

Thlichia nih a chuahpimi khuhhrin zawtnak cu zeidah a si?

Thlichia nih a chuahpimi cheukhat nih hramh par i ahang a zawimi hnah a kehter khawh, cu nih cun thlichia nih a chuahpimi khuhhrin zawtnak tiah khuhhrin zawtnak a chuahter khomi allergens a chuahter khawh. A um tuk theng lo nain, hramh par i ahang chuahcaan (a tlangpi in Tho (October) le Dipa (December) karlak) ah a cang kho.

Aho dah tihnung dirhmun ah a um:

- Khuhhrin zawtnak a ngeimi pakhat khat (atu lio, hlanlio asilole zawtnak kawl i hmuh lomi).
- Thal luhka ah khuacaan hoih pangpar ahang nih a chuahtermi taklinhnak a ngeimi pakhat khat.



Hi ca-uk chuahmi cu zoh a fawi deuhmi format in ngah dingah **1300 761 874** ah phone chawn, a herh ahcun Rampumpi huap Chawnhchinnak lei Riantuanpiaknak **13 36 77** hmangin, asilole email kua **climate.publichealth@health.vic.gov.au**

Victoria Cozah nih nawl a pekmi le ca-uk in a chuahmi, 1 Treasury Place, Melbourne. © Victoria Ramkulh, Ngandamnak Zung, Zing (September) 2024. Hika in hmuhkhawh a si **<https://www.health.vic.gov.au/about/our-campaigns>**

ISBN 978-1-76131-430-8 (pdf/online/MS word) 2408830

Hakha Chin | Laiholh



Thlichia nih a chuahpimi khuhhrin zawtnak cu nunnak thihpheihtu a si kho

Tihnunnak pawl kha hngal.
Timhcia tein um. Him tein um.

Thilsining thamdeuh theihnak caah hika ah zoh
betterhealth.vic.gov.au/thunderstorm-asthma



Hi hramh par i ahang chuahtaan ah him tein um

Thlichia nih a chuahpimi khuhrin zawtnak nih hnorsuanmi na si khawhnak lam pawl kha na zorter khawh.

Hi khuacaan lio ah thlichia nih a chuahpimi pawl kha hrial, a hlei in thlichia hlan ah thli a hrangmi.

Innchung ah lut, innka pawl le thlangawngka pawl khar hna, cun lenglei thli a luhter khomi thli chuahternak kha phih (tch. thli lumternak seh).

Kuhrin zawtnak caah a hmasat bawmhnak kong kha hngal law, nangmah, hawikom asiloah chungkhar chungtel nih kuhrin zawtnak nan ngeih ahcun zeidah tuah ding a si ti kha na hngalh hrimhrim lai.

VicEmergency website asiloah app ah zawtnak hrik a chuahtertu thlichia nih a chuahpimi kuhrin zawtnak chimchungnak kha zungzal in chek law na umnak hmun caah ruahnak cheuhnak le ralrin peknak pawl hmuh khawhnak dingah 'ngiatnak hmun' ser.

Khuhhrin zawtnak na ngeih ahcun:

- Khuhhrin zawtnak tha tein thing khawhnak fehter dingah na sibawi kha punghmaan in tong law na khuhhrin zawtnak thlopnak lei timhtuahnak ser asilole zohfel.
- Naa runvennak sii dinmi kha chimh ning tein ding law nangmah damtertu sii kha zeitik caan paoh ah i ken peng.

Pangpar ahang nih a chuahtermi taklinhnak na ngeih ahcun:

- Naa thlopnak tha bik le thlichia nih a chuahpimi khuhhrin zawtnak na ngeih khawhnak tihnung kong ceihhmai ding ah na sibawi asiloah sii ah zuarhtu tong.
- Khuhhrin zawtnak caah a hmasat bawmhnak kong kha hngal law a herh ahcun khuhhrin zawtnak damtertu dawpmi na ngah khawhnak hmun hngal. Hi pawl cu sibawi nih ca tial piak loin sidawr pawl in ngah khawh an si.

Mi pakhat khat kha khuhhrin zawtnak a ngei tiah na ruah ahcun



Dot 1 nak – Ding tein
thutter.



Dot 2 nak – A dummi/a pawlmi
dawpmi kha thin, spacer
chungah puff 1 in chia, cun
spacer in voi 4 in dawp.
Hihi voi 4 in nolh than.



Dot 3 nak – Minit 4 hngak, cun
thawchuahnak cu punghmaan
a si than lo ahcun dot 2 nak
kha nolh than.



Dot 4 nak –A thawchuahnak cu
punghmaan a si than lo ahcun,
Zero Pathum (000) chawn.
Na hngah lio ah minit 4 dan
ah dot 2 nak kha nolh than.