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| Translation | English |
| Vacsaín COVID-19 | COVID-19 vaccine |
| **Treoir maidir le teanndáileog fhómhar COVID-19** | **A guide to the COVID-19 autumn booster** |
| Déanfar teanndáileog an choróinvíris (COVID-19) a thairiscint do dhaoine atá 50 bliain d’aois agus níos sine, cónaitheoirí i dtithe cúraim do sheandaoine, daoine 5 bliana d’aois agus níos sine i ngrúpa riosca chliniciúil agus foireann tosaigh sláinte agus cúraim shóisialta an fómhar seo. | 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. |
| **Cé dó a bhfuil teanndáileog an fhómhair á thairiscint?** Tá COVID-19 níos tromchúisí i seandaoine agus i ndaoine a bhfuil riochtaí bunúsacha sláinte áirithe orthu. An geimhreadh seo, táthar ag súil go mbeidh go leor ionfhabhtuithe riospráide, lena n-áirítear COVID-19 agus an fliú ag scaipeadh go sciobtha - d'fhéadfadh sé seo níos mó brú a chur ar ospidéil agus ar sheirbhísí cúraim sláinte eile. Mar gheall ar na cúiseanna sin, tá teanndáileog fómhair den vacsaín COVID-19 á thairiscint do dhaoine atá 50 bliain d’aois agus níos sine, na daoine atá i dtithe cúraim, agus iad siúd atá 5 bhliain d’aois agus níos sine i ngrúpaí riosca chliniciúl. Ina theannta sin, tairgfear teanndáileog d’fhoireann tosaigh sláinte agus cúraim shóisialta, na daoine a thugann aire do dhaoine leochaileacha agus do theaghlaigh daoine aonair a bhfuil córais imdhíonachta lagaithe acu. | **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. |
| Tá teanndáileog an fhómhair á thairiscint dóibh siúd atá i mbaol mór ó aimhréidheanna ionfhabhtú COVID-19, nó go mb’fhéidir nár tugadh teanndáileog do na daoine seo ar feadh cúpla mí. Toisc gur dócha go dtiocfaidh méadú ar líon ionfhabhtuithe COVID-19 sa gheimhreadh, ba cheart go gcuideodh an teanndáileog seo an riosca a laghdú go nglacfar isteach san ospidéal le COVID-19 thú. | 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. |
| Chomh maith leis sin, d’fhéadfadh an teanndáileog roinnt cosanta a sholáthar ar ionfhabhtú Omicron níos éadroime ach ní mhairfidh an chosaint seo ar feadh i bhfad. | The booster may also provide some protection against milder Omicron infection but such protection does not last for long. |
| **Nuair a bheidh teanndáileog an fhómhair ar fáil** Beidh vacsaíniú ar fáil idir Meán Fómhair agus Nollaig agus déanfar na daoine is mó i mbaol a vacsaíniú ar an chéad dul síos. Ba chóir go mbeadh teanndáileog an fhómhair agat 3 mhí ar a laghad tar éis na dáileoige deireanaí den vacsaín.  Má tá tú incháilithe don vacsaín fliú, tá seans ann go mbeidh tú in ann iad a fháil ag an am céanna - mura bhfuil, lean ar aghaidh ar aon nós agus is féidir leat an vacsaín eile a fháil níos faide anonn. | **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. |
| **Cén vacsaín a thairgfear duit?**  Tabharfar teanndáileog duit de vacsaín Pfizer nó de vacsaín Moderna. D’fhéadfaí leagan measctha nuashonraithe de na teanndáileoga seo a thairiscint duit – áirítear leis an meascán vacsaíní:   * leathdháileog den vacsaín bhunaidh in éineacht le: * leathdháileog den vacsaín i gcoinne athraitheach Omicron.   Méadaíonn na vacsaíní bunaidh agus na comhvacsaíní an chosaint go han-mhaith, cé go dtáirgeann na comhvacsaíní leibhéil beagán níos airde antasubstainte i gcoinne roinnt tréithchineálacha Omicron. | **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. |
| Toisc nach féidir linn a thuar cad iad na leaganacha de COVID-19 a bheidh ag scaipeadh an geimhreadh seo, shocraigh an Comhchoiste um Vacsaíniú agus Imdhíonadh (JCVI) gur féidir an dá chineál vacsaíne a úsáid le daoine fásta agus nár cheart d'aon duine moill a chur ar an vacsaíniú chun comhvacsaíní a fháil. Mar sin tairgfear an vacsaín cheart duit ag an am cheart. | 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. |
| **Glac leis an vacsaíniú a thairgtear duit chomh luath agus is féidir - tá sé ríthábhachtach do theanndáileog a bheith agat agus do chosaint ar dhrochthinneas a neartú roimh an gheimhreadh.** | **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.** |
| **Cé nach féidir leo glacadh le tairiscint teanndáileog an fhómhair**  Is beag duine nár cheart an teanndáileog seo a bheith acu. Má bhí frithghníomh tromchúiseach agat ar dháileog den vacsaín roimhe seo ba chóir duit é seo a phlé le do dhochtúir. | **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. |
| **Fo-iarmhairtí** **Fo-iarmhairtí coitianta**: Cosúil leis na dáileoga roimhe seo a fuair tú, is ionann na fo-iarmhairtí coitianta do na vacsaíní uile COVID-19, lena n-áirítear na comhvacsaíní atá á n-úsáid an fómhar seo, agus áirítear leo:   * pian, troime agus soghortaitheacht sa lámh ina bhfuair tú d’instealladh - de ghnáth bíonn sé seo níos measa timpeall 1-2 lá i ndiaidh na vacsaíne * tuirse * tinneas cinn * pianta ginearálta nó siomptóim éadroma mar a bheadh fliú ort   Is féidir leat do scíth a ligean agus paraicéiteamól a ghlacadh (cloí leis an gcomhairle dáileoige ar an bpacáiste) chun cabhrú leat mothú níos fearr.  Cé go bhféadfadh fiabhras teacht ort laistigh de lá nó dhó i ndiaidh vacsaínithe, má tá aon siomptóim COVID-19 eile ort nó má mhaireann fiabhras tréimhse níos faide, fan abhaile agus b'fhéidir go mbeadh ort tástáil a shocrú. Maireann siomptóim i ndiaidh na vacsaíne níos lú ná seachtain amháin go hiondúil. Má éiríonn do shiomptóim níos measa nó má tá imní ort, déan teagmháil le do dhochtúir nó ar sheirbhís atá ar fáil taobh amuigh de na gnáthuaireanta oibre. Is féidir fo-iarmhairtí amhrasta na vacsaíne agus leighis a thuairisciú trí scéime an Chárta Bhuí. | **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. |
| **Fo-iarsmaí tromchúiseacha**: Tuairiscíodh cásanna athlasta croí (darbh ainm miócairdíteas nó peireacairdíteas) go fíor-annamh i ndiaidh vacsaíní COVID-19 ó Pfizer agus Moderna. Feictear na cásanna seo i meas fir níos óige go hiondúil agus laistigh de cúpla lá i ndiaidh an vacsaín a fháil. Tháinig biseach ar fhormhór na ndaoine sin agus mhothaigh siad i bhfad ní b’fhearr tar éis dóibh a scíth a ligean agus cóir leighis simplí a fháil. Ba cheart duit comhairle a lorg ó do dhochtúir ginearálta nó ón Roinn Éigeandála ar bhonn práinne má tá aon cheann de na fo-iarmhairtí seo a leanas ort:   * pianta cliabhraigh * gearranáil * croí atá ag preabadh, ag léim nó ag réabadh   Má bhí fo-iarmhairtí tromchúiseacha agat tar éis aon dáileog roimhe seo, b'fhéidir go molfaí duit aon vacsaíniú breise a sheachaint nó moill a chur air. Ba cheart duit é seo a phlé le do dhochtúir nó le do speisialtóir. Féach an t-eolas ar scéim an Chárta Buí ag deireadh na bileoige chun foghlaim conas fo-iarmhairtí a thuairisciú. | **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. |
| **An féidir leat COVID-19 a tholgadh fós tar éis duit an vacsaín a fháil?** Laghdóidh an teanndáileog COVID-19 an seans go n-éireoidh tú an-tinn mar gheall ar COVID-19 an geimhreadh seo. D’fhéadfadh go dtógfaidh sé cúpla seachtain ar an vacsaín cosaint sa bhreis a neartú i do chorp. Cosúil le gach leigheas, níl gach uile vacsaín go hiomlán éifeachtach, mar sin d’fhéadfadh go dtolgfadh roinnt daoine COVID-19 fós in ainneoin na vacsaíne, ach ba chóir go mbeadh aon ionfhabhtú níos éadroime. | **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. |
| **Mura bhfuil do vacsaíniú ar fad faighte agat** Mura bhfuil aon cheann den chéad 2 dháileog den vacsaín faighte agat fós (nó an tríú dáileog dóibh siúd a bhfuil córas imdhíonachta lagaithe acu), ba chóir duit iad a fháil chomh luath agus is féidir. Má tá tú incháilithe le teanndáileog an fhómhair a fháil ach go gceapann tú gur chaill tú teanndáileog roimhe seo, ba cheart duit leanúint ar aghaidh go fóill – ní bheidh dáileog eile uait. | **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. |
| **Má tá toradh dearfach COVID-19 agat, cathain is féidir teanndáileog an fhómhair a bheith agat?** 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 sula bhfaigheann tú teanndáileog an fhómhair. Níor cheart duit freastal ar choinne vacsaíne má tá tú ag féin-aonrú nó ag fanacht ar thástáil COVID-19. | **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. |
| **Tuilleadh eolais** Is féidir leat na bileoga faisnéise seo a leanas maidir le COVID-19 a léamh ar shuíomh gréasáin PHA www.pha.site/covid19infomaterials   * COVID-19 Cad é a mbeifeá ag súil leis tar éis an vacsaínithe * COVID-19 Treoir don chlár * An bhfuil tú ag iompar clainne? Bíodh do vacsaíní COVID-19 agat * Vacsaíniú COVID-19 – treoir do dhaoine a bhfuil córas imdhíonachta lagaithe acu   Léigh na bileoga faisnéise táirge d’fhaighteoirí vacsaín Pfizer agus Moderna sa RA le haghaidh tuilleadh sonraí ar do vacsaín, lena n-áirítear fo-iarmhairtí féideartha.  I roinnt bheag cásanna, féadfaidh do dhochtúir táirge vacsaíne eile a mholadh.  Chun tuilleadh eolais a fháil ar conas do theanndáileog fómhair a fháil, tabhair cuairt ar nidirect.gov.uk/covid-vaccine  Is féidir leat fo-iarmhairtí amhrasta a thuairisciú ar shuíomh gréasáin an Chárta Bhuí nó trí ghlaoch a chur ar 0800 731 6789 (9am go 5pm Luan go hAoine) nó trí aip an Chárta Bhuí a íoslódáil ag: www.mhra.gov.uk/yellowcard  Tá an t-eolas seo ceart ag dáta an fhoilsithe. Chun an leagan is deireanaí den bhileog seo agus formáidí malartacha a fháil, téigh chuig suíomh gréasáin an Údaráis Sláinte Poiblí (PHA) 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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