

သုဉ်ညးတၢ်ဆါ B တၢ်ဆဲးကသံဉ်ဒီသဒါဖဲတၢ်အိဉ်ဖျဲဉ်ထီဉ်

တၢ်ဂ့ၢ်တၢ်ကျိၤလၢမိၢ်လၢအိဉ်ဒီးဟးသးအဂီၢ်

သုဉ်ညးတၢ်ဆါ B ကသံဉ်ဒီသဒါ ဒီသဒါန့ၣ်လၢသးသမူ-ဒီစီၤတၢ်ဆူးတၢ်ဆါ,
သုဉ်တၢ်ဆါဒီးသုဉ်ခဲစၢ်နးနးကလံာ်သ့န့ၣ်လီၤ.

ဘဉ်မနုၤအယီၤ ယဖိလိာ်ဘဉ်သုဉ်ညးတၢ်ဆါ B ကသံဉ်ဒီသဒါဖဲအိဉ်ဖျဲဉ်ထီဉ်အခါန့ၣ်လဲၣ်.

တၢ်ဟ့ၣ်ကုဉ်လၢတၢ်ကဆဲးန့ၢ်ကသံဉ်ဒီသဒါဖဲအိဉ်ဖျဲဉ်ထီဉ် 24 န့ၣ်ရံၣ်အတီၢ်ပူၤလၢက-

- ဒီသဒါတၢ်ဆါရၤလီၤသးလၢမိၢ်ဆူအဖိအအိဉ်, မ့တမ့ၢ် လၢပုၤလၢအိဉ်ဒီး တၢ်ဆါဘဉ်ကလၢအိဉ်ဘူးဘူးတံၢ်တံၢ်လိာ်သးအအိဉ်
- မၤစ့ၤလီၤတၢ်လီၤဘဉ်ယိာ်လၢန့ၣ်ကအိဉ်ထီဉ်ဒီးသုဉ်ညးတၢ်ဆါ B တၢ်ဆါထၢ.

တၢ်ကဆဲးန့ၢ်ကသံဉ်ဒီသဒါအံၤဖဲအိဉ်ဖျဲဉ်ထီဉ်သီအခါထံး 7 သီအတီၢ်ပူၤသ့စ့ၢ်ကီးန့ၣ်လီၤ. လၢတၢ်ဒီသဒါကတူၢ်ယံာ်ယံာ်အဂီၢ်
တၢ်ကဆဲးအါထီဉ်ကသံဉ်ဒီသဒါ ဒ်ပုၤဖိသုဉ်ဆဲးတၢ်ဆဲးကသံဉ်ဒီသဒါတၢ်ရဲၤလီၤညီန့ၢ်အိဉ်အသးန့ၣ်လီၤ.

ကသံဉ်ဒီသဒါအံၤတလိာ်တၢ်ဟ့ၣ်အပူၤလၢ ထံကီၢ်တၢ်ဆဲးကသံဉ်ဒီသဒါတၢ်တိာ်ကျဲၤ (National Immunisation Program)
အဖိလိာ်ဘဉ်န့ၣ်လီၤ.

မ့ၢ်သုဉ်ညးတၢ်ဆါ B ကသံဉ်ဒီသဒါအံၤပူၤဖျဲးခါ.

ပူၤဖျဲးလီၤ. သုဉ်ညးတၢ်ဆါ B ကသံဉ်ဒီသဒါန့ၣ် ပူၤဖျဲးလၢပုၤဖိသုဉ်ဆဲးအိဉ်ဖျဲဉ်ထီဉ်သီတဖၣ်အဂီၢ်န့ၣ်လီၤ.

ပုၤဖိသုဉ်ဆဲးအိဉ်ဖျဲဉ်ထီဉ်သီ 90 မျးကယၤခဲလၢာ်လၢ Victoria အပူၤန့ၣ် ဆဲးဘဉ်သုဉ်ညးတၢ်ဆါ B ကသံဉ်ဒီသဒါန့ၣ်လီၤ.

တၢ်အံၤတမၤဘဉ်ဒီ တၢ်ဟ့ၣ်ဒုးအိဉ်ဖျဲးန့ၢ်ထံဘဉ်ဒီး ကသံဉ်အတၢ်ဒီဘဉ်တဖၣ်န့ၣ်ဆဲးစ့ၤဝဲ, ဒ်အမ့ၢ် တၢ်ဂီၤပြုထီဉ် ဒီး
တၢ်ညးထီဉ်ဖဲတၢ်ဆဲးကသံဉ် ဒီသဒါအလီၢ်န့ၣ်လီၤ.

ယဖိမ့်အိတ်ဖျှင်ထီၣ်ဆိလၢအမ့ၢ်အလါတဘၣ်တခီလဲၣ်.

တၢ်ဟ့ၣ်ကူၣ်လၢ ပှၤဖိသၣ်ဆံးလၢအိတ်ဖျှင်ထီၣ်ဆိလၢအမ့ၢ်အလါတဘၣ်တဖၣ် (စ့ၤန့ၢ် ဟုးသးအိတ်အကတီၢ် 32 နံ) မ့တမ့ၢ် ဒီးတၢ်အိတ်ဖျှင်ထီၣ် အတယၢ်စ့ၤ (စ့ၤန့ၢ် 2000 ကြဲ(မ)) တဖၣ် ကဆဲးအါထီၣ်ကသံၣ်ဒိသဒါဖဲအသးအိတ် 12 လါလၢကအိတ်ဒီးတၢ်ဒိသဒါလၢ အတူၢ်ယံၣ်အဂီၢ်န့ၣ်လီၤ.

သ့ၣ်ညးတၢ်ဆါ B န့ၣ်မ့ၢ်တၢ်မနုၤလဲၣ်.

သ့ၣ်ညးတၢ်ဆါ B န့ၣ်မ့ၢ်ဘဲရၢးတၢ်ဆါဃၢ်လၢအဘၣ်ကူဘၣ်ကတၢ်ဒိၣ်မး လၢအမၤဘၣ်ဒိသ့ၣ်န့ၣ်လီၤ.
ပှၤဒိၣ်တုၣ်ခိၣ်ပှၤတနီၤဒုးထီၣ်တၢ်ဆါဘၣ်ကသ့ဒီး ဘျါက့ၤသ့ ဘၣ်ဆၣ်ပှၤဖိသၣ်ဆံးဒီးပှၤဖိသၣ်သးစၢ်တဖၣ်အဂီၢ်, တၢ်အံၤကဲထီၣ်တၢ်ဆါတၢ်ဆါထၢ (သးသမူဒီစီၤ) လၢအဒုးအိတ်ထီၣ်သ့ၣ်တၢ်ဆါဒီး သ့ၣ်ခဲစၢ်သ့န့ၣ်လီၤ.

သ့ၣ်ညးတၢ်ဆါ B အပနီၣ်ပၣ်ဃုာ်ဒီး-

- တၢ်လိၤကိၢ်ထီၣ်
- တၢ်ဘျးတၢ်တီၤသး
- တၢ်အိတ်တၢ်အရီၢ်အလီၤမၢ်
- တၢ်သးကလဲၤ
- တၢ်အဲၣ်ဒီးဘျး
- ဖံးဘျး ဒီးမဲၣ်ချဲာ်
- ညၣ်ထူၣ်ပျၢ်ဆါ မ့တမ့ၢ် စုဆၢခိၣ်ဆါဆါ.

ပှၤဖိသၣ်ဆံးဒီးပှၤဖိသၣ်လၢအသးအိတ် 5 နံၣ်အဖီလၢတဖၣ် အါတက့ၢ်တၢ်ဆါပနီၣ်တဖျါထီၣ်ဘၣ်န့ၣ်လီၤ.

သ့ၣ်ညးတၢ်ဆါ B ဘဲရၢး(စ)တၢ်ဆါဃၢ်တဖၣ် ရၤလီၤအသးဒ်လဲၣ်.

သ့ၣ်ညးတၢ်ဆါ B ဘဲရၢး(စ)တၢ်ဆါဃၢ်န့ၣ် ဘၣ်ကူဘၣ်ကတၢ်သ့ဒိၣ်ဒိၣ်ကလဲၣ် ဒီး ရၤလီၤအသးဒီဖျါ တၢ်အိတ်ဘျးဘျးတံၢ်တံၢ်လိာ်သးဒီးပှၤဘၣ်ကူဘၣ်ကဒီး တၢ်ဆါအသ့ၣ် မ့တမ့ၢ် နီၢ်ခိၣ်အထံအနီတဖၣ်န့ၣ်လီၤ.

ပှၤဖိသၣ်ဆံးဒီးပှၤဖိသၣ်တဖၣ်မၤန့ၢ် သ့ၣ်ညးတၢ်ဆါ B ဘဲရၢး(စ)တၢ်ဆါဃၢ်ဖဲ-

- အိတ်ဖျှင်ထီၣ်အကတီၢ် လၢအမၤန့ၢ်ဝဲလၢမိၢ်လၢအိတ်ဒီးသ့ၣ်ညးတၢ်ဆါ B အအိတ်
- ဒီဖျါနီၢ်ခိၣ်ပျၢ်အထံအနီလၢဖံးဘျးတဲၤဖးအပူၤဖိတဖၣ် မ့တမ့ၢ် ကိာ်ပူၤညးထီၣ်တဖၣ် ဒီဖျါတၢ်အိတ်ဘျးဘျးတံၢ်တံၢ်လိာ်သးဒီးသ့ၣ်ညးတၢ်ဆါ B.

ပှၤအါဂၤတသ့ၣ်ညါလၢအဝဲသ့ၣ်အိတ်ဒီးသ့ၣ်ညးတၢ်ဆါ B ဒီးရၤလီၤတၢ်အံၤဆူပှၤအဂၤတဖၣ်အအိတ်ဘၣ်န့ၣ်လီၤ.

ယမုအိန်ဒီးသုဉ်ညးတၢ်ဆါ B တဒိလဲဉ်.

နမုအိန်ဒီး သုဉ်ညးတၢ်ဆါ B နှံ နဖိဆံးကလိာ်ဘၣ်တၢ်ကွၢ်ထွဲလီၤဆီ ဖဲအိန်ဖျဲာ်ထီၣ်အခါန့ၣ်လီၤ. လၢသုဉ်ညးတၢ်ဆါ B ကသံၣ်ဒီသဒါ အမံၣ်ညါ, တၢ်ဟ့ၣ်ကုၣ် ကသံၣ်အဂၤတခါလၢတၢ်ကိးအီၤလၢ ‘သုဉ်ညးတၢ်ဆါ B အံၣ်မုၢ်နီၣ်ကလိာ်ဘူလုာ် (immunoglobulin)’ န့ၣ်လီၤ. တၢ်ဆဲးကသံၣ် ဒီသဒါ 2 ဘျီအံၤဟ့ၣ်လီၤအါထီၣ်တၢ်ဒီသဒါလၢနဖိ ကဒီသဒါထီၣ်သုဉ်ညးတၢ်ဆါ B ဘဲရး(စ)တၢ်ဆါဃၢ်အဂီၢ်န့ၣ်လီၤ. တၢ်ကြးဆဲးန့ၢ်အီၤကသံၣ်ဒီသဒါ ခံခါလၢဖဲ တၢ်အိန်ဖျဲာ်ထီၣ် 12 န့ၣ်ရံၣ်အတီၢ်ပူၤန့ၣ်လီၤ.

သ့ၣ်နီၣ်ထီၣ် – နၤဒီးနဖိဆံးကလိာ်သမံသမိးကွၢ်သးညီနီၣ်ဒီး သုဉ်ညးတၢ်ဆါကသံၣ်သရၣ်န့ၣ်လီၤ.

မုၢ်ယလိာ်မၤကွၢ်သးလၢသုဉ်ညးတၢ်ဆါ B ဖဲတၢ်အိန်ဒီးဟူးသးအဆၢကတီၢ်န့ၣ်ဧါ.

မုၢ်. ပုၤဟံၣ်မုာ်ခဲလၢာ် ကြးမၤကွၢ်အသးလၢသုဉ်ညးတၢ်ဆါ B တၢ်ဘၣ်ကံအဂီၢ် ဖဲတၢ်သမံသမိးကွၢ်တၢ်အိန်ဒီးဟူးသးအဆၢကတီၢ်ဒ်အညီန့ၢ်အသးန့ၣ်လီၤ. နမုၢ် အိန်ဒီး ဟူးသးဒီးအိန်ဒီးသုဉ်ညးတၢ်ဆါ B န့ၣ်, နကြးလဲၤဒီးဟူးသးဒီးသုဉ်ညးတၢ်ဆါကသံၣ်သရၣ်န့ၣ်လီၤ. နကလိာ်အီၤကသံၣ်ကသီလၢ ကမၤစ့ၤလီၤ တၢ်ခွဲးတၢ်ယာ် လၢကဆၢဒီဘဲရး(စ)တၢ်ဆါဃၢ်ဆူနဖိအိန် ဖဲတၢ်အိန်ဖျဲာ်ဖိအဆၢကတီၢ်န့ၣ်လီၤ.

လၢကမၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃးဒီး သုဉ်ညးတၢ်ဆါ B ကသံၣ်ဒီသဒါဖဲတၢ်အိန်ဖျဲာ်အဆၢကတီၢ်န့ၣ်, ကတီၤသကိးတၢ်ဒီးနကသံၣ်သရၣ်, ပုၤဒုးအိန်ဖျဲာ်ဖိ မ့တမ့ၢ် ပုၤဆဲးန့ၢ်ကသံၣ်ဒီသဒါန့ၣ်တက့ၢ်.

တၢ်မၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤ

- [MumBubVax](http://www.health.gov.au/news/mumbubvax-new-website-for-expectant-parents) <<http://www.health.gov.au/news/mumbubvax-new-website-for-expectant-parents>>
- [Sharing Knowledge About Immunisation](https://talkingaboutimmunisation.org.au/) (SKAI) <<https://talkingaboutimmunisation.org.au/>>
- [National Immunisation Program Schedule](https://www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/national-immunisation-program-schedule) <<https://www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/national-immunisation-program-schedule>>
- [Better Health Channel: သုဉ်ညးတၢ်ဆါ B – တၢ်ဆဲးကသံၣ်ဒီသဒါ](http://www.betterhealth.vic.gov.au/health/healthyliving/hepatitis-b-immunisation) <<http://www.betterhealth.vic.gov.au/health/healthyliving/hepatitis-b-immunisation>>

လၢကမၤန့ၢ်အါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃးဒီး သုဉ်ညးတၢ်ဆါ B ကသံၣ်ဒီသဒါဖဲတၢ်အိန်ဖျဲာ်အဆၢကတီၢ် လၢကျိာ်အဂၤတကျိာ်အဂီၢ်န့ၣ်, လဲၤကွၢ်ဖဲ [Health Translations](https://healthtranslations.vic.gov.au) < <https://healthtranslations.vic.gov.au>> နကိးတၢ်ကွဲးကျိးထံဒီးတၢ်တဲကျိးထံတၢ်မၤစၢၤတဖၣ်သုစ့ၢ်ကိး ဖဲ 131 450.

လၢကဒီးန့ၣ်ဘၣ်လံာ်တီလံာ်မီအံၤလၢက့ၢ်ဂီၤကျိၤကျဲအဂၤတခါအပူၤအဂီၢ်, [အံၤမ့ၢ်\(လၢ\)တၢ်ဆဲးကသံၣ်ဒီသဒၢကရူၢ်](mailto:အံၤမ့ၢ်(လၢ)တၢ်ဆဲးကသံၣ်ဒီသဒၢကရူၢ်<immunisation@health.vic.gov.au>.)
<immunisation@health.vic.gov.au>.

ဘၣ်တၢ်ဟ့ၣ်စိဟ့ၣ်ကမီၤအီၤဒီးဘၣ်တၢ်ထုးထီၣ်ရၤလီၤအီၤလၢ ဘံးထီၣ်ရၤပဒိၣ် (Victorian Government), 1 Treasury Place,
Melbourne.

© State of Victoria, Australia, တၢ်အိၣ်ဆူၣ်အိၣ်ချ့ၣ်ကျိၤ (Department of Health), လၢဒိၣ်စဲဘၣ် 2021.

Hepatitis B vaccination at birth

Information for pregnant women

The hepatitis B vaccine can protect your baby from life-long illness, serious liver disease and liver cancer.

Why does my baby need hepatitis B vaccine at birth?

The vaccine is recommended within 24 hours of birth to:

- prevent the spread from a mother to her baby, or from an infected person in close contact
- reduce the risk of your baby developing chronic hepatitis B.

The vaccine can also be given within the first 7 days of life. For lasting protection additional doses are given as part of the routine infant immunisation schedule.

The vaccine is free of charge under the National Immunisation Program.

Is the hepatitis B vaccine safe?

Yes. Hepatitis B vaccine is safe for newborn babies.

More than 90 per cent of newborns in Victoria receive the hepatitis B vaccine.

It does not affect breastfeeding and side effects are mild, like redness and swelling at the injection site.

What if my baby was born prematurely?

Babies born prematurely (less than 32 weeks gestation) or with a low birth weight (less than 2000 grams) are recommended to have an extra dose of the vaccine at 12 months of age to provide lasting protection.

What is hepatitis B?

Hepatitis B is a very infectious virus that affects the liver. Some adults can fight the infection and recover but for babies and young children, it can become a chronic (lifelong) illness that may cause liver disease and liver cancer.

Symptoms of hepatitis B include:

- Fever
- Tiredness
- Loss of appetite
- Nausea
- Vomiting
- Yellow skin and eyes

- Aching muscles or joints arthritis.

Babies and children under 5 years of age often do not show symptoms.

How is the hepatitis B virus spread?

Hepatitis B virus is very infectious and spreads through contact with an infected person's blood or body fluids.

Babies and children can catch the hepatitis B virus:

- during birth from a mother who has hepatitis B
- through bodily fluid from small skin breaks or mouth sores by a close contact with hepatitis B.

Many people don't know they have hepatitis B and spread it to others.

What if I am hepatitis B positive?

If you live with chronic hepatitis B your baby needs special care at birth. In addition to the hepatitis B vaccine, another medicine called 'hepatitis B immunoglobulin' is also recommended. These 2 injections provide extra protection for your baby against the hepatitis B virus. Both injections should be given within 12 hours of birth.

Remember – you and your baby will need regular check-ups with a hepatitis doctor.

Do I need to be tested for hepatitis B during pregnancy?

Yes. All women should be tested for hepatitis B infection during routine pregnancy check-ups. If you are pregnant and have hepatitis B, you should see a hepatitis doctor. You may need to take medicine that will reduce the chance of passing on the virus to your baby during birth.

For more information about the hepatitis B vaccine at birth, speak to your doctor, midwife or immunisation provider.

More information

- [MumBubVax](http://www.health.gov.au/news/mumbubvax-new-website-for-expectant-parents) <<http://www.health.gov.au/news/mumbubvax-new-website-for-expectant-parents>>
- [Sharing Knowledge About Immunisation](https://talkingaboutimmunisation.org.au/) (SKAI) <<https://talkingaboutimmunisation.org.au/>>
- [National Immunisation Program Schedule](https://www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/national-immunisation-program-schedule) <<https://www.health.gov.au/health-topics/immunisation/immunisation-throughout-life/national-immunisation-program-schedule>>
- [Better Health Channel: Hepatitis B – immunisation](http://www.betterhealth.vic.gov.au/health/healthyliving/hepatitis-b-immunisation) <<http://www.betterhealth.vic.gov.au/health/healthyliving/hepatitis-b-immunisation>>

For information about the hepatitis B vaccine at birth in another language, [visit Health Translations](https://healthtranslations.vic.gov.au) <<https://healthtranslations.vic.gov.au>>

You can also call the translation and interpreting service on 131 450.

To receive this document in another format, [email the Immunisation Team](mailto:immunisation@health.vic.gov.au) <immunisation@health.vic.gov.au>.

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