

English	Simple Chinese
COVID-19 vaccination	2019 冠状病毒（COVID-19）疫苗接种
A guide for parents of children aged 5 to 11	给 5 至 11 岁儿童的家长指南
The health service is offering coronavirus (COVID-19) vaccines to children aged 5 to 11 years.	卫生服务部门正在为 5 至 11 岁儿童提供 2019 冠状病毒（COVID-19）疫苗。
Experts have advised that parents of all children aged 5 to 11 years should be offered the chance to have their child vaccinated.	专家建议，应为所有 5 至 11 岁儿童的父母提供让他们的孩子接种疫苗的机会。
Vaccination is particularly important for children who have health conditions that put them at high risk from COVID-19, as the benefits are greater.	接种疫苗对于因有健康问题而使他们面临较高 COVID-19 风险的儿童尤为重要，因为其益处更大。
Which children are at high risk from coronavirus (COVID-19) infection?	哪些儿童感染2019冠状病毒（COVID-19）的风险很高？
This includes those with certain health conditions, or those children who have a weakened immune system or live with someone who has a weakened immune system.	这包括那些有某些健康问题的人，或免疫系统较弱的儿童或与免疫系统较弱的人一起生活的儿童。
These children should have already been invited for vaccination.	这些儿童应该已经被邀请接种疫苗。
For more information on the health conditions, you can read the leaflet here or talk to your specialist or GP: https://www.publichealth.hscni.net/publications/covid-19-vaccination-guide-parents-children-aged-5-11-years-high-risk	有关健康问题的更多信息，您可以在此处阅读传单或与您的专家或全科医生（GP）交谈： https://www.publichealth.hscni.net/publications/covid-19-vaccination-guide-parents-children-aged-5-11-years-high-risk
How does COVID-19 affect children?	COVID-19如何影响儿童？
For most children COVID-19 is a mild illness that may require a few days off school but rarely leads to complications. For a very few children, the symptoms may be more serious or last longer.	对于大多数儿童来说，COVID-19 是一种轻微的疾病，可能需要不去学校在家休息几天，但很少会导致并发症。对于极少数儿童，症状可能更严重或持续时间更长。
The current Omicron variant appears to be particularly mild in children. It is not known if future variants will be as mild.	目前的奥密克戎（Omicron）变体在儿童中似乎特别温和。尚不知道未来的变种是否会如此温和。
Will the vaccine protect my child?	疫苗能保护我的孩子吗？
The COVID-19 vaccination will reduce the chance of your child suffering from COVID-19 disease. It may take a few weeks for their body to build up some protection from the vaccine.	已证明所使用的COVID-19疫苗可以减少您的孩子患COVID-19疾病的机会。他们的身体可能需要几周的时间才能建立起由疫苗得到的一些保护。
Two doses of the vaccine should give your child long lasting protection against serious complications of infection – including any future waves due to new variants.	两剂疫苗应该可以为您的孩子提供持久的保护，使其免受感染的严重并发症—包括由于新变种而导致的任何未来感染波。
Your child should also have some protection from the mild symptoms. The protection against Omicron should last for several weeks.	您的孩子也应该会得到对轻微症状的一些保护。对 Omicron 的保护应会持续数周。

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Like all medicines, no vaccine is completely effective – some children may still get COVID-19 despite having a vaccination, but this should be less severe.	像所有药物一样，没有一种疫苗能完全有效—有些儿童尽管进行了疫苗接种，仍可能会感染COVID-19，但这应该不那么严重了。
Further information is available on symptoms on www.nidirect.gov.uk/coronavirus	有关症状的更多信息 www.nidirect.gov.uk/coronavirus
About the vaccine	关于疫苗的种类
Children aged 5-11 will be offered the Pfizer COVID-19 vaccine. Each children's dose is a third of the amount of vaccine that is given to older children and adults. Children at greater risk of serious illness if they catch COVID-19 will need 2 doses of vaccine, 8 weeks apart. All other children will be offered 2 doses of vaccine 12 weeks apart.	5-11岁的儿童将获提供辉瑞（Pfizer）COVID-19疫苗。每剂儿童剂量是给年龄较大的儿童和成人接种的疫苗量的三分之一。那些若感染COVID-19则有更大患重病风险的儿童将需要2剂疫苗，两剂疫苗间隔8周。所有其他儿童将获提供2剂疫苗，两剂疫苗间隔12周。
The vaccine has been tested to make sure it is as safe as possible. You can read the Pfizer leaflet here: https://coronavirus-yellowcard.mhra.gov.uk/productinformation	该疫苗已经过测试，以确保它尽可能安全。您可以在此处阅读辉瑞（Pfizer）疫苗的传单： https://coronavirus-yellowcard.mhra.gov.uk/productinformation
Common side effects	常见的副作用
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 should only last a day or two. The Pfizer vaccine tends to cause more side effects after the second dose than the first dose.	像所有药物一样，疫苗也可能会引起副作用。其中大多数是轻微的和短期的，并非所有人都会有副作用。非常常见的副作用应该只持续一两天。Pfizer疫苗在第二剂后往往比第一剂引起更多的副作用。
Very common side effects include:	非常常见的副作用包括:
<ul style="list-style-type: none"> 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 vaccination 	<ul style="list-style-type: none"> 注射部位的手臂有疼痛，沉重的感觉和压痛。疫苗接种后约1-2天，这种情况往往最严重
<ul style="list-style-type: none"> feeling tired 	<ul style="list-style-type: none"> 感觉累
<ul style="list-style-type: none"> headache 	<ul style="list-style-type: none"> 头痛
<ul style="list-style-type: none"> general aches, or mild flu like symptoms 	<ul style="list-style-type: none"> 全身痛，或轻度流感样症状
Your child should rest and, if they are at school, they may need to take a day or two off.	您的孩子应该休息，而且如果他们在学校上课，他们可能需要休息一两天。
You can give them paracetamol (follow the children's dose advice on the packaging) to help make them feel better. You can find more information on paracetamol for children on www.nhs.uk/medicines/paracetamol-for-children .	您可以给孩子扑热息痛（paracetamol）（按照包装上对儿童剂量的建议），以使他们感觉好些。您可以在以下网站找到更多关于儿童扑热息痛的信息 www.nhs.uk/medicines/paracetamol-for-children 。
Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate they have COVID-19 or another infection.	尽管在两到三天内感觉发烧并不罕见，但很少会出现高烧，这可能表明他们感染了COVID-19或有其他感染。
Symptoms following vaccination normally last less than a week. If your child's symptoms seem to get worse or if you are concerned, you can call your GP or Out of Hours service.	接种疫苗后的症状通常持续不到一周。如果您孩子的症状似乎恶化，或您感到担忧，您可以致电您的全科医生或非工作时间的服务。
Less common side effects	较少见的副作用包括:

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<p>Cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after COVID-19 vaccines. Most cases recovered and felt better following rest and simple treatments.</p>	<p>有极少数被报告在接种COVID-19疫苗后出现心脏炎症（称为心肌炎或心包炎）的病例。大多数人在休息和简单治疗后恢复并感觉好转。</p>
<p>In the US, all side effects have been reported much less commonly after the children's dose of vaccine. So far, only 1-2 cases of myocarditis have been reported for every million doses of vaccine given.</p>	<p>在美国，接种儿童疫苗剂量后的所有副作用的报告都少得多。到目前为止，每接种一百万剂疫苗，仅报告了1-2例心肌炎病例。</p>
<p>You should seek medical advice urgently from your GP or Emergency Department if your child experiences:</p>	<p>如果您的孩子遇到以下任何一种情况，则应立即向您的全科医生或急诊科寻求医疗建议：</p>
<ul style="list-style-type: none"> • chest pain 	<ul style="list-style-type: none"> • 胸痛
<ul style="list-style-type: none"> • shortness of breath 	<ul style="list-style-type: none"> • 呼吸急促
<ul style="list-style-type: none"> • feelings of having a fast-beating, fluttering, or pounding heart 	<ul style="list-style-type: none"> • 感觉心跳节奏快，心颤动或心脏狂跳
<p>Make sure you tell them about the vaccination your child has received, or show them your child's record card.</p>	<p>确保告诉他们您孩子接种的疫苗，或向他们出示您孩子的记录卡。</p>
<p>If you think they have had a serious side effect from the vaccine you can report it using the Coronavirus Yellow Card scheme. Please see page 4 for details.</p>	<p>如果您认为他们对疫苗产生了严重的副作用，您可以使用冠状病毒黄卡（Coronavirus Yellow Card）计划进行报告。有关详细信息，请参阅第4页。</p>
<p>How to book your appointment</p>	<p>如何预约</p>
<p>You can make an appointment at a children's vaccination clinic in your local Health and Social Care Trust using the online booking system at: https://covid-19.hscni.net/get-vaccinated</p>	<p>您可以使用上网预约系统在您当地的健康和社会护理信托（Health and Social Care Trust）的儿童疫苗接种诊所（children's vaccination clinic）预约： https://covid-19.hscni.net/get-vaccinated</p>
<p>You may be able to attend without an appointment - see www.nidirect.gov.uk/covid-vaccine</p>	<p>您可能无需预约即可参加 - 请参阅 www.nidirect.gov.uk/covid-vaccine</p>
<p>What to do next</p>	<p>接下来做什么</p>
<p>When your child has had their first injection, you should get a record card.</p>	<p>当您的孩子第一次注射时，您应该会得到一张记录卡。</p>
<p>You should keep this card and bring it with you when taking your child for their next appointment. This will be in 8 to 12 weeks' time.</p>	<p>您应保留此卡，并在带您的孩子参加下次预约时携带。这将在8到12周后进行。</p>
<p>Although the first dose will give your child good protection, they will need the second dose to get longer-lasting protection.</p>	<p>尽管第一剂将为您的孩子提供良好的保护，但他们需要第二剂才能获得更长久的保护。</p>
<p>Keep their card safe and make sure you take your child to get their second injection.</p>	<p>妥善保管他们的卡，并确保带您的孩子参加第二次接种。</p>
<p>After the vaccine</p>	<p>接种完疫苗后</p>
<p>You and your child should still try to avoid catching COVID-19 infections by following the current guidance.</p>	<p>您和您的孩子仍应遵循当前指南，尽量避免感染COVID-19。</p>
<p>Further information</p>	<p>更多信息</p>

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The Yellow Card scheme is a website where you can report any side effects from the vaccine.	黄卡计划（Yellow Card scheme）是一个网站，您可以在其中报告疫苗的任何副作用。
You can also call 0800 731 6789. You can report suspected side effects on the website https://coronavirus-yellowcard.mhra.gov.uk/ or by downloading the Yellow Card app.	您也可以拨打0800 731 6789。您可以在网站上或通过下载黄卡应用程序（Yellow Card app）报告疑似的副作用。 https://coronavirus-yellowcard.mhra.gov.uk/
You can read the product information leaflet for more details on your vaccine, (see page 2) including possible side effects, on the Coronavirus Yellow Card website.	您还可以在冠状病毒黄卡（Coronavirus Yellow Card）网站上阅读产品信息手册，以获取有关您的疫苗的更多详细信息（见第二页），包括可能的副作用。
Further information on coronavirus symptoms is available on	有关冠状病毒症状的更多信息，请访问
www.nidirect.gov.uk/coronavirus	www.nidirect.gov.uk/coronavirus
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