

English	Tetum
What to expect after your child's COVID-19 vaccination	Saida maka bele akontese depoizde Ita-nia oan nia vasinasaun Covid-19
A guide for parents of children aged 5 to 11 years of age	Matadalan ba inan-aman husi labarik sira ho tinan 5 to'o 11
Find out more at nidirect.gov.uk/covid-vaccine	Hatene barak liu tan iha www.nidirect.gov.uk/covid-vaccine
The health service is offering the COVID-19 vaccine to all eligible children.	Servisu saúde oferese hela vasina COVID-19 ba labarik hotu.
This leaflet tells you what to expect after your child has had their vaccination.	Folleta ida ne'e informa ba Ita kona-ba saida maka bele akontese depoizde Ita-nia oan simu ona sira-nia vasinasaun.
Side effects	Efeito sekundariu sira:
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.	Hanesan mos ai-moruk selu-seluk, vasina bele kauza efeito sekundariu. Barak liu efeito ne'e kmaan deit no mosu iha tempu badak deit, no la'os labarik hotu hetan buat hirak ne'e. Efeito sekundariu baibain nian ne'e tenke para ona iha loron ida ka rua. Vasina Pfizer ne'e dala barak liu kauza efeito sekundariu depoizde simu doze segundu.
Very common side effects in the first day or two include:	Efeito sekundariu baibain nian ne'e maka mosu iha loron primeiru ka loron segundu ne'e inklui:
<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"> • liman ne'ebé sira hetan sona sei moras, todan no mamar.
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • sente kolen
<ul style="list-style-type: none"> • headache, aches and chills 	<ul style="list-style-type: none"> • ulun moras, isin-moras no isin malirin
They may also have flu like symptoms with episodes of shivering	Sira mós bele sente hanesan gripe ho epizodu bee-doko no isin

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<p>and shaking for a day or two. However, a high temperature could also indicate that they have COVID-19 or another infection.</p>	<p>nakdedar ba loron ida ka rua. Maske nune'e, isin manas bele indika katak sira hetan COVID-19 ka infesaun seluk.</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>Sira presiza deskansa. Ita bele fo ba sira ai-moruk paracetamol atu halo sira sente di'ak. Favór haree katak doze no tipu paracetamol ne'e loos tuir sira-nia idade.</p>
<p>You can find more information on paracetamol here www.nhs.uk/medicines/paracetamol-for-children</p>	<p>Ita bele hetan informasaun barak liu tan kona-ba paracetamol iha ne'e 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>Efeitú sekundariu ne'ebé la'os baibain mak kuandu bubu iha glándula iha kalilin ka iha kakorok sorin ne'ebé hanesan ho liman ne'ebé sira hetan vasina. Ida ne'e bele to'o loron 10, se karik kle'ur liu ida ne'e entaun tenke ba konsulta iha doutór.</p>
<p>What to do if you are concerned about their symptoms</p>	<p>Saida maka presiza halo se Ita preokupa kona-ba sira-nia sintoma sira</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>Sintoma sira ne'e baibain iha la to'o semana ida. Se sira-nia sintomas ne'e aumenta aat ka se Ita preokupa, Ita bele telefone ba sira-nia GP (doutór familia) ka atendimentu la'os oras servisu nian. Se Ita buka sujestaun husi doutór ida ka enfermeiru ida, asegura katak Ita informa ba sira kona-ba oan sira-nia vasinasaun (hatudu kartaun vasinasaun ba sira) para sira bele ezamina Ita-nia oan loloos. Ita mós bele relata efeitú sekundaria ne'ebe Ita deskonfia husi vasina ne'e ka husi ai-moruk sira liu husi eskema Kartaun Kinur iha https://coronavirus-yellowcard.mhra.gov.uk ka liu husi download aplikasaun Kartaun Kinur.</p>

Are there other more serious side effects?	Karik iha efeitu sekundariu seluk ne'ebe seriu liu?
Recently, cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after the adult dose of COVID-19 vaccines.	Foin dadauk ne'e, iha ona keixa kazu balun ba moras-bubu fuan nian (bolu hanesan miokardite ka perikardite) raru liu depoizde doze adultu vasina COVID-19 ne'e.
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.	Kazu hirak ne'e akontese barak liu ba mane joven sira no mosu loron hirak depoizde simu ona vasinasaun. Balun husi ema hirak ne'e rekupera lalais no sente diak liu depoizde sira ba deskansa no simu tratamentu simples deit.
You should seek medical advice urgently from your GP or Emergency Department if your child experiences:	Ita presiza ba buka akonsellamentu mediku ho urjente husi Ita-nia GP ka Servisu Emerjensia se Ita-nia oan esperiensa:
<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
Can your child catch COVID-19 from the vaccine?	Karik Ita-nia oan bele hetan COVID-19 husi vasina ne'e?
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.	Ita-nia oan labele hetan COVID-19 husi vasina maibe iha possibilidade katak Ita hetan ona COVID-19 maibe la hatene se sira iha sintoma to'o liu tiha sira nia loron vasinasaun nian.
The most important symptoms of COVID-19 are recent onset of any of the following:	Sintomas importante liu husi COVID-19 bele hamosubuat hirak tuirmai ne'e:
<ul style="list-style-type: none"> • a new continuous cough 	<ul style="list-style-type: none"> • komesa me'ar la para
<ul style="list-style-type: none"> • a high temperature 	<ul style="list-style-type: none"> • isin manas
<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"> • sira-nia sentidu atu horon ka gostu baibain nian lakon ka muda (anozmia)
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.	Maske isin manas bele akontese iha loron ida ka rua nia laran depoizde vasinasaun, se Ita-nia oan hetan sintoma COVID-19 seluk ka se sira-nia isin manas kleur liu, entaun hela iha uma no aranja atu halo teste.

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What to do next	Tuir mai saida
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.	Depoizde Ita-nia oan nia vasinasaun, Ita sei simu kartaun rejistru ida. Se Ita-nia oan presiza doze daruak entaun sira-nia markasaun tuirmai sei hala'o iha maizumenus semana 8 to'o 12. Vasina doze daruak ne'e sei fó protesaun ba sira kleur liu tan.
Keep your child's record card safe. If your child needs a second dose, don't forget to keep your next appointment.	Rai Ita-nia oan nia kartaun rejistru ho seguru. Se Ita-nia oan presija vasina doze daruak, la bele haluha atu atende ba Ita-nia markasaun vasina tuir mai.
If your child is not well for their appointment	Se Ita-nia oan moras iha loron atu atende sira-nia markasaun
If your child is unwell, it is better to wait until they have recovered to have their vaccine.	Se Ita-nia oan moras, di'ak liu hein to'o wainhira sira rekupera ona mak simu sira-nia vasina.
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.	Ita-nia oan labele atende markasaun vasina se sira izola-an hela ka hein rezultadu teste COVID-19 nian. Idealmente Ita presiza hein semana 12 depoizde Ita-nia oan hetan teste pozitivu COVID-19 ka pelumenus semana 4 se Ita-nia oan iha risku ne'ebé aas liu.
Will the vaccine protect your child?	Karik vasina ne'e sei proteje ita-nia oan?
The COVID-19 vaccine that your child has had has been shown to reduce the chance of them suffering from COVID-19 disease.	Vasina COVID-19 ne'ebé Ita-nia oan simu one ne'e, prova ona atu redus possibilidade atu sira sofre husi moras COVID-19.
Millions of doses of the vaccine have been given worldwide. The vaccine is highly effective in children and young people.	Doze vasina miliaun ba miliaun ne'e distribui ona ba mundu tomak. Vasina ne'e efetivu tebes ba labarik no foin sa'e sira.
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.	Ida ne'e sei presija semana balun atu Ita-nia oan nia isin dezenvolve protesaun ruma husi vasina ne'e. Hanesan mós ai-moruk sira seluk, laiha vasina ne'ebé kompletamente efetivu, tan ne'e Ita tenke kontinua kuidadu tuir orientasaun sira atu evita Ita-nia oan hetan infesaun.

Some children may still get COVID-19 despite having a vaccination, but this should be less severe.	Labarik balun sei bele hetan COVID-19 maske hetan ona vasinasaun, maibé baibain ida ne'e sei la grave.
What your child can do after they've had the vaccine	Saida maka Ita-nia oan bele halo depoizde sira simu ona vasina ne'e?
The vaccine cannot give your child COVID-19 infection, and it will reduce their chance of becoming ill.	Vasina ne'e sei la fó infesaun COVID-19 ba Ita-nia oan, no sei redus possibilidade atu sira sai moras.
It is still important to continue to follow current national guidance. Your child can continue going to school, after they have had the vaccine.	Ne'e nafatin importante atu kontinua tuir matadalan nasionál atuál. Ita-nia oan bele kontinua ba eskola, depoizde sira simu ona vasinasaun ne'e.
To protect yourself and your family, friends and colleagues, you must still:	Atu proteje Ita-nia an no Ita-nia família, maluk no kolega sira Ita tenke nafatin:
<ul style="list-style-type: none"> • think about social distancing 	<ul style="list-style-type: none"> • hanoin kona-ba distansiamentu sosiál
<ul style="list-style-type: none"> • wear a face covering where advised 	<ul style="list-style-type: none"> • uza máskara iha fatin ne'ebe ema haruka
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • fase Ita-nia liman didi'ak no dala barak
<ul style="list-style-type: none"> • open windows to let in fresh air 	<ul style="list-style-type: none"> • loke janela atu husik anin fresku tama
<ul style="list-style-type: none"> • follow the current guidance www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> • halo tuir orientasaun atuál iha www.nidirect.gov.uk/coronavirus
How COVID-19 is spread	Oinsá COVID-19 ne'e bele da'et?
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.	COVID-19 da'et liu husi kabeen musan ne'ebé tama ita wainhira dada iis liu husi inus ka ibun, liu-liu wainhira ko'alia ka me'ar. Ita bele hetan ida ne'e hodi ka'er ita-nia matan, inus no ibun depoizde iha kontaktu ho sasan sira ne'ebé kontaminadu ona.
Further information	Informasaun kle'an liu tan
Please read the product information leaflet for more details on the vaccine, including possible side effects, on the Coronavirus Yellow Card website.	Favór lee folleta informasaun produktu ne'e atu hetan informasaun detalla liu tan kona-ba vasina ne'e, inklui ninia efeitu sekundariu, iha website Coronavirus Yellow Card.
You can also report suspected side	Ita mós bele relata efeitu sekundaria

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effects on the same website or by downloading the Yellow Card app. Further information is available from www.nidirect.gov.uk/covid-vaccine	ne'ebé ita deskonfia iha sítu internet ne'ebé hanesan ka hodi download aplikasaun Yellow Card. Informasaun kle'an liu tan disponível iha: www.nidirect.gov.uk/covid-vaccine
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