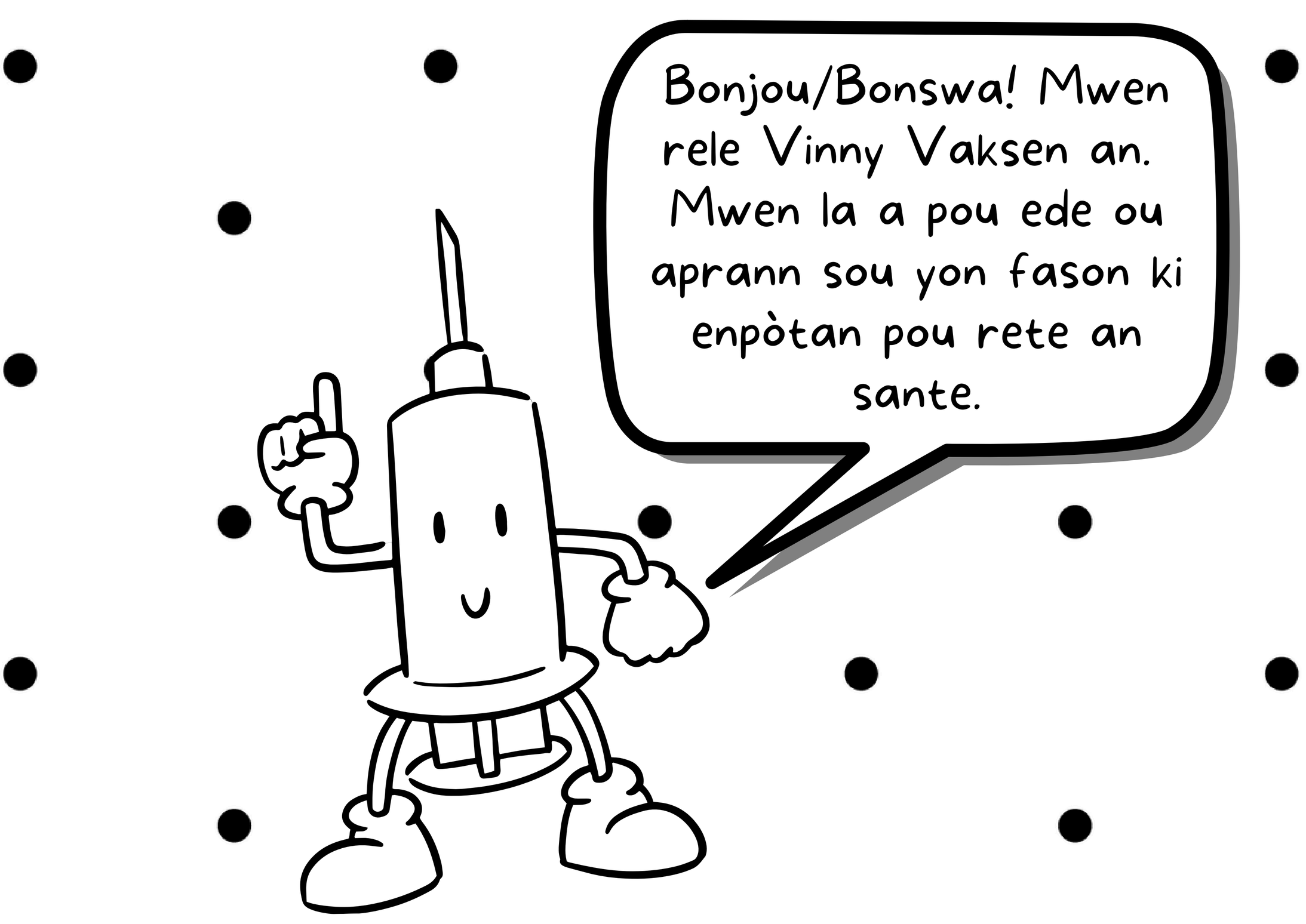
VAKSEN PWOTEJE M!

LIV AKTIVITE

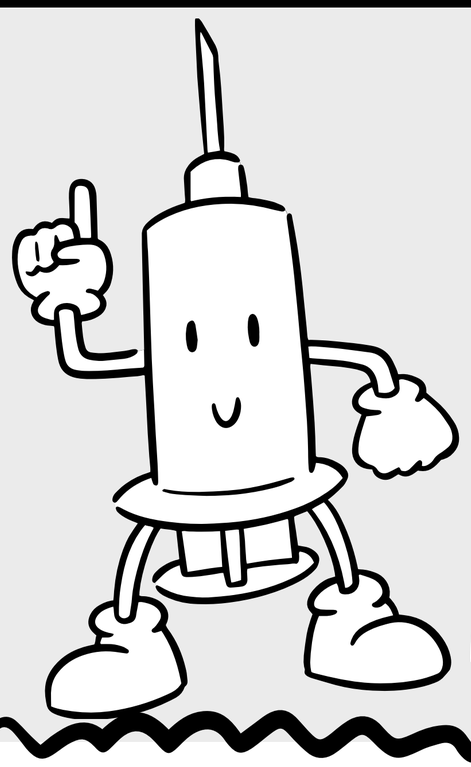


NJHealth
New Jersey Department of Health

Liv aktivite sa a se pou :

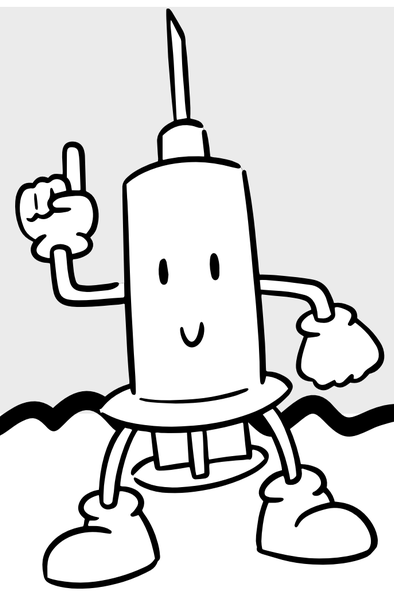






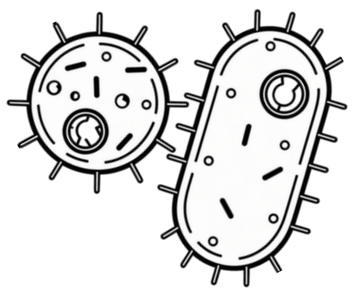
Èske w te janm malad epi ou te santi w fatige?
Ou te gen lafyèv, vant fè mal, oswa nen k ap fè larim?
Tonbe malad se pa yon bagay JWÈT!

Moun ka tonbe malad lè mikwòb antre nan kò yo.

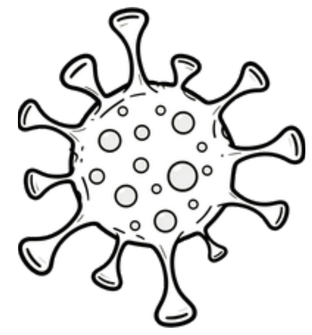


Mikwòb yo twò piti pou ou wè yo ak je ou epi yo gen ladan yo bakteri ak viris. Malgre yo piti anpil, yo ka toujou rann ou malad grav.

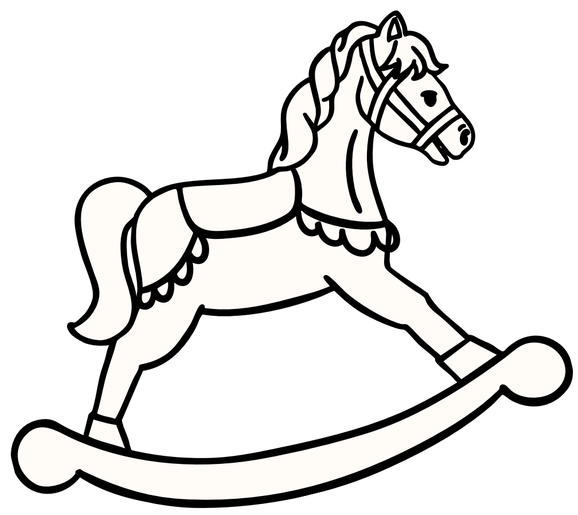
Bakteri

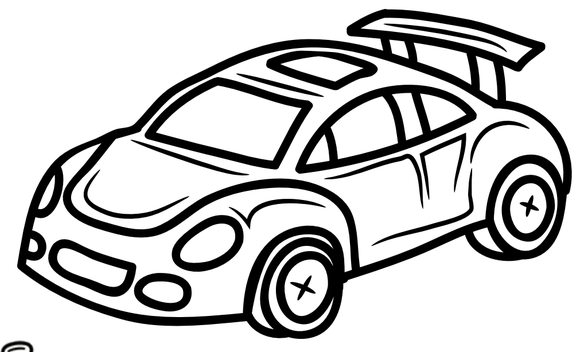


Viris

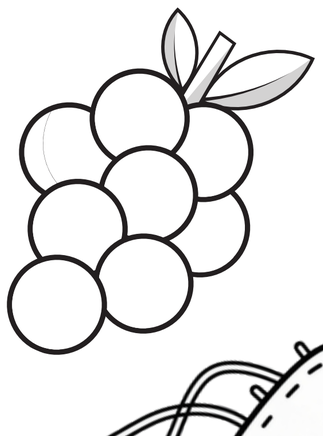


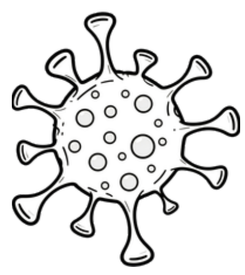
AKTIVITE: Antoure tout imaj bakteri ak viris ki anba yo.

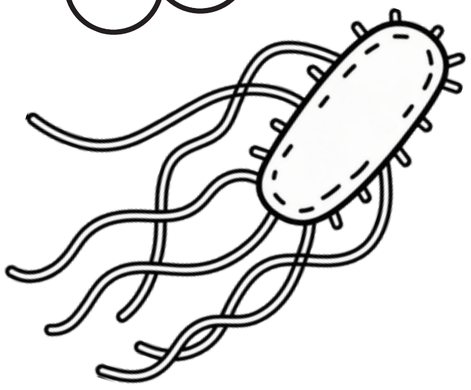


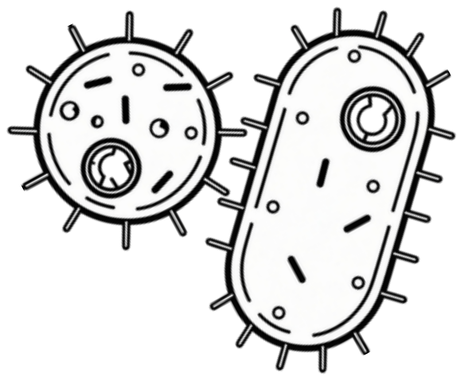


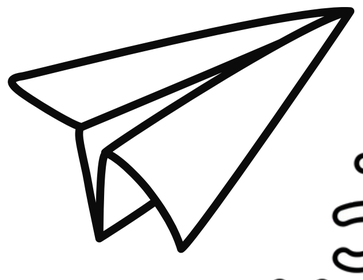


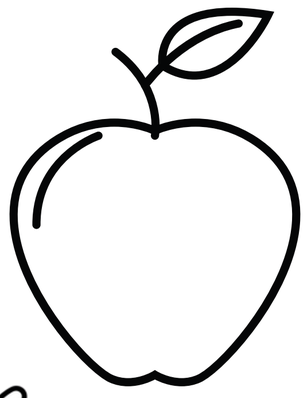


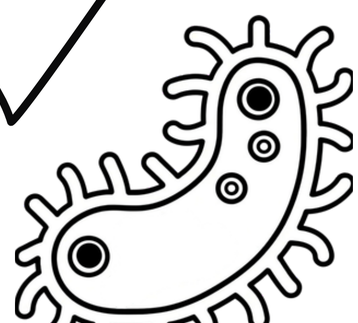








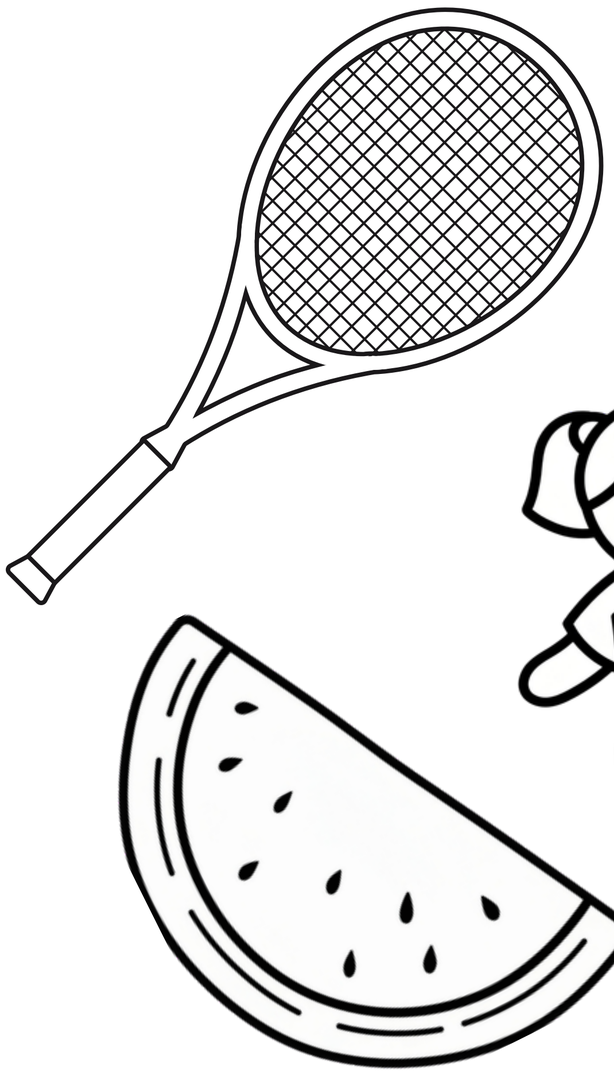






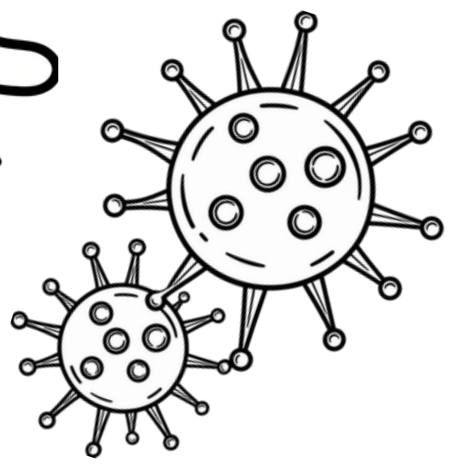


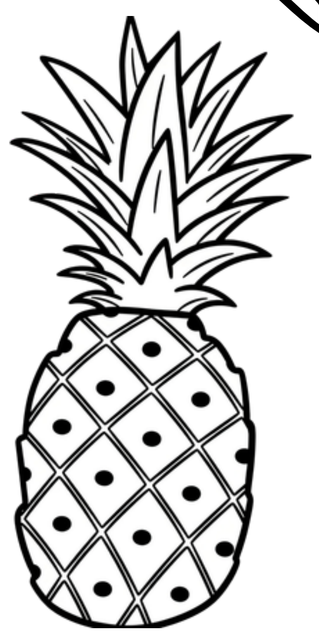




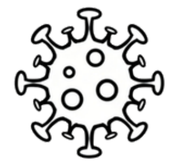






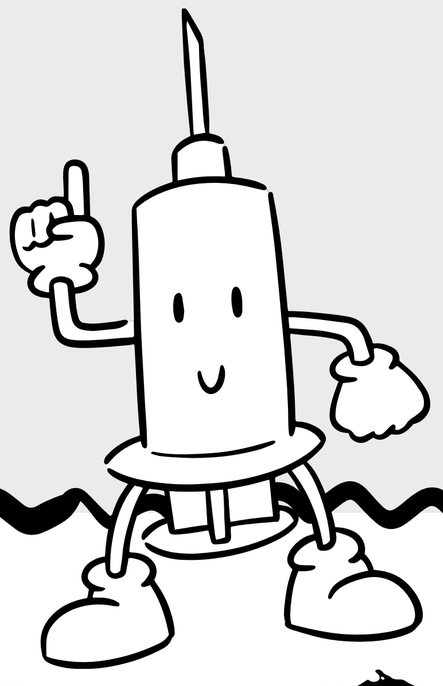


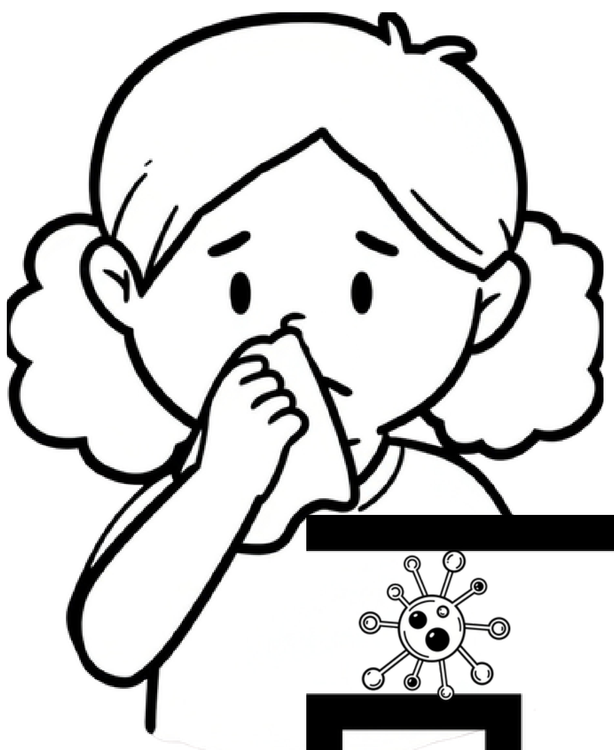




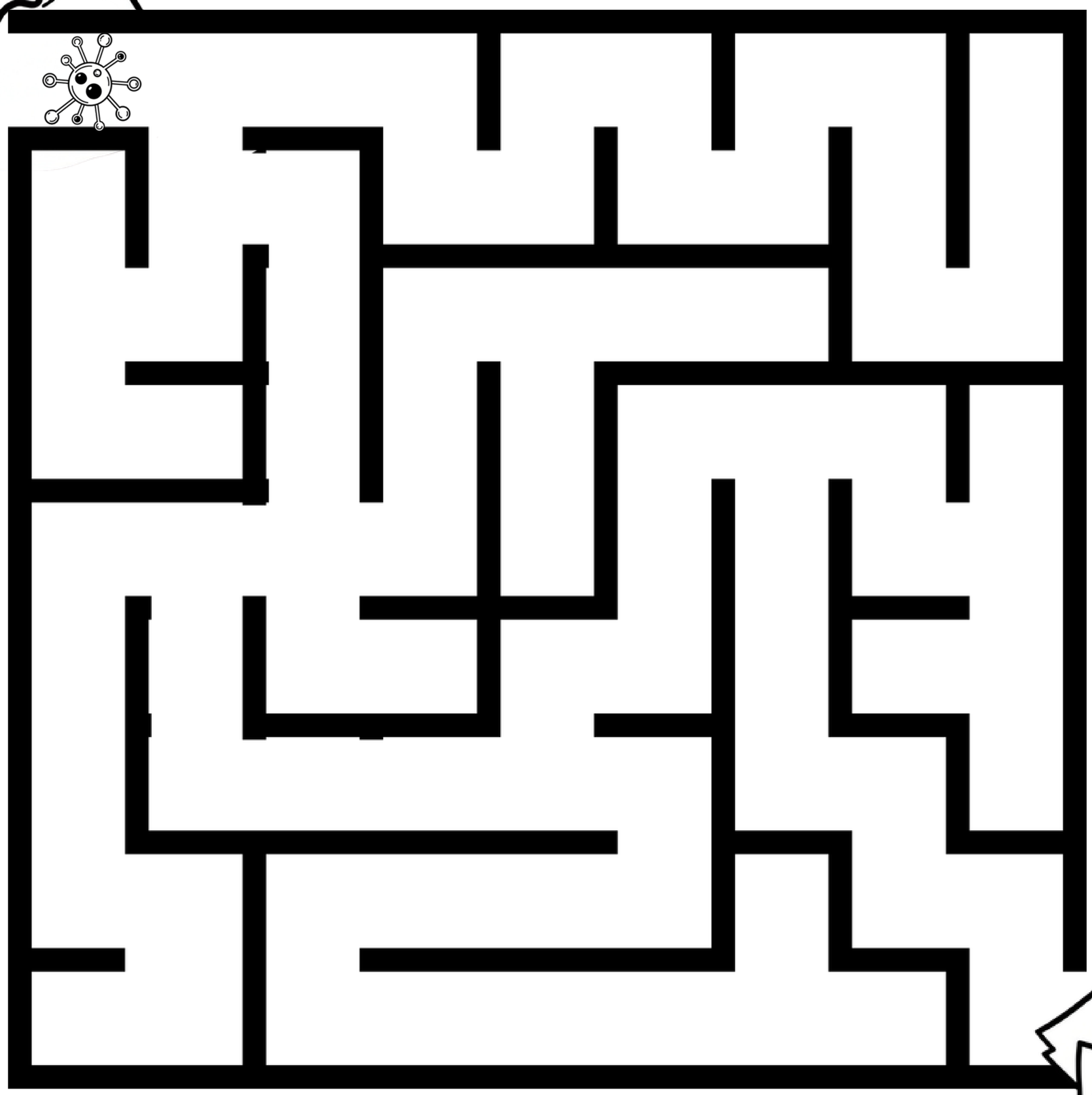


Mikwòb ka pwopaje soti nan yon moun pou ale nan yon lòt nan lè a, pandan l ap etènye ak tous. Yo bay maladi ou ka tande pale sou yo tankou grip, rim, viris nan lestomak, epi menm varisèl.

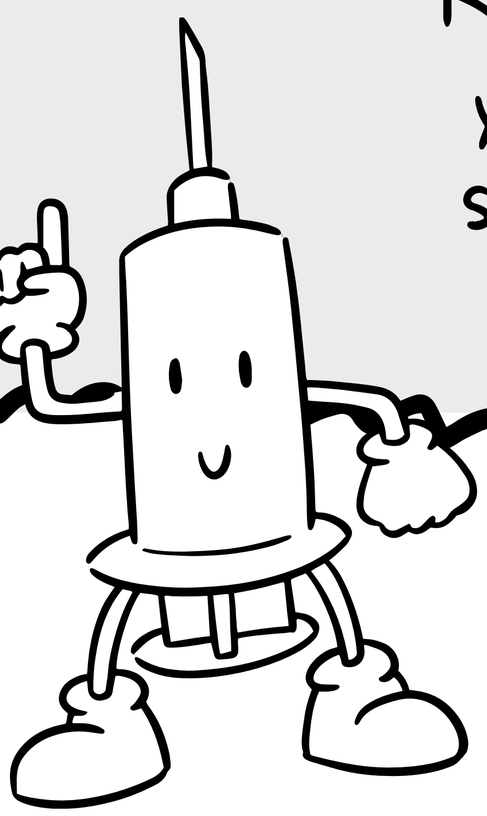




AKTIVITE: Swiv chemen mikwòb la nan labirent ki genyen ant de (2) zanmi yo nan imaj ki anba a.





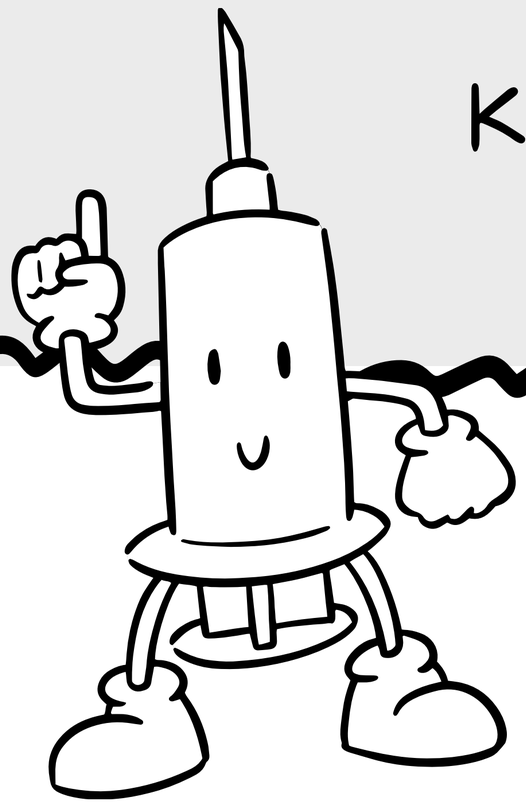


Kò w ap travay pou pwoteje w kont mikwòb sa yo, menm jan ak yon sipè ewo! Kò nou gen yon sistèm iminitè enkwayab pou konbat mikwòb epi pou pwoteje nou pou nou pa malad.

AKTIVITE: Desine rad sipè ewo ou pi renmen an mete!

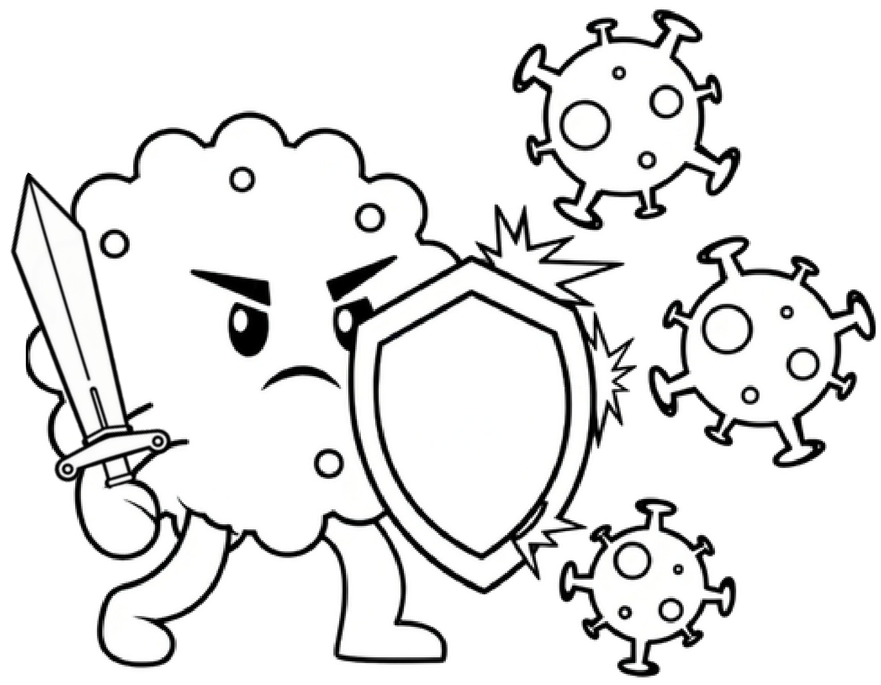
Sistèm iminitè

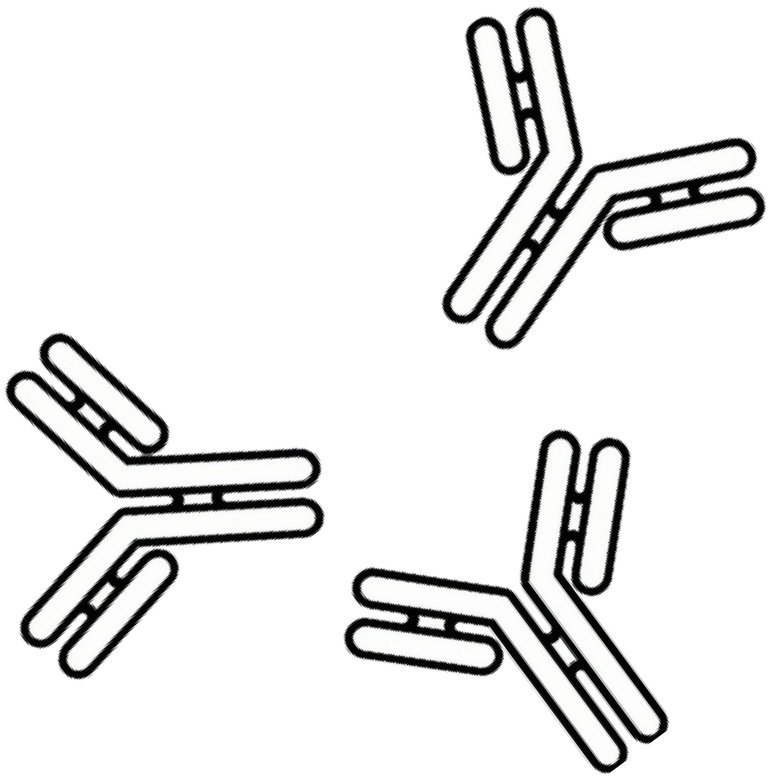




Kidonk, mwen parye w ap mande kijan sistèm iminitè ou fonksyone. Kite m eksplike!

Lè yon mikwòb antre nan kò w, sistèm iminitè w ap jwenn li, l ap konnen li pa sipoze la, epi l ap kaptire l grasa selil yo rele globil blan yo.

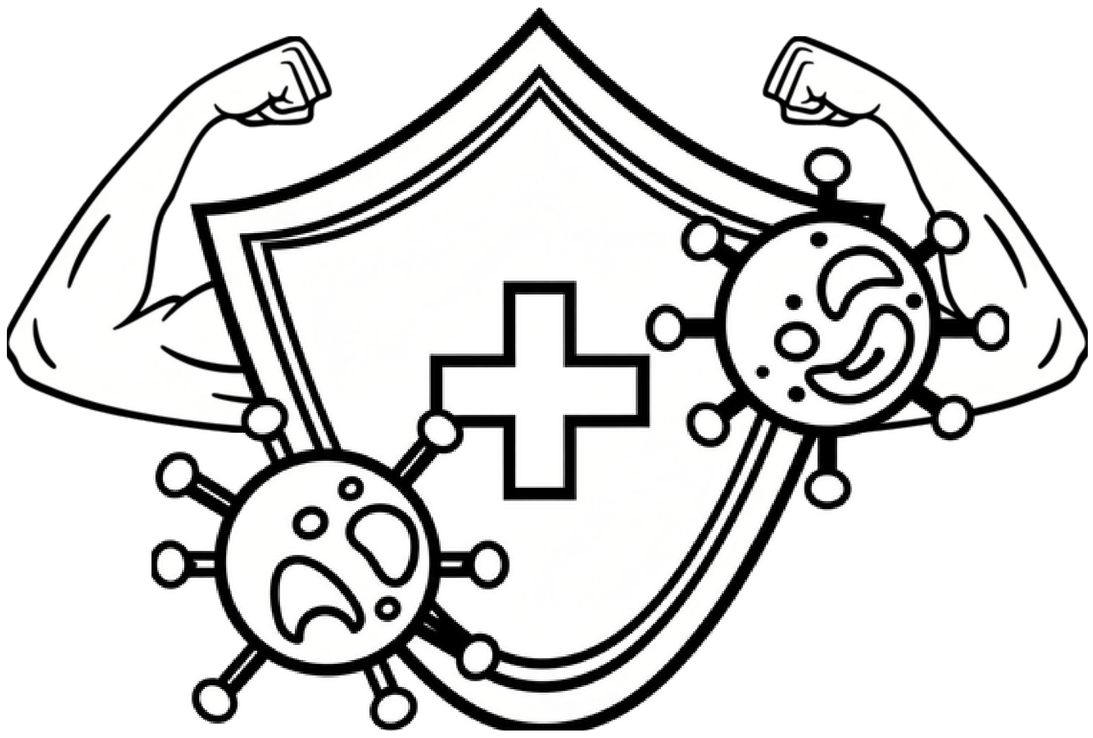




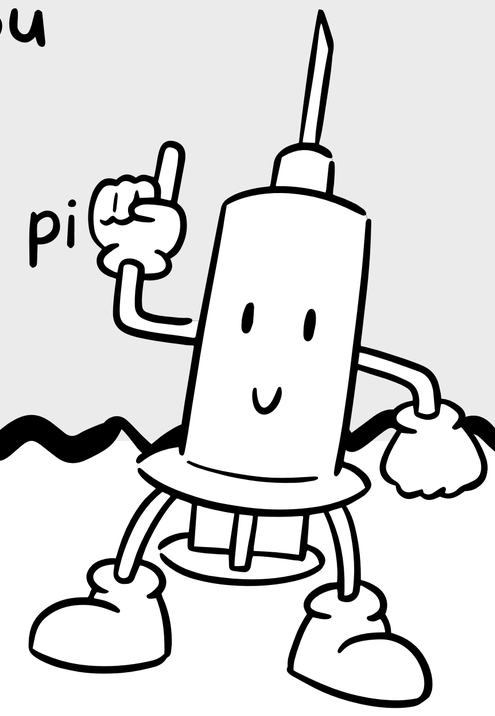
Globil blan sa yo ap ede kò a pwodui defansè espesyalize yo rele antikò.

Men ak kisa antikò yo sanble!

Antikò yo chèche epi detwi mikwòb danjere yo. Sa ede ou rete an sante.

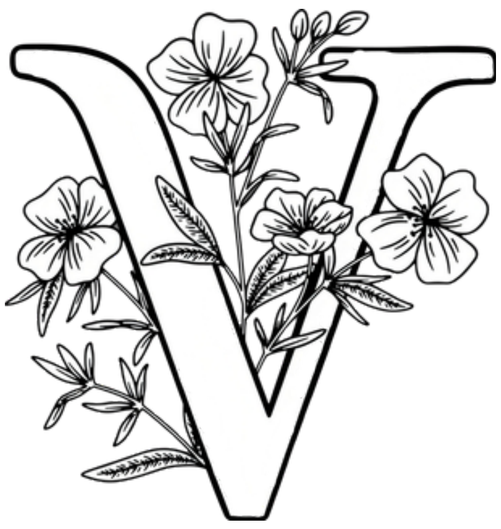


Pou kèk maladi, syantifik yo te kreye yon fason pou ede sistèm iminitè a prepare pou mikwòb danjere...VAKSEN! Vaksen yo se youn nan zouti ki pi enpòtan ki disponib pou ede anpeche maladi.



Sivilizasyon atravè Afrik, Lend, ak yon gwo pati nan Azi gen dosye sou itilizasyon vaksen pandan plizyè santèn ane, (gen kèk ki la depi nan lane 1000)!

AKTIVITE: Trase yon liy soti nan yon lèt rive nan yon lòt pou eple mo VAKSEN an!







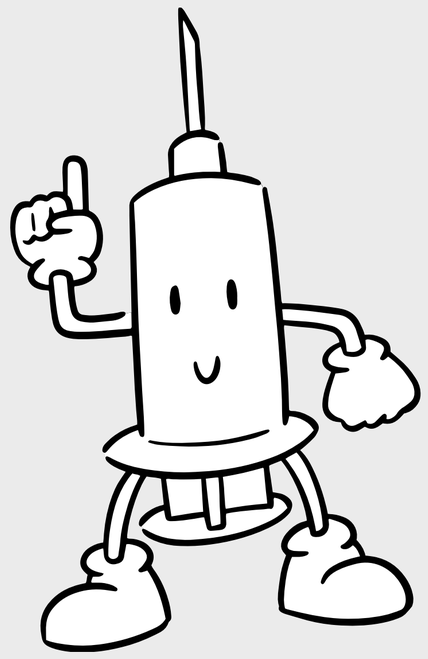








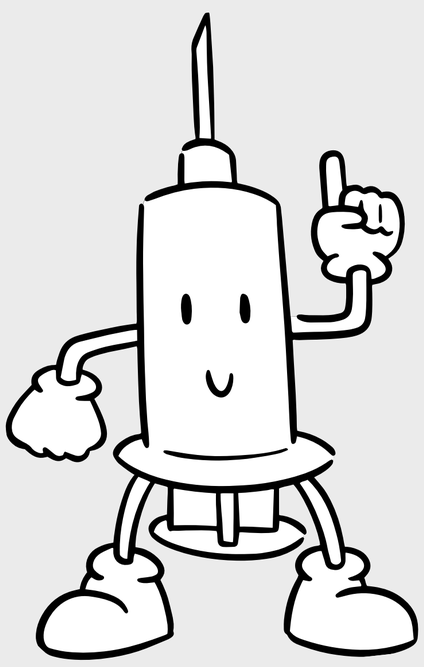
Sepandan, an 1796, yon doktè ak syantifik ki rele Edward Jenner te devlope premye pwosesis syantifik pou kreye yon vaksen pou pwoteje kont yon maladi yo rele varyòl. Li te pran tèlman bon nòt, yo rele l "Papa Vaksen yo!"



Vaksen yo se piki ki aprann sistèm iminitè w la pou idantifye epi pwoteje kont mikwòb danjere san w pa bezwen tonbe malad. Yo ede kò ou kreye antikò ki fèt pou chèche epi detwi mikwòb espesifik. Yo ede kò ou konbat mikwòb ANVAN yo fè ou malad!

AKTIVITE: Itilize griy la pou ede w fè lòt mwatye imaj sa a:



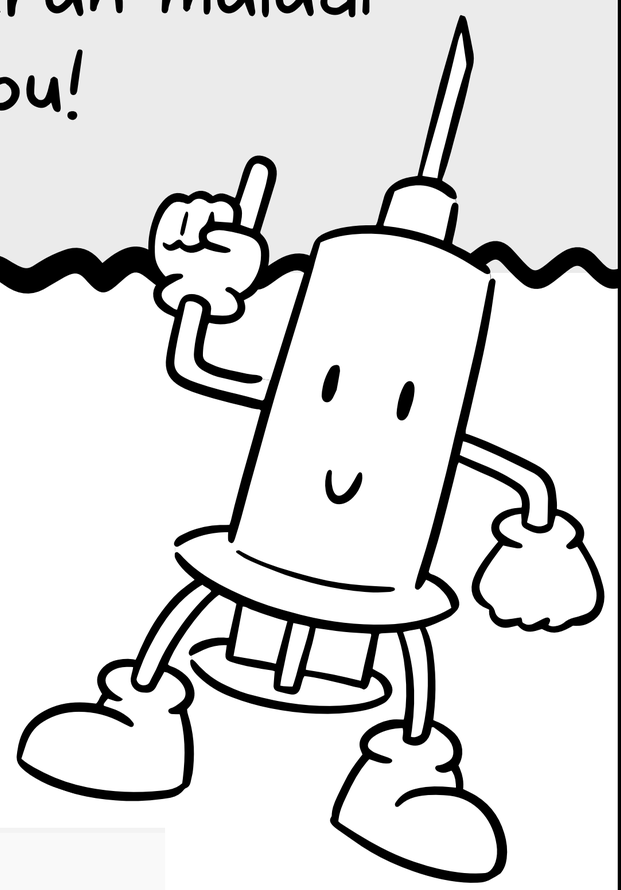


Ou bezwen vaksen depi lè ou fèt jiskaske ou vin granmoun. Lè ou pran vaksen an, sa pwoteje ou, fanmi ou ak lòt moun. Lè ase moun pran vaksen kont yon maladi, li pi difisil pou lòt moun trape maladi a. Sa vle di tout kominote w la ap resevwa yon pwoteksyon.

AKTIVITE: Itilize espas anlè a pou desine yon imaj fanmi w ak zanmi w ou pwoteje lè w pran vaksen an.



Gen yon kantite vaksen ki pwoteje ou kont diferan maladi nan anfans ak pandan tout adolesans ou!



AKTIVITE: Chèche non maladi ki nan nan jwèt mo kle ki anba a. Maladi yo nan lis ki nan pati anba a nan paj sa a.

C O V I D X R T Y U P L Q A Z M N
H E P A T I T I S A B C D E F G H
P N E U M O C O C C A L I J K L M
R U B E L L A N O P Q R S T U V W
M E A S L E S X Y Z A B C D E F G
D I P H T H E R I A H I J K L M N
H E P A T I T I S B O P Q R S T U
I N F L U E N Z A V W X Y Z A B C
P O L I O D E F G H I J K L M N O
T E T A N U S P Q R S T U V W X Y
H I B H P V Z A B C D E F G H I J
M U M P S K L M N O P Q R S T U V
C H I C K E N P O X W X Y Z A B C
M E N I N G O C O C C A L D E F G
P E R T U S S I S H I J K L M N O
R O T A V I R U S P Q R S T U V W
Z Y X W V U T S R Q P O N M L K J

- COVID-19
- Chickenpox (Varisèl)
- Diphtheria (Difteri)
- Hepatitis A (Epatit A)
- Hepatitis B (Epatit B)
- Hib
- HPV
- Influenza (Grip)
- Measles (Lawoujòl)
- Meningococcal (Menengokòk)
- Mumps (Malmouton)
- Pertussis (Koklich)
- Polio (Polyo)
- Pneumococcal (Nemokòk)
- Rotavirus (Wotaviris)
- Rubella (Ribeyòl)
- Tetanus (Tetanòs)

Pafwa ou ap bezwen plizyè dòz nan menm vaksen an pou jwenn pwoteksyon konplè. Erezman, yo te fè kèk vaksen pou pwoteje kont plizyè maladi an menm tan.



AKTIVITE: Trase yon liy soti nan chak maladi rive nan ti boutèy vaksen li koresponn ak li a. Repons yo nan pati anba a nan paj la.

Difteri

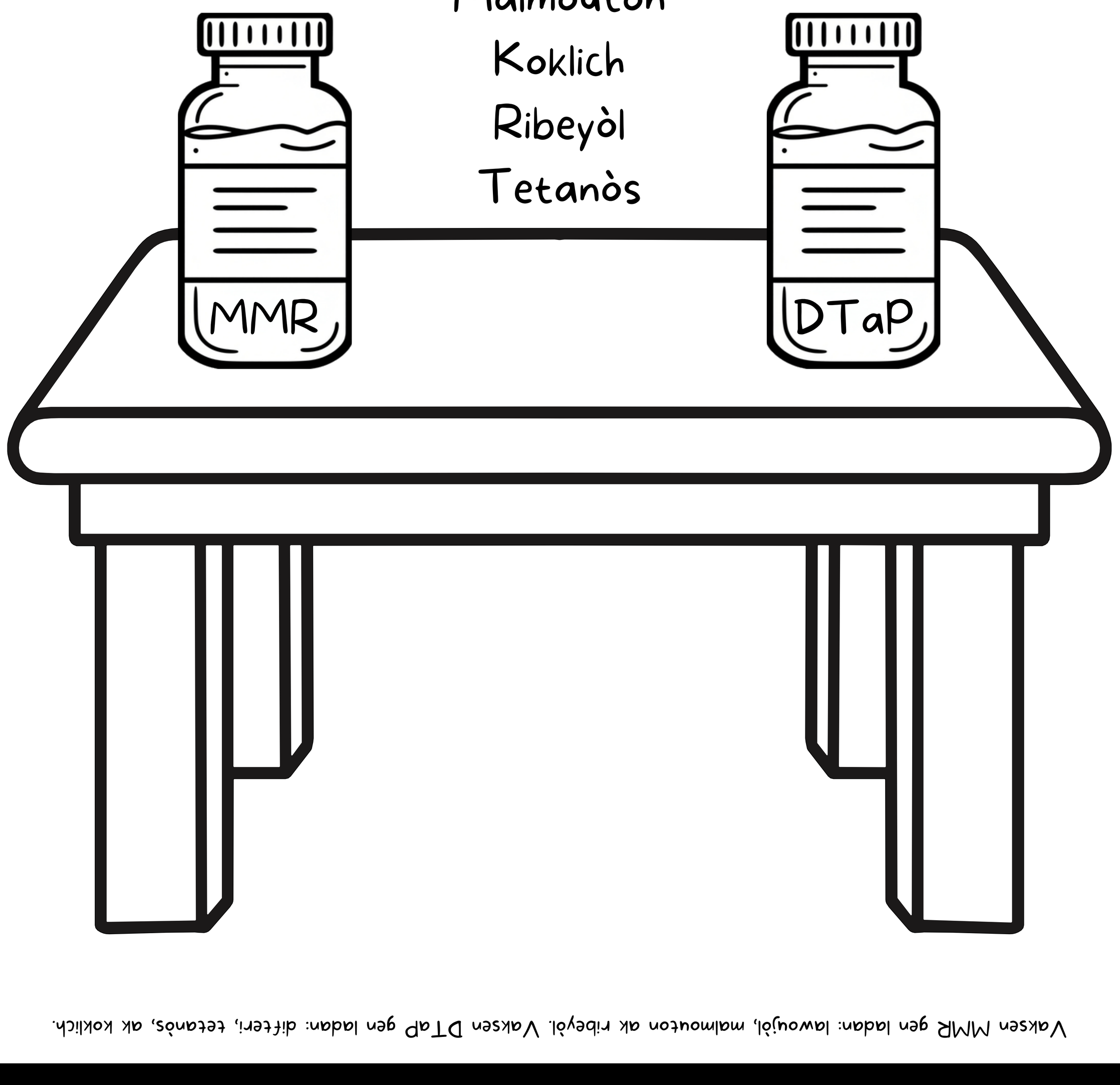
Lawoujòl

Malmouton

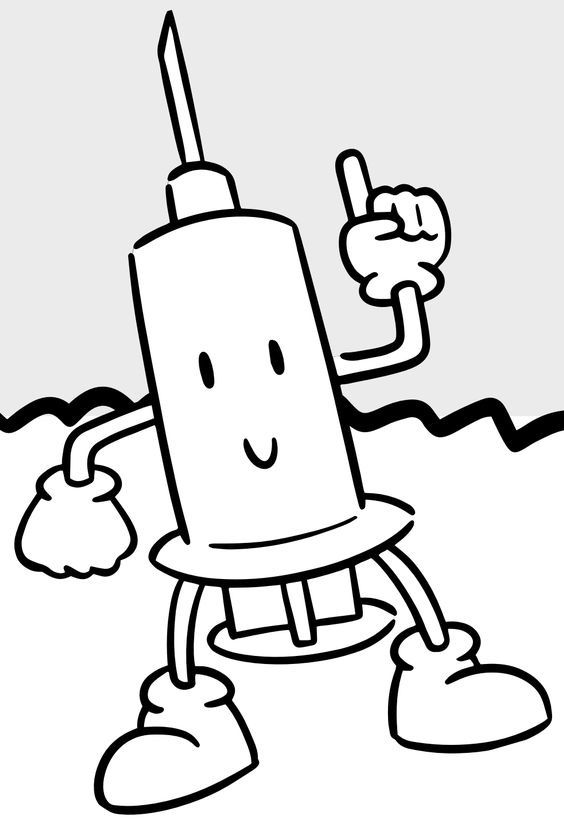
Koklich

Ribeyòl

Tetanòs



Vaksen MMR gen ladan: lawoujòl, malmouton ak ribeyòl. Vaksen DTaP gen ladan: difteri, tetanòs, ak koklich.



Si ou pè pran piki, sa se yon bagay ki nòmal!
Men kèk konsèy ki ka ede w santi w kalm
pandan w ap pran piki w yo.

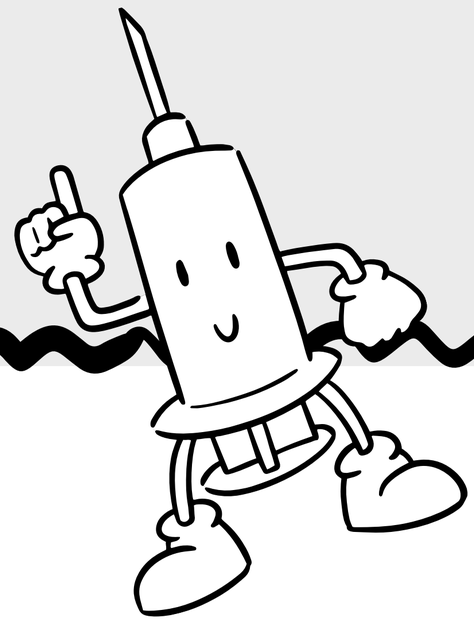
LIS SA OU GEN POU W FÈ

- ☐ Mache ak jwèt ou pi renmen an
- ☐ Mande yon piwouli apre ou fin pran yon dòz
- ☐ Chante yon chan ou renmen anpil
- ☐ Mete yon sèvyèt fre sou kote ki fè mal yo
- ☐ Kenbe men paran ou
- ☐ Sonje ou se yon CHANPYON vaksen!!

Pran piki yo pa ta dwe fè mal anpil, oswa pou twò lontan, epi yo trè enpòtan pou ede ou rete an sante.

Bra mwen gen yon ti doulè apre piki a, men li anfòm paske mwen konnen sa vle di sistèm iminitè mwen ap prepare pou konbat move mikwòb ki ka fè m malad.

Anplis, lè w pran vaksen ou yo, ou ka pran kèk lòt mezi pou evite tonbe malad tankou:



Evite manyen je, nen, oswa bouch ou

Lave men ou

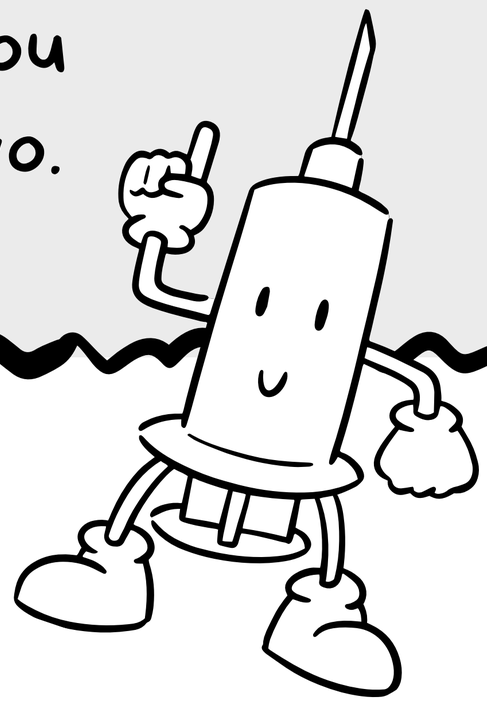
Pran anpil repo

Tous nan yon tisi oswa koud ou

Rete lakay ou si w malad

AKTIVITE: Kounye a ou konnen plis bagay sou vaksen yo, ekri nenpòt kesyon ou ta genyen. Sere kesyon sa yo epi poze yon granmoun oswa doktè w la yo.

Li enpòtan pou ou gen yon kopi kanè vaksinasyon ou pou asire ou ajou ak tout vaksen yo rekòmande yo.



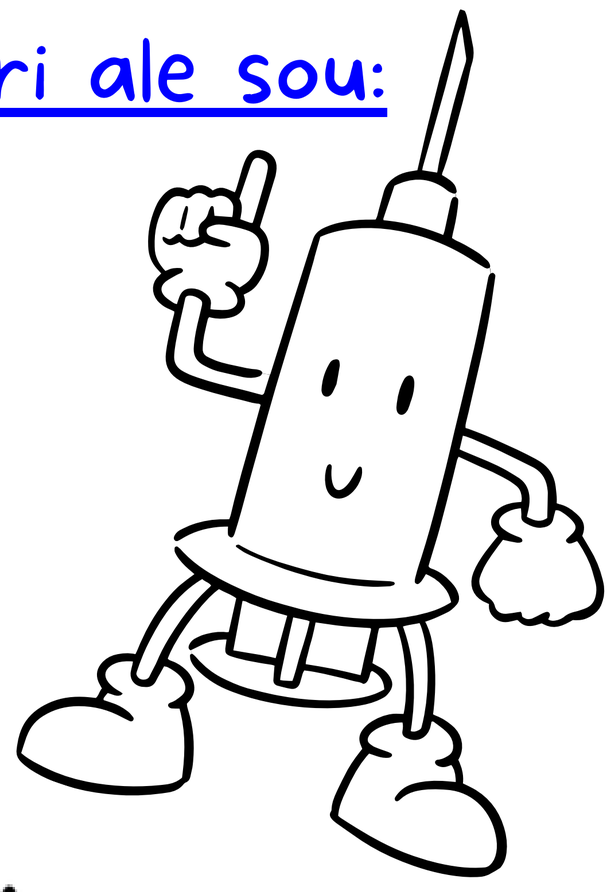
AKTIVITE: Mande yon granmoun pou ede w idantifye kiyès nan vaksen ki anba a ou deja pran epi make yo nan tablo a.

Vaksen	Pran	Dat Ou te Pran l
Hep B (epatit B)		
DTaP (difteri, tetanòs ak koklich)		
IPV (polyo)		
Hib (Haemophilus influenzae tip b)		
PCV (maladi nemokòk)		
RV (wotaviris)		
Grip		
MMR (lawoujòl, malmouton ak ribeyòl)		
Varisèl (saranpyon)		
Hep A (epatit A)		
COVID-19		

Gen kèk moun ki ka bezwen lòt vaksen pou rezon tankou vwayaj, oswa pou yon maladi patikilye. Doktè w la kapab di ou ki lòt vaksen ou ka bezwen.

Kote ki te devlope liv aktivite sa a se
Depatman Sante New Jersey
Pwogram Prevansyon kont Maladi atravè
Vaksen.

Pou jwenn plis enfòmasyon, tanpri ale sou:
nj.gov/health/cd/vpdp



NJHealth
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