

Hngakchia Zawt nak in khamh nak



Nihin na fa nih zawtnak khamh nak si aa chunh.

Abik in khamh nak si hi leh ruh nak a um lo, asi-nain,...

A Lin Tuk

a cheu cu an tak alin.



Nuhnuk or ti na din ter lai.



Angki na phawih piak lai.



Tap

Hngakchia ningcang loin an um, an **tap**, or an tak alin asiah cun



Sibawi nih an chimh ban tukin paracitamaw kha na din ter lai.

Tha te in na pawm lai.



Ih hmu Kut or Rawl ei duh lo

An ihhmuhkut le rawl ei an tawntai ah cun



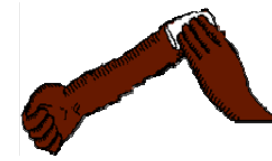
Thatein na zohkhenh lai.



Ti tampi na din ter lai.

Thak Sen or A Phing

Si Chunnak a **Phing** asiloah a **Sen**.



Tikik ciah mi puan in na behn/tuamh lai.

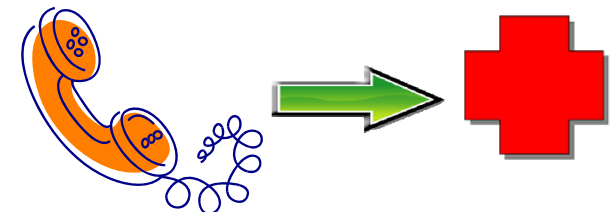
Na hnor piak lai lo.

Thinphang

Nafa caah na thin a phang maw?



Si sayama le Sibawi chawnh asiloah sizung ah na kal pi lai.



Raise Khan Sichunh Hnu A Chuakkho mi Hna

- Diphtheria-tetanus-acellular pertussis *Hrawmphih, mikhaing zawtnak* (DTaP) - inactive Polio (IPV)

			Nazi 6
A Taklin	A Phing	A Luak	

- Haemophilus influenzae type b Hepatitis B (Hib-HepB) , *Hma thikitlo, Tlangrai, Thingphing zawtnak*

			Nazi 6
A taklin	Umnuamlo	A Phing	

- Hepatitis B (Hep B) *Thinphing zawtnak B*

			Nazi 6
A taklin	Umnuamlo	A Phing	

- Measles-mumps-rubella (MMR) *Maihu-biangpor-Caihtu zawtnak*

				Ni 5-12 ATHak
A Taklin	Um nuamlo	A thak	A phing Glands	

- Haemophilus Influenzae type b Hib) *Hma thi kiklo Tlangrai zawt nak B*

				Nazi
A Taklin	Umnuamlo	A Phing	A Luak	

- Meningococcal B (MeNZB™) *Thluak tuamtu nang phin zawtnak*

			Nazi 6
A Taklin	A Phing	39C cung a Taklin	

Si sayama le Sibawi chawnh asiloah sizung ah na kal pi lai.



**Mangari Ralzaam
Umnak khiahpiak
nak hmun
Ngandam nak Siikhan**

**Hngakchia Raise
Khan Sii chunh hnu**



Acunglei raise khan chunh hnu a cuangmi zawtnak a um a siah cun na zohkhen lai, na lung a hring a siah cun sibawi hna kha na chunh mi si le hmelhchun nak alangmi zawtnak kawng kha na chimh lai.