

Khuasik Thlichia

Timhtuahnak lei Cheknak cazin

Khuasik thlichia pawl nih a fak tukmi kihnak, ruah khalnak, rial tlaknak, hawhra fak piin tlaknak, hawhra tamnak le thli tampi hrannak a chuahpi khawh. Hi thlichia pawl nih hin tlunkalnak, lumnak, mei le ipehtlainnak le hnahnawnak pawl an chuahpi khawh. Sianginn pawl, dawr pawl le riantuannak hmun pawl kharnak zong an chuahpi khawh. Khuacaan aa thlen ruangah khuasik caan hna i a lumdeuh lehlam cang i an tawi deuh cang. Asinain, a lumdeuhmi khuacaan nih aa daammi tamdeuh aa ngeih i fak deuh in hawhra tlaknak um dawh a si. Timhtuah dingin tuahsernak kan ngei kho. Nangmah, na dawtmi hna le nan inn runven dingah atu i timhtuah.



Tuah dingmi: Hlan ah



Lum tein Um dingah I timhtuah

- Frostbite le hypothermia runven dingah a lummi in chungkhar ah um.
- Khuasik caan aa thawk hlan ah, nan inn kha him tein na lumter khawh. Khamnak, Aa kaammi phinnak le khuacaan nih a hrawhmi remhnak he kihnak in i runven dingah nan inn kha timhtuah.
- Achung a kihlum zohfel dingah in chung hmanmi thermometer asilole thermostat hmanak kha tuaktaan.
- Lum tein an um kha fehter dingah dawtmi pawl le innpa pawl sin ah kal i hlat dingin i timhtuah. Hihi cu a hlei in kumkhua upa pawl le bawhte pawl caah a biapi.
- A lummi ahang kha tampi in ding asinain caffeine le zuu cu hrial.
- Na sikhawh ahcun khuallawn kha hrial.
- Aleng a chuak bak ding na si ahcun, ningcang tein thilthuam ihruk dingin i timhtuah. Na hnar, hnakhaw, biang, khabe, kutdong le kedong pawl kha a lummi, a romi thilthuam he hup dih. Hi zawn pawl cu frostbite caah a hmasabik tihnung ah a ummi an si.
 - Aa lawngmi thilthuam, angki leng, luchin, kuthruk le ti a lut lomi kedan sau kha a thapthap in i hruk. Na hmai le kaa huh dingah hngawnggerh kha hmang.
- Nan inn kha a kih tuk ahcun nan kalnak ding hmun kha hngal. Hawikom inn, mizapi hmanmi caruk, asilole a lummi hmun ah na kal kho.



Lakhrak thilcang Tawrel thiamnak pawl kha Cawng

- A hmasat bawmhnak (first aid) le lungtahri lei he aa pehtlainmi bawmhchanh (CPR) kha cawng. Lakhrak thilcang lei riantuanpiaknak pawl cu an tlai kho men.
- Frostbite le hypothermia hngalh ning le thlop ning kha cawng.
- A hlei in chiahmi batari he meikhu lei ralrin peknak pawl le carbon monoxide dothlatu pawl kha insatawl (install) law hneksak.
- Mei, gas le ti loin um dingah timhcia in um.
- Tipaih (pipe) a khal lonak in runven ning kha cawng.



Pehtlainnak ngeih buin Um dingin i Timhtuah

- Na umnak hmun i acozoh sinin lakhrak thilcang ralrinpeknak manlo in ngah dingah minkhumnak tuah.
- Mah umnak hmun i khuacaan le thawngzamhmi zohfel dingin i timhtuah.
- Na kutput fon caah a hlei in ichiahmi ngei asilole mei tunnak ding lam ngei.
- Mei a kalmi a dir lio hman dingah batari-lektrik hmanmi radio ngei.
- Ralrin peknak nan ngah khawh menmi kha i fiang.
 - NGIATNAK timi a sullam cu **Timhcia in Um!**
 - RALRIN PEKNAK timi a sullam cu **Tuahsernak Ngei!**
- Kokek harnak a chuah tikah aho paoh kha him tein um dingah bawmhtu phu ser. Pakhat le pakhat i bawmh khawh ning kha timplamh.



Lakhrak hman dingmi thilri pawl hmunkhat ah chia

- Khuasik thlichia hlan ah rawl, ti le sii-ai kha hmunkhat te ah chia hna. Dawr pawl kha khar an si men lai i khuallawn dingah a him lo kho men.
- Thilri pawl kha Kal i ken dingmi Thilri le Inn i um lio ah chiah dingmi Thilri tiin chiah hna.
 - Kal i ken dingmi Thilri – lum tein um dingah hmunkhat khat i kal na herh ahcun a tlawmbuk nit hum ca thilri pawl naa ken khawh. A biapimi a hlei in i chiahmi batari pawl le na sehthilri pawl caah meitunnak (kutput fon, CPAP, ke in a kalmi thutdan) kha telhchih.
 - Inn i um lio ah chiah dingmi Thilri: a tlawmbik thla hnih ca thilri pawl.
- Na in chungkhar i aho paoh caah luchin, kuthruk le puan tibantuk a lummi thilthuam kha zalak in ngei uh.
- Din dingmi ti na ngah kho men lai lo. Nikhat minung pakhat caah a tlawmbik din dingmi ti kalaan (gallon) pakhat kha adang tein chia.
- Puan, a lummi thilthuam, a hmasat bawmhnak thilri, le kedan sau tibantuk lakhrak ca thilri pawl kha nan mawtaw chung chiahnak kha tuaktaan.
- A herhmi sii dinmi pawl le sii lei thilri pawl kha thla -1 ca in ngei. A hmemi kat cungah na siidnmi le din dingmi zat tialmi cazin i ken dingin chiahnak kha tuaktaan.
- Pumpak herhmi, tangka le sii lei kong tialmi pawl kha a himnak le hmuh a fawinak ah chia (catlap in khawpi pawl asilole a hlei in him tein chiahmi).
- Na kalnak lam him tein chiahnak dingah hawhra suahnak cawhlek le hawhra a titertu thilri pawl ngei hna.

Tuah dingmi: Lio ah



Him tein Um

- Meikanghnak pawl runven dingah lumtertu pawl le meikaunak hmun pawl kha ralrin tein hmang. Mei nih a kangh khawhmi pakhat khat kha **a linhnak in a tlawmbik pe 3 (1meter) hlat ah chia!**
- Meikanghnak lei tihnun ruangah phazawngdan hmanna kha hrial. Cunak cun batari-lektrik in a kalmi mei le dahmei pawl hmang.
- Carbon monoxide sivai a chuakmi kha runvennak tuah. Carbon monoxide sivai chuahnak cu minung nih lamdang in linhter le rawlchuan ding i an hman tikah mei a kalmi a dir lio ah tambik a cang.
 - Meiset, saa emnak le camp i hmanmi stove pawl kha aleng le thalangawng in a hlatnak lawngah hmang.
 - Carbon monoxide nih mi a thah. A zawmi, lungmitmi, asilole thazaang a ngei lomi bantu kin um hram na thawh ahcun, thli thianghlim ngah colh – tlai hlah.
- Carbon monoxide sivai a chuakmi le inn kanghnak pawl runven dingah, nan inn ah oven asilole stove he a sami in zeitik hmanh rawlchuang hlah.



Frostbite asilole Hypothermia i Alangmi pawl Na Hmuh ahcun Rang tein Tuah

- **Frostbite** cu na takpum chungin thenkhat a kih tik caan khi a si. Na hnar, hnakhaw, biang, khabe, kutdong le kedong pawl kha a hmasat ah hnorsuan an si theo tawn. A fah, hitnak le cuar thlennak an hmuhton khawh men.
 - Frostbite caah tuah dingmi: A lumnak hmun ah thawn. Cuar kha punghmaan in a langh i a lum tiah a theih hlan, hnorsuannak zawn kha ti lum (a sa LO mi) in nem tein dawpnak hmangin lumter.
- **Hypothermia** nih an thah khawh. Na takpum nih a sa mi a chuah khawh zatnak in a ran deuh tikah a cang. Hi nih hin takpum a linmi tlawmnak tihnung ngai in a chuahpi. Kum khua upadeuh, bawhte, ngakchia pawl le zawtnak a ngeimi pawl cu tihnung deuh dirhmun ah an um hna.
 - Therhnak kha hypothermia i a hmasat hmelchunhnak chungin pakhat a si; adang hmelchunhnak pawl ah umtuning cang lonak, thadihnak le aw fian lonak aa tel.
 - Hypothermia caah tuah dingmi: Lakhruak sii lei zohkhenhnak kawl colh. A lumnak hmun ah i thawn. A cinmi thilthuam paohpaoh kha i phoih law takpum kha duhsah tein lumter.

Tuah dingmi: Hnu ah



Him tein Um

- A leng chuah na herh ahcun, hawhra cungah mawtaw mawngah asilole lamkal lio ah ralring taktak in hmang.
- A rawkmi asilole a tlapu mei hri pawl kha hrial. Dat nih an leih khawh.
- Thingte, thingkung le hawhra a tla kho menmi kha hngal.
- Hawhra kha cawhle in suah tikah thazaang tamtuk hman kha hrial. Atu le atu i din law, a si khawh ahcun hawi he tuan uh.
- Na kalnak lam him tein umter dingah hawhra a titertu thil pawl kha hmang.
- Nan inn ah a kih tuk ahcun zapi hman khawhmi caruk, daww nganpipi, asilole a lummi hmun ah kal.



Nangmah tein I Zohkhenh

- Vansannak, lungretheihnak, asilole thinphannak tampi ngeih kha punghmaan a si ko.
 - Lungretheihnak zorternak lei bawmh dingah a ngandamnak rawl ei law zalak in i hngilh.
 - Minung pakhat khat kha chawnh na herh ahcun manlo in Disaster Distress Helpline kha na pehtlaih khawh.
- 1-800-985-5990** chawn asilole cakua.

Prepare so you can protect.

| Thawngpang tam deuh theihnak ah, redcross.org/prepare ah kal

| Emergency App download tuah

