

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

English	Chinese complex
<b>What to expect after your COVID-19 vaccination</b>	接種後預期會發生的情況
<b>Information for people who have just had a COVID-19 vaccination</b>	給剛接種冠狀病毒疫苗者的信息
Find out more at <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>	有關更多信息，請訪問 <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>
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<b>Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card.</b>	請閱讀產品信息手冊以獲取有關疫苗的更多詳細信息，包括通過搜索冠狀病毒黃卡（ <b>Coronavirus Yellow Card</b> ）查看可能的副作用
<b>You can also report suspected side effects on the same website or by downloading the Yellow Card app.</b>	您也可以在同一網站上或通過下載黃卡應用程序（app）報告可疑的副作用。
<a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a>	<a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a>

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<b>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.</b>	<b>最容易受到得冠狀病毒並發症威脅的人群正得到疫苗接種的機會。此傳單告訴您接種疫苗後應預期什麼。</b>
<b>What are the side effects?</b>	<b>有什麼副作用？</b>
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.	像所有藥物一樣，疫苗也可能會引起副作用。其中大多數並不嚴重且短期的，並非所有人都會有副作用。非常常見的副作用是相同的，並且應該只持續一兩天。
Very common side effects in the first day or two include:	在第一到兩天中非常常見的副作用包括：
<ul style="list-style-type: none"><li>• having a painful, heavy feeling and tenderness in the arm where you had your injection</li></ul>	<ul style="list-style-type: none"><li>• 注射部位的手臂有疼痛，沉重的感覺和壓痛</li></ul>
<ul style="list-style-type: none"><li>• feeling tired</li></ul>	<ul style="list-style-type: none"><li>• 感覺累</li></ul>
<ul style="list-style-type: none"><li>• headache, aches and chills</li></ul>	<ul style="list-style-type: none"><li>• 頭痛，疼痛和發冷</li></ul>
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 another infection. You can rest and take the normal dose of paracetamol (follow the	您可能還會出現類似流感的症狀，有陣發性的顫抖和發抖一兩天。然而，發高燒*也可能表明你感染了冠狀病毒或另一種感染。您可以休息並服用正常劑量的撲熱息痛（paracetamol）（按照包裝上的建議），以使您感覺好些。

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<p>advice in the packaging) to help make you feel better.</p>	
<p>*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.</p>	<p>*如果您正在接受化療並且發高燒，請聯繫您當地的癌症護理部門。</p>
<p>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.</p>	<p>一個罕見的副作用是與接種疫苗的手臂同一側的腋下或頸部的腺體腫脹。這可能會持續10天左右，但是如果持續時間更長，請去看醫生。如果您在接種疫苗後的幾週內要進行乳房X光檢查，則在參加預約時應提及這一點。</p>
<p><b>What should I do if I am concerned about my symptoms?</b></p>	<p><b>如果我擔心自己的症狀該怎麼辦？</b></p>
<p>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 through the Yellow Card scheme. You can do this online by searching Coronavirus Yellow Card or by downloading the Yellow Card app.</p>	<p>這些症狀通常持續不到一周。如果您的症狀似乎惡化，或者您感到擔憂，可以致電您的全科醫生或非工作時間的服務。如果您確實尋求醫生或護士的建議，請確保告訴他們您的疫苗接種情況（向他們出示疫苗接種卡-保管好您的卡），以便他們可以正確地評估您。您還可以通過黃卡計劃（the Yellow Card scheme）報告可疑的疫苗和藥物副作用。您可以通過搜索冠狀病毒黃卡或下載黃卡應用程序在線進行此操作。</p>

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<a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a>	<a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a>
<b>Are there other more serious side effects?</b>	<b>還有其他更嚴重的副作用嗎？</b>
<p>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.</p>	<p>有報導稱接種阿斯利康（AZ）及楊森（Janssen）疫苗後出現極少見的症狀，包括血塊和異常出血。由於得到冠狀病毒後的並發症和死亡的風險很高，因此，藥品和保健品監管機構（MHRA），世界衛生組織和歐洲藥品管理局，得出的結論是，權衡得失後接種疫苗比較有利。</p>
<b>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.</b>	<b>如果您在接種疫苗後有超過4天的以下情況和28天內遇到以下任何一種情況，則應立即向您的全科醫生或急診科尋求醫療建議。</b>
<ul style="list-style-type: none"> <li>• a new, severe headache which is not helped by usual painkillers or is getting worse</li> </ul>	<ul style="list-style-type: none"> <li>• 一種新發生的嚴重頭痛，通常的止痛藥無濟於事，甚至變得更糟</li> </ul>
<ul style="list-style-type: none"> <li>• an unusual headache which seems worse when lying down or bending over or may be accompanied by</li> </ul>	<ul style="list-style-type: none"> <li>• 不尋常的頭痛，躺下或彎腰時可能會加重病情，或伴有</li> </ul>
<ul style="list-style-type: none"> <li>- blurred vision, nausea and vomiting</li> </ul>	<ul style="list-style-type: none"> <li>- 視力模糊，噁心和嘔吐</li> </ul>

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<ul style="list-style-type: none"> <li>- difficulty with your speech</li> </ul>	<ul style="list-style-type: none"> <li>- 講話困難,</li> </ul>
<ul style="list-style-type: none"> <li>- weakness, drowsiness or seizures</li> </ul>	<ul style="list-style-type: none"> <li>- 虛弱, 嗜睡或癲癇發作</li> </ul>
<ul style="list-style-type: none"> <li>• new, unexplained pinprick bruising or bleeding</li> </ul>	<ul style="list-style-type: none"> <li>• 新的, 原因不明的針點狀瘀傷或出血</li> </ul>
<ul style="list-style-type: none"> <li>• shortness of breath, chest pain, leg swelling or persistent abdominal pain</li> </ul>	<ul style="list-style-type: none"> <li>• 呼吸急促, 胸痛, 腿腫脹或持續的腹痛</li> </ul>
<p>Worldwide, rare cases of inflammation of the heart called myocarditis or pericarditis have been reported after Pfizer and Moderna COVID-19 vaccines.</p>	<p>最近, 有報告在接種輝瑞或莫德納冠狀病毒疫苗後出現罕見的心臟炎症病例 (稱為心肌炎或心包炎)。</p>
<p>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.</p>	<p>這些病例主要發生於接種疫苗後幾天內的較年輕男性。這些人中的大多數人在休息和簡單治療後恢復且感覺好轉。</p>
<p><b>You should seek medical advice urgently if you experience:</b></p>	<p><b>如果您遇到以下情況, 應立即尋求醫療建議:</b></p>
<ul style="list-style-type: none"> <li>• chest pain</li> </ul>	<ul style="list-style-type: none"> <li>• 胸痛</li> </ul>
<ul style="list-style-type: none"> <li>• shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>• 呼吸急促</li> </ul>
<ul style="list-style-type: none"> <li>• feelings of having a fast-beating, fluttering, or pounding heart</li> </ul>	<ul style="list-style-type: none"> <li>• 感覺心跳節奏快、心顫動或心臟狂跳</li> </ul>
<p><b>Can I catch COVID-19 from the vaccines?</b></p>	<p><b>我會從疫苗中感染冠狀病毒嗎?</b></p>
<p>You cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise you have the symptoms</p>	<p>您不能從疫苗中感染冠狀病毒, 但是有可能您之前已經感染了冠狀病毒,</p>

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until after your vaccination appointment.	直到您接種了疫苗後才意識到自己有症狀。
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.	儘管在接種疫苗後一兩天內會發燒，但是如果您有其他任何冠狀病毒症狀或發燒持續時間更長，請留在家里和安排檢查。
<b>When can I go back to daily activities?</b>	<b>我什麼時候可以重返日常活動？</b>
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.	只要您感覺良好，就應該能夠恢復對您來說是正常的活動。如果您的手臂特別酸痛，則可能會感到舉重困難。如果您感到不適或非常疲倦，則應休息，並避免操作機器或駕駛。
<b>Will the vaccine protect me?</b>	<b>疫苗能保護我嗎？</b>
The COVID-19 vaccines that you have had have been shown to reduce the chance of you suffering from COVID-19 disease.	已證明您所使用的冠狀病毒疫苗可以減少您患冠狀病毒疾病的機會。
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	您的身體可能需要幾週的時間才能建立起由疫苗得到的保護。接種任何額外劑量後，您的身體應該會更快（幾天後）做出反應。與所有藥物一樣，沒有疫苗是完全有效的，因此您應繼續採取建議的預防措施，以避免感染。儘管接種了疫苗，有些人仍可能會感染冠狀病毒，但這應該不那麼嚴重了。

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a vaccination, but this should be less severe.	
<b>What can I do after I have had the vaccine?</b>	<b>接種疫苗後可以做什麼？</b>
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.	疫苗不會您帶來冠狀病毒的感染，並且整個療程將減少您患重病的機會。我們不知道它將在多大程度上降低您傳播該病毒的風險。因此，重要的是要繼續遵循當前的國家指導。
<b>To protect yourself and your family, friends and colleagues you must still:</b>	<b>為了保護自己和家人，朋友和同事，您仍然必須：</b>
<ul style="list-style-type: none"><li>• wear a face covering where advised</li></ul>	<ul style="list-style-type: none"><li>• 在建議的時候戴面罩</li></ul>
<ul style="list-style-type: none"><li>• practise social distancing</li></ul>	<ul style="list-style-type: none"><li>• 實行社交距離</li></ul>
<ul style="list-style-type: none"><li>• wash your hands carefully and frequently</li></ul>	<ul style="list-style-type: none"><li>• 仔細並經常洗手</li></ul>
<ul style="list-style-type: none"><li>• open windows to let fresh air in</li></ul>	<ul style="list-style-type: none"><li>• 打開窗戶讓新鮮空氣進入</li></ul>
<ul style="list-style-type: none"><li>• follow the current guidance at <a href="http://www.gov.uk/coronavirus">www.gov.uk/coronavirus</a></li></ul>	<ul style="list-style-type: none"><li>• 遵循<a href="http://www.gov.uk/coronavirus">www.gov.uk/coronavirus</a>上的最新指南</li></ul>
<b>Vaccination, helping to protect those most vulnerable.</b>	<b>接種疫苗，有助於保護最脆弱的人群。</b>
If you need more information on the COVID-19 vaccination please visit: <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>	如果您需要有關冠狀病毒疫苗接種的更多信息，請訪問： <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>

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<p>Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a></p>	<p>出版時信息正確。有關此傳單的最新版本和其他格式，請訪問公共衛生署網站 <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a></p>
<p>Published September 2021 by the Public Health Agency.</p>	<p>由公共衛生署在2021年9月出版</p>
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