

## Humhim takin na umtheihnak ding hrang na theihtulmi

HIV leh adang nat cawnawk theimi pawl cun khui tawk in a ra tih hnakin mi hmuah hmuah a cawn thluh thei mi hi a pawl nasa. A cawnawk thei mi nat nak thu na theih tam deuh le nangmah leh nangmah na humhim thei lawng si lo in midang tla na humhim thei deuh ding asi.



## A tamdeuh thutheih ternak

Multicultural Health and Support Service (MHSS) cu migrant leh refugee lam in rami pawl hrangah manpek loleh rintlak thuptak in hnaturan saktupawl an si.

Kan lo bawm thei mipawl cu:

- Suhmi na neih pang le an lo simsal ding
- A cawntheimi natnak hrangah test tuahnak ah feh pi ding
- Damnak lamah an lo bawmsuak vivo ding
- Nangmah leh na inn sungsang humhimnak leh harhdamnak dingah bawm vivo ding

Kan community hnaturan pawl in phone in siseh hmaiton in siseh an lo biak thei. Nangmah in khal hnaturan tu nu siseh pa siseh na duh mi hril in na biak thei.

Thu tamdeuh theinak dingah in ko aw asi lole website ah zoh aw.

Multicultural health and support service  
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[www.ceh.org.au/mhss.aspx](http://www.ceh.org.au/mhss.aspx)

MHSS cu danphung lam, miphun lam pawl leh damnak lam hrangah hnaturan program suai nak centre pi asi. Department of human services an timi in a tundin sakih Thidang Chhor pawl in tuanvo an lak sakmi asi.



## Thutheih ter Humhim te'n Damcak te'n

HIV Nattha lo hrik | Hepatitis Thinthling natnak | STI Nu leh pa zahmawh in cawn-awk theimi natnak pakhat



multicultural health  
& support service

## HIV/ AIDS cu ziang asi ?

Mi hmuah hmuah in kan taksa sung in kan darnak in fingkhawi saktu leh natnak hrik a dosak tu immune system kan nei. Human Immunodeficiency Virus (HIV) in kan neihmi immune system cu in dosak. Acquired Immunodeficiency Syndrome (AIDS) cun HIV ruangin kan Immune system a tha nem lai fangah a cangmi natnakpawl kha a khawkhawm mi asi.

HIV cu minung taksa sung tii leh thisen in mi pakhat hnen ihsin pakhat ah pek awk vivo asi. Minung pawl in HIV nathrik ngah theihnak zindang pawl cu:

- khamawknak um lo luukawknak sex in (condom hmang loin luuk awknak )
- drugs rittheih sii dawt laicanah thim hman tlangnak in
- naute suak pek te'n a silo le pawh te peknak in nu-te hnenin fate pawl hnenah

Hnamawknak, fikfa keunak, thiltannak naamte kaihcii

## Sexually Transmissible Infections cu ziang asi ?

STI natnak pawl cu an luukawknak laifangah, an kaa in an zahmawh thil anhmua an liaksak awknak asi lole an zahmawh thawn an tongaw nak in pakhat hnenin pakhat hnenah an cawn aw vivo. Tuamhlawm awnak a um lole hngerteu nak leh natnak leh fateneih har nak an tawng ding asi.

STI theihthei mi hmingsinnak cu:

- a zahmawh kiangkap pawlah a naa, a durh asi lole a hngerteu a thin tawi ding
- a zang asi lole a sul kiangkap in phundangzet a sua ding
- a paang asi lole a tilmu a na ding (mipapawl)
- danglam deuhin a na asilole luukawknak thehah thi a suak ding ( nupawl)

A hrek khat canah STI an neinan theihthei mi hmingsinnak a lang cawknak.

## Ziang tin ka humhim aw ding ?

Nangmah leh midang natnak cawnaw lo-ih humhimnak ding lampi hivekin a um.

- HIV leh STI natcawnnak ihsin nangmah ten khamawknak humhimnak ah cu nu pa luuk awk lo ih um hi a tha bik asi nan a tin te-in a cang thei cawknak.
- Nan luuk aw ding asi le a tin te-in condom hmang ringring aw. Condom ti mi cu zang tuamnak palastik ip te asi ih pakhat hnenin pakhat ah a tii luang lo in a kilkhawi. Condom in HIV, hepatitis B leh STI nathrik ngah lo ding in a lo humhim thei asi.
- Sii dawtnak thim, tattoo leh taksa vitnak thilripawl, hmulmetnak razors, haa-thuahnak barat leh thildang tete pawl mi thawn hmang tlang hlah aw. Himi in tla hepatitis B leh C leh HIV nathrik ihsin a lo humhim ding.

## Natnak um leh umlo test ka tuah pei maw ?

Nangmah ten cawntheinat nak ka nei ti-in na ruat le test tuah theihnak hmun tam pi a um. HIV, hepatitis leh STI pawl hrang test nak cu awizet leh natdem zet leh man pek tul lo a si. Test na tuah ih cawnthei natnak na nei pang le treatment na tuah thei culeh midangpawl cawnthei lo ding in na um pei.

## Hepatitis cu ziang asi ?

Hepatitis cu thinlam siatsuah theitu Virus nathrik asi. Hepatitis hi phundang te te in a um asi nan tha te'n tuamhlawm lole natnak roh zet ah a cang thei.

**Hepatitis A** cu a thianghlim lo mi tii leh rawl in a karhzai.

**Hepatitis B** cu luukawknak, cawnthei natnak thisen asi lole nu-te hnenin fa-te hnenah fahrinnak in a karhzai.

**Hepatitis C** cu a cawn thei natnak thisen, tahthim nakah drugs rittheih sii dawt nak thim hmang tlangnak, hmulmetnak balet, haa-thuahnak barat asi lole tattoo ti mi taksa parih zuk suainak leh taksa par ih kua vit nak thilri pawl in a karhzai.

Hepatitis A leh B hrangah cu khamnak sii a umnan Hepatitis C hrangah cu khamnak sii aum lo.

