Chinese Simplified translation of *COVID-19 vaccine - Your guide to booster vaccination*

English	Chinese Simplified
COVID-19 vaccine	**2019 冠状病毒病（COVID-19）疫苗**
Your guide to booster vaccination	您的疫苗加强剂指南
People aged 16 years and over, and those aged 12 years and over who are at risk (including health and social care workers) will be offered a booster dose of coronavirus (COVID-19) vaccine. Find out how to get your booster vaccination at www.nidirect.gov.uk/covid-vaccine	将向年满 16 岁的人以及年满 12 岁的高危人群（包括卫生和社会护理工作者）提供冠状病毒（COVID-19）的加强剂疫苗。欲了解如何接种加强疫苗，请访问 www.nidirect.gov.uk/covid-vaccine。
What is coronavirus or COVID-19?	什么是冠状病毒或 COVID-19？
COVID-19 is a very infectious respiratory disease caused by the SARS-CoV-2 virus and is more serious in older people and those with certain health conditions.	COVID-19 是一种传染性很强的呼吸道疾病，由 SARS-CoV-2 病毒引起，在老年人和具有某些健康问题的人中更为严重。
Why are you being offered a COVID-19 booster?	为什么向您提供 COVID-19 疫苗加强剂?
Like some other vaccines, levels of protection may begin to wane over time. The booster will help to reduce the risk of you needing admission to hospital due to COVID-19 infection this winter. Protection against severe disease from the first 2 doses seems to decline very slowly. Boosting your immunity should help to extend your	像其他一些疫苗一样，其保护水平可能会随着时间的推移开始减弱。疫苗加强剂将有助于降低您在今年冬天因 COVID-19 感染而需要住院的风险。从前 2 剂得到的对严重疾病的保护似乎在非常缓慢地下降。提高您的免疫力应该有助于将您的保护延长到明年，并可能对新变种提供更广泛的保护。

protection into next year and give you longer term protection.	
When should you have a booster?	您应该什么时候接种疫苗加强剂？
Your appointment should be at least 3 months from your last dose, but you may be called later based on your age group or level of risk.	您的预约应距您最后一剂接种至少 3 个月，但根据您的年龄组或风险等级，可能会更迟通知您接种。
You should not attend a vaccine appointment if you are self-isolating or waiting for a COVID-19 test. If you've had COVID-19, you will still need your booster but wait at least 4 weeks after your positive test (or 12 weeks if you are under 18 with no underlying health conditions).	如果您正在自我隔离或等待 COVID-19 检测，则不应参加疫苗预约。如果您已感染过 COVID-19，您仍然需要加强剂，但请在检测呈阳性后至少等待 4 周（如果您未满 18 岁且没有潜在健康状况，则等待 12 周）。
Which vaccine will you be offered?	您将被提供哪种疫苗？
You will be given a booster dose of either Pfizer or Moderna vaccine*. Both vaccines boost well and have already been given to millions of people in the UK.	您将获得辉瑞（Pfizer）或莫德纳（Moderna）的加强疫苗*。这两种疫苗都能有效加强免疫力，并且已在英国提供给数百万人使用。
Studies have shown those aged 18 and over who can get the Moderna vaccine only need a half dose to boost the immune system well. This half dose of Moderna is expected to have a low rate of side effects including	研究表明，那些年满 18 岁的可以接种莫德纳（Moderna）疫苗的人只需半剂量即可很好地增强免疫系统。预计这半剂量的 莫德纳疫苗的副作用（包括心肌炎）发生率很低。欲了解更多信息，请参见第 3 页。

myocarditis. See page 3 for more information.	
You will be offered the right vaccine for you which may be the same or different from the vaccines that you had before.	您将获得适合您的疫苗，该疫苗可能与您之前接种的疫苗相同或不同。
*You may be offered the AstraZeneca vaccine if this is what you had for your first doses and you cannot receive either of the other vaccines.	*如果您接种的第一剂疫苗是阿斯利康（AstraZeneca），并且您无法接种其他任何一种疫苗，则可能会向您提供阿斯利康疫苗。
Common side effects	常见的副作用
As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:	与您之前接种的疫苗一样，在英国使用的所有 COVID-19 疫苗的常见副作用都相同，包括：
• 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 vaccine	• 注射部位的手臂有疼痛，沉重的感觉和压痛。在疫苗接种后约 1-2 天，这种情况往往最严重。
• feeling tired	• 感觉累
• headache	• 头痛
• general aches, or mild flu like symptoms	• 全身痛，或轻度流感样症状
You can rest and take paracetamol (follow the dose advice in the packaging) to help make you feel better. Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and	您可以休息，并服用扑热息痛（paracetamol）（按照包装上的剂量建议），以使您感觉好些。尽管在两到三天内感觉发烧并不罕见，但很少会出现高烧，这可能表明您感染了冠状病毒或有其他感染。

may indicate you have COVID-19 or another infection.	
Although a fever can occur within a day or 2 of vaccination, if you have any other COVID-19 symptoms or your fever lasts longer, stay at home and arrange to have a test. Symptoms following vaccination normally last less than a week. If your symptoms seem to get worse or if you are concerned, contact your GP.	尽管在接种疫苗后一两天内可能会发烧，但是如果您有其他任何 COVID-19 症状或发烧持续时间更长，请留在家里并安排检查。接种疫苗后的症状通常持续不到一周。如果您的症状似乎变得更糟或是您担心，请致电您的全科医生（GP）。
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.	您还可以通过黄卡计划（Yellow Card scheme）报告疑似的疫苗副作用和药物副作用。您可以通过搜索冠状病毒黄卡（Coronavirus Yellow Card）或下载黄卡应用程序（Yellow Card app）在线进行此操作。
Please see the back of the leaflet for more details.	详情请参阅传单背面。
If you had serious side effects after any previous dose you may be advised to avoid or delay further vaccination. You should discuss this with your doctor or specialist.	如果您在之前的任何接种后出现严重副作用，可能会建议您避免或推迟进一步接种疫苗。您应该与您的医生或专科医生讨论这个问题。
Serious side effects	严重的副作用
Worldwide, there have also been recent, very rare cases of inflammation of the heart called myocarditis or pericarditis	在全球范围内，最近出现了非常罕见的心脏炎症病例，称为心肌炎或心包炎，是在接种辉瑞或莫德纳 COVID-19 疫苗后被报告的。

reported after Pfizer and Moderna COVID-19 vaccines.	
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.	这些病例主要见于接种疫苗后几天内的年轻男性。这些人中的大多数人在休息和简单治疗后感觉好转。
You should seek medical advice urgently if, after vaccination, you experience:	如果您接种完疫苗后有以下情况，应该立即寻求医疗建议：
• chest pain	• 胸痛
• shortness of breath	• 呼吸急促
• feelings of having a fast-beating, fluttering, or pounding heart	• 感觉心跳节奏快，心颤动或心脏狂跳
Is there anyone who shouldn't have a booster?	有没有人不应该接种疫苗加强剂？
There are very few people who should not have a booster.	很少有人不应该接种疫苗加强剂。
If you have had a severe reaction to a previous dose of the vaccine you should discuss this with your doctor.	如果您对之前接种的疫苗有严重反应，您应该与您的医生讨论这个问题。
Can you still catch COVID-19 after having the vaccine?	您会从疫苗中感染冠状病毒吗？
The COVID-19 vaccination will reduce the chance of you suffering from COVID-19 disease. It may take a few days for your body to build up some protection from the booster.	已证明所使用的 COVID-19 疫苗可以减少您患 2019 冠状病毒病的机会。您的身体可能需要几天的时间才能建立起由疫苗得到的保护。

Like all medicines, no vaccine is completely effective – some people may still get COVID-19 despite having a vaccination, but this should be less severe.	像所有药物一样，没有一种疫苗是完全有效的——有些人尽管进行了疫苗接种，仍可能会感染冠状病毒，但这应该不那么严重了。
If you have not had the first vaccinations	如果您尚未接种之前的疫苗
If you have not yet had either of your first 2 doses of the vaccine you should have them as soon as possible.	如果您尚未接种前 2 剂疫苗中的任何一剂，则应尽快接种。
Further information	额外信息
Visit coronavirus vaccination www.nidirect.gov.uk/covid-vaccine	访问冠状病毒疫苗信息 www.nidirect.gov.uk/covid-vaccine
See the PHA leaflet on what to expect after vaccination, which is available to download at www.pha.site/COVID19InfoMaterials	请参阅公共卫生署（PHA）有关接种疫苗后会发生什么的宣传单，该宣传单可在以下网址下载 www.pha.site/COVID19InfoMaterials
Please read the product information leaflet for more details on your vaccine, including possible side effects, by searching Coronavirus Yellow Card. You can also report suspected side effects on the same website or by downloading the Yellow Card app.	请通过搜索冠状病毒黄卡（Coronavirus Yellow Card），阅读产品信息手册，以了解有关疫苗的更多详细信息，包括可能的副作用。您还可以在同一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	https://coronavirus-yellowcard.mhra.gov.uk

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You can read the information for UK recipients of the Pfizer and Moderna vaccines here:	您可以在此处阅读辉瑞和莫德纳疫苗的"给英国接受者的信息"：
https://coronavirus-yellowcard.mhra.gov.uk/productinformation	https://coronavirus-yellowcard.mhra.gov.uk/productinformation
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