NA NUNTAKNA HONKHIA IN:

Hih NAUSUAH-KHIT Lunghihmawhhuai pianzia te a ding huhna la in.

Numei a tam zaw leh nausuahna a nei khin deuh nausuak te pen buaina omlo in dam kik uhhi. **A hih hang nausuah zawh kum khat sung bang mipawlkhat in damlohna te tuak thei uh hi.** Hih NAUSUAH-KHIT kidop huai thu te sin in i theihna tungtawn leh hih thu te i tuak zenzen leh koici kikep ding cih theihnain na nuntakna ong honkhia thei ding hi.

Nang leh nang na ki theihna muang in.

Na ci a nop keileh, dotnop nate na neih leh ahihkeileh lung hihmawhna te na neih leh, ATAWNTUNG in zato lam pan huhna la in.

Hidan omdan nop lohna te na tuak leh **911 Sam in:**	❑ **Awm sung natna** ❑ **Nak ding haksatsakna ahihkeileh Naklahna** ❑ **Gonggawtna** ❑ **Nang leh nang ahihkeileh midang khat liam sak nopna ngaihsutna te**
Hih teng na tuak leh **cidamna lam ong huh ding siavuante sam in:** (hihlak pan pianzia khat na tuak naak leh sam thei teh) (Cidamna lam ong huh ding siavuante sap lahna a om leh 911 sam in, ahihkeileh emergency khan ah paipah in)	❑ **Si luanna, pad khat/nai khat bang kot cip na ahihkeileh si khal te, aktui cia bang pha ahihkeileh a gol zaw.** ❑ **A dam theilo ki atna ma.** ❑ **A san ahihkeileh a bawk, a na mah mah ahihkeileh lawng leng a lum hithit khe.** ❑ **Cisa 100.4'F ahihkeileh a tam zaw ahihkeileh 96.8'F sang a tawm zaw.** ❑ **Zatang na nek hang zong a dam theilo lutangnatna ahihkeileh mit gialna tawh a ki thuah a hoihlo lutangnatna.**

911 ahihkeileh cidamna lam ong huh ding siavuante kiang gen in.

"_____ in nau ka suak a
(Ni)
_____ ka tuak hi."
(Lunghihmawhhuai thute)

Hih tak ah scan in la lai hawmkhiat te kampau a tuam tuam tawh download in.

Hih nau suah khit nung a ding lunghihmawhhuai tuaktheih thu te pen a ki sam bang in zato lam te khoina na laak pah kei leh nuntakna bei na dong in piang thei hi.

- **Awm sung natna, Nak ding haksatsakna or naklahna** (nak ding haksa sa) te in na tuap sung ah si khal ahihkeileh lungtang natna om cih ong lak hi.
- **Gonggawtna** in a hih leh nang eclampsia a cih dam lohna nei cih ong lak hi.
- **Nang leh nang a hih kei leh midangkhat liam sak nopna lungsim ahihkeileh ngaihsutna na neih leh** nang kiang ah nau suah khit teh a ki ngah thei lungkiat natna nei hi teh.
- **Si luanna (Tampi)** Nai khat sung pad khat sang a tam zaw kawt cip dong in si a luan leha ahihkeileh, aktui cia a pha ahihkeileh a gol zaw a khal te ong pai khiat leh nang obstetric hemorhage nei hi teh.
- **Ki atna ma ong dam theilo ahihkeileh** episiotomy, numei van ki kekna mun a hih kei leh C- section (Nausuah a ki-at na mun) mun ah meima om ahihkeileh ong san sem sem na na tuak leh lung om cih na hi.
- Na khe i a tan kiim teng ah **San na, bawkna, lum hit hit na ahihkeileh natna** a om leh si khal khat om cih na hi.
- **Ci sa 100.4'F leh a tam zaw ahihkeileh 96.8'F leh a tawm zaw om in** numei van pan a a gim namsia si luang ahihkeileh a kang a nai te a om leh tua mun ah lung om hi.
- **Lutang natna (Na mah mah), Mit gial gawpna, ahihkeileh na gilpi i a tung lam tak lam natna** na tuak leh sikhang ahihkeileh nau suah khit natna a hi preclampsia nei hi teh cih na hi.

AWHONN
PROMOTING THE HEALTH OF WOMEN AND NEWBORNS

Hih program pen Merck for mothers tungtawn in a kingah Merck te fund sum i ong huhna a hi hi. Merck for mothers pen United States leh Canada a pua lam ah MSD for mothers ci in ki thei hi.

Hih a ki hawmkhia lai pen zat theih nang huhna manpha mah mah a hi, lai ong let sak hang in, ko, AWHONN in Kenvue tung lungdam hi ung.

@2023 AWHONN. Hih lai tawh kisai thuneihna khempeuh ko a hi. Zato lum cina te a ding theihna hawm khiatna ding bek in deih zah zah khetkhiat hawmkhiat theih ding in a ki phal hi. A dang vai ah zat ding ngetnopna na neih leh hehpihna tawh permissions@awhonn.org ah thupuak in.

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