

QUESTIONS & ANSWERS WITH  
CELEBRITY

与名人的问答环节

I THOUGHT VACCINES WERE JUST FOR BABIES, DO ADULTS  
REALLY NEED TO GET VACCINATED?

我以为只有婴儿需要疫苗，成年人真的也需要疫苗吗？





# ADULT VACCINATION

## 成人疫苗

- Vaccination is as important for adults as it is for children, and yet many adults are not optimally vaccinated. Adults need vaccines because vaccine immunity (protection) may have diminished over time and a person will need a booster shot to enhance protection.

疫苗对于成人和儿童一样重要，但许多成年人并未接受完整的疫苗。成年人需要疫苗，因为疫苗免疫力可能随着长时间而减少，并且需要注射以加强保护。

- For some diseases like whooping cough, adults who are vaccinated prevent the spread of disease and in turn protect children. There are also vaccines, such as the shingles vaccine, that protect against diseases/conditions that develop in adults.

对于像百日咳这样的疾病，已注射疫苗的成年人可以预防疾病的传播，从而保护儿童。还有一些疫苗，例如带状疱疹疫苗，可以预防疾病或病症蔓延。



ARE VACCINES SAFE?

疫苗安全吗？





# ARE VACCINES SAFE?

- Vaccines are among the safest medical products available, and scientists are working to make sure they are made even safer. Every vaccine undergoes extensive testing before being licensed, and vaccine safety continues to be monitored as long as a vaccine is in use.

疫苗是最安全的医疗产品之一，科学家们也正在努力确保它们更加安全。每种疫苗在获得许可之前都要经过广泛的测试，只要疫苗还在使用中，疫苗安全性就会继续受到监控。

- Most side effects from vaccination are minor, such as soreness where the injection was given or a low-grade fever. These side effects do not last long and are treatable.

疫苗的多数副作用都很小，例如注射时疼痛或低烧。这些副作用不会持续很长时间并且可以治疗。

- Serious reactions are very rare. The tiny risk of a serious reaction from a vaccination has to be weighed against the very real risk of getting a dangerous vaccine-preventable disease or suffering complications from it.

严重的反应非常罕见。疫苗造成严重反应的风险微乎其微，必须与因没注射疫苗导致危险疾病或患有并发症的真正风险权衡。

WHERE CAN  
ADULTS GET  
VACCINATED?

成人可以在哪里接收  
疫苗注射？



# Where can adults get vaccinated?

## 成人可以在哪里接收疫苗注射？

- Check with your clinic to see if they administer vaccines. Additionally, your local health department or local hospital may administer HEPATITIS B vaccine.

咨询您的诊所，了解他们是否能注射疫苗。此外，您当地的卫生部门或当地医院可能可以注射乙型肝炎疫苗。

- Otherwise you need to get injection from private hospital or clinics.

否则您需要去私立医院或诊所注射。

- BP Diagnostic Centre offer full range of vaccines.

BP诊断中心提供全方位的疫苗。

HOW OFTEN DO I NEED TO BE  
VACCINATED?

多久需要再注射疫苗？



# HOW OFTEN DO I NEED TO BE VACCINATED?

## 多久需要再注射疫苗？

- Different vaccines are recommended at different ages throughout adulthood—for instance HPV is given at or before age 26 years while shingles is given at age 60 years or older.

建议不同年龄层注射不同的疫苗 - 例如，在26岁或以下给予宫颈癌疫苗，而在60岁或以上给予带状疱疹疫苗。

- Some vaccines require only one dose for most adults (e.g., shingles, MMR) while others are a series of vaccines given over a short timespan (e.g., HPV is given as three doses over six months). The number of doses and timing of pneumococcal vaccines varies depending on your age and risk factors.
- 一些疫苗对于大多数成人仅需要一剂（例如，带状疱疹，腮腺炎，麻疹，风疹），而其他疫苗是在短时间内注射一系列疫苗（例如，宫颈癌在六个月内以三剂给予）。肺炎球菌疫苗的剂量和时间根据年龄层和风险因素而有所不同。
- Influenza and Td/Tdap are given regularly throughout adulthood: you need influenza every year and Td once every 10 years, with Tdap in place of one Td booster. The best way to decide exactly what you need and how to get fully immunized is to talk with your doctor or other healthcare professional.

流感和破伤风、白喉/ 破伤风、白喉、百日咳在成年后定期注射：每年您需要流感疫苗，每10年需要破伤风、白喉疫苗，以破伤风、白喉、百日咳代替一个破伤风、白喉强化疫苗。确定您需要什么以及如何完全受免疫的最佳方法是与您的医生或其他医疗保健专业人员交谈。

I'M TRAVELING ABROAD, WHAT VACCINATIONS DO I NEED?  
我将去国外旅行，我需要什么疫苗？





# TRAVELLER'S VACCINE

## 旅行者的疫苗

- Contact your doctor or your local health department as early as possible to find out which immunizations you may need.

请尽早联系您的医生或当地卫生部门以了解您需要哪些免疫。

- Vaccines against certain diseases, such as hepatitis A, hepatitis B, yellow fever, and typhoid fever, are recommended for different countries. The time required to receive all immunizations will depend on whether you need one shot or a series of shots.

- 如甲型肝炎，乙型肝炎，黄热病和伤寒等疫苗都针对不同国家的某些疾病。接受所有免疫所需的时间取决于您是需要一次性注射或一系列注射。

“Vaccines are the most cost-effective health care interventions there are. A dollar spent on childhood vaccination not only helps save a life, but greatly reduces spending on future healthcare”

“疫苗是最具成本效益的医疗措施。花在儿童疫苗上的一美元不仅有助于挽救生命，还可以大大减少未来医疗保健的开支”

—EZEKIEL EMANUEL