

ତୀର୍ଣ୍ଣିତିକ ଲାଗୁ ଯିବା**Poliomyelitis (polio)**

ကသိုတ်ဒီသအဖွဲ့အကြံ

Karen - English (Poliomyelitis)



မြန်မာ

ကသိန်ဆဲးဒီသအဖို့လုပ်ယို့အပ်

Inactivated Polio Vaccine (IPV) අුක්කව්ත්මකීය වාසි පිරිලද්දයින්තා හැකුණුවේ. IPV සෑගාන්තිකුව්වූ ගුෂ්ඩිලා පිරිලද්දයින්තා පාලනය නැතුවෙන් තැබුණු නිස්සුවේ. සෑව්ත්‍රා ගැව්ත්මකීය සෑව්ත්‍රා පිරිලද්දයින්තා විශාලා නිස්සුවේ. නිස්සුවේ ගැව්ත්මකීය සෑව්ත්‍රා පිරිලද්දයින්තා විශාලා නිස්සුවේ. මෙම සෑව්ත්‍රා පිරිලද්දයින්තා විශාලා නිස්සුවේ. මෙම සෑව්ත්‍රා පිරිලද්දයින්තා විශාලා නිස්සුවේ.

ပျော်ရွှေဘုရားရိပ်ပြေတဖုန်

ပုဂ္ဂိုလ်တိုင်းရိုပ်တော် ကာသိမ်မလေ့တို့နေလှ အပဲသူ့ဆဲးတို့လဲ ကသို
ခီသာ ဖို့လုပ်ယိုသာ၍၏လျှို့ဝှက်လို့၊ တုအံ့နှစ်တော်လာ ပူလာအရှင်ကျော
းနှင့်ကသိုတ်တို့သတတ်ဆဲအောင်တော် ကာသိလူယူသူ့ညာ့ဝါးလဲ မူးပုဂ္ဂို
တ်ခိုပ်ပျော်တော် အဲ့စွဲကိုးကသိုတ်တ်ခီသာတော်ဆဲအောင်ကဲ့ခိုးကြော်သာ၏。

ပျော်စိန်တို့မိန်ပျောလာအဘင်္ဂီးလိုအသေးစိတ်ကြံးတို့တော်လူလယ်အံတဖုန်း ဆေးကသိုလ်
တို့သောတော်ဆိုအဲ၊ မှတ်ဝါဒ်လုပ်သနက်ကွန်းများ တို့ဟုရှိနိုင်ပေးလာ အပဲ
သည်ကြေးဆေးအိမ်တို့ ကသိုလ်ခိုးသောတော်ဆိုအဲနောက်လိုအပ် တို့တော်များ-

- ပူလကအလဲထို့ကျလိုခုထံကိုလာ စိန်လုပ်ယိုတ်ပါဆိုတဖို
 - ခုပ်ချွမ်စာပျေမတ်ပါလာ ကဘာ့ကွုံထဲ ပျခါဘာ့စိန်လုပ်ယိုတဖို

ပုဂ္ဂသီးအတေဖာရ ကဘာဗဲဆံးအထူး ကသာဒ္ဓသနဖို့လုပ်ယူ အနိုတဆ တဘို့နှင့်လို့။

Poliomyelitis (Polio)

People in Australia need to be immunised against polio. A recent case in Victoria alerts us to the need for ongoing immunisation against polio. There are still cases of the disease overseas, and there is a risk of it being re-established here if children and adults are not immunised.

Polio may cause mild symptoms or very severe illness. It is a virus which affects the digestive and nervous systems. It causes fever, vomiting and muscle stiffness and can affect the nerves, causing permanent crippling.

The disease can paralyse breathing and swallowing muscles, leading to death. Between two percent and five percent of people with polio die from it and about half of all patients who survive suffer permanent paralysis.

Polio can be caught if the faeces of an infected person contaminates food, water or hands.

Inactivated Polio Vaccine (IPV)

IPV is given by injection. IPV contains three types of inactivated polio viruses. A course of three injections with an interval of four weeks between each dose produces long lasting immunity.

IPV is interchangeable with oral polio vaccine (OPV) if previous polio doses were given by mouth.

Adults

Adults should be sure that they have received at least three doses of polio vaccine in the past. If this is not the case an immunisation provider should be consulted so that 'catch-up' immunisation can be arranged.

Booster doses are recommended for adults only if they are at risk.

Those at risk are:

- Travellers to areas or countries where polio is present and widespread
 - Health care workers in possible contact with persons with poliomyelitis

These people should have a booster dose of polio every 10 years.



တုလာအကထိုင်အသေးသူခါဖိတ်ဆဲ
ကသံုန်ဆဲးဒီသန ဖိုင်လံုန်ယိုင်အထိတဖနိ
တုလာအကထိုင်ညီနှုန်အသေးတဖန်

- තෝරග්
 - තෝලියිරීයිරුව්ස්:ගිරිඩි
 - එතැව්සාගව්නුභාලීකුව් හි, තිරිගි කි:වුද්යිරු
 - තෝශියිරුව් තෝව්සාගව්නුභාලී තහිතල්

တုလေအတက္ထိုညီနှာသံတဖျေ

ကသံ့ခုံးမှုပညာနှင့် မှတမ်း နဖို့ခို့ခို့မှုပုံ ဒီးယံ့ပကာလ မှတမ်းတစီ နမ်းဘယ်ပို့တစ်ပဲနေ့ ဆုံးရှုံးဘုံးဘုံးနာကသံ့သရုံးတော်။

ତଥ୍ୟାଃ ପ୍ଲଃ ଗଯିନ୍ଦ୍ରିୟକ୍ଷିଵାଙ୍ମାଶେ

နှစ်မြို့ဘာ်တော်တမဲ့မြို့လုပ်ဆေးသီး တရာ့ဗျားလာအခဲးကသံုတ်ဖို့သော်လည်း ဘင်္ဂနှင့်
တော်ကသံုကရာဇ်/မှုပ် မူတမ်း ကသံုရဲရာဇ်/မှုပ်စိတေသနတကူး。

- ▢ ຂໍ້ລາຍເກມລະ:ກວຍໝົດຕົງໃຫຍ່ວາຈະໜີ້ນີ້ ແກ້ໄຂຕ່າງໆ
(ຕົງກິດຍິດໄສົງສິນ: 24°C)
 - ▢ ບຸ້ລະ:ກວຍໝົດຕົງໃຫຍ່ວາຈະໜີ້ນີ້ ຕົງກິດຍິດຂະວະເບີ:ແກ້ໄຂຕ່າງໆ
 - ▢ ດັບປະໂຫຍດກວຍໝົດຕົງໃຫຍ່ວາຈະໜີ້ນີ້ (ໄສ້ຈື້ ຖໍ່ປ່ອງ)

ତ୍ୟର୍ଯ୍ୟକ୍ଷାଣ

မှတ်ဆန်းသွေ့ပြည်တော်လုပ်ကုမ္ပဏီ၏ ကွန်ဘုရားပဲ့ဖူးလာလိုတဖို့အား
အပြတ်တွေ့

www.health.vic.gov.au/immunisation

www.immunise.health.gov.au

Possible side effects of polio vaccine

Common side effects:

- Muscle aches
 - Low grade fever
 - Soreness, redness and swelling at the injection site
 - A temporary small lump at the injection site

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:

- Drinking extra fluids
 - Not overdressing
 - Placing a cold wet cloth on the sore injection site
 - Taking (or 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 you or your child are 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 had an anaphylactic reaction to any vaccine component (for example, neomycin)

Further information

The following websites offer resources and further information

www.health.vic.gov.au/immunisation
www.immunise.health.gov.au

