

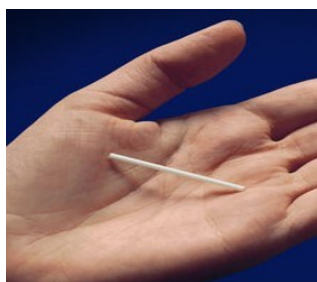
# Australia ah naupawi kham ning pawl

**Naupawi khamnak hmannaak nih naupawinak a kham khawh. Aa dang lianguangmi kham ning pawl cu nangmah caah na nunnak i aa dangmi caan ah aa tlakmi a um men ko lai.**

## Caansau suaisam khawh a simi naupawi khamnak (LARC)

**LARC Naupawi khamnak tuahto ning pawl nih kum tampi chungah chikhat ca a simi, a himmi, thil tikhawhnaak a ngeimi naupawi khamnak a pek. Phun hnih an um:**

- **Naupawi khamnak takpum chungah chiahnak** cu palasattik in sermi hri hmete a si i na ban hram a cunglei na vun tangah chiah a si i humung kha tlawmpal te lawng a thlah i thla fatin nuci a chuakmi kha a kham. Kum thum tiang a nguh i siibawi asilole siisaya/ma nih fawi tein an laak tthan khawh.



- **Naupawi khamnak nau-inn chungah chiahnak (IUD)**, cu na nau-inn chungah naupawi khamnak thilri hmete chiah kha a si. IUD cu phun hnih an um. Darsen in sermi IUD cu kum nga in kum hra tiang a nguh. Humung a thlahmi IUD cu kum nga tiang a nguh. IUD nih baw kha nau a cuang khomi nuci sin phak ter le nau cuanter kha a kham. Na nau-inn a zualtu zong kha a thlen i, nau a cuang khomi nuci kha a chungah saupi a caam lo. IUD cu fawi tein siibawi asilole siisaya/ma nih an lak tthan khawh.



## Naupawi khamnak caan zeimawzat tuahto ning pawl

Naupawi khamnak caan zeimawzat tuahto ning pawl nih zarh zeimawzat asilole thla zeimawzat cungah chikhat ca a simi, a himmi, thil tikhawhna a ngeimi naupawi khamnak a pek. Phun hnih an um:

- **Naupawi khamnak lei siichunhmi** (Depo ti zong in hngalhmi a si) cu humung lei he aa pehtlaimi siichunhmi a si. Nau cuannak a khamtu humung aa tel. A thil tikhawhna a um chung cu a si i, zarh 12 in zarh 14 tiang paohpaoh sii naa chunh a hau lai.



- **Chu chung i chiaimi kutdonghrolh** ah nau cuan khawhna a kham cu humung pawl aa tel. 'Hrap khat lei nih a dihlak caah aa tlakmi' kutdonghrolh cu zarh thum chung chu chungah chiah in umter a si. Hi zarh thum hnu ah kutdonghrolh cu na chuah lai i, cun zarh khat hnu ah kutdonghrolh thar na khumh tthan lai.



## Naupawi khamnak caan tawi tuahto ning pawl

Naupawi khamnak caan tawi tuahto ning pawl nih chikhat ca a simi, a himmi, thil tikhawhna a ngeimi naupawi khamnak a pek. Ni chiarte din a hau. Phun hnih an um:

- **Naupawi khamnak cawhmi siitlang** cu ni chiarte din hrimhrim ding a si i humung pahnih adeu pungsan aa tel. Nau cuanter kha a kham i nau-inn aa awn tikah a ti kha a chahter deuh i, mahka in pa baw luh ding ah khan a kham.



- **Siitang hmete** cu humung pakhat lawng adeu pungsan aa tel. Nau-inn aa awn tikah a ti kha a chahter deuh i, mahka in pa baw luh ding ah khan a kham. Aa khatmi caan ah ni chiarte din a herh.



## Naupawi khamnak i dawnkhaantu hman ning pawl

Naupawi khamnak i dawnkhaantu hman ning pawl nih pa baw kha nau-inn chungah a luh ter lo. Mah i aa telmi cu:

- pa kondompawl
- nu kondompawl
- daifarampawl

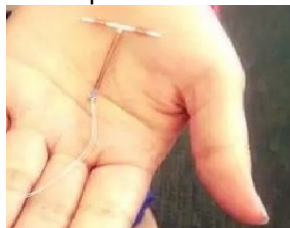
Kondom hmannaak nih nupa sinak tuahnak in ichonh khawhmi zawtnak lei runvennak a pek.



## Lakhuak naupawi khamnak

Lakhuak naupawi khamnak cu ikhamnak tuah loin nupa sinak tuah hnu ah naupawi nak ding lam tlawmter khawhnaak a si.

- **Dersen in sermi IUD** cu ikhamnak tuah loin nupa sinak tuah hnu ni nga chung ah khumh ahcun lakhuak naupawi khamnak caah thil tikhawhnaak a ngei bikmi lam a si. Cu nih cun a tlawm bik kum nga in kum 10 tiang naupawi khamnak caah thil tikhawhnaak a pek khawh.



- **Lakhuak naupawi khamnak siitlang** cu ikhamnak ngeih loin nupa sinak tuah hnu le caangka in din ding a si i cu lio caah a thil tikhawhnaak a sang cem lio a si, asinain naupawi khamnak kha zatuak 100 bak a ti khawh lai tinak a si lo. Tuan deuh din paoh kha a ttha deuh asinain ikhamnak ngeih loin nupa sinak tuah hnu ni thum asilole ni nga tiang ah din khawh a si.



## Zeihmanh hman lo tein naupawi khamnak

Zeihmanh hman lo tein naupawi khamnak ah a lengah chuahnak le mah tein nau cuanter ning pawl aa tel. A tuahtu pahnih ning in lungthawhnaak, theihhngalhnak le ttanttinak a herh. An nih hi naupawi kham ning pawl lakah tikhawhnaak a tlawmbik a ngeimi an si.

- Nu pawl nih nau a cuan khawh caan mah tein hngalhnak lam hmangin zeitik caan ah dah nau a cuan khawh ti hngalh dingah an takpum i hmelchunhnak pawl zeimawzat kha a tuaktaan. Cu bantuk caan ahcun, nupa sinak tuah kha an hrial asilole naupawi khamnak kha an hman (voikhat nuphung an hngalh caan in ni 16 tiang).
- **“A lengah chuahnak”** cu nulepa sinak tuah lio ah pa kha a baw a chuah hlan ah a leng ah a zang kha a chuah a hau. Sihmanhsehlaw, baw a chuah hlan ah pa baw kha a um cia cang i, naupawi khawh a si.

## Zungzal ca in Naupawi kham ning pawl

Naupawi khawh lo dingin tuahnak cu naupawi khamnak ah thil tikhawhnak ngei bikmi zungzal ca in tuahto ning a si i pumhlainak aa tel.

- Pa naupawi khawh lo dingin tuahnak cu nuci kha nau-inn lei ah kal khawh lo dingin pumhlainak tuah (tubal ligation) tiin auh a si (asilole nuci a kalnak peng pawl kha ttem). A tlangpi in hmanmi hitsii chunhnak tangah pumhlainak tlawmte aa tel i pa baw le nuci itong kho lo dingin nuci umnak in nau-inn lei a kalmi peng pakhat cio cungah tthim chiah a si.
- Pa naupawi khawh lo dingin tuahnak cu baw chuah khawh lo dingin pumhlainak tuah (vasectomy) tiin auh a si. Thilmu pawl sin in zang lei ah baw a kalnak peng pawl tan dingah pumhlainak aa tel (mah umnak hmun i a ngahmi asilole a tlangpi hmanmi hitsii chunhnak tangah).

## Bawmhnak hmu khawhnak

- [1800 kaa thimmi pawl](tel:1800696784) Tel. [1800 696 784](tel:1800696784) Holhlettu 131450
- Na [GP](#)
- Ralzam ngandamnak  
<http://refugeehealthnetwork.org.au/refer/refugee-health-nurse-program/>
- Sii zuarnak
- Mibu ngandamnak lei rianttuan piaknak:  
<https://www2.health.vic.gov.au/primary-and-community-health/community-health/community-health-directory>
- [Victoria Innchungkhar lei Tuaktaannak](tel:1800013952) Tel. [1800 013 952](tel:1800013952) asilole [\(03\) 9257 0100](tel:0392570100)

NawIngeitu le a chuahtu cu Victoria Acozah, 1 Treasury Place, Melbourne.

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