

AHONIH MMR (HMAIHU ZAWTNAK, BIANGPAWR ZAWTNAK LE GERMANY HMAIHU ZAWTNAK KHAMHNAK SI-KAKUAISE) CHUNH LO DING?

Zawtnak khamhnaak si an chuntu nih khan si an chunh hlanah a herhmi biahlnak le form phih ding pawl a tuah lai. A tanglei thil sining pawl pa khatkhat he naa pehtleih sual ahcun sichunh na si lailo.

- Hlanlio MMR si rakchunh lioah aa ziaak lomi le mah si pawl lak ah phun khatkhat aa ziaak lomi.
- Nu nau a pawl liomi le si chunhnu thla khat chungah nau pawl aa timmi.
- Zawtnak ngei mi siloah cuhe pehtlaiin si a ding liomi. Pumchung l a ummi zawtnak khamnaktha (immune system) khi bianaah hliah le caangfahnak zawtnak thlopnak si le khensa thlopnak si tibantuk pawlhna nihkhin a tha a tlawmter l MMR si chunh phung a si lo.
- Si chunhni ah na taklinh 38.5° C in a cunglei na si sual ahcun chunh na si fawn lailo.

A TAMDEUH THEIH NA DUH AHCUN

- Na sibawi silole kakuaise chuntu kha hal.
- Na sang l ummi cozah kakuaise chunhnaak ahkhan va hal.
- Nu lei le ngakchia ngandamnak zohtu si sayama kha va hal.
- Innchungkhar ngandamnak zohtu sikhin zongnih anin chimh khawh.
- Better Health Channel:
www.betterhealth.vic.gov.au
- Rubella Education Nurse, Deafness Foundation
Phone (03) 9887 8683
Email rubella@deafness.org.au
Web www.deafness.org.au

HOLHLEHNAK

Mah ca hi Deafness Foundation nih adang holh zongin a chuah. Tamdeuh theih na duh ahcun cozah holhlehnak TIS hmang in a amanlo in 131450 ah chonkhawh kan si.

A chuah tu



Deafness Foundation
(Victoria)

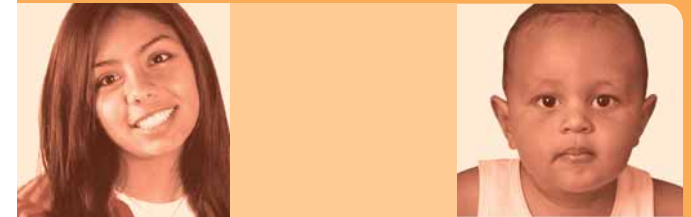
Deafness Foundation (Victoria)
PO Box 42, Nunawading 3131
Telephone 03 9887 8683 Fax 03 9887 8848
Email rubella@deafness.org.au
www.deafness.org.au

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RUBELLA

CHIN



Mibu vialte caah theih a herhmi Rubella (Germany Hmaihu Zawtnak) kong



RUBELLA (GERMANY HMAIHU ZAWNAK) TIMI CU ZEIDAH ASI?

Germany hmaiheu zawnaek timi cu a chonh a fawitukmi rungrul asi l ngakchia, mino le upa tiang nih ngeih khawh asi. Hmaiheu zawtnak (measle) he aa dang l rungrul phundang nih a chuah ter.

Germany hmaiheu zawtnak a langhtertu pawl cu tak lingh pah, pum in tak bo/phing tete chuah, ruhkhua fah, hmai le hawng thah l ni hnih thum rauh. A chelchel ahcun a cunglei thil pa khatkhat silole tel lo zong in hi zawtnak hi l chonh khawh asi.

Mah zawtnak hi nu nau a pawl kaa zerh 20 chungah l chonh sual ahcun tih a nung bik. Hi thil a can sual ahcun, a nau a rawk kho, siloah a nau chuakmi kha hnacheh, mit cawt, lung zawtnak, le thluak tlamtlinlo tehna asi kho. Mah bantuak pawl hi Congenital Rubella Syndrome (CRS), Ichuahpimi Germany Hmaiheu Zawnaek tiah auh asi.



ZEITINDAH RUBELLA (GERMANY HMAIHU ZAWNAK) HI I CHONH KHAWH ASI?

Germany Hmaiheu Zawnaek hi tlangrai bantuak khin l chonh khawh asi l hi zawtnak a ngeimi a khuhnak le cumpitnak (hnaphihnak) pawng um menah l chonh khawh asi. Hi zawtnak a langhnak hi l chonhnhu in zerh hnih hrawng a rau l na ngeih le ngeihlo hmanh naa thei lailo. A sinain mah chungahkhan mi na chonh khawhna. Hi na chonh mihna ahhin khamnaksi aa chun lomi nau pawl zong an l tel kho. Nau pawl kaa l hi zawtnak ngeih hi pawchung l a ummi nau caah tih anunbik lio caan asi.

ZEITINDAH GERMANY HMAIHU ZAWNAK (RUBELLA) LE ICHUAHPIMI GERMANY HMAIHU ZAWTNAK (CRS) KAN KHAM KHAWH LAI?

Rubella le Congenital Rubella Syndrome (CRS) hi kham khawh asi. Tlamtlinlo fa hrin khamnak ah a thabik mi cu nu pawl vialte kha nau an pawl hlanah Hmaiheu Zawtnak, Biangpawr Zawtnak le Germany Hmaiheu Zawtnak pawl khamtusi, MMR chunh asi.

Nu pawl mah si aa chun mi poah nan l chunhni in thla khat chung nau pawl nan hrial lai, nau a pawl cang mi cu fa nan ngeih hnua h l chunh ding asi.

MMR kakuaise naa chunh hnu zongah na pum chungah Germany Hmaiheu Zawtnak teiding tha a um le umlo hngalhnak dingah NAU PAWI HLAN l thi l check zonghi a biapi tuk. Hi thi checknak nih na pumchungah Rubella teinak tha a tlwmtuk a ti sual ahcun MMR kakuaise naa chun than lai. Si naa chunhmi rian a tuan le tuanlo theih na duh ahcun zerh ruk in zerh riat chung ah thi naa check than lai.

Australia ram ahcun, cozah nih rammi zawtnak khamnak le ngandamnak phung tuahmi he pehtlain, ngakchia poahpoah kum khat ansi in kum nga chungah MMR si voi hnih chunh asi.

Mah si chunhnak nih hin zawtnak a phun thum (Hmaiheu Zawtnak, Biangpawr Zawtnak le Germany Hmaiheu Zawtnak) ten a khamh khawh. Ngakchia upa deuh le kum 1965 hnu hrin mi pawl belte an pum ah Rubella khamnak tha a tlawm kho deuh men cang. Mah ti asi sual ahcun zawtnak rungrul kha mah nih mi va chonh silole mi nih mah rak chonh a fawi te. MMR si voi hnih kaa chun ko timi tette piahnak ca silole thi check naknih pum chungah zawnaek khamnak tha a um ko timi a piah lo ahcun MMR si chunh diangah a tha. Mah sichunhnak nih khua le veng chungah hi zawtnak karhlonak ding a kham lai.

AHODAH CHONH AWKAH A FAWI BIK?

Rubella (Germany Hmaiheu Zawtnak) khamnak si hi vawilei cung ramkip nih ngakchiat lioah an chunhna lo. Mah chunh lonak ram in Australia ram a rak pemmi hna caah hin hi zawnaek l chonhnak dingah tih a nung khun, a hlein kum li an tlin hnu ah an rat ahcun tih anung khun. Asia ram le African ram in a rak pemmi nu pawl hna hi nau an pawl hlanah rubella kakuaise chunh dingah forhfiat an si. Zeicaah tiahcun mah rampawl in a ra mi tamdeuh hi kakuaise an rak l chun lo.

Ngakchiat lio le upat hnu l kakuaise l chunh zongah rubella ka ngei ti lailo tiah chim khawh asi lo. Nau pawl hlan l thi l check lengmang hi a tha.

KHUAIKAAHDAH KAKUAISE I CHUNH KHAWH ASI?

Na sang sibawi, na sang l a ummi mipi ngandamnak siinn, le cozah nih tuahmi kakuaise chunhnak ah MMR kakuaise l chunh khawh asi.

SICHUNHNAK IN A CANG KHO MI

MMR sichunhnak in a cang kho mi damlonak hi nau pawl lioah rubella zawnaek nih a canter khawhmi harnak he tahchunh ahcun thilhmete asi. Mah si chunh ruangah chikhat damlonak, taklinh, le si chunhnhu ni 5 in ni 12 hnu ah tak thah tehna na tong kho. Pum chungah mah zawtnak khamnak tha a ngeimi nih cun midang kha chonh khawh asi ti lo. Si chunh ruangah faktukin zawtnak le ngandamlonak a can ter timi hieu a tlawmte. Nuai khat ah pa khat hrawng lawng an si. Tih anunnak le a thatnak cu na sibawi sinah na hal khawh.