

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

English	Tetum
<b>What to expect after your COVID-19 vaccination</b>	<b>Sa'ida maka atu espera depoizde Ita-nia vasinasaun Covid-19</b>
<b>Information for people who have just had a COVID-19 vaccination</b>	<b>Informasaun ba ema sira ne'ebé foin hetan sira-nia vasinasaun COVID 19</b>
Find out more at <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>	Hatene barak liu tan iha <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a>
<b>Contents</b>	<b>Konteudu sira</b>
<ul style="list-style-type: none"> <li>• What are the side effects?</li> </ul>	<ul style="list-style-type: none"> <li>• Saida mak nia efeitu sekundariu?</li> </ul>
<ul style="list-style-type: none"> <li>• Can I catch COVID-19 from the vaccines?</li> </ul>	<ul style="list-style-type: none"> <li>• Karik ha'u bele hetan COVID-19 husi vasina?</li> </ul>
<ul style="list-style-type: none"> <li>• When can I go back to daily activities?</li> </ul>	<ul style="list-style-type: none"> <li>• Wainhira mak ha'u bele fila ba atividade lor-loron nian?</li> </ul>
<ul style="list-style-type: none"> <li>• Will the vaccine protect me?</li> </ul>	<ul style="list-style-type: none"> <li>• Vasina ne'e sei proteje ha'u ka lae?</li> </ul>
<ul style="list-style-type: none"> <li>• What can I do after I have had the vaccine?</li> </ul>	<ul style="list-style-type: none"> <li>• Saida mak ha'u bele halo depoizde hau hetan ona vasina?</li> </ul>
<b>Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card.</b>	<b>Favór lee folleta informasaun produktu ne'e atu hetan informasaun detalla liu tan kona-ba Ita-nia vasina, inklui nia efeitu sekundariu, hodi halo buska Coronavirus Yellow Card (Kartaun Kinur Virus Korona).</b>
<b>You can also report suspected side effects on the same website or by downloading the Yellow Card app.</b>	<b>Ita mós bele relata efeitu sekundaria ne'ebé ita deskonfia iha sítiu internet ne'ebé</b>

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

	<b>hanesan ka hodi download aplikasaun Yellow Card.</b>
<b><a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a></b>	<b><a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a></b>
<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>Ema sira ne'ebé risku liu atu hetan komplikasaun husi COVID-19, sei hetan oferese atu simu vasinasaun COVID-19. Folleta ida ne'e informa ba Ita sa'ida maka Ita bele espera depoizde hetan Ita-nia vasinasaun.</b>
<b>What are the side effects?</b>	<b>Saida mak efeitu sekundariu sira?</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.	Hanesan mos ai-moruk selu-seluk, vasina bele kauza efeitu sekundariu. Barak liu mak kmaan deit no iha tempu badak, no la'os ema hotu hetan ida ne'e. Efeitu sekundariu baibain ne'e hanesan hotu no tenke para ona iha loron ida ka rua.
Very common side effects in the first day or two include:	Efeitu sekundariu ne'ebé baibain liu iha loron dahuluk ka daruak inklui:
<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>• Ita nia liman ne'ebé hetan sona sei moras, todan no mamar</li> </ul>
<ul style="list-style-type: none"> <li>• feeling tired</li> </ul>	<ul style="list-style-type: none"> <li>• sente kolen</li> </ul>
<ul style="list-style-type: none"> <li>• headache, aches and chills</li> </ul>	<ul style="list-style-type: none"> <li>• ulun moras, isin-moras no isin malirin</li> </ul>

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

<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>Ita mós bele sente hanesan gripe ho epizodu bee-doko no isin nakdedar ba loron ida ka rua. Maske nune'e, isin manas bele indika katak Ita hetan COVID-19 ka infesaun seluk. Ita bele deskansa no bele hemu ai-moruk paracetamol ho doze baibain (tuir orientasaun iha nia falun) atu halo Ita sente di'ak.</p>
<p>*If you are on chemotherapy and have a high temperature, contact your local cancer care unit.</p>	<p>*Se Ita hala'o hela kimioterapia no sente isin manas, kontaktu Ita-nia unidade kuidadu moras-kankru lokál nian.</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>Efetu sekundariu ne'ebé la'os baibain mak kuandu bubu iha glándula iha kalilin ka iha kakorok sorin ne'ebé hanesan ho liman ne'ebé hetan vasina. Ida ne'e bele to'o loron 10, se karik kle'ur liu ida ne'e entaun tenke ba konsulta iha doktor. Se Ita atu hala'o mamografia iha semana balun depoizde vasina, entaun Ita tenke mensiona ida ne'e wainhira Ita atende.</p>
<p><b>What should I do if I am concerned about my symptoms?</b></p>	<p><b>Saida mak ha'u tenke halo se ha'u preokupa kona-ba ha'u nia sintoma sira?</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</p>	<p>Sintoma sira ne'e baibain iha la to'o semana ida. Sé Ita-nia sintomas ne'e aumenta aat ka sé Ita preokupa, Ita ka Ita-nia inan-aman bele telefone ba Ita-nia GP ka servisu Out of Hours nian. Se</p>

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

<p>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>Ita buka sujestaun husi dotór ida ka enfermeiru ida, asegura katak Ita dehan ba sira kona-ba Ita-nia vasinasaun (hatudu kartaun vasinasaun ba sira) atu sira bele ezamina Ita loloos. Ita mós bele relata efeito sekundaria ne'ebé ita deskonfia iha husi vasina ne'e ka husi ai-moruk sira liu husi rejime iha sítiu internet ne'ebé hanesan ka hodi download aplikasaun Yellow Card. Ita bele halo ida ne'e online hodi buska "Coronavirus Yellow Card" (Kartaun Kinur Virus Korona) ka hodi download aplikasaun Yellow Card (favor haree or by downloading the Yellow Card app (favór haree pájina 2).</p>
<p><a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a></p>	<p><a href="https://coronavirus-yellowcard.mhra.gov.uk">https://coronavirus-yellowcard.mhra.gov.uk</a></p>
<p><b>Are there other more serious side effects?</b></p>	<p><b>Iha efeito sekundariu seluk maka todan tebes ka lae?</b></p>
<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>Foin lalais ne'e iha ona relatóriu kona-ba kondisaun raru tebes ne'ebé envolve raan isin no raan sai la hanesan babain depoizde simu ona vasina AstraZeneca no vasina Janssen. Tanba ho risku aas hanesan halo komplikasaun no mate tanba COVID-19, Entidade Regulatóriu no produktu Medisina Tratamentu Saúde (MHRA), Organizasaun Saúde Mundial no Entidade Medisina Europa konklui ona katak balansu</p>

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

	sei apoiu tebes ba vasinasaun ne'e.
<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>Se Ita esperiênsia buat hirak tuirmai ne'e ida durante loron 4 ka liu no iha loron 28 nia laran depoizde vasinasaun Ita tenke buka asistênsia médiku kedas husi Ita-nia GP ka Servisu Emerjênsia.</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>• komesa ulun moras maka'as ne'ebé labele kura ho ai-moruk hatún moras baibain nian ka moras ne'e sai pior liu tan.</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>• ulun moras ne'ebé oinseluk ne'ebé mak sai pior wainhira toba tún ka hakru'uk ka bele mós akompañia ho</li> </ul>
<ul style="list-style-type: none"> <li>- blurred vision, nausea and vomiting</li> </ul>	<ul style="list-style-type: none"> <li>- haree la moos, laran sa'e no muta</li> </ul>
<ul style="list-style-type: none"> <li>- difficulty with your speech</li> </ul>	<ul style="list-style-type: none"> <li>- susar atu ko'alia sai,</li> </ul>
<ul style="list-style-type: none"> <li>- weakness, drowsiness or seizures</li> </ul>	<ul style="list-style-type: none"> <li>- sente fraku, dukur ka hetan epilepsia</li> </ul>
<ul style="list-style-type: none"> <li>• new, unexplained pinprick bruising or bleeding</li> </ul>	<ul style="list-style-type: none"> <li>• komesa iha raan metan iha kulit hanesan baku fatin la ho razaun ruma.</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>• iis badak, hirus-matan moras, ain bubu ka kabun-moras beibeik</li> </ul>
Worldwide, rare cases of inflammation of the heart called myocarditis or pericarditis have been reported after	Iha mundu tomak, kazu raru kona-ba bubu-fuan ne'ebé bolu ho miokardite ka perikardite maka

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

Pfizer and Moderna COVID-19 vaccines.	reporta ona mosu depoizde simu ona vasina Pfizer no vasina Moderna COVID-19.
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.	Kazu hirak maka mosu ona liuliu ba mane joven sira ne'ebé akontese deit iha loron hirak depoizde simu ona vasinasaun. Balun husi ema hirak ne'e rekupera lalai no sente diak liu depoizde sira ba deskansa no simu tratamentu simples deit.
<b>You should seek medical advice urgently if you experience:</b>	<b>Ita tenke ba buka tratamentu mediku kedas sekuandu Ita esperiénsia:</b>
<ul style="list-style-type: none"> <li>• chest pain</li> </ul>	<ul style="list-style-type: none"> <li>• hirus-matan sente moras</li> </ul>
<ul style="list-style-type: none"> <li>• shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>• iis badak</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>• fuan sente hanesan tuku-tuku makaas,</li> </ul>
<b>Can I catch COVID-19 from the vaccines?</b>	<b>Karik ha'u bele hetan COVID-19 husi vasina?</b>
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.	Ita labele hetan COVID-19 husi vasina maibé iha possibilidade katak Ita hetan ona COVID-19 maibé la hatene se Ita iha sintoma até depoizde ita-nia loron vasinasaun nian.
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.	Maske isin manas bele akontese iha loron ida ka rua nia laran depoizde vasinasaun, se Ita hetan sintoma COVID-19 seluk ka se Ita-nia isin manas kleur liu, entaun

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

	hela iha uma no aranja atu halo teste.
<b>When can I go back to daily activities?</b>	<b>Wainhira mak ha'u bele fila ba atividade lor-loron nian?</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.	Ita bele hala'o Ita-nia atividade ne'ebé baibain Ita halo kuandu Ita sente di'ak hela. Se Ita-nia liman mak moras, karik difisil ba Ita atu foti sasan ne'ebé todan. Se Ita sente moras ka kole liu entaun Ita tenke deskansa no evita uza makina sira ka lori kareta.
<b>Will the vaccine protect me?</b>	<b>Vasina ne'e sei proteje ha'u ka lae?</b>
The COVID-19 vaccines that you have had have been shown to reduce the chance of you suffering from COVID-19 disease.	Vasina COVID-19 ne'ebé Ita simu, hatudu ona katak nia bele hatún possibilidade atu Ita sofre husi moras COVID-19.
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.	Presiza semana balun para Ita-nia isin dezenvolve protesaun ruma husi vasina ne'e. Ita-nia isin tenke responde lalais (depoizde loron hirak liu ba) depoizde simu doze adisaun ruma. Hanesan mós ai-moruk sira seluk, laiha vasine ne'ebé completamente efektivu, tan ne'e Ita tenke kontinua kuidadu tuir orientasaun sira atu evita infesaun. Ema balun sei bele hetan COVID-19 maske hetan ona vasinasaun, maibé ida ne'e sei la grave.

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

<p><b>What can I do after I have had the vaccine?</b></p>	<p><b>Saida mak ha'u bele halo depoizde hau hetan ona vasina?</b></p>
<p>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.</p>	<p>Vasina sei la fó infesaun COVID-19, no hetan síklu kompleta sei hatún possibilidade atu Ita hetan moras sériu. Buat ne'e sei ajuda atu redus risku husi Ita da'et virus ne'e ba ema seluk. Tanba ne'e importante atu kontinua halo tuir matadalan nasionál atuál nian.</p>
<p><b>To protect yourself and your family, friends and colleagues you must still:</b></p>	<p><b>Atu proteje Ita-nia an, Ita-nia família, maluk no kolega sira Ita TENKE nafatin:</b></p>
<ul style="list-style-type: none"> <li>• wear a face covering where advised</li> </ul>	<ul style="list-style-type: none"> <li>• uza máskara</li> </ul>
<ul style="list-style-type: none"> <li>• practise social distancing</li> </ul>	<ul style="list-style-type: none"> <li>• prátika distansiamentu sosiál</li> </ul>
<ul style="list-style-type: none"> <li>• wash your hands carefully and frequently</li> </ul>	<ul style="list-style-type: none"> <li>• fase Ita-nia liman didi'ak no dala barak.</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>• loke janela atu husik anin fresku tama</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>• halo tuir orientasaun atuál iha <a href="http://www.gov.uk/coronavirus">www.gov.uk/coronavirus</a></li> </ul>
<p><b>Vaccination, helping to protect those most vulnerable.</b></p>	<p><b>Vasinasau, ajuda hodi proteje sira ne'ebé vulneravel liu.</b></p>
<p>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></p>	<p>Se Ita hakarak informasaun barak liu tan kona-ba vasinasau COVID-19, favór vizita: <a href="http://www.nidirect.gov.uk/covid-vaccine">www.nidirect.gov.uk/covid-vaccine</a></p>
<p>Information correct at time of publication. For the latest version of this leaflet and alternative formats visit</p>	<p>Informasaun loos iha tempu publikasaun ne'e. Ba versaun ikus folleta ida ne'e no format alternativu sira seluk vizita sítiu</p>



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

the PHA website <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a>	internet PHA <a href="http://www.publichealth.hscni.net">www.publichealth.hscni.net</a>
Published September 2021 by the Public Health Agency.	Entidade Saúde Públiku
© Crown copyright 2021. This information was originally developed by the UK Health Security Agency and is used under the Open Government Licence v3.0	© Crown copyright 2021 Informasaun ne'e dezenvolve uluk liu husi Saúde Públiku Reinu Unidu no uza bazeia ba Lisensa Guvernu Aberta v3.0