

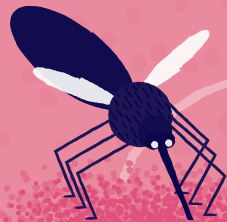


Ruah a tammi
le a lum deuhmi
khuacaan cu fikfa
(mozzies) pawl caah
a thabakmi umnak
caantha an si.



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



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 zaangfahnak in
hika ah email kua pph.communications@dhhs.vic.gov.au.

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Catlap in chuahtu Finsbury Green, Melbourne (2211311).



**FIKFA
CAAH**

TIMHTUAHNAK

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



Mozzie sehnak pawl in nangmah pumpak runven ning



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



Na vun huh dingah a saumi, aa lawngmi, muici a ngei tuk lomi thilthuam i hrak, 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.



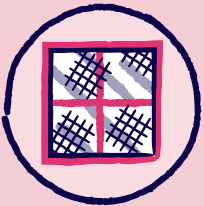
Hmunkhat i nan thutnak asilole einak hmun a leng i hmun hmete ah fikfa nih a huahmi mei in khamni zong kha a thahnem kho fawn.



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



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



Thalangawngka le innka pawl ah tho khamnak zarmi hmannak 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 hrak suimilam pawl tibantuk. Hihi thinphang a si ahcun picaridin ah thleng.

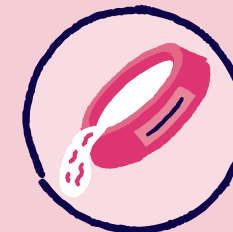
Ngakchia pawl caah cun, roll-on asilole kahmi khamnak kha na kut ah hman law cu hnu ah an vun ah thuh hna. A kong langhternak ah tialmi lamhmuhsaknak pawl kha zul hna.

Nan inn pawngkam thianh

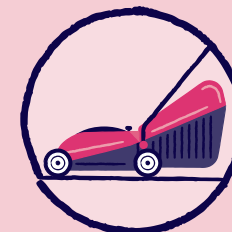
Mozzie pawl cu aa dilnak ti ah um kha an duh. Na tuah khawhnak hmun ah dum chung le tidil ah ti umtermi kha tlawmter.



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



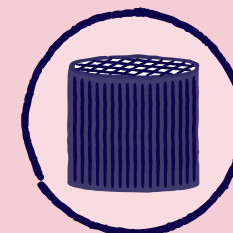
Va tikholhnak, innchung zuatmi satil tidinakhengkwar pawl le ti a ummi pawl kha a tlawmbik zarh khat ah voikhat lawnter law ti kha thleng.



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 kuh a ummi le fikfa luh khawhlonak zarmi pawl he rem tein chiahmi le/asilole ti a liannak pawl telhchih in a awngka a umnak kip ah achin a um le umlo kha chek.

