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| Tetum | English |
| Vasina COVID-19 | COVID-19 vaccine |
| **Matadalan ida ba booster Outonu COVID-19** | **A guide to the COVID-19 autumn booster** |
| Ema ho idade 50 no liu, rezidente iha uma idozu sira ba ema ne'ebé idade ona, ba sira ho idade tinan 5 ba leten ne'ebé iha grupu risku klíniku no pesoál saúde no kuidadór sira iha liña frente sei hetan oferese ba vasina booster virus korona (COVID-19) iha Outonu ida ne'e. | 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. |
| **Se mak hetan oferese booster Outonu?** **COVID-19 ne'e sériu liu** iha ema idozu sira no iha ema balun ne'ebé iha komorbidade. Iha tempu malirin ne'e sei iha moras ispa, inklui moras COVID-19 no moras gripe ne'ebé sei da’et ba mai maka’as – ida ne'e sei aumenta presaun ba ospitál no servisu kuidadu saúde seluk. Ho razaun ida ne'e, ema ho idade 50 ba leten, sira ne'ebé iha uma idozu no ba sira ho idade tinan 5 ba leten ne'ebé iha grupu risku klíniku hetan hela oferese ba vasina booster virus korona (COVID-19) iha Outonu ida ne'e. Booster ne'e oferese mós ba pesoál saúde no kuidadu sosiál sira iha liña frente, sira ne'ebé tau matan ba ema vulneravel sira no família husi individu sira ne'ebé ho sistema imunidade fraku. | **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. |
| Booster Outonu ne'e oferese ba ema sira ne'ebé iha risku aas atu hetan komplikasaun ba infesaun COVID-19, ne'ebé la simu ona vasina durante fulan balun. Tanba númeru infesaun COVID-19 karik sei aumenta iha tempu malirin, vasina booster ne'e sei bele ajuda hamenus risku tama ospitál ho moras COVID-19. | 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. |
| Vasina booster bele mós fó protesaun hasoru infesaun Omicron kmaan maibé protesaun ida ne'e la kleur. | The booster may also provide some protection against milder Omicron infection but such protection does not last for long. |
| **Oráriu booster Outonu** Vasina ne'e disponivel entre fulan Setembru no Dezembru, no sira ne'ebé iha risku aas sei hetan vasina uluk. Ita sei simu booster Outonu ne'e pelumenus fulan 3 depoizde Ita-nia doze vasina ikus.  Se Ita elijivel ba vasina gripe, Ita bele simu vasina sira ne'e iha tempu ne'ebé hanesan – se lae Ita bele simu vasina ne'e no vasina seluk iha tempu tuirmai. | **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. |
| **Vasina ida ne'ebé mak Ita sei simu?**  Ita sei hetan doze booster ida husi vasina husi Pfizer ka Moderna. Ita bele simu mós versaun kombinasaun foun husi vasina booster sira ne'e – kombinasaun vasina ne'e inklui:   * doze metade ida husi vasina orijinal kombina ho: * doze metade ida husi vasina kontra variante Omicron.   Vasina orijinal no kombinasaun hotu aumenta protesaun, maske vasina kombinadu prodús antikorpu ho nivel ne'ebé aas liu oituan hasoru tipu Omicron balun. | **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. |
| Tanba ita labele hatene variante virus COVID-19 ida ne'ebé mak sei sirkula iha tempu malirin ida ne'e, Komisaun Konjunta ba Vasinasaun no Imunizsaun (JCVI) konklui ona katak tipu vasina rua ne'e hotu bele fó ba adultu sira, no katak ema labele hein to’o simu vasina kombinadu. Ho nune'e Ita sei simu vasina ne'ebé loos tuir nia tempu. | 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. |
| **Favór simu vasina ne'ebé oferese ba Ita lalais se bele – importante tebes atu simu Ita-nia vasina booster no haforsa Ita-nia protesaun hasoru moras grave molok tempu malirin to’o mai.** | **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.** |
| **Sé mak labele simu vasina booster outonu** Iha ema oituan liu mak labele simu booster ida ne'e. Se Ita hetan reasaun grave iha doze vasina uluk entaun Ita tenke ko'alia kona-ba ida ne'e ho Ita-nia doutór. | **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. |
| **Efeitu sekundáriu sira** **Efeitu sekundáriu Jerál**: Hanesan ho Ita-nia doze vasina uluk nian, efeitu sekundáriu jerál ne'e hanesan ho vasina COVID-19 hotu, inklui wainhira simu kombinasaun vasina ne'ebé fó iha outonu ida ne'e, no inklui:   * liman ne'ebé hetan sona ne'e moras, sente todan no mamar – baibain efeitu sira ne'e sai pior liu durante loron 1 to’o 2 depoizde vasina * sente kole * ulun moras * isin moras no hetan sintoma hanesan gripe   Ita bele deskansa no hemu paracetamol (halo tuir instrusaun doze iha nia falun) atu halo ita sente di'ak.  Maske dala ruma isin manas iha loron ida ka rua depoizde vasina, se Ita hetan sintoma COVID-19 seluk ka Ita-nia isin manas ne'e sai kleur, entaun hela iha uma no karik ita presiza hala'o teste.  sintoma sira depoizde vasina ne'e baibain lakon la to’o semana ida. Se Ita-nia sintoma ne'e sai pior liu ka se Ita preokupa, entaun kontaktu Ita-nia GP ka atendimentu fora-de-ora. Ita mós bele relata vasina no ai-moruk nia efeitu sekundáriu liu husi rejime Yellow Card. | **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. |
| **Eeitu sekundáriu Sériu:** Kazu inflamasaun fuan (bolu miokardite ka perikardite) iha ona maibé raru liu akontese depoizde simu vasina COVID-19 Pfizer no Moderna. Kazu sira ne'e akontese barak liu iha joven mane sira no mosu loron balun depoizde vasina. Barak liu husi ema sira ne'ebé esperiénsia ida ne'e di'ak lalais depoizde sira deskansa no hala'o tratamentu simples ida. Ita tenke buka asisténsia médiku lalais husi Ita-nia doutór ka Servisu Emerjénsia se, depoizde vasina Ita esperiénsia:   * hirus matan moras * iis badak * sente fuan tuku lalais, ka fuan nakdedar ka tuku maka’as   Se Ita hetan efeitu sekundáriu depoizde doze vasina antes nian entaun karik di'ak liu atu ita evita ka demora vasina seluk tan. Ita presiza ko'alia kona-ba ida ne'e ho Ita-nia doutór ka espesialista. Favór haree informasaun iha rejime Yellow Card iha folleta nia okos atu haree oinsá mak relata efeitu sekundáriu sira. | **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. |
| **Karik Ita sei bele hetan COVID-19 depoizde simu ona vasina?** Vasina booster COVID-19 sei redús posibilidade atu hetan moras grave husi COVID-19 iha tempu malirin ne'e. Karik sei presiza loron balun atu Ita-nia isin harii protesaun estra ruma husi booster ne'e. Hanesan mós ho ai-moruk seluk, laiha vasina ida ne'ebé mak kompletamente efetivu – ema balun sei bele hetan COVID-19 maske simu ona vasina, maibé infesaun sira ne'e sei ladun grave. | **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. |
| **Se Ita seidauk hetan vasina hotu** Se Ita seidauk hetan karik vasina dose 2 dahuluk (ka vasina datoluk ba sira ne'ebé ho imunidade fraku) di'ak liu ba simu ona vasina ne'e lalais se bele. Se Ita elijivel ba vasina outonu maibé karik ita seidauk simu Ita-nia booster uluk nian, Ita sei bele ba simu – Ita sei la presiza doze seluk tan | **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. |
| **Se Ita hetan rezultadu pozitivu COVID-19, wainhira mak Ita bele simu Ita-nia vasina booster outonu?** Se Ita moras, entaun hein até Ita di'ak ona mak ba vasina. Se Ita konfirmadu pozitivu ba COVID-19, di'ak liu Ita hein semana 4 molok ba simu booster outonu ne'e. Ita labele ba vasina se Ita izola-an hela ka hein rezultadu teste 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. |
| **Informasaun seluk** Ita bele lee folleta informasaun COVID-19 tuirmai ne'e iha sítiu internet PHA nian iha www.pha.site/covid19infomaterials   * COVID-19 Saida mak Ita bele espera depoizde vasina * COVID-19 Matadalan ida ba programa ne'e * Isin rua? Ba simu Ita-nia vasina COVID-19 * Vasina COVID-19 – matadalan ba ema ne'ebé ho sistema imunidade fraku   Lee folleta informasaun produtu ba simu-na'in vasina Pfizer no Moderna iha UK atu hetan informasaun kle'an liu tan kona-ba Ita-nia vasina, inklui efeitu sekundáriu ne'ebé bele iha.  Ba ema balun de'it mak karik sira-nia doutór husu atu simu produtu vasina seluk.  Ba informasaun kona-ba oinsá mak atu simu Ita-nia booster outonu, vizita nidirect.gov.uk/covid-vaccine  Ita bele relata efeitu sekundáriu ne'ebé Ita dezkonfia iha sítiu internet Yellow Card ka telefone 0800 731 6789 (tuku 9 dadeer to’o tuku 5 lokraik loron Segunda to’o Sesta) ka hodi download Yellow Card app: www.mhra.gov.uk/yellowcard  Informasaun sira ne'e loos iha tempu wainhira ida ne'e fó sai. Ba versaun ikus husi folleta ne'e no formatu alternativu seluk vizita sítiu internet PHA iha [www.publichealth.hscni.net](http://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](http://www.publichealth.hscni.net) |
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