

# 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.
- Vaccines can protect you against measles, meningococcal disease or some cancers caused by human papillomavirus (HPV).
- If you are not vaccinated, you and those around you may be at risk of getting serious diseases.
- All vaccines in Australia are safe.
- In Queensland you can get vaccinations for free at school in Year 7 and Year 10.
- If you have no immunisation records, your doctor can plan a schedule of vaccinations to get you up-to-date ('catch-up'). These vaccines are free if you are between 10 to 19 years of age.

## 重要事實

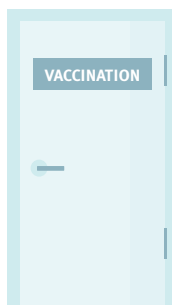
- 疫苗注射是代表接受疫苗。這讓您的身體對某些疾病免疫。疫苗注射也稱為免疫接種。
- 疫苗可以預防由人乳頭瘤病毒 (HPV) 引起的麻疹、腦膜炎球菌病或一些癌症。
- 如果您沒有接種疫苗，您和身邊的人都可能會有罹患嚴重疾病的風險。
- 澳洲使用的所有疫苗都是安全的。
- 在昆士蘭州，7年級和10年級的在校學生都可獲免費接種疫苗。
- 如果您沒有免疫接種記錄，您的醫生可以計畫接種時間表，讓您接種到目前應有的疫苗（「補打疫苗」）。如果您的年齡在10歲到19歲之間，這些疫苗是免費的。

## Why is immunisation important?

Immunisation is a safe and effective way of protecting you and your community against serious diseases. Human papillomavirus (HPV), for example, is a common virus easily passed on to others. It can cause certain cancers in men and women. Without vaccination, 90 per cent of adults will have a HPV infection in their life.

## 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。例如，人乳頭瘤病毒 (HPV) 是一種很容易傳播給他人的常見病毒，可以導致男性和女性罹患某些癌症。如果沒有接種疫苗，則有90%的成年人會在其一生中感染到 HPV。



There is no treatment to get rid of HPV infection. In most people the virus causes no symptoms and usually goes away after time. Sometimes it can persist and cause cancer of the mouth, throat and reproductive organs. The HPV vaccine is very effective and can prevent almost all HPV infections that cause cancer.

### 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](http://www.vaccinate.initiatives.qld.gov.au/schedule).

### A schedule of vaccinations to catch up

If you have missed vaccinations, catching up as soon as possible is important. Your doctor (usually called a general practitioner or GP) can plan a schedule of vaccinations to get you up-to-date ('catch-up'). You might need many vaccinations over a number of weeks or months to complete the recommended schedule and to be fully protected.

There are laws in Australia about vaccination, Centrelink payments and attendance at child care services. In Australia, children must be up-to-date with their immunisations for parents to receive Centrelink payments.

### 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?

You can get vaccinated at your GP clinic. Talk to your parents and doctor. If you are attending Year 7 or Year 10 at a secondary school in Queensland you can receive free vaccinations at school.

HPV感染並沒有可以根治的治療方法。這個病毒在大多數的人體內並不會引發任何症狀，且通常在一段時間後會消失。有時則可以持續存在，並導致口腔、咽喉和生殖器官的癌症。HPV疫苗非常有效，可以預防幾乎所有的會導致癌症的HPV感染。

### 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](http://www.vaccinate.initiatives.qld.gov.au/schedule)查閱這份時間表。

### 補打疫苗時間表

如果您錯過了疫苗接種，盡快補打疫苗是很重要的。您的醫生（通常稱為全科醫生或GP）可以規劃接種時間表，讓您接種到目前應有的疫苗（「補打疫苗」）。您可能要在幾週內或幾個月內多次接種疫苗，來完成所建議的進度安排並獲得充分的保護。

澳洲有著關於疫苗注射、Centrelink津貼和使用托兒服務的法律規定。在澳洲，孩子的免疫接種必須完全跟上進度，父母才能領取Centrelink津貼。

### 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？

您可以在您的GP診所接種疫苗。請和您的父母和醫生討論。如果您正在昆士蘭州的中學就讀7年級或10年級，您可以在學校免費接種疫苗。

Year 7 students get:

- HPV vaccine.
- diphtheria, tetanus and whooping cough vaccine (one vaccination).

Year 10 students get:

- meningococcal ACWY vaccine (one vaccination).

To get the free vaccinations at school, parents need to sign the consent forms and return them to school by the deadline.



If you are between 10 to 19 years of age and do not have an immunisation record, you can get free vaccines from your doctor against:

- diphtheria, tetanus and whooping cough (three vaccinations)
- poliomyelitis (three vaccinations)
- measles, mumps, rubella (two vaccinations).

Remember, to be fully protected, many vaccinations might need to be given over time.

### How much do vaccinations cost?

Catch-up vaccines for 10- to 19-year-olds given by your doctor and vaccines given at school are free.

Check with your doctor if you are eligible for free vaccines and if your doctor charges 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. If you are over 14 years of age, you can access your own immunisation record (called an immunisation history statement).

7年級學生將接種：

- HPV疫苗
- 白喉、破傷風和百日咳疫苗（一劑疫苗）

10年級學生將接種：

- 腦膜炎球菌ACWY疫苗（一劑疫苗）

父母需要簽署同意書，並在截止日期前將同意書交回學校，學生才可在學校免費接種疫苗。



如果您的年齡在10至19歲之間並且沒有免疫接種記錄，則可以從醫生那裡接種針對以下疾病的免費疫苗：

- 白喉、破傷風和百日咳疫苗（三劑疫苗）
- 小兒麻痺症（三劑疫苗）
- 麻疹、腮腺炎、風疹（兩劑疫苗）

請記得，為了要得到充分的保護，您可能需要在一段時間內接種多劑疫苗。

### 疫苗費用多少？

由醫生為10歲到19歲人群提供的補打疫苗和學校提供的疫苗都是免費的。

請諮詢您的醫生，查詢您是否符合獲得免費疫苗的資格，以及您的醫生是否收取疫苗注射的費用。

### 怎樣查看我的免疫接種記錄？

所有給予澳洲人士的疫苗注射都會由提供疫苗的醫生記錄在Australian Immunisation Register (AIR)裡。如果您年滿14歲，就可以查閱自己的免疫接種記錄（稱為immunisation history statement）。

To get a copy of your record 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
- go to the myGov website <https://my.gov.au> to create an account and link it to Medicare.

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](http://www.qld.gov.au/health/conditions/immunisation) or [www.health.gov.au/health-topics/immunisation](http://www.health.gov.au/health-topics/immunisation)
- For information in other languages, visit [www.humanservices.gov.au/individuals/information-in-your-language](http://www.humanservices.gov.au/individuals/information-in-your-language) or [www.healthtranslations.vic.gov.au](http://www.healthtranslations.vic.gov.au)



您可以依照以下步驟，獲取您的記錄：

- 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
- 前往myGov網站<https://my.gov.au>建立帳戶，並將帳戶連接Medicare

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裡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，請參閱 [www.qld.gov.au/health/conditions/](http://www.qld.gov.au/health/conditions/) 網站或 [www.health.gov.au/health-topics/免疫接種](http://www.health.gov.au/health-topics/免疫接種)
- 欲查閱其他語言版本的資訊，請前往：[www.humanservices.gov.au/individuals/information-in-your-language](http://www.humanservices.gov.au/individuals/information-in-your-language) 或 [www.healthtranslations.vic.gov.au](http://www.healthtranslations.vic.gov.au)

