Chinese Simplified translation of *What to expect after your COVID vaccination*

English	Chinese Simplified
What to expect after your COVID-19 vaccination	**接种完您的冠状病毒（COVID-19）疫苗后要预期什么**
Information for people who have just had a COVID-19 vaccination	**给刚接种冠状病毒疫苗者的信息**
Find out more at www.nidirect.gov.uk/covid-vaccine	有关更多信息，请访问 www.nidirect.gov.uk/covid-vaccine
Contents • What are the side effects? • Can I catch COVID-19 from the vaccines? • When can I go back to daily activities? • Will the vaccine protect me? • What can I do after I have had the vaccine?	目录 • 有什么副作用？ • 我会从疫苗中感染冠状病毒吗？ • 我什么时候可以重返日常活动？ • 疫苗能保护我吗？ • 接种疫苗后可以做什么？
Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card.	请阅读产品信息手册以获取有关疫苗的更多详细信息，包括通过搜索冠状病毒黄卡（**Coronavirus Yellow Card**）查看可能的副作用。
You can also report suspected side effects on the same website or by downloading the Yellow Card app.	您也可以在同一网站上或通过下载黄卡应用程序报告可疑的副作用。

Chinese Simplified translation of *What to expect after your COVID vaccination*

https://coronavirus-yellowcard.mhra.gov.uk	https://coronavirus-yellowcard.mhra.gov.uk
People who are most at risk from the complications of coronavirus (COVID-19) are being offered the COVID-19 vaccination. This leaflet tells you what to expect after you have had your primary or booster vaccination.	最容易受到得冠状病毒并发症威胁的人群正得到疫苗接种的机会。此传单告诉您接种疫苗后应预期什么。
What are the side effects?	**有什么副作用？**
Like all medicines, vaccines can cause side effects. Most of these are mild and short-term, and not everyone gets them. The very common side effects are the same and should still only last a day or two.	像所有药物一样，疫苗也可能会引起副作用。其中大多数是温和的和短期的，并非所有人都会有副作用。非常常见的副作用是相同的，并且应该只持续一两天。
Very common side effects in the first day or two include:	在第一到两天中非常常见的副作用包括：
• having a painful, heavy feeling and tenderness in the arm where you had your injection	• 注射部位的手臂有疼痛，沉重的感觉和压痛
• feeling tired	• 感觉累
• headache, aches and chills	• 头痛，疼痛和发冷
You may also have flu like symptoms with episodes of shivering and shaking for a day or two. However, a high temperature* could also indicate that you have COVID-19 or	您可能还会出现类似流感的症状，在一两天中有阵发性的颤抖和发抖。但是，发高烧*也可能表明您患有冠状病毒或另一种感染。您可以休息并服用

another infection. You can rest and take the normal dose of paracetamol (follow the advice in the packaging) to help make you feel better.	正常剂量的扑热息痛（paracetamol）（按照包装上的建议），以使您感觉好些。
*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.	*如果您正在接受化疗并且发高烧，请联系您当地的癌症护理部门。
An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm where you had the vaccine. This can last for around 10 days, but if it lasts longer see your doctor. If you are due for a mammogram in the few weeks after the vaccine, then you should mention that when you attend.	一种罕见的副作用是与接种疫苗的手臂同一侧的腋下或颈部的腺体肿胀。这可能会持续10天左右，但是如果持续时间更长，请去看医生。 如果您在接种疫苗后的几周内要进行乳房X光检查，则在参加预约时应提及这一点。
What should I do if I am concerned about my symptoms?	**如果我担心自己的症状该怎么办？**
These symptoms normally last less than a week. If your symptoms seem to get worse or if you are concerned, call your GP or Out of Hours service. If you do seek advice from a doctor or nurse, make sure you tell them about your vaccination (show them the vaccination card – keep your card safe) so that they can assess you properly. You can also report suspected side effects of vaccines and medicines	这些症状通常持续不到一周。 如果您的症状似乎恶化，或您感到担忧，致电你的全科医生或非工作时间的服务。如果您确实寻求医生或护士的建议，请确保告诉他们您的疫苗接种情况（向他们出示疫苗接种卡-保管好您的卡），以便他们可以正确地评估您。 您还可以通过黄卡计划（the Yellow Card scheme）报告可疑的疫

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through the Yellow Card scheme. You can do this online by searching Coronavirus Yellow Card or by downloading the Yellow Card app.	苗和药物副作用。您可以通过搜索冠状病毒黄卡或下载黄卡应用程序在线进行此操作。
https://coronavirus-yellowcard.mhra.gov.uk	https://coronavirus-yellowcard.mhra.gov.uk
Are there other more serious side effects?	**还有其他更严重的副作用吗？**
There have been reports of an extremely rare condition involving blood clots and unusual bleeding after the AstraZeneca and Janssen vaccines. Because of the high risk of complications and death from COVID-19, the Medicines and Healthcare products Regulatory Agency (MHRA), the World Health Organisation and the European Medicines Agency have concluded that the balance is very much in favour of vaccination.	有报道称接种阿斯利康（AZ）及杨森（Janssen）疫苗后出现极少见的症状，包括血块和异常出血。 由于得到冠状病毒后的并发症和死亡的风险很高，因此，药品和保健品监管机构（MHRA），世界卫生组织和欧洲药品管理局得出的结论是，权衡得失后接种疫苗比较有利。
If you experience any of the following from more than 4 days and within 28 days after vaccination you should seek medical advice urgently from your GP or Emergency Department.	如果您在接种疫苗后有超过**4**天的以下情况并在**28**天内遇到以下任何一种情况，则应立即向您的家庭医生或急诊科寻求医疗建议。

Chinese Simplified translation of *What to expect after your COVID vaccination*

• a new, severe headache which is not helped by usual painkillers or is getting worse	• 一种新发生的严重头痛，通常的止痛药无济于事，甚至变得更糟
• an unusual headache which seems worse when lying down or bending over or may be accompanied by	• 不寻常的头痛，躺下或弯腰时可能会加重病情，或伴有
– blurred vision, nausea and vomiting	– 视力模糊，恶心和呕吐
– difficulty with your speech	– 讲话困难，
– weakness, drowsiness or seizures	– 虚弱，嗜睡或癫痫发作
• new, unexplained pinprick bruising or bleeding	• 新的，原因不明的针点状瘀伤或出血
• shortness of breath, chest pain, leg swelling or persistent abdominal pain	• 呼吸急促，胸痛，腿肿胀或持续的腹痛
Worldwide, rare cases of inflammation of the heart called myocarditis or pericarditis have been reported after Pfizer and Moderna COVID-19 vaccines.	最近，有报告在接种辉瑞或莫德纳冠状病毒疫苗后出现罕见的心脏炎症（称为心肌炎或心包炎）的病例。
These cases have been seen mostly in younger men within several days after vaccination. Most of these people recovered and felt better following rest and simple treatments.	这些病例主要见于接种疫苗后几天内的年轻男性。这些人中的大多数人在休息和简单治疗后恢复且感觉好多了。

Chinese Simplified translation of *What to expect after your COVID vaccination*

You should seek medical advice urgently if you experience:	如果您遇到以下情况，应该立即寻求医疗建议：
• chest pain	• 胸痛
• shortness of breath	• 呼吸急促
• feelings of having a fast-beating, fluttering, or pounding heart	• 感觉 心跳节奏快，心颤动或心脏狂跳
Can I catch COVID-19 from the vaccines?	**我会从疫苗中感染冠状病毒吗？**
You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you have the symptoms until after your vaccination appointment.	您不能从疫苗中感染冠状病毒，但是有可能您之前已经感染了冠状病毒，直到您接种了疫苗后才意识到自己有症状。
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 arrange to have a test.	尽管在接种疫苗后一两天内会发烧，但是如果您有其他任何冠状病毒症状或发烧持续时间更长，请留在家里和安排检查。
When can I go back to daily activities?	**我什么时候可以重返日常活动？**
You should be able to resume activities that are normal for you as long as you feel well. If your arm is particularly sore, you may find heavy lifting difficult. If you feel unwell or very tired you should rest and avoid operating machinery or driving.	只要您感觉良好，就应该能够恢复对您来说是正常的活动。 如果您的手臂特别酸痛，则可能会感到举重困难。如果您感到不适或非常疲倦，则应休息，并避免操作机器或驾驶。

Will the vaccine protect me?	疫苗能保护我吗？
The COVID-19 vaccines that you have had have been shown to reduce the chance of you suffering from COVID-19 disease.	已证明您所使用的冠状病毒疫苗可以减少您患冠状病毒疾病的机会。
It may take a few weeks from the first dose for your body to build up protection. Your body should respond more quickly (after a few days) after any additional doses. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid infection. Some people may still get COVID-19 despite having a vaccination, but this should be less severe.	您的身体可能需要几周的时间才能建立起由疫苗得到的保护。 接种任何额外剂量后，您的身体应该会更快（几天后）做出反应。 与所有药物一样，没有疫苗是完全有效的，因此您应继续采取建议的预防措施，以避免感染。 尽管接种了疫苗，有些人仍可能会感染冠状病毒，但这应该不那么严重了。
What can I do after I have had the vaccine?	接种疫苗后可以做什么？
The vaccine cannot give you COVID-19 infection, and a full course will reduce your chance of becoming seriously ill. It will help to reduce the risk of you passing on the virus. So it is important to continue to follow current national guidance.	疫苗不能给您带来冠状病毒的感染，并且整个疗程将减少您患重病的机会。 它将降低您传播该病毒的风险。因此，重要的是要继续遵循当前国家指导。
To protect yourself and your family, friends and colleagues you must still:	为了保护自己和家人，朋友和同事，您仍然必须：
• wear a face covering where advised	• 在建议的时候戴面罩

Chinese Simplified translation of *What to expect after your COVID vaccination*

• practise social distancing	• 实行社交距离
• wash your hands carefully and frequently	• 仔细并经常洗手
• open windows to let fresh air in	• 打开窗户让新鲜空气进入
• follow the current guidance at www.gov.uk/coronavirus	• 遵循www.gov.uk/coronavirus上的最新指南
Vaccination, helping to protect those most vulnerable.	接种疫苗，有助于保护最脆弱的人群。
If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine	如果您需要有关冠状病毒疫苗接种的更多信息，请访问：www.nidirect.gov.uk/covid-vaccine
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