫德納新冠肺炎疫苗後，報告出現心臟炎症（稱為心肌炎或心包炎）的情況非常罕見。這些病例主要見於年輕男性，且出現在接種疫苗後的幾天內。大多數患者在進行休息和簡單治療後就會症狀減輕並迅速康復。如果你在接種疫苗後遇到以下情況，應立即向醫生或急診科尋求醫療建議：   * 胸痛 * 氣短 * 感到心跳加速、心臟顫抖或跳得很重   如果你在之前的任何一次（新冠肺炎）疫苗接種後出現嚴重的副作用，你可能會被建議不再接種或推遲再次接種的時間。你應與醫生或專家討論這次接種的問題。如果希望瞭解如何報告副作用，請參閱單頁末尾有關“黃卡計劃”的資訊。 | **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. |
| **接種疫苗後，還會感染新冠肺炎嗎？**新冠肺炎加強疫苗將減少你在今年冬天因新冠肺炎感到嚴重不適的機率。你的身體可能需要幾天的時間才能從加強疫苗中獲得額外的保護。與所有藥物一樣，任何疫苗都不會完全有效，有些人儘管已經接種了新冠肺炎的疫苗，但仍有可能被感染，但感染後的症狀都應不太嚴重。 | **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. |
| **如果你沒有接受每一次的疫苗接種**如果你尚未接種前兩劑疫苗（或為免疫系統弱的人士提供的第三劑）中的任何一劑，則應儘快接種。如果你有資格接受今年秋季的加強疫苗，但覺得你錯過了之前的一次加強疫苗，你僅需接種這次疫苗，不必追加一劑。 | **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. |
| **如果你的新冠肺炎測試結果為陽性，何時才能進行秋季加強疫苗的接種？** 如果你的健康狀況不佳，請等身體恢復之後再接受接種。如果你感染新冠肺炎的情況已經得到確認，則最好等待四周，然後再去進行這次秋季加強疫苗的接種。如果你正在自行隔離或正在等待新冠肺炎的檢測結果，則不應參加疫苗接種。 | **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. |
| **其他資訊** 你可以在公共衛生委員會（PHA）網站：www.pha.site/covid19infomaterials閱讀以下關於新冠肺炎的資訊   * 新冠肺炎疫苗接種後的預期結果 * 對接種新冠肺炎疫苗計劃的指南 * 已經懷孕？接種新冠肺炎疫苗 * 免疫系統不健全者在接種新冠肺炎疫苗時的注意事項   閱讀面向英國的輝瑞和莫德納疫苗接受者的產品資訊單可説明你瞭解有關你的疫苗的更詳細的資訊，包括可能的副作用。  對於極少數人，醫生可能會建議他們使用另一種疫苗產品。  有關如何獲取秋季加強疫苗的更多資訊，請訪問 nidirect.gov.uk/covid-vaccine  如需報告疑似副作用，你可以在“黃卡網站”進行，或致電 0800 731 6789（週一至週五上午9點至下午5點）或下載黃卡應用程式：www.mhra.gov.uk/yellowcard 該資訊在發佈時正確無誤。有關這份資訊單的最新版本和其他格式，請訪問公共衛生署的網站 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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