

Immunisation saves lives 免疫接種挽救生命



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.

重要事實

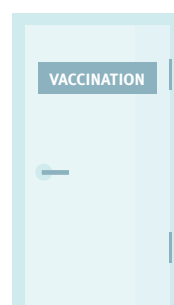
- 疫苗注射是代表要接種疫苗。這讓您的身體對某些疾病免疫。疫苗注射也稱為免疫接種。
- 年長者更容易感染某些疾病，例如流感和帶狀皰疹。
- 年滿65歲以上的人群每年都可免費接種抗流感疫苗。
- 帶狀皰疹疫苗對70歲以上的人是免費的。

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.

為什麼免疫接種很重要？

免疫接種是一種安全有效的方法，可預防您和您的社區受到嚴重疾病的侵害。有些疫苗是特別針對年長者的，例如帶狀皰疹疫苗。帶狀皰疹是由引起水痘的同一種病毒引起的皮疹，會造成疼痛。帶狀皰疹可能引發的併發症包括嚴重疼痛、疤痕、皮膚感染、聽力或視力喪失和肺炎。



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.

如果您前往澳洲以外的地方(包括到您的出生國家),您可能需要接種疫苗以防生病。您的醫生(也稱為全科醫生或GP)可以在您出發前告訴您需要接種哪些疫苗。這將取決於您出發的時間和前往的地點、您的年齡、其他醫療狀況以及您的疫苗接種史。

請和醫生討論您的疫苗情況,以保護您自己、您的家人和您的社區。

昆士蘭州的免疫接種時間表

免疫接種時間表列出了從出生到成年期間,哪些年齡段應接種哪些免費疫苗。您可以前往 www.vaccinate.initiatives.qld.gov.au/schedule 查閱這份時間表。

疫苗安全嗎?

澳洲提供的所有疫苗都已經過測試,並且安全有效。疫苗跟所有藥物一樣,可能會引發一些反應。常見的疫苗引發反應通常是輕度的,且不需治療,幾天內就會消失。這些反應包括短暫的輕微發熱,以及在扎針處出現痠痛、發紅或腫脹的現象。嚴重的副作用極為罕見。罹患疾病對您的健康造成的風險遠比接種疫苗副作用的風險嚴重得多。

在哪裡接種疫苗?費用多少?

您可以在您的GP診所接種疫苗。請和您的醫生討論。

帶狀皰疹疫苗對70歲以上人士是免費的。年滿70歲以上的人群也可免費接種肺炎球菌疫苗。

年滿65歲以上的人群可免費接種流感疫苗。每年都需在流感季節開始前接種疫苗,因為病毒每個季節都可能變異。

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



儘管這些疾病的疫苗是免費提供給這個年齡範圍的人群，但有些醫生可能會收取疫苗接種的費用。

怎麼查看我的免疫接種記錄

所有給予澳洲人士的疫苗注射都由提供疫苗的醫生記錄在Australian Immunisation Register (AIR) 裡。

您可以依照以下步驟，獲取您的免疫接種記錄（稱為immunisation history statement）：

- 請您的醫生從AIR列印一份
- 撥打1800 653 809聯繫AIR
- 前往附近的Medicare服務中心

確保看醫生時帶著您所有的免疫接種記錄（包括澳洲境外的免疫接種記錄）。醫生或護士可以用這些記錄來確定您需要接種哪些疫苗，並在 Australian Immunisation Register上記錄您在澳洲境外接受的疫苗接種。這有助於保持您的免疫接種記錄在最新狀態。

更多資訊

- 每週7天，每天24小時您都可以撥打13 HEALTH(13 43 25 84)來獲得健康方面的建議。
- 如果您需要口譯員，請致電131 450聯繫Translating and Interpreting Service (TIS National)。
- 欲知更多免疫接種的相關資訊，請前往以下網站：www.qld.gov.au/health/conditions/immunisation或 www.health.gov.au/health-topics/immunisation
- 欲查閱其他語言版本的資訊，請前往：www.humanservices.gov.au/individuals/information-in-your-language或 www.healthtranslations.vic.gov.au

