

About immunisation Kidalna Zatusut Vai Tawh Kisai

Information for parents
Nulehpate Theih Ding Thute



Chin Zomi \ Chin Zomi

Easy English





Hard words Kammal theihhamte

This book has some hard words.

Hih laibu sungah kammal theihham pawlkhat
kihel hi.

The first time we write a hard word

Amasa pen kammal theihham kong gelh uh
pen

- the word is in **blue**
- laimal ki **eng** sak hi

- we write what the hard word means.
- tua a theihham kammal ii khiatna kong gelh
uhhi.

You can get help with this book

Hih laibu in hong panpih thei ding hi

You can get someone to help you

Nang hong huh ding mi khatpeuh ngah thei ding hi teh



- read this book
- hih laibu sim in

- know what this book is about
- hih laibu sunga thute thei in



- find more information.
- thulela a kicing zaw kankhia in

About this book

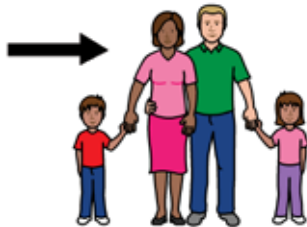
Hih laibu tawh kisai



This book is written

Hih laibu pen

- by Queensland Health
- Queensland Health pan a kigelh a hihi



- for parents.
- nulepate ading a kigelh a hihi.

This book is about **immunisation**

Hih laibu pen **kidalna zatusutna** tawh kisai
thu a hihi.

Immunisation means your body is protected
from some diseases.

Kidalna zatusutna cih pen natna tuamtuam
pan na pumpi hong dal ding cihna hi.

You need to have a **vaccine** to be immunised.
Natna kilawhloh nadingin **sunphut zatui** kisut
ding kisam hi.



A vaccine is protection medicine.
Sunphuk zatui cih pen natna dal zatui zaha a
hihi.

The medicine might be
Tua zatui pen



- injected
- a sut zong hi thei a

- swallowed.
- a nek zong hi thei hi



All vaccines used in Australia are safe.
Australia ah sunphuk zatui kizang te
khempeuh patauhhuai omlo hi.

Why is immunisation important? Kidalna zatui kisut ding banghang thupi hiam?

Immunisation protects you from diseases that
can

Kidalna zatui kisutna in hih natnate pan hong
dal hi



- make you sick
- hong cina sak thei natna

- cause death.
- sihna a piangsak thei natna

Immunisation can protect you from a lot of diseases.

Kidalna zatui kisutna in natna tampitak pan hong dal thei hi

For example

Gentehna



- measles
- Tangh



- mumps
- akngawng



- the flu
- nattun



- whooping cough.
- bukpi



You can catch diseases from other people.

Midangte tung pan natna kingah thei hi.



When a lot of people get immunised it is hard for diseases to spread in the community.

Mi tampi kidalnazatui a kisut ciangin khua sung veng sung ah natna kilawh hak hi.

Who should get immunised? Kuate kidalna zatui kisun ding hiam?

Everyone should get immunised.

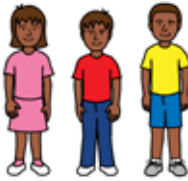
Mi khempeuh kidalna zatui kisut ding a hihi.

For example

Gentehna



- babies
- naungekte



- children
- naupangte



- young adults
- khangnote



- adults
- uliante



- older people.
- khanghante

It is very important for babies and young children to get immunised.

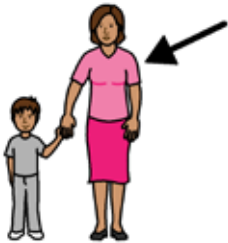
Naungekte leh khangno naupangte kidalna zatui kisut ding thupi mahmah hi.



It is also important for pregnant women to get immunised.

Naupaai nupite zong natna kidalna zatui kisut ding thupi hi.

Immunisation can protect
Kidalna zatui kisutna in



- the mother
- nu

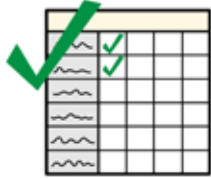
and
leh



- the baby.
- naungek te natna pan dal hi.

When should your family get immunised?

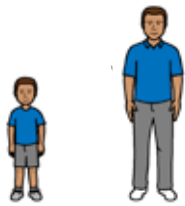
Innkuan sungah kidalna zatui bang hun kisun ding?



Australia has an immunisation **schedule**.

Australia gam in kidalna zatuisut **hun**

(schedule) nei uhi.



A schedule says which vaccines should be given at different ages.

Tua schedule sungah, kum tawh kizui-in sunphuk zatui kisut dingte kigen hi.

It is important to follow the schedule.

Tua schedule sunga bangin zuih ding thupi hi.

When you follow the schedule

Tua schedule bangin na zuih ciangin



- your child will be better protected from disease
- natna pan na nau limtak hong dal ding hi
- you can get **family assistance payments** from the government
- kumpi tung pan **innkuan huhna sumte** na ngah thei ding hi
 - family assistance payments are from Centrelink.
 - innkuan huhna sumte Centrelink pan hong kipia a hihi.



- your child can go to child care.
- na nau pen naupang kepna muchu sangah kah thei ding hi

If your child misses some immunisations your doctor can make a plan to catch up.

A zenzen in na nau in kidalna zatui pawlkhat a kisut khak keileh, siavuante in hun khat geelin hong sutsak kik thei hi.



Your child might need to get more immunisations to keep them protected from diseases.

Natnate a lut theihloh nangin, na nau in kidalna zatui a kisut thuah lai kul thei ding hi.

Your family might have to get immunised again if you do **not** have immunisation records from your home country.

Na pianna gam pan kidalna zatusut ciaptehna na neih keileh, na innkuan un kidalna zatui kisut kik kul kha thei ding hi.



If you travel outside Australia your family might need immunisations to keep them safe from disease.

A zenzen in, Australia gam pua na zin uh leh, natna kilawhloh nang kidalna zatui kisut ding kizam thei ding hi.



Your doctor can tell you which immunisations you will need.

Na siavuante in na kisut ding kidalna zatuite hong gen thei ding hi.

Will the immunisations hurt? Kidalna zatui kisut ciangin a na hiam?

You might feel a small pain when you get the injection.



Zatui hong kisut ciangin, tawmkhat na thei kha ding hi.

You might have pain **after** the injection. For example, a sore arm.

Zatui kisut zawh nungah, na thei ding hi.

Gentehna, ban golh cihbang.



You might have a mild fever **after** the injection.

Pain and fever will usually go away.

Zatui kisut khit teh cisa tawmkhat om thei hi.

Ana leh cisa pen hong dam lel ding hi.

If you are worried you can see your doctor.

Na lunghihmawh leh siavuante kiang kilak theih a hihi.

Where to get immunised

Kidalna zatui kisut nading mun

You can get immunisations from

Kidalna zatui kisut theihna munte pen



- your doctor
- na siavuante kiang



- some local councils
- hausa zumte



- high school
- tansawm (high school) sanginn

- for children in Year 7 and Year 10 only.
- Kum 7 leh Kum 10 kikal naupangte ading bek a hihi.



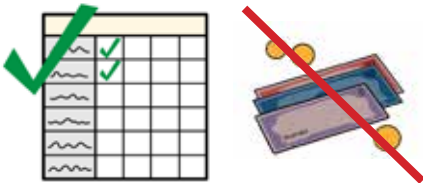
You must sign a consent form to say **yes** before your child gets immunised at school.

Na nau in sanginn ah kidalna zatui a kisut ma in, **he, thukim mah ing** cih thukimna lai khat letmat na thuhsak hamtang kul ding hi.

If your child misses an immunisation at school your doctor can give it to them.

Na nau in sanginn ah kidalna zatui a kisut khak kei zenzen leh, na siavuante in zong hong sutsak thei ding hi.

How much do immunisations cost? Kidalna zatusut man sum bangzah bei ding?



Vaccines listed on the Australian schedule are free for some groups.

Australia kumpi geelna sunga kihel sunphuk zatui pawlkhat akhong a hihi.



Ask your doctor if this includes you.

Tua sungah nang na kihel leh kihelloh na siavuante dong in.

If you get immunised by your doctor you might have to pay for the doctor visit.

Kidalna zatui na siavuante hong sut ahih leh siavuante' hong veel man sum piak kul kha thei ding hi.

Where can you get your immunisation record?

Kidalna zatusut ciaptehna koi ah kila thei ding?

You can get your immunisation record from

Na kidalna zatusut ciaptehna a kilaktheih nading munte pen



- your doctor
- na siavuante kiang
- the Australian Immunisation Register.
- Australian Immunisation Register zum.



Call the Australian Immunisation Register on 1800 653 809.

Australia Immunisation Register zum 1800 653 809 tawh phone set in.



Ask for your immunisation history statement.

Na kidalna zatusut ciaptehna lai ngen in.

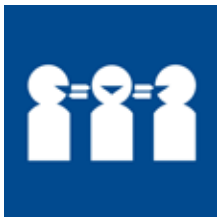


More information A kicing zaw in

For more information contact Queensland Health.
Thulehla kicing zaw na theihnop leh, Queensland
Health hopih in.



Call 13 432 584
13 432 584 sam in



If you need an interpreter contact the Translating
and Interpreting Service
Kamphen na kisap leh Translating leh Interpreting
Service hopih in

Call 131 450
131 450 phone set in

This is a free service.
Tua ading pen sum bei lo hi.



For information about immunisation visit
Kidalna zatusutna tawh kisai na theihnop leh

[www.qld.gov.au/health/conditions/
immunisation](http://www.qld.gov.au/health/conditions/immunisation)

or

ahihkeh

www.vaccinate.initiatives.qld.gov.au

For information in your language visit
Nang ma minam pau tawh na simnop leh

[www.humanservices.gov.au/individuals/
migrants-refugees-and-visitors](http://www.humanservices.gov.au/individuals/migrants-refugees-and-visitors)

[www.humanservices.gov.au/individuals/
information-in-your-language](http://www.humanservices.gov.au/individuals/information-in-your-language)

www.healthtranslations.vic.gov.au

© Scope (Aust) Ltd. You may use this document for your own personal, non-commercial purposes only. You must not use the document for any other purpose and must not copy, reproduce, digitise, communicate, adapt or modify the document, or any part of it, (or authorise any other person to do so) without the prior consent of Scope (Aust) Ltd.

Scope's Communication and Inclusion Resource Centre wrote the Easy English version in September, 2019.

To contact Scope call 1300 472 673 or visit www.scopeaust.org.au

To see the original contact Queensland Health.

The Picture Communication Symbols ©1981–2019 by Tobii Dynavox.

All Rights Reserved Worldwide. Used with permission.

Boardmaker® is a trademark of Tobii Dynavox.