

English	Tetum
COVID-19 vaccination	Vasinasau COVID-19
A guide for parents of children aged 5 to 11	Matadalan ba inan-aman husi labarik sira ho tinan 5 to'o 11
The health service is offering coronavirus (COVID-19) vaccines to children aged 5 to 11 years.	Servisu saúde oferese hela vasina virus korona (COVID-19) ba labarik sira ho tinan 5 to'o 11.
Experts have advised that parents of all children aged 5 to 11 years should be offered the chance to have their child vaccinated.	Peritu sira fó sai ona katak inan-aman husi labarik sira ho tinan 5 to'o 11 presiza hetan oportunidade para sira-nia oan hetan vasina.
Vaccination is particularly important for children who have health conditions that put them at high risk from COVID-19, as the benefits are greater.	Vasinasau ne'e liuliu importante ba labarik sira ne'ebé ho kondisaun saúde espesifiku ida ne'ebé tau sira iha risku aas husi COVID-19, bele sai vantajen boot liu.
Which children are at high risk from coronavirus (COVID-19) infection?	Labarik sira ne'ebé de'it mak iha risku aas husi infesaun virus korona (COVID-19)
This includes those with certain health conditions, or those children who have a weakened immune system or live with someone who has a weakened immune system.	Ida ne'e inklui sira ne'ebé iha kondisaun saúde ruma, ka labarik sira ne'ebé iha sistema imunidade ne'ebé fraku ka hela ho ema sira ne'ebé ho sistema imunidade fraku.
These children should have already been invited for vaccination.	Labarik sira ne'e tenke hetan ona konvite ba vasinasau.
For more information on the health conditions, you can read the leaflet here or talk to your specialist or GP: https://www.publichealth.hscni.net/publications/covid-19-vaccination-guide-parents-children-aged-5-11-years-high-risk	Ba informasaun liu tan kona-ba kondisaun saúde hirak ne'e, Ita bele lee folleta iha ne'e ka ko'alia ho Ita-nia espesialista ka GP: https://www.publichealth.hscni.net/publications/covid-19-vaccination-guide-parents-children-aged-5-11-years-high-risk
How does COVID-19 affect children?	Oinsá mak COVID-19 afeta ba labarik sira?
For most children COVID-19 is a mild illness that may require a few days off school but rarely leads to complications. For a very few children, the symptoms may be more serious or last longer.	Ba maioria labarik sira, COVID-19 ne'e sai hanesan moras kmaan ida ne'ebé karik presiza de'it la ba eskola loron balun maibé raru liu hamosu komplikasaun. Ba minoria labarik sira, sira-nia sintoma bele sai sériu ka sai kleur liu.
The current Omicron variant appears to be particularly mild in children. It is not known if future variants will be as mild.	Variante Omicron dadaun ne'e konsidera katak kmaan liu partikularmente se kona ba labarik sira. Ita la hatene se variante seluk sira iha futuru sei kmaan hanesan ne'e.
Will the vaccine protect my child?	Vasina ne'e sei proteje Ha'u-nia oan ka lae?
The COVID-19 vaccination will reduce the chance of your child suffering from COVID-19 disease. It may take a few weeks for their body to build up some protection from the vaccine.	Vasina COVID-19 sei hatún possibilidade ba Ita-nia oan sofre tanbai moras COVID-19. Ida ne'e sei presija semana balun para sira-nia isin dezenvolve protesaun ruma maka halo husi vasina ne'e.
Two doses of the vaccine should give your child long lasting protection against serious complications of infection – including any future waves due to new variants.	Vasina doze rua sei fó protesaun ho durasaun naruk ba Ita-nia oan hasoru komplikasaun sériu husi infesaun – inklui kualkér faze infesaun ne'ebé sei mai iha futuru ho variante foun sira.
Your child should also have some protection from the mild symptoms. The protection against Omicron should last for several weeks.	Ita-nia oan mós sempre simu protesaun hasoru sintomas ne'ebé kmaan. Protesaun hasoru omicron sempre dura ba semana balun.

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Like all medicines, no vaccine is completely effective – some children may still get COVID-19 despite having a vaccination, but this should be less severe.	Hanesan medisina sira seluk, laiha vasina ida mak kompletamente efetivu - labarik balun sei bele hetan COVID-19 maske hetan ona vasinasaun, maibe ida ne'e sei la grave.
Further information is available on symptoms on www.nidirect.gov.uk/coronavirus	Informasaun seluk tan kona-ba sintomas ne'e bele hetan iha www.nidirect.gov.uk/coronavirus
About the vaccine	Kona-ba vasina
Children aged 5-11 will be offered the Pfizer COVID-19 vaccine. Each children's dose is a third of the amount of vaccine that is given to older children and adults. Children at greater risk of serious illness if they catch COVID-19 will need 2 doses of vaccine, 8 weeks apart. All other children will be offered 2 doses of vaccine 12 weeks apart.	Labarik sira ho tinan 5-11 sei simu vasina Pfizer COVID-19. Kada labarik-nia doze nu'udar doze terseiru husi total doze vasina mak fó ba labarik ho tinan boot no adultu sira. Labarik sira ne'ebé iha risku boot liu atu hetan moras sériu wainhira hetan COVID-19 sei presiza vasina doze 2, ho espasu semana 8. Labarik sira seluk sei hetan vasina doze 2 ho espasu semana 12.
The vaccine has been tested to make sure it is as safe as possible. You can read the Pfizer leaflet here: https://coronavirus-yellowcard.mhra.gov.uk/productinformation	Vasina ne'e hetan ona verifikasaun atu garantia katak ida ne'e seguru liu posivel. Ita bele lee folleta Pfizer iha ne'e: https://coronavirus-yellowcard.mhra.gov.uk/productinformation
Common side effects	Efeitú sekundariu baibain
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 should only last a day or two. The Pfizer vaccine tends to cause more side effects after the second dose than the first dose.	Hanesan mos ai-moruk selu-seluk, vasina bele kauza efeitu sekundariu. Barak liu efeitu ne'e kmaan no mosu iha tempu badak deit, no la'os ema hotu hetan ida ne'e. Efeitú sekundariu baibain nian sei dura ba lora ida ka rua. Vasina Pfizer ne'e bele kauza efeitu sekundariu barak liu depoizde simu doze segundu duké doze primeiru nian.
Very common side effects include:	Efeitú sekundariu jeral ne'e inklui:
<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 vaccination 	<ul style="list-style-type: none"> • liman ne'ebé hetan sona sei moras, todan no mamar. Ida ne'e sei aumenta aat iha lora 1 to'o 2 depoisde simu ona vasinasaun ne'e
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • sente kolen
<ul style="list-style-type: none"> • headache 	<ul style="list-style-type: none"> • ulun-moras
<ul style="list-style-type: none"> • general aches, or mild flu like symptoms 	<ul style="list-style-type: none"> • isin moras baibain, ka sintoma moras gripe kmaan
Your child should rest and, if they are at school, they may need to take a day or two off.	Ita-nia oan presiza deskansa no, se sira eskola, karik sira presiza atu hela iha uma ba lora ida ka rua.
You can give them paracetamol (follow the children's dose advice on the packaging) to help make them feel better. You can find more information on paracetamol for children on www.nhs.uk/medicines/paracetamol-for-children .	Ita bele fo ba sira ai-moruk paracetamol (halo tuir instrusaun iha ninia falun) atu halo sira sente di'ak. Ita bele hetan informasaun barak liu tan kona-ba atu fó paracetamol ba labarik sira iha www.nhs.uk/medicines/paracetamol-for-children .
Although feeling feverish is not uncommon for 2 to 3 days, a high temperature is unusual and may indicate they have COVID-19 or another infection.	Maibe se sente isin-manas la hanesan baibain to'o lora 2 ka 3, ninia temperatura la hanesan baibain no karik hatudu katak sira sofre COVID-19 ka infesaun seluk.
Symptoms following vaccination normally last less than a week. If your child's symptoms seem to get	Sintomas ne'ebé mosu depoisde simu ona vasinasaun ne'e baibain la to'o semana ida. Sé Ita-

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worse or if you are concerned, you can call your GP or Out of Hours service.	nia oan nia sintomas ne'e aumenta aat ka sé Ita preokupa, Ita bele telefone ba Ita-nia GP ka atendimentu la'os oras servisu nian.
Less common side effects	Efeito sekundariu ne'ebé Ila'os baibain:
Cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after COVID-19 vaccines. Most cases recovered and felt better following rest and simple treatments.	Kazu sira ba moras-bubu fuan nian (ho naran miokardite ka perikardite) iha ona ninia relatóriu maibe mosu raru liu wainhira ema simu ona vasina COVID-19. Iha kazu barak liu mak ema rekupera no sente diak liu depoisde sira ba deskansa no simu tratamentu simples deit.
In the US, all side effects have been reported much less commonly after the children's dose of vaccine. So far, only 1-2 cases of myocarditis have been reported for every million doses of vaccine given.	Iha Estados Unidos, ema relata ona kona-ba efeito sekundáriu ne'e jeralmente oituan liu ona depoisde labarik sira simu doze vasina. To'o ohin loron, iha de'it kazu miokardite 1-2 ne'ebé ema relata ona husi kada millaun doze vasina ne'ebé ema sira mak simu ona.
You should seek medical advice urgently from your GP or Emergency Department if your child experiences:	Ita tenke ba buka tratamentu mediku ho urjente husi Ita-nia GP ka Servisu Emerjénsia se Ita-nia oan esperiénsia:
<ul style="list-style-type: none"> • chest pain 	<ul style="list-style-type: none"> • hirus-matan sente moras
<ul style="list-style-type: none"> • shortness of breath 	<ul style="list-style-type: none"> • iis badak
<ul style="list-style-type: none"> • feelings of having a fast-beating, fluttering, or pounding heart 	<ul style="list-style-type: none"> • fuan sente hanesan tuku-tuku makaas, nakdedar, ka bebar
Make sure you tell them about the vaccination your child has received, or show them your child's record card.	Asegura katak Ita informa ba sira kona-ba vasina ne'ebé Ita-nia oan simu ona, ka hatudu ba sira Ita-nia oan nia kartaun rejistru/record card.
If you think they have had a serious side effect from the vaccine you can report it using the Coronavirus Yellow Card scheme. Please see page 4 for details.	Se Ita hanoin sira hetan ona eferitu sekundáriu ne'ebé sériu husi vasina nee, Ita bele relata ida ne'e ho uza eskema Kartaun Kinur Virus Korona nian. Favór haree pájina 4 ba nia detalla sira.
How to book your appointment	Oinsá mak atu halo Ita-nia markasaun
You can make an appointment at a children's vaccination clinic in your local Health and Social Care Trust using the online booking system at: https://covid-19.hscni.net/get-vaccinated	Ita bele halo markasaun iha labarik sira-nia klínika vasinasaun iha Ita-nia Fidusiáriu Kuidadu Sosiál no Saúde lokál ho uza sistema rezervasaun online iha: https://covid-19.hscni.net/get-vaccinated
You may be able to attend without an appointment - see www.nidirect.gov.uk/covid-vaccine	Ita bele atende sein markasaun – haree www.nidirect.gov.uk/covid-vaccine
What to do next	Depoisde sa'ida mak tenke halo
When your child has had their first injection, you should get a record card.	Wainhira Ita-nia oan hetan ona sira-nia vasina ba dala uluk, Ita sempre simu kartaun rejistru nian.
You should keep this card and bring it with you when taking your child for their next appointment. This will be in 8 to 12 weeks' time.	Ita tenke rai karta ida ne'e no lori ho Ita wainhira lori Ita-nia oan ba nia markasaun tuir mai. Ida ne'e sei akontese iha semana 8 to'o 12.
Although the first dose will give your child good protection, they will need the second dose to get longer-lasting protection.	Maske doze dahuluk sei fó protesaun di'ak ba Ita-nia oan, sira sei presiza doze daruak atu hetan protesaun ne'ebé dura liu.
Keep their card safe and make sure you take your child to get their second injection.	Rai sira-nia kartaun ho seguru no asegura katak Ita lori Ita-nia oan atu ba simu nia injesaun daruak nian.

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After the vaccine	Depoisde simu ona vasina
You and your child should still try to avoid catching COVID-19 infections by following the current guidance.	Ita no Ita-nia oan sei presiza hodi evita hetan infesaun COVID-19 ho halo tuir orientasaun atuál nian.
Further information	Informasaun kle'an liu tan
The Yellow Card scheme is a website where you can report any side effects from the vaccine.	Eskema Kartaun Kinur mak sítiu internet ida iha ne'ebé Ita bele relata kualkér efeitu sekundáriu husi vasina ne'e.
You can also call 0800 731 6789. You can report suspected side effects on the website https://coronavirus-yellowcard.mhra.gov.uk/ or by downloading the Yellow Card app.	Ita mos bele telefone 0800 731 6789. Ita bele relata efeitu sekundaria ne'ebé ita deskonfia iha sítiu internet https://coronavirus-yellowcard.mhra.gov.uk/ ka hodi download aplikasaun Kartaun Kinur.
You can read the product information leaflet for more details on your vaccine, (see page 2) including possible side effects, on the Coronavirus Yellow Card website.	Ita bele lee folleta informasaun produktu ne'e atu hetan informasaun detalla liu tan kona-ba Ita-nia vasina, (haree pájina 2) inklui ninia efeitu sekundariu, iha Sítiu Internet Kartaun Kinur Virus Korona nian.
Further information on coronavirus symptoms is available on	Informasaun kle'an liu tan kona-ba sintomas korona virus disponível hela iha
www.nidirect.gov.uk/coronavirus	www.nidirect.gov.uk/coronavirus
Published in February 2022 by the Public Health Agency	Publika iha Fulan FEVEREIRU Tinan 2022 husi Entidade Saúde Públiku
Information correct at time of publication. For the latest version of this leaflet and alternative formats visit the PHA website www.publichealth.hscni.net	Informasaun ne'e mak loos iha tempu publikasaun ne'e. Ba versaun ikus folleta ida ne'e no formatu alternativu sira seluk vizita sítiu internet PHA www.publichealth.hscni.net
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