

Auckland Regional Public Health Service
Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Counties Manukau and Waitemata

**Siibawi nih Siizung le
Siikhan i Thiamsang
Siibawi Hna Sinah
An in Kuat Tikah**

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Specialist Referral Chin-Hakka
June 2011

Na siibawi nih khan siizung le siikhan i thiamsang siibawi sinah an kuat ko lai. Cu an in kuat ruangah cun tangka an in hal lai lo i, a man lak na si lai lo.

Cu siizung le siikhan nih cun nangmah an in auhnak caan hamnak cu ca in an in kuat lai. Cu caan hamnak cu a sikel ning ahcun a tlawmbik thla 3 a rau lai.

Cubantuk ca a rak phanh tikah tha tein na rel lai asiloah pakhatkhat kha na relter hna lai. Ca chung an in chimh ningin cu caan hamnak ning cun na kal lai.

Na herh a si ahcun cu siizung le siikhan hna cu holh lettu ka herh tiah na chimh hna lai. Holh lettu cu pa maw, nu maw ti kha na chimh hna lai i, zeiholh setset ka duh ti zong na chimhchih hna lai.

Cu caan hamnak cu a nithla le can thlen na duh asiloah hrawh na duh ahcun siizung asiloah siikhan kha na chonh hrimhrim hna lai.

Cu caan hamnak ah na va kal lo a si ahcun a thar in tuahmi caan hamnak kha can saupi na hngah a hau lengah nangmah kha caan hamnak a hngaktu cazin chungin na min an in hloh khawh.

Siizung nih na kal tawnnak siibawi sinah na zawtnak report kha an kuat lai. Siibawi pakhat nak in a tamdeuh siibawi na ngeih a si ahcun, cu report cu nangmah an kuat chintu siizung le siikhan i siibawi sinah kuat a si lai

Siizung asiloah siikhan i caan hamnak kal ding kha a tha tein i timhtuah na hau lai.

Na kalnak hnga ding siizung asiloah siikhan na phanhnak caah um-kalnak cu can zaa-lak in na ngeih a hau. Cu siikhan kha na phanh bal lo ahcun minit 30 tal kawlhawlnak ah can na hman a hau lai. Na caan hamnak kha a hlankan in phanh na herh, ziahtiah, na caan hamnak kha tloh khawh a si lo.

Tefa na ngeih a si ahcun na chungkhat asiloah na hawikawm nih inn ah zohkhenh asiloah na um-kalnak siizung le siikhan ahcun zohkhenh piak a hau hnga. Cu rian cu nangmah tuanvo a si lai.