接种 COVID-19 疫苗后可出现的情况

What to Expect after Getting the COVID-19 Vaccine (Chinese)

接种 COVID-19 疫苗有助于保护您免受 COVID-19 的感染。您可能会出现一些副作用，这迹象表明您的身体正在建立保护机制。这些副作用可能感觉像流感症状，甚至可能影响您日常活动的能力，但几天后就会消失。如果您没有出现任何副作用，请放心，该疫苗有同等效用。

COVID-19 vaccine will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days. If you do not experience any side effects, be assured that the vaccine is just as effective.

最常见的副作用有哪些? What are the most common side effects?

接受注射的手臂:
On the arm where you got the shot:

- 疼痛　　Pain
- 肿胀　　　Swelling
- 皮肤发红　Redness of the skin

身体的其他部位:
Throughout the rest of your body:

- 疲劳　Tiredness
- 头痛　Headache
- 寒战　Chills
- 发烧　Fever
- 肌肉疼痛　Muscle pain
- 恶心　Nausea

美国疾控中心（CDC）现正采用一种基于智能手机的新型工具，称为 v-safe，用于接种 COVID-19 疫苗后人群的健康状况的登记检查。注册后，您就可以通过智能手机告知 CDC 接种 COVID-19 疫苗后出现的任何副作用。了解更多信息，请访问：http://www.cdc.gov/vsafe。

如果没有智能手机，则可以通过以下链接来报告出现的副作用 https://vaers.hhs.gov。

有用小贴士 Helpful tips

与您的医疗保健提供者讨论有关非处方药物（例如布洛芬、对乙酰氨基酚，阿司匹林或抗组胺药）的使用，用于接种疫苗后出现的任何疼痛和不适。如果您没有其他医疗问题使您无法正常服用这些药物，则可以服用这些药物来减轻疫苗接种后的副作用。

不建议为了防止副作用的产生而在疫苗接种之前服用这些药物。

Talk to your health care provider about taking over-the-counter medicine, such as ibuprofen, acetaminophen, aspirin, or antihistamines, for any pain and discomfort you may have after getting the vaccine. You can take these medications to relieve post-vaccination side effects if you have no other medical reasons that prevent you from taking these medications normally.
It is not recommended you take these medicines before vaccination for the purpose of trying to prevent side effects.

我需要注意的注意事项有哪些？ What are my care instructions?

减少注射部位的疼痛与不适：
To reduce pain and discomfort where you got the shot:

- 将干净、清凉、湿润的毛巾敷于注射部位。

- 使用或活动手臂。

减少发烧引起的不适：
To reduce discomfort from fever:

- 多喝液体。

- 穿着轻便。

Drink plenty of fluids.

Apply a clean, cool, wet washcloth over the area.

Dress lightly.

Use or exercise your arm

我什么时候应该致电医生? When should I call the doctor?

大多数情况下，发烧或疼痛引起的不适是正常的。如果有以下情况，请与您的医生或医疗保健提供者联系：

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider if you have:

- 注射 24 小时后，注射部位的发红或触痛加重

  Redness or tenderness where you got the shot that increased after 24 hours

- 担心副作用或者副作用几天后也未消退

  Side effects are worrying you or do not seem to be going away after a few days

我一共需要打几针? How many shots do I need to get?

- 辉瑞和莫德纳（信使 RNA COVID-19 疫苗）—— 您需注射 **2 针**才能获得最大保护。即使第一针后出现副作用，您也应该打第二针，除非疫苗接种者或您的医生告诉您不要注射第二针。

  Pfizer and Moderna (mRNA COVID-19 vaccines) - you will need **2 shots** in order to get the most protection. You should get the second shot even if you have side effects after the first shot unless a vaccination provider or your doctor tells you not to get it.

- 杨森（Janssen）疫苗（病毒载体 COVID-19 疫苗）—— 您仅需注射 1 针。

  Janssen vaccine (viral vector COVID-19 vaccine) - you will only need 1 shot.

我多快可以获得疫苗的最大保护？

How soon will I get the maximum protection from the vaccine?

接种任何疫苗后，您的身体都需要时间来建立保护机制。

It takes time for your body to build protection after any vaccination.

- 辉瑞和莫德纳疫苗需要注射两针，完成第二次接种注射的 2 周后才有保护作用。

  Pfizer and Moderna vaccines that require 2 shots may not protect you until about 2 weeks after your second shot.

- 杨森疫苗需注射一针，完成接种注射的 2 周后才有保护作用。

  Janssen vaccine that requires 1 shot may not protect you until about 2 weeks after vaccination.

如果我已接种 2 剂疫苗，是否还需要戴口罩并避免与他人密切接触？

Do I need to wear a mask and avoid close contact with others if I have received 2 doses of the vaccine?

在全剂量共需两剂的疫苗（如辉瑞和莫德纳疫苗）的第二剂注射完两周后，或全剂量仅需单剂的疫苗（如杨森）注射完 2 周后，您将被视为完成了全剂量的疫苗接种。

完成了全剂量疫苗接种的人可以开始做因疫情大流行而停止做的事情。在专家们更多地了解 COVID-19 疫苗在现实情况中所提供保护作用的同时，美国疾控中心（CDC）将会经常更新指南。

查看有关完成全剂量疫苗接种的人可以做的事情的最新指南，请访问：

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html

You are considered fully vaccinated 2 weeks after the second dose in a 2-dose series like the Pfizer or Moderna vaccine or 2 weeks after the single-dose vaccine like the Janssen vaccine. People who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic. While experts learn more about the protection that COVID-19 vaccines provide under real-life conditions, the CDC will update its guidelines frequently.

Please visit: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html to see the most current guidelines about what fully-vaccinated people can do.