

Irish translation of *What to expect after your COVID vaccination*

English	Irish
What to expect after your COVID-19 vaccination	Cad atá i ndán duit i ndiaidh do vacsaín in aghaidh COVID-19 a fháil
Information for people who have just had a COVID-19 vaccination	Faisnéis do dhaoine a fuair vacsaíniú in aghaidh COVID-19
Find out more at www.nidirect.gov.uk/covid-vaccine	Faigh tuilleadh eolais ag www.nidirect.gov.uk/covid-vaccine
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Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card.	Léigh bileog eolais an tairge le haghaidh tuilleadh faisnéise maidir le do vacsaín, fo-iarmhairtí a d'fhéadfadh dul leis san áireamh, trí Coronavirus Yellow Card a chuardach, le do thoil.

<p>You can also report suspected side effects on the same website or by downloading the Yellow Card app.</p>	<p>Is féidir leat fo-iarmhairtí amhrasta a thuarisciú freisin ar an suíomh gréasáin chéanna nó tríd an aip Yellow Card a íoslódáil.</p>
<p>https://coronavirus-yellowcard.mhra.gov.uk</p>	<p>https://coronavirus-yellowcard.mhra.gov.uk</p>
<p>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.</p>	<p>Tá vacsaíniú á thairiscint do na daoine is mó atá i mbaol dul in aimhréidh má tholgann siad an coróinvíreas (COVID-19). Insítear duit sa bhileog eolais seo céard atá i ndáin duit i ndiaidh do phríomhvacsáinithe nó do vacsáinithe theanndáileoige.</p>
<p>What are the side effects?</p>	<p>Cad iad na fo-iarmhairtí?</p>
<p>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.</p>	<p>Mar is amhlaidh an cás le gach leigheas, tá seans ann go dtiocfaidh fo-iarmhairtí ort. Tá an chuid is mó díobh seo éadrom agus gearrthréimhseach, agus ní thagann siad ar chách. Is ionann an cás maidir leis na fo-iarmhairtí coitianta agus ba cheart nach mairfeadh siad ach lá nó dhó.</p>
<p>Very common side effects in the first day or two include:</p>	<p>Ar na fo-iarmhairtí coitianta a fheictear sa chéad nó dara lá tá:</p>

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<ul style="list-style-type: none"> • having a painful, heavy feeling and tenderness in the arm where you had your injection 	<ul style="list-style-type: none"> • pian, troime agus soghortaitheacht sa lámh ina bhfuair tú d'instealladh
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • tuirse
<ul style="list-style-type: none"> • headache, aches and chills 	<ul style="list-style-type: none"> • tinneas cinn, pian agus crithfhuacht
<p>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 advice in the packaging) to help make you feel better.</p>	<p>D'fhéadfá siomptóim fhliú le babhta creatháin ar feadh lá nó dó a fháil. Mar sin féin, d'fhéadfadh teocht ard* a léiriú go bhfuil COVID-19 nó ionfhabhtú eile ort. Is féidir leat do scíth a ligean agus an ghnáth-dáileog paraicéatamóil a thógáil (lean an chomhairle ar an bpacáiste) chun biseach a chur ort.</p>
<p>*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.</p>	<p>*Má tá tú ar cheimiteiripe agus tá teocht ard ort, déan teagmháil le d'aonad cúraim ailse áitiúil.</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>Is fo-iarmhairt neamhchoitianta é má atann do chuid faireoga ar d'ascaill nó do mhúineál ar an taobh a bhfuair tú an vacsaín. D'fhéadfadh sé seo maireachtáil timpeall 10 lá, ach má mhaireann sé níos faide, téigh chuig do dhochtúir. Má tá tú ag súil le mamagram a dhéanamh sna</p>

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	seachtainí i ndiaidh na vacsaíne, ba cheart duit é sin a lua ag an gcoinne.
What should I do if I am concerned about my symptoms?	Cad ba cheart dom a dhéanamh má tá imní orm faoi mo chuid siomptóm?
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.	Maireann na siomptóim seo níos lú ná seachtain de ghnáth. Má éiríonn do shiomptóim níos measa nó má tá imní ort, cuir gloch ar do dhochtúir teaghlaigh nó ar sheirbhís atá ar fáil taobh amuigh de na gnáthuaireanta oibre. Má iarrann tú comhairle dochtúra nó altra, déan cinnte go n-insíonn tú leo faoi do vacsaín (taispeáin an cárta vacsaíne dóibh – coinnigh do chárta go sábháilte) ionas gur féidir leo thú a mheas i gceart. Is féidir fo-iarmhairtí amhrasta vacsaíní agus leighis a thuairisciú trí scéime an Chárta Bhuí. Is féidir é seo a dhéanamh ar líne trí Coronavirus Yellow Card a chuardach nó tríd an aip Yellow Card a íoslódáil.
https://coronavirus-yellowcard.mhra.gov.uk	https://coronavirus-yellowcard.mhra.gov.uk
Are there other more serious side effects?	An bhfuil fo-iarmhairtí níos tromchúisí ann?
There have been reports of an extremely rare condition	Rinneadh tuairiscí faoi fo-iarmhairt rí-annamh a

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<p>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>ghabhann le téachtáin fola agus fuiliú neamh-gnách tar éis vacsaíní de chuid AstraZeneca agus Janssen a fháil. De bharr an riosca aird go dtéitear in aimhréidh nó go bhfaightear bás mar gheall ar COVID-19, rinne an Ghníomhaireacht Rialála Cógas agus táirgí Cúraim Shláinte (MHRA), an Eagraíocht Dhomhanda Sláinte agus an Ghníomhaireacht Leigheasra Eorpach amach go dtéann an tromlach ar son vacsaínithe.</p>
<p>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.</p>	<p>Má tá aon cheann de seo a leanas ort tar éis níos mó ná ceithre lae agus laistigh de 28 lá i ndiaidh do vacsaíne, ba cheart duit comhairle do dhochtúra nó na Roinne Éigeandála a iarraidh láithreach.</p>
<ul style="list-style-type: none"> • a new, severe headache which is not helped by usual painkillers or is getting worse 	<ul style="list-style-type: none"> • tinneas cinn dona nach laghdaíonn le gnáth-phianmhúcháin nó atá ag éirí in olcas
<ul style="list-style-type: none"> • an unusual headache which seems worse when lying down or bending over or may be accompanied by 	<ul style="list-style-type: none"> • tinneas cinn neamhgnách a éiríonn in olcas nuair a bhíonn tú i do luí nó ag chromadh, nó má

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	tagann sé in éineacht le seo a leanas
<ul style="list-style-type: none"> - blurred vision, nausea and vomiting 	<ul style="list-style-type: none"> - radharc doiléir, samhnas agus cur amach
<ul style="list-style-type: none"> - difficulty with your speech 	<ul style="list-style-type: none"> - fadhb le do chaint
<ul style="list-style-type: none"> - weakness, drowsiness or seizures 	<ul style="list-style-type: none"> - laige, fonn codalta nó taomanna
<ul style="list-style-type: none"> • new, unexplained pinprick bruising or bleeding 	<ul style="list-style-type: none"> • fuiliú nó ballbhrú beaga bídeacha nua nach bhfuil míniú leo
<ul style="list-style-type: none"> • shortness of breath, chest pain, leg swelling or persistent abdominal pain 	<ul style="list-style-type: none"> • gearranáil, pianta cliabhraigh, at cosa nó pianta boilg leanúnacha
Worldwide, rare cases of inflammation of the heart called myocarditis or pericarditis have been reported after Pfizer and Moderna COVID-19 vaccines.	Tuairiscíodh cásanna athlasta croí darbh ainm miócairdíteas nó peireacairdíteas go gairid timpeall an domhain ach go han-annamh i ndiaidh vacsaíní in aghaidh COVID-19 de chuid Pfizer agus Moderna.
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.	Feictear na cásanna sin i measc fear óg den chuid is mó, laistigh de cúpla lá i ndiaidh an vacsaín a fháil. Tháinig biseach ar formhór na ndaoine sin agus mhothaigh siad i bhfad níos fearr tar éis dóibh a scíth a ligean agus cóir leighis simplí a fháil.

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<p>You should seek medical advice urgently if you experience:</p>	<p>Ba cheart duit comhairle leighis a lorg go práinneach má mothaíonn tú:</p>
<ul style="list-style-type: none"> • chest pain 	<ul style="list-style-type: none"> • pianta cliabhraigh
<ul style="list-style-type: none"> • shortness of breath 	<ul style="list-style-type: none"> • giorra anála
<ul style="list-style-type: none"> • feelings of having a fast-beating, fluttering, or pounding heart 	<ul style="list-style-type: none"> • croí atá ag preabadh, ag léim nó ag réabadh
<p>Can I catch COVID-19 from the vaccines?</p>	<p>An féidir liom COVID-19 a tholghadh ón vacsaín?</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 until after your vaccination appointment.</p>	<p>Ní féidir COVID-19 a tholghadh ón vacsaín ach is féidir gur tholg tú COVID-19 agus nár thug tú faoi deara go raibh na siomptóim ort go dtí tar éis do choinne vacsaínithe.</p>
<p>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.</p>	<p>Cé go bhféadfadh fiabhras teacht ort laistigh de lá nó dhó i ndiaidh vacsaínithe, má tá aon shiomptóim COVID-19 eile ort nó má mhaireann d'fhiabhras níos faide, fan abhaile agus eagraigh tástáil duit féin.</p>
<p>When can I go back to daily activities?</p>	<p>Cathain is féidir liom leanúint ar aghaidh le mo ghnáthchúraimí?</p>
<p>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</p>	<p>Féadfaidh tú leanúint ar aghaidh le do ghnáthchúraimí má mhothaíonn go maith. Má tá pian suntasach i do lámh, is féidir go bhfuil sé deacair duit meáchain throma a thógáil. Má airíonn tú go dona</p>

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<p>avoid operating machinery or driving.</p>	<p>nó má tá tuirse ort, ba cheart duit do scíth a ligean agus oibriúcháin innealra agus tiomáint a sheachaint.</p>
<p>Will the vaccine protect me?</p>	<p>An gcosnóidh an vacsaín mé?</p>
<p>The COVID-19 vaccines that you have had have been shown to reduce the chance of you suffering from COVID-19 disease.</p>	<p>Léirítear go laghdaíonn na vacsaíní COVID-19 a bhfuair tú an seans go bhfulaingeo fá mar gheall ar COVID-19.</p>
<p>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.</p>	<p>D'fhéadfadh go dtógfaidh sé cúpla seachtain ón gcéad dháileog chun an chosaint a neartú i do chorp. Ba cheart go mbeadh do chorp in ann freagairt níos gasta a thabhairt (i ndiaidh cúpla lá) i ndiaidh aon dháileog bhreise a fhaigheann tú. Cosúil le gach leigheas, níl gach uile vacsaín éifeachtach, mar sin ba cheart duit an réamhchúram cuí a leanúint le hionfhabhtú a sheachaint. D'fhéadfadh daoine áirithe COVID-19 a tholgadh fós cé go bhfuair siad vacsaíniú, ach ní bheadh an oiread céanna contúirte ag baint leis.</p>
<p>What can I do after I have had the vaccine?</p>	<p>Cad is féidir liom a dhéanamh tar éis na vacsaíne?</p>
<p>The vaccine cannot give you COVID-19 infection, and a full</p>	<p>Ní féidir leis an vacsaín an t-ionfhabhtú COVID-19 a</p>

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<p>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.</p>	<p>thabhairt duit, agus laghdóidh cúrsa iomlán an seans go dtolgfaidh tú tinneas dáiríre. Cuideoidh sé leis an riosca go scaipfidh tú an víreas a laghdú. Mar sin, tá sé tábhachtach na treoracha náisiúnta reatha a leanúint.</p>
<p>To protect yourself and your family, friends and colleagues you must still:</p>	<p>Chun thú féin, do theaghlach, do chairde agus do chomhghleacaithe a chosaint, ní mór duit:</p>
<ul style="list-style-type: none"> • wear a face covering where advised 	<ul style="list-style-type: none"> • masc aghaidhe a chaitheamh nuair a moltar é
<ul style="list-style-type: none"> • practise social distancing 	<ul style="list-style-type: none"> • scaradh sóisialta a dhéanamh
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • do lámha a ní go cúramach agus go minic
<ul style="list-style-type: none"> • open windows to let fresh air in 	<ul style="list-style-type: none"> • fuinneoga a oscailt chun aer úr a ligean isteach
<ul style="list-style-type: none"> • follow the current guidance at www.gov.uk/coronavirus 	<ul style="list-style-type: none"> • lean an treoir reatha ag www.gov.uk/coronavirus
<p>Vaccination, helping to protect those most vulnerable.</p>	<p>Vacsaíniú, ag cabhrú le cosaint a thabhairt dóibh siúd atá i gcontúirt.</p>
<p>If you need more information on the COVID-19 vaccination please visit: www.nidirect.gov.uk/covid-vaccine</p>	<p>Má tá tuilleadh eolais ag teastáil ort faoi vacsaíniú COVID-19, téigh chuig: www.nidirect.gov.uk/covid-vaccine</p>

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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 www.publichealth.hscni.net</p>	<p>Eolas ceart ag dáta an fhoilsithe. Chun an leagan is deireanaí den bhileog seo agus formáidí malartacha a fháil, téigh chuig suíomh gréasáin na PHA www.publichealth.hscni.net</p>
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