

ဝီဘြဲလၢကသံၣ်ကသီအလံာ်ဖျၢၣ်လၢ  
တၢ်ဆဲးဒီသဒါသးဒီးကသံၣ်ဒီးကသံၣ်  
ဒီသဒါအတၢ်ဒိၣ်ထီၣ်ထီၣ်

တၢ်ဆိၣ်ထွဲမၤၤၤ တၢ်ဆဲးကျိးဆဲးကျါလၢ COVID-19  
ကသံၣ်ဒီသဒါ အတၢ်ရဲၣ်တၢ်ကျဲၤအဂီၢ်

Glossary of Medical Terminology for  
**Immunisation and Vaccine development**

Produced by Health and Social Policy Branch NSW Ministry  
of Health, NSW Multicultural Health Communication Service,  
NSW Refugee Health Service and School of Population Health,  
University of New South Wales



### **တၢ်ဆိၣ်ထွဲမၤစၢၤ တၢ်ဆဲးကျိးဆဲးကျါလၢ COVID-19 ကသံၣ်ဒီသဒါ အတၢ်ရဲၣ်တၢ်ကျဲအဂီၢ်**

ဝီၤသြးသ့ၣ်တဖၣ်အံၤ ဘၣ်တၢ်ဒုးအိၣ်ထီၣ်အီၤ လၢကမၤစၢၤ ပပုၤတၢ်တၢ်ကရၢကရိတဖၣ်, ပုၤကွဲးကျိးထံတၢ်ဖိတဖၣ်, ပုၤကတိၤကျိးထံတၢ်ဖိတဖၣ်, ပုၤမၤတၢ်ဖိလၢစူးကါကျိၣ်ခဲကျိၣ်တဖၣ် ဒီးပုၤတၢ်ခိၣ်န့ၢ်တဖၣ် ဒ်သိးကနၢ်ပၢၢ်အါထီၣ် ဒီးအိၣ်ဒီးတၢ်ဆဲးကျိးဆဲးကျါ ဂ့ၤထီၣ် ဘၣ်ဃးတၢ်ဒုးအိၣ်ထီၣ် ကသံၣ်ဒီသဒါအသီ ဒီးအတၢ်မၤလၢထီၣ်ပုၤထီၣ်အဂီၢ်လီၤ.

### **တၢ်ဟ့ၣ်လီၤကွၢ်တၢ်**

ဝီၤသြးအံၤ ပညိၣ်ဝဲလၢ ကဒုးအိၣ်ထီၣ် တၢ်ကတိၤလၢအညီ လၢကသံၣ်ကသီအခိပညီလၢအကီသ့ၣ်တဖၣ် ဘၣ်ဃးတၢ်ဆဲးကျိးဆဲးကျါဒီသဒါ ဒီးတၢ်ဒုးအိၣ်ထီၣ်ကသံၣ်ဒီသဒါအဂီၢ်လီၤ. တၢ်ဂ့ၢ်တၢ်ကျိးအံၤ တၢ်ကဘၣ်စူးကါအီၤ ဒ်အမ့ၢ်တၢ်ကွၢ်သြးတခါဧါအဂီၢ်န့ၢ်လီၤ. နမ့ၢ်အဲၣ်ဒီးဟ့ၣ်ထီၣ်န့ၢ်တၢ်ထံၣ် မ့တမ့ၢ် ထၢန့ၢ်အါထီၣ်လံာ်မံာ်ဖျါၣ် မ့တမ့ၢ် တၢ်ကတိၤဖျါၣ် လၢအသီန့ၢ်ဒီး, ဝံသးစူၤဆဲးကျိး ဖျၢၣ်စီမိၤသရၣ်ဒိၣ်စီသဃဲၤ Holly Seale လၢ h.seale@unsw.edu.au မ့တမ့ၢ် +61 (02) 9385 3129 တက့ၢ်.

### **တၢ်အၢၣ်လီၤတူၢ်လီၤလၢတၢ်သ့ၣ်ညါ**

တၢ်အိၣ်ယၢၤသ့ၣ်တဖၣ်အံၤ ဘၣ်တၢ်ဒုးအိၣ်ထီၣ်အီၤခိဖျါ -

- Associate Professor Holly Seale, School of Population Health, University of New South Wales
- Lisa Woodland, Director, NSW Multicultural Health Communication Service
- Dr Kylie Quinn, School of Health and Biomedical Sciences; RMIT University
- Dr Sabira Shrestha, National Centre for Immunisation Research and Surveillance (NCIRS)
- Vicky Jacobson, Coordinator, Refugee Health Network Queensland
- Dr Carissa Bonner, The School of Public Health, University of Sydney

### **တၢ်စံးဘျးစံးဖျိၣ်လီၤဆိ -**

ပအဲၣ်ဒီးစံးဘျးစံးဖျိၣ် ပုၤလၢလံာ်သ့ၣ်တဖၣ်အံၤ လၢတၢ်သမံသမိးကွၢ် ဝီၤသြးအဂီၢ်လီၤ

- Associate Professor Christopher Blyth, Wesfarmers Centre of Vaccines and Infectious Diseases, Telethon Kids Institute.
- Dr Nadia Chaves
- Benine Muriithi, Patricia Argüello de Avila and Mariam Elliott, Refugee Health Network Queensland
- Fartih Karakas and Ismail Akinci, All Graduates
- Dr Jan Fizzell, Senior Medical Advisor, Public Health Response Branch, NSW Health

### **စံးဘျးဘၣ်**

တၢ်အိၣ်ဆူၣ်အိၣ်ချ့အတၢ်သ့ၣ်ဖးသ့ကွဲးအဒါး (Health Literacy Lab)လၢအတၢ်မၤကွၢ်ဝဲဒၣ်ဝီၤသြးခိဖျါတၢ်သ့ၣ်လီၤအဖီခိၣ်အအဲး ဒ်ထၢၣ်နီၢ်တဖၣ်အဂီၢ်လီၤ  
(Ayre, J., et al. (2021). Sydney Health Literacy Lab (SHLL) Health Literacy Editor).  
အိၣ်ဝဲဒၣ်ဖဲ <https://hdl.handle.net/2123/24642>

# တၢ်ဂ့ၢ်ခိၣ်တီၢ်တဖၣ်

A 4

M 14

B 6

N 15

C 7

P 16

D 9

R 17

E 10

S 18

H 11

T 19

I 12

V 20

L 13

W 21



# A

## Adverse event (reaction)

Any unexpected or serious effect that happens after a vaccine or medicine. Something that was not expected to happen.

## တၢ်ကဲထီၣ်သးတၢ်ကီၢ်ခါ (ကသံၣ်အတၢ်ဒိဘၣ်မၤဟူး)

ကသံၣ်အတၢ်ဘၣ်ဒိဘၣ်ထံးလၢအကဲထီၣ်လၢတၢ်တမ့ၢ်လၢဟံၣ်အံၤ မ့တမ့ၢ်ကဲထီၣ်န့းန့းကလံာ်တခါခါဖဲ ဆဲးကသံၣ်ဒိသဒါ မ့တမ့ၢ် ကသံၣ်ဝံၤအလီၢ်ခံအခါန့ၣ်လီၤ. တၢ်တမံၤလၢတၢ်တမ့ၢ်လၢဟံၣ်လၢအကကဲ ထီၣ်သးန့ၣ်လီၤ.

## Adverse event following immunisation (AEFIs)

An unexpected effect that happens after vaccination. The vaccine may have not been the reason for the problem.

## တၢ်အိၣ်သးတၢ်ကီၢ်ခါဖဲဆဲးကသံၣ်ဒိသဒါဝံၤအလီၢ်ခံ (AEFIs)

တၢ်ဒိဘၣ်ထံးလၢတၢ်တမ့ၢ်လၢဟံၣ်အံၤလၢအကဲထီၣ်သး ဖဲတၢ်ဆဲးကသံၣ်ဒိ သဒါဝံၤအလီၢ်ခံတခါန့ၣ်လီၤ. ကသံၣ်ဒိသဒါအံၤ ဘၣ်သ့ၣ်သ့ၣ် တမ့ၢ်တၢ်ဂ့ၢ် လၢအဒူးကဲထီၣ်တၢ်ဂ့ၢ်ကီၢ်ဘၣ်န့ၣ်လီၤ.

## Advisory Committee on Vaccines (ACV)

A group of experts that gives medical and scientific advice. The group talks to the Australian Government's Minister for Health and the Therapeutic Goods Administration (TGA). They give advice on issues about vaccine safety and use.

## ကသံၣ်ဒိသဒါအတၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးကမံးတံာ် (ACV)

ပုၤစံၣ်နီၤတကရူၢ်လၢအဟ့ၣ် ကသံၣ်ကသီဒီး စဲအ့ၣ်အတၢ်ဟ့ၣ်ကူၣ်န့ၣ်လီၤ. ကရူၢ်အံၤ ကတိၤသကိးတၢ်ဒီး ကီၢ်အိးစၢ်တြလယါပဒိၣ် ဆူၣ်ချဲၤကျိၤ ဒီး တၢ်ပၤဆၢရဲၣ်ကျဲၤ ပနံၣ်ပိးလိဘၣ်ပးဒီးတၢ်ကူၣ်စါယါကျိၤ (TGA) န့ၣ်လီၤ. အဝဲသ့ၣ်ဟ့ၣ်တၢ်ဟ့ၣ်ကူၣ်ဘၣ်ပး ကသံၣ်ကသီအတၢ်ပူၤဖျးဒီး တၢ်ဘၣ်ယိၣ် ဒီးတၢ်စူးကါ အတၢ်ဂ့ၢ်ကီၢ်သ့ၣ်တဖၣ်န့ၣ်လီၤ.

## Antibody

When the body gets sick or gets a vaccine, the body will make antibodies to protect it against that disease. The body can then recognise the germs when that same disease happens again.

## နီၢ်ခိၣ်တြိဆါ

ဖဲနီၢ်ခိၣ်ဆါထီၣ်အခါ မ့တမ့ၢ် ဆဲးဘၣ်ကသံၣ်ဒိသဒါအခါန့ၣ်, နီၢ်ခိၣ်အံၤ ဒူးအိၣ်ထီၣ် နီၢ်ခိၣ်တြိဆါ လၢကဒိသဒါ တၢ်ဆါယာ်န့ၣ်လီၤ. ဖဲတၢ်ဆါတကလုာ်ယီၤအံၤ မ့ၢ်ကဲထီၣ်သးအသီတကျိၣ်န့ၣ်, နီၢ်ခိၣ်အံၤသ့ၣ်ညါဟံၣ်စၢၤလဲဝဲဒၣ်တၢ်ဆါအယာ်အံၤန့ၣ်လီၤ.

## Antigen

A foreign (external) substance like bacteria, viruses, or fungi that cause infection and dis-ease if they get inside the body . The immunes system detects them and produces antibodies to fight them.

## ကဲထီၣ်ဟူးနီၢ်ခိၣ်တြိဆါ

တၢ်လၢတဘၣ်တဘၣ်ပးဒီးမိၢ်ပုၤ(လၢအအိၣ်လၢတၢ်ချါ)လၢအဒိဒိသဒိးဒီး တၢ်အယူးအယာ်,ဘဲရူးစဲမ့တမ့ၢ်ကုၤလၢအဒူးကဲထီၣ်တၢ်ဘၣ်ကူၣ်ဘၣ်ကိးဒီး တၢ်ဆူးတၢ်ဆါဖဲအဝဲသ့ၣ်မ့ၢ်န့ၣ်လီၤဆူၣ်နီၢ်ခိၣ်အပူၤအခါန့ၣ်လီၤ. နီၢ်ခိၣ်တြိဆါ တၢ်အသနူကဖီၣ်နီၢ်အိးဒူးဒူးကဲထီၣ်ကဲထီၣ်ဟူးနီၢ်ခိၣ်တြိဆါလၢအကဒူးထီ ဒါအဝဲသ့ၣ်န့ၣ်လီၤ.

## Adjuvant

An adjuvant is an ingredient used in some vaccines. It helps our bodies make a stronger immune response. The adjuvant works together with other parts of the vaccine. They have been used in some vaccines for over 70 years.

## ကဲမၤဆူၣ်ထီၣ်နီၢ်ခိၣ်တြိဆါ

ကဲမၤဆူၣ်ထီၣ်နီၢ်ခိၣ်တြိဆါအံၤ မ့ၢ်တၢ်ယါဃုာ်သးလၢတၢ်စူးကါအံၤ ဖဲကသံၣ်ဒိသဒါအပူၤန့ၣ်လီၤ. တၢ်အံၤမၤစၢၤပနီၢ်ခိၣ်လၢ ကဒူးအိၣ်ထီၣ် နီၢ်ခိၣ်တြိဆါအတၢ်ခိဆါ လၢအဆူၣ်နီၢ်ခိၣ်အလီၢ်တခါန့ၣ်လီၤ. ကဲမၤဆူၣ်ထီၣ်နီၢ်ခိၣ်တြိဆါအံၤ မၤသကိးတၢ်ဒီးကဲအဂုၤအဂၤလၢ ကသံၣ်ဒိသဒါအပူၤန့ၣ်လီၤ. အဝဲသ့ၣ်တနီၤန့ၣ် တၢ်စူးကါတၢ်လံာ်အံၤ လၢကသံၣ်ဒိသဒါသ့ၣ်တဖၣ်အပူၤ အါနီၢ်အနီၣ် 70 လဲၣ်န့ၣ်လီၤ.

## Anaphylaxis

A quick and serious allergic reaction. This could be a reaction to food or medicine. Symptoms can include breathing difficulties, loss of consciousness and a drop in blood pressure. The person will need urgent medical attention and can sometimes die.

## သ့ၣ်တဘၣ်လိာ်သးဒီးကသံၣ်န့းန့း

တၢ်တဘၣ်လိာ်သးဒီးသ့ၣ် လၢအကဲထီၣ်သးချု ဒီးအနးတခါန့ၣ်လီၤ. တၢ်အံၤကဲ တၢ်အိၣ်တၢ်အီ မ့တမ့ၢ် ကသံၣ်ကသီအတၢ်တဘၣ်လိာ်သးဒီးသ့ၣ် သ့ဝဲန့ၣ်လီၤ. တၢ်ဆါပနီၣ်သ့ၣ်တဖၣ် ပၣ်ဃုာ်ဒီး တၢ်ကသါအတၢ်ဂ့ၢ်ကီၢ်, တၢ်သးပုၤနီၣ်သး ဒီးသ့ၣ်တၢ်ဆီၣ်သန့းအဂီၢ်စၢၤလီၤ သ့ဝဲန့ၣ်လီၤ. ပုၤအဝဲအံၤ ကလိာ်ဘၣ်ဂ့ၢ်ကီၢ်အူဆူၣ်ချဲၤတၢ်ကွၢ်ထွဲ ဒီး တဘျီတခိၣ်န့ၣ် စူးကွၢ်သးသ့ဝဲလီၤ.



# A Cont'd

**Association**

A link between one event taking place at the same time as another event. The fact that they are happening together does not prove that one event caused the other event.

**တၢ်ဘၣ်ထွဲလိာ်သး**

တၢ်ဘျးစံတခါလၢအမ့ၢ်တၢ်ကံထီၣ်သးတခါလၢအကံထီၣ်သးတကတီၢ်ဃီ ဒီးအဂၢၤတခါအဘၣ်စၢၤန့ၣ်လီၤ.. တၢ်ကံထီၣ်သးတပူၤဃီအံၤအခိပညီတမ့ၢ်ဝဲလၢ တၢ်အိၣ်သးတခါအံၤ ဒုးကံထီၣ် တၢ်အိၣ်သးအဂၢၤတခါဘၣ်.

**Asymptomatic**

Someone with no sign of infection.

**ပုၤလၢတဆူးဆါဒီးတအိၣ်ဒီးတၢ်ဆါပနီၣ်တဖၣ်**

ပုၤတဂၢၤလၢတအိၣ်ဒီးတၢ်ဘၣ်ကူဘၣ်ကံအတၢ်ပနီၣ်တဖၣ်န့ၣ်လီၤ.

**Attenuated vaccine**

Live vaccines use a less strong (or attenuated) form of the germ that causes a disease. These vaccines are like the natural infection that they help prevent. They create a strong and long-lasting immune response.

**ကသံၣ်ဒီသဒါစူးကါတၢ်ဆါဃာ်ဂံၢ်စၢၤလၢကဒုးအိၣ်ထီၣ်ဂံၢ်ဒီသၢအဂီၢ်**

ကသံၣ်ဒီသဒါလၢအသမ့တဖၣ်န့ၣ်စူးကါ တၢ်ဆါဃာ်လၢအဒုးကံထီၣ်တၢ်ဆူးတၢ်ဆါ လၢအဂီၢ်တဆူၣ် (မ့တမ့ၢ် အဂီၢ်စၢၤ)န့ၣ်လီၤ. ကသံၣ်ဒီသဒါသ့ၣ်တဖၣ်အံၤ လီၤကံဒိသိးဒီး န့ဆၢၣ်တၢ်ဘၣ်ကူဘၣ်ကံလၢအဝဲသ့ၣ်မၤစၢၤဒီသဒါန့ၣ်လီၤ. အဝဲသ့ၣ်ဒုးအိၣ်ထီၣ် နီၢ်ခိၣ်တြီဆၢလၢအဆူၣ် ဒီးလၢအဆၢကတီၢ်ဃာ်န့ၣ်လီၤ.

**Australian Technical Advisory Group on Immunisation (ATAGI)**

A group of experts that helps the Government to make decisions on the use of vaccines in Australia.

**ကီၢ်အိးစတြလယါ ကသံၣ်ဒီသဒါ တၢ်သ့တၢ်ဘၣ်အပုၤဟ့ၣ်ကူၣ်တၢ်ကရူၢ် (ATAGI)**

ပုၤစံၣ်နီၤကရူၢ်လၢအမၤစၢၤ ပဒိၣ်ဒိသိးကမၤတၢ်ဆၢတၢ်ဘၣ်ဃး တၢ်စူးကါကသံၣ်ဒီသဒါတဖၣ် လၢကီၢ်အိးစတြလယါအပူၤန့ၣ်လီၤ.

**Australian Immunisation Register**

An electronic register that contains information on all vaccines given to all Australians.

**ကီၢ်အိးစတြလယါ ကသံၣ်ဒီသဒါအတၢ်မၤနီၣ်မၤဃါ**

အိၣ်လဲးတြီနံး တၢ်မၤနီၣ်မၤဃါ လၢအအိၣ်ဃုာ်ဒီး တၢ်ဂ့ၢ်တၢ်ကျိၤဘၣ်ဃး ကသံၣ်ဒီသဒါ လၢတၢ်ဆဲးန့ၢ် ပုၤအိးစတြလယါဖိတဖၣ်န့ၣ်လီၤ.



# B

**Batch assessment**

A process of checking that the vaccines used in Australia are of high quality. The Therapeutic Goods Administration will do these checks.

**ကသံဉ်ဒီသဒါကီအတၢ်သမံသမိး**

တၢ်သမံသမိးမၤကွၢ်အကျိၤအကွၢ်လၢ၊ အမၤကွၢ်ကသံဉ်ဒီသဒါလၢ တၢ်စူး ကါအီၤဖဲကီၢ်အီးစၢ်တြၢလယါအံၤအကီၢ်အစီအပတီၢ်ထီၤန့ၣ်လီၤ။  
တၢ်ပၤဆၢရဲၣ်ကျဲၤ ပနံၣ်ပီးလီၤဘၣ်ဃးဒီးတၢ်ကူစါယါသျါအံၤ ကမၤသတၢ်သမံသမိးအံၤန့ၣ်လီၤ။

**Boost (Booster injection)**

An additional vaccine after the first one, given to either build up better immunity or to make sure the immunity lasts longer.

**ကသံဉ်မၤဆူၣ်ထီၣ်ဂံၢ်သဟီၣ်**

တၢ်ဆဲးအါထီၣ်ကသံဉ်ဒီသဒါဖဲတၢ်ဆဲးအီၤအဆိကတၢ်တဖျါၣ် ဝံၤအလီၢ်ခံ ဒ်သိးကမၤဆူၣ်ထီၣ် နီၢ်ခိၣ်တြီၤဆါ မ့တမ့ၢ် ကမၤလီၤတၢ်ဝဲလၢ နီၢ်ခိၣ်တြီၤဆါအံၤ ကအိၣ်သးယံၢ်ယံၢ်အဂီၢ်န့ၣ်လီၤ။



# C

## Coalition for Epidemic Preparedness Innovations (CEPI)

An international organisation that will help many countries gain access to COVID-19 vaccines. It will help governments, including lower income countries, to access safe and effective vaccines for 20% of their population.

## တၢ်အိၣ်ကတီၢ်ကတီၢ်သးလၢတၢ်ဆါသ့တြီၢ်အဂီၢ်အကျိၢ်အကျဲသိကရၢဖျိ (CEPI)

ထံၣ်ဂၢၢ်ဂၢၢ် တၢ်ကရၢကရိၣ်လၢကမၤစၢၤထံၣ်ကီၢ်အဂၢၤတဖၣ် ဒ်သိးကဒီးန့ၢ်ဘၣ် COVID-19 ကသံၣ်ဒိသဒါတဖၣ်အဂီၢ် န့ၣ်လီၤ. တၢ်အံၤကမၤစၢၤ ပဒိၣ်သ့ၣ်တဖၣ် ဃုာ်ဒီးထံၣ်ကီၢ်လၢအိၣ်ဒီးစ့ၣ်န့ၣ်စ့ၣ် ဒ်သိးကဒီးန့ၢ်ဘၣ် ကသံၣ်ဒိသဒါလၢအပူၤဖျိဒီးတၢ်ဘၣ်ယိၣ် ဒီးအတုၤလီၤတီၤလီၤ လၢအထံဖိကီၢ်ဖိ 20% အဂီၢ်န့ၣ်လီၤ.

## Cell culture

Using cells grown in liquid to make vaccine ingredients.

## တၢ်စူးကါစဲ(လ)လၢတၢ်ရဲၣ်သဲကတီၢ်ဟံ

စူးကါ စဲ(လ)လၢတၢ်ဘၣ်ဒိၣ်ထီၣ်အိၣ်ဖဲတၢ်ထံတၢ်နီၣ်အကျိၢ် ဒ်သိးကဒီးန့ၢ်ဘၣ် ကသံၣ်ဒိသဒါအတၢ်ဃါဃုာ်သးတဖၣ်အဂီၢ်န့ၣ်လီၤ.

## Clinical Trial

A type of research study. People either receive a new vaccine or are in the control group. The control group may receive a different vaccine or a placebo, meaning a simple substance with no effects on the body. Participants usually do not know which group they are in. Scientists test the safety and benefits of new vaccines.

## တၢ်မၤကွၢ်ကသံၣ်ဒိသဒါ

မ့ၢ်တၢ်ဃုာ်သ့ၣ်ညါမၤလိတကလၢန့ၣ်လီၤ. ပုၤလၢအဆဲးဘၣ်ဝဲ ကသံၣ်ဒိသဒါအသီမ့ၢ်ဂ့ၤ မ့တမ့ၢ် ပုၤလၢအဘၣ်တၢ်ကွၢ်ထွဲသမံသမံးအိၣ် မ့ၢ်ဂ့ၤန့ၣ်လီၤ. ပုၤလၢအဘၣ်တၢ်ကွၢ်ထွဲသမံသမံးအိၣ်အံၤ ကဒီးန့ၢ်ဘၣ် ကသံၣ်ဒိသဒါ မ့တမ့ၢ် ကသံၣ်သးမံ လၢအခီပညီမ့ၢ်ဝဲ ကသံၣ်ပီးလီၤ ယိယိဖိ လၢတဒူးကဲထီၣ် တၢ်ဒိဘၣ်မၤဟူးလၢနီၣ်ခိအဂီၢ်န့ၣ်လီၤ. ပုၤပာ်ဃုာ်မၤသကိးတၢ်သ့ၣ်တဖၣ်အံၤ ညိန့ၢ်န့ၣ် တသ့ၣ်ညါဝဲဒၣ်မ့ၢ်အပၣ်ဃုာ်လၢကရူၢ် ဖဲလဲၣ်တကရူၢ်လဲၣ်အပူၤဘၣ်န့ၣ်လီၤ. ပုၤစဲအံၤဖိသ့ၣ်တဖၣ်အံၤ မၤကွၢ် ကသံၣ်ဒိသဒါအသီ အတၢ်ပူၤဖျိဒီးတၢ်ဘၣ်ယိၣ် ဒီးအတၢ်ကဲဘူးတဖၣ်န့ၣ်လီၤ.

## Cold chain

Shipping and storing vaccines at the correct temperature.

## တၢ်ပၤဃာ်ကသံၣ်ဒိသဒါလၢတၢ်ကီၢ်တၢ်ခုၣ်ဘၣ်ဂီၢ်အလီၢ်

တၢ်ဆုၢ်ခိ မ့တမ့ၢ် တၢ်ပၤဃာ်ကသံၣ်ဒိသဒါ လၢတၢ်ခုၣ်ဘၣ်ဂီၢ်အလီၢ်န့ၣ်လီၤ.

## Combination vaccine

Combination vaccines take two or more vaccines that could be given individually and put them into one shot.

## တၢ်ကျဲၣ်ကျိၢ်ဃုာ်ကသံၣ်ဒိသဒါအါမံ

တၢ်ကျဲၣ်ကျိၢ်ဃုာ်ကသံၣ်ဒိသဒါ ဟံးန့ၢ် ကသံၣ်ဒိသဒါခံဖျါၣ်မ့တမ့ၢ်အါန့ၢ်အ န့ၣ်လၢ တၢ်ဟ့ၣ်လီၤဆဲးန့ၢ်အိၣ်လၢကသံၣ်တဖျါၣ်စ့ၣ်စ့ၣ် သ့သန့ၣ်ကတၢ်ဟံ ဖျိဃုာ်အိၣ်ဒီးဆဲးန့ၢ်အိၣ် ဒ်ကသံၣ်တဖျါၣ်အသိးန့ၣ်လီၤ.

## Convalescent plasma

Plasma is the liquid part of blood. It is collected from a person after they have had an infection. The liquid contains antibodies against the germ. Sometimes this plasma can be given to other people to prevent them getting sick or to help them get better.

## သ့ၣ်ထံဆုၢ်မၤန့ၢ်လၢပကိညါလီၤဒီးတၢ် ဆါအအိၣ်

သ့ၣ်ထံဆုၢ် ဖလးစမၣ် န့ၣ်မ့ၢ်တၢ်အထံလၢအဘၣ်ထွဲဒီး သ့ၣ်န့ၣ်လီၤ. တၢ်အံၤ ဘၣ်တၢ်ဟံးန့ၢ်အိၣ် လၢပုၤလၢအဒီးန့ၢ်ဘၣ်တၢ်ဆါဃာ်ဝဲအလီၢ်ခိအအိၣ်န့ၣ်လီၤ. သ့ၣ်ထံအံၤ ပာ်ဃုာ်ဒီး နီၣ်ခိဂံၢ်တြီၢ်ဆါ လၢအတြီၢ်ဆါ တၢ်ဆါဃာ်န့ၣ်လီၤ. တဘျီတခါန့ၣ် သ့ၣ်ထံဆုၢ်အံၤ တၢ်ဟ့ၣ်လီၤအိၣ်ဆူပုၤအဂၢၤတဂၢၤသ့ဝဲ ဒ်သိးကဒီးအံၤအဝဲသ့ၣ်လၢအကဆူးဆါထီၣ် မ့တမ့ၢ် ဒ်သိးကမၤကိညါလီၤအံၤ အဂီၢ်လီၤ.

## Conjugate vaccine

The joining together of two compounds (usually a protein and polysaccharide) to increase a vaccine's effectiveness.

## ကသံၣ်ဒိသဒါကျိၢ်ဃုာ်တမံဃီ

ကံပီးလီၤခိခါအတၢ်ဟံးဖျိ (ညိန့ၢ်န့ၣ် မ့ၢ်ဝဲ ဖရိၣ်ထံ(န) ဒီး ပိၣ်လဲၣ်စံၣ်ခဲရဲၣ်) ဒ်သိးကမၤဆူၣ်ထီၣ် ကသံၣ်ဒိသဒါ အတၢ်တုၤလီၤတီၤလီၤအဂီၢ်န့ၣ်လီၤ.



## C Cont'd

### Control group

A group of people who do not receive the vaccine or drug being tested. Instead, they may get the normal intervention (drug, vaccine, or treatment), a placebo or nothing. The aim of the trial is to compare what happens in each group. The results must be different enough between the two groups to prove that the difference has not just occurred by chance.

A placebo is a 'dummy' treatment, such as a sugar pill, that looks the same.

### ပျာကရွှင်လၢဘၣ်တၢ်အံးထွဲကွဲထွဲအီၤ

ပျာကရွှင်လၢအတဆဲးဘၣ် ကသံၣ်ဒီသဒါ မ့တမ့ါ ကသံၣ်လၢတၢ်မၤကွဲၤအီၤန့ၣ်ဘၣ်. တၢ်အဝဲန့ၣ်အလီၤ, အဝဲသ့ၣ် ကဒီးန့ၣ်ဘၣ် ညိၣ်တၢ်ကူၤစါယါဘျါအ တၢ်ဖိးတၢ်မၤ(ကသံၣ်ကသီ, ကသံၣ်ဒီသဒါ မ့တမ့ါ တၢ်ကူၤစါယါဘျါ), ကသံၣ်သးမံ မ့တမ့ါ တမ့ါတၢ်နီတ မံၤဘၣ်န့ၣ်လီၤ. တၢ်မၤကွဲၤ အတၢ်ပညိၣ်န့ၣ် မ့ၢ်ဒ်သိး ကထီၣ်သဠြီၤ တၢ်ကဲထီၣ်သး လၢက ရှူတကရွှင်တၢ်စုၤအပူၤန့ၣ်လီၤ. တၢ်အစၢလၢကရွှင်ခံဖုလၢၣ် အဘၣ်စၢၤအံၤ ကဘၣ်လီၤဆီလီၤသး ဒ်သိးကဟ့ၣ်တၢ်အုၣ်သးလၢ တၢ်လီၤဆီသ့ၣ်တဖၣ် တမ့ါအကဲထီၣ်သးဒ်အတၢ်အဂီၢ်လီၤ.

ကသံၣ်သးမံန့ၣ် မ့ၢ်ဝဲ တၢ်ကူၤစါယါဘျါ "အဒိ" ဒ်အမ့ါ တၢ်ဆၢယျၢၣ် လၢအ လီၤကဲလီၤသးဒီးကသံၣ်နီၢ်နီၢ်န့ၣ်လီၤ.

### Contraindication

An illness (or health condition) that increases the risk for a serious adverse health consequence.

### တၢ်ဆါလၢအမၤနးထီၣ်ဆူၣ်ချ့တၢ်အိၣ်သး

တၢ်ဆူးတၢ်ဆါ (မ့တမ့ါ ဆူၣ်ချ့တၢ်အိၣ်သး) တခါလၢအဒူးအါထီၣ် တၢ်ဘၣ်ယိၣ်လၢ ဆူၣ်ချ့တၢ်ကဲထီၣ်သးလၢအနးအဂီၢ်န့ၣ်လီၤ.

### COVAX

An international partnership that aims to support the development and delivery of the COVID-19 vaccines fairly around the world.

### COVAX

ထံဂ့ၤကီၢ်ဂၤ တၢ်ဟံးဖျိမၤသကိး လၢအိၣ်ဒီးတၢ်ပညိၣ် ဒ်သိးကဆီၣ်ထွဲမၤစၢၤ တၢ်ဒူးအိၣ်ထီၣ် ဒီးတၢ်ဆုၢ် COVID-19 ကသံၣ်ဒီသဒါ ပျာတၢ်ထံသိးတုၤသိး လၢဟံၣ်ခိၣ်ဒီးယျၢၣ်န့ၣ်လီၤ.





# D

**Deltoid**

A muscle in the upper arm where vaccine is given.

**စုဒုန်ခိန်ယုညဉ်**

စုဒုန်ခိန်ယုညဉ် ဖဲတိဆဲးကသံဉ်ဒီသဒါအလီ

**Dose**

An amount of a medicine or drug taken.

**ကသံဉ်ဂီ**

ကသံဉ်ကသီ မ့တမ့ၢ် ကသံဉ်ဖိဉ်အဂီအဘါ လၢတၢ်ဒီးန့ၢ်အိၤ

**Dosing error**

When medicines are given in the wrong amount, at the wrong time point or to the wrong person.

**တၢ်ဟ့ၣ်ကသံဉ်ဂီကမၢ်**

ဖဲတၢ်ဟ့ၣ်ကမၢ်ဘၣ်ကသံဉ်ဂီ, ဟ့ၣ်ဘၣ်ဝဲဒုၣ်လၢတၢ်ဆၢကတီၢ်ကမၢ် မ့တမ့ၢ် ဟ့ၣ်ကမၢ်ဘၣ်ဆူပှၢတဂၤ



# E

**Efficacy**

How well a vaccine works during a research study.

**ကသံဉ်ဒီသဒါအတၢ်မၤတၢ်**

ကသံဉ်ဒီသဒါ မၤတၢ်ဂ့ၤထဲလဲဉ် ဖဲတၢ်ဃုသ့ဉ်ညါမၤကွၢ်အခါ

**Effectiveness**

How well a vaccine works in the real world.

**ကသံဉ်ဒီသဒါအတၢ်တုၤလီၤတီၤလီၤ**

ကသံဉ်ဒီသဒါ မၤတၢ်ဂ့ၤထဲလဲဉ် ဖဲတၢ်စူးကါအိၤနီၢ်နီၢ်အခါ

**Epidemic**

A widespread amount or rapid increase of an infectious disease in a community at a particular time. More cases than normal.

**တၢ်ဆါသတြီၢ်**

တၢ်ဆူးတၢ်ဆါ တၢ်ရၤလီၤသး မ့တမ့ၢ် တၢ်ဘဉ်ကူဘဉ်ဂၤအါထီၣ် ချၢချၢ ဖဲပုၤတဝါအပူၤ လၢအဆၢကတီၢ် လီၤလီၤဆီဆီတခါအပူၤန့ၣ်လီၤ. တၢ်ဘဉ်ကူဘဉ်ကံၤအါန့ၣ်ညီန့ၣ်လီၤ.

**Elimination of infection**

Zero cases of an infection in a specified geographic area (i.e. a country). Example: Measles in Australia.

**တၢ်ဘဉ်ကူဘဉ်ကံၤပတံၢ်ကွၢ်လၢလီၤကဝီၤတနီၤ**

လၢလီၤကဝီၤလီၤလီၤဆီဆီအပူၤ (အဒိ - ထံကီၢ်) န့ၣ် တၢ်ဘဉ်ကူဘဉ်ကံၤ တအိၣ်နီတဂၤဘဉ်. အဒိ - သမူးဖဲတၢ်ဆါ လၢကီၢ်အိၤစုၤဩလယါအပူၤ

**Eradication**

Zero cases of the germ in the entire world. Example: Smallpox.

**တၢ်ဆါဃာ်လီၤမၤကွၢ်လၢဟံၣ်ခိၣ်ချၢ**

လၢဟံၣ်ခိၣ်ဒီဖျါၣ်လၢ တၢ်ဆါဃာ်တအိၣ်လၢဘဉ်. အဒိ - တၢ်ဆါလၢၢ်ထံ



# H

## **Herd immunity**

When most people in a community have protection against an infection. High levels of protection make it more and more difficult for the germ to pass from person to person. This can successfully stop the spread of disease in the community.

## **ပုၤတၢၢ်အိၣ်ဒီးကိၣ်တြီၣ်ဆၢတၢ်ဆါ**

ဖဲပုၤအါတက့ၢ်လၢပုၤတၢၢ်ပူၤအံၤ အိၣ်ဒီးတၢ်ဒိသဒါ တၢ်ဃါဃါ. တၢ်ဒိသဒါ လၢအပတီၢ်ထီၣ်သ့ၣ်တဖၣ်အံၤ ဒုးကဲထီၣ် တၢ်ကီၢ်တၢ်ခဲ လၢတၢ်ဆါဃါ ကရၢလီၤသး လၢပုၤတၢၢ် ဆူအဂၢၢ်တၢၢ်န့ၣ်လီၤ. တၢ်အံၤမၤပတုၣ် တၢ်ဆါဃါအတၢ်ဘၣ်ကူဘၣ်ကဲ လၢပုၤတၢၢ်ပူၤ တုၤလီၤတီၤလီၤ သ့ဝဲလီၤ.



**Immune system**

The body's system for identifying and killing germs to protect us against infection and disease. It involves making antibodies that move in the blood, recognize foreign substances like bacteria and viruses, and attach to them. It signals to the body to get rid of the foreign substances.

**ဂ်တြိဆာအကျိအကျ**

နိုခိအတိဖဲးတိမါ အကျိအကျ လါကထံနို ဒီးမါသံတိဆါဟံတဖှံ ဒ်သိးကဒိသဒါပုလါ တိဘဉ်ကူဘဉ်ကံ ဒီးတိဆူးတိဆါတဖှံန့လီ။ တိအံ ပဉ်ဃုဒီး တိဒုးအိဉ်ထီဉ် နိုခိဂ်တြိဆါ လါအသုးအသးလါသ့ဉ်အကျိ၊ ဟံပနီဉ် တိလီလီဆီဆီ ဒ်အမ့ တဲးထံရံယါ ဒီးဘဲရါး(စ)၊ ဒီး မါစဲဘူးသးဒီးအဝဲသ့ဉ်န့လီ။ တိအံ ဟ့ဉ်ပလီ နိုခိလါ ကထူးထီဉ်ကွံ တိလီလီဆီဆီ တဖှံအံန့လီ။

**Immune response**

The immune response is how your body recognizes and defends itself against bacteria, viruses, and substances that appear foreign and harmful.

**ဂ်တြိဆာအတိခိဆါ**

ဂ်တြိဆာအတိခိဆါအံ မ့ဝဲ နိုခိသ့ဉ်ညါကွံနီဉ် ဒီးဒိသဒါလီ၊ နိုကစါလါ ဘဲးထံရံယါ၊ ဘဲးရါး(စ) ဒီးတိလါအပျါလီဆီ ဒီးကဲထီဉ်တိဘဉ်ဒိဘဉ်ထဲးသ့န့လီ။

**Immunity**

Being able to avoid getting sick or avoid getting infected when exposed to a germ. Your body builds this immunity by either being exposed to the germs or by getting a vaccine. Your immune system has a “memory”- it can remember germs that it has seen previously and knows how to attack them.

**ဂ်တြိဆာတိဆါ**

ဟးဆူးတိဆူးထီဉ်ဆါထီဉ် မ့တမ့ ဟးဆူး တိဘဉ်ကူဘဉ်ကံ ဖဲတိအိဉ်ဘူးဘဉ်ဒီး တိဆါဟံအခါသ့လီ။ နိုခိအံ ဒုးအိဉ်ထီဉ် ဂ်တြိဆါအံ ခိဖျိ တိအိဉ်ဘူးဘဉ်ဒီးတိဆါဟံ မ့တမ့ ခိဖျိ တိဆဲးဘဉ် ကသံဉ်ဒိသဒါန့လီ။ နိုခိဂ်တြိဆါအံ အိဉ်ဒီး “တိမါနီဉ်မါယါ” န့လီ - တိအံ သ့ဉ်နီဉ်ဝဲ တိဆါဟံလါ အထံဉ်ဘဉ်ဝဲလါအပူကွံသ့ ဒီးသ့ဉ်ညါဝဲလါ ကဘဉ်ထီဒါအံ ဒ်လဲဉ်န့လီ။

**Immunisation**

The process of developing immunity to an infection, usually by getting vaccinated.

**တိဒုးအိဉ်ထီဉ်ဂ်တြိဆါအကျိအကျ**

အကျိအကျလါ တိဒုးအိဉ်ထီဉ် ဂ်တြိဆါလါကတြိဆါတိဆူးတိဆါ၊ ညီနိုန့ဉ်မ့တိဆဲးဒိသဒါသးဒီးကသံဉ်ဒိသဒါ န့လီ။

**Inactivated vaccine**

A vaccine made from a germ that has been killed. The germ is killed either by high heat or by chemicals. When this killed germ is injected into your body, it helps your immune system learn to find the germ, without the risk of getting sick.

**ကသံဉ်ဒိသဒါအိဉ်ဃုဒီးတိဆါဟံလါတိမါသံဟံအံ**

ကသံဉ်ဒိသဒါလါအဘဉ်တိဒုးအိဉ်ထီဉ်အံလါ တိဆါဟံလါအဘဉ်တိ မါသံကွံအံန့လီ။ တိဆါဟံအံ ဘဉ်တိမါသံအံ ခိဖျိ တိကိဆူဉ် မ့တမ့ ကပိးလီတဖှံန့လီ။ ဖဲတိဆါဟံလါ အဘဉ်တိမါသံဟံအံအံ ဘဉ်တိဆဲးန့လီလါ နိုခိပူအခါန့ဉ် တိအံ မါစါနိုခိဂ်တြိဆါလါ ကမါလီဃုထီဉ်န့ တိဆါဟံ လါတအိဉ်ဒီး တိဘဉ်ယိဉ်လါ တိကဆူးဆါထီဉ်အဂီလီ။



# L

## Lipid

Lipid is fat that is used to make a protective bubble around the mRNA in mRNA vaccines. mRNA is a type of small molecule. mRNA is very weak and breaks down quickly in the body if it is not protected. Once the mRNA is transported into the cell, it is broken down inside the cell.

## သိလၢအဒီသဒါဃာ်ကံယုၢ်ဆဲးလၢကသံၣ်ဒီသဒါအပူၤ

သိလၢအဒီသဒါကသံၣ်ယုၢ်အံၤ ဘၣ်တၢ်စူးကါအံၤ ဒ်တၢ်ဒီသဒါယုၢ် လၢ အဘူးဒီး mRNA လၢ mRNA ကသံၣ်ဒီသဒါအပူၤန့ၣ်လီၤ. mRNA အံၤမ့ၢ်ဝဲ ကံယုၢ်ဆဲးန့ၣ်လီၤ. mRNA အံၤ အဂံၢ်စၢ်ဒိၣ်မး ဒီးတၢ်မ့ၢ်တဒီသဒါအံၤန့ၣ် လီၤသဘူးဝဲလၢ နီၢ်ခိပူၤ ချဲဒိၣ်မးန့ၣ်လီၤ. ဖဲလၢ mRNA အံၤ တၢ်ဆုၢ်အီၤဆူဝဲ(လ) အခါန့ၣ်, အဝဲလီၤသဘူးဝဲ ဖဲ(လ)အပူၤန့ၣ်လီၤ.



# M

## Messenger RNA (mRNA)

A type of small molecule that your cells use as instructions to make protein. mRNA tells your cells how to put together a specific protein using building blocks (called amino acids). You have many millions of mRNA molecules in your body at any one time- all being used to make proteins.

## ကံယျာန်ဆံးလာ စဲ(လ)စူးကါအီလါကဒူးအိန်ထိန်ဖရိန်ထံ(န)

ကံယျာန်ဆံးတကလှ် လါနစဲ(လ) စူးကါအီ ဝဲတိန်ကျဲ လါတါကဒူးအိန်ထိန် ဖရိန်ထံ(န)အဂီနုန်လီ။ mRNA အံ တဲဘဉ် နစဲ(လ) တဖဉ်လါ ကဘဉ်ဟ်ဖဉ် ဖရိန်ထံ(န) လီလါဆီဆီ ခီဖျိ တါစူးကါ တါဟ်ဖဉ်ထိန်အကွါအဂီ (လါတါကိးအီလါ အမဲန်နိန်ကံဆိဉ်) နုန်လီ။ နအိန်ဒီး mRNA ကံယျာန်ဆံး လါအကကွါတဖဉ်ကကွါ လါနနီခိပူ လါအဆါကတီ တကတီလါလါ ဒီးတါအံ ဘဉ်တါစူးကါအီလါ တါကဒူးအိန်ထိန် ဖရိန်ထံ(န) အဂီလီ။

## mRNA vaccine

mRNA vaccines teach our cells how to make a harmless protein—or even just a piece of a protein. This protein activates an immune response inside our bodies. That immune response, which produces antibodies, is what protects us from getting very unwell if the real virus enters our bodies.

## mRNA ကသိန်ဒီသဒါ

mRNA ကသိန်ဒီသဒါအံ သိန်လိနစဲ(လ)တဖဉ်လါ ကဘဉ်ဒူးအိန်ထိန် ဖရိန်ထံ(န) လါတအိန်ဒီးတါဘဉ်ဒီဘဉ်ထံးဒဲလဲဉ် - မ့တမ့ါ ကဘဉ်ဒူးအိန်ထိန် ဖရိန်ထံ(န)အကွါအဂီဒဲလဲဉ်နုန်လီ။ ဖရိန်ထံ(န)အံ ဒူးအိန်ထိန် ဂါတြီဆါတါခီဆါ လါပနီခိပူနုန်လီ။ ဂါတြီဆါအတါခီဆါ လါအဒူးအိန်ထိန် နီခိဂါတြီဆါအံ မ့ါတါလါ အဒီသဒါပူ လါတါကဆူး ဆါထိန်နုးနုးဖဲတါဆါယါနီကီ နုန်လီလါ ပနီခိပူအခါနုန်လီ။

## Morbidity

Illness that happens due to a specific infection or condition.

## တါဆူးတါဆါကဲထိန်သးခီဖျိတါဆါယါမ့တမ့ါတါအိန်သးလီဆီ

တါဆူးဆါထိန်လါအကဲထိန်သး ခီဖျိ တါယါယါ မ့တမ့ါ တါအိန်သး လီလါဆီဆီနုန်လီ။

## Mortality

Deaths that happen due to a specific infection or condition.

## တါသံတါပျါ

တါသံတါပျါလါအကဲထိန်သး ခီဖျိ တါယါယါ မ့တမ့ါ တါအိန်သး လီလါဆီဆီနုန်လီ။

## Multi-dose vial

The containers (vials) hold more than one dose of a medicine or vaccine in a single vial.

## ကသိန်ယျာန်လါအိန်ဃုာ်ဒီးကသိန်ယျာန်အါနီတယျာန်လါအပူ

တါအဒါတဖဉ် (ပလီဖိတဖဉ်) လါအအိန်ဃုာ်ဒီး ကသိန်ဒီသဒါ မ့တမ့ါ ကသိန်ကသီ အါနီတယျာန် လါအပူနုန်လီ။



# N

## Neutralisation

One way that our immune system can protect us from an infection. Our immune system makes antibodies that stick all over the surface of a virus. When the virus tries to stick onto our cells, the antibodies get in the way and stop the virus from getting into our cells. They also help other parts of the immune system recognise and destroy the virus

## နိုခိဂ်တြီဆာဒူးအိဂ်ထိဂ်ဂ်ဒီသဒါလာအစဲဘူးသးလာ တ်ဆါဃ်အမ်ဖဲခိဂ်

အကျိအကျဲတဘိလာပဂ်တြီဆာအကျိအကျဲတြီဆာပုလါ တ်ဆါဃ်. ပဂ်တြီဆာအကျိအကျဲအံ ဒူးအိဂ်ထိဂ် နိုခိဂ်တြီဆာလာအစဲဘူးထီဖဲ ဘဲရား(စ) အလိန့ဂ်လီ. ဖဲလာ ဘဲရား(စ)အံ ကျဲးစားမာစဲဘူးသးဒီး ပစဲ(လ)အခါန့ဂ်, နိုခိဂ်တြီဆာအံ ထီဒါဒီးပတုာ် ဘဲရား(စ) လါကန့ဂ်လီဆူ ပစဲ(လ)ပူန့ဂ်လီ. အဝဲသ့ဂ် မၤစၢၤစ့ၢ်ကီး ဂ်တြီဆာအကျိအကျဲ အဂၤတဖၣ် လါကသ့ဂ်ညါဟ်ပနီဂ် ဒီး မၤဟးဂံၤကွာ် ဘဲရား(စ) န့ဂ်လီ.



# P

<p><b>Pandemic</b> Spread of a new disease to every country around the world.</p>	<p><b>တၢ်ဆါသကြံ</b> တၢ်ဆါသၢ်အသီအတၢ်ရၤလီၤသး လၢထံကီၢ်ကိးဘၣ်ဒီးလၢအအိၣ်လၢဟီၣ်ခိၣ်ချါ န့ၣ်လီၤ.</p>
<p><b>Pathogen</b> A germ that can cause disease if you are infected, such as a virus.</p>	<p><b>ဘဲရး(စ) လၢအဒုးကဲထီၣ်တၢ်ဆါ</b> တၢ်ဆါသၢ်လၢ အဒုးကဲထီၣ် တၢ်ဆူးတၢ်ဆါသ့ ဖဲန့ၣ်မ့ၢ် ဘၣ်ကူဘၣ်ကဲအခါအခါ,အဒိဒိသိး ဘဲရး(စ) တခါန့ၣ်လီၤ.</p>
<p><b>Peer-review</b> Independent experts examine other people's research to make sure it is appropriate and correct.</p>	<p><b>တၢ်ကွၢ်သမံသမိးသကိးလီၤသးတၢ်</b> ပုၤစံၣ်နီၤသဘျု လၢအသမံသမိးကွၢ် ပုၤအဂၢၤအတၢ်ယုသ့ၣ်ညါ ဒိသိးကမၤလီၤတၢ်လၢ တၢ်အံၤ ကြးဝဲဘၣ်ဝဲ ဒီး ဘၣ်ဝဲအဂီၢ်န့ၣ်လီၤ.</p>
<p><b>Placebo</b> A substance or treatment that has no effect on human beings.</p>	<p><b>ကသံၣ်သးမံ</b> တၢ်ပိးတၢ်လီ မ့တမ့ၢ် တၢ်ကူစါယါဘျါ လၢအတအိၣ်ဒီး တၢ်ဒိဘၣ်မၤဟူး လၢပုၤကညီအလီၤန့ၣ်လီၤ.</p>
<p><b>Polysaccharide vaccine</b> A vaccine containing long threads of sugar molecules, which look like the surface of some kinds of bacteria. Polysaccharide vaccines are available for pneumococcal disease (such as pneumonia).</p>	<p><b>ကသံၣ်ဒိသဒါအိၣ်ဒီးကဲဆဲးထီၣ်လၢအလီၤကဲဒိသိးဘဲးထံရံယါ</b> ကသံၣ်ဒိသဒါလၢအအိၣ်ယုဒီး တၢ်ဆါကဲဆဲးဖိအပျါဖးထီၣ် လၢအလီၤကဲဒိသိးဒီး ဘဲးထံရံယါတနီၤ အမံၤဖဲးခိၣ်န့ၣ်လီၤ. ကသံၣ်ဒိသဒါ လၢအိၣ်ဒီးကဲဆဲးထီၣ်အံၤ တၢ်ဒီးန့ၣ်အီၤသ့ လၢပသိၣ်တၢ်ဆါအဂီၢ် (အဒိဒိသိးပသိၣ်တၢ် ခုၣ်ဘၣ်အတၢ်ဆါအသိးန့ၣ်)သ့လီၤ.</p>
<p><b>Pre-Clinical Trial</b> A research study done before a clinical trial. The study tests whether a vaccine is safe to test on humans. As part of the COVID-19 trials, animal models included experiments on animals including mice and macaques.</p>	<p><b>တၢ်ယုသ့ၣ်ညါမၤလိတချးတၢ်စူးကိကွၢ်</b> တၢ်ယုသ့ၣ်ညါမၤလိတချးတၢ်စူးကိကွၢ် တချးလၢ တၢ်မၤကွၢ်အခါန့ၣ်လီၤ. တၢ်မၤလိအံၤ မၤကွၢ်ဝဲလၢ ကသံၣ်ဒိသဒါအံၤ မ့ၢ်အပူၤဖျးဒီးတၢ်ဘၣ်ယိၣ် လၢတၢ်ကဆဲးန့ၢ်ပုၤကညီအဂီၢ်န့ၣ်လီၤ. လၢ COVID-19 တၢ်မၤကွၢ်အဖိခိၣ်န့ၣ်, ဆၣ်ဖိကီၢ်ဖိသ့ၣ်တဖၣ် ဘၣ်တၢ်မၤကွၢ်အံၤ လၢအပၣ်ယုဒီး ယုၢ် ဒီး တၢ်အုးဖိန့ၣ်လီၤ.</p>
<p><b>Prime</b> The first time a vaccine is given.</p>	<p><b>တၢ်ဆဲးသံၣ်အဆိကတၢ်တဘျီ</b> တၢ်ဆဲးကသံၣ်ဒိသဒါအဆိကတၢ်တဘျီ</p>
<p><b>Protein subunit vaccine</b> Include harmless pieces (proteins) of the germ instead of the entire germ. Once vaccinated, our bodies recognize that the protein should not be there and build blood elements called T-lymphocytes and antibodies that will remember how to fight the germ if we are exposed in the future.</p>	<p><b>ကသံၣ်ဒိသဒါလၢအအိၣ်ဒီးတၢ်ဆါသၢ်အကွၢ်အဂီၢ် လၢတဒုးကဲထီၣ်တၢ်ဆါ</b> လၢတၢ်ဆါသၢ်ဒိတဖျါၣ်လၢအလီၤန့ၣ်, ပၣ်ယုထဲဒၣ် တၢ်ဆါသၢ်အကွၢ်အဂီၢ် လၢတဒုးကဲထီၣ်တၢ်ဘၣ်ဒိဘၣ်ထံး (ဖရိၣ်ထံ(န)). ဖဲတၢ်ဆဲးကသံၣ်ဒိသဒါဝဲအခါ, ပနီၢ်ခိအံၤ သ့ၣ်ညါကွၢ်နီၣ်ဝဲဒၣ် ဖရိၣ်ထံ(န)အံၤ တကြးအိၣ်ဖဲအံၤဘၣ် ဒီး ဒုးအိၣ်ထီၣ် သ့ၣ်အကွၢ်အဂီၢ် လၢဘၣ်တၢ်ကိးအီၤလၢ T-lymphocytes ဒီးနီၢ်ခိၣ်ကြိဆါ လၢအကသ့ၣ်ညါမၤနီၣ်လၢ ကဘၣ်ကြိဆါ တၢ်ဆါသၢ်ဒိလဲၣ် ဖဲမ့ၢ်ဒီးန့ၣ်ဘၣ်အံၤ တၢ်ဆါအယၢ်လၢခါဆူညါအခါန့ၣ်လီၤ.</p>





# R

**Roll out**

The introduction of a new drug or vaccine. For the COVID-19 vaccination program this includes multiple phases: 1a, 1b, 2a, 2b, 3. Priority groups are identified by considering current public health and medical evidence on who would be most affected if they got COVID-19.

**တၢ်ဒုးသ့ၣ်ညါလီၤကသံၣ်ဒိသဒါ**

တၢ်ဒုးသ့ၣ်ညါဆီကသံၣ်ကသီ မ့တမ့ၢ် ကသံၣ်ဒိသဒါန့ၣ်လီၤ. လၢ COVID-19 ကသံၣ်ဒိသဒါတၢ်ရဲၣ်တၢ်ကျဲၤအဂီၢ် တၢ်အံၤပၣ်ဃုာ်ဒီး အပတီၢ် အါပတီၢ် -1a, 1b, 2a, 2b, 3 န့ၣ်လီၤ. ပုၤကရူၤလၢအကါဒိၣ်သ့ၣ်တဖၣ်န့ၣ် ဘၣ်တၢ်ဟံပနီၣ်အံၤ ဒီဖျါ ကတီၢ်အံၤကမုၢ်ဆူၣ်ချု ဒီးကသံၣ်ကသီတၢ်အုၣ်ကီၤ လၢအဘၣ်ဃး မတၢတဂၤ ကအိၣ်ဒီး တၢ်ဒိဘၣ်မၤဟူးအဒိၣ်ကတၢ် ဖဲ အဒီးန့ၣ်ဘၣ် COVID-19 အခါန့ၣ်လဲၣ်န့ၣ်လီၤ.

**Reactogenicity**

A group of effects that often happen after vaccination. It can include pain, redness or swelling around where the vaccine was injected. A person might feel tired, or hot or have a headache. Importantly, these are signs that an immune response is working.

**ကသံၣ်ဒိသဒါအတၢ်ဒိဘၣ်မၤဟူး**

တၢ်ဒိဘၣ်မၤဟူးကရူၤ လၢညီၣ်န့ၣ်ကံထီၣ်သး ဖဲတၢ်ဆဲးကသံၣ်ဒိသဒါ ဝံၤအလီၤခံန့ၣ်လီၤ. တၢ်အံၤ ပၣ်ဃုာ်ဒီး တၢ်လီၤဆါယီၤဆါ, တၢ်ဂီၤထီၣ် မ့တမ့ၢ် တၢ်ညိးထီၣ် ဖဲတၢ်ဆဲးကသံၣ်အလီၤန့ၣ်လီၤ. ပုၤတဂၤအံၤ ကတူၢ်ဘၣ်ဒိသိး အလီၤဘျး, တၢ်ကီၢ် မ့တမ့ၢ် ခိၣ်သ့ၣ်ဃံဆါန့ၣ်လီၤ. အကါဒိၣ်ကတၢ်န့ၣ်, တၢ်အံၤမ့ၢ်တၢ်ပနီၣ်သ့ၣ်တဖၣ်လၢ ကသံၣ်ဒိသဒါ မၤတၢ်မၤန့ၣ်လီၤ.

**Regulatory body**

A government organisation that decides which vaccines can be registered in a country and legally used in the country.

**ပဒိၣ်တၢ်ကရၢကရီၤလၢမၤတၢ်ဆၢတံၢ်**

ပဒိၣ်တၢ်ကရၢကရီၤလၢအဆၢတံၢ်ဝဲ ကသံၣ်ဒိသဒါ ဖဲလဲၣ်တခါလၢ တၢ်က ဟ့ၣ်အီၤဒီးတၢ်ပျဲလၢကဆဲးလီၤအပနီၣ်အ မံၤလၢတၢ်ကစူးကါအီၤ မ့တမ့ၢ် တၢ်စူးကါအီၤ ပုၤတၢ်ဖိးသဲးစး ဖဲထံလီၤကီၢ်ပူၤသ့ၣ်န့ၣ်လီၤ.



# S

**SARS-CoV-2**

The official name of the virus that causes the disease known as COVID-19. It belongs to family of viruses called coronaviruses.

**SARS-CoV-2**

ဘဲရူး(စ) အမဲးဖိးသဲစး လာအဒူးကဲထီၣ်တၢ်ဆါ ဒ်တၢ်သ့ၣ်ညါအီၤ လာ COVID-19 န့ၣ်လီၤ. တၢ်အံၤဘၣ်ထွဲဒီး ဘဲရူး(စ) အဟံၣ်ဖိးသီဖိလၢ တၢ်ကိးအီၤလၢ ခိရီန့ၣ်ဘဲရူး(စ) န့ၣ်လီၤ.

**Spike protein**

Coronaviruses have sharp bumps on their surface. Those bumps are called spike proteins. They help the virus enter a person's cells.

**ဖရိၣ်ထံ(န)လၢအိၣ်ဒီးအခိၣ်စူ**

ခိရီန့ၣ်ဘဲရူး(စ) အံၤအိၣ်ဒီးအက့ၢ်အဂီၢ်ခိၣ်စူလၢ အမံၤဖိးခိၣ်အလိၤန့ၣ်လီၤ. တၢ်က့ၢ်ဂီၢ်ခိၣ်စူသ့ၣ်တဖၣ်အံၤ ဘၣ်တၢ်ကိးအီၤလၢ ဖရိၣ်ထံ(န)အစူန့ၣ်လီၤ. တၢ်အံၤမၤစၢၤ ဘဲရူး(စ) လၢကန့ၣ်လီၤဆူ ပှၤတဂၢၤ အစဲ(လ)ပူၤန့ၣ်လီၤ.

**Serology**

Measuring the level of antibodies (immune proteins) present in the blood.

**တၢ်ထီၣ်က့ၢ်နီၢ်ခိၣ်တြီဆၢလၢသ့ၣ်ကျဲ**

တၢ်ထီၣ်က့ၢ် နီၢ်ခိၣ်တြီဆၢ (ဂီၢ်တြီဆၢဖရိၣ်ထံ(န)) လၢအအိၣ်ဖဲ သ့ၣ်ကျဲန့ၣ်လီၤ.

**Side Effect**

Any unwanted or unexpected effects of a vaccine.

**တၢ်ဒိဘၣ်မၤဟူး**

ကသံၣ်ဒိသဒါအတၢ်ဒိဘၣ်မၤဟူးလၢ တၢ်တလိၣ်ဘၣ်အီၤ မ့တမ့ၢ် တၢ်တမ့ၢ်လၢဟ်အီၤန့ၣ်လီၤ.



# T

**Therapeutic Goods Administration (TGA)**

The Therapeutic Goods Administration (TGA) is responsible for checking vaccines and other medicines before they can be used in Australia.

**တၢ်ပၤဆၢရဲၣ်ကျဲၤပနံၣ်ပိးလိဘၣ်ဃးဒီးတၢ်ကူစါယါဘျါ (TGA)**

တၢ်ပၤဆၢရဲၣ်ကျဲၤပနံၣ်ပိးလိဘၣ်ဃးဒီးတၢ်ကူစါယါဘျါ (TGA) အံၤ အိၣ်ဒီးမူဒါလၢ ကသမံသမိးကွၢ် ကသံၣ်ဒီသဒါတဖၣ် ဒီးကသံၣ်ကသီအဂၤတဖၣ် တချးလၢတၢ်စူးကါအံၤဖဲ ကီၢ်အိးစၢ်ဩလယါအပူၤန့ၣ်လီၤ.

**Thrombosis with thrombocytopenia syndrome (TTS)**

A newly described serious condition. A person gets unusual blood clots in the brain or in other parts of the body. It is also associated with low platelet levels.

**သွၣ်ကျိၤတၢ်လၢအအိၣ်ဃုာ်ဒီးသွၣ်ဘဲၣ်ဖျါၣ်စ့ၤတၢ်ဆါ (TTS)**

တၢ်ဆူးတၢ်ဆါလၢအနး တခါလအအိၣ်ဖျါထီၣ်သီတခါန့ၣ်လီၤ. ပုၤတဂၤဒီးန့ၣ်ဘၣ် သွၣ်ကီၢ်လိာ်ထီၣ်လၢခိၣ်န့ၣ်ပူၤ မ့တမ့ၢ် လၢနီၢ်ခိၣ်ကွၢ်ဂီၤအဂၤအပူၤန့ၣ်လီၤ.တၢ်အံၤဘၣ်ထွဲဃုာ်စ့ၤကိးဒီး သွၣ်ဖျါၣ်အပတီၢ်စ့ၤန့ၣ်လီၤ.

**Transmission**

The ability of a virus to pass from one person to another.

**တၢ်ဘၣ်ကူဘၣ်ကံ**

ဘဲရး(စ) အတၢ်သ့တၢ်ဘၣ် လၢကရၤလီၤသးလၢပုၤတဂၤ ဆူအဂၤတဂၤန့ၣ်လီၤ.



# V

## Vaccine

A type of medicine that supports our immune system to fight against certain germs and prevent disease. Usually, vaccines are given before the person encounters the germ. Each vaccine promotes the immune system to make antibodies against the germ.

## ကသံဉ်ဒီသဒါ

ကသံဉ်ကသီတကလှ် လၢအဆီဉ်ထွဲမၤစၢၤ ပဂီၢ်တြီဆၢအကျိၤအကျဲ ဒိသိးကတြီဆၢ တၢ်ဆါဃၢ လီၤလီၤဆီဆီ ဒီးဒီသဒါတၢ်ဆူးတၢ်ဆါတဖၣ်န့ၣ်လီၤ. ညိၣ်န့ၣ်, ကသံဉ်ဒီသဒါသ့ၣ်တဖၣ်အံၤ ဘၣ်တၢ်ဆဲးန့ၣ်အံၤ တချးလၢ ပှၤတဂၤ ဒီးန့ၣ်ဘၣ် တၢ်ဆါဃၢန့ၣ်လီၤ. ကသံဉ်ဒီသဒါတဖျါဉ်စ့ၣ်စ့ၣ်အံၤ မၤဂ့ၤထီၣ် ဂီၢ်တြီဆၢအကျိၤအကျဲ ဒိသိးကဒုးအိၣ်ထီၣ် နီၢ်ခိၣ်တြီဆၢ လၢကတြီဆၢတၢ်ဆါဃၢအဂီၢ်လီၤ.

## Vaccination

Giving a vaccine to help the immune system develop protection from a specific disease. Commonly used terms include shot, jab, needle, and inoculation.

## တၢ်ဆဲးကသံဉ်ဒီသဒါ

တၢ်ဆဲးကသံဉ်ဒီသဒါ လၢကမၤစၢၤ ဂီၢ်တြီဆၢအကျိၤအကျဲ ဒိသိးကဒုးအိၣ်ထီၣ်တၢ်ဒီသဒါ လၢတၢ်ဆူးတၢ်ဆါ လီၤလီၤဆီဆီအဂီၢ်န့ၣ်လီၤ. ညိၣ်န့ၣ်တၢ်စူးကါတၢ်ကတိၤအံၤ ဃုာ်ဒီး တၢ်ဆဲးကသံဉ်, တၢ်ဆဲး, ထးဆဲး ဒီး တၢ်ဆဲးကသံဉ်ဒီသဒါန့ၣ်လီၤ.

## Vaccine Candidate

A new vaccine that is still being tested and is not licensed.

## ကသံဉ်ဒီသဒါလၢတၢ်မၤကွၢ်အဖၢမ့ၢ်

ကသံဉ်ဒီသဒါအသီ လၢဘၣ်တၢ်မၤကွၢ်အံၤ ဒီး တန့ၢ်ဘၣ်ဒီးတၢ်ပျဲတခါန့ၣ်လီၤ.

## Vaccine hesitancy

When a person is unsure about a vaccine and delays or refuses to receive the available vaccine.

## တၢ်ဂ့ၢ်လိာ်ကဆဲးကသံဉ်ဒီသဒါ

ဖဲပှၤတဂၤအံၤ တသ့ၣ်ညါလီၤတၢ်ကသံဉ်ဒီသဒါအဂ့ၢ် ဒီးသုးယံာ်ထီၣ်တၢ်ဆၢကတီၢ် မ့တမ့ၢ် ဂ့ၢ်လိာ်လၢ ကဆဲးကသံဉ်ဒီသဒါလၢ အအိၣ်ဟံတဖၣ်န့ၣ်လီၤ.

## Variant (mutation)

Tiny changes in the genetic information inside a virus. Variants can occur when a virus multiplies or makes copies of itself.

## အကလှ်လီၤဆီ(ပျီလဲအသးဆူညါ)

ဘဲး(စ)အပူၤ အတၢ်လီၤစၢၤအကျိၤဆီတ လဲသးတဆဲးတက့ၢ်. အကလှ်လီၤဆီအံၤ ကဲထီၣ်သးသ့ ဖဲဘဲး(စ) အိၣ်အါထီၣ် မ့တမ့ၢ် ဒုးကဲထီၣ်အနီၢ်ကစၢ်အဒိအခါန့ၣ်လီၤ.

## Vial

A small container used to hold medicine

## ပလီဆဲး

တၢ်ဒါ ဆဲးဆဲးဖိ လၢအဖီဉ်ဃာ်ကသံဉ်န့ၣ်လီၤ.

## Viral vector vaccine

Contains a modified version of a different virus from the one that causes COVID-19. Inside the modified virus, there is material from the virus that causes COVID-19. This is called a “viral vector.” Once the viral vector is inside our cells, the genetic material gives cells instructions to make a protein that is unique to the virus that causes COVID-19. Using these instructions, our cells make copies of the protein. This prompts our bodies to build T-lymphocytes and B-lymphocytes that will remember how to fight that virus if we are infected in the future.

## ကသံဉ်ဒီသဒါအိၣ်ဃုာ်ဒီးဘဲး(စ)လၢတၢ်ဆီတလဲဃၢ

အိၣ်ဃုာ်ဒီး ဘဲး(စ) လီၤလီၤဆီဆီ အတၢ်ဆီတလဲသး လၢအဒုးကဲထီၣ် COVID-19. ဖဲဘဲး(စ)လၢအဆီတလဲသးအပူၤန့ၣ်, အိၣ်ဃုာ်ဒီးကဲပိးလီၤလၢဘဲး(စ)လၢအဒုးကဲထီၣ် COVID-19 န့ၣ်လီၤ. တၢ်အံၤ ဘၣ်တၢ်ကိးအီၤလၢ “ဘဲး(စ)တၢ်ဆီတလဲ” န့ၣ်လီၤ. ဖဲလၢ ဘဲး(စ) ဆီတလဲသးအံၤ န့ၣ်လီၤလၢပဲ(လ)ပူၤအခါန့ၣ်, တၢ်လီၤစၢၤ ပိးလီၤသ့ၣ်တဖၣ်အံၤ ဟ့ၣ်တၢ်န့ၣ်လီၤဆူ ဖဲ(လ)အအိၣ် လၢကဒုးကဲထီၣ် ဖရိၣ်ထံ(န)လီၤဆီလၢဘဲး(စ) လၢအကဒုးကဲထီၣ် COVID-19 အဂီၢ်လီၤ. လၢတၢ်စူးကါတၢ်န့ၣ်လီၤအံၤ အဖီခိၣ်န့ၣ်, ပဲ(လ)အံၤ ဒုးအိၣ်ထီၣ် ဖရိၣ်ထံ(န)အဒိန့ၣ်လီၤ. တၢ်အံၤ ထီၣ်ဟူးထီၣ်ဂဲထီၣ် ပနီၢ်ခိၣ်လၢ ကဒုးအိၣ်ထီၣ် T-lymphocytes ဒီး B-lymphocytes လၢကသ့ၣ်နီၣ်ဝဲလၢကဘၣ်တြီဆၢဝဲ ဘဲး(စ)ဒိလဲဉ် ဖဲပှၤဒီးန့ၣ်ဘၣ်အံၤ လၢခါဆူညါအခါန့ၣ်လီၤ.



## V *Cont'd*

### **Viral shedding**

When the virus made inside your body starts to be released into your surroundings. At that point, it may be spread or passed on to other people.

### **ဘဲရား(စ)အတားထိပ်ရလီသး**

ဖဲလၢဘဲရား(စ)လၢအဘၣ်တၢ်ဒုးအိၣ်ထီၣ်အီၤဖဲ နနီၣ်ခိပူၤအံၤ စးထီၣ်ရလီၤသးလၢနခိၣ်ယၢၤအခါန့ၣ်လီၤ. ဖဲအဆၢကတီၢ်အံၤန့ၣ်, ဘၣ်သ့ၣ်သ့ၣ် အရလီၤသး မ့တမ့ၢ် ဘၣ်ကူဘၣ်ကံပုၤဂၤန့ၣ်လီၤ.

## W

### **Waning immunity**

When your level of immunity gets lower and lower with time.

### **နီၢ်ခိၣ်တြီဆၢစ့ၤလီၤ**

ဖဲလၢနနီၢ်ခိၣ်တြီဆၢအံၤ ဟဲစ့ၤလီၤယုၣ်ဒီးတၢ်ဆၢကတီၢ်န့ၣ်လီၤ.