

# Misel i spred ovasi, mo ol infeksen oli stap kam antap long Viktoria.

Misel hem i wan sik we i spred tru long kondak isi nomo mo samtaem i kosem ol series sik, iven long ol adalt mo pikinini we oli helti.

Oli save stopem wetem **2 MMR vaksin** we oli stap givim bitwin **1 manis** o moa.

## Protektem yuwan wetem MMR vaksin

- Mekem sua yu gat **2 dos** blong **MMR vaksin** (misel, mams, mo rubela) blong laeftaem proteksen.
- Sapos yu bin **bon long Australia** bitwin **1966 mo 1992**, o yu bin **bon ovasi**, maet se yu gat **1 dos nomo** mo yu no kasem proteksen fulwan yet.
- Sapos yu no save sapos yu bin gat tu dos finis, yu mas kasem wan moa MMR!
- MMR hemi sef mo efektif gud.
- Kondaktem GP, famasi, lokol kaonsel blong yu o **Aboriginal Health Service** blong wan kajap long MMR vaksin.
- Yu no nidim blong gat wan Medicare kad blong kasem vaksin.
- Mekem sua se yu mo famle blong yu (ingkludum ol bebe we oli gat 6-11 manis) i mas kasem ful vaksin bifo oli travel ovasi.

## Yu sud gat wan MMR vaksin naoia, nating se:

- yu gat wan imiunaeseses rekod we i soem se yu bin gat **2 dos blong MMR**. O,
- Wan blad tes i soem se yu gat imiuniti long misel. O,
- yu bin bon long Australia bifo 1966.

## Misel hem i wan series infeksen

- Misel infeksen i no hapen tumas long Australia. Ol pipol we oli bin travel ovasi o oli bin stap long kodak wetem wan we i kasem misel oli stap long hae risk blong infeksen.
- Ol saen hem i fiva, kof, nus i ron, red ae mo wan ras i stat long fes mo i spred i go long bodi. Plante pipol oli nid blong go long hospital.
- Sam pipol bae oli gat wanwan sik ya ingkludum lang infeksen (nemonia), bren i solap (ensefalitis), pregnansi komplikesen o longtaem imiuniti problem.
- Plis luk GP blong yu sapos yu stap eksperiensem ol saen blong misel. Kol fastaem mo werem wan mask i go long apoenmen blong yu.
- Blong moa infomesen visitim:

<https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/measles>