

Immunisation saves lives 免疫接种能挽救生命



Key facts

- Vaccination means getting a vaccine. It makes your body immune to some diseases. Vaccination is also known as immunisation.
- Older people can be more susceptible to some diseases, such as influenza and shingles.
- People aged 65 years and over can get free vaccine against influenza each year.
- The shingles vaccine is free for people aged 70 years.

重要事实

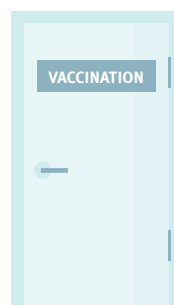
- 疫苗接种指接受疫苗。它能让您的身体对某些疾病有免疫力。疫苗接种也称为免疫接种。
- 老年人可能更容易患上某些疾病，例如流感和带状疱疹。
- 65岁及以上的人每年可以免费接种流感疫苗。
- 70岁的人可以免费接种带状疱疹疫苗。

Why is immunisation important?

Immunisation is a safe and effective way of protecting you and your community against serious diseases. Some vaccines are for older people, such as the vaccine against shingles. Shingles is a painful rash caused by the same virus that causes chickenpox. Complications from shingles may include severe pain, scarring, skin infections, loss of hearing or vision and pneumonia.

为什么免疫接种很重要？

免疫接种是保护您和社区免受严重疾病困扰的安全和有效方法。一些疫苗是针对老年人的，例如带状疱疹疫苗。带状疱疹是一种很疼的红疹，是由引起水痘的相同病毒导致。带状疱疹的并发症可能包括剧痛、伤疤、皮肤感染、听力或视觉损失以及肺炎。



If you travel outside Australia (including to your country of birth), you might need vaccinations to protect you from getting sick. Your doctor (also called general practitioner or GP) can tell you what vaccinations are needed before your travel. This will depend on when and where you are going, your age, other medical conditions and your vaccination history.

Speak to your doctor about your vaccinations to help protect you, your family and your community.

Immunisation schedule for Queensland

The immunisation schedule outlines which free vaccines are given at what age from birth to adulthood. The schedule is available at www.vaccinate.initiatives.qld.gov.au/schedule.

Are vaccines safe?

All vaccines available in Australia have been tested and are safe and effective. Like all medications, vaccines can cause some reactions. Common reactions to vaccines are generally mild and go away within a few days without medical treatment. Reactions include mild fever for a short time and soreness, redness or swelling where the needle was given. Major side effects are extremely rare. The risk to your health from getting the disease is far more serious than the risk from vaccine side effects.

Where to get vaccinated and how much does it cost?

You can get vaccinated at your GP clinic. Talk to your doctor.

The shingles vaccine is free for all people aged 70 years. People aged 70 years and over can also have free pneumococcal vaccine.

People aged 65 years and over can get free influenza vaccine. Influenza vaccines need to be given every year before the influenza season starts as the virus can change every season.

如果您要到澳大利亚以外的国家旅行(包括您的出生国),您可能需要接种疫苗以保护自己免受疾病困扰。您的医生(通常称为全科医生或GP)会告诉您旅行前需要接种哪些疫苗。这取决于您旅行的时间、目的地、您的年龄、其它健康问题以及您的疫苗接种历史等。

请向医生了解疫苗接种,以便保护自身、家人和社区。

昆士兰州的免疫接种计划表

免疫接种计划表列出了从出生至成年各年龄段接种的免费疫苗。该计划表可通过网站 www.vaccinate.initiatives.qld.gov.au/schedule 查询。

疫苗安全吗?

澳大利亚的所有疫苗都经过检测,是安全和有效的。正如所有药品那样,疫苗可能导致一些反应。常见的疫苗反应一般是轻微的,无需治疗几天后就会消失。这些反应包括短时间内低烧以及注射的地方有痛感、红肿。严重副作用十分罕见。患病为身体健康带来的风险比接种疫苗面临的风险要严重得多。

在哪里接种疫苗以及疫苗接种的费用是多少?

您可以在GP诊所接种疫苗。请向您的医生了解情况。

所有70岁的人可以免费接种带状疱疹疫苗。70岁及以上的人还可以免费接种肺炎球菌疫苗。

65岁及以上的人可以免费接种流感疫苗。流感疫苗需要在每年流感季节来临前接种,因为病毒在每个季节都可能变异。

While vaccines for these diseases are free for people in this age group, some doctors may charge a fee for the vaccination.

How can I access my immunisation records?

All vaccinations given to people in Australia are recorded on the Australian Immunisation Register (AIR) by the doctor giving the vaccination.

To get a copy of your immunisation record (called an immunisation history statement) you can:

- ask your doctor to print a copy from AIR for you
- call AIR on 1800 653 809
- visit a local Medicare service centre.

Make sure you bring all your immunisation records, including those from outside Australia, to your medical appointments. The doctor or nurse can use these records to decide which vaccinations you need, and to record vaccinations you had outside Australia on the Australian Immunisation Register. This will help keep your immunisation records up-to-date.

More information

- Call 13 HEALTH (13 43 25 84) for health advice 24 hours a day, 7 days a week.
- Call the Translating and Interpreting Service (TIS National) on 131 450 if you need an interpreter.
- For more information about immunisation, visit www.qld.gov.au/health/conditions/immunisation or www.health.gov.au/health-topics/immunisation
- For information in other languages, visit www.humanservices.gov.au/individuals/information-in-your-language or www.healthtranslations.vic.gov.au



虽然针对这些疾病的疫苗是免费提供给这一年龄段的人群的,但有些医生可能对疫苗接种收取费用。

我如何获取免疫接种记录?

人们在澳大利亚接种的所有疫苗都是由提供疫苗接种的医生记录在Australian Immunisation Register (AIR)。

如需获取您的记录副本(称为免疫接种历史记录),可以通过以下方式:

- 请您的医生从AIR打印一份副本;
- 致电AIR,电话号码是1800 653 809;
- 前往本地Medicare服务中心。

请您在看医生时带齐所有免疫接种记录,其中包括澳大利亚以外的记录。医生和护士可以使用这些记录来决定您需要接种哪些疫苗,并且将您在澳大利亚以外接种的疫苗录入Australian Immunisation Register。这将让您的免疫接种记录保持最新。

更多信息

- 致电13 HEALTH (13 43 25 84) 获取健康建议,该服务每周7天、每天24小时提供。
- 如果您需要口译员帮忙,致电 Translating and Interpreting Service (TIS National), 电话号码是131 450。
- 有关免疫接种的更多信息,请浏览网站 www.qld.gov.au/health/conditions/immunisation 或者 www.health.gov.au/health-topics/immunisation
- 如需获取相关信息的其它语言版本,请浏览网站 www.humanservices.gov.au/individuals/information-in-your-language 或者 www.healthtranslations.vic.gov.au

