

# Lu Hrik Kong Ah Hringtu Hmuhsaknak

Khamnak | Theihnak|Tlopbulnak

## Tlopbulnak thimding cu zei dah an si?

Lu hrik hna cu shampoo asiloah ahleice in lu hrik caah chuahmi sii in tlopbul awk asi. Cabuai zuarmi pinah(OTC) thil dang hna le sicawhmi chuahmi tampi an um.

- Cakhenn hmuhsaknak kha tha tein zul.
- Cu zat timi sau in thilri cu oncia in chia hlah.
- Mi lakah cabuai zuarmi leng hrik shampoo bawm khat cu then/cheu hlah.
- Hmuhsak asi ahcun, ni 7 in ni 10 tiang tlopbul dingah fehter. Hi caan lioah a ti hna cu hlo dih hna.
- Tlopbul hnu zongah, a ti pawl hloh an si hlanlo nichiar a ti pawl cu hlo hna, Ahakmi hrik/hrikti hriahnak cu hmang. A ti pawl hlohnak lam thabik cu sam kha bu fate ah then kha asi. Cu bu hna cu hriah i hriahmi lam kha firmtawl dingah, sam temnak asiloah cehnak in tem hna. A cimni sam hriah cu a awl deuh. Hrik ti hna cu hriahchih khawh an si lo tikah, a ti pawl hna cu sihnak le sam pawl zunnak in kut in hlo hna.

[www.cdc.gov/parasites/lice/head/treatment.html](http://www.cdc.gov/parasites/lice/head/treatment.html)

## Ka Inn Tlopbul Ka Herh Maw?

Hrik cu nikhat asiloah nihnih lawng minung ah a nung.

- Ihnak la, naite hruk/eihmi fenheih, luchin le coat angki hna cu tisa in tawl i rotemak ah a sa bakmi in a tlawmbik minute 30 hrawng ciah a herh. Aroma thianhnak nih lu hrik hna cu a thah ve hna.
- Alawngmi tuang, kawzaw,toden-cabuai, motor thutnak le alawngmi zal hlonhmi.
- Samthih, brush, le sam thilri bawmtu pawl cu na hlonh asiloah hrik shampoo zei maw he asiloah hnurnak spirit he suimilam 1 chung tisa ah na ciah awk asi.
- Thil pawl hna cu palastic zal in nai ah a chawnh mi he tonghnak an ngeih i tawl khawh lo asi ahcun, zarh hnih chung na tem lai, saram thil thuamhmi le chantling hna zong a tel chih lai.
- Hmaifa kahnak sii hmang hlah;vun ah dawp asiloah a luh ahcun sivai asi kho.

## Biahalnak Ka Ngei Rih . . .

Ka fa sam ka meh awk asi maw?

- Asilo, na fa sam meh a herh lo. hrik ti pawl hloh nakding ah hrik asiloah ti hriahnak hman kha abiapi.
  - Pumpak thilri asiloah tunu pawl hna cu hlonh ka hau maw?
  - Ahaulo, inn tuahto/tlopbulnak hmuhsaknak kha zul. Duhkhunmi saram thuammi hna zong palastic bag chungah zarh hnih an um hnu cun an tha ko lai. Ka lenteceh pimi thil hna hi tlopbul ka herh maw?
  - Lentecelh pimi thil hna ah lu hrik cu a nung kho lo.
- OTC caah adang thil le aherhmi chiti, mayonnaise tbk pawl, cawhmi sii hna teh zeitin?
- Adang thil tlopbulnak pawl cu internet websites ah hmuh khawh an si ti kan hngalh. Asinain, a nungmi hrik le a ti tlopbulnak ah an hlawhltinnak cu afiang lo. Acangmi hrik pawl thawchuak kho loin a tuah kho i hrik ti a that kho lomi thil tampi a um. Hi tlopbulnak ahngatmi chiti pawl hna hman an si tikah, hrik ti(tida) dihlak hna hriah cu a biapi.
  - ZINAN ASILOAH ZU PAWL HNAMG BAK HLAH

ONLINE AH THEIHNGALHNAK TAMDEUH HAWL  
American Academy of Pediatrics, US Center for  
Disease Control (CDC), Kids Health



Abiapimi bawmhnanak caah na  
Sianginn Nurse kha pehtlai



LEWISVILLE INDEPENDENT SCHOOL DISTRICT

## Lu hrik cu zei dah an si?

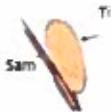
Lu hrik cu an fate, minung cung lawngah a um thla ngeilo rungrul pawl an si. Lukheng he a neihnak sam ah a ummi an si i thi in a cawmmi an si. An ti an tit, asiloah sam ah an "hrikida" an chiah.



### Zei tin dah lu hrik cu na ngeih?

United States ah kumfatin in hrik case a sing sing in a um, ahleice in kum 3 in 11 hngakchia hna lakah a um bik. Lu hrik cu an per, an zuang, asiloah an ihlok lo. Lu le lu tonghnak in dingteo in i chawnh asi, samthih, luchin, thipuan, hnangeihnak, asiloah adang pumpak thilri pawl i hrawmnak in chawnh cu a tlawmte, Hngakchia hna cu sianginn cawnhawi sin nakin innchungkhar chungtel sinin hrik i i lak khawh deuh dawh an si.

## Nun Caan le Thanchonak



Acangmi hrik nu  
hna nih sam ah an  
ti an tit(tlumh)



Ni 7 hrawng chungah, a ti  
hna cu  
thakza ah  
an keuh



Thakza hna cu ni 7  
hrawngah acangmi ti  
titnak ah an cuza

### Zei dah ka hawl lai?

Sam chung dihlak kha zoh, ahleice in lu hnulei le hnakhaw phen kha zoh. Hrik hna cu a hmuh an har tuk aruang cuan i thup i sam he an i cawh, cucaah a engnawnmi-arangmi ti kha kawl law lukheng ah zoh. Luvel asiloah hnawm le ti cu cawh llah. Ti hna cu sam ah an iben i a ti cu na sih hrimhrim awk asi i nemtein sam he hlohding ah na zun hna lai.



**Lu hrik cu na kham kho hnga  
maw?** Lu hrik a dihlak in kham khawh asi  
lo asinain caan dik in na fa lu cheknak in  
tuandeuh  
in an hnahnawhpeknak, awideuhin  
tlopbulnak tuahnak in na tlaih khawh hna.

### Nafanacawnpakdingpawt

- Brush, samthih, luchin, coat angki, asiloah adang pumpak thilri hrawm hmang hlah.
- Avoid coat angki le luchin hna midang hngakcha thilri cung pon kha hrial.
- An hawile he party ah anihnak ah an mah le an chantling te kha keng, cun ahnu ah chantlingkhuh cu su.

Na fa sam le lukheng cu atuletu chek. Zarh khat ah voikhat in hrik cheknak(screen) dingah ahakmi hrik hriahnak na hman khawh. Insp. Sam tha cu a bu in then hn, cun an ti kha ralring tein kawl. Thate hrik cheknak cu minute 10 a rau.

[www.cdc.gov/parasites/lice/head/prevent.html](http://www.cdc.gov/parasites/lice/head/prevent.html)