# NA NUNNAK KHAMH:

# NAUNGEIH-HNU Ralrinpeknak Hmelchunhnak pawl caah Zohkhenhnak La

Nu pawl tam deuh le nau ngei dihka mi tam deuh nih zeibantuk harnak pawl hmanh um lo in nau ngeihnak in an dam than. **A sinain ho paoh nih nau ngeih hnu kum khatnak tam deuh tiang harnak an ngeih khawh.** Mah NAUNGEIH-HNU ralrin peknak hmelchunhnak pawl theihnak ding cawnnak le zeidah tuah ding a si timi hngalhnak nih nunnak a khamh khawh.

**Na theihhngalhnak (instincts) kha zum.**

Na um khua a nuamh lo silole biahalnak pawl silole theih duhmi na ngeih a si ahcun sii lei zohkhenhnak ngah ZUNGZAL.

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| A tang lei pawl na ngeih a si ahcun **911 chawn:** | ❑ **Tang chung ah fahnak**<br>❑ **Thawchuah i harhnak silole thaw tawinak**<br>❑ **Zawtzualnak**<br>❑ **Nangmah le nangmah silole minung pakhat khat fahnak peknak ruahnak pawl** |
| A tang lei pawl hi na ngeih a si ahcun na **ngandamnak zohkhenhtu siibawi chawn:** (hmelchunhnak pakhat lawng na herh a si ahcun)<br>(Na ngandamnak zohkhenhtu siibawi na pehtlaih khawh lo a si ahcun, 911 chawn silole laakhruak khaan ah kal) | ❑ **Thichuahnak, suimilam pakhat/pad pakhat in a ciap, silole thi a khal, arti(egg) a hmetngan silole a ngan deuh ahcun**<br>❑ **A dam rih lo mi khuaihlainak**<br>❑ **Tongh tik ah a fakmi silole a lummi ke phin silole sen**<br>❑ **Tak linh 100.4°F silole a cung deuh silole 96.8°F silole a niam deuh**<br>❑ **Sii din hnu hmanh ah, a tha deuh lo mi lufah, silole mit khuahmuhnak a thlengmi lufah chia** |

**911 silole na ngandamnak zohkhenhtu siibawi chim hna:**

"Ah fa ka hring ii _____
(nithla)
ka ngei _____."
(ralrin peknak hmelchunh d'kthlir)

Mah kutken hi holh phun tampi in download tuahnak ding ah hi kaa zawn hin scan tuah.

**A tang lei a ruang pawl ah hin sii lei tha tein thlopnak na laak lo a si ahcun naungeih-hnu ralrin peknak hmelchunhnak pawl hi nunnak ca tiang a hnorsuang kho mi a si:**

- **Tang chung ah fahnak, thaw chuah harnak silole thaw tawinak** (na thaw tlaih na harhnak) cu na cuap chung ah thi khal a um timi a si kho silole thinlung lei harnak a si kho
- **Zawtzualnak** cu eclampsia tiah auhmi sining na ngei tinak a si kho
- Nangmah le nangmah silole minung pakhat khat fahnak peknak ruahnak pawl cu nau ngeih hnu lungzawtnak na ngei timi a si kho
- **Thichuahnak (tampi),** suimilam pakhat ah pad pakhat in a ciap, silole thi a khal, arti(egg) a hmetngan silole a ngan deuh timi cu fahrin hnu thithlet(obstetric hemorrhage) na ngei timi a si kho
- **A dam rih lo mi khuaihlainak, a thisen silole hnai karhnak** episiotomy, nu chiatha sinak in a luangmi, silole C-section in a rami pawl nih na hma ah rungrul a lut timi a chim duh khawh.
- Na ke tanpor hrawng ah **sennak, phinnak, lumsatnak, silole fahnak** nih thi khalmi na ngei timi a chim duh khawh.
- **Tak linh 100.4°F silole a cung deuh silole 96.8°F silole a niam deuh,** nu chiatha sinak in a a haw nammi thi chuahnak nih rungrul a lut timi a chim duh khawh.
- **Lufah (a fak tukmi), mit khuahhmuhnak thlennak, silole na paw ii a cung lei hmun ah fahnak** nih nangmah cu thi kai na ngei silole nau ngeih hnu preeclampsia na ngei timi a chim deuh khawh.

AWHONN
PROMOTING THE HEALTH OF WOMEN AND NEWBORNS

Mah program hi Merck nih tangka bawmhmi in thapekmi a si, Merck for Mothers in, company cu kum 10 a si, nu hna nunnak pe mi an um lo nak vawlei ser ding ah $500 million in hram a bunh. Hringtu nu le caah Merck for Mothers cu United States le Canada ram leng ah MSD for Mothers tiah theih a si.

AWHONN cu Kenvue cungah mah kutken ca lehmi bawmhnak caah aa lawmh.

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