



# NULEPA CAAH LAMHMUHSAKTU

## AN CHUAH KA IN ZARH KHAT CAAH

### A chuak ka mi na fa bawhte a dam maw?

**A ngandam mi bawhte chuak ka i** an hmur le an lei cu a sen daang (pink) in a um ding a si. An zak tang in tahmi an takpum linh zong 36.8°C le 37.3°C kar an si ding a si (nangmah takpum linh bantuk). Caan hmantein an zun le an ek ding zong a si.

A ngandam mi bawhte chuak ka:

- » tu le tu hnuk an ding (suimilam 24 chungah voi 8 in 12 tiang)
- » an i hlah caan ah an pawngkam sining kha an hngalh i na aw asiloah pawngkam thawngpang zong an hngalh
- » a thawchuah kha nangmah nak in tlawmpal a rengdeuh lai i a chelchel ah caan tawi te thawchuah aa din lai
- » an rawng aathlen asiloah an tah asiloah an ther ahcun siarem lo in an um i bawmh ka herh ti an in hngalh ternak a si.

### A chuak ka mi na fa bawhte a dam maw?

Na fa nih:

- » A thaw a chuah lo asiloah a taksa rawng a dum ah aathlen
- » Mahlemah aa hngal lo/a thahri a hnuh/a hnukdawh (a mit, a kaa, a kut asiloah a ke tehna an in kuaih an i rengh)
- » hlah khawh an si lo
- » a pawngkam thawng thangpipi, a mit ah mei ceuh asioah din tein a baan ah sihmi tehna a hngalh lo.



### Tuahding

#### Siizung ah

**Na sii saya/mah** asiloah na sibawi kha bawmh halnak khalaoh hmet in bawmhnak hal colh hna

#### Inn ah

Phone **000**

### an chuah ka in zarh khat caah

Na fa nih:

- » suimilam pa 6 chung hnuk a din lo
- » a nappy a cin lo asiloah a thur lo
- » a taksa a aihret
- » **mit, kaa, baan asiloah ke cawlcanghning** a hnuhdawh hna asiloah sining lo in an um
- » **pum**, lu, hngawng, baan le ke tibantuk nem hniphnep in an um
- » **thawchuah** a ran tuk le hram thawng bantuk in a chuah
- » ningcang lo in **tah** (tahchunhnak ah, thangei lo aw, aw than tuk, hram asiloah fahnak a ingmi bantuk in tah)
- » a ek ah thi a um
- » **cuar** a rau bantuk asiloah aihre rawng ah aathlen
- » **paw** asiloah an taang tang thaw an dawp fatin a pil
- » **luak** tamtuk a luak (a hnubik hnuk voi thum a dinmi chung in a cheu leng lengmang a luak)
- » **a luak mi** a fian lo, cawhnuk asiloah a raumi aihre rawng bantuk



**Ahleiin an chuah ka in suimilam 24 chungah**



### Tuahding

#### Siizung ah

Na sii saya/mah asiloah siibawi chim hna

#### Inn ah

- » Maternal & Child Health Line (Hringtu Nu le Ngakchia Ngandamnak Kong Chawhnak) Phone 13 22 29
- » 24 hour Nurse-on-Call (Suimilam 24 chung sii saya/mah chawhnak) Phone 1300 60 60 24
- » Na sang i a ummi siibawi sinah kal
- » Siizung i Emergency Department (laakhruak in a zaw le khawndennak a tongmi thlopbulhnak) ah kal
- » A herh tuk ahcun **000** ah chawn

Fiang tein a um	Cawhnuk	Aihre rau	Aihre dum	A hring	A hring	A hring	A hring	Thi
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#### ASILOAH

- » na **ruah le tuakmi nih** pakhatkhat a hman lo tiah an chimh.

\* Zaangfahnak in na hngalh ding cu: Mah ca hi download na tuah asiloah na print tikah hmanthlak chung i an rawng chuakmi kha na phone asiloah na computer setting na tuahmi ngeih in aa dang kho.