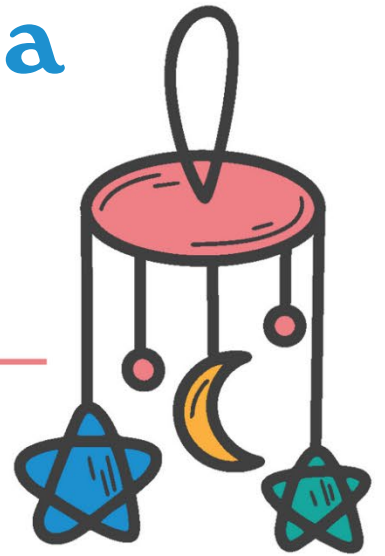
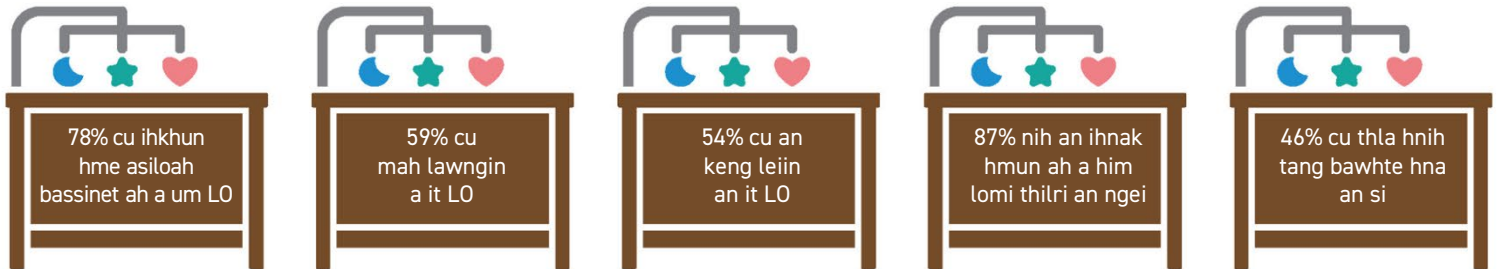


Na Bawhte kha Thaw a dawp/chuahnak caah Hmun Pe

Hngilh caan vialte, Zan fatin. Caan Vialte.



Ramkulh Ihning ABC hmannak: Anmah lawngin, an Keng leiin, anmah ihkhun hme ah, na bawhte kha thaw a dawp/chuah khawhnak hmun a pek i thawchuah harnak a zorter.



Konglam Hram: Marion County Zapi Ngandamnak Zung FIMR Case Zohthtantu Phu 2018-2022 (n=79) Indianapolis, Indiana

Zei caah Ramkulh Ihning ABC nih Na Bawhte kha Thaw a dawp/chuah khawhnak Hmun a pek

Na bawhte cu thla 4 in 6 kar an si hlan tiang an hnar lawng in thaw a dawp/chuah.

Na bawhte thawchuahnak lam hmetngan cu, a cuap ah oxygen a kalpinak cu, dinnak Cong a ong nakin a hme deuh.

A keng leiin a ihnak nih a ih lio ah na bawhte thawchuahnak lam kha a hung peng.



Na Bawhte kha ABC he thawchuahnak hmun pe – Mah cu himnak kong a si.

Konglam tam deuh caah: TConard@MarionHealth.org

An ihnak hmun in chantling, puan, minung le lentecelhnak tunu hna ttialnak nih na bawhte cu thaw dawp/chuah khawhnak hmun a pek.

Hlathlainak nih a langhter ning ahcun ngakchia he ihkhun i hrawmnak nih ihning he aa pehtlaimi ruahlopi in bawhte thihnak a chuahter ti a si. Ihkhun hme hmannak & na khaan i hrawmnak nih na bawhte kha a huhphenh.

Ruahlo piin bawhte a thimi chungkhar tam deuh nih cun an bawhte caah ihkhun hme asiloah cawi khawhmi le celhnak caah hman khawhmi an rak ngei, asinain mah pawl cu an rak hmang lo a si.

