

ဖိသပ်ဆံးအpneumococcal (နူမီဆီခါ) တာ်ဆါ

ထံကီၢ်ဒီတဘျီ ကသံၣ်ဒီသဒါ တာ်ရဲၣ်တာ်ကျဲၤ
န့ၣ် ဟ့ၣ်ဒုးဝဲနူမီဆီခါ ကသံၣ်ဒီသဒါလၢတလၢ်စ့ဘၣ်
လၢ ဖိသပ်ဆံးလၢ အသးနံၣ်ၣ် ၂, ၄ဒီး ၁၂နံၣ်အဂီၢ်န့ၣ်လီၤ.
ဖိသပ်ဆံးလၢအ သးနံၣ်အိၣ်ဝဲ ၅ နံၣ်ဒီးဆူအဖီလၢ်တဖၣ်
လၢအိၣ်ဒီးတာ်အိၣ် ဆူၣ်အိၣ် ချ့ တၢ်ဂ့ၢ်ကီၢ်အတာ်အိၣ်သး
တမံၤမံၤန့ၣ် ဒီးန့ၣ်ဝဲ နူမီဆီခါ ကသံၣ်ဒီသဒါအဘျီ
အဖျါလၢတာ်ဆံးအဂီၢ်တဖၣ် သုဝဲစ့ၢ်ကီးလီၤ.

Pneumococcal (နူမီဆီခါ) တာ်ဆါ

နူမီဆီခါ တာ်ဆါလၢဘၣ်ကဲဝဲဖိသပ်ဆံးတဖၣ် ဒုးအိၣ်ထီၣ်
တာ်ဆံးက့ဆါဘီလၢနးတဖၣ် ဒ်သိး သ့ၣ်
တာ်ဆါဘၣ်ကဲ ဒီးတာ်သံတာ်ပုၤန့ၣ်လီၤ. ဖိသပ်လၢ
အိၣ်ဒီးတာ်အိၣ်ဆူၣ်အိၣ်ချ့ တၢ်ဂ့ၢ်ကီၢ်တဖၣ်
အတာ်ဘၣ်ယိၣ်အိၣ်လၢတာ်ဆါအံၤမ့ၢ်ဝဲဒၣ်
တာ် ဘၣ်ယိၣ်လၢအသးသမူအဂီၢ် ဒီးလၢဘၣ်ထီၣ်
တာ်ဆါဟံၣ်ဒၣ်လဲၣ် န့ၣ်လီၤ.

အါဒၣ်တက့ၢ်ပုၤစိၣ်ဝဲ စတြဲဖထီၣ်ခါနံၣ် နူမီနံ (Streptococcus pneumoniae)

အတာ်ဆါယၢ် လၢနီၤဒုးကိးယုၤပူၤလီၤ. တာ်ဆါယၢ်
သ့ၣ်တဖၣ်သလၢ်လီၤသး ဒီဖျိ ကိးပူၤ ဒီးနီၤဒုးအထံဖုံၣ်
ဒ်သိး တၢ်ကူး ဒီးတာ်ကဆဲး မ့တမ့ၢ် ပုၤဖီၣ်ဘၣ်ဝဲတာ်ဖိတာ်လံၤ
လၢ တၢ်ယူးတာ်ယၢ် အထံအနီၣ်ဘၣ်ဝဲဘၣ်ကဲအယိ န့ၣ်လီၤ.

နူမီဆီခါ တာ်ဆါယၢ်တဖၣ်မၤဘၣ်ဒီဝဲနီၢ်ခါအါတီၤညါလီၤ.
အဒိ-

- နူမီဆီခါ တာ်ဆါယၢ်မ့ၢ်လဲၤန့ၣ်လၢသ့ၣ်ကျိၤပူၤန့ၣ်
တာ်ကိးဝဲလၢ ဘဲးထံရဲမံၤယါ လီၤ.
- အမ့ၢ်မၤဘၣ်ဒီဝဲခိၣ်နူးလီၤလီၤဆီဆီဘၣ်ကိးတီၤ န့ၣ်
တာ်ကိးဝဲလၢ မဲနံၣ်ကျိၤထံၣ်စံး (ခိၣ်နူး သလီၤညိး) န့ၣ်လီၤ.
- နူမီဆီခါ တာ်ဆါယၢ်မ့ၢ်မၤဘၣ်ဒီဝဲ ပသိၣ်တဖၣ်န့ၣ်
တာ်သ့ၣ်ညါဝဲလၢအမ့ၢ် နူးမိနံၣ်ယါ (ပသိၣ်ဘၣ်တာ်ခုၣ်)
န့ၣ်လီၤ.
- အမ့ၢ်ဘၣ်ကဲဝဲနံၣ်ကံၢ်သးန့ၣ်, တာ်ကိးဝဲလၢ အိထံထံၣ်စံး
မံဒဲယါ န့ၣ်လီၤ.

နူမီဆီခါကသံၣ်ဒီသဒါ(Pneumococcal vaccines)

နူမီဆီခါကသံၣ်ဒီသဒါကသံၣ်ဒီသဒါလၢဖိသပ်ဆံးတဖၣ်အဂီၢ်န့ၣ်
တာ်ဟံၣ်ဖျါတၢ်ဝဲလၢ အခိၣ်ဆါဝဲနူမီဆီခါတာ်ဆါ
လၢအဘၣ်ဝဲပုၤနးနးတဖၣ်န့ၣ်ဝဲလၢ ၉၀ မျးကယၤညါလီၤ.
ဘၣ်ဆၣ် နူမီဆီခါ တာ်ဆါယၢ်တဖၣ် အိၣ်ထီၣ်ဘးလၢ ၉၀
ကလုာ်ယၢ်ယၢ်ညါလီၤ. နူမီဆီခါ ကသံၣ်ဒီသဒါ တဖျါန့ၣ်ဒုးဝဲ
နူမီဆီခါ တာ်ဆါအကလုာ်လၢအနၢ်နၢ်တဖၣ် ထီၣ်ဘးလၢ ၈၀
တုၤလၢ ၉၀ မျးကယၤညါလီၤ. နူမီဆီခါ
ကသံၣ်ဒီသဒါအိၣ်ဝဲလၢအဂၤ တကလုာ်လၢကြး ဝဲဒီးဖိသပ်
လၢအခိၣ်ထီၣ်တစး လၢအိၣ်ဒီးတာ်အိၣ်ဆူၣ်အိၣ်ချ့
တာ်ဂ့ၢ်ကီၢ်တမံၤမံၤ, မ့ၢ်လၢအပၣ်ဒီး တၢ်ယၢ်အထူး
အစီလၢတမၤဘၣ်ဒီတာ်ဘၣ်န့ၣ်အါဒၣ်တစး လၢကတြီဆါ နူမီဆီခါ
တာ်ဆါန့ၣ် လီၤ.ကသံၣ်ဒီသဒါန့ၣ်ပၣ် ယုာ်ဒီးတာ်ဆါ ဘဲကထံရံၤယါ
တနီၤနီၤ ဒ်သိးပမိၢ်ပုၤကသ့ၣ်ညါ တူၢ်ခိၣ်န့ၣ်ထီၣ်ဝဲတာ်ယၢ်သ့ၣ်
တဖၣ်န့ၣ် အဂီၢ်လီၤ.

မတၤသ့ၣ်တဖၣ်လၢဒီးန့ၣ်ဝဲကသံၣ်ဒီသဒါလၢတလၢ်ကျိၣ်လၢ်စ့ ဘၣ်သ့န့ၣ်လဲၣ်.

- ဖိသပ်ဆံး လၢအသးနံၣ်အိၣ်ၣ် ၂, ၄ ဒီး ၁၂နံၣ်တဖၣ်န့ၣ်လီၤ.
- ဖိသပ်လၢအသးနံၣ်ထီၣ်ဘးတုၤလၢ ၅ နံၣ်လၢအိၣ်
ဒီးတာ်အိၣ်ဆူၣ်အိၣ်ချ့တာ်ဘၣ်ယိၣ် တဖၣ် မ့ၢ်လၢအ
တာ်လီၤဘၣ်ယိၣ်ကအါထီၣ်ဝဲဖိဒီးန့ၣ်ဝဲနူမီဆီခါတာ်ဆါယၢ်
န့ၣ်လီၤ. ဖိသပ်သ့ၣ်တဖၣ်အံၤလိၣ်ဘၣ်ဝဲ နူမီဆီခါ
ကသံၣ်ဒီသဒါအဘျီတဖၣ် ဖဲအအိၣ် ဖဲနံၣ်ဖဲအအိၣ် ၄ဒီး၅
နံၣ်အခါန့ၣ်လီၤ.

ဝံသးစူကတိတၢ်ဒီးနကသံၣ်သရၣ်လၢနတၢ်အိၣ်ဆူၣ်အိၣ်ချ့
တၢ်ဂ့ၢ်ကိအတၢ်အိၣ်သးလီၤလီၤဆီဆီမ့ၢ်အိၣ်တမံၤမံၤ အဒိ-

- HIV တၢ်ဆါ
- သွံၣ်တၢ်ဆါလၢယါဘျါတန့ၢ်လၢၤတဖၣ်
- ကုၤတၢ်ဆါလၢဘၣ်ကိပုၤတဖၣ် (cystic fibrosis)
- ခိၣ်နူသလီၤထံဖျိတၢ်ဆါ (CSF leak)
- ခိၣ်နူဒၢထံတၢ်ဆါ (intracranial shunt)
- တၢ်ထီၣ်နကလ့ၢ် အတူး
- နီၢ်ခိတၢ်ဒုးဆါတၢ်ဆူးတၢ်ဆါတလၢတပဲၤဘၣ်,
ဘၣ်အိကသံၣ်ကသီ မ့တမ့ၢ် ဘၣ်တၢ်ကူဆါယါဘျါ
အီၤအိၣ်တမံၤမံၤ
- ကမိ တမၤတၢ်မၤဘၣ် မ့တမ့ၢ် ကမိတအိၣ်ဘၣ်
- Down syndrome (ဖိသၣ် ဒီမံၤတြိ)
- ဖိသၣ်လၢအိၣ်ဖျၢၣ်ဖဲအအိၣ်လၢမိၢ်ဟုးသးပူၤန့ၢ်ထဲ ၂၈ နွံ
ဒီးစ့ၤန့ၢ်ဒီးအမဲၣ်ညါတဖၣ်
- တၢ်ဆါထီၤသး လၢအဘၣ်သး သး, ပသိၣ်, ကလုၣ်
ဒီးဆံၣ်ဆါတၢ်ဆါတဖၣ်

တၢ်လၢနူမိခါကသံၣ်ဒီသဒါမၤဘၣ်ဒီဆါက့ၤန့ၤသ့တဖၣ်

အတၢ်မၤဘၣ်ဒီဆါ လၢညီန့ၢ်မၤအသးတဖၣ်

- တၢ်ဆါ, တၢ်ထီၣ်ဂီၤ ဒီးတၢ်ညိးထီၣ်လၢတၢ်ဆဲးကသံၣ်
အလီၢ်န့ၣ်လီၤ
- တၢ်ကိၢ်ထီၣ်ဖဲအဘၣ်

တၢ်မၤဘၣ်ဒီဆါလၢအနးနးကလဲၣ်လၢတညီန့ၢ်မၤအသးဘၣ်

- တၢ်တဖျိးလိာ်ဒီးတၢ်လၢနးနးကလဲၣ်

တၢ်တဖျိးမံလိာ်မ့ၢ်ကဲထီၣ်တဒိၣ်တဆံးန့ၣ်,နမၤစ့ၤလီၤတၢ်
မၤဘၣ်ဒီဆါက့ၤန့ၤသ့တဖၣ်အံၤသ့ခီဖျိ-

- ထိးလီၤတၢ်ကံးညၢ်အချံၣ်ဒီးဘၣ်စီၣ်တဘျီလၢတၢ်ဆဲး
ထးအလီၢ်တက့ၢ်.
- တဘၣ်သိးတၢ်ကူတၢ်ကၤတီၣ်ထလၢတဂ့ၤ
- ကလိၣ်ဘၣ်ကသံၣ်ပၤရၤစံၤတမိလၢကမၤကိညၢ်လီၤတၢ်ဆါ
ဒီးတၢ်လီၤကိၢ်အဂီၢ်(ကွၢ်လီၤတၢ်ကသံၣ်အကူခိၣ်တၢ်ကွဲးလီၤ
အီၤလၢကသူလၢအဘၣ်ဘျိးဘၣ်ဒါအဂီၢ်)
- ဟ့ၣ်အိအါထီၣ်နဖိတၢ်ထံတၢ်နီတက့ၢ်.

အတၢ်ဒုးတူၢ်ဘၣ်က့ၤအီၤတဖၣ်မ့ၢ်နးဒိၣ်ထီၣ်ဒီးမၤအသးတလီၢ်
လီၢ်န့ၣ်,ဆဲးကျိးနကသံၣ်သရၣ်မ့တမ့ၢ်တၢ်ဆါ
ဟံၣ်တက့ၢ်.

**တချုးတၢ်ဆဲးကသံၣ်ဒီသဒါအခါတၢ်လၢကဘၣ်မၤကွၢ်ထံသမံသမိ
အီၤတဖၣ်**

တချုးနဆဲးန့ၢ်နဖိကသံၣ်ဒီသဒါအခါတဲဘၣ်နကသံၣ်သရၣ်မ့တမ့ၢ်
နးစဲဖဲနဖိ-

- ☐ အိၣ်မ့ၢ်တဆူၣ်တချ့ဖဲကဆဲးကသံၣ်ဒီသဒါအနံၤ
- ☐ အတၢ်တဖျိးလိာ်အသးဒီးတၢ်လၢဒုးတူၢ်ဘၣ်အီၤနးနးကလဲၣ်မ့ၢ်
အိၣ်ထီၣ်ဖဲဆဲးကသံၣ်ဒီသဒါအခါ
- ☐ အတၢ်တဖျိးလိာ်အသးဒီးကသံၣ်ဒီသဒါလၢအထူးအစီတခါခါ
အိၣ်

လၢကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျါတဖၣ်အဂီၢ်

လၢကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျါတဖၣ်အဂီၢ်ယုကွၢ်ဖဲ “ဖိသၣ်က
တီၢ်တၢ်ဆဲးကသံၣ်ဒီသဒါ”ဖဲ www.betterhealth.vic.gov.au
တက့ၢ်.

လံာ်လဲၣ်တဖၣ်အံၤလၢတၢ်ကျိးထံအီၤအဂီၢ်အဂီၢ်လဲၤဆူ
www.healthtranslations.vic.gov.au

လၢကသ့ၣ်ညါအါထီၣ်တၢ်ဂ့ၢ်တၢ်ကျါဘၣ်သးဒီးထံလီၢ်ကိၢ်ပူၤတၢ်ဆဲးက
သံၣ်ဒီသဒါတၢ်ရဲၣ်တၢ်ကျါအဂီၢ်ကွၢ်ဖဲ
www.immunise.health.gov.au/

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၂၀၁၀န့ၣ်,ဘၣ်တၢ်ဟ့ၣ်စီဟ့ၣ်ကမိၤအီၤလၢကိၢ်မံၤပဒိၣ်ဖဲမံၤကထီၣ်ရဲၤအပူၤ (State Government of
Victoria, 50 Lonsdale Street),
လါအီးကထီၣ်ဘၣ်, ၂၀၁၈, PH616



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Childhood pneumococcal disease

The National Immunisation Program schedule provides free pneumococcal vaccine to all infants at two, four and 12 months of age. Children less than five years of age with serious medical conditions may also need extra doses of pneumococcal vaccine.

Pneumococcal disease

Pneumococcal disease in young children causes serious illness such as blood infection and even death. A child with a serious medical condition is at greater risk of life threatening infection and hospitalisation.

Most people carry *Streptococcus pneumoniae* bacteria in the nose and throat. The bacteria are spread by droplets from the mouth and nose such as coughing and sneezing or by contact with articles contaminated by infected droplets.

Pneumococcal infections attack different parts of the body. For example:

- if the pneumococcal bacteria gets into the blood stream it's called bacteraemia
- if it attacks a specific part of the brain, it's known as meningitis
- if the pneumococcal bacteria attacks the lungs, it's known as pneumonia
- if it infects the middle ear, it's called otitis media.

Pneumococcal vaccines

A vaccine for children has been shown to be up to 90 per cent effective against severe forms of pneumococcal disease. However there are more than 90 strains of pneumococcal disease. One

pneumococcal vaccine covers strains that cause 80 per cent to 90 per cent of cases of severe pneumococcal disease. Another pneumococcal vaccine suitable for older children is also given if the child has a serious medical condition, as it contains more strains to protect against pneumococcal infection. The vaccines contain inactive components of some strains of pneumococcal bacteria to stimulate an immune response.

Who is eligible for the free vaccine?

- All infants at two, four and 12 months of age.
- Children up to five years of age with serious medical conditions which put them at higher risk of pneumococcal infection. These children need extra doses of pneumococcal vaccine at six months and at four to five years of age.

Please talk to your doctor to discuss serious medical conditions such as:

- HIV infection
- blood malignancies
- cystic fibrosis
- CSF leak
- intracranial shunt
- cochlear implants
- immune deficiency from illness, medication or treatment
- impaired spleen function or no spleen
- Down syndrome
- all infants born less than 28 weeks gestation
- chronic diseases of the heart, lung, kidney and diabetes.

Possible side effects of pneumococcal vaccine

Common side effects

- pain, redness and swelling at the injection site
- low grade temperature.

Extremely rare side effect

- severe allergic reaction.

If mild reactions do occur, the side effects can be reduced by:

- placing a cold wet cloth on the sore injection site
- not overdressing your child
- paracetamol might be required to ease discomfort and/or high fever (check label for correct use)
- giving your child extra fluids to drink.

If reactions are severe or persistent, or if you are worried about your child, contact your doctor or hospital.

Pre-immunisation checklist

Before you have your child immunised, tell the doctor or nurse if your child:

- ☐ Is unwell on the day of immunisation
- ☐ Has had a severe reaction to any vaccine
- ☐ Is allergic to any component of the vaccine

Further information

For more information search 'childhood immunisation' at www.betterhealth.vic.gov.au

For translated versions of this document go to www.healthtranslations.vic.gov.au

For information about the National Immunisation Program visit www.immunise.health.gov.au/

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