

English	Tetum
Waiting after your COVID-19 vaccination	Hein depoizde Ita-nia vasinasaun COVID-19
What is changing?	Sa'ida mak muda?
<p>Until now, people receiving the Moderna or Pfizer vaccines have been asked to wait for 15 minutes before leaving the vaccine centre in case of serious allergic reaction. This 15 minute wait has now been suspended for adults after 1st doses, 2nd doses and boosters.</p>	<p>Até agora ema ne'ebé simu vasina Moderna ka Pfizer presiza atu hein minutu 15 molok sai husi sentru vasina atu haree se karik sei iha reasaun alérjiku sériu ruma. Hein minutu 15 ne'e agora suspende ona ba adultu sira depoizde doze dahuluk, doze daruak no booster.</p>
Why is this changing?	Tansá mak ida ne'e muda?
<ul style="list-style-type: none"> • Because of the Omicron variant, the booster programme for adults is being speeded up. 	<ul style="list-style-type: none"> • Tanba variante Omicron ne'e, programa booster ba adultu sira ne'e agora aselera hela.
<ul style="list-style-type: none"> • We now have much more experience with giving these vaccines to millions of people and the rate of serious allergic reactions is very low (around 5-10 per million doses). People are not normally observed for 15 minutes after other vaccinations. 	<ul style="list-style-type: none"> • Oras ne'e ita iha esperiênsia barak liu atu fó vasina hirak ne'e ba ema tokon ba tokon no taxa reasaun alérjiku tún tebes (entre ema na'in 5-10 iha doze tokon ida). Baibain ema la hetan observasaun ba minutu 15 depoizde vasinasaun.
Who is advising this change?	Sé mak orienta mudansa ida ne'e?
<p>The change has been advised by the four UK Chief Medical Officers, and has the support of the</p>	<p>Mudansa ida ne'e hetan orientasaun husi UK nia Diretor Médiku Ezekutivu haat, no hetan</p>

Medicines Healthcare products Regulatory Agency (MHRA) and the Joint Committee on Vaccination and Immunisation (JCVI).	apoiu husi Ajénsia Regulatoría husi Medikamentus no Produtus (MHRA) no Komisaun Konjunta ba Vasinasaun no Imunizsaun (JCVI).
What should I do when I attend for vaccination?	DSa'ida maka Ha'u tenke halo wainhira ha'u ba simu vasinasaun?
Please make sure you tell the vaccine centre if:	Favór asegura katak Ita fó-hatene ba sentru vasina ne'e se:
<ul style="list-style-type: none"> • you have a history of allergic reactions, particularly to other vaccines, or if you had an immediate reaction after a previous dose. (A family history of allergies is not a risk factor.) If so, you may be advised to stay for the 15 minutes; 	<ul style="list-style-type: none"> • Ita iha istória reasaun alérjiku, liu-liu ba vasina seluk, ka se Ita hetan reasaun imediata depoizde doze dahuluk. (Istoria família laran kona-ba alerjia ida ne'e la'os fatór risku ida) Se hanesan ne'e sira bele husu Ita atu hein ba minutu 15;
<ul style="list-style-type: none"> • you have previously fainted following vaccination. 	<ul style="list-style-type: none"> • uluk Ita-nia oin nakukun hafoin hetan vasinasaun.
As with any vaccine, you must not drive for 15 minutes after the vaccine – this is because of the risk of fainting. If you do faint, stay flat on your back with your legs raised. If this doesn't make you feel better, then call for help. Otherwise, you will be able to leave the centre straight after your vaccine as long as you feel OK.	Hanesan mós ho kualkér vasina, Ita labele lori kareta to'o minutu 15 depoizde vasina – ida ne'e tanba ho risku oin nakukun. Se Ita-nia oin sai nakukun duni, latan iha fatin no hasa'e ain. Se Ida ne'e mós la ajuda, entaun buka ema ajuda. Se oin la nakukun, Ita bele sai husi sentru ne'e kedas depoizde vasina kuandu Ita sente di'ak hela.
What happens if I do get symptoms of an allergic reaction?	Saida mak akontese se ha'u hetan sintoma reasaun alérjiku ida?
Keep this flyer handy. You should look out for the following 'ABC' symptoms:	Rai folleta ida ne'e ho di'ak. Ita tenke kuidadu ho sintoma 'ABC' tuirmai ne'e:
Airway	Airway (Respiratoriu)
<ul style="list-style-type: none"> • persistent cough 	<ul style="list-style-type: none"> • me'ar moras la para

<ul style="list-style-type: none"> vocal change (hoarse voice) 	<ul style="list-style-type: none"> lian maran (lian kuda nian)
<ul style="list-style-type: none"> swollen tongue causing difficulty swallowing 	<ul style="list-style-type: none"> nanál bubu ne'ebe halo difisil atu tolan
Breathing	Breathing (Dada iis)
<ul style="list-style-type: none"> difficult or noisy breathing 	<ul style="list-style-type: none"> dada iis susar ka halo lian
<ul style="list-style-type: none"> wheezing (like an asthma attack) 	<ul style="list-style-type: none"> me'ar-busa (hanesan ema kona moras azma)
Consciousness	Consciousness (oin-moos)
<ul style="list-style-type: none"> feeling lightheaded or prolonged faint 	<ul style="list-style-type: none"> sente oin halai ka oin nakukun kleur
<ul style="list-style-type: none"> clammy skin 	<ul style="list-style-type: none"> isin kosar
<ul style="list-style-type: none"> confusion 	<ul style="list-style-type: none"> konfuzau
<ul style="list-style-type: none"> unresponsive/unconscious 	<ul style="list-style-type: none"> dezmaia/inkonsiente
<p>These symptoms typically happen within 15 minutes of vaccination. If you experience any of these, call out for help and ring 999 immediately (or ask someone to do this for you).</p>	<p>Sintoma sira ne'e tipikamente akontese iha minuutu 15 nia laran depoizde vasinasaun. Se Ita esperiéncia hirak ne'e ida, buka ema ajuda no telefone 999 kedas (ka husu ema atu halo ida ne'e ba Ita).</p>
<p>The following symptoms are NOT a serious allergic reaction, but imply a more mild reaction:</p>	<p>Sintoma hirak tuirmai ne'e LA'OS reasaun alérjiku sériu, maibé ida ne'e reasaun kmaan ida:</p>
<ul style="list-style-type: none"> Swollen lips, face or eyes 	<ul style="list-style-type: none"> Ibun-tutun, oin ka matan sai bubu
<ul style="list-style-type: none"> Itchy skin rash eg hives 	<ul style="list-style-type: none"> Kulit katar hanesan kolmeias
Further information	Informasaun kle'an liu tan
<p>If you have any side effects after vaccination, please report to the Yellow Card Scheme at www.coronavirus-yellowcard.mhra.gov.uk</p>	<p>Se Ita hetan efeitu sekundáriu ruma depoizde vasinasaun favór relata iha Yellow Card Scheme iha www.coronavirus-yellowcard.mhra.gov.uk</p>
<p>You can also read the product information leaflet for more details on your vaccine, including possible side effects, on the Coronavirus Yellow Card website.</p>	<p>Ita mos bele lee folleta informasaun produktu ne'e atu hetan informasaun detalla liu tan kona-ba Ita-nia vasina, inklui ninia efeitu sekundariu, iha website Coronavirus Yellow Card.</p>
<p>Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website</p>	<p>Informasaun loos iha tempu publikasaun ne'e. Ba versaun ikus folleta ida ne'e no format alternativu sira seluk vizita sítiu internet PHA</p>

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