

English	Chinese simplified
<p>What to expect after your child's COVID-19 vaccination</p>	<p>在您的孩子接种完 2019 冠状病毒 (COVID-19) 疫苗后 预期会发生的情况</p>
<p>A guide for parents of children aged 5 to 11 years of age</p>	<p>给 5 至 11 岁儿童的家长指南</p>
<p>Find out more at nidirect.gov.uk/covid-vaccine</p>	<p>有关更多信息, 请访问 www.nidirect.gov.uk/covid-vaccine</p>
<p>The health service is offering the COVID-19 vaccine to all eligible children.</p>	<p>卫生服务机构正在向所有符合条件的儿童提供 2019 冠状病毒 (COVID-19) 疫苗。</p>
<p>This leaflet tells you what to expect after your child has had their vaccination.</p>	<p>此传单告诉您在您的孩子接种完疫苗后预期会发生的情况。</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>像所有药物一样, 疫苗也可能会引起副作用。其中大多数是轻微的和短期的, 并非所有儿童都会有副作用。非常常见的副作用应该只持续一两天。辉瑞 (Pfizer) 疫苗在第二剂后往往比第一剂引起更多的副作用。</p>
<p>Very common side effects in the first day or two include:</p>	<p>在前一两天中非常常见的副作用包括:</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、沉重的感觉和压痛
<ul style="list-style-type: none"> • feeling tired 	<ul style="list-style-type: none"> • 感觉累
<ul style="list-style-type: none"> • headache, aches and chills 	<ul style="list-style-type: none"> • 头痛, 疼痛和发冷
<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 that they have COVID-</p>	<p>他们可能还会出现类似流感的症状, 在一两天中有阵发性的颤抖和发抖。但是, 发烧也可能表明他们感染了 COVID-19 或另一种感染。</p>

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19 or another infection.	
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.	他们应该休息。您可以给他们服用扑热息痛（paracetamol）以帮助他们感觉好一点。请检查扑热息痛的剂量和类型是否适合他们的年龄。
You can find more information on paracetamol here www.nhs.uk/medicines/paracetamol-for-children	您可以在此处找到有关扑热息痛的更多信息 www.nhs.uk/medicines/paracetamol-for-children
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.	一种罕见的副作用是，与接种疫苗的手臂同一侧的腋下或颈部的腺体肿胀。这可能会持续 10 天左右，但是如果持续时间更长，请去看您的医生。
What to do if you are concerned about their symptoms	如果您担心他们的副作用该怎么办
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.	这些症状通常持续不到一周。如果他们的症状似乎恶化，或您感到担忧，您可以致电他们的全科医生（GP）或非工作时间的服务。如果您确实寻求医生或护士的建议，请确保告诉他们您孩子的疫苗接种情况（向他们出示疫苗接种卡），以便他们可以正确地评估您的孩子。您还可以在 https://coronavirus-yellowcard.mhra.gov.uk 通过黄卡计划（the Yellow Card scheme）或下载黄卡（Yellow Card）应用程序,报告疑似的疫苗和药物副作用。
Are there other more serious side effects?	还有其他更严重的副作用吗？
Recently, cases of inflammation of the heart (called myocarditis or pericarditis) have been reported very rarely after the adult dose of COVID-19 vaccines.	最近，有罕见的在接种成人剂量的 COVID-19 疫苗后心脏发炎（称为心肌炎或心包炎）的病例报告。
These cases have been seen mostly in younger men within a few days after vaccination. Most of these	这些病例主要见于接种疫苗后几天内的较年轻男性。这些人中的大多数人

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people recovered quickly and felt better following rest and simple treatments.	在休息和简单治疗后恢复得很快，感觉好转。
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种情况，则应立即向您的全科医生或急诊科寻求医疗建议：
<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"> • 感觉心跳节奏快，心颤动或心脏狂跳
Can your child catch COVID-19 from the vaccine?	您的孩子会从疫苗中感染 COVID-19 吗？
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.	您的孩子不会从疫苗中感染 COVID-19，但是有可能他们之前已经感染了 COVID-19，直到他们接种了疫苗后才意识到自己有症状。
The most important symptoms of COVID-19 are recent onset of any of the following:	感染 COVID-19 的最重要症状是以下任何一项的近期发作：
<ul style="list-style-type: none"> • a new continuous cough 	<ul style="list-style-type: none"> • 新的持续咳嗽
<ul style="list-style-type: none"> • a high temperature 	<ul style="list-style-type: none"> • 高烧
<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"> • 正常的味觉或嗅觉发生丧失或改变（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.	尽管在接种疫苗后一两天内可能会发烧，但是如果您的孩子有其他任何 COVID-19 症状或发烧持续时间更长，请留在家里并安排检测。
What to do next	接下来做什么
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.	接种疫苗后，您的孩子应该会获得一张记录卡。如果您的孩子需要第二剂，他们的下一次预约将在大约 8 到 12 周后进行。第二剂能给您的孩子更长久的保护。
Keep your child's record card safe. If	妥善保管您孩子的记录卡。如果您的

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your child needs a second dose, don't forget to keep your next appointment.	孩子需要接种第二剂，请不要忘记下一次的预约。
If your child is not well for their appointment	如果您的孩子在他们的预约时身体不舒服
If your child is unwell, it is better to wait until they have recovered to have their vaccine.	如果您的孩子身体不适，最好等到康复后再接种疫苗。
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离，或等待 COVID-19 检测，则不应参加疫苗预约。理想情况下，您应该在您孩子的 COVID-19 检测呈阳性后等待 12 周，或者如果您的孩子处于较高的风险群，您应该等待至少 4 周。
Will the vaccine protect your child?	疫苗能保护我的孩子吗？
The COVID-19 vaccine that your child has had has been shown to reduce the chance of them suffering from COVID-19 disease.	已证明您的孩子所使用的 COVID-19 疫苗可以减少您孩子患 COVID-19 疾病的机会。
Millions of doses of the vaccine have been given worldwide. The vaccine is highly effective in children and young people.	全世界已经接种了数百万剂疫苗。该疫苗对儿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.	您孩子的身体可能需要几周的时间才能建立起由疫苗得到的一些保护。与所有药物一样，没有疫苗是完全有效的，因此您应继续采取建议的预防措施，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.	尽管接种了疫苗，有些儿童仍可能会感染 COVID-19，但这应该不那么严重了。
What your child can do after they've had the vaccine	接种疫苗后您的孩子可以做什么
The vaccine cannot give your child COVID-19 infection, and it will reduce their chance of becoming ill.	疫苗不会给您的孩子带来 COVID-19 的感染，并且将减少他们患病的机会。
It is still important to continue to follow current national guidance.	继续遵循当前的国家指引仍然很重要。接种疫苗后，您的孩子可以继续

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Your child can continue going to school, after they have had the vaccine.	上学。
To protect yourself and your family, friends and colleagues, you must still:	为了保护自己和家人、朋友和同事，您仍然必须：
<ul style="list-style-type: none"> • think about social distancing 	<ul style="list-style-type: none"> • 考虑社交距离
<ul style="list-style-type: none"> • wear a face covering where advised 	<ul style="list-style-type: none"> • 在建议的时候戴面罩
<ul style="list-style-type: none"> • wash your hands carefully and frequently 	<ul style="list-style-type: none"> • 仔细并经常洗手
<ul style="list-style-type: none"> • open windows to let in fresh air 	<ul style="list-style-type: none"> • 打开窗户让新鲜空气进入
<ul style="list-style-type: none"> • follow the current guidance www.nidirect.gov.uk/coronavirus 	<ul style="list-style-type: none"> • 遵循以下网站上的最新指引 www.nidirect.gov.uk/coronavirus
How COVID-19 is spread	COVID-19 是如何传播的
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.	COVID-19 通过从鼻子或嘴中呼出的小滴传播，尤其是在说话或咳嗽时。在接触被污染的物体和表面后，再触摸您的眼睛、鼻子和嘴巴也可能会感染。
Further information	更多信息
Please read the product information leaflet for more details on the vaccine, including possible side effects, on the Coronavirus Yellow Card website.	请通过冠状病毒黄卡（Coronavirus Yellow Card）网站阅读产品信息手册以获取有关疫苗的更多详细信息，包括查看可能的副作用。
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	您也可以在同一网站上或通过下载黄卡应用程序（Yellow Card app）报告可疑的副作用。更多信息可以在 www.nidirect.gov.uk/covid-vaccine 查看
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