

Sii chunh hnu ah:

Na fa nih zawtnak khamnak sii chunh hnu ah dawtnak le zohkhenhntu a herh men lai. Ngakchia zawtnak fak in a huhphenhtu zawtnak khamnak sii cheukhat nih caan zeimawzat chung hnahnawnak a pek khawh hna.

Hihi nulepa tampi nih an fale zawtnak khamnak sii an chunh hnu ah an halmi biahalnak hna a phi an si. Hi catlap nih na biahalnak a leh lo ahcun, na ngandamnak zohkhenhtu kha chawn.

Zawtnak khamnak sii nih tlawmpal a fahter men lai...
asinain zawtnak nih tampi a fahter khawh!

A tanglei biahalnak hna lakah pakhatkhat "a si" tiah na leh ahcun na ngandamnak zohkhenhtu asiloah emergency riantuannak kha chawn colh hna:

- ☐ Na fa cu na ngandamnak zohkhenhtu nih lungrethei dingin an in chimhmi taklinh le linh lo a ngei maw?
- ☐ Na fa cu a dang maw asiloah a bei maw?
- ☐ Na fa cu suimilam 3 leng a 7ap cang i a ngol ti lo maw?
- ☐ Na fa pum cu a hninh, amah duh tein a cawl, asiloah a hninh deldul maw?
- ☐ Na fa cu a cawlcangh asiloah a lehrulh a tlawm deuh ti cu aa hngal maw?

- Na fa fahnak asiloah taklinh zorternak caah pek dingmi sii zat kong theih na duh ahcun cahmai 2 kha zoh.



Na fa nih nuamh lonak a ngeih ahcun zeidah tuah ding a si

Ka fa cu taklinh a ngei tiah ka ruah. Zeidah ka tuah lai?

- Taklinhnak nih ngakchia pumsa ralvennak thazaang cu "a on" tinak a si. Mah cu zawtnak khamnak sii nih rian a ttuan caah asiloah ngakchia nih zawtnak a ngeih caah a si kho.
- Na fa a taklinh le linh lo kha chek. Thermometer hman dan kha hmang asiloah healthychildren.org ah "Na Fa Taklinhnak Chek Ning" kha zoh
- 100.4° Fahrenheit (38° Celsius) asiloah a cunglei si cun a taklin tinak a si.

Khuh asiloah pum siarem lonak caah sii:

- Hi sii hna nih hin taklinh le pum nuamh lonak a bawmh:
 - Ibuprofen (Advil, Motrin timi min) – suimilam 6 hrawng a nguh
 - Acetaminophen (min Tylenol) – suimilam 4 hrawng a nguh
 - Kum 18 tang ngakchia le mino hna kha aspirin pe hna hlah!
- Sii zat cu na fa a ritnak le na ngandamnak zohkhenhtu nih a chimmi cungah hram bunh in a si awk a si; a tanglei thawngpang/hngalhnak le cahmai 2 i cazin pawl kha zoh.

Taklinh zorternak caah bawmtu lam dang hna cu hihi an si:

- Na fa kha din awk tampi in pe.
- Na fa kha thilpan hruk. Na fa kha thil fek tein khuh hlah asiloah tuam hlah.

A phingmi, a linmi le a senmi kutke damh khawhnak lam dang hna cu hihi an si:

- A fahnak hmun a daih khawhnak ding caah a thiangmi, a kikmi, a cinmi puan kha chiah. Nikhat ah voi 3 minutes 10 chung tuah.
- Nifatin chek peng. Ni 1-2 hnu ah a tthat hlei lo ahcun, na ngandamnak zohkhenhtu kha chawn.

Na fa cu a zaw taktakmi a lo ahcun:

- Hi catlap nih hin sii lei ruahnak cheuhnak aiawh kho lo. Na fa cu a zaw tukmi a lo ahcun, na ngandamnak zohkhenhtu sinah sii lei ruahnak hal.

A HNU CAHMAI AH PEHZULH A SI LAI ►

NGANDAMNAK ZOHKHENHTU: A TANGLEI THAWNGPAWNG/HNGALHNAK FORM VA PHIH.

Na fa a tak cu _____ °F asiloah _____ °C asiloah a cunglei a si ahcun, asiloah biahalnak na ngeih ahcun, na ngandamnak zohkhenhtu kha chawn.

Ngandamnak zohkhenhtu phone nambar _____

Sii (a herh ahcun) _____
SII MIN/SERMI ZULHMI LAM

A herh ning in _____ suimilam _____ paoh ah khan pe.



Fahnak le Taklinh Zorternak caah Sii le Zat

Sii tha kha thim law, a zat kha a dikthliar in tah.

1. Na fa cu a chuahka zarh 12 chung ah a taklinh ahcun, na ngandamnak zohkhenhtu kha pehtlaih hna.
2. Na ngandamnak zohkhenhtu nih an in chimh lo ahcun zarh 12 tang ngakchia caah acetaminophen (e.g., Tylenol) asiloah thla 6 tang ngakchia caah ibuprofen (e.g., Advil, Motrin) hmang hlah.
3. Na fa caah zeii sii dah a tha bik i zeizat dah hman ding a si ti kha na ngandamnak zohkhenhtu asiloah siibawi kha hal hna.
4. Na fa a rihnak ning zoh in sii zat kha pe. Na fa a rihnak na hngalh lo ahcun, na fa kum cung ah hram bunh in sii kha pe. Sii kha ruahnak cheuhmi nakin tam deuh in pe hlah.
5. Sii zat kong asiloah a dang lungretheihnak kong he pehtlai in biahalnak na ngeih ahcun, na ngandamnak zohkhenhtu asiloah siibawi kha chawn.

6. Acetaminophen ti asiloah ibuprofen ti (e.g., Advil, Motrin) na pek tikah tahnak thilri hmang zungzal:

- Thilfun chung i aa telmi thilri kha hmang. Cu thilri cu a tlaw ahcun, ruahnak cheuhnak hmuh awkah na ngandamnak zohkhenhtu asiloah siibawi sinah hal.
- Rawl ei caan i hmanmi kio hna cu a dikmi tahfung an si lo. Sii peknak caah rawl ei caan i hmanmi kio hmang hlah.

Na fa nih sii tam tuk a din sual nakhnga lo hi thil pahnih hi tuah.

1. A tanglei cahmai ah langhtermi nakin na fa kha acetaminophen asiloah ibuprofen tam deuh pe hlah. Hi sii hna lak i pakhatkhat tam tuk hman ahcun tihnung a si kho.
2. Na fa kha acetaminophen asiloah ibuprofen na pek tikah, sii dawr ah cawkhawhmi khuh asiloah cumpi sii zong pe hlah. Mah nih hin sii tam tuk dinnak a chuahter khawh, zeicahtiah khuh le cumpi sii ah hin acetaminophen asiloah ibuprofen aa tel tawn.

ACETAMINOPHEN (Tylenol asiloah a dang phun*): Zeizat dah pek ding?

A herh ning in suimilam 4 in 6 karlak ah pe, suimilam 24 chungah voi 4 nak tam pe hlah (na ngandamnak zohkhenhtu nih a fial lo ahcun).

Ngakchia rihnak	Ngakchia kum	Bawhte ti 160 mg/5 mL	Ngakchia ti 160 mg/5 mL	Ngakchia nih an khawhmi 160 mg/siitlang a permi	Ngakchia Caah a Rawk Khomi Siifun 160 mg/powder bawm	Upa Siitlang a permi 325 mg/siitlang a permi	Upa Siitlang a permi 500 mg/siitlang a permi
0 in 11 lbs (5 kg tiang)	Thla o in 3 kar	—	—	—	—	—	—
12 in 17 lbs (6 in 7 kg)	Thla 4 in 11 kar	2.5 mL	—	—	—	—	—
18 in 23 lbs (8 in 10 kg)	Thla 12 in 23 kar	3.75 mL	—	—	—	—	—
24 in 35 lbs (11 in 15 kg)	Kum 2 in 3 kar	—	5 mL	Siitlang a permi 1	—	—	—
36 in 47 lbs (16 in 21 kg)	Kum 4 in 5 kar	—	7.5 mL	Siitlang a permi 1½	—	—	—
48 in 59 lbs (22 in 26 kg)	Kum 6 in 8 kar	—	10 mL	Siitlang a permi 2	Sii bawm 2	Siitlang a permi 1	—
60 in 71 lbs (27 in 32 kg)	Kum 9 in 10 kar	—	12.5 mL	Siitlang a permi 2½	Sii bawm 2	Siitlang a permi 1	—
72 in 95 lbs (33 in 43 kg)	Kum 11	—	15 mL	Siitlang a permi 3	Sii bawm 3	Siitlang a permi 1½	Siitlang a permi 1
96 lbs (44 kg) asiloah a tam deuh	Kum 12 in a cunglei	—	10 mL + 10 mL = 20 mL	Siitlang a permi 4	—	Siitlang a permi 2	Siitlang a permi 1

*Hi cahmai ah hin United States ah tampi in cawkhawh a simi thilri pawl lawng aa tel.

web link: <https://www.healthychildren.org/English/safety-prevention/at-home/medication-safety/Pages/Acetaminophen-for-fever-and-pain.aspx>

IBUPROFEN (Advil, Motrin, asiloah a dang brand*): Zeizat dah pek ding?

A herh ning in suimilam 6 in 8 karlak ah pe, suimilam 24 chungah voi 4 nak tam pe hlah (na ngandamnak zohkhenhtu nih a fial lo ahcun).

Ngakchia rihnak	Ngakchia kum	Ngakchia zunthlum 50 mg/1.25 mL	Ngakchia ti 100 mg/5 mL	Ngakchia nih khai khawhmi siitlang a permi 50 mg/siitlang a permi	Kum a no deuhmi thazaang siitlang a permi 100 mg/siitlang a permi	Upa thazaang tthawnnak sii 200 mg/siitlang a permi
0 in 11 lbs (5 kg tiang)	Thla 0 in 5 kar	—	—	—	—	—
12 in 17 lbs (6 in 7 kg)	Thla 6 in 11 kar	1.25 mL	2.5 mL	—	—	—
18 in 23 lbs (8 in 10 kg)	Thla 12 in 23 kar	1.875 mL	4 mL	—	—	—
24 in 35 lbs (11–15 kg)	Kum 2 in 3 kar	2.5 mL	5 mL	Siitlang a permi 2	—	—
36 in 47 lbs (16 in 21 kg)	Kum 4 in 5 kar	3.75 mL	7.5 mL	Siitlang a permi 3	—	—
48 in 59 lbs (22 in 26 kg)	Kum 6 in 8 kar	5 mL	10 mL	Siitlang a permi 4	Siitlang a permi 2	Siitlang a permi 1
60 in 71 lbs (27 in 32 kg)	Kum 9 in 10 kar	—	12.5 mL	Siitlang a permi 5	Siitlang a permi 2½	Siitlang a permi 1
72 in 95 lbs (33 in 43 kg)	Kum 11	—	15 mL	Siitlang a permi 6	Siitlang a permi 3	Siitlang a permi 1½
96 lbs (44 kg) asiloah a tam deuh	Kum 12 in a cunglei	—	10 mL + 10 mL = 20 mL	Siitlang a permi 8	Siitlang a permi 4	Siitlang a permi 2

* Hi cahmai ah hin United States ah tampi in cawkhawh a simi thilri pawl lawng aa tel.

web link: <https://www.healthychildren.org/English/safety-prevention/at-home/medication-safety/Pages/Ibuprofen-for-fever-and-pain.aspx>