

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.

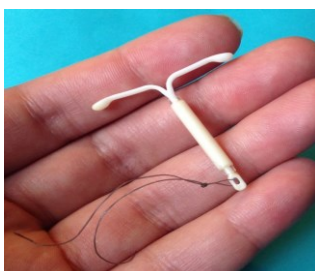
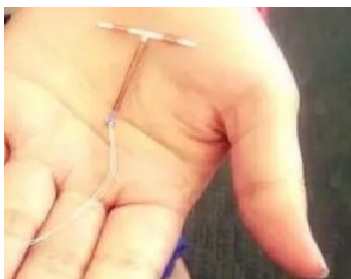
Caansau suaisam khawh a simi naupawi khamnak (LARC)

LARC Naupawi khamnak tuahto ning pawl nih kum tampi chungah chikhat ca a simi, a himmi, thil tikhawhnak 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 tikhawhnak 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 tikhawhnak a um chung cu a si i, zarh 12 in zarh 14 tiang paohpaoh sii naa chunh a hau lai.



- **Chu chung i chiahmi kutdonghrolh** ah nau cuan khawhnak 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 tikhawhnak 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

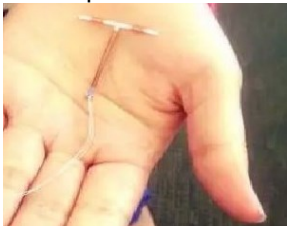
Kondom hmannaak nih nupa sinak tuahnak in ichonh khawhmi zawtnak lei runvennak a pek.

Pa kondom	Nu kondom	Daifaram (Caya™)
		

Lakhruak naupawi khamnak

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

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



- **Lakhruak naupawi khamnak siitlang** cu ikhamnak ngeih loin nupa sinak tuah hnu le caangka in din ding a si i cu lio caah a thil tikhawhnak 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 pahnhn in lungthawhnak, theihhngalhnak le ttanttinak a herh. An nih hi naupawi kham ning pawl lakah tikhawhnak 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. 1800 696 784 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. 1800 013 952 asilole (03) 9257 0100

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

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