

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

English	Irish
COVID-19 vaccine	Vacsáin COVID-19
Your guide to booster vaccination	Treoir duit maidir le vacsaíniú teanndáileoige
<p>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</p>	<p>Beidh teanndáileog de vacsaín in aghaidh an choróinvíris (COVID-19) á tairiscint do dhaoine 16 bliana d’aois agus níos sine, (oibríthe cúraim sláinte agus cúram sóisialta san áireamh) agus dóibh siúd in aois 12 atá i gcontúirt an choróinvíris. Gheobhaidh tú an fhaisnéis ar conas do theanndáileog de vacsaín a fháil ag www.nidirect.gov.uk/covid-vaccine</p>
What is coronavirus or COVID-19?	Cad is coróinvíreas nó COVID-19 ann?
<p>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.</p>	<p>Galar riospráide an-tógálach is ea é COVID-19 agus an víreas SARS-CoV-2 is cúis leis. Tá sé níos tromchúisí do dhaoine níos sine agus dóibh siúd a bhfuil fadhb shláinte ar leith acu.</p>
Why are you being offered a COVID-19 booster?	Cén fáth a bhfuil teanndáileog de vacsaín COVID-19 á tairiscint duit?
<p>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 protection into next year and give you longer term protection.</p>	<p>Mar is amhlaidh le vacsaíní eile, d’fhéadfadh na leibhéil chosanta laghdú le himeacht ama. Cuideoidh an teanndáileog seo leis an riosca a laghdú go nglacfar isteach san ospidéal an geimhreadh seo thú de dheasca COVID-19. Is cosúil go laghdaíonn cosaint ar dhianghalar ón chéad 2 dháileog go han-mhall. Ba cheart go mbeadh treisiú imdhíonachta ina chuidiú chun do chosaint a shíneadh isteach sa bhliain atá romhainn agus chun cosaint níos fadtéarmaí a thabhairt duit.</p>

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<p>When should you have a booster?</p>	<p>Cathain ar cheart duit an teanndáileog a fháil?</p>
<p>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.</p>	<p>Ba cheart go mbeadh do choinne 3 mhí ar a laghad i ndiaidh do dháileoige deireanaí, ach is féidir go dtabharfar coinne níos moille duit de réir d'aoisghrúpa nó leibhéal riosca.</p>
<p>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).</p>	<p>Ba cheart duit gan teacht chuig coinne vacsaínithe má tá tú do do fhéinleithlisiú nó ag fanacht ar thástáil COVID-19. Má tharla go raibh COVID-19 ort, beidh do theanndáileog de dhíth ort go fóill ach fan 4 seachtaine ar a laghad tar éis na tástála dearfaí (nó 12 seachtaine má tá tú faoi 18 mbliana agus nach bhfuil bunghalar ort).</p>
<p>Which vaccine will you be offered?</p>	<p>Cén vacsaín a thairgfear duitse?</p>
<p>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.</p>	<p>Tabharfar teanndáileog de vacsaín Pfizer nó Moderna duit*. Tugann an dhá vaicsín araon treisiú maith agus tugadh do na milliún daoine sa Ríocht Aontaithe cheana féin.</p>
<p>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 myocarditis. See page 3 for more information.</p>	<p>Léiríonn staidéir nach bhfuil ach leathdháileog Moderna de dhíth ar dhaoine in aois 18 nó níos sine leis an chóras imdhíonachta a threisiú go maith. Táthar ag súil le go mbeidh rátaí ísle fo-iarmhairtí leis an leathdháileog seo, míocairdíteas san áireamh. Féach leathanach 3 le tuilleadh faisnéise a fháil.</p>
<p>You will be offered the right vaccine for you which may be the same or different from the vaccines that you had before.</p>	<p>Tairgfear an vacsaín cheart duit agus d'fhéadfadh sí a bheith mar an gcéanna nó éagsúil ó na vacsaíní a fuair tú roimhe seo.</p>
<p>*You may be offered the AstraZeneca vaccine if this is what you had for your first</p>	<p>*Seans go dtairgfear an vaicsín AstraZeneca duit más í sin an ceann a</p>

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doses and you cannot receive either of the other vaccines.	fuair tú sa chéad nó dara dáileog agus nach féidir leat na vacsaíní eile a ghlacadh.
Common side effects	Fo-iarmhairtí coitianta
As with your previous dose the common side effects are the same for all COVID-19 vaccines used in the UK, and include:	Mar is amhlaidh an cás leis an dáileog a fuair tú roimhe seo, tá na fo-iarmhairtí coitianta mar an gcéanna le haghaidh gach vacsaín in aghaidh COVID-19 a úsáidtear sa Ríocht Aontaithe, lena a n-áirítear:
<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> pian, troime agus soghortaitheacht sa lámh ina bhfuair tú d'instealladh. De ghnáth bíonn sé seo níos measa timpeall 1-2 lá i ndiaidh na vacsaíne
<ul style="list-style-type: none"> feeling tired 	<ul style="list-style-type: none"> tuirse
<ul style="list-style-type: none"> headache 	<ul style="list-style-type: none"> tinneas cinn
<ul style="list-style-type: none"> general aches, or mild flu like symptoms 	<ul style="list-style-type: none"> tinneas agus pianta ginearálta, nó siomptóim éadroma mar a bheadh fliú ort
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 may indicate you have COVID-19 or another infection.	Is féidir leat do scíth a ligean agus paraicéiteamól a thógáil (lean an chomhairle dáileoige ar an phacáiste) chun biseach a chur ort. Cé nach bhfuil sé annamh braith mar atá fiabhras ort ar feadh 2 nó 3 lá, tá teocht ard neamhghnách agus d'fhéadfadh sé a léiriú go bhfuil COVID-19 nó ionfhabhtú eile ort.
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	Cé go bhféadfadh fiabhras teacht ort laistigh de lá nó 2 lá i ndiaidh vacsaínithe, má mhaireann aon shiomptóim COVID-19 nó fiabhras níos faide ná sin, fan sa bhaile agus eagraigh tástáil duit féin. Maireann fo-iarmhairtí i ndiaidh na vacsaíne níos lú

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<p>symptoms seem to get worse or if you are concerned, contact your GP.</p>	<p>ná seachtain amháin go hiondúil. Má éiríonn do shiomptóim níos measa nó má tá imní ort, déan teagmháil le do dhochtúir teaghlaigh.</p>
<p>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>Is féidir fo-iarmhairtí amhrasta na vacsaíne agus leighis a thuairisciú trí scéim 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.</p>
<p>Please see the back of the leaflet for more details.</p>	<p>Gheobhaidh tú tuilleadh sonraí ar chúl na bileoige eolais.</p>
<p>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.</p>	<p>I gcás ina raibh fo-iarmhairtí tromchúiseacha ort i ndiaidh aon dáileog a fuair tú roimhe seo, tá seans ann go moltar duit tuilleadh vacsaínithe a sheachaint nó a chur siar. Ba cheart duit an méid sin a phlé le do dhochtúir nó le do dhochtúir comhairleach.</p>
<p>Serious side effects</p>	<p>Fo-iarmhairtí tromchúiseacha</p>
<p>Worldwide, there have also been recent, very rare cases of inflammation of the heart called myocarditis or pericarditis reported after Pfizer and Moderna COVID-19 vaccines.</p>	<p>Tuairiscíodh cásanna le déanaí maidir le hathlasadh croí freisin timpeall an domhain (darbh ainm miócairdíteas nó peireacairdíteas) ach go han-annamh i ndiaidh vacsaíní in aghaidh COVID-19.</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>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.</p>

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<p>You should seek medical advice urgently if, after vaccination, you experience:</p>	<p>Ba cheart duit comhairle leighis a lorg go práinneach má mhothaíonn tú na hiarmhairtí seo a leanas i ndiaidh vacsaínithe:</p>
<ul style="list-style-type: none"> • chest pain 	<ul style="list-style-type: none"> • pian chliabhraigh
<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>Is there anyone who shouldn't have a booster?</p>	<p>An bhfuil duine ann nár cheart dó teanndáileog a fháil?</p>
<p>There are very few people who should not have a booster.</p>	<p>Níl ach líon beag daoine nár cheart dóibh teanndáileog a fháil.</p>
<p>If you have had a severe reaction to a previous dose of the vaccine you should discuss this with your doctor.</p>	<p>I gcás ina raibh frithghníomh tromchúiseach agat ar dháileog roimhe seo, ba cheart duit an méid sin a phlé le do dhochtúir.</p>
<p>Can you still catch COVID-19 after having the vaccine?</p>	<p>An féidir COVID-19 a tholghadh tar éis duit an vacsaín a fháil?</p>
<p>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.</p>	<p>Laghdóidh vacsaíniú in aghaidh COVID-19 an seans go bhfulaingeoíd tú mar gheall ar ghalar COVID-19. D'fhéadfadh go dtógfadh sé cúpla lá chun cosaint ón teanndáileog a neartú i do chorp.</p>
<p>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.</p>	<p>Mar is amhlaidh an cás le gach leigheas, níl gach uile vacsaín go hiomlán éifeachtach, mar sin d'fhéadfadh go dtolgfadh roinnt daoine COVID-19 fós d'ainneoin na vacsaíne, ach ba cheart go mbeadh an galar níos éadroime sa chás sin.</p>

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If you have not had the first vaccinations	I gcás nach bhfuair tú na chéad vacsaíní
If you have not yet had either of your first 2 doses of the vaccine you should have them as soon as possible.	I gcás nach bhfuair tú ceachtar den 2 dháileog den vacsaín, ba cheart duit iad a fháil a luaithe agus is féidir.
Further information	Tuilleadh eolais
Visit coronavirus vaccination www.nidirect.gov.uk/covid-vaccine	Téigh chuig vacsaíniú in aghaidh an choróinvíris 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	Féach an bhileog eolais de chuid PHA ar an rud a bheith ag súil leis i ndiaidh an vacsaínithe, atá ar fáil le híoslódáil ag 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.	Léigh bileog eolais an táirge le tuilleadh faisnéise a fháil ar do vacsaín, lena n-áirítear na fo-iarmhairtí a bhaineann léi, trí Coronavirus Yellow Card a chuardach. Is féidir leat fo-iarmhairtí amhrasta a thuarisciú ar an suíomh gréasáin céanna nó trí aip Chárta Buí an Choróinvíris a íoslódáil.
https://coronavirus-yellowcard.mhra.gov.uk	https://coronavirus-yellowcard.mhra.gov.uk
You can read the information for UK recipients of the Pfizer and Moderna vaccines here:	Gheobhaidh tú an fhaisnéis le haghaidh daoine a fhaigheann vacsaíní Pfizer agus Moderna sa Ríocht Aontaithe anseo:
https://coronavirus-yellowcard.mhra.gov.uk/productinformation	https://coronavirus-yellowcard.mhra.gov.uk/productinformation
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