

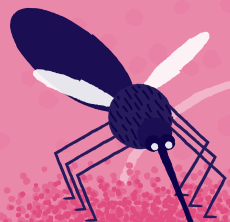


Ruah a tammi  
le a lum deuhmi  
khuacaan cu fikfa  
(mozzies) pawl caah  
a thabakmi umnak  
caantha an si.



Hihi a si khomi a sullam cu  
Barmah Tupi zawtnak hrik,  
Ross Tiva zawtnak hrik, Japan  
thluak lei zawtnak le Murray  
Nel thluak lei zawtnak tibantuk  
tamdeuh mozzies le an i ken  
khawhmi zawtnak pawl tihnung  
deuhmi a um tinak a si.

Zawtnak pawl  
aa kenmi fikfa  
pawl dohnak ah a  
thabikmi khamnak  
cu pakhatnak ah  
sehnak pawl hrial  
kha a si.



**FIKFA  
CAAH**

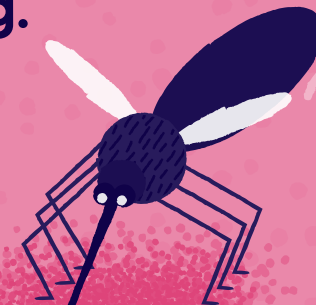
**TIMHTUAHNAK**



**FIKFA  
CAAH**

**TIMHTUAHNAK**

Zawtnak pawl aa kenmi  
fikfa pawl chungin  
nangmah pumpak le  
na innchungkhar  
runven ning.



Mozzie sehnak pawl le fikfa  
nih a chuahpimi zawtnak pawl  
doh in nangmah tein naa kham  
khawh ning kong tamdeuh  
hngalhnak caah, hika ah zoh  
[www.betterhealth.vic.gov.au/  
protect-yourself-mosquito-  
borne-disease](http://www.betterhealth.vic.gov.au/protect-yourself-mosquito-borne-disease).

Adang format in hi catialmi hmuh dingah zaangfahnnak in  
hika ah email kua [pph.communications@dhhs.vic.gov.au](mailto:pph.communications@dhhs.vic.gov.au).

Authorised and published by the Victorian Government,  
1 Treasury Place, Melbourne.

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December 2022

Catlap in chuahtu Finsbury Green, Melbourne (2211311).

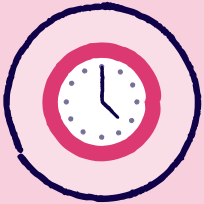
# Mozzie sehnak pawl in nangmah pumpak runven ning



Vun a langhnak dihlak ah Picaridan asilole DEET pakhat paohpaoh aa telmi fikfa khamnak hmang.



Na vun huh dingah a saumi, aa lawngmi, muici a ngei tuk lomi thilthuam i hruk, cu hmauca he a ke langlo in a hup dihmai kedan zong. Fikfa pawl nih aa rekmi thilpuan cungin an seh khawh.



Fikfa tampi an umnak hmun aleng ah cawlcanghnak ngeihmi tlawmter kha i zuam.



Fikfa umnak runven dingah nan inn pawngkam i ti aa dilmi kha chat di hna.



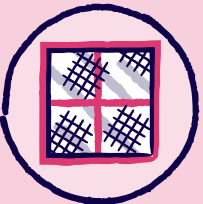
Hmunkhat i nan thutnak asilole einak hmun a leng i hmun hmete ah fikfa nih a huahmi mei in kxanhmi zong kha a thahnem kho fawn.



Inn chungah rang tein tuah khawhmi tho khahnak le mei tunnak ah sawhmi khamnak sehthilri pawl hmang.



Thakza khamnak zarmi nih an runven khawh lo ahcun khiangthong tangah it.



Thlalangawngka le innka pawl ah tho khamnak zarmi hmanna in achung ah fikfa luhnak kha rungvang.



## Fikfa khamnak thimnak

Khamnak pawl cu lotion, gel, le a khah in khahmi in a ra. Picaridin or DEET (Diethyltoluamide) aa telmi khamnak pawl cu a thahnem bikmi an si. Minung a tam-u caah, 10 in 20% he thilchuahmi a nguahnak cu runvennak a si. Khamnak lei nguahnak cu caan sau nguahnak he aa pehtlaimi an si, thathnemnak he aa pehtlaimi an si. Cucaah na herhmi pawl caah a niambik a nguahnak kha thim law a herh ningin i thuh than. Minung a tam-u caah, 10-20% hi aa tlakmi a si.

## Fikfa khamnak hmannak

Nikhamnak ca thuhmi, fikfa khamnak tibantuk lawng kha vun a langmi dihlak ah thuh ahcun san a tlai. Vun a langmi dihlak a thapthap ca zongah phan tein thuh dingah itimh.

Thuh than lengmang kha a biapi, a hlei in khamnak pawl kha ti a khan lo caah tilio hnu asilole thlanchuah hnu ah.

Thuh tikah na mit le kaa hrial dingah i ralring law, ngakchia no nih anmah tein khamnak sii kha ithuhter hna hlah.

DEET nih palasatik kha a hrawh khawh, gore-tex le kut hruk suimilam pawl tibantuk. Hihi thinphang a si ahcun picaridin ah thleng.

Ngakchia pawl caah cun, roll-on asilole kahmi khamnak kha na kut ah hmang law cu hnu ah an vun ah thuh hna. A kong langhternak ah tialmi lamhmuhksaknak pawl kha zul hna.

# Nan inn pawngkam thianh

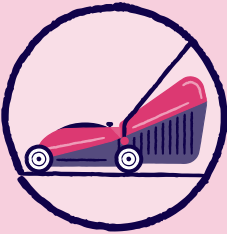
Mozzie pawl cu aa dilnak ti ah um kha an duh. Na tuah khawhnak hmun ah dum chung le tidil ah ti umtermi kha tlawmter.



Mawtaw ke a hlunmi, thingram cinnak bel pawl, baltin le bawm pawl i ti aa dilmi tlawmpal te zong thletnak in thianh hna.



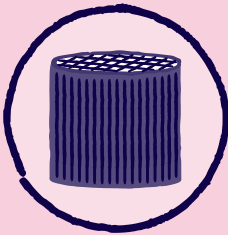
Va tikholhnak, innchung zuatmi satil tidinakhengkwar pawl le ti a ummi pawl kha a tlawmbik zarh khat ah voikhat lawnter law ti kha thleng.



A saumi hramh, burbuk pawl kha riam hna.



Na tiluannak tilu hor pawl le tilio nak tikhor pawl tiang tein chia.



Ti khonnak tengki pawl kha a khuh a ummi le fikfa luh khawhlonak zarmi pawl he rem tein chiahmi le/asilole ti a liamnak pawl telhchih in a awngka a umnak kip ah achin a um le umlo kha chek.