

# About immunisation

## ဘဉ်းဃးဒီးကသံဉ်ဒီသဒါ

### Information for parents

တၢ်ဂ့ၢ်တၢ်ကျိၤလၢမိၢ်ပၢ်တဖၣ်အဂီၢ်



Karen \ ကညံ

Easy English



Queensland  
Government



## Hard words

တၢ်ကတိၤဖျၢၣ်လၢအကိတဖၣ်

This book has some hard words.

လိာ်တဘျီအံၤအိၣ်ဒီးတၢ်ကတိၤဖျၢၣ်လၢအကိတဖၣ်န့ၣ်လီၤ.

The first time we write a hard word

အဆိကတၢ်တဘျီလၢပကွဲးဘၣ်ယးတၢ်ကတိၤဖျၢၣ်လၢအကိတဖၣ်

- the word is in **blue**
- တၢ်ကတိၤဖျၢၣ်မ့ၢ်ဝဲ **အလွၢ်လါလုး**

- we write what the hard word means.
- ပကွဲးလီၤဝဲဒၣ်တၢ်ကတိၤဖျၢၣ်လၢအကိတဖၣ်အခိပညီန့ၣ်လီၤ.

# You can get help with this book

နဒီးန့တံမၤစၢလၢလံာ်တဘျီအံၤအဖီခိၣ်သ့ဝဲ

You can get someone to help you

နမၤပှၤတဂၤဂၤလၢအကမၤစၢန့ၤသ့ဝဲ



- read this book

- ဖးလံာ်အဝဲအံၤ

- know what this book is about

- သ့ၣ်ညါလၢလံာ်တဘျီအံၤဘၣ်ယးဒီးတၢ်ဂ့ၢ်မန့ၤလဲၣ်



- find more information.

- ယုသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤတဖၣ်.

# About this book

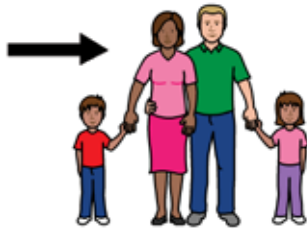
ဘဏ်းဒီးလံာ်တဘုာ်အံၤ



This book is written

လံာ်တဘုာ်အံၤဘဏ်းဒီးအံၤ

- by Queensland Health
- လၢ Queensland Health



- for parents.
- လၢမိၤပာ်တဖၣ်အဂီၢ်လီၤ.

This book is about **immunisation**

လံာ်တဘုာ်အံၤဘဏ်းဒီး **ကသံာ်ဒီသဒါ**

Immunisation means your body is protected from some diseases.

ကသံာ်ဒီသဒါအခိပညီမ့ၢ်ဝဲတၢ်တြီဆာဝဲဒၣ်နမိၢ်ပုၤလၢတၢ်ဆူးတၢ်ဆါတနီၤနီၤန့ၣ်လီၤ.

You need to have a **vaccine** to be immunised.

နကလိပ်ဘဉ် **ကသံဉ်ဒီသဒါ** လၢနကဒီသဒါလီၤနသးလၢတၢ်ဆူးတၢ်ဆါအဂီၢ်လီၤ.



A vaccine is protection medicine.

ကသံဉ်ဒီသဒါန့ဉ်မ့ၢ်ကသံဉ်တြီဆၢတၢ်န့ဉ်လီၤ.

The medicine might be

ကသံဉ်အံၤတၢ်ကသူအီၤဖဲ



● injected

● ကသံဉ်ဆဲး

● swallowed.

● ကသံဉ်အီ



All vaccines used in Australia are safe.

ကသံဉ်ဒီသဒါခဲလၢၢ်လၢတၢ်သူအီၤဖဲအီၤဖဲစံးစံးလၢယဉ်အပူၤတဖဉ်

ပူၤဖျဲးဝဲဒီးတၢ်လီၤဘဉ်ယိဉ်န့ဉ်လီၤ.

# Why is immunisation important?

ဘဉ်မနုဃိလၢကသံဉ်ဒီသဒၢအံၤအကါဒိဉ်ဝဲလဲဉ်.

Immunisation protects you from diseases that  
can

ကသံဉ်ဒီသဒၢန့ဉ်တြီဆၢနုၤလၢတၢ်ဆူးတၢ်ဆါလၢအ-



- make you sick
- ကနူးဆူးဆါနုၤ
  
- cause death.
- နူးကဲထီဉ်တၢ်သံတၢ်ပှ်တဖဉ်လီၤ.

Immunisation can protect you from a lot of diseases.

ကသံဉ်ဒီသဒါအံၤတြီဆါနၤလၢတၢ်ဆူးတၢ်ဆါအါမံၤအါကလုာ်သ့ဝဲန့ၣ်လီၤ.

For example

အိၣ်



- measles
- သမူးဖိတၢ်ဆါ



- mumps
- န့ၣ်ဘိးတၢ်ဆါ



- the flu
- တိးကူတၢ်ဆါ



- whooping cough.
- တၢ်ကူးဖးထီ



You can catch diseases from other people.

နမီးန့ၣ်တၢ်ဆူးတၢ်ဆါလၢပုၤအဂၢၤတဖၣ်အအိၣ်သ့ဝဲလီၤ.



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

ဖဲပုၤအါဒံအါဂၢၤဒီးန့ၣ်ဘၣ်ကသံၣ်ဒီသဒၢလံတစုကီၢ်ဝဲလၢတၢ်ဆူးတၢ်ဆါတဖၣ်ကသလၣ်လီၤအသးလၢပုၤတဝၢအပူၤန့ၣ်လီၤ.



# Who should get immunised?

မတူတဖန်လူအကလိန်ဘက်ကသံဉ်ဒီသဒါန့ဉ်လဲဉ်.

Everyone should get immunised.

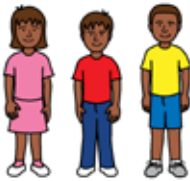
ပုၤကိးဂၤဒဲးကဘဉ်ဆဲးကသံဉ်ဒီသဒါန့ဉ်လီၤ.

For example

အဒိ



- babies
- ဖိသဉ်အိဉ်ဖျဉ်သီတဖဉ်



- children
- ဖိဒံဖိသဉ်



- young adults
- ပုၤသးစၢ်လိဉ်ဘိတဖဉ်



- adults
- ပုၤနီၤဒိဉ်



- older people.
- ပုၤလၢအသးပုၤတဖဉ်န့ဉ်လီၤ.

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

မူၢ်တၢ်အကါဒိၣ်ဝဲလၢဖိသၣ်အိၣ်ဖျၢၣ်သီဒီးဖိသၣ်သးစၢ်တဖၣ်  
ကဘၣ်ဒီးန့ၢ်ကသံၣ်ဒီသဒၢန့ၣ်လီၤ.

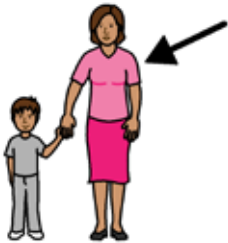


It is also important for pregnant women to get immunised.

မူၢ်တၢ်အကါဒိၣ်စ့ၢ်ကီးလၢပိၣ်မုၢ်ပိၣ်မၤလၢအအိၣ်ဒီးဟူးသးတဖၣ်ကဒီးန့ၢ်ဘၣ်  
ကသံၣ်ဒီသဒၢအံၤန့ၣ်လီၤ.

Immunisation can protect

ကသံၣ်ဒီသဒၢန့ၣ်တြီဆၢတၢ်သ့ဝဲလၢ



- the mother
- မိၢ်

and

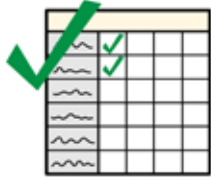
ဒီး



- the baby.
- အဖိအိၣ်ဖျၢၣ်သီအဂီၢ်န့ၣ်လီၤ.

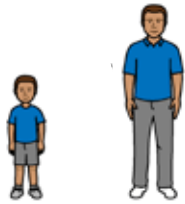
# When should your family get immunised?

နဟံဉ်ဖိဃီဖိကဘဉ်ဒီးန့ၢ်ကသံဉ်ဒီးသဒါအခါဖဲလဲဉ်.



Australia has an immunisation **schedule**.

အိးစတြလယဉ်အံၤအိဉ်ဒီးကသံဉ်ဒီးသဒါအတၢ် **ရဲဉ်ကျဲၤဆၢကတီၢ်** တဖဉ်န့ဉ်လီၤ.



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

တၢ်ရဲဉ်ကျဲၤဆၢကတီၢ်အံၤတဲဖျါဝဲကသံဉ်ဒီးသဒါဖဲလဲဉ်တခါလၢတၢ်ကဘဉ် ဟ့ဉ်အိၤလၢသးန့ဉ်လီၤဆိတဖဉ်အဂီၢ်န့ဉ်လီၤ.

It is important to follow the schedule.

မ့ၢ်တၢ်အကါဒိဉ်လၢနကလူၤပိဉ်ထွဲတၢ်ရဲဉ်ကျဲၤဆၢကတီၢ်တဖဉ်အခံန့ဉ်လီၤ.

## When you follow the schedule

ဖဲနလူပိတ်ထွဲတၢ်ရဲၣ်ကျဲၤဆၢကတီၢ်လံတစု



- your child will be better protected from disease
- တၢ်တြီဆၢဝဲဒၣ်နဖိလၢတၢ်ဆူးတၢ်ဆါန့ၢ်ဂ့ၤဒိၣ်ထီၣ်
- you can get **family assistance payments** from the government
- နဒီးန့ၢ် **ဟံၣ်ဖိယိဖိကျိၣ်စုတၢ်မၤစၢၤတဖၣ်** လၢပဒိၣ်အအိၣ်သ့ဝဲ

– family assistance payments are from Centrelink.

– ဟံၣ်ဖိယိဖိကျိၣ်စုတၢ်မၤစၢၤတဖၣ်ဟဲဝဲလၢ ဝဲထၢလ့ၣ် (Centrelink) အအိၣ်န့ၣ်လီၤ.



- your child can go to child care.
- နဖိလဲၤဆူတၢ်ကွၢ်ထွဲဖိသၣ်အလီၢ်သ့ဝဲလီၤ.

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

နဖိမ့ၢ်တဒီးန့ၢ်ဘၣ်ကသံၣ်ဒီးသဒၢလၢအဆၢကတီၢ်ဘၣ်အခါန့ၢ်နကသံၣ်သရၣ်ကရဲၣ်ကျဲၤလၢကဟ့ၣ်ပွဲၤထီၣ်အိၣ်သ့ဝဲလီၤ.



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

နဖိကလိပ်ဘဉ်အါထီဉ်ကသံဉ်ဒီသဒါတဖဉ်ဒ်သိး  
ကတြီဆါအသးလါတၢ်ဆူးတၢ်ဆါတဖဉ်န့ဉ်လီၤ.

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

နဟံဉ်ဖိယိဖိကဘဉ်ဒီးန့ၢ်ကသံဉ်ဒီသဒါတဘျီကဒီးသ့ဝဲန့ၢ်ကသံဉ်ဒီသဒါအတၢ်မၤနီဉ်  
မၤယါလါထံကီၢ်လါနဟဲတဘျဉ်အအိဉ်မ့ၢ်တအိဉ်ဝဲအခါန့ဉ်လီၤ.



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

နမ့ၢ်ဟးထီဉ်လါကီၢ်အီးစတြုလယဉ်အချါန့ဉ်နဟံဉ်ဖိယိဖိကလိပ်ဘဉ်ကသံဉ်ဒီသဒါ  
သိးအဝဲသ့ဉ်ကပူၤဖျဲးဒီးတၢ်ဆူးတၢ်ဆါတဖဉ်အဂီၢ်န့ဉ်လီၤ.



Your doctor can tell you which immunisations you will need.

နကသံဉ်သရဉ်ကတဲဘဉ်န့ၢ်လါကသံဉ်ဒီသဒါဝဲလဲဉ်တခါလါနလိပ်ဘဉ်အီၤန့ဉ်လီၤ.

# Will the immunisations hurt?

ကသံဉ်ဒီသဒါအံအမါဆါတံါါ.

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

နကတူာ်ဘဉ်အဆါတဖဲဖဲနဆဲးအီအခါန့ဉ်လီ.



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

နကတူာ်ဘဉ်တံါဆါဖဲနဆဲးအီတံါအခါလီ. အဒိ, နစုကဆါဝဲလီ.



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

Pain and fever will usually go away.

နကအိဉ်ဒီးတံါလီကီတဖိဉ်တဆဲးဖဲနဆဲးအီတံါအလီခံန့ဉ်

လီ. တံါဆါဒီးတံါလီကီတဖိဉ်ညီနီကိညါလီဝဲန့ဉ်လီ.

If you are worried you can see your doctor.

နမ့ာ်ဘဉ်ယိဉ်ဘဉ်ဘီန့ဉ်နထံဉ်လီဒီးနကသံဉ်သရဉ်သ့ဝဲလီ.

# Where to get immunised

## နဒီးန့ၢ်ဘၣ်ကသံၣ်ဒီသဒၢအံၤသ့ဝဲဖဲလဲၣ်

You can get immunisations from

နဒီးန့ၢ်ဘၣ်ကသံၣ်ဒီသဒၢတဖၣ်သ့ဝဲလၢ



- your doctor
- နကသံၣ်သရၣ်



- some local councils
- လိၢ်ကဝီၤကိၣ်ကးကရၢတနီၤနီၤအအိၣ်



- high school
- တီၤထီၣ်ကိၣ်

- for children in Year 7 and Year 10 only.
- ထဲဒၣ်ဖိသၣ်လၢအသးနံၣ်အိၣ် ရ နံၣ်ဒီး ၁၀ နံၣ်တဖၣ်အဂီၢ်ဇီၤန့ၣ်လီၤ.



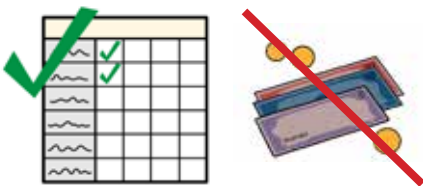
You must sign a consent form to say **yes** before your child gets immunised at school.

နကဘဉ်ဆဲးလီၤနမံၤလၢလံာ်ပျဲခွဲးအပူၤလၢနအာဉ်လီၤတူၢ်လိာ်လၢအဂီၢ်လၢမ့ၢ်တချုး  
ဖဲလၢနဖိကဒီးန့ၢ်ဘဉ်ကသံဉ်ဒီသဒၢလၢကွီအခါန့ၢ်လီၤ.

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

နဖိမ့ၢ်တဒီးန့ၢ်ဘဉ်ကသံဉ်ဒီသဒၢဖဲတၢ်ဟ့ၣ်အီၤဖဲကွီအခါန့ၢ်နကသံဉ်သရဉ်  
ဟ့ၣ်အီၤသ့ဝဲန့ၢ်လီၤ.

## How much do immunisations cost? ကသံဉ်ဒီသဒၢတဖဉ်ကလီၤလၢဝဲထဲလဲဉ်.



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

ကသံဉ်ဒီသဒၢလၢတၢ်ဟ်ဖျါထီဉ်အစရီဖဲအီးစၢထွဲလယဉ်အတၢ်ရဉ်ကျဲၤအပူၤတဖဉ်  
တၢ်ဟ့ၣ်ကလီၤလၢကရူၢ်တနီၤနီၤအဂီၢ်လီၤ.



Ask your doctor if this includes you.

သံကွၢ်ဘဉ်နကသံဉ်သရဉ်လၢတၢ်အံၤပဉ်ယုာ်ဒီးန့ၢ်ဖါအဂ့ၢ်တက့ၢ်.

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

နကသံဉ်သရဉ်မ့ၢ်ဟ့ၣ်ဘဉ်နၤကသံဉ်ဒီသဒၢန့ၢ်ဘဉ်သ့ၣ်သ့ၣ်နကဘဉ်  
ဟ့ၣ်တၢ်အပူၤနကသံဉ်သရဉ်အတၢ်လဲၤထံဉ်လိာ်နၤအဂီၢ်န့ၢ်လီၤ.



# Where can you get your immunisation record?

နဒီးနိုဘန်နကသံဉ်ဒီသဒါအတၢ်မၤနီဉ်မၤယါသ့ဝဲဖဲလဲဉ်.

You can get your immunisation record from

နဒီးနိုဘန်နကသံဉ်ဒီသဒါအတၢ်မၤနီဉ်မၤယါတဖၣ်သ့ဝဲလၢ



- your doctor
- နကသံဉ်သရၣ်

- the Australian Immunisation Register.
- Australian Immunisation Register.



Call the Australian Immunisation Register on 1800 653 809.

ကိးဘဉ် Australian Immunisation Register ဝဲ 1800 653 809 တက့ၢ်.



Ask for your immunisation history statement.

သံက့ၢ်ဘဉ်နကသံဉ်ဒီသဒါအတၢ်မၤနီဉ်မၤယါအလံာ်ဟ်ဖျါတက့ၢ်.



## More information

လၢကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤတဖၣ်အဂီၢ်

For more information contact Queensland Health.

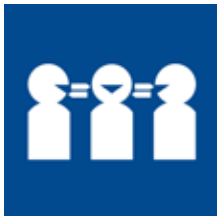
လၢကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်ဆဲးကျိး Queensland Health  
တက့ၢ်.



Call 13 432 584

ကိးဘၣ် 13 432 584

If you need an interpreter contact the Translating  
and Interpreting Service



နမ့ၢ်လိၣ်ဘၣ်ပုၤကျိးထံတၢ်ဖိန့ၣ်ဆဲးကျိး Translating and  
Interpreting Service

Call 131 450

ကိး 131 450

This is a free service.

တၢ်အံၤမ့ၢ်တၢ်မၤစၢၤကလိန့ၣ်လိၤ.



For information about immunisation visit

လၢတၢ်သ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃးဒီးကသံၣ်ဒိသဒါအဂီၢ်ကွၢ်ဖဲ

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

or

မ့တမ့ၢ်

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

For information in your language visit

လၢတၢ်ကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤလၢန့ၣ်တၢ်ဒၣ်နဲအဂီၢ်ကွၢ်ဖဲ

[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](http://www.healthtranslations.vic.gov.au)

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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](http://www.scopeaust.org.au)

To see the original contact Queensland Health.

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