

တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်တၢ်ဟံးန့ၣ်သူၤအိၤဖျိအိၤစၢ်တြၢ်လၢပဒိၣ်ဆူၣ်ချ့ၣ်ကျိၤ
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ကသံၣ်ဒီသဒၢတၢ်တၢ်ဆါန့ၣ်မ့ၢ်မနုၤလဲၣ်ဒီးအဝဲမၤတၢ်မၤဒ်လဲၣ်

What is a vaccine and how does it work?

ကသံၣ်ဒီသဒၢတၢ်တၢ်ဆါမ့ၢ်ကသံၣ်တကလုာ်လၢမၤစၢၤပုၤကညီလၢကဒုးတြီဆါဝဲဒၣ်
တၢ်ဆါယၢ်လၢအဒီးန့ၢ်ဘၣ်ဝဲသ့ၣ်တဖၣ်န့ၣ်လီၤ. တၢ်ဆါယၢ်န့ၢ်မ့ၢ်ဝဲဒၣ်တၢ်ဆါ
လၢဘၣ်ကူဘၣ်ကဲဝဲဒၣ်ဆူပုၤတဂၤဒီးတဂၤအအိၣ်သ့ဝဲဒၣ်န့ၣ်လီၤ. ကသံၣ်ဒီသဒၢ
တၢ်ဆါ န့ၣ်မၤဂ့ၢ်ထီၣ်ပဂံၢ်တြီဆါတၢ်ဆါအသဟီၣ်လၢတၢ်န့ၣ်အယိပမိၢ်ပုၤန့ၣ်သ့ၣ်ညါ
ဝဲဒၣ်တၢ်ဆါယၢ်လၢအဖဲန့ၣ်လီၤချ့သဒံးဒီးဒုးထီၣ်ဒါဝဲဒၣ်န့ၣ်လီၤ. နမ့ၢ်ဆဲးဝဲဒၣ်ကသံၣ်
တြီဆါတၢ်ဆါအံၤန့ၣ် နမိၢ်ပုၤန့ၣ်ကသ့ၣ်နီၣ်ထီၣ်ဝဲဒၣ်တၢ်ဆါဒီးကမၤစၢၤန့ၣ်သိး
နသုတဆိက့ထီၣ်တဂ့ၢ်အဂီၢ် မ့တမ့ၢ်မၤစၢၤလီၤဝဲဒၣ်တၢ်ဆါအသဟီၣ်န့ၣ်လီၤ.
လၢနဆဲးကသံၣ်ဒီသဒၢတၢ်ဆါအံၤအယိနဒီးန့ၢ်ဘၣ်တၢ်ဆါယၢ်တသ့ဘၣ်.



နဆဲးတ့ၢ်ဝဲဒၣ်ကသံၣ်ဒီသဒၢအါမံၤလၢနတၢ်အိၣ်မူပုၤလၢကတြီဆါဝဲဒၣ်တၢ်ဆါဒ်သိး
တၢ်ဆါလီၤကျၢ (Polio), တၢ်ဆါထူၣ်ပျါဂျိၣ်(ခၢ်အ့ၣ်တၢ်တၢ်ဆါ), သမူးဖိတၢ်ဆါသ့ၣ်တဖၣ်န့ၣ်လီၤ.

ကသံၣ်ဒီသဒၢတၢ်ဆါန့ၣ်မ့ၢ်အဂ့ၢ်ဒီးပူၤဖျးဒီးတၢ်ဘၣ်ယိၣ်စ့ၢ်ကိးဧါ.

Are vaccines safe?

ကသံၣ်ဒီသဒၢတၢ်ဆါန့ၣ်မ့ၢ်အဂ့ၢ်ဒီးပူၤဖျးဒီးတၢ်ဘၣ်ယိၣ်န့ၣ်လီၤ. ဝဲအိၣ်တြၢ်လၢပဒိၣ်ဆူၣ်ချ့ၣ်ကျိၤ
တၢ်ဆါသ့ၣ်တဖၣ်ဘၣ်တၢ်မၤကွၢ်အိၣ်တဘျးဘျီဒ်သိးတၢ်ကမၤလီၢ်တံၢ်ဝဲလၢကသံၣ်သ့ၣ်တဖၣ်န့ၣ်ဂ့ၢ်ဒီးပူၤဖျးဒီးတၢ်ဘၣ်ယိၣ်
ဒီးကမၤတၢ်မၤဒ်သိးတၢ်တဲဟ်အသိးစ့ၢ်ကိးဧါန့ၣ်လီၤ. တၢ်မ့ၢ်ထံၣ်န့ၣ်အိၣ်
လၢအတဂ့ၢ်ဘၣ်န့ၣ်တၢ်တဟ့ၣ်အခွဲးလၢတၢ်ကဆဲးအိၣ်ဘၣ်. လၢတၢ်က
အာၣ်လီၤပာ်ပနီၣ်ကသံၣ်ဒီသဒၢအဂီၢ်တၢ်ဆါကတီၢ်ကယံၣ်ဝဲ မ့ၢ်လၢကီၢ်
အိၣ်စၢ်တြၢ်လၢပဒိၣ်ဆူၣ်ချ့ၣ်ကျိၤအိၣ်ဒီးတၢ်ပူၤတၢ်ဖျးတၢ်သမံသမိးပတီၢ်လၢအထီမး
အယိန့ၣ်လီၤ.



လၢတၢ်မၤကွၢ်ကသံၣ်ကသီအံၤန့ၣ်ဆူၣ်ချ့ၣ်ကျိၤအပဒိၣ် (Department
of Health) ဟ်ယုာ်မၤသကိးတၢ်စ့ၢ်ကိးန့ၣ်လီၤ. တၢ်ကရၢကရိအံၤတၢ်ကိး
အိၣ်လၢတၢ်ကူစါယါကျါပီးလီၤရဲၣ်ကျဲၤပၤဆုၢ်ကရၢ (Therapeutic Goods Administration) န့ၣ်လီၤ.

တၢ်ဆဲးကသံၣ်ဒီသဒၢတၢ်ဆါန့ၣ်မ့ၢ်ကျဲအချကတၢ်တဘိလၢကဒီသဒၢန့ၣ်, နပုၤဟံၣ်ဖိဒီးပုၤတတဖိလၢတၢ်ဆူးတၢ်ဆါ
အယၢ်န့ၣ်လီၤ.

COVID-19 ကသံဉ်ဒီသဒေန့ၣ်မ့ၣ်မနုၣ်လဲၣ်ဒီးမ့ၣ်အဂ့ၢ်ဒီးအိၣ်ဒီးတၢ်ပူၤတၢ်ဖျဲးစ့ၢ်ကိးဧါ.

What is the COVID-19 vaccine and is it safe?

ခိၣ်ရီၣ်န့ၣ်ကသံဉ်ဒီသဒေန့ၣ်သိၣ်လိၣ်ဒဲၣ်ပမိၣ်ပူၤလၢကသ့ၣ်ညါဝဲဒၣ်လၢမ့ၣ်ခိၣ်ရီၣ်န့ၣ်တၢ်ဆါဖၢ်အိၣ်လၢနပူၤဒါတအိၣ်ခါဒီးကဘၣ်ဒုးတြီဆာဝဲဒၣ်လဲၣ်ဒဲၣ်န့ၣ်လီၤ. ကသံဉ်ဒီသဒေတၢ်ဆါခံကလုာ်လၢအမ့ၢ် (Pfizer and AstraZeneca) လၢအအိၣ်ဝဲလၢတၢ်ကဆဲးအီၤဖဲအိးစံၤတြုလ်ယါအပူၤအံၤန့ၣ်ဘၣ်တၢ်မၤကွၢ်အီၤတဘျုးဘျီဒီးဖျါဝဲလၢအဂ့ၢ်မးလၢကတြီဆာပူၤလၢပသုတဆိက့ထီၣ်နးနးကလဲာ်တဂ့ၢ်အဂီၢ်ဒီးသုတသံလၢခိၣ်ရီၣ်န့ၣ်တၢ်ဆါအံၤတဂ့ၢ်အဂီၢ်န့ၣ်လီၤ. နမ့ၢ်ဆဲးကသံဉ်ဒီသဒေန့ၣ်လၢနကဒီးန့ၣ်ဘၣ်တၢ်ဆူးတၢ်ဆါအဂီၢ်အမ့ၢ်ကယၢတၢ်ဝဲန့ၣ်လီၤ.

ဒ်သိးနဒီးန့ၣ်တၢ်ဘၣ်ကသံဉ်ဒီသဒေလၢအဂၤသ့ၣ်တဖၣ်အသိး, ကသံဉ်ဒီသဒေအံၤတၢ်ကဟ့ၣ်အီၤခိဖျါတၢ်ဆဲးအီၤလၢထးလၢနစုးန့ၣ်လီၤန့ၣ်လီၤ. နကဘၣ်ဆဲးခံဘျီလၢမ့ၢ်နံၤလီၤဆီခံသီအတီၢ်ပူၤန့ၣ်လီၤ. ဒ်သိးကသံဉ်ဒီသဒေလၢအဂၤသ့ၣ်တဖၣ်အသိး, ပူၤတနီၤနီၤကဒီးန့ၣ်ဘၣ်တၢ်ဆါလၢအပိာ်ထွဲထီၣ်တၢ်ဆဲးကသံဉ်ဒီသဒေအံၤအခံတဖၣ်တက့ၢ်ဒ်သိးစုးန့ၣ်ဆါဖဲဆဲးထးအလီၢ်, ခိဆါ မ့တမ့ၢ်တၢ်ကိာ်ထီၣ်တဆဲးတက့ၢ်န့ၣ်လီၤ. တၢ်အံၤတမ့ၢ်တၢ်လၢအလီၤတိာ်လီၤဆီဘၣ်ဒီး တယံာ်အါသီဘၣ်န့ၣ်လီၤ.

နမ့ၢ်အိၣ်ဒီးတၢ်သ့ၣ်ကိာ်သးဂီၤဘၣ်ယ တၢ်ဆါလၢအပိာ်ထွဲထီၣ်တၢ်ဆဲးကသံဉ်ဒီသဒေအံၤအခံတဖၣ်အံၤန့ၣ်န့ၣ်န့ၣ်သကိးတၢ်ဒီးနကသံဉ်သရၣ်သ့ဝဲန့ၣ်လီၤ. တၢ်ဆါလၢအပိာ်ထွဲထီၣ်တၢ်ဆဲးကသံဉ်ဒီသဒေအံၤအခံလၢအဟဲကထီၣ်သးဒိၣ်ဒိၣ်မ့ၢ်မ့ၢ်န့ၣ်တအိၣ်တြီတြီဘၣ်န့ၣ်လီၤ. ပူၤလၢအိၣ်လၢအိးစံၤတြုလ်ယါအပူၤကိးဂၤဒဲးတလိၣ်ဟ့ၣ်အပူၤဘၣ်ဒီး နယုထၢလၢကဆဲးဧါတဆဲးဧါန့ၣ်သ့စ့ၢ်ကိးန့ၣ်လီၤ. တၢ်အံၤတမ့ၢ်တၢ်မၤဆူၣ်ဘၣ်မ့ၢ်လၢပဝဲကိးဂၤပအိၣ်ဒီး တၢ်ခွဲးတၢ်ယာ်လၢပကပၤဆုၢ်ပမိၣ်ပူၤဒ်လဲၣ်ဒဲၣ်အယီၤန့ၣ်လီၤ. တမ့ၢ်လၢကသံဉ်ဒီသဒေတခါအံၤတဂ့ၢ်ဘၣ်ဒီးတတုၤလီၤတီၤလီၤအယီၤန့ၣ်ဘၣ်.

ကသံဉ်ဒီသဒေအံၤပူၤဖျဲးဒီးတၢ်ဘၣ်ယိၣ်ဒီးတုၤလီၤတီၤလီၤဝဲဒၣ်န့ၣ်လီၤ.

ပူၤတနီၤနီၤဆဲးကသံဉ်ဒီသဒေဘၣ်ဆၣ်ဒီးန့ၣ်ခိၣ်ရီၣ်န့ၣ်တၢ်ဆါသ့ဒဲ, အယီၤမိသုက-

အိၣ်ယံၤသးဒီးပူၤဂၤ, သ့ကဆီစုးလၢဆးပုၣ်ဒီးထံ မ့တမ့ၢ်သ့ကသံဉ်ထွါစုးလၢမၤသံတၢ်ဖၢ်, သ့တၢ်ကးဘၢနီၤဒုကိာ်ပူၤဒီးအိၣ်လၢဟံၣ်ဖဲနအိၣ်တမ့ၢ်ဘၣ်အခါန့ၣ်တက့ၢ်. အကါဒိၣ်စ့ၢ်ကိးလၢနကမၤကွၢ်နသးဖဲနဆိက့အခါန့ၣ်လီၤ. ဒ်သိးနကဒီးန့ၣ်ဘၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤလၢနလိၣ်ဘၣ်လၢနကမၤတၢ်ဆါတဲာ်လၢကနီၢ်ကစၢ်အဂီၢ်ဒီးနဟံၣ်ဖိယီဖိအဂီၢ်န့ၣ် န့ၣ်သကိးတၢ်ဒီးနကသံဉ်သရၣ်ဘၣ်ယးခိၣ်ရီၣ်န့ၣ်တၢ်ဆါ ဒီးဘၣ်မနုၣ်ယီၤလၢကသံဉ်ဒီသဒေန့ၣ်အဂ့ၢ်ဒိၣ်လၢပပူၤတဝါအတၢ်ပူၤတၢ်ဖျဲးဒီး အတၢ်အိၣ်ဆူၣ်အိၣ်ချ့အဂီၢ်ဒ်လဲၣ်အဂ့ၢ်သ့ဝဲန့ၣ်လီၤ.



What is a vaccine and how does it work?

A vaccine is medicine that helps people fight a virus if they have contact with it. A virus is an illness or disease that can spread from one person to another person.

A vaccine makes your body stronger (immune system) so that your body can quickly recognise and fight a virus. When you have a vaccine, your body will remember the disease and quickly stop you from getting sick or will make the sickness less serious. You cannot get a virus from having a vaccine.

You have already had many vaccines in your lifetime to protect you from diseases like polio, tetanus and measles.

Are vaccines safe?

Yes.

In Australia medicine and vaccines are tested many times to make sure they are safe and that they will do what they say they will. No vaccine will be given if they are found to be unsafe. Approving a vaccine takes a lot of time because Australia has strong safety requirements. This testing is done by part of the government's Department of Health. It is called the Therapeutic Goods Administration.

Having a vaccine is one of the fastest ways to protect you, your family and the community from a virus.

What is the COVID-19 vaccine and is it safe?

Coronavirus (COVID-19) vaccine teaches your body how to know if COVID-19 is in you and how to fight it. The two different vaccines (Pfizer and AstraZeneca) available in Australia have been tested many times and show they are very good at stopping people getting very sick or dying from COVID-19. **If you have the vaccine, you are less likely to get sick.**

Just like other vaccines you have had, it will be given to you with a needle in your arm. You will need to have two needles on two different days. Just like other vaccines, some people will have mild side effects like a sore arm where the needle went in, headache or mild fever. This is very normal and should not last longer than a few days. If your side effects are making you worry, you can talk to your doctor. Serious side effects are very rare.

It is free for everyone living in Australia and you can choose if you have the vaccine or not. It is voluntary because we all have the right to control what we do with our bodies, not because it is not safe or effective.

This vaccine is safe and effective.

Some people might still get COVID-19 after having the vaccine so it is important that you still:

Keep your distance from other people, wash your hands well with soap and water or use sanitiser, wear a mask and stay home if you are not feeling well. It is still important to get a COVID-19 test if you are feeling sick.

To make sure that you have the information you need to make the best decision for you and your family, you can talk to your doctor about COVID-19, and why the vaccine is important to keep the community safe and healthy.