

About immunisation Ivyerekeranye n'urukingo

Information for parents

Inkuru abavyeyi bakwiye kumenya



Kirundi \ Ikirundi

Easy English



Queensland
Government



Hard words

Amajambo agoye

This book has some hard words.

Iki gitabu kirafise amajambo amwamwe agoye.

The first time we write a hard word

Ubwa mbere twanditse ijambo rigoye

- the word is in **blue**
- iryo jambo riri mu ndome **z'ubururu**

- we write what the hard word means.
- twandika ico iryo jambo risigura.

You can get help with this book
Urashobora kuronka imfashanyo
wifashishije iki gitabu

You can get someone to help you

Urashobora kuronka umuntu agufasha



- read this book
- Soma iki gitabu

- know what this book is about
- Menya ico iki gitabu kivuga



- find more information.
- Rondera izindi nkuru zirengeye ibi.

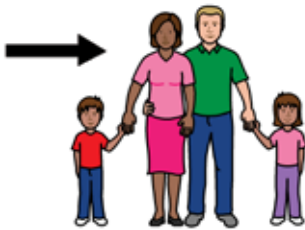
About this book

Ivyerekeranye n'iki gitabu



This book is written
Iki gitabu canditswe

- by Queensland Health
- na Queensland Health



- for parents.
- Candikiwe Abavyeyi.

This book is about **immunisation**
Iki gitabu cerekeye **uru rukingo**

Immunisation means your body is protected
from some diseases.

Urukingo rusigura yuko umubiri wawe ukingiwe
ingwara zimwezimwe.

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

Urakeneye kuronka **urucanco** kugira ngo wongereze abasoda b'umubiri bagukingira ingwara.



A vaccine is protection medicine.

Urucanco ni umuti wo gukinga ingwara.

The medicine might be

Uwo muti ushobora kuba



- injected
- Urushinge

- swallowed.
- Urashobora kumirwa.



All vaccines used in Australia are safe.

Incanco zose zikoreshwa muri Australia zirizewe.

Why is immunisation important? Kubera iki urukingo rufise akamaro?

Immunisation protects you from diseases that
can

Urukingo rugukingira ingwara zishobora



- make you sick
- Gutuma urwara

- cause death.
- Zishobora gutuma upfa.

Immunisation can protect you from a lot of diseases.

Urukingo rushobora kugukingira ingwara nyinshi.

For example

Nk'akarorero



- measles
- Agasama



- mumps
- Ibigoga



- the flu
- Ibicurane



- whooping cough.
- Inkorora y'akanira.



You can catch diseases from other people.

Urashobora kwandukirwa n'ingwara z'abandi bantu.



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

Igihe abantu benshi baronse urukingo biragoye ko ingwara zikwiragira mu kibano.

Who should get immunised? Ni nde akwiriye gukingirwa

Everyone should get immunised.

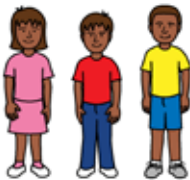
Abantu bose bakeneye gukingirwa.

For example

Nk'akarorero



- babies
- Inzoya



- children
- Abana



- young adults
- Imiyabaga



- adults
- Abakuze



- older people.
- Abasaza.

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

Ni ngirakamaro cane ku nzoya n'abana bakiri bato gukingirwa no guhabwa urucanco.

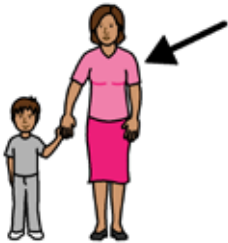


It is also important for pregnant women to get immunised.

Ni ngirakamaro kandi cane ku bakenyezi bibungenze kuronka urukingo.

Immunisation can protect

Urukingo rurashobora kurinda



- the mother
- Nyina

and

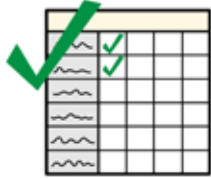
Hamwe n'



- the baby.
- Uruyoya.

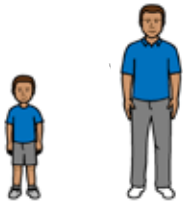
When should your family get immunised?

Umuryango wawe ukwiye gukingirwa ryari?



Australia has an immunisation **schedule**.

Australia irafise **urutonde** rw'inkingo.



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

Urutonde rurerekana incanco zitegerezwa gutangwa ku myaka itandukanye.

It is important to follow the schedule.

Ni ngombwa gukurikiza urutonde.

When you follow the schedule

Igihe ukurikije urutonde



- your child will be better protected from disease
- umwana wawe azoba akingiwe neza ingwara

- you can get **family assistance payments** from the government
- urashobora kuronka **imfashanyo zihabwa umuryango**
 - family assistance payments are from Centrelink.
 - Imfashanyo zihabwa umuryango ziva aho vyose bipoperanirijwe.



- your child can go to child care.
- Umwana wawe arashobora kuja aho barerera abana.

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

Iyo umwana wawe hari incanco zimwe zimwe atahawe umuganga wawe arashobora gutunganya ingene izo yasimvye yozihabwa.



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

Umwana wawe arashobora kuba akeneye izindi nkingo nyinshi kugira ngo zimukingire ingwara.

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

Umuryango wawe urashobora kuba ukeneye gukingirwa ukundi gushasha iyo **utigeze** ukingirwa mu gihugu wavukiyemwo.



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

Iyo ugiye hanze y'igihugu ca Australia umuryango wawe urashobora gukingirwa kugira ngo wirinde kwandura ingwara.



Your doctor can tell you which immunisations you will need.

Umuganga wawe arashobora kukubarira inkingo uba ukeneye guhabwa.

Will the immunisations hurt? Mbega izo ncanco zirababaza

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



Urashobora kwumva ububabare butoya igihe utewe urushinge.

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

Urashobora kwumva ububabare **inyuma** y'uguterwa urushinge. Nk'akarorero, ukuboko kukavyimba.



You might have a mild fever **after** the injection. Pain and fever will usually go away.

Urashobora kwumva ko ushushu bukebuke.

inyuma yuko uhejeje guterwa urushinge.

Ububabare n'ubushuhe mu bisanzwe birahera.

If you are worried you can see your doctor.

Iyo uhagaritse umutima urashobora kuraba umuganga wawe.

Where to get immunised Aho Urucanco ruronkerwa

You can get immunisations from
Ushobora kuronka incanco k’



- your doctor
- Umuganga wawe



- some local councils
- ahantu hamwehamwe hakorerwa ibikorwa vya reta mu micungararo



- high school
- Kw’ishuri nkuru

- for children in Year 7 and Year 10 only.
- Ku bana bari mu mwaka 7 no mu mwaka wa 10 gusa.



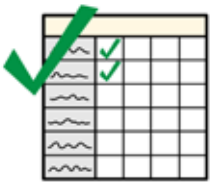
You must sign a consent form to say **yes** before your child gets immunised at school.

Urashobora gutera igikumu ku rukaratasi rwemeza **ego** imbere yuko umwana wawe ahabwa urukingo.

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

Iyo umwana wawe hari urukingo ataronse kw'ishuri umuganga wawe arashobora kurumuha.

How much do immunisations cost? Inkingo zirihwa amahera angahe?



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

Incanco zashizwe ku rutonde muri Australia nta mahera zirihwa ku mirwi imwimwe.



Ask your doctor if this includes you.

Baza muganga wawe nimba nawe uri muri abo batabanza kuriha.

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

Iyo urwo rukingo uruhawe n'umuganga wawe urashobora kuriha amahera kubera muganga yakugendeye.

Where can you get your immunisation record?

Ushobora kuronka hehe incanco zose bakugiriye?

You can get your immunisation record from
Ushobora kuronka incanco zose bakugiriye k’



- your doctor
- Umuganga wawe

- the Australian Immunisation Register.
- muri Australian Immunisation Register.



Call the Australian Immunisation Register on
1800 653 809.

Hamagara Australian Immunisation Register
kuri 1800 653 809.



Ask for your immunisation history statement.

Baza kahise kawe k’inkingo umaze kuronka.



More information **Ibindi woba ukeneye kumenya**

For more information contact Queensland Health.

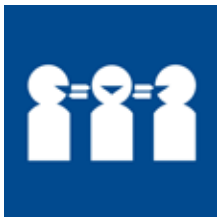
Ku zindi nkuru woba ukeneye bariza kuri
Queensland Health.



Call 13 432 584

Hamagara kuri 13 432 584

If you need an interpreter contact the Translating
and Interpreting Service



Nimba ukeneye umusobanuzi hamagara

Translating Hamwe n' Interpreting Service

Call 131 450

Hamagara kuri 131 450

This is a free service.

Ibi nta mahera bisaba ni ku buntu.



For information about immunisation visit
Ushaka kumenya ivyerekeranye n'urukingo
ronderera kuri

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

or
Canke

www.vaccinate.initiatives.qld.gov.au

For information in your language visit
Ku vyo ugomba kumenya mu rurimi rwawe
ronderera kuri

[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

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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

To see the original contact Queensland Health.

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