

Na Fa Zawtnak Khamnak Sii Na Chunh Lo Ah Zeitin Si Lai?

Na fa cu zawtnak khamnak sii in kham khawhmi zawtnak a ngeih sualnak ding caah tihnung a si

Zawtnak Khamnak sii cu tihnung le a caan ah thihnak tiang a chuahter khomi zawtnak in minung huhphenh awkah an rak ser. Hi zawtnak hna hi tihnung an si peng rih ko. Zawtnak Khamnak sii cu a himmi le a ttha ngaimi huhphenhna a si.

Influenza asiloah “flu” timi cu thawchuhnak lei zawtnak fak ngai a si i thihnak tiang a chuahter khomi a si. A ngandammi bawhte le ngakchia kal thiamka tete cu influenza zawtnak ruangah harnak an tong kho khun. Kum fatin tein United States ram ah ngakchia hna cu influenza zawtnak in an thi.

Pertussis asiloah “khuhip zawtnak” cu bawhte caah tihnung tukmi zawtnak a si. Hi zawtnak cu thlopbul a fawi lo i zungzal in thluak rawhnak asiloah thihnak tiang a chuahti kho. Khuhip zawtnak hi kum khat tang ngakchia caah tihnung bik a si. Khuhip zawtnak a ngeimi bawhte tampi cu siizung ah an chiah hna i kum fatin bawhte cheukhat an thi. 2019 ah, United States ah khuhip zawtnak a ngeimi ngakchia 15,000 leng cu mipi ngandamnak zung riantuantu hna sin ah report an tuah hna. Zawtnak khamnak sii chunh rih lomi ngakchia hna cu khuhip zawtnak in huhphenh an har, zeicahtiah upa zong ngakchia ca zong ah i chawnh a fawi tukmi zawtnak asi caah asi.

Hmaihi zawtnak cu a chawnh a fawi tukmi zawtnak a si i, thihnak telh in harnak fakpi a chuahter khawh. Ram tampi ah a um peng rih i, rian dinh caan ah khual a tlawng i a rak kirmi hna le ramdangmi khual pawl nih an rak luhpi. Zawtnak khamnak sii chunhna nih 1990s chung ah hmaihi zawtnak cu rang tukin a zorter. Nai ah, United States le ramdang um nulepa hna lakah zawtnak khamnak sii chunh an duh lonak nih zawtnak khamnak sii chunh lomi le hmaihi zawtnak in a him lomi ngakchia le mino an karh chin lengmang. Cu nih cun USA, Canada le ram dangdang ah hmaihi zawtnak a chuahter.

Cuar bo zawtnak cu i chawnh a fawi ngaingai. Zawtnak khamnak sii an ser hlan ah, United States ah kum fatin cuar bo zawtnak nih minung 100 hrawng a thah hna. A tam deuh cu a hlan a ngan dammi an si. Cuar bo zawtnak (Chickenpox) a ngeimi ngakchia hna cu midang sinah zawtnak an karhter lonak hnga nikhat asiloah zarhkhat asiloah a hlei in zohkhenhnak le sianginn in chuahter chung an si lai.

Na fa nih khuachung midang a chawnh khawh hna

Zawtnak Khamnak sii chunh lomi ngakchia nih sianginn le khuachung ah zawtnak khamnak sii in kham khawhmi zawtnak an chawnh khawh.

- Zawtnak Khamnak sii chunh rih lomi ngakchia nih khamnak sii tling tein chunh khawh lomi ngakchia tete kha zawtnak an chawnh khawh hna.
- Zawtnak Khamnak sii chunh rih lomi ngakchia nih sii lei ruangah khamnak sii chunh khawh lomi kum zeizat paoh kha zawtnak an chawnh khawh hna. Mah ah hin leukemia le a dang cancer zawtnak a ngeimi ngakchia le upa, pumsa ralvennak thazaang a dertermi thlopnak asiloah sii aa chunmi upa vialte an i tel.

Na fa cu sianginn asiloah ngakchia zohkhenhnak in chuah a hau men lai

Zawtnak a karh lio ah, zawtnak khamnak sii chunh rih lomi ngakchia hna cu anmah le midang kilvennak caah sianginn asiloah ngakchia zohkhenhnak in chuahpiak an si kho. Cu nih cun ngakchia le nulepa caah harnak a chuahti khawh.

A hung changtu tuah dingmi...

Na fa kha zawtnak khamnak sii chunh dingmi fakpi in kan in forh. Na lungretheihnak a um ahcun zumhawktlakmi ngandamnak zohkhenhtu he bia i ruah asiloah na umnak hmun asiloah ramkulh ngandamnak zung ah zawtnak khamnak sii peknak tawltreto kha chawn. Na zawtnak khamnak sii chunhna biakhiahna nih na fa ngandamnak lawng si loin na chungkhar, na fa hawikom, an chungkhar le na khuami zong a hnorsuan hna.

► Zawtnak khamnak sii kong tam deuh theih na duh ahcun, hi websites hna hi zoh:

American Academy of Pediatrics
<https://www.healthychildren.org/english/safety-prevention/immunizations/pages/default.aspx>

Zawtnak khamnak sii le khamnak caah zung (Centers for Disease Control and Prevention)
www.cdc.gov/vaccines/parents

Na Chungkhar Zawtnak khamnak Sii Pek hna
www.vaccinateyourfamily.org

Immunize.org
www.immunize.org

Philadelphia Ngakchia Sizung i Zawtnak Khamnak Sii Fimcawnnak Zung
www.chop.edu/centers-programs/vaccine-education-center

