

ကိတ်ယုတ်ဘိညိုတိတ်ဆါ, ခပ်အုတ်တိတ်ဆါ, ဧီးတိတ်ကူဖးထီ (ဖၤဂၤထုစံးစံ)

တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ပးဒီးတၢ်ဆဲးကသံၣ်ဒီးသဒၤ

ထံလီၤကိတ်ပူၤတၢ်ဆဲးကသံၣ်ဒီးသဒၤတၢ်ရဲၣ်ကျဲၤအံၤအိၣ်ဒီးတၢ်ဆဲးကသံၣ်ဒီးသဒၤလၢကိတ်ယုတ်ဘိညိုတိတ်ဆါ
– ခပ်အုတ်တိတ်ဆါဒီးတၢ်ကူဖးထီတဖၣ်အဂီၢ်လၢတလၢဘျၢၣ်လၢဂၤစ့ၤဘၣ်လၢဖိသၣ် ၁၈ လၢတဖၣ်
အဂီၢ်န့ၣ်လီၤ.

ကိတ်ယုတ်ဘိညိုတိတ်ဆါ

ကိတ်ယုတ်ဘိညိုတိတ်ဆါအံၤကဲထီၣ်အသးခိဖျိတၢ်ယုးတၢ်ယၢ်လၢတၢ်ထံၣ်န့ၣ်အိၣ်လၢကိတ်ပူၤ, ကိတ်ယုတ်ဘိညိုဒီးန့ၣ်တဖၣ်အပူၤန့ၣ်လီၤ. ကိတ်ယုတ်ဘိညိုတိတ်ဆါ
ဆါအံၤဒုးကဲထီၣ်တၢ်ဂ့ၢ်ကိတ်လၢကယုတ်လီၤတၢ်, ကသါတန့ၣ်ဒီးတုၤဒၣ်လဲၣ်နကသါတပၢ်ဘၣ်သ့ဝဲလီၤ.

တၢ်ယၢ်တဖၣ်ဒုးအိၣ်ထီၣ်တၢ်စုၣ်တၢ်ပျၢ်လၢအဘၣ်သလၣ်လီၤအသးဆူမိၢ်ပုၤဒိတဂၤအလီၤဒီးဒုးကဲထီၣ်တၢ်ဆါလၢအနးဒိၣ်အါဒ်သိးတၢ်ဆါလီၤကျဲ
ဒီးသးတၢ်ဆါတဖၣ်န့ၣ်လီၤ. ပုၤလၢအနးန့ၣ်ကိတ်ယုတ်တၢ်ဆါအံၤမုးကယၤ ၁၀၀၀၀သံဝဲလၢအယိန့ၣ်လီၤ.

ကိတ်ယုတ်ဘိညိုတိတ်ဆါအံၤနဒီးန့ၣ်အိၣ်သ့ခိဖျိတၢ်ကူဖးဒီးတၢ်ကဆဲးလၢနဒီးန့ၣ်ဘၣ်လၢ ပုၤလၢတၢ်ဆါအံၤဘၣ်အိၣ်တဂၤအအိၣ်န့ၣ်လီၤ.

တၢ်ခပ်အုတ်တိတ်ဆါ

တၢ်ခပ်အုတ်တိတ်ဆါအံၤကဲထီၣ်သးခိဖျိဟီၣ်ခိၣ်ကမူၣ်, ဖၣ်ကမူၣ်ဒီးတၢ်အုတ်တၢ်ဆံၣ်တဖၣ်အကျိၤန့ၣ်လီၤ. တၢ်ယုးတၢ်ယၢ်တဖၣ်န့ၣ်လီၤနမိၢ်ပုၤ
ခိဖျိတၢ်ပူၤလီၤလၢအကဲထီၣ်သးဆဲးကိတ်ဖိဒ်ထးဘၣ်ဆဲးအပူၤလီၤသ့ဝဲလီၤ. တၢ်ခပ်အုတ်တိတ်ဆါအံၤဘၣ်ကူဝဲပုၤတဂၤဆူတဂၤအအိၣ်သ့ဝဲလီၤ.

တၢ်ခပ်အုတ်တိတ်ဆါအံၤအါဘျီတၢ်ဆါလီၤပျၢ်လၢဒုးကဲထီၣ်တၢ်သံတၢ်ပုၤသ့ဝဲဘၣ်ဒီးဘၣ်ထံးနထူၣ်ညၣ်လၢအခါန့ၣ်လီၤ. နကတုၢ်ဘၣ်ထူၣ်ပျၢ်
ယုတ်ထီၣ်ကဲထီၣ်ဆိအသးဖဲနကိတ်ဘိညိုဒီးန့ၣ်ခပ်ယံလၢအထူၣ်တဖၣ်န့ၣ်လီၤ. တၢ်ခပ်အုတ်တိတ်ဆါအံၤကဲထီၣ်တၢ်ကသါပံး, တၢ်ထီၣ်ဒီးဆါနး
ဒိၣ်ဝဲဒီးသးစံၣ် တဘၣ်လီၤဘၣ်စးဝဲဘၣ်န့ၣ်လီၤ.

ခိဖျိကသံၣ်ဒီးသဒၤလၢအကြိဆါတၢ်ဆါန့ၣ်အယိ, တၢ်ခပ်အုတ်တိတ်ဆါအံၤအိၣ်ဝဲစ့ၤဖဲကိတ်အိးစကြုလ်ယၢ်အပူၤ, ဘၣ်ဆၣ်ပုၤနီၣ်ဒိၣ်တဖၣ်လၢတဒီးန့ၣ်
ကသံၣ်ဒီးသဒၤဒီးတၢ်ဆဲးအါထီၣ်ကသံၣ်အဂီၢ်အံၤနီၣ်တဘျီတဖၣ်ကဲထီၣ်အသးဒီးအိၣ်သ့ဝဲလီၤ.

တၢ်ကူဖးထီ

တၢ်ကူဖးထီတၢ်ဆါလၢအဘၣ်ကူဘၣ်ကိတ်ဆါကတၢ်တခါလၢအကဲထီၣ်အသးခိဖျိကလံၤကျိၤလၢတၢ်ကသါထီၣ်ကသါလီၤအပူၤန့ၣ်
လီၤ. တၢ်ဆါအံၤဒုးကဲထီၣ်တၢ်ကူဖးထီဒီးတၢ်သးဆူလၢအိၣ်ထီၣ်မိကိတ်တဖၣ်န့ၣ်လီၤ. ဖဲတၢ်သးဆူတဖၣ်အံၤကဲထီၣ်အသးအဘၣ်စၢၤဖိသၣ်
တဖၣ်ကဂုၢ်ကသါဝဲန့ၣ်လီၤ. တၢ်ကူဖးထီတဖၣ်အံၤအါတက့ၢ်ဖိထွဲထီၣ်အခံလၢတၢ်ဘျီဒီးတၢ်ကူလၢကယံၣ်ပၢ်တုၤလၢအလိတဖၣ်န့ၣ်လီၤ.

တၢ်ကူဖးထီအံၤနးဒိၣ်အါလၢဖိသၣ်ဆံးဖိလၢသးနံၣ်စၢၤန့ၣ် ၁၂ လၢတဖၣ်အဂီၢ်ဒီးအါတက့ၢ်ကလိၣ်လဲၤတၢ်ဆါဟံၣ်န့ၣ်လီၤ. တၢ်ကူဖးထီအံၤကဲထီၣ်
အိၣ်ထီၣ်တၢ်ဂ့ၢ်ကိတ်ဘၣ်ဘၣ်အါဒ်သိးတၢ်အုတ်ကိတ်လီၤ. တၢ်ထီၣ်တၢ်ဆါ, ပသိၣ်ဘၣ်တၢ်စုၣ်, တၢ်သးပုၤနီၣ်ဖးထီအသး, ခိၣ်န့ၣ်ညိး, ခိၣ်န့ၣ်ဟးဂီၤဒီး
စိၤသး, ဒီးပသိၣ်ဟးဂီၤဝဲသ့လီၤ. ပုၤ ဖိသၣ်ဖဲလၢဆူအဖိလၢတဖၣ် ၂၀၀ အကျိၤတဂၤလၢအနးန့ၣ်တၢ်ကူဖးထီတၢ်ဆါအံၤသံသ့ဝဲလီၤ.

တၢ်ကူဖးထီတၢ်ဆါအံၤ နဒီးန့ၣ်အိၣ်သ့ခိဖျိတၢ်ကူဖးဒီးတၢ်ကဆဲးလၢနဒီးန့ၣ်ဘၣ်လၢပုၤဆါတဂၤအအိၣ်န့ၣ်လီၤ. မိၢ်ပုၤဒီးဟံၣ်ဖိဖိတဖၣ်မ့ၢ်ပုၤတဖၣ်
လၢအနးဘၣ်ကူဘၣ်ကိတ်ဆါ ဆူဖိသၣ်အအိၣ်သ့အါကတၢ်န့ၣ်လီၤ.

ကိတ်ယုတ်ဘိညိုတိတ်ဆါ, တၢ်ခပ်အုတ်တိတ်ဆါဒီးတၢ်ကူဖးထီ ကသံၣ်ဒီးသဒၤ

ကိတ်ယုတ်ဘိညိုတိတ်ဆါ, တၢ်ခပ်အုတ်တိတ်ဆါဒီးတၢ်ကူဖးထီအံၤတၢ်ကြိဆါအိၣ်ယုတ်ဒီးကသံၣ်ဒီးသဒၤယုတ်လၢအပူၤဖျဲးဒီးမၤတၢ်ဂ့ၢ်တဖၣ်န့ၣ်လီၤ.

ကသံၣ်ဒီးသဒၤအံၤပုၤယုတ်ကိတ်ယုတ်ဘိညိုတိတ်ဆါဒီးတၢ်ခပ်အုတ်တိတ်ဆါအစုၣ်အပျၢ်လၢတၢ်တုၤက့ၤအိၣ်လၢတမၤဘၣ်ဒိတၢ်အဂီၢ်လီၤ. ပုၤယုတ်စ့ၢ်ကိတ်ကူဖးထီတၢ်
ဆါယၢ်လၢတၢ်မၤကဆိထီၣ်က့ၤအိၣ်ယုတ်ဒီးတၢ်မၤသံတၢ်ယၢ်ဒီးကသံၣ်လၢတၢ်ဟံၣ်အိၣ်ကတုၢ်ယံၣ်အဂီၢ်လီၤ.

ဖိသၣ်တဖၣ်ကဘၣ်ဆဲးကသံၣ်ဒီးသဒၤလၢတၢ်မၤဆူထီၣ်အဂီၢ်လၢတလၢဘျၢၣ်လၢဂၤစ့ၤဘၣ်တခါအံၤဖဲအသးပုၤထီၣ် (၁၈) လၢအခါန့ၣ်လီၤ.

တၢ်ကဲထီၣ်အသးခိဖျိကိၣ်ယုၢ်တၢ်ဆါ,ခၢ်အ့ၣ်တၢ်တၢ်ဆါဒီးတၢ်ကူးဖးထီၣ်တၢ်ဆဲးကသံၣ်ဒီသဒၢအယီ

တၢ်ကဲထီၣ်အသးသ့ခိဖျိကိၣ်ယုၢ်တၢ်ဆါ,ခၢ်အ့ၣ်တၢ်တၢ်ဆါဒီးတၢ်ကူးဖးထီၣ်တၢ်ဆဲးကသံၣ်ဒီသဒၢအယီအံၤစ့ၤန့ၢ်ဒီးတၢ်ဆါဒဲးအတၢ်ဂ့ၢ်ကိၣ်ဒီးလီၤ.

တၢ်ကဲထီၣ်ညီၣ်န့ၢ်အသးသ့တဖၣ်မ့ၢ်ဝဲ-

- သူၣ်သ့န့ၢ်အန့ၤဟီၣ်အိၣ်ယိကလၢတမ့ၢ်ဒီးအါတက့ၢ်သူၣ်တဖၣ်သးတညီဝဲ
- မံၣ်ခ့ၣ်အသးဒီးတၢ်ဘျးသး
- လီၤကီၢ်ဝဲတဒိၣ်တဆံး
- ထးဆဲးကသံၣ်အလီၢ်ညိး,ထီၣ်ဂီၤဒီးကမိထီၣ်
- အချံကမိထီၣ်တဖၣ်တလီၢ်ဖဲတၢ်ဆဲးထးလီၢ်

တၢ်လၢတကဲထီၣ်ညီၣ်န့ၢ်အသးတဖၣ်မ့ၢ်ဝဲ-

- ဖဲတၢ်ဆဲးထးအလီၢ်ကမိထီၣ်ဖးဒိၣ်

တဘျီတခါတၢ်ဟ့ၣ်အါထီၣ်ကိၣ်ယုၢ်ဘိညိၣ်,တၢ်ခၢ်အ့ၣ်တၢ်တၢ်ဆါဒီးတၢ်ကူးဖးထီၣ်ကသံၣ်ဒီသဒၢအဂံၢ်အံၤဒုးကဲထီၣ်အပူၤလီၢ်ထီၣ်ဂီၤဒီးညိးထီၣ်ဖးဒိၣ်ဖဲအစ့န့ၢ်လီၤ. တၢ်မ့ၢ်ကဲထီၣ်အသးဒီးအံၤသၢပူၤနကဘၣ်တီၣ်ဖျါထီၣ်ဆူတၢ်ဆဲးန့ၢ်နကသံၣ်ဒီသဒၢအလီၢ်ဒီးနကလိၣ်လဲၤထံၣ်ကသံၣ်သရၣ်သ့ၣ်သ့ၣ်လီၤ.

တၢ်လၢတညီၣ်န့ၢ်ကဲထီၣ်နီၤစီၤအသးတဖၣ်-

- သ့ၣ်ထံတဖိးမံၣ်လိၢ်အသးနးဒိၣ်ဝဲ.

တၢ်မ့ၢ်ကဲထီၣ်အသးထဲတဆံးတက့ၢ်န့ၢ်,ကယံၣ်ဝဲတသီပၢ်တၢ်လၢခံသီန့ၢ်လီၤ.တၢ်ကဲထီၣ်အသးအံၤတၢ်မၤစ့ၤလီၤအီၤသ့ခိဖျိ-

- ဟံလီၤတၢ်ကံးညၢ်အချၢ်,ဘၣ်စိၣ်လၢထးဆဲးအလီၢ်
- ဟ့ၣ်အိၣ်အါထီၣ်ထံဒီးတဘၣ်ဘိၣ်ဘံအီၤဒီးတၢ်ကူတၢ်ကၢအတီၣ်ဖဲအလီၤကီၢ်အခါ
- ဟ့ၣ်အိၣ်နဖိလၢမၤန့ၢ်ဒီးကသံၣ်ဒီးသိးအိၣ်ကမ့ၢ်ထီၣ်ဝဲ(ကွၢ်ဘၣ်ကသံၣ်လၢဖိသၣ်ကဘၣ်အိၣ်ထဲလဲၣ်လၢကြၢၤအိၣ်အဂီၢ်)
- တၢ်ကဲထီၣ်အသးအံၤမ့ၢ်နးဒိၣ်ဝဲဒီးကဲထီၣ်ဒီးအသးဆူညါမ့ၢ်တမ့ၢ်မ့ၢ်ဘၣ်ယိၣ်ဘၣ်ဘိၣ်တခါ,ဆဲးကျိးဒီးနကသံၣ်သရၣ်မ့ၢ်တမ့ၢ်တၢ်ဆါဟံၣ်တက့ၢ်.

တၢ်လၢနကဘၣ်ကွၢ်သမံသမိးအီၤတချုးနဆဲးကသံၣ်အခါ

တချုးနဖိဆဲးကသံၣ်ဒီသဒၢဒီးအခါ,တၢ်ဂ့ၢ်အဖိလၢတဖၣ်အံၤမ့ၢ်ကဲထီၣ်တခါတဘၣ်နကသံၣ်သရၣ်မ့ၢ်တမ့ၢ်နးစံတက့ၢ်.

- အိၣ်တဆူၣ်တချုးဖဲတၢ်ဆဲးကသံၣ်ဒီသဒၢအနံၤ(တၢ်ကီၢ်ထီၣ်ကအါန့ၢ်ဒီး**38.5 °C**).
- ခိဖျိဆဲးကသံၣ်ဒီသဒၢလၢအပူၤကွၢ်တဖၣ်တၢ်ကဲထီၣ်သးအဒိၣ်အမ့ၢ်အိၣ်ဝဲ
- သ့ၣ်ထံတဖိးမံၣ်ဒီးတၢ်ဖိတၢ်လံၤလၢပၣ်ယုၢ်ကသံၣ်ဒီသဒၢအပူၤတဖၣ်(အဒိ **neomycin**).

လၢကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်

ပုၣ်ယၢၤဒ်အဖိလၢတဖၣ်အံၤဟ့ၣ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤန့ၢ်လီၤ.

www.betterhealthchannel.vic.gov.au
www.immunise.health.gov.au



ကျိၣ်ဒီးတၢ်ကတိၤကျိးထံ
ဝဲၤကျိၤ
ကိး: **131 450**

ဒ်သိးနကဖးလံၢ်ဖျါၣ်လၢတၢ်ကွဲးအီၤလီၤဆိလၢနဖးအီၤကသ့အဂီၢ်အံၤမ့ၢ်ဆူ immunisation@dhhs.vic.gov.au တက့ၢ်.

ဘၣ်တၢ်ဟ့ၣ်အန့ၤဒီးဖဲးကျိးထုးထီၣ်ဂၤလီၤအီၤလၢဝံးကထီၣ်ရံၤယိပဒိၣ် 1 Treasury Place, ဝုၢ်မဲလ်ဘၢန့ၢ်လီၤ.
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Diphtheria, tetanus, and pertussis (whooping cough)

Immunisation Information

The National Immunisation Program schedule provides free diphtheria-tetanus-whooping cough vaccine to children at 18 months of age.

Diphtheria

Diphtheria is caused by bacteria which are found in the mouth, throat and nose. Diphtheria causes a membrane to grow around the inside of the throat. This can make it difficult to swallow, breathe and can even lead to suffocation.

The bacteria produce a poison which can spread around the body and cause serious complications such as paralysis and heart failure. Around 10 per cent of people who contract diphtheria die from it.

Diphtheria can be caught through coughs and sneezes from an infected person.

Tetanus

Tetanus is caused by bacteria which are present in soils, dust and manure. The bacteria can enter the body through a wound which may be as small as a pin prick. Tetanus cannot be passed from person to person.

Tetanus is an often fatal disease which attacks the nervous system. It causes muscle spasms first felt in the neck and jaw muscles. Tetanus can lead to breathing difficulties, painful convulsions and abnormal heart rhythms.

Because of the effective immunisation, tetanus is now rare in Australia, but it still occurs in people who have never been immunised against the disease or who have not had their booster vaccines.

Whooping cough

Whooping cough is a highly contagious disease which affects the air passages and breathing. The disease causes severe coughing spasms. Between these spasms, the child gasps for breath. Coughing spasms are often followed by vomiting and the cough can last for months.

Whooping cough is most serious in babies under 12 months of age and often requires admission to hospital. Whooping cough can lead to complications such as haemorrhage, convulsions, pneumonia, coma, inflammation of the brain, permanent brain damage and long term lung damage. Around one in every 200 children under six months of age who catches whooping cough will die.

Whooping cough can be caught through coughs and sneezes from an infected person. Parents and family members are the main source of infection for babies.

Diphtheria-tetanus-whooping cough immunisation

Diphtheria, tetanus and whooping cough can be prevented with a safe and effective combination vaccine.

The vaccine contains a small amount of diphtheria and tetanus toxins, which are modified to make them harmless. It also contains purified parts of the pertussis bacterium with small amounts of antibiotics and preservative.

Children should have a free booster dose of this vaccine at 18 months of age.

Possible side effects of diphtheria-tetanus-whooping cough vaccine

Reactions to diphtheria-tetanus-whooping cough vaccine are much less frequent than the complications of the diseases.

Common side effects:

- irritable, crying, unsettled and generally unhappy
- drowsiness or tiredness
- low grade fever
- soreness, redness and swelling at the injection site
- a temporary small lump at the injection site.

Uncommon side effect:

- large local reaction.

Sometimes a booster dose of diphtheria-tetanus-whooping cough vaccine can cause a very large local reaction of redness and swelling to the limb.

This reaction should be reported to your immunisation provider and may require a visit to the doctor.

Extremely rare side effect:

- severe allergic reaction.

If mild reactions do occur, they may last one to two days. The side effects can be reduced by:

- placing a cold, wet cloth on the sore injection site
- giving extra fluids and not overdressing if your child has a fever
- giving your child paracetamol to reduce any discomfort (note the recommended dose for the age of your child)
- If reactions are severe or persistent, or if you are worried, contact your doctor or hospital.

Pre-immunisation checklist

Before your child is immunised, tell the doctor or nurse if any of the following apply:

- Are unwell on the day of immunisation (temperature over 38.5 °C).
- Have had a severe reaction to any vaccine.
- Have a severe allergy to any vaccine component (for example, neomycin).

Further information

The following websites offer further information:

www.betterhealthchannel.vic.gov.au

www.immunise.health.gov.au



**Translating and
interpreting service**
Call 131 450

To receive this document in an accessible format email immunisation@dhhs.vic.gov.au

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