

About immunisation Wixii ku saabsan talaalka

Information for parents
Macluumaadka waalidiinta



Somali \ Af-Soomaali

Easy English





Hard words

Erayada adag

This book has some hard words.

Buugaani wuxuu leeyahay erayo adag.

The first time we write a hard word

Markii ugu horaysay oo aan qorno eray adag

- the word is in **blue**
- midabka eraygu waa **blue**

- we write what the hard word means.
- waxaan qornaa waxa erayga adag
macnihiisu yahay

You can get help with this book **Waxaad awoodaa inaad hesho in** **buugan lagaa caawimo**

You can get someone to help you

Waxaad heli kartaa qof ku caawima



- read this book
- akhri buugaan

- know what this book is about
- garo waxa buugaani ku saabsan yahay



- find more information.
- hel macluumaad intaas ka badan

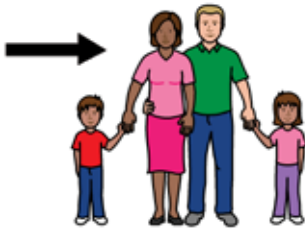
About this book

Wixii buugaan ku saabsan



This book is written
Buugaan waxaa qortay

- by Queensland Health
- Queensland Health



- for parents.
- waxayna u qortay waalidiinta.

This book is about **immunisation**
Buugani wuxuu ku saabsan yahay
immunisation

Immunisation means your body is protected
from some diseases.

Talaalka macnihiisu waxa weeye jirkaaga
waxaa laga xafiday cudurada qaarkood

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

Waxaad u baahan tahay inaad qaadato

vaccine si lagu xafido.



A vaccine is protection medicine.

Talaalku waa daawo difaac

The medicine might be

Waxaa laga yaabaa in daawada



- injected
- lagugu duro

- swallowed.

- la laqo.



All vaccines used in Australia are safe.

Dhamaan talaalada lagu isticmaalo Australia
waa amaan.

Why is immunisation important? Maxaa talaalku muhiim u yahay?

Immunisation protects you from diseases that can



Talaalku wuxuu kaa xafidaa cudurada awooda

- make you sick
- inay kaa dhigaan mid xanuunsan

- cause death.
- waxay keenaan dhimasho.

Immunisation can protect you from a lot of diseases.

Talaalku wuxuu kaa xafidaa cuduro aad u badan.

For example

Tusaale ahaan



- measles
- jadeecada



- mumps
- qaamaaqashiir



- the flu
- hargab



- whooping cough.
- kiix dheer



You can catch diseases from other people.

Waxaad ka qaadi kartaa cudurada dad kaleeto.



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

Marka dad badan la talaalo waa adag tahay in cuduradu ku faafaan bulshada dhexdeeda.

Who should get immunised? Yaa la talaalayaa?

Everyone should get immunised.

Qof walba waa in la talaalaa.

For example

Tusaale ahaan



- babies
- cunugyada yaryar



- children
- ilmaha yar



- young adults
- dhalinyarada koran



- adults
- dadka waaweyn



- older people.
- dadka waayeelka ah.

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

Aad ayay muhiim u tahay in carruurta yaryar iyo carruurta koran la talaalo.

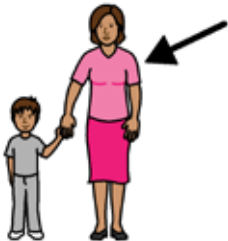


It is also important for pregnant women to get immunised.

Sidoo kale waa muhiim in dumarka uurka leh la talaalo.

Immunisation can protect

Talaalku waa difaaci karaa



- the mother
- hooyada

and

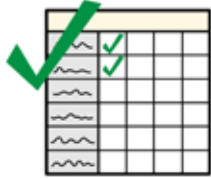
iyo



- the baby.
- cunugeeda yar

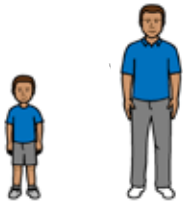
When should your family get immunised?

Goorma ayaa qoyskaaga la talaalayaa?



Australia has an immunisation **schedule**.

Australia waxay leedahay **schedule** talaalka.



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

Jadwalka ayaa sheega talaalka ay tahay in la siiyo dadka da' ahaan kala duwan.

It is important to follow the schedule.

Waa muhiim in la raaco jadwalka.

When you follow the schedule

Markaad raacdo jadwalka



- your child will be better protected from disease
- ilmahaaga si fiican ayaa looga xafidi doonaa cudurka

- you can get **family assistance payments** from the government
- waxaad ka heli kartaa **Family assistance payments** dawlada
 - family assistance payments are from Centrelink.
 - lacagta caawimada qoyska waxay ka timaada Centrelink.



- your child can go to child care.
- ilmahaagu waa aadi karaa xannaanada carruurta

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

Haddii ilmahaagu gafo talaalada dhakhtarkaaga ayaa kuu samayn kara qorshe aad ku dhamaystirto.



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

Ilmahaaga ayaa laga yaabaa inuu u baahan yahay talaalo si looga xafido cudurada.

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

Qoyskaaga ayaa laga yaabaa in la talaalo mar labaad haddii aadan haysan diiwaanka talaalka wadankaagii.



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

Haddii aad u safarto dibada qoyskaaga ayaa laga yaabaa inuu baahan yahay talaal si uu uga xafido cudurka.



Your doctor can tell you which immunisations you will need.

Dhakhtarkaaga ayaa kuu sheegi kara talaalada aad u baahan tahay.

Will the immunisations hurt? Talaalku ma xanuujiyaa?

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

Waa laga yaabaa inaad dareento xanuun yar markaad irbada qaadato.



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

Waxaa laga yaabaa inaad xanuunsato irbada **ka dib**. Tusaale ahaan, xanuun gacanta ah.



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

Pain and fever will usually go away.

Waa laga yaabaa inaad yeellato qandho yar irbada **ka dib**. Xanuunka iyo xumaduba waa iska tegi doonaan.

If you are worried you can see your doctor.

Haddii aad welwelsan tahay waxaad arki kartaa dhakhtarkaaga.

Where to get immunised

Meesha la iska talaalo

You can get immunisations from
Waxaad talaalada ka heli kartaa



- your doctor
- dhakhtarkaaga



- some local councils
- degmooyinka maxaliga ah qaarkood



- high school
- dugsigarre

- for children in Year 7 and Year 10 only.
- carruurta fasalka 7aad iyo fasalka 10aad



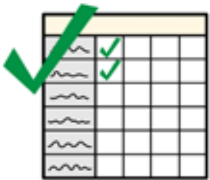
You must sign a consent form to say **yes** before your child gets immunised at school.

Waxaa waajiba inaad saxiixdo foomka ka raali noqoshada si loo yiraahdo haa ka hor intaan ilmaahaaga dugsiga lagu talaalin.

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

Haddii ilmahaagu gafo talaalka dugsiga dhakhtarkaaga ayaa siin kara.

How much do immunisations cost? Talaalku immisa ayuu ku kacaa?



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

Talaalada lagu taxay jadwalka Australia kooxaha qaarkood waa u lacag la'aan.



Ask your doctor if this includes you.

Weydii haddii aad kuwaas ku jirto.

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

Haddii dhakhtarkaagu ku talaalay waxaa laga yaabaa inaad lacag ku bixiso booqashadiisa.

Where can you get your immunisation record? Xaggee ka heli kartaa diiwaanka talaalkaaga?

You can get your immunisation record from
Diiwaankaaga talaalka waxaad ka heli kartaa



- your doctor
- dhakhtarkaaga

- the Australian Immunisation Register.
- Diiwaanka talaalka Australia



Call the Australian Immunisation Register on
1800 653 809.

Wac Australian Immunisation Register tel:
1800 653 809.



Ask for your immunisation history statement.
Weydii caddaynta taariikhda talaalkaaga.

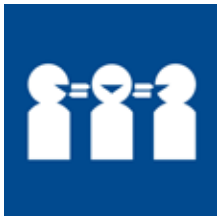


More information **Macluumaad intaas ka badan**

For more information contact Queensland Health.
Macluumaad intaas ka badan la xiriir Queensland Health.



Call 13 432 584
Wac 13 432 584



If you need an interpreter contact the Translating and Interpreting Service

Haddii aad u baahan tahay mutarjum la xiriir
Adeega Tarjumida qoraalka iyo Afcelinta

Call 131 450
Wac 131 450

This is a free service.
Kani waa adeeg lacag la'aan ah.



For information about immunisation visit
Macluumaad intaas ka badan oo ku saabsan
talaalka booqo

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

or
ama

www.vaccinate.initiatives.qld.gov.au

For information in your language visit
Macluumaad luqadaada ah booqo

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

To see the original contact Queensland Health.

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