

Flu campaign video - Cantonese

1	Hi my name is Shiren, I live and work in Bristol
	您好，我叫希倫。我在布裏斯托爾生活和工作。
2	I'm a part of the Bristol Muslim Strategic Leadership Group
	我是布裏斯托爾穆斯林戰略領導小組的成員。
3	I'm really passionate about public health
	我對公共衛生充滿熱情。
4	which is why i joined the NHS Health Task Group
	所以，我加入了國民醫療服務體系的健康工作組，
5	and today I'm here with Ade Williams. Hi Shiren nice to meet you
	今天我和艾德·威廉姆斯在一起。您好，希倫，見到您很高興。
6	What do you do Ade?
	艾德，您幹哪一行？
7	I'm the lead pharmacist at Bedminster Pharmacy which is in south Bristol
	我在南布裏斯托爾的貝明斯特藥房擔任首席藥劑師。
8	So, Ade I was wondering why is the flu vaccine important
	所以，艾德，我想知道為什麼流感疫苗很重要，
9	especially for people across different communities in Bristol this year?
	尤其對於今年在布裏斯托爾不同社區的人們？
10	One of the things that we sometimes forget is that flu itself kills and hospitalises people
	我們有時忘記的一件事，流感本身會具有殺傷力，讓人們住院。
11	we lose thousands of people sadly to flu every year
	每年，我們死於流感的人成千上萬。
12	we also know just like we've seen with the coronavirus, that

	我們還知道，正如我們看到的冠狀病毒一樣，
13	people who are in minority ethnic groups; black, Asian, and also people that have
	少數民族、黑人、亞洲人，還有
14	underlying health conditions like diabetes and also the over 65s are vulnerable to flu
	存在潛在的健康因素的人們，糖尿病患者和 65 歲以上的人們都容易感染流感，
15	and we are concerned actually that the combination of flu and covid which we know
	我們擔心我們流感結合冠狀病毒
16	increases the [risk] to have both of them at the same time poses a big risk to those groups
	會增加同時患上兩種疾病的風險，也對這些人群擁構成極大的風險。
17	as well, so what we then know
	所以，我們知道
18	is that in light of this risk the flu vaccine which is a safe and effective way
	鑒於這種風險，流感疫苗是可以保護您免受流感的
19	to protect yourself from flu just makes a lot of sense to have it to protect you, your family
	一種既安全又有效的方法，對於保護您、您的家人以及
20	and also, your community as well.
	以及您的社區具有重大意義。
21	I completely agree with you
	我完全贊同您的觀點。
22	So is the flu vaccine effective, does it actually work?
	那麼，流感疫苗有效嗎？果真能起作用嗎？

23	Yes, it is effective, the flu vaccine offers a very effective way of
	是的，流感疫苗是有效的，能夠提供了一種保護自己非常有效的方法。
24	delivering protection to yourself, it doesn't give you the flu because it doesn't have any
	流感疫苗不會讓您患上流感，因為其中沒有任何活疫苗。
25	live vaccines in it and it can take up to 14 days after it to be fully protected from flu
	疫苗可能需要 14 天以後才能完全防止流感。
26	Yes, I think that's really important, wanting to protect the people around us because we ourselves
	是的。我認為保護我們周圍的人們極其重要，因為我們自己
27	might not be at such high risk but [for] the people we love [it] might have a much more disastrous effect so
	或許不會面臨如此高的風險，但我們所愛的人們或許可能受到更加嚴重的災難性影響。
28	One thing I was wondering is
	有一事情我很想知道，
29	Does the flu vaccine have any side effects?
	流感疫苗有副作用嗎？
30	It's a good question and one of the things that many people will say to you
	這是一個很好的問題，也是很多人對您說的一件事，
31	is that flu vaccines give you flu and that's completely not true
	流感疫苗會讓您患上流感，這是完全不正確的。
32	the most that you will experience is an aching arm after you've
	您注射疫苗以後最多手臂疼痛。
33	had it and that usually will resolve itself without much incident over a few hours

	通常在幾個小時內就會過去，不會發生很大的事故。
34	If you are allergic to any of the constituents in a flu vaccine because some of them are egg-based
	如果您對流感疫苗中的任何成分過敏，那是因為有些成分是從雞蛋裏提取的，
35	you can actually ask the pharmacist or the nurse or the GP that's administering it
	您可以詢問給藥的藥劑師、護士或者全科醫生，
36	let them know that you do, and they can find you one that does not
	讓他們瞭解您的過敏情況，他們會找到不含那種成份的疫苗。
37	have that so the chances of you coming to any harm
	所以，您受到流感疫苗傷害的可能性極小。
38	from a flu vaccine is very very minimal, it's a very safe and effective intervention
	這是一種非常安全並且有效的干預措施。
39	Ok I think that's really important for everyone to know then because I think that was
	好吧。我覺得讓每個人都知道極其重要，因為我擔憂
40	my worry that it would have bad side effects but to know that it's really safe,
	疫苗存在副作用，但要知道疫苗確實很安全，
41	there's no live flu in it that's really important.
	裏面沒有活流感。這才是重要的。
42	One particular worry
	我有一個特別擔心的問題是，
43	that I had was that I'd be putting myself
	如果我到醫生的手術室或藥房
44	more at risk by coming into a doctor's surgery or pharmacy to

	接種疫苗，自己可能
45	get the vaccine.
	面臨更大的風險。
46	No, you're not and one of the things that you know all of us in the NHS have been
	不會的，您沒有風險。您知道的一件事是我們所有的國民醫療服務體系一直保持警惕，
47	really conscious of because we've been planning for the flu vaccination
	因為我們計畫今年的流感疫苗接種
48	this year for over a period of time is to think about
	已有一段時間了，就是要考慮我們
49	how do we make it safe for you to come in
	如何讓您安全地參加，
50	what I can say is that you will certainly not be putting yourself at risk
	我的意思是說您肯定面臨危險，
51	that is because all NHS colleagues will be
	因為所有的國民醫療服務體系的同事都要
52	sanitizing our hands, will be wearing appropriate protection including
	做手消毒，穿戴適當的保護設備，包括
53	Mask, gloves, and also [for] each person as well. There will be appointments or time gaps put in place to
	口罩、手套，每個人都需要這樣做。接種疫苗需要預約，存在時間間隔，
54	make sure that people are not coming in together, they're not congregating together there and
	確保人們不會同時進來。接種的人們不會聚集在一起，
55	actually if you have a particular need as well that makes you maybe at a

	higher vulnerability
	實際上，如果您要求特別，可能使您成為易感人羣，
56	you will also find that there are special clinics being set up sometimes in community locations
	您也會發現有時在社區的一些地點設置了某些特殊的診所。
57	where you can go into a town hall or into a booked community setting to have your vaccination done
	您可以到市政廳或預定的社區快速接種疫苗，
58	quickly, it is something that we're all very conscious of, we want to make sure that in
	這是我們都很清楚的事情，我們希望確保
59	protecting you we are protecting ourselves and we are also making sure we don't cause you any harm.
	在保護您的同時也能保護我們自己，我們還要確保不會給您造成任何傷害。
60	One thing that's particularly relevant to the Muslim communities in Bristol is
	有一件事與布裏斯托爾的穆斯林社區特別相關，
61	and I've wondered about this and heard quite a few people ask, is the flu vaccine halal, is it safe for
	我對此很好奇，聽到很多人提問：“流感疫苗適合清真嗎？”“穆斯林社區
62	the Muslim community to get it? The adult flu vaccinations that we're using in our region do
	使用安全嗎？”我們地區使用的成人流感疫苗
63	not contain any traces of pork although it is not halal certified. We do know that the children's
	不含一丁點豬肉，儘管沒有經過清真認證。我們知道兒童的
64	nasal vaccines will have pork traces in them. What we are saying is the decision to get vaccinated is
	鼻腔疫苗含有痕跡量豬肉。我們所說的是，接種疫苗

65	one that is a personal one, so understand what the risks are, seek appropriate advice to help you
	由個人決定。因此，需在瞭解存在的風險，尋求適當的建議，以便幫助您
66	to make an informed decision and also talk to your Doctor or pharmacist as well. Thank you very much Ade
	作出知情的決定，同時也和您的醫生或藥劑師交談。非常感謝艾德，
67	that's really useful information, just
	這是非常有用的資訊。
68	one last thing for people in the community who are
	最後一件事，社區裏有資格獲得
69	looking to get the vaccine who's eligible for the free NHS vaccine and where can I get one?
	免費的國民醫療服務體系疫苗的人可以從哪里得到呢？
70	Free NHS vaccination is available for those in the at-risk group, this includes anyone over the age of 65
	免費接種的國民醫療服務體系疫苗向高危人群提供，包括 65 歲以上
71	people with a long-term health condition such as diabetes and also pregnant women at any stage of
	長期患有糖尿病等的病人以及任何階段懷孕的
72	their pregnancy. If you're eligible for the free NHS flu vaccination you may have already received
	孕婦。如果您有資格獲得免費的國民醫療服務體系流感疫苗接種，您可能已經收到了
73	a letter from your GP, if not you can go into your community pharmacy or contact your GP surgery and
	一封家庭醫生的信件。如果沒有，您可以前往社區的藥房或者聯繫您的全科醫生診所，
74	they will be able to advise you on how to book in for your free vaccination, so please go in if you're
	他們會告訴您如何登記免費接種疫苗。所以，如果您是

75	entitled to a free NHS vaccination, get it as soon as possible, protect yourself, protect your
	享受免費的國民醫療服務體系疫苗，請儘快接種，保護您自己，保護您的
76	family, protect your community and the NHS as well. Thank you very much for that, that's
	家庭，保護您的社區和國民醫療服務體系。非常感謝您。
77	a really important message I think everybody needs to hear that. Thank you for coming in.
	我想這也是每個人都需要聽到的重要消息。感謝您的光臨。