

About immunisation

Kuhusu chanjo

Information for parents
Habari kwa wazazi



Swahili \ Kiswahili

Easy English





Hard words

Maneno magumu

This book has some hard words.

Kitabu hiki kina baadhi ya maneno magumu.

The first time we write a hard word

Ni mara ya kwanza tunaandika maneno

magumu

- the word is in **blue**
- Neno liko kwenye **bluu**

- we write what the hard word means.
- Tunaandika maana ya maneno magumu

You can get help with this book
Unaweza kupata msaada kwenye
kitabu hiki

You can get someone to help you
Unaweza kupata mtu wa kukusaidia



- read this book
- kusoma kitabu hiki

- know what this book is about
- kujua kuhusu kitabu hiki



- find more information.
- kutafuta habari zaidi

About this book

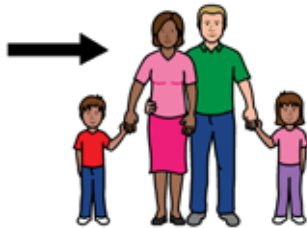
Kuhusu kitabu hiki



This book is written

Hiki kitabu kimeandikwa

- by Queensland Health
- na Queensland Health



- for parents.
- kwa wazazi.

This book is about **immunisation**

Hiki kitabu kinahusu **chanjo**

Immunisation means your body is protected from some diseases.

Chanjo ina maana kuwa mwili wako umelindwa kutokana na magonjwa kadhaa.

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

Unahitaji kuwa na **dawa ya kinga** ili uweze kupata chanjo.



A vaccine is protection medicine.

Chanjo ni dawa ya kinga

The medicine might be

Dawa inaweza kuwa ya



- injected
- kudungwa

- swallowed.
- kumezwa.



All vaccines used in Australia are safe.

Chanjo zote zinazotumiwa Australia ni salama.

Why is immunisation important? Kwa nini chanji ni muhimu?

Immunisation protects you from diseases that
can

Chanjo inakinga dhidi ya magonjwa ambayo
yanaweza



- make you sick
- kukufanya uwe mgojwa

- cause death.
- kusababisha kifo.

Immunisation can protect you from a lot of diseases.

Chanjo inaweza kukuinga kutokana na magonjwa mengi.

For example

Kwa mfano



- measles
- surua



- mumps
- matumbwitumbwi



- the flu
- homa ya mafua



- whooping cough.
- kifaduro.



You can catch diseases from other people.
Unaweza kupata magonjwa kutoka kwa watu wengine.



When a lot of people get immunised it is hard for diseases to spread in the community.
Watu wengi wanapopata chanjo ni ngumu kwa magonjwa kuenea katika jamii.

Who should get immunised? Nani anapaswa kupata chanjo?

Everyone should get immunised.

Kila mtu anapaswa kupata chanjo.

For example

Kwa mfano



- babies
- watoto wachanga



- children
- watoto



- young adults
- vijana



- adults
- watu wazima



- older people.
- watu wazee.

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

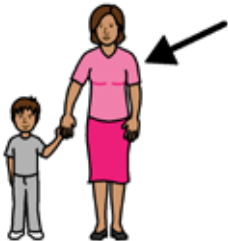
Ni muhimu sana kwa watoto na watoto wachanga kupata chanjo.



It is also important for pregnant women to get immunised.

Ni muhimu pia kwa wanawake wawazito kupata chanjo.

Immunisation can protect
Chanjo inaweza kulinda



- the mother
- mama

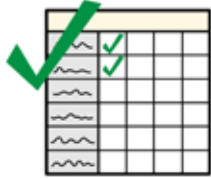
and
na



- the baby.
- mtoto.

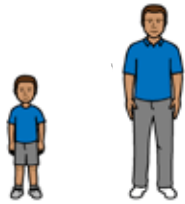
When should your family get immunised?

Familia yako inapaswa kupata chanjo lini?



Australia has an immunisation **schedule**.

Australia ina **ratiba** ya chanjo.



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

Ratiba inasema ni chanjo zipi zinazopaswa kutolewa kwa miaka tofauti.

It is important to follow the schedule.

Ni muhimu kufuata ratiba.

When you follow the schedule

Unapofuata ratiba



- your child will be better protected from disease
- mtoto wako ataweza kulindwa vizuri kutokana na magojwa
- you can get **family assistance payments** from the government
- unaweza kupata **malipo ya msaada wa familia** kutoka kwa serikali
 - family assistance payments are from Centrelink.
 - Malipo ya msaada wa familia yanatoka kwa Centrelink.



- your child can go to child care.
- mtoto wako anaweza kwenda sehemu ya kulelea watoto.

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

Ikiwa mtoto wako anakosa chanjo fulani daktari wako anaweza kupanga mpango wa kufidia.



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

Mtoto wako anaweza kuhitaji kupata chanjo zaidi kumlinda dhidi ya magonjwa.

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

Familia yako italazimika kupata chanjo tena ikiwa **huna** rekodi za chanjo kutoka nchi yako ya nyumbani.



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

Ikiwa utasafiri nje ya Australia familia yako inaweza kuhitaji chanjo ili wawe salama kutokana na ugonjwa.



Your doctor can tell you which immunisations you will need.

Daktari wako anaweza kukuambia ni chanjo gani utahitaji.

Will the immunisations hurt? Je chanjo hiyo itaumiza?

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



Unaweza kuhisi maumivu madogo ukipata sindano.

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

Unaweza kuhisi uchungu **baada** ya kudungwa sindano. Kwa mfano, mkono kuwa na maumivu.



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

Unaweza kuwa na homa kali **baada** ya sindano. Maumivu na homa kwa kawaida vinaisha baada ya muda.

If you are worried you can see your doctor.

Ikiwa una wasiwasi unaweza kumuona daktari wako.

Where to get immunised

Ni wapi pa kufanyiwa chanjo

You can get immunisations from

Unaweza kupata chanjo kutoka kwa



- your doctor
- daktari wako



- some local councils
- baadhi ya halmashauri husika



- high school
- shule za sekondari za juu

- for children in Year 7 and Year 10 only.
- kwa watoto wa Mwaka 7 na Mwaka 10 tu.



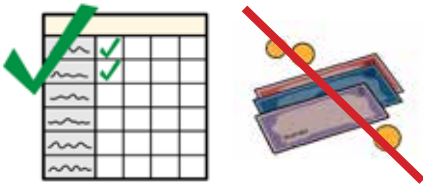
You must sign a consent form to say **yes** before your child gets immunised at school.

Lazima utie saina fomu ya idhini ya kusema **ndiyo** kabla ya mtoto wako kupata chanjo shuleni.

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

Ikiwa mtoto wako anakosa chanjo shuleni daktari wako anaweza kumpa.

How much do immunisations cost? Je, chanjo hugarimu kiasi gani?



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

Chanjo zilizoorodheshwa kwenye ratiba ya Australia zinatolewa bure kwa baadhi ya vikundi.



Ask your doctor if this includes you.

Muulize daktari wako ikiwa unajumuishwa hapo.

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

Ikiwa utachanjwa na daktari wako bado unaweza kulipia ziara ya daktari.

Where can you get your immunisation record?

Unaweza kupata wapi rekodi ya chanjo yako?

You can get your immunisation record from
Unaweza kupata rekodi yako ya chanjo kutoka



- your doctor
- daktari wako

- the Australian Immunisation Register.
- Australian Immunisation Register.



Call the Australian Immunisation Register on
1800 653 809.

Pigia Australian Immunisation Register kupitia
1800 653 809



Ask for your immunisation history statement.
Ulizia taarifa yako ya historia ya chanjo.

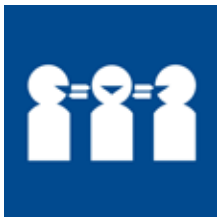


More information **Habari zaidi**

For more information contact Queensland Health.
Kwa habari Zaidi wasiliana na Queensland
Health.



Call 13 432 584
Pigia 13 432 584



If you need an interpreter contact the Translating
and Interpreting Service

Kama unahitaji mkalimani wasiliana na
Translating na Interpreting Service

Call 131 450
Pigia 131 450

This is a free service.
Huduma hii ni ya bila malipo.



For information about immunisation visit
Kwa habari kuhusu chanjo tembelea

www.qld.gov.au/health/conditions/immunisation

or

au

www.vaccinate.initiatives.qld.gov.au

For information in your language visit
Kwa habari katika lugha yako tembelea

www.humanservices.gov.au/individuals/migrants-refugees-and-visitors

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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