

ORS leh Zinc tablet hi kawthalo enkawl nana tha ber a ni:

- Kawthalo avanga tui tlakchhamna a kian hma chuan ORS intir ang che.
- I fa chuan a kua a thalo anih chuan Zinc tablet ni 14 chhung nitin vawi-1 pe thin ang che.

Eng hi nge naupang kawthalo kan tih chu ?

Ek nem dan a lo danglam a, a pangngai aia a tui a, ek aia tui ril a tam hian kawthalo kan ti thin

Kawthalo vanga taksa tui tlakchhamna lan chhuah dan (A hnuai tarlan 2 emaw a aia tam a awm chuan)



Naupang chu a awm hle hle thei lova a tlei loh chuan emaw a chau a, nikhawhrela hiala a awm a nih chuan



A mit khur a thuk duk chuan

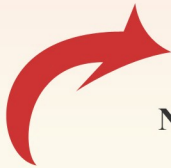


Naupang chu a tui a hal huam huam emaw tui a in thei lo a nih chuan (Naute thla 2 hnuai lam tiam lovin)



Naute/naupang dul vun chu han sawk a, rang taka a awm dan pangaia a mar leh loh chuan.

Kan social media page hrang hrangte hi min lo tlawhsak ve thin dawn nia:



NHM Mizoram



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Pneumonia

- Pneumonia hi natna tlanglawn leh vei tam thihpui tam ber ani awm e
- A natna lanchhuah dan te chu Khuh (nausen thla 2 hnuai lam te chu an khuh kher lo)

- ❖ Khawsik leh tlun
- ❖ Thawk rang leh hah
- ❖ Awm in sep
- ❖ Pumna , heh duk leh chauh hmel tak
- ❖ Thawk zawng a awm khuar lut nasa
- ❖ Thawk zawng a hnar arh hek hek



- Naupang thaw rang:

Upat dan a zirin a danglam thei a, an thawk hi naupang an awm hle hle lai (naute tah leh hnute hnek lai ni lovin) a minute 1 chhung a chhiar tur ani. A hnuai a tarlan aia an thawk a ran chuan Pneumonia a ni thei.

- ❖ Nausen thla 2 chin : Minute 1 chhunga vawi 60 aia tam
- ❖ Nausen thla 2- 12 chin : minute 1 chhunga vawi 50 aia tam
- ❖ Naupang kum 1 – 5 chin : minute 1 chhunga vawi 40 aia tam.

I fate chu hetiang a an awm a Pneumonia rinhlel a a awm anih chuan a rang thei ang berin SC ah emaw Damdawi inah emaw panpui vat ang che.

CHILD HEALTH



**Reproductive & Child Health
National Health Mission
Health & Family Welfare Dept. Mizoram**

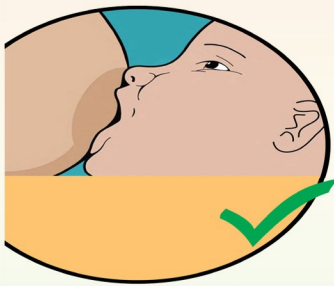


Naute hnute pek chungchanga hriat tur te:

1. Nausen pianghlim chu a pian atanga darkar 1 ral hma ngeiin nu hnute hnektir tur a ni.
2. Nu hnute hi naute tan thla 6 a tlin hma chu chaw tha ber ani a, hemi hun chhung hian eng-dang mah pek tur ani lo.
3. Nu hnute hnektir hian naute leh naupang te natna lakah a veng a, nu nen an inzawmna a thi tha zawk bawk.
4. Naute chu thla 6 a tlinin chawtha dang pek tel bawk tur a ni. Heng chaw tha thei lam, sa leh be, thlai leh buh lam te pek tel tur a ni. Chaw tha bakah hian kum 2 a tlin thleng nu hnute tui pek chhunzawm tur a ni.
5. Naute alo pian atanga kum 2 a tlin thlengin chaw tha leh hnute tui kan pek dan a zir hian a hriselna te, natna a do theihna te leh a thluak chakna thlengin a nghawng thei a ni.

Hnute hnektir dan dik:

- Naute chuan a ka zau takin a ang ang a.
- Naute khabe chuan a hnute a si ang.
- Hnute hmur bula a dum kual chu a hnuai lam aiin chung lamah a tam ang.
- Naute hmui hnuai lam chu a pawrh tarh ang.



Nausen kumkhat hnuah lam damlo ten heng a hnuai mi engemawni ber hi an neih chuan natna khirh tak(Danger Sign) an ni tih hria la, a rang thei ang berin Doctor pan nghal ang che.

1. Kaih.
2. Thawk zawnga awm in sep nasa.
3. Thawk rang.
4. Thawk zawnga hnar var hawk hawk.
5. Rum det det/ rum char char.
6. Che tlem/zawi.
7. Mitmeng vai riail/ meng dava.
8. Nikhaw hrelo.
9. Taksa durh hnai nei hmun 10 aia tam.
10. Khawihli ang pakhat chauh pawh.
11. Ek a thisen tel.

Khawsik emaw taksa a vawh vek bakah:

- A chung a danger sign engemaw berte khi neih a tel bawk in.
- Ring khawng emaw lu dip pawng emaw a neih chuan.

Kawthalo bakah heng te hi a tel bawkin:

- Tlei lo/awm ngaihna hrelo.
- Vai riail/nikhaw hrelo.
- Mit khur thuk.
- Ei/in theilo
- Tui/ORS in huam huam.
- Vun sawh hmeh a chuar rei.
- Ek a thisen tel.

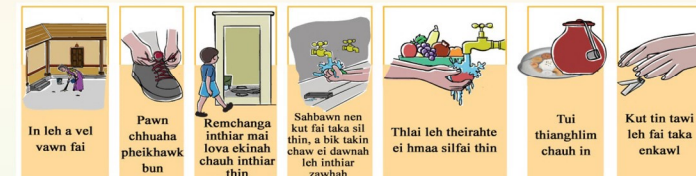
Rulhut pai vingin naupang ten heng: Thisen tlakchhamna (anaemia), taksa tana chaw tha tlakchhamna, chaw ei chak lohna, taksa chau leh hlauhthawna, pum na, luak, kawthalo leh ek thi te hi an nei thei.

Naupang leh tleirawl/rawltharte rulhut hlo pek a thatna te:

- ❖ Thisen tlakchham natna(anaemia) a veng.
- ❖ Kan chaw ei te tngkai zawka kan taksain a hman theih nan a pui.
- ❖ Taksa in natna a do let theihna a tichak.
- ❖ Ngaihtuahna a tichak a, zirna kawngah rilru chakna a pe thei a, Sikul leh Anganwadi Centre ah chawl lova tha taka kal turin a pui thei a ni.
- ❖ Tha taka hna thawk thei turin mi a pui a, eizawna kawng remchang dap thei turin mi a pui thei a ni.
- ❖ Khawtlang/vantlang mipui zinga rulhut inkaichhawng zel tur a veng a ni.

Rulhut laka i lo fihlim nan leh i lo hrisel zawk nan heng te hi ti thin ang che:

- ❖ I kut tin tan thin ang che.
- ❖ Tui thianghlim chauh in ang che.
- ❖ Tho bawm theih lovin eitur chhinphui thin ang che.
- ❖ Chaw ei dawn leh inthiar zawhah sahbawnin i kut fai takin sil thin ang che.
- ❖ In leh a vel vawng fai ang che.
- ❖ Pheikhawk bun lovin chhuak suh.
- ❖ Remchanga inthiar mai lovin ek inah chauh inthiar rawh.



National Deworming Day hi kum khatah vawi-2 hman thin ani a. I fate chu in awmna atanga hnai ber Sikulah emaw Anganwadi Centre-ah emaw a thlawnin rulhut hlo (Albendazole) eitir ve ngei ang che.