

English	Irish
<p>What to expect after your child's COVID-19 vaccination</p>	<p>Cad le bheith ag súil leis tar éis vacsaínithe COVID-19 do linbh</p>
<p>A guide for parents of children aged 5 to 11 years of age</p>	<p>Treoir do thuismitheoirí leanaí ó 5 go 11 bliain d aois</p>
<p>Find out more at nidirect.gov.uk/covid-vaccine</p>	<p>Faigh tuilleadh eolais ag nidirect.gov.uk/covid-vaccine</p>
<p>The health service is offering the COVID-19 vaccine to all eligible children.</p>	<p>Tá an vacsaín COVID-19 á tairiscint ag an tseirbhís sláinte do gach leanbh incháilithe.</p>
<p>This leaflet tells you what to expect after your child has had their vaccination.</p>	<p>Insíonn an bhileog seo duit cad ba cheart a bheith ag súil leis tar éis do do leanbh a vacsaíniú a fháil.</p>
<p>Side effects</p>	<p>Fo-iarmhairtí</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>Cosúil le gach leigheas, is féidir go mbeidh fo-iarmhairtí i gceist leis an vacsaín. Tá an chuid is mó díobh seo éadrom agus gearrthréimhseach, agus ní thagann siad ar gach leanbh. Ba cheart nach maireann na fo-iarmhairtí rí-coitianta ach lá nó dhó. Is gnách go mbíonn níos mó fo-iarmhairtí i gceist leis an dara dáileog den vacsaín Pfizer ná an chéad dáileog.</p>
<p>Very common side effects in the first day or two include:</p>	<p>I measc na fo-iarmhairtí coitianta lá nó dhó i ndiaidh duit an vacsaín a fháil tá:</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"> • pian, troime agus soghortaitheacht sa lámh ina bhfuair siad a n-instealladh
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • tuirse
<ul style="list-style-type: none"> • headache, aches and chills 	<ul style="list-style-type: none"> • tinneas cinn, pian agus crithfhuacht
<p>They may also have flu like symptoms with episodes of shivering and</p>	<p>D'fhéadfadh go mbeadh siomtóim fliú acu le babhta creatháin ar feadh</p>

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<p>shaking for a day or two. However, a high temperature could also indicate that they have COVID-19 or another infection.</p>	<p>lá nó dhó. D'fhéadfadh teocht ard a léiriú go bhfuil COVID-19 nó ionfhabhtú eile orthu, áfach.</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>Ba chóir dóibh sos a ghlacadh. Is féidir leat paraicéiteamól a thabhairt dóibh chun cabhrú leo mothú níos fearr. Seiceáil le do thoil go bhfuil an dáileog agus an cineál paraicéiteamól ceart dá n-aois.</p>
<p>You can find more information on paracetamol here www.nhs.uk/medicines/paracetamol-for-children</p>	<p>Is féidir leat tuilleadh eolais a fháil ar pharaicéiteamól anseo 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>Fo-iarmhairt neamhchoitianta is ea faireoga ata san ascaill nó muineál ar an taobh céanna leis an lámh a bhfuair an vacsaín. D'fhéadfadh sé seo maireachtáil timpeall 10 lá, ach má mhaireann sé níos faide, lorg comhairle ó do dhochtúir.</p>
<p>What to do if you are concerned about their symptoms</p>	<p>Cad ba cheart a dhéanamh má tá imní ort faoi d'fho-iarmhairtí</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>Maireann na siomtóim seo níos lú ná seachtain amháin de ghnáth. Má éiríonn a siomtóim níos measa nó má tá imní ort, is féidir leat glaoch a chur ar do dhochtúir nó ar seirbhís atá ar fáil taobh amuigh de na gnáthuaireanta oibre. Má lorgaíonn tú comhairle dochtúra nó altra, déan cinnte go n-insíonn tú leo faoina vacsaín (taispeáin dóibh an cárta vacsaíne, más féidir) chun gur féidir leo do leanbh a mheasúnú i gceart. Is féidir leat fo-iarmhairtí amhrasta vacsaíní agus leigheasanna a thuairisciú ar líne freisin trí scéim an Chárta Bhuí ag https://coronavirus-yellowcard.mhra.gov.uk nó trí aip an Chárta Bhuí a íoslódáil.</p>
<p>Are there other more serious side effects?</p>	<p>An bhfuil fo-iarmhairtí eile níos troime ann?</p>
<p>Recently, cases of inflammation of the heart (called myocarditis or</p>	<p>Le déanaí, is annamh a tuairiscíodh cásanna athlasadh an chroí (ar a</p>

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pericarditis) have been reported very rarely after the adult dose of COVID-19 vaccines.	dtugtar miócairdítis nó pericarditis) tar éis na dáileoga fásta de vacsaíní COVID-19.
These cases have been seen mostly in younger men within a few days after vaccination. Most of these people recovered quickly and felt better following rest and simple treatments.	Feictear na cásanna seo i meas fir níos óige go hiondúil, 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.
You should seek medical advice urgently from your GP or Emergency Department if your child experiences:	Ba cheart duit comhairle a lorg ó do dhochtúir nó ón Roinn Éigeandála ar bhonn práinne má tá aon cheann de na fo-iarmhairtí seo a leanas ar do leanbh:
<ul style="list-style-type: none"> • chest pain 	<ul style="list-style-type: none"> • pianta cliabhraigh
<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
Can your child catch COVID-19 from the vaccine?	An féidir le do leanbh COVID-19 a ghabháil ón vacsaín?
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.	Ní féidir le do leanbh COVID-19 a ghabháil ón vacsaín ach is féidir go bhfuil COVID-19 gafa aige agus gan a thuiscint go bhfuil na hairíonna aige nó aici go dtí tar éis coinne an vacsaínithe.
The most important symptoms of COVID-19 are recent onset of any of the following:	Is iad na hairíonna is tábhachtaí de COVID-19 ná tosú le déanaí as aon cheann díobh seo a leanas:
<ul style="list-style-type: none"> • a new continuous cough 	<ul style="list-style-type: none"> • casacht nua leanúnach
<ul style="list-style-type: none"> • a high temperature 	<ul style="list-style-type: none"> • teocht ard
<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"> • cailleadh nó athrú do bhlais nó do bholaidh (anoisme)
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.	Cé gur féidir le fiabhras tarlú laistigh de lá nó dhó ón vacsaíniú, má tá aon chomharthaí eile de COVID-19 ar do leanbh nó má mhaireann an fiabhras níos faide, fan sa bhaile agus socraigh tástáil a dhéanamh.

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What to do next	Cad é an chéad rud eile le déanamh
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.	Tar éis vacsaíniú do linbh, ba chóir cárta taifid a thabhairt duit. Má bhíonn an dara dáileog de dhíth ar do leanbh beidh an chéad choinne eile acu laistigh de 8 go 12 seachtaine. Tabharfaidh an dara dáileog cosaint níos marthanaí dóibh in aghaidh an víreas.
Keep your child's record card safe. If your child needs a second dose, don't forget to keep your next appointment.	Coinnigh cárta taifid do linbh slán. Má tá dáileog eile de dhíth ar do leanbh, ná déan dearmad freastal ar an gcéad coinne eile.
If your child is not well for their appointment	Mura bhfuil do leanbh go maith dá coinne
If your child is unwell, it is better to wait until they have recovered to have their vaccine.	Má tá do leanbh tinn, is fearr fanacht go dtí go dtiocfaidh biseach orthu le go bhfaighidh sé/sí an vacsaín.
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.	Níor cheart do do leanbh freastal ar choinne vacsaíne má tá sé/sí féin-aonrú nó ag fanacht ar thástáil COVID-19. Go hidéalach, ba cheart duit fanacht 12 sheachtain tar éis do do leanbh tástáil dhearfach COVID-19 a fháil nó ar a laghad 4 seachtaine má tá do leanbh i mbaol níos airde.
Will the vaccine protect your child?	An gcosnóidh an vacsaín do leanbh?
The COVID-19 vaccine that your child has had has been shown to reduce the chance of them suffering from COVID-19 disease.	Léiríodh go laghdaíonn an vacsaín COVID-19 a bhfuair do leanbh an seans go mbeidh siad thíos le COVID-19.
Millions of doses of the vaccine have been given worldwide. The vaccine is highly effective in children and young people.	Tugadh na milliún dáileog den vacsaín do dhaoine timpeall an domhain. Tá an vacsaín rí-éifeachtach do leanaí agus do dhaoine óga.
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	Seans go dtógfaidh sé roinnt seachtainí do chorp do linbh cosaint éigin a fháil ón vacsaín. Cosúil le gach cógas, níl aon vacsaín éifeachtach go hiomlán, mar sin ba chóir duit leanúint de na réamhchúraimí a mholtar a

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avoid your child picking up the infection.	ghlacadh chun do leanbh a sheachaint ón ionfhabhtú.
Some children may still get COVID-19 despite having a vaccination, but this should be less severe.	D'fhéadfadh roinnt leanaí COVID-19 a fháil fós ainneoin vacsaíniú a bheith acu, ach níor cheart go mbeadh sé seo chomh dian.
What your child can do after they've had the vaccine	Cad is féidir le do leanbh a dhéanamh tar éis dó an vacsaín a fháil
The vaccine cannot give your child COVID-19 infection, and it will reduce their chance of becoming ill.	Ní féidir leis an vacsaín ionfhabhtú COVID-19 a thabhairt do do leanbh, agus laghdóidh sé an seans go n-éireoidh siad tinn.
It is still important to continue to follow current national guidance. Your child can continue going to school, after they have had the vaccine.	Tá sé fós tábhachtach treoracha reatha náisiúnta a leanúint. Is féidir le do leanbh leanúint ar aghaidh ag dul ar scoil, tar éis dó an vacsaín a fháil.
To protect yourself and your family, friends and colleagues, you must still:	Chun tú féin, do theaghlach, do chairde agus do chomhghleacaithe a chosaint, ní mór duit fós:
<ul style="list-style-type: none"> • think about social distancing 	<ul style="list-style-type: none"> • cuimhneamh ar scaradh sóisialta a dhéanamh
<ul style="list-style-type: none"> • wear a face covering where advised 	<ul style="list-style-type: none"> • masc aghaidhe a chaitheamh nuair a moltar é
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • do lámha a ní go cúramach agus go minic
<ul style="list-style-type: none"> • open windows to let in fresh air 	<ul style="list-style-type: none"> • fuinneoga a oscailt chun aer úr a ligean isteach
<ul style="list-style-type: none"> • follow the current guidance www.nidirect.gov.uk/coronavirus 	lean an treoir reatha www.nidirect.gov.uk/coronavirus
How COVID-19 is spread	Conas a scaiptear COVID-19
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.	Scaiptear COVID-19 trí bhraoiníní a análaítear amach as an srón nó as an mbéal, go háirithe nuair atá duine a labhairt nó ag casacht. Is féidir é a tholgadh freisin trí do lámha a chur ar do shúile, do shrón agus do bhéal tar éis dóibh teacht i dteagmháil le gnáthrudáí agus dromchlaí éillithe.
Further information	Tuilleadh eolais
Please read the product information leaflet for more details on the vaccine, including possible side effects, on the Coronavirus Yellow Card website.	Léigh bileog faisnéise an táirge le do thoil chun tuilleadh sonraí a fháil faoin vacsaín, lena n-áirítear fo-iarmhairtí féideartha, ar shuíomh

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	Gréasáin an Chárta Buí Coronavirus.
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	Is féidir fo-iarmhairtí amhrasta a thuairisciú ar an suíomh gréasáin céanna nó tríd an aip Yellow Card a íoslódáil. Tá tuilleadh eolais ar fáil ag www.nidirect.gov.uk/covid-vaccine
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