

	Tetum
COVID-19 AstraZeneca vaccine and extremely rare blood clots	Vasina COVID-19 AstraZeneca no raan isin ne'ebé raru tebtebes
Information about your vaccination	Informasaun kona-ba Itan-nia vasinasaun
The UK vaccination programme has been very successful with more than 34 million people vaccinated and more than 10,000 lives already saved. The rapid rollout has meant that we have been able to protect more people and we are starting to lift the restrictions on our population. This leaflet is designed to help you make an informed decision about vaccination.	Programa vasinasaun UK susesu tebes ona ho ema liu millaun 34 mak vasina ona no salva ona liu ema na'in 10,000 nia vida. Implementasaun lalais ida ne'e signifika katak Ita bele ona proteje ema barak liu no ita komesa hamamar restrisaun ba ita-nia populasaun. Folleta ida ne'e planea atu ajuda Ita hodi halo desizaun informadu kona-ba vasinasaun.
What is the concern?	Saida mak preokupasaun ne'e?
Recently there have been reports of an extremely rare but serious condition involving blood clots and unusual bleeding after AstraZeneca (AZ) vaccination. Some people with this condition have suffered life changing effects and some have died. These cases are being carefully reviewed but the risk factors for this condition are not yet clear.	Foin lalais ne'e iha ona relatóriu kona-ba kondisaun raru maibé sériu ne'ebé envolve raan isin no raan sai la babain depoizde vasinasaun AstraZeneca (AZ). Ema balun ho kondisaun ida ne'e sofre ona efeitu grave ba sira-nia vida no balun mate ona. Kazu sira ne'e agora hetan avaliasaun ho kuidadu maibé fatore risku sira ba kondisaun ida ne'e seidak klaru.
Although this condition remains extremely rare, there is a higher risk in people after the first dose of the AZ vaccine. To date and overall, just over 10 people develop this condition for every million doses of AZ vaccine given. This is seen more often in younger people and tends to occur more than 4 days and within 28 days (4 weeks) following vaccination.	Maske kondisaun sira ne'e raru tebetebes, iha risku boot liu ba ema depoizde sira doze dahuluk ba vasina AZ. To'o ohin loron no en jeral, liu ema na'in 10 de'it mak hetan kondisaun ida ne'e iha kada millaun doze husi vasina AZ ne'ebé ema fó. Ida ne'e hetan barak liu iha ema ne'ebé foin sa'e no akontese baibain liu tiha loron 4 no iha loron 28 (semana 4) nia laran depoizde vasinasaun.
Similar conditions can also occur naturally, and clotting problems are a common complication of COVID-19 infection. An increased risk has not yet been seen after other COVID-19 vaccines in the UK.	Kondisaun ne'ebé hanesan bele akontese naturalmente, no problema raan isin ne'e komplikasaun baibain husi infesaun COVID-19. Risku ne'ebé aumenta ne'e la mosu depoizde doze seluk vasina COVID-19 iha UK.
Which vaccine will I be offered?	Vasina ida ne'ebé mak sei fó?
Until recently we have relied upon all our vaccines being offered without preference to the whole	Até foin dadaun ne'e, ita depende ona ba vasina hotu atu fó ba Ita sein preferensia ba
population. The Joint Committee on Vaccination and Immunisation (JCVI) has considered the balance of risks and benefits and has now made the following recommendations (see further detail over the page).	populasaun tomak. Komisaun Konjunta ba Vasinasaun no Imunizasaun (JCVI) konsidera ona balansu risku no benefisiu no agora halo ona rekomendasaun sira tuir mai (haree detalla seluk tan iha pájina sorin).
40 years or older or with underlying medical conditions	Tinan 40 ka liu ka ne'ebé ho kondisaun médiku ne'ebé iha nanis ona.
Older adults (including health and social care workers aged 40 years or older ¹), care home residents, and adults of any age with certain medical conditions are at high risk of the	Adultu sira ne'ebé idade ona (inklui pesoál saúde no assisténsia sosiál ho idade 40 ka liu ¹), abitante fatin idozu, no adultu sira ho kualkér idade ne'ebé ho kondisaun médiku hotu iha

complications of COVID-19. The Medicines and Healthcare products Regulatory Agency (MHRA) and the JCVI advises that you should still receive any of the available COVID-19 vaccines. ² The benefits of vaccination in protecting you against the serious consequences of COVID-19 outweigh any risk of this extremely rare condition.	risku komplikasaun ba COVID-19. The Medicines and Healthcare products Regulatory Agency (MHRA) and the JCVI advises that you should still receive any of the available COVID-19 vaccines. ² The benefits of vaccination in protecting you against the serious consequences of COVID-19 outweigh any risk of this extremely rare condition.
If you are a healthy person aged 30 to 39	Se Ita ema ne'ebé saudavel ho idade 30 to'o 39
In the current situation, the JCVI has advised that it is preferable for people in this age group to have a vaccine other than AZ where possible. You are more at risk of the serious consequences of COVID-19 and will have the most benefit from being vaccinated if you are older, male, from certain minority ethnic backgrounds, in some occupations, or are obese. It is important that you have the vaccination as soon as possible to protect you and to reduce the chance of passing on the virus. If the situation changes and you are offered the AZ vaccination you may go ahead after you have considered all the risks and benefits. Please carefully consider the risk of COVID-19 to both you and your family and friends before making your decision. Please see the table on the next page.	Iha situasaun atuál, JCVI orienta ona katak di'ak liu ema sira ne'ebé iha faixa idade ida ne'e atu se posivel hetan vasina seluk duké AZ. Ita sei hetan risiko liu ba konsekuénsia sériu ba COVID-19 no sei hetan vantajen boot liu husi vasinasaun ne'e se Ita mane ne'ebé idade boot ona, mai husi étniku minoridade balun, iha profisaun balun, ka isin bokur liu. Importante atu Ita hetan vasina mais rápidu posivel atu proteje Ita no atu redús possibilidade atu hada'et tutan virus ida ne'e. Se situasaun muda no sira oferese vasinasaun AZ Ita bele simu ida ne'e depois konsidera risiko sira no nia vantajen sira hotu. Favór hanoin didiak risiko COVID-19 ba Ita no ba Ita-nia família no maluk sira molok halo Ita-nia desizaun. Favór haree tabela iha pájina tuirmai.
If you are a healthy younger person aged 18 to 29	Se Ita foin sa'e ne'ebé saudavel ho idade 18 to'o 29
Currently JCVI has advised that it is preferable for people under 30 to have a vaccine other than AZ because the risk from COVID-19 infections is so low. If you are offered the AZ vaccination you may wish to go ahead after you have considered all the risks and benefits for you.	Oras ne'e JCVI orienta ona katak di'ak liu ema sira ne'ebé seidak to'o tinan 30 simu vasina seluk duké AZ tanba risiko infesaun COVID-19 tuun liu. Se ema oferese vasinasaun AZ Ita bele simu ida ne'e depois konsidera risiko sira no nia vantajen sira hotu ba Ita.
What about the second dose?	Oinsá kona-ba doze daruak?
Everybody who has already had a first dose of AZ vaccine without suffering this rare side effect should complete the course. It is expected that the first dose of the vaccine will have given you some protection, particularly against severe disease. Having the second dose will give you higher and longer lasting protection and tends to cause less of the common side effects (including short lived headache).	Ema hotu ne'ebé simu ona doze dahuluk ba vasina AZ sein sofre efeito sekundariu raru ida ne'e entaun bele kompleta síklu ida ne'e. Ita espera katak doze dahuluk husi vasina ne'e fó ona protesaun balun ba Ita, liu-liu hasoru moras ne'ebé grave. Hetan tiha doze daruak sei fó protesaun ne'ebé aas no dura liu no baibain halo menus efeito sekundariu sira (inklui ulun moras iha tempu badak).
1. This includes unpaid carers and family members of those who are immunosuppressed	1. Ida ne'e inklui kuidadór ne'ebé ita la selu no membru família ba sira ne'ebé imunodeficientes
2. If you have certain rare blood clotting disorders then you should discuss whether you	2. Se Ita iha dezorden balun kona-ba raan isin ne'ebé mak raru, entaun Ita tenke ko'alia ho Ita-

can have the AZ vaccine with your specialist	nia espesialista kona-ba ida ne'e se Ita bele ka lae atu simu vasina AZ
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What are the potential risks and benefits of the AZ vaccine compared to the risks associated with COVID-19 for my age group?	Saida mak risku no vantajen potenciál husi vasina AZ kompara ho risku ne'ebé iha relasaun ho COVID-19 ba ha'u-nia faixa idade ne'e?
Over 50 years of age or with underlying medical conditions	Idade liu 50 ka iha kondisaun médiku nanis nian ona
40 to 49 years of age	Idade 40 to'o 49
30 to 39 years of age	Idade 30 to'o 39
18 to 29 years of age	Idade 18 to'o 29
Age	Idade
Risk from COVID-19	Risku husi infesaun COVID-19
Risk of vaccination	Risku husi Vasinasaun
Benefit of vaccination	Vantajen husi Vasinasaun
Low	Tún
• chance of catching and spreading infection	• possibilidade atu hetan no hada'et infesaun
Very high	Aas tebes
• hospitalisation	• ospitalizasaun
• intensive care admission	• tama ba kuidadu intensivu
• death	• mate
Moderate	Moderadu
• Long COVID	• COVID naruk
High	Aas
• chance of catching and spreading infection	• possibilidade atu hetan no hada'et infesaun
Moderate	Moderadu
• hospitalisation	• ospitalizasaun
• intensive care admission	• tama ba kuidadu intensivu
• death	• mate
• Long COVID	• COVID naruk
High	Aas
• chance of catching and spreading infection	• possibilidade atu hetan no hada'et infesaun
Low	Tún
• hospitalisation	• ospitalizasaun
• intensive care admission	• tama ba kuidadu intensivu
• death	• mate
Moderate	Moderadu
• Long COVID	• COVID naruk
Very high	Aas tebes
• chance of catching and spreading infection	• possibilidade atu hetan no hada'et infesaun
Very low	Tún tebes
• hospitalisation	• ospitalizasaun
• intensive care admission	• tama ba kuidadu intensivu
• death	• mate
Moderate	Moderadu
• Long COVID	• COVID naruk
After 1st dose, more than 80% reduction in:	Depoizde doze dahuluk, iha redusaun 80% iha:

• deaths	• mate sira
• hospitalisation	• ospitalizasaun
• intensive care	• kuidadu intensivu
After 2nd dose, more than 95% reduction in:	Depoizde doze daruak, iha redusaun 95% iha:
• deaths	• mate sira
After 1st dose, between 60% and 70% reduction in:	Depoizde doze dahuluk, iha redusaun entre 60% no 70% iha:
• catching and passing on infection	• hetan no hada'et infesaun
After 2nd dose, more than 85% reduction in:	Depoizde doze daruak, iha redusaun 85% iha:
• catching and passing on infection	• hetan no hada'et infesaun
Uncommon	La'os baibain
• sore arm	• liman moras
• feeling tired	• sente kolen
• headache	•ulun-moras
• general aches	• moras enjeral
• flu like symptoms	• sintoma moras gripe
Extremely rare	Raru tebetebes
• clotting problems (around 1 in 100,000 first doses)	• problema raan sai isin (maizumenus 1 iha 100,000 husi doze dahuluk)
Common	Baibain
• sore arm	• liman moras
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Extremely rare	Raru tebetebes
• clotting problems (around 1 in 50,000 first doses)	• problema raan sai isin (maizumenus 1 iha 50,000 husi doze dahuluk)
Very common	Baibain liu
• sore arm	• liman moras
• feeling tired	• sente kolen
• headache	•ulun-moras
• general aches	• moras enjeral
• flu like symptoms	• sintoma moras gripe
Extremely rare	Raru tebetebes
• clotting problems (around 1 in 50,000 first doses)	• problema raan sai isin (maizumenus 1 iha 50,000 husi doze dahuluk)
What should I look out for after vaccination?	Saida mak ha'u tenke kuidadu depoizde vasinasaun?
Although serious side effects are very rare, if you experience any of the following more than	Maske efeitu sekundariu sériu ne'e raru tebes, se Ita esperiênsia buat hirak tuirmai ne'e ida liu

4 days and within 28 days (4 weeks) after vaccination you should seek medical advice urgently from your GP or Emergency Department.	loron 4 no iha laron 28 nia laran (semana 4) depoizde vasinasaun entaun Ita tenke buka asisténsia médiku kedas husi Ita-nia GP ka Servisu Emerjénsia.
a new, severe headache which is not helped by usual painkillers or is getting worse	komesa ulun moras maka'as ne'ebé labele kura ho ai-moruk hatún moras baibain nian ka moras ne'e sai pior liu tan.
a headache which seems worse when lying down or bending over or	ulun moras ne'ebé sai pior wainhira toba tún ka hakru'uk ka
- an unusual headache that may be accompanied by: – blurred vision, nausea and vomiting – difficulty with your speech – weakness, drowsiness or seizures	- ulun moras oinseluk ne'ebé bele mós akompañia ho: – haree la moos, laran sa'e no muta – susar atu ko'alia sai, – sente fraku, dukur ka hetan epilepsia
new, unexplained pinprick bruising or bleeding	komesa iha raan metan iha kulit hanesan baku fatin la ho razaun ruma.
shortness of breath, chest pain, leg swelling	iis badak, hirus matan moras, ain bubu
persistent abdominal pain	kabun moras la para
Vaccination, helping to protect those most vulnerable.	Vasinasaun, ajuda hodi proteje sira ne'ebé vulneravel liu.
Further information can be found at the following link: www.nidirect.gov.uk/covid-vaccine	Informasaun kle'an liu bele hetan iha ligasaun tuirmai: www.nidirect.gov.uk/covid-vaccine
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