

English	Chinese Complex
<p>What to expect after your child's COVID-19 vaccination</p>	<p>在您的孩子接種完 2019 冠狀病毒 (COVID-19) 疫苗後預期會發生的情況</p>
<p>A guide for parents of children aged 5 to 11 years of age</p>	<p>ý 給 5 至 11 歲 兒童的家長指南</p>
<p>Find out more at nidirect.gov.uk/covid-vaccine</p>	<p>有關更多資訊，請訪問 www.nidirect.gov.uk/covid-vaccine</p>
<p>The health service is offering the COVID-19 vaccine to all eligible children.</p>	<p>衛生服務機構正在向所有符合條件的兒童提供 2019 冠狀病毒病 (COVID-19) 疫苗。</p>
<p>This leaflet tells you what to expect after your child has had their vaccination.</p>	<p>本傳單告訴您接種疫苗後預期會發生的情況。</p>
<p>Side effects</p>	<p>副作用</p>
<p>Like all medicines, vaccines can cause side effects. Most of these are mild and short term and not all children get 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 of the vaccine.</p>	<p>像所有藥物一樣，疫苗也可能會引起副作用。其中大多數並不嚴重，且是短期的，並非所有兒童都會有副作用。非常常見的副作用應該只持續一兩天。輝瑞 (Pfizer) 疫苗在第二劑後往往比第一劑引起更多的副作用。</p>
<p>Very common side effects in the first day or two include:</p>	<p>在第一天或前兩天中非常常見的副作用包括：</p>
<ul style="list-style-type: none"> • having a painful, heavy feeling and tenderness in the arm where they had their injection 	<ul style="list-style-type: none"> • 注射部位的手臂有疼痛、沉重的感覺和壓痛。
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • 感覺累
<ul style="list-style-type: none"> • headache, aches and chills 	<ul style="list-style-type: none"> • 頭痛，疼痛和發冷
<p>They may also have flu like symptoms with episodes of shivering and shaking for a day or two. However, a high temperature could also indicate</p>	<p>他們可能還會出現類似流感的症狀，在一兩天中有陣發性的顫抖和發抖。然而，發燒也可能表明他們感染了 COVID-19 或另一種感染。</p>

Chinese Complex Translation of What to expect after your child's COVID-19 vaccination 1.22

<p>that they have COVID-19 or another infection.</p>	
<p>They should rest. You can give them paracetamol to help make them feel better. Please check that the dose and type of paracetamol is correct for their age.</p>	<p>他們應該休息。您可以給他們服用撲熱息痛（paracetamol）以幫助他們感覺好一點。請檢查撲熱息痛的劑量和類型是否適合他們的年齡。</p>
<p>You can find more information on paracetamol here www.nhs.uk/medicines/paracetamol-for-children</p>	<p>您可以在此處找到有關撲熱息痛的更多信息 www.nhs.uk/medicines/paracetamol-for-children</p>
<p>An uncommon side effect is swollen glands in the armpit or neck on the same side as the arm as they had the vaccine. This can last for around 10 days, but if it lasts longer see your doctor.</p>	<p>一個罕見的副作用是，與接種疫苗的手臂同一側的腋下或頸部的腺體腫脹。這可能會持續 10 天左右，但是如果持續時間更長，請去看醫生。</p>
<p>What to do if you are concerned about their symptoms</p>	<p>如果您擔心他們的副作用該怎麼辦</p>
<p>These symptoms normally last less than a week. If their symptoms seem to get worse or if you are concerned, you can call their GP (family doctor) or Out of Hours service. If you do seek advice from a doctor or nurse, make sure you tell them about their vaccination (show them the vaccination card) so that they can assess your child properly. You can also report suspected side effects of vaccines and medicines online through the Yellow Card scheme at https://coronavirus-yellowcard.mhra.gov.uk or by downloading the Yellow Card app.</p>	<p>這些症狀通常持續不到一周。如果他們的症狀似乎惡化，或者您感到擔憂，可以致電您的全科醫生（GP）或非工作時間的服務。如果您確實向醫生或護士尋求建議，請務必告訴他們您孩子的疫苗接種情況（向他們出示疫苗接種卡），以便他們可以正確地評估您的孩子。您還可以在 https://coronavirus-yellowcard.mhra.gov.uk 透過黃卡計劃（Yellow Card scheme）或下載黃卡應用程式（Yellow Card app），報告疫苗和藥物的疑似副作用。</p>
<p>Are there other more serious side effects?</p>	<p>還有其他更嚴重的副作用嗎？</p>
<p>Recently, cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after the adult dose of COVID-19 vaccines.</p>	<p>最近，有罕見的在接種成人劑量的 COVID-19 疫苗後心臟發炎（稱為心肌炎或心包炎）的病例報告。</p>
<p>These cases have been seen mostly in younger men within a few days</p>	<p>這些病例主要發生於接種疫苗後幾天內的較年輕男性。這些人中的大多數</p>

Chinese Complex Translation of What to expect after your child's COVID-19 vaccination 1.22

after vaccination. Most of these people recovered quickly and felt better following rest and simple treatments.	人在休息和簡單治療後恢復得很快，感覺好轉。
You should seek medical advice urgently from your GP or Emergency Department if your child experiences:	如果遇到以下任何一種情況，則應立即向你的全科醫生或急症室尋求醫療建議：
<ul style="list-style-type: none"> • chest pain 	<ul style="list-style-type: none"> • 胸痛
<ul style="list-style-type: none"> • shortness of breath 	<ul style="list-style-type: none"> • 呼吸急促
<ul style="list-style-type: none"> • feelings of having a fast-beating, fluttering, or pounding heart 	<ul style="list-style-type: none"> • 感覺心跳節奏快，心顫動或心臟狂跳
Can your child catch COVID-19 from the vaccine?	您的孩子會從疫苗中感染 COVID-19 嗎？
Your child cannot catch COVID-19 from the vaccine but it is possible to have caught COVID-19 and not realise that they have the symptoms until after their vaccination appointment.	您的孩子不會從疫苗中感染 COVID-19，但是有可能他們之前已經感染了 COVID-19，直到接種了疫苗後才意識到自己有症狀。
The most important symptoms of COVID-19 are recent onset of any of the following:	感染 COVID-19 最重要症狀是最近出現以下任何一種情況：
<ul style="list-style-type: none"> • a new continuous cough 	<ul style="list-style-type: none"> • 新的持續咳嗽
<ul style="list-style-type: none"> • a high temperature 	<ul style="list-style-type: none"> • 發燒
<ul style="list-style-type: none"> • a loss of, or change in, their normal sense of taste or smell (anosmia) 	<ul style="list-style-type: none"> • 正常的味覺或嗅覺發生喪失或改變（失嗅）。
Although a fever can occur within a day or two of vaccination, if your child has any other COVID-19 symptoms or their fever lasts longer, stay at home and arrange to have a test.	儘管在接種疫苗後一兩天內可能會發燒，但是如果您有其他任何 COVID-19 症狀或發燒持續時間更長，請留在家裡並安排檢測。
What to do next	下一步做什麼
After your child's vaccination, you should be given a record card. If your child needs a second dose their next appointment will be in about 8 to 12 weeks' time. The second dose will give them longer lasting protection.	在您的孩子接種疫苗後，您應該獲得一張記錄卡。如果您的孩子需要第二劑，他們的下一次預約將在大約 8 到 12 週後進行。第二劑能給他們更長久的保護。

Chinese Complex Translation of What to expect after your child's COVID-19 vaccination 1.22

Keep your child's record card safe. If your child needs a second dose, don't forget to keep your next appointment.	妥善保管您孩子的記錄卡。如果您的孩子需要第二劑，請不要忘記前往下一次的預約。
If your child is not well for their appointment	如果您的孩子在他們的預約時身體不舒服
If your child is unwell, it is better to wait until they have recovered to have their vaccine.	如果您的孩子身體不適，最好等到康復後再接種疫苗。
Your child should not attend a vaccine appointment if they are self-isolating or waiting for a COVID-19 test. Ideally you should wait 12 weeks after your child has had a positive COVID-19 test or at least 4 weeks if your child is at higher risk.	如果您的孩子正在自我隔離，或等待 COVID-19 檢測，則不應參加疫苗預約。理想情況下，您應該在您孩子的 COVID-19 檢測呈陽性後等待 12 週，或者如果您的孩子處於較高的風險群，您應該等待至少 4 週。
Will the vaccine protect your child?	疫苗能保護您的孩子嗎？
The COVID-19 vaccine that your child has had has been shown to reduce the chance of them suffering from COVID-19 disease.	已證明您的孩子所使用的 COVID-19 疫苗可以減少他們患 COVID-19 疾病的機會。
Millions of doses of the vaccine have been given worldwide. The vaccine is highly effective in children and young people.	全世界已經接種了數百萬劑疫苗。該疫苗對兒童和青少年非常有效。
It may take a few weeks for your child's body to build up some protection from the vaccine. Like all medicines, no vaccine is completely effective, so you should continue to take recommended precautions to avoid your child picking up the infection.	您孩子的身體可能需要幾週的時間才能建立起由疫苗得到的保護。與所有藥物一樣，沒有疫苗是完全有效的，因此您應繼續採取建議的預防措施，以避免您的孩子受到感染。
Some children may still get COVID-19 despite having a vaccination, but this should be less severe.	儘管接種了疫苗，有些兒童仍可能會感染 COVID-19，但這應該不那麼嚴重了。
What your child can do after they've had the vaccine	接種疫苗後您的孩子可以做什麼
The vaccine cannot give your child COVID-19 infection, and it will reduce their chance of becoming ill.	疫苗不會讓您的孩子感染 COVID-19，並且它將減少他們患病的機會。

Chinese Complex Translation of What to expect after your child's COVID-19 vaccination 1.22

It is still important to continue to follow current national guidance. Your child can continue going to school, after they have had the vaccine.	但是，繼續遵循當前的指引仍然很重要。在接種疫苗後，您的孩子可以繼續上學。
To protect yourself and your family, friends and colleagues, you must still:	為了保護您自己以及您的家人、朋友和同事，您仍然必須：
<ul style="list-style-type: none"> • think about social distancing 	<ul style="list-style-type: none"> • 考慮社交距離
<ul style="list-style-type: none"> • wear a face covering where advised 	<ul style="list-style-type: none"> • 在建議的時候戴面罩
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • 仔細並經常洗手
<ul style="list-style-type: none"> • open windows to let in fresh air 	<ul style="list-style-type: none"> • 打開窗戶讓新鮮空氣進入
<ul style="list-style-type: none"> • follow the current guidance www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> • 遵循以下網站上的最新指引 www.nidirect.gov.uk/coronavirus
How COVID-19 is spread	COVID-19 是如何傳播的
COVID-19 is spread through droplets breathed out from the nose or mouth, particularly when speaking or coughing. It can also be picked up by touching your eyes, nose and mouth after contact with contaminated objects and surfaces.	冠狀病毒（COVID-19）通過從鼻子或嘴中呼出的小滴傳播，尤其是在說話或咳嗽時。在接觸被污染的物體和表面後，再觸摸您的眼睛、鼻子和嘴巴也可能會感染。
Further information	更多資訊
Please read the product information leaflet for more details on the vaccine, including possible side effects, on the Coronavirus Yellow Card website.	請在冠狀病毒黃卡（Coronavirus Yellow Card）網站上閱讀產品資訊手冊，以獲取有關疫苗的更多詳細資料，包括可能的副作用。
You can also report suspected side effects on the same website or by downloading the Yellow Card app. Further information is available from www.nidirect.gov.uk/covid-vaccine	您也可以在同一網站上或通過下載黃卡應用程式（Yellow Card app）報告疑似的副作用。欲獲得更多資訊，請訪問 www.nidirect.gov.uk/covid-vaccine
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Chinese Complex Translation of What to expect after your child's COVID-19 vaccination 1.22

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