

NA FA NGANDAMNAK DING CAAH AH SIIKHAAN PIAH DING ITIMHNAK: **MMR** **Zawtnak khamhnak sii**



SIIKHAAN NA KAL HLAN AH

Hmai hu zawtnak, biangpawr zawtnak (mumps), German hmai hu zawtnak (rubella), kong na theih a herhmi

A chuak khomi zawtnak pathum cu MMR zawtnak khamhnak sii nih a khamh khawh:

HMAIHU ZAWTNAK (Measles):

- Thli kalnak lam phih/donh
- Lung le kal rawhnak
- Zennak

Hmai hu zawtnak a ngeimi ngakchia 16 ah 1 hrawng nih tangfah zawtnak an ngei – ngakchia hna lakah hmai hu zawtnak he aa pehtlaimi thihnak a chuahtertu a tlangpi bik a si.

Biangpawr zawtnak (Mumps):

- Tha a thommi asiloah a hnuhdawhmi
- Kaa le hngawng tha a fekmi le dolh a harmi
- Ruahlo piin, uk khawh lomi pum cawlcanghnak le thluak chung i a ttha lomi electric cawlcanghnak ruangah a chuakmi ziaza thlennak hna

Biangpawr zawtnak a ngeimi ngakchia 7 ah pakhat nih zawtnak rungrul a hmete a thawng ngai ttungmi thluak tuamtu nang phin zawtnak an ngei lai.

German hmai hu zawtnak (Rubella):

- Tangfah zawtnak
- Thawchuah a nuar asiloah thawchuah phih
- Ther thluahmahnak hna

German hmai hu/Rubella zawtnak a ngeimi nu hna nih an hrinmi ngakchia 80% cu hrinnak ah tiamtlinlonak an ngei.

MMR zawtnak khamhnak sii kong he pehtlai in a rannak in theihternak



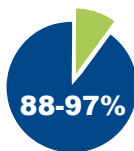
MMR zawtnak khamhnak sii cu a 2nak zawtnak khamhnak sii a si



1 nak sii chunh: thla 12 - 15



2 nak sii chunh kum 4 - 6



Hmual a ngeinak ding caah MMR sii 2 in chunh: Hmai hu zawtnak 97%
Biangpawr zawtnak 88%
German hmai hu zawtnak/Rubella 97%

MMR zawtnak khamhnak sii he aa khat tein zawtnak khamhnak sii dang zong pek khawh an si.

Na ngandamnak zohkhenhtu kha na fa ngandamnak caah siikhaan piahnak na kal tikah zeibantuk zawtnak khamhnak sii dang dah a hmuh lai ti kha hal law timhcia tein na um kho lai.

LEN LIO AH



A thlum tein chiah. Hlathlainak nih a thlummi thil nih fahnak a zorter khawh ti a langhter. Na ngandamnak zohkhenhtu kha na fa kha sii chunh hlan minutes pakhat in pahni karlak ah sucrose asiloah kulukut a thlummi cawhnuk pek ding in hal.



Hnuk dinh cu a tha bik. Hnuk dinh nih na fa kha a daiter i a lung a vaivuanhter. Cun a pawngkam teah um piak kha a hnangamter tuk. Cucaah, na tuah khawh ahcun, zawtnak khamhnak sii chunh lio ah na fa hnuk dinh ding kha ruat.



Tidor dip tete in kah Zawtnak khamhnak sii chunh hlan te ah na fa kut asiloah ke ah hman ding kahmi kihternak sii asiloah fahnak zorternak sii hal. Na zohkhenhtu kha na tawn hlan ah na duhmi chimcia law na caah timhcia in an rak um lai.



Hawikom pakhat rak i ratpi. Na fa nih a duh bikmi lentecelhnak thilri, puan asiloah cau kha zawtnak khamhnak sii an chunh lio ah thiltha pakhatkhat ah an lungvaihter ding caah rak put.



Na Fa Lungvaihter. Na fa kha zawtnak khamhnak sii chunhnak si loin nangmah ah an lungthin an pek khawh naknga hla va sakpiak asiloah ca relpiak hna

Timhtuahnak tlawmpal nih na fa kha lungretheihnak um loin zawtnak khamhnak sii chunhnak a hmuh khawhnak hnga bawmhnak aa dannak a nganpi a chuahti khawh.



Na fa a Hmailei le a ngandamnak na kilven caah kan in lawmhpil

Na fa ngandamnak kong biakhiahnak tha bik tuah cu a caan ah a har tuk ti kan hngalh. Nangmah caah kan um. Thawngpang/hngalhnak tam deuh na herh ahcun www.VoicesForVaccines.org ah va zoh.

ZAWTNAK KHAMHNAK SII CHUNH HNU AH ZEIDAH RUAH DING

A ttha mi pumsa ralvennak lehrulhnak le a fakmi thil sining hna hngalhthiamnak

A ttha mi pumsa ralvennak (a caan ah a tthatlonak tiah auhmi) cu zawtnak khamnak sii nih a rian a ttuan ti na theih khawhnak lam a si: na fapa/fanu pumsa ralvennak nih “a luhhnawhtu” kha a hngalh i doh awkah timhtuahnak a ngei. Asinain zawtnak khamnak sii he cun, tuahsernak exercise a si i thil taktak a si lo caah pumsa ralvennak cu a nem deuh lai i ni tlawmpal ah amah tein a tlaw lai. MMR zawtnak khamnak sii caah a ttha mi pumsa ralvennak cheukhat hna cu:



Zawtnak khamhnak sii an peknak hmun ah fahnak



Thazaang dernak silole batnak



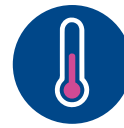
Cuar cung i a sen bo tete a chuakmi tlawmpal
Zawtnak a chawnh kho lo



Cumpi, hnaphang luan, khuh asiloah mit phin



Zawtnak khamhnak sii an chunhnak pawngkam ah a senmi asiloah a phingmi



Taklinh



Salivary gland a lin.

A fakmi chiatnak thil cangmi

A fakmi thil sining cu a tlawm tuk (milian 1 ah 1 hrawng) cun a tanglei bantuk pum nih an huatmi thil sining hna aa tel:

- hives
- hmai le hrom a phing
- thawchuah hamak
- lung tor a rang tukmi
- lungmihnak (dizziness)
- derthawmnak

Cuar cung i a sen bo tete a chuakmi bantuk siloin, hives cu a tlangpi in a tthangmi le “takbo” a si i a kam a fiang lo.

A ttha mi pumsa ralvennak zeitindah thlopbul ding a si

Zawtnak khamhnak sii chunhnak ah a ttha mi pumsa ralvennak thlopnak lam tha bik cu:

- 1) Sii chunhnak hmun i a senmi le a phingmi kha a kikmi compress kha thuh.
- 2) Na fa kha fahnak zorternak sii (fahnak damhnak sii) cu Naute/Ngakchia Motrin® asiloah Tylenol® asiloah aa tlukmi sii bantuk pe. Sii zat caah na ngandamnak zohkhenhtu kha chawn.

Na ngandamnak zohkhenhtu kha zeitik ah dah chawnh awk a si

Second asiloah minutes tlawmpal chungah a fakmi allergy a chuak i na fa nih a fak a tuar sual ahcun sibawi i a zung ah na um rih ko lai. Asinain a nemmi allergy lehrulhnak cu khamnak sii chunh hnu suimilam zeimawzat ah a cang kho (cun suimilam 24 hnu cu a um setsai lo). Allergy na hmuh ahcun, na ngandamnak zohkhenhtu kha na chawnh colh awk a si.

A ttha mi pumsa ralvennak cu zawtnak khamnak sii chunh hnu zarhkhat chung ah a tlaw tawn. Asinain na lungre a theih ahcun, na ngandamnak zohkhenhtu kha na chawnh awk a si.

Na ngandamnak zohkhenhtu caah biahalnak

Zawtnak khamhnak sii chunh hnu cazin