

100

HEALTH MESSAGES

for children to learn and share



Khasi | খাসি

A Children for Health book

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Ki 100 tylli ki khubor ka koit ka khiah nakabynta ki khynnah kiba ki dei ban tip bad ban ia sam ki long kiba suk bad kiba lah ban shaniah, kiba la thmu kyrpang nakabynta ki khynnah kiba don hapteng 8 bad 14 snem ka rta. Kane ka kynthup ruh ia ki samla lud kiba dang khie kiba don hapteng 10 bad 14 snem ka rta. Ngi sngew ba kan long kaba kham ai jingmyntoi bad kaba kham donkam ban pyntikna ba ki khynnah kiba naduh 10 haduh 14 snem ka rta kin ioh jingtip shaphang kane ka khubor ka koit ka khiah namar dei ha kine ki rta ba ki khynnah ki shim iaka bynta ban long ki nongri nongsumar ia ki para kiba dang rit ha ki iing ki sem jong ki. Kumjuh ruh ka long kaba donkam ban iaroh ia ki nakabynta kane ka kam ba ki leh ban iarap ha la iing la sem da kane ka rukom.

Ki 100 tylli ki khubor ka koit ka khiah ki kynthup ia ki 10 tylli ki khubor halor ki 10 tylli ki phang kiba kongsan jong ka koit ka khiah. Kita ki long: ka Malaria (ka khieshohrih), Diarrhoea (ka pynhiar), Coughs colds & illness (ka jyrhoh, ka baionghkhieh), Intestinal worms (ka jingdon wieh ha ki snier), Water & Sanitation (ka umbam umdih bad ka jinglekhuid leh suba), immunization (ka jingai ia ki dawai tika), ka HIV/AIDS bad ki jing aksiden, jingmynsaw, ka jingheh jingsan ha ka por khyllung. Kine ki khubor ka koit ka khiah ki long kiba suk ban sngewthuh bad ki dei nakabynta ki kmie ki kpa bad ki nonghikai shaphang ka koit ka khiah ban pyndonkam nakabynta ki khynnah, la ha iing ne ha skul ne ha kino kino ki kynhun seng bad ha ki jaka ai jingsumar.

Ia kine ki Khubor jong ka koit ka khiah la pynwan dur bad la bishar sani da ki nongtrei ka koit ka khiah bad kito kiba la pyntbit ialade ha kane ka bynta. Lah ban pynkylla ia ki sha kiwei pat ki jait ktien, da kaba husiar pat ban ym pynkylla ia ka jingmut jong ki. La phikir bha ban pyntikna ba kine ki khubor ka koit ka khiah kidei ki ba biang bha bad kiba la pynthymmai na ka por sha ka por. Ki nongai jinghikai halor ka koit ka khiah ki pyndonkam ia kine ki khubor ban shna ia ki jingialehkai ban ialeh ha ki klass bad ki projek, bad ruh ban ktik ia ki jingmut jingpyrkhat ne jingiatai bad kiwei kiwei de ki kam ba ki thmu.

Kum ka nuksa, hadien ba la ioh jinghikai iaka rukom thet kti kaba dei, ki khynnah ki lah ban kylli iwei ia iwei ne ia la ki bahaiing ia kane ka jingkylli: “Kiei ki daw kiba pynlong ia ki briew ha iing ne ha ka imlang sahleng ba kin ym lah ban sait bha ia la ki kti?” Ki khynnah haba ki ia phylliew jingmut ia kine ki mat bad ki ia rai lang kumno yn lah ban weng ia kita ki jingkhlanglad ki kylla long ki atiar ka jing kylla bad dei kane kein ka dor kaba don ha lyndet jong ka jinghikai lyngba ki khubor ka koit ka khiah. Kine ki khubor ki long kum ki jingkhlang ki ba plié wang nakabynta ka jingia tai bad phylliew jingmut bad bad kiwei ki kam kiba iadei bad ka jingkoit jingkhiah.

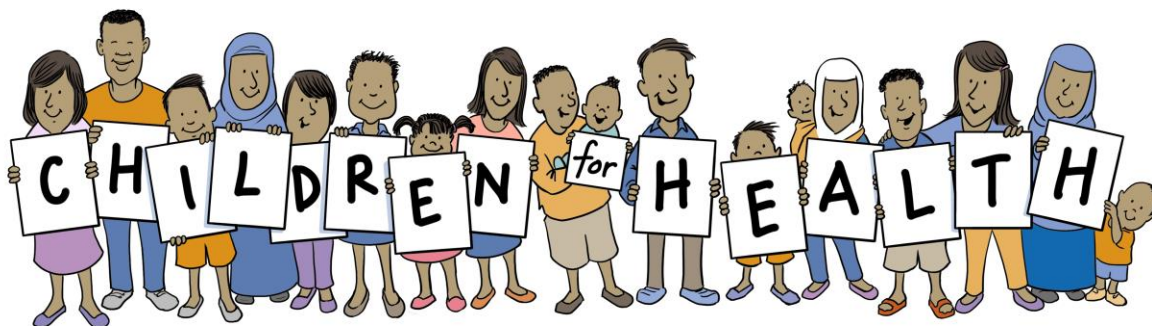
Ki kmie ki kpa ne ki nonghikai ki lah ban bthah ia ki khynnah ba kin pule lyndet ia kine ki khubor ka koit ka khiah. Lane, ki khynnah ki lah ban leh ia ki jingialehkai

lane drama kiba iahap bad kawei pa kawei ka khubor ka koit ka khiah bad kane kan iarap ia ki ban kynmaw ia kine ki khubor. Lah ban ai ia ki jingai sngewbha ki ba rit na bynta ki khynnah ki ba la iasam ne pyntip lang sha kiwei ia kine ki khubor ka koit ka khiah. Kum ka nuksa lah ban ai da u ribon ne i jain lyngkhot ba don rong kum i jingai sngewbha. ki khynnah ki lah ban teh ia ine i jain lyngkhot ha uwei u dieng ban pynlong pat ia u dieng ba don ia ki rong u sympyllieng ha kaba iwei pa iwei i rong i pyni ia ki khubor kiba u ne ka khynnah ki la lah lyndet bad ba ki la dep ia sam bad pyntip sha kiwei.

Ia ki 100 tylli ki khubor ka koit ka khiah nakabynta ba ki khynnah kin tip bad iasam la thaw da ka seng Children for Health, ka NGO kaba rit kaba don ha Cambridge, UK. Kane ka seng ka iatreilang bad ki nongaijinghikai shaphang ka koit ka khiah ha kylleng ka pyrthei.

Kine ki khubor ka koit ka khiah ki dei ki ba la bishar bniahda ki riew shemphang ka koit ka khiah bad phi lah ban shem ia ki ha ka [ORB health website](#).

About Us



Ki 100 tylli ki khubor ka koit ka khiah nakabynta ki khynnah ba kin tip bad ban ia sam ki dei ki ba suk bad ki ba lah ban shaniah kiba la thmu kyrpang nakabynta ki khynnah kiba ha ka rta kaba 6 haduh 14 snem. Ngì sngew ba ka long kaba donkam ba ki samla lud kiba don ha ka rta kaba 10 haduh 14 snem kin tip shaphang kane ka khubor ka koit ka khiah namar dei ha kine ki rta ba ki khynnah ki shim ia ka bynta ban long ki nongri nongsumar ia ki para kiba dang rit ha ki iing ki sem jong ki. Bad ka long ruh kaba donkam ban ithuh bad ban ai ka jingiaroh ia ki na ka bynta kane ka kam ban iarap ia ka iing ka sem ha kane ka rukom.

Ki 100 tylli ki khubor ka koit ka khiah ki kynthup ia ki 10 tylli ki khubor ha ki 10 tylli ki phang ba kongsan jong ka koit ka khiah. Kita ki long: ka Malaria (ka jingpang khieshohrih), ka Diarrhoea (ka prie pynhiar), Nutrition (ka jingioh ia ki jingbam tei met), Coughs colds & illness (ka jingpang jyrhoh, baionghlieh), intestinal worms (ka jingdon wieh ha ki snier), Water & Sanitation (ka umbam umdih bad ka jingleh khuid leh suba), immunization (ka jingai dawai tika ban iada na ki jingpang), ka HIV/AIDS bad ki jing aksiden, jingmynsaw, ka jingheh jingsan ha ka por khyllung. Kine ki khubor kiba suk ban sngewthuh ki long nakabynta ki kmie ki kpa bad ki nonghikai shaphang ka koit ka khiah ban pyndonkam bad ki khynnah, la ha iing ne ha skul ne ha kino kino ki seng bad ha ki jaka ai jingsumar.

Kine ki long kita ki 10 tylli ki khubor ka koit ka khiah halor ka phang kaba 1: KA JINGSUMAR IA KI KHYLLUNG



1. Ialehkai, kdup ieit, kren, bad ia rkhe bad ia rwai bad ki khyllung bad ki khynnah rit ruh kumjuh katba phi lah.
2. Ki khyllung bad ki khynnah rit ki long kiba kloi ban khie dom, ban sngew sheptieng bad ban khnii iam, bad kim lah ban iathuh ne batai ia ki jingsngew jong ki. Kumta ngi dei ban long kiba jynsur mynsiem bad ki barabor.
3. Ki khyllung/khynnah rit ki nangkloi: kumno ban iaid, ban pyrthuh ia ki sur, ban bam bad ban dih. Iarap ia ki ha ka ban leh ia kine ki kam, hynrei ha kajuha ka por ailad ia ki ba kin pyrshang hi ia kiei kiei wat la ki bakla, tangba peit ba kin nym mynsaw pat.
4. Baroh ki khyllung, la shynrang ne kynthai, ki long kiba kordor: sumar bha ia ki, khamtam ia kito kiba pang bad kiba don jingduna ha ki dkhot met jong ki.
5. Ki khyllung/khynnah ki pyrthuh ia ka jinglong jong kiba la heh la san kiba ki ioi barabor. Bishar bha ia ki kam kiba phi leh hakmat jong ki bad pyni ia ka lynti kaba dei ia ki.
6. Ha ba ki khyllung/khynnah ki iam, ka don ka daw (lah ban long ba ki thngan, ki tieng ne ki pang). Pyrshang ban wad iaka daw tynrai balei ki iam.
7. Iarap ban pynkhreh ia ki khyllung/khynnah nakabynta ban pule ha skul lyngba ki jingialehkai da ki nombor, ki dak thoh, ki jingdro dur bad airong. Iathuhkhana, ia rwai bad iashad bad ki.
8. Ha ka kynhun, peit bad buh jingthoh kumno i khyllung i heh i san na kaba kyrsih sha ka par, bad haba i iaid nyngkong ne kren nyngkong.
9. Ia rap ban iada ia ki khyllung/khynnah na ki jingpang da kaba hikai ia ki nongri khyllung bad ia ki khynnah ba la kham heh ba kin peit bad khmih ia ka jingkhuid jingsuba ki khyllung (khamtam ia ki kti bad ka dur khmat), ba ki dih ka um kaba khuid bad ba ki bam ki jingbam ki ba tei.
10. Sumar da ka jingieit ia ki khyllung/khynnah, tangba wat klet ban sumar ialade ruh. Ka jingsumar ialade ka long kaba donkam.

Kine ki khubor ka koit ka khiah ki dei ki ba la bishar bad pynjanai da ki riew shemphang ka koit ka khiah bad phi lah ban shem ia ki ha ka [ORB health website](#).

Kine harum ki long khyndiat ki jingai jingmut shaphang kiei kiba ki khynnah ki lah ban leh khnang ba kin sngewthuh khambha ia ka phang bad ba kin ia sam iaka khubor bad kiwei.

KA JINGSUMAR IA KI KHYLLUNG: Kaei Kaba Ki Khynnah Ki Lah Ban Leh?



- SHNA hi ia ki khubor halor ka phang Ka Jingsumar ia ki Khyllung da ki kyntien lajong ha ka ktien jongphi hi
- PULE LYNET ia ki khubor jingtip khnang ban ym klet ia ki lano lano ruh
- IA SAM ia ki khubor jingtip bad kiwei ki khynnah bad ruh ha ki iing ki sem jong ngi
- PHIAH ia ki khynnah kynthei bad shynrang la ka jong. Phah ia ki khynnah shynrang ba kin leh ia ki jinglehkai kynthei bad ia ki kynthei kin leh ia ki jinglehkai shynrang. Hadien sa ailad ia baroh ar ki kynhun ba kin ia phylliew jingmut halor kita ki jingialehkai. Kum ka nuksa, kylli hato phi sngew iahap ban pyniapher ia ki jinglehkai shynrang na ki jinglehkai kynthei. Lada em ne hood, balei?
- PHYLLIEW JINGMUT bad ia tai halor kiei ki 'Jinglong ba bha' bad 'Jinglong ba sniew' ha iing ne ha skul, bad batai bniah balei la khot ia ki kumta.
- SHNA ia ki dur poster ban pyni sha kiwei ia kaei kaba phi sngewthuh halor kane ka phang.
- PYNLONG ia ka jingiakop shna khun-jingialeh-kai kum ki mobile, ki shakuriaw, ki jingtei, ki khun mynriew, ki kot tah dur - ha iing, ha skul ne ha ki dong ha shnong.

- SHNA ia ki jingdro bad ki dur poster ban pyni ia ki lad jingiada na ki jingpang da kaba sait ia ki kti da ka sabon, da kaba leit ai dawai tika, ne da kaba bam ia ki jingbam ba tei ia ka met ka phad.
- SHNA ia ki drama lyngkot halor kumno ki nongri/nongsumar khun ki ialehkai bad ki khynnah rit. Ki lah ban ak drama halor ka jingiakren hapdeng arngut ki longkmie: iwei iba ngeit ba ki khynnah ki dei ban long ki ba jarjar bad iwei pat iba ngeit ba ki khynnah ki dei ban long ki ba lehkmien leh sngewbha. Pyni ia ki jingsngew tang da kaba shu ak khlem da kren eiei. Kiwei ki khynnah kin batai ia ka jingmut jong kata ka jingleh, tang da kaba ki shu peit.
- KYLLI ia ki kmie ki kpa bad ki kmie ieit kpa ieit balei ki khyllung ki iam lane ki rkhe. Sa ia sam lem ha klas ia kaei ba ki pynsngew.
- Ka klas ne ka kynhun ka lah ban SHIMTI BAN BUDDIEN IA KA JINGHEH JINGSAN JONG IWEI I KHYLLUNG na dong ne shnong. Ka kmie kan wan kynduh ia ka kynhun man u bnai ban ioh ia sam bad ban iathuh kumno i khyllung i la nang heh nangsang katba nang ia id ka por.
- SHNA ia ki jingrwai ki ban iathuh shaphang ki kam kiba suk ba ki lah ban leh ban iada na ki khniang jingpang, kum ka ba pyndonkam ia ka umbam umdih kaba khuid, bad rwai ia kita ki jingrwai bad ki para ha iing.
- Ai ba ki khynnah kiba la kham heh kin kylli ia ki kmie ki kpa kiei ki jingeh kiba ki ia kynduh ha kaba ri ba sumar ia ki khun haba ki dang khyllung, bad kiei ne kino ki jingleh kiba la iarap eh ia ki.
- KYLLI ia ki nongtrei ka koit ka khiah ne ki nonghikai saian ban iathuh shuh shuh ia phi kumno ka jabieng jong i khyllung nangsang bad ka por.
- KI KHYNNNAH KIBA LA KHAM HEH ki lah ban phah hikai ha ki heh ki san ia ki jingrwai bad ki jingialehkai bad ban rwai ia ki jingrwai nakabynta ki hep kiba rit bad ki khyllung.
- KI KHYNNNAH ki lah ban kylli na ki rangbah ia ka kaei kaba ki sngew ba ka long kaba donkam ban leh ban iada ia ki khyllung na ki jingpang.

Nakabynta ki jingtip ba kham bniah, sngewbha wad ha ka www.childrenforhealth.org lane clare@childrenforhealth.org.

**Kine ki long kita ki 10 tylli ki khubor ka koit ka khiah
halor ka phang kaba 2: U JYRHOH, KA
BAIONGKHLIEH/SUHKHRIAT BAD KIWEI KIWEI KI
JINGPANG**



1. Ka tdem na ka ding ka don ia ki phngit kiba rit kiba lah ban rung sha ki tor bad pynioh pang. Kiar na ka tdem da kaba shet shabar lane shet ha kano kano ka jaka ha kaba ka lyer ba khuid ka lah ban rung kylluid bad ka tdem ka lah ban mih shabar.
2. Ka jingdih duma ka pyntlot ia ki tor. Ka jingring mynsiem ia ka tdem duma ruh ka long kaba sniew.
3. Baroh ngi ioh iaka jingpang baiongkhlieh bad jyrhoh. Bun kiba jem klo. Hynrei, lada ka jingpang baiongkhlieh bad jyrhoh ka neh palat ia ka lai taiew, phi dei ban leit sha ki jaka ai jingsumar.
4. Don ki jait khniang jingpang kiba la tip kum ki bacteria bad ki virus. Ki virus ki wanrah ia ka jingpang jyrhoh bad baiongkhlieh bad ym ju lah ban pyniap ia ki da kaba shu dih dawai.
5. Ki tor ki dei kita ki dkhot jong ka met kiba iarap ia ngi ban ring mynsiem. Ka jingjyrhoh bad baiongkhlieh ka pyntlot ia ki tor. Ka jingpang tyrha u tor (Pneumonia) ka dei na u khniang bacteria kaba wanrah ia ka jingshitom jur da ka jingtlot ki tor.
6. Ki dak ba paw jong ka jingpang pneumonia ka dei ka jingring mynsiem stet. Sngap ia ka jingring bad pynhiar mynsiem bad peit ia ka jingkyndeh ka shadem. Kiwei ki dak kiba paw shabar ki long ka jingpang khie shit bad pang shadem.
7. Ki khyllung kiba hapoh ka ar bnai kiba ring bad pynhiar mynsiem 60 sien ha ka shi minit ne tam ia kata, ki dei ban leit bran bran sha ki nongsumar ka koit ka khiah. Ka jingring bad pynhiar mynsiem kaba stet ha ki khyllung kiba 1-5 snem ka rta kaba tam iaka 20-30 sien ha ka shi minit ka long kaba ma bad dei ban rah mar mar ia i khyllung sha ki nongai jingsumar.
8. Ka bam kaba biang (bad kajingaibuin ia ki khyllung), ka iing kaba lait naka tdem, ka jingai dawai tika ban iada na ki jingpang (immunization) ka iarap ban iada na ki jingpang jur kum ka pneumonia.

9. Sumar ia u jyrhoh bad baionghlieh da kaba pynsyaid ialade. Dih ia ki jingdih ba bang (kum ka syrwa bad umsoh), pynjahthait ia ka met bad sumar khuid ia ki thliew khmut.
10. Wat ailad ba ka jingpang jyrhoh, baionghlieh bad kiwei ki jingpang kin saphriang na iwei sha iwei. Ki kti, ki tiar bam tiar dih ki dei ban long kiba khuid. Haba jyrhoh, tap ia ka shyntur da ka kot lane jain rumal.

Kine ki khubor ka koit ka khiah ki dei ki ba la bishar bad pynjanai da ki riew shemphang ka koit ka khiah bad phi lah ban shem ia ki ha ka [ORB health website](#).

Kine harum ki long khyndiat ki jingai jingmut shaphang kiei kiba ki khynnah ki lah ban leh khnang ba kin sngewthuh khambha ia ka phang bad ba kin ia sam iaka khubor bad kiwei.

U JYRHOH, KA BAIONGHKHLIEH BAD KIWEI KIWEI KI JINGPANG?: Kaei Kaba Ki Khynnah Ki Lah Ban Leh?

- THOH hi ia ki khubor halor U Jyrhoh, Ka Baionghlieh bad Kiwei ki Jingpang ha ki kyntien lajong bad ha ka ktien jongphi hi.
- PULE LYNET ia kine ki khubor khnang ban ym klet.
- IA SAM ia kine ki khubor sha kiwei ki para khynnah bad ki bahaiing.
- Ha ka iing jongphi, PEIT BHA hangno ba tдем bad hangno bym tдем? Hangno kan bha ia ki khyllung khynnah ban ialehkai ba kin lait na ka tдем.
- SHNA ia ki dur poster ban pynshlur ia ki kmie ki kpa ban ialam ai dawai tika ia la ki khun ban iada ia ki na ki jingpang kiba ma, kum u niang pyrsit bad jyrhoh ksew.
- THAW jingrwai shaphang ka jingpang tyrha tor (Pneumonia) bad pynsngew sha ki bahaiing bad ki paralok.
- SHNA ia u Pendulum da kaba teh ia u maw da u ksai ban iarap ban niew ia ka jingring bad pynhiar mynsiem haba ka stet bad ka biang. Pyni ia kaei ba ngi la sngewthuh na kane sha ki bahaiing.
- SHNA ia ka drama halor ka phang ka jingaibuin ia ki khyllung
- SHNA drama halor kumno ban pynpyngad haba pang shitbad ban pynsyaid haba baionghlieh.
- SHNA ia ka Tippy Tap (ka kor thet kti ba la shna da ki jug ne bilor um) ha iing ne ha skul ban thet ia ki kti da ka sabon shwa ban bam bad hadien ba la wan na painkhana.
- HIKAI IALADE kumno ban sait bha ia ki kti da ka um bad ka sabon ban iada na ka jingsaphriang jong ki khniang jingpang bad ban iada ialade na u jyrhoh bad baionghlieh.



- TYNJUJ haduh katno phi tip shaphang ka jingpang pneumonia da kaba pyni da ki jingleh drama lyngkot ia ka jingiapher hapdeng ka pneumonia bad ka baionghlieh sukhriat.
- KYLLI kiei ki dak kiba ma kiba paw shabar haba kempang pneumonia? Ia sam ia kaei ba la sngewthuh bad ki bahaiing
- KYLLI haei ba la mana ban dih duma? Hato ka skul jong phi ka long kaba lait na ka tdem?

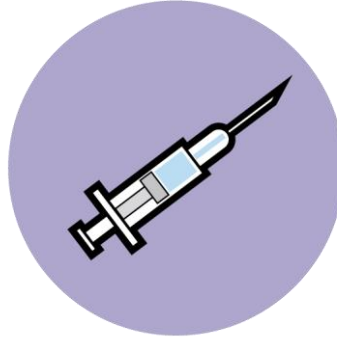


- KYLLI kaei kaba pynlong ia ngi ban ring mynsiem stet? Ngi lah ban niew ia ka jingring bad pynhiar mynsiem khnangba ngin lah ithuh lada don kiba iohpang pneumonia
- KYLLI kiei ki lad kiba thymmai bad kiba rim ha kaba sumar ia u jyrhoh bad ka baionghlieh/sukhriat.
- KYLLI kumno ki khniang jingpang ki saphriang? Hikai da kaba pynlehkai ia ka jinglehkai Khublei Kti

Nakabynta ka jingtip ba kham bniah halor ka Kor Um Shna Hi (Tippy Tap), u Pendulum ne jinglehkai Khublei Kti, ne kiwei kiwei ki jingtip, sngewbha leit wad na kine ki [website](#) lane clare@childrenforhealth.org.

Kine ki long ki 10 tylli ki khubor halor ka phang ba

3: KA JINGAI DAWAI TIKA BAN IADA NA KI JINGPANG (IMMUNISATION)



1. Da ki phew lak ngut ki kmie ki kpa ha baroh shityllup ka pyrthei ki ju pynthikna ba ki khun jongki kin koit kin khlain bad lait ruh na shibun ki jingpang da ka ba leit ai dawai tika ia ki.
2. Ha ba phi ioh ia kano kano ka jingpang ia bit, ki khniang jingpang ki barit bad bymlah ban iohi da ki khmat ki lah rung ha ka met jongphi. Kine ki khniang jingpang ki kha roi ha ka met jongphi bad ki pyntroin ia ka met jongphi.
3. Ka met jongphi ka don ia ki nongiada ban iada ia ka met jongphi na ki jingpang ba ki khot “ki antibodies”. Bad haba kine ki antibodies ki la pyniap noh ia ki khniang jingpang kiba la rung ha ka met jongphi, ki shong sah ha ka met jongphi ban iakhun biang ia ki khniang jingpang ki ba lah ban wan rung biang hadien habud.
4. Lyngba ki dawai tika la bsut hapoh ka met jongphi ia kita kiba ki khot “Ki antigen” (da kaba injek da u thyrnia ne da ka ba shu pyndih). Kine ki antigen ki pynlong ia ka met jongphi ban shna ia ki antibodies ki ban iakhun ia ki khniang jingpang lada ki wan thombor ia ka met hadien habud.
5. Don katto katne ki jait dawai tika kiba hap ban ai bunsien khnang ban iarap ia ka met jongphi ban shna kham bun ki antibodies kat ban biang ban iakhun ia kata ka jait jingpang.
6. Ki bun ki jait jingpang kiba shyrkhei kiba lah ban pynshitom, bad wanrah wat ia ka jingiap ruh, kum u niangpyrsit, ka jingpang TB, ka Diptheria, ka jyrhoh ksew, jingpang Polio, Tetanus bad kiwei de, lah ban iada da ka jingai dawai tika.
7. Ban iada ia ka met jongphi na ki jingpang kiba lah ban iada, donkam ban ai dawai tika shuwa ba ka jingpang kan wan ha ka met. To protect your body you need to be immunised before the disease strikes.
8. Ban iada ia ki khynnah na ki jingpang, la ju ai dawai tika ia ki naduh ba ki dang khyllung. Lada i khyllung i khlem iohlad ban ioh dawai tika, lah ruh ban leit phah ai dawai tika hadien.

9. Ka por ban ai dawai tika nakabynta ki khynnah ka lah ban iapher nakabynta kawei ka jingpang sha kawei pat. Wad jingtip lano bad hangno phi lah ban leit ai dawai tika ia ki khun jongphi ha ka dong kaba phi sah.
10. Phi lah ban ai dawai tika ia i khun jongphi wat lada i leh pang malu mala ha kata ka sngi.

Kine ki khubor ka koit ka khiah ki dei ki ba la bishar bad pynjanai da ki riew shemphang ka koit ka khiah bad phi lah ban shem ia ki ha ka [ORB health website](#).

Kine harum ki long khyndiat ki jingai jingmut shaphang kiei kiba ki khynnah ki lah ban leh khnang ba kin sngewthuh khambha ia ka phang bad ba kin ia sam iaka khubor bad kiwei.

KA JINGAI DAWAI TIKA BAN IADA NA KI JINGPANG: Kaei Kaba ki Khynnah ki Lah Ban Leh?

- THAW ia la ki jong ki khubor halor Ka Jingai Dawai Tika da kaba pyndonkam la ki jong ki kyntien ha ka ktien lajong.
- PULE LYNET ia kitei ki khubor khnang ban ym klet ia ki.
- SAM lem ia kitei ki khubor bad ki para khynnah bad kumjuh ruh bad ki bahaiing ha sem jongngi.
- SHNA ia ki dur poster halor ki sngi ba hap leit ai dawai tika bad tah ia ki ha ki jaka kiba kiwei ruh ki lah ban iohi.
- THAW ia ki jingialehkai drama halor kumno ban khang ia ki jingpang ba shyrkhei kiba ktah ia ki khynnah ha ki shnong jongngi.

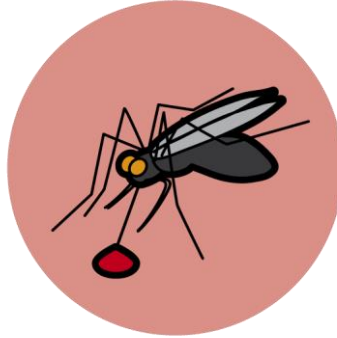


- THAW ia ka khana ba don ryngkat bad ki dur jongki tiar injek ha ka dur ki riewshlur, kumno ba ki iakhun ia ki jingpang ba ma bad iada ia ngi na kum kita ki jingpang.

- SHNA ia ki dur poster jong kawei ne artylli ki jingpang kiba lah ban iada da kaba ai dawai tika, kum ka Diphtheria, u niangpyrsit bad Rubella, ka Pertussis, ka jingpang TB, Tetanus bad Polio.
- THAW ia ka jinglehkai drama lane ka khana shaphang ka Aunty Body, ka nongiada ba khlain bad ba sbun kaba iada ia ngi na ki jingma.
- HIKAI IALADE shaphang kawei pa kawei ka jingpang kaba lah ban iada bad sam lem ia kata ka jingtip bad kiwei pat ki para khynnah bad kumjuh ruh ki bahaiing.
- Shna ia ka Card Sngikha kaba kyrpang kaba don ia ki tarik ban leit ai dawai tika na ka bynta i khyllung ba dang shu kha bad ia i kmie jong i kum ban ai khublei ia ki nakabynta ka jingim kaba koit ba khiah.
- WAD JINGTIP shuh shuh halor ki jingpang kiba lah ban iada da ka jingai dawai tika.
- WAD JINGTIP shuh shuh kumno ban iarap ia ki khynnah kiba don jingduna ha ki dkhhot met.
- SHNA ia ki jingkylli ban kyntip khnang ban ngi lah ban sngewthuh katno ngi tip shaphang ka jingai dawai tika ban iada na ki jingpang. Sam lem bad la ki paralok bad kumjuh ruh ki bahaiing hasem.
- WAD JINGTIP halor kino ki jait dawai tika kaba ngi donkam ban ai palat ia ka shisien. Bad iarap ban wad ia ki khynnah kiba khlem pat ioh dawai tika.
- WAD JINGTIP shaphang ki bor ba khlain jong kano kano jingpang bad kumno ka jingai dawai tika ka pyntroin ia kita ki bor.
- PYNTHIKNA la baroh ki khynnah ha ka klas jongphi bad kumjuh ruh ki nonghikai ki lah pyndep ne em ia ki jingai dawai tika.
- WAD JINGTIP lada don ki sngi lane taiew kyrpang ha kaba ki khyllung bad khynnah baroh ki lah ban leit ai dawai tika.
- WAD JINGTIP ioh don mano mano na iing jongphi kiba kum iaiaid lait ia ka jingai dawai tika, khnang ba ki lah ban ioh pyndep pat ia ka ha ka por ba biang.
- KYLLI shaphang ka jingai dawai tika ha ka ri jongphi bad lano phi lah ban ioh ia ka.
- WAD JINGTIP ioh don mano mano ha ka iing jongphi ki ba lah ju ioh ia ki jingpang kiba shyrkhei bad la jia aiu ia ki.

Nakabynta ki jingtip ba kham bniah, sngewbha wad ha ka www.childrenforhealth.org lane clare@childrenforhealth.org.

Kine harum ki long kita ki 10 tylli ki khubor ka koit ka khiah halor ka phang kaba 4: KA KHIESHORI



1. Ka khieshohrih kadei ka jingpang kaba la pynsaphriang da ka jingdait jong u skain pyrjong.
2. Ka khieshohrih ka long ka jingpang kaba ma. Ka pynkhie shit bad ka lah ban shim ia ka jingim, khamtam ha ki khyllung bad ki kynthai ba armet.
3. Iada na ka khieshohrih da kaba thiah ha ki jingthiah ba ba la ker da ki musari ba la pdem ha ki dawai pyniap khniang kiba pyniap ia ki pyrjong bad ki ba khanglad ia ki na kaba dait ia kito kiba thiah hapoh jong ki.
4. U pyrjong ba kit jingpang khieshoh u ju dait ha ki por shwa ban sep ka sngi haduh mynstep shwa ban mih sngi.
5. Haba ki khyllung khynnah ki ioh ia ka jingpang khieshohrih, ka jingheh jingsan jongki ka suki bha.
6. Don lai jait ki dawai pyniap khniang ba shu kynshait kiba lah ban pyniap ia u pyrjong ba kit jingpang khieshohrih: kiba lah ban pyndonkam hapoh iing, ha ka lyer, bad halor ka um.
7. Ki dak jong ka khieshohrih kidei ka jingpang shit, ktha khlieh, pang doh ksah, pang kpoh bad ka sukhriat. Ka jing leh ia ki test bad ka jingioh jingsumar ha ka por kaba biangka iada na ka jingiap.
8. Ia ka khieshohrih lah ban iada bad sumar da kaba dih ia ki dawai kum ba la bthah ki doktor.
9. U niang khieshohrih u im ha ka snam u nongpang, bad kane ka wallam ia ka jingduna snam. Kane ka pynlong ia u/ka briew ban tlot ban swai.
10. Ki dawai khieshohrih ki lah ban iada bad pynduna ia ka khieshoh bad ka jingduna snam ha ki jaka bad ha ka por ba ka khieshoh ka ktah ia kiba bun ha shnong.

Kine ki khubor ka koit ka khiah ki dei ki ba la bishar bad pynjanai da ki riew shemphang ka koit ka khiah bad phi lah ban shem ia ki ha ka [ORB health website](#).

Kine harum ki long khyndiat ki jingai jingmut shaphang kiei kiba ki khynnah ki lah ban leh khnang ba kin sngewthuh khambha ia ka phang bad ba kin ia sam iaka khubor bad kiwei.

KA KHIESHOHRIH: Kaei Kaba ki Khynnah ki Lah Ban Leh?



- THOH ia ki khubor shaphang Ka Khieshohrih katkum ka jingsngewthuh jongphi ha ki kyntien lajong bad ha ka ktien jong phi hi.
- PULE LYNET ia ki khubor khnang ban ym klet.
- IA SAM bad ia thuh ia ki khubor bad ki para khynnah lem bad ki bahaiing hasem.
- SHNA ia ki dur poster ban pyni kumno ka khieshohrih ka saphriang bad kumno ba ngi lah ban ia snoh kti lang ha ka jingialeh ban iada ia ka khieshohrih.
- SHNA ia ki jingiathuhkhana ne jinglehkai ban pyni ia ka jingim jong u pyrjong naduh ba u sdang kum ka pylleng, kumno u kylla skain, bad haduh katno u im, bad pyni sha kiwei ki khynnah.
- SHNA ia ki dur poster ban pyni kumno ban pyndonkam ia ki musari ba la pdem ha ki dawai pyniap khniang.
- IATHUHKHANA bad shna dur poster ban pyni kumno ban iada naka jingshah dait ha ki pyrjong.
- PYNWANDUR da ki jingiathuhkhana bad drama ban pyni kumno ki khynnah ki ithuh ia ki dak jong ka khieshohrih ha iwei pat i khynnah iba pang khieshoh bad kumno ki rangbah kin iarap ha kaba leit phah test ia i.
- PYNWANDUR da ki jingiathuhkhana bad drama ki ban pyni ia ki dak jong ka jingpang khieshohrih bad duna snam, kumno ki wieh ki wanrah iaka jing duna snam bad kumno ka khieshohrih ruh ka wanrah ia ka jingduna snam.
- SHNA ia ki dur poster ki ban pyni ia ki jait jingbam ba ngi ju ioh na shnong kiba pynbun snam.

- KYNTU ia ki khynnah ba kin shong hapoh ka musari ha ki por dait pyrjong.
- PYNTIKNA ba phi la bsuh bha ia ki tduh ka musari ha ka por thiah bad peit ba ka khlem lait thliw.
- PYNWANDUR da ki jingiathuhkhana bad drama balei ba ki briew ki sngewtynnad ne kim sngewtynnad ban pyndonkam ia ki musari, bad kaei ba ki tip ba ki musari ki lah ban leh ne kim lah ban leh.
- PYNLONG ia ka jingialap ban pyni ia ki briew kumno ban pyndonkam ia ki musari.
- KHOT ia ki nongtrei ka koit ka khiah ba kin wan ai jingkren ha ki skul ban iathuh ia ki khynnah shaphang ka jingdonkam ia ka musari bad ki rukom test bapher bapher kiba donkam haba pang khieshohrih.
- PYNDONKAM da ki jingrwai, jingshad bad drama ban pynsaphriang ia ki khubor sha kiwei.
- KYLLI katno ngut ha iing kiba la ju ioh pang khieshohrih? Kumno ngin iada? Kumno bad ha kano ka por dei ban wah ia ki musari ba la pdem ha kidawai pyniap khniang ba neh slem (ba la khot ki LLINs) bad kumno ban pyndonkam ia ki jar ha ki jingkhangiit bad kumno ki treikam? Kumno ki paitbah ki lah ban ioh ia ki musari LLINs ha shnong? Kumno ka khieshohrih ka wanrah iaka jingiap? Balei ka khieshohrih ka long kaba ma, khamtam ia ki kynthei ba armet bad ia ki khynnah? Kaei ba ki nongtrei ka koit ka khiah ki ai ia ki kynthei ki ba dang punkhyllung khnang ba lah ban pynsangeh bad kiar naka jingpang khieshohrih, bad ha kano ka por ki lah ban ioh ia ki? Kumno ki jingbam ba tei iaka snam(ka doh, ki jhur sla jyrngam) ki iarap ban iada na ka jingpang duna snam? Kumno ki briew ki lah ban iada ialade bad ia kiwei na ka jingdait pyrjong? La khot kumno ia ki jait test ba kham kyrpang ban tip la u briew u pang khieshohrih ne em?

Nakabynta ki jingtip ba kham bniah, sngewbha wad ha ka www.childrenforhealth.org lane clare@childrenforhealth.org.

Kine harum kidei ki 10 tylli ki khubor ha ka phang kaba 5: KA PYNHIAR



1. Ka pynhiar kadei ka jingleit bar da ka um kaba jia lai sien ne tam ia kata ha ka shisngi.
2. Ia ka pynhiar la wanrah da ki khniang jingpang ki ba ioh rung ha shyntur na ki jingbam jingdih ba la sniew ne da kaba ktah ia ka shyntur da ki kti ba jaboh ne ka jingpyndonkam ia ki shamoit ne pela ba jaboh haba bam.
3. Ka jingduna um bad mluh ka wanrah iaka jinglot ha ka met. Lada ym ioh ban pynbiang ia kane ka jingduna um da kaba ai jingdih, ki khyllung khynnah ki lah ban iap nohnaka jingtyrkhong ka met.



4. Ia ka pynhiar lah ban iada da kaba ai ki jingdih kiba la pyntikna bha ba ki dei ki bym sniew ne don jingma ne khniang, kum ka um kaba bha kaba khuid, ka um snepkor, ne ka umshit ja. Ki khyllung ki kham donkam bha ia ka dud jong ka kmie.
5. I khyllung ba pang pynhiar i tyrkhong ka shyntur bad thylliej, i don ka jingthem ki khmat, im don ummat, ka sniehdoh jong i ka long kaba ai tan bad ki kti ki kjat ki pjah. Ki khyllung ki lah ban don ruh ia i jaka ba jem ha ka khlieh.
6. Ki khynnah kiba leit bar ba long um palat iaka san sien shisngi ne ka jingleit bar balong um bad khleh snam ne ha ba ki sdang ruh ban prie kidei ban leit bran bran sha ki doctor.



7. Thied ia u ORS (Oral Rehydration Solution) na ki jaka ai jingsumar ne na dukan die dawai. Khleh bha ia u katkum ka jingbatai bad ka um kaba khuid ban pynlong iaka jingdih ba iarap bha nakabynta ka pynhiar.
8. Bun ki dawai pynhiar kim treikam, hynrei u dawai ba don ia ka Zinc u pynsangeh iaka pynhiar kham kloi nakabynta ki khyllung kiba la palat ia ka 6 bnai. Dei ban ai ia u ORS ruh.
9. Ki khynnah kiba pang pynhiar ki donkam ia ki jingbam kiba bang, ki jingbam ba la khniot ne khleh pynjem bunsien, khnang ba ka met jong ki kan ioh bor kloi.
10. Iaka pynhiar lah ban iada da kaba ai buin ia ki khyllung, da kaba leh khuid, ka jingai dawai tika (khamtam pyrshah ia u khniang jingpang Rotavirus bad niangpyrsit) bad da kaba pyntikna ba ka bam ka dih ka long ka bha ba lait na ki khniang jingpang.

Kine ki khubor ka koit ka khiah ki dei ki ba la bishar bad pynjanai da ki riew shemphang ka koit ka khiah bad phi lah ban shem ia ki ha ka [ORB health website](#).

Kine harum ki long khyndiat ki jingai jingmut shaphang kiei kiba ki khynnah ki lah ban leh khnang ba kin sngewthuh khambha ia ka phang bad ba kin ia sam iaka khubor bad kiwei.

KA PYNHIAR: Kaei ba ki Khynnah ki Lah Ban Leh?

- THOH ia ki khubor halor ka jingpang Pynhiar katkum ka jingsngewthuh jongphi ha ki kyntien lajong bad ha ka ktien jongphi hi
- PULE LYNDDET ia ki khubor khnang ban ym klet ia ki.
- SAM LANG ia ki khubor bad kiwei ki para khynnah bad kumjuh ruh bad ki bahaiing.
- SHNA hi ia ki jingriam skain ban khanglad ia ki skain ba rah jingpang na kaba dem ha ki bam ki dih.
- SHNA ia ki dur poster ban pyni sha kiwei ia ki dak ba ma jong ka jingpang pynhiar.
- SHNA drama lyngkot ban pynsngewthuh ia ka por ba ngi donkam ban khot ia ki nongtrei ka koit ka khiah ban wan iarap haba pang pynhiar.

- SHNA ia ka jingialeh kai kiew-jingkieng bad nguid-bsein ka ban iarap ia ngi ban sngewthuh kumno ban pynsangeh ia ka pynhiar.

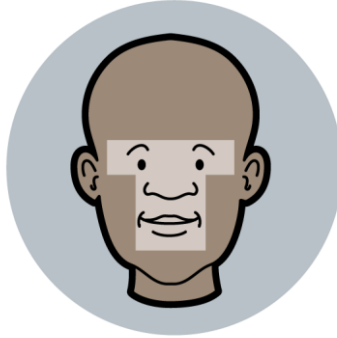


- SHNA ia ka synduk First Aid (ka synduk ba buh ia ki tiar iarap ba donkam lada don mano mano ba mynsaw) nakabynta ha iing bad ha skul ha kaba u ORS ruh u don.
- SHNA ia ka drama ha kaba arngut ki kmie ki ia kren kumno ki sumar ia ki khun jongki ba kin koit noh na ka jingpang pynhiar.
- LEH ia ka jingialehkai ha kaba yn kdew ha ka dur i khyllung ba pang pynhiar ia ki dak ki shin jong ka jingduna um ha ka met.
- KHHMIH kumno u jingthung u donkam ia ka um ban heh ban san - wad bniah kaei kaba jia lada u jingthung um ioh um.
- IARAP ban iada na ka pynhiar da kaba sumar khuid ialade bad ia ki jaka shong jaka sah.
- IALEHKAI iaka jingialehkai Khublei Kti ban tip katno ki khniang jingpang ki kloi ban saphriang.
- KYLLI ia ki kmie ki kpa, ha ka por jong ki haduh katno bnai ne snem la ju ai buin ia khyllung? Kumno ngi sumar ia ka pynhiar ha iing da kaba ai ia u ORS bad u dawai Zinc? Kiei ki dak jingma kiba pynithuh ba ngi donkam ia ka jingiarap na ki nongtrei ka koit ka khiah? Ki jait jingdih ai u kiba ngi lah ban dih ha ba pang pynhiar? Kumno ngi lah ban pynlong ia ka um kaba bit ban dih da kaba ngi thad ha ka sngi? Ki jait jingdih ai u ki long ki ba bit ban dih haba ngim don ORS? Kaei ka suh-ot bad ka prie-pynhiar bad kumno ki saphriang?

Nakabynta ki jingtip ba kham bniah ban shna ia ka jingriam skain (Fly Trap), ka jinglehkai Khublei Kti (The Handshaking Game) lane kumno ban pyniap ia ki khniang jingpang kiba don ha ka um da kaba thad ia ka ha ka sngine kano kano ka jingtip, phi lah ban shem bad wad ha ka www.childrenforhealth.org lane clare@childrenforhealth.org.

Kine kidei ki 10 tylli ki khubor halor ka phang kaba

6: KA UMBAM UMDIH BAD KA JING LEH KHUID LEH SUBA



1. Pyndonkam da ka um bad khyndiat ka sabon ban sait khuid bha ia ki kti. Kyrjaw kumba 10 sekhon, phler bad ieh ba kan rkhiang hi ne niad da ka jain kaba khuid, ym ka jain kaba jaboh.
2. Thet bha ia ki kti ha shwa ban ktah ia ka shyllang mat, u khmut, bad ka shyntur) namar dei na kine ki jaka ba ki khniang jingpang ki ioh ban rung sha ka met u briew. Kiar katba lah ban ktah ia kitei ki jaka.
3. Sait ia ki kti HA SHWA ban shet, ban bam ne ban ai bam ia i khyllung, bad hadien ba la dep leit pynjhieh, leit khyndew, ne ha ba la dep niad pynkhuid ia i khyllung hadien ba i la leit pynjhieh ne leit shabar ne haba dep iarap ia kino kino ki ba pang.
4. Sumar khuid ia ka met bad ia ki jain phong. Sumar khuid ia ki tyrsim, ki bniat, ki shkor, ka dur khmat bad u shniuh. Phong juti ne slipar ban kiar na ki wieh kiba lah ban pynpang ia phi.
5. Peit ba ki skain kin ym ioh dem ha ki eit briew ne mrad namar kine ki rah ia ki khniang jingpang. Pyndonkam ia ka painkhana bad da sait ia ki kti hadien ba la dep leit bar.
6. Sumar khuid ia ka dur khmat. Sait bha da ka um kaba khuid bad ka sabon ha ka por mynstep bad janmiet.
7. Wat pyndei ne ktah ia ka umkhuid da ki kti ne jingtong ba jaboh. Sumar ba kan lait na ki khniang jingpang.
8. Ki kjat sngi ki iarap ha ka ban pyniap ia ki khniang jingpang ha ka um bad ki pynlong ia ka um kaba kham bit ban dih. Jiar ia ka um hapoh u bilor plastik bad ieh kumba 6 kynta ha ka sngi khnang ba ka um kan long kaba kham bit ban dih.
9. Lada lah, pynrkhiang ia ki tiar ba la dep sait ha ka sngi. Kane kan pynduh jait ia ki khniang jingpang kiba don ha ki.
10. Ialeh ban buh bha ia ki niut ki nier bad ki jaboh jabain kiba mih na ki iing jongphi da kaba tap bha ia ki, khnang ban pynduna ia ka jingkharoi ki skain.

Kine ki khubor ka koit ka khiah ki dei ki ba la bishar bad pynjanai da ki riew shemphang ka koit ka khiah bad phi lah ban shem ia ki ha ka [ORB health website](#).

Kine harum ki long khyndiat ki jingai jingmut shaphang kiei kiba ki khynnah ki lah ban leh khnang ba kin sngewthuh khambha ia ka phang bad ba kin ia sam iaka khubor bad kiwei.

KA UMBAM UMDIH BAD KA JINGLEH KHUID LEH

SUBA: Kaei ba ki Khynnah ki Lah Ban Leh?



- THOH ia ki khubor shaphang Ka Umbam Umdih bad ka Jingleh Khuid Leh Suba ha ki kyntien la jong bad ha ka ktien jong phi hi.
- PULE LYNDDET ia kita ki khubor khnang ban ym klet.
- SAM ia ki khubor bad kiwei ki para khynnah bad ki bahaiing hasem ruh.
- THAW ia ki jingrwai ki ban iarap ban pynsngewthuh kumno ban sait bha ia ki kti.
- SHNA ia ki drama ban pyni jia aiu ia ki longiing kiba leh sih haba ka longiing kaba leh khuid ka wan sah ha ka shnong kiba lehsih lane shna ia ka drama ka ban pyni hangno ba ki khniang jingpang ki sngewtynnad eh ban rieh.
- IARAP ia ki para shynrang bad kynthei ba kin tip tikna kumno ban sait bha ia ki kti jong ki.
- PYNLUT POR shi kynta ban khmih bad bishar ia katto katne ngut ki briew bad buh jingthoh katno sien ki ktah ia la ki dur khmat, ia la ki jain ki nep bad ia kiwei ki para briew.
- PYRKHAT sani ia baroh ki lad ki lynti kiba ki khniang jingpang ki lah ban saphriang na ki kti sha ka met u briew.
- IA PYRKHAT LANG baroh ia ki lad ki lynti ban pynthikna ba ki painkhana ha ki skul ki long kiba khuid.
- WAD JINGHIKAI kumno ban pynkhuid ia ka um da kaba jiar ia ka (filter).
- THAW BUIT ia ka ei ba phin leh ban pynlong ia ka sawdong sawkun jong ka skul jongphi kaba khuid bad bymdon jaboh ne jakhlia.
- SENG ia ka kynhun ban peit iaka jingkhuid jing suba ha skul.
- IA SAM ia ka jingtip jongphi shaphang u skain, u khniang jingpang, ki jaboh sha ki bahaiing jongphi.

- SUMAR khuid ia u khiew buh um dih bad borabor kynmaw ban tap ia u khiew buh umdih. Kynmaw ban pyndonkam da ki jingtong ba don jingbat ba jrong nakabynta ban tong um na u, ym da ki pela ne da ka kti. Pyni ia ki para jongphi kumno ban tong um na u khiew buh umdih.



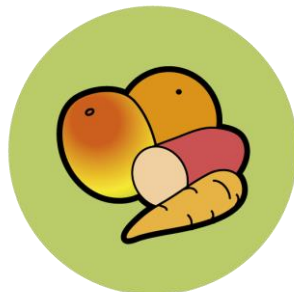
- IA TREI LANG ban shna hi ia ka kor um thet (Tippy Tap).
- KUMNO ban shna ia u kynja soh prew ban sait ia ka met.
- SHNA ia`ka jingriam skain da kaba pyndonkam da u bilor plastik bad da kaba buh ia ka shini ne jakhlia hapoh jong u.
- IARAP ban buh ia ka umdih kaba khuid ha iing da kaba pyndonkam da ka bor jong ka sngi.
- SHNA ia ka jingjiar um da u shyiap ban pynkhuid ia ka um jaboh.
- SHNA ia ka map ka ban pyni nangno la ring um ha shnong bad khmih la ka um ka long kaba bit ne em ban dih.
- SHNA ia ka jaka thad khiew bad pliang khnang ban pynrkhiang ia ki ha ka sngi.
- KYLLI kumno ngin sumar khuid ia ki kti ban lait na ki khniang jingpang? Hato ngi don sabon ha iing ban sait ia ki kti? Katno ka sabon ka shongdor ha dukan shnong? Kumno ban sumar khuid ia ka met? Kumno ban shut bniat? Na ei ki khniang jingpang ki wan, ha ei ki im bad kumno ki saphriang? Kumno ki skain ki im, ki bam bad ki pynkha? Kumno ki skain ki kit jaboh ha ki kjat? Kiei ki tyllong um jong ngi? Kumno ngin pynlong ia ka um jaboh kaba bit ban dih? Na ei ngi lah ban ioh ia ki bilor plastik? Ki ei ki jait jain kiba ngi lah ban pyndonkam ban jiar um? Ki ei ki rukom lehkhuid ba ki dkhot ka iing ki leh ha ba ki shet jingshet? Ha kiba kum kino ki jaka ba ki khniang jingpang ki shong bha ha ki iing ki sem ne ha ki shnong ki thaw?

Nakabynta ki jingtip kiba kham bniah halor ka jingriam skain (The Fly Trap), ka jingpyndonkam ia ka sngi ban pyniap ia ki khniang jingpang ha ka um (Using Sunlight to sterilize water), kumno ban jiar ia ka um da kaba pyndonkam ia u shyiap (how to make a Sand Filter), kumno ban shna ia u kynja sohprew ban sait ia ka met, (a Wash Mitt) ne kumno ban shna ia ka kor thet kti (Tippy Tap) ne kino kino ki jingtip, phi lah ban shem bad wad ha ka www.childrenforhealth.org lane clare@childrenforhealth.org.

Ki 10 tylli ki khubor halor ka phang kaba hynniew: KI BAM KIBA TEI IA KA MET (NUTRITION)



1. Ki jait jingbam kiba ai bor ia ngi ban pyndep ia ki kam ki jam kiba ha la ka sngi, kiba pynheh pynplung ia ngi, kiba pyn phalang ia ka dur jongngi ki long ki jingbam kiba kiba bha, kiba pynkhlain ia ka met jongngi.
2. Ka jingtlot namar ka jingduna ki jingbam ba tei met ka wan jia lada ngi bam duna palat ka bam lane ngi bam shibun eh ki jingbam kai. Kiar naki jingbamkai da kaba ngi bam kdang da ki jingbam ki ba tei ha ka por bam kaba biang.
3. Donkam ban thew ia ka jingkhia jong ki khyllung kiba hapoh 2 snem ka rta man la u bnai ha ki jaka ai jingsumar khnang ban lah ban buddien la ka jingheh jingsan jong ki ka long ha ka rukom kaba dei.
4. Lada ki khynnah ki raikhoh lane ki at ka durkhmat lane ki kjat, lane ki leh tlot bad jar jar, donkam ban leit pyni ia ki ha ki nongtrei ka koit ka khiah.
5. Haba ki khynnah ki pang ki lah ban ym kwah ban bam ban di. Namarkata, dei ban ai shibun ki jingdih bad ki syrwa, bad ruh ai kham bun ka bam ynda ki la khiah.
6. Tang ka dud ka kmie ka long ka jingbam kaba kongsan nakabynta ki khyllung naduh ba dang kha haduh ba kin da dap 6 bnai. Ka dud jong ka kmie ka long kaba kongsan, kaba lah ban pyndap pura ia ki jingdonkam nakabynta ka jingheh jingsan i khyllung.



7. Hadien 6 bnai, ki khyllung ki donkam ka dud ka kmie ryngkat ki jingbam iing ba la tylli at jem, bad dei ban ai bam ia ki 3-4 sien shisngi.

8. Ka long kaba bha lada lah ban ai da ki jingbam kiba bun rong manla ka taiew ban ioh ia ka bam kaba dap pura kaba tei ia ka met(kum ka nuksa, u kajor, u kubi, u bit).
9. Ki soh bad ki jhur kiba saw, ba stem, bad ba jyrngam ki long kiba kongsan bha nakabynta ban pynkhlain ia ka met
10. Iada na ki jingpang da kaba sait ia ki bam hashuwa ba phin bam bad shet. Wat buh slem ia ki jingbam ba la shet lane buh bha ia ki da kaba sumar ba kin ym sniew.

Kine ki khubor ka koit ka khiah ki dei ki ba la bishar bad pynjanai da ki riew shemphang ka koit ka khiah bad phi lah ban shem ia ki ha ka [ORB health website](#).

Kine harum ki long khyndiat ki jingai jingmut shaphang kiei kiba ki khynnah ki lah ban leh khnang ba kin sngnewthuh khambha ia ka phang bad ba kin ia sam iaka khubor bad kiwei.

KI JINGBAM KIBA TEI IA KA MET: Ka ei ba ki Khynnah ki Lah Ban Leh?

- SHNA iala ki jong ki khubor halor ka phang shaphang KI JINGBAM KIBA TEI IA KA MET da kaba pyndonkam da ki kyntien lajong ha ka ktien jong phi hi.
- PULE LYNDDET ia kita ki khubor khnang ban ym klet ia ki.
- PYNPHRIANG lane sam lang ia kita ki khubor bad kiwei pat ki para khynnah bad kumjuh ruh ki bahaiing hasem.
- WAD bad peit thuh ia ka Growth Chart (ka kynja map ba pyni ia ka jingheh jingsan ki khyllung khynnah ha ka jingkhia bad jingrong). Ia khmih lang ia ka bad kiwei pat ki para khynnah bad da ka jingiarap ki rangbah wad ia ka jingmut jong ki lain kiba don ha kata ka Chart. Ia kane ka Chart la ju khot ruh ka Road to Health chart lane ka map kaba pyni ia ka Lynti sha ka Koit ka Khiah bad lah ban ioh ia kane ka Chart na ki jaka ai jingsumar.
- LEIT sha ka jaka ai jingsumar ba hajan iing jong phi bad khmih ia ka rukom thew jingkhia ia ki khyllung. Nangta, sa buh jingthoh ia ka jingkhia ki khyllung ha ka Growth Chart.
- LEIT ban khmih bad peit thuh ia ka rukom thew jingkhia ia ki khyllung bad ki khynnah ha ki jaka ai jingsumar.
- KYLLI lada don kino kino ki khyllung kiba tlot bad raikhoh na ka daw ba kim ioh ia ki jingbam ba tei met bad iakren bad ki halor ka ei kaba ki lah ban leh khnang ban iarap ia ki khyllung kiba kum kita.

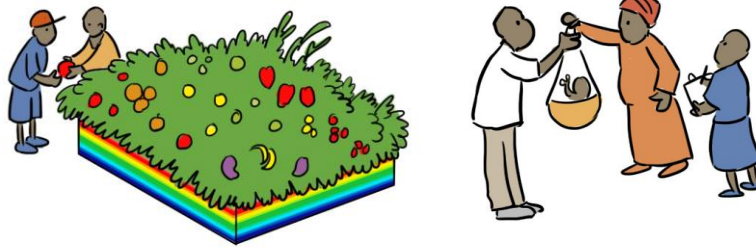


- BUH JINGTHOH ia ki jait jingbam ba phi ia bam ha iing manla ka sngi/taiew? Katno jait ki jingbam ba bun rong ngi bam man la ka taiew? Hato baroh ki dkhot ka iing jongngi ki ioh lut ki jait jingbam kiba ai bor, pynsan pynplung, bad pynkhlain ia ngi? Kumno ngin tip ia kata? Hato don mano mano, khamtam ki tymmen briew lane kiba dang khynnah, kiba ngi iohi ba ki bam duna eh ka bam?
- KYLLI bad SNGAP ia ki khana shaphang kiba kum kino ki por ba ki briew ki kham iohpang na ki jingbam.



- WAD JINGTIP na ki kmie ki kpa, nongtrei ka koit ka khiah lane na kiwei kiwei ki briew shaphang kumno ki tip lada i khyllung i tlot bad raikhoh na ka daw ba im ioh ia ki jingbam ba tei met.
- DRO ha ka Chart ia ka dur ki jingbam kiba sniew nakabynta ki khyllung/khynnah bad THOH ruh balei ki long kiba sniew.
- WAD JINGTIP shaphang ka ei ka jingbam ba ki kmie ki ai bam ia ki khun jongki hadien ba ki la dap 6 bnai? Katno sien shi sngi ki ai bam ia ki khun jong ki? Ki lah ban buh jingthoh ia ki jubab bad nangta sa kyntiew ia kita baroh hadien ha ka Chart khnang ba baroh kin lah ban iohi ia ki jubab.
- WAD JINGTIP shaphang kiei ki jingbam kiba bun vitamin kiba lah ban ioh ha shnong bad kumno la shet ia ki ha ki dukan ha iew lane ha iing.
- KHMIIH BNIAH kumno ki briew ki shet ia ki jingbam, kumno ki sait ia ki khiew/pliang bad pynrkhiang ia ki, bad hato u nongshet jingshet u sait bha ne em ia ki kti shuwa ba un shet ia ki jingbam?

- DRO ia ki dur lane thoh ia ka kyrting ki jait jingbam kiba ngi bam manla ka sngi/taiew. Ngi lah ruh ban airong ia ki dur.
- KYLLI kumno lah ban pyndonkam ia ka Growth Chart ban tip la i khyllung i heh i san ha ka rukom kaba dei. Ha kano ka rukom yn pynrkhiang ia ki jingbam lane thep ia ki ha ki bitor khnang ba kin ym sniew kloi? Balei ngi donkam ban bam ia ki jingbam kiba bun rong? Kiba kum kino ki jait jingbam ki long kiba bha ia ki briew ba kin bam ha ka por ba ki pang bad hadien ba ki la koit nangta?



- WAD JINGTIP na ki nongtrei ka koit ka khiah shaphang ka jing aibuin khun bad balei ba ka dud ka kmie ka long kaba bha tam nakabynta i khyllung.
- KYLLI ia ka ei kaba ngi lah ban leh ban iarap ia i khynnah ba pang ban ioh ia ka bam bad ki jingdih kiba biang.
- WAD ia ki longkmie ha ka shnong jongphi lane hapdeng ki paralok jong phi kiba la ai buin ia la ki khun, bad kylli balei ki leh kumta. Kylli na ki kumno ka dud jong ki ka kylla katba i khyllung i nang san? Bad balei ba ka jing ai dud da ki bitor dud ka long ka ba sniew nakabynta ka koit ka khiah i khyllung.
- KI KHYNNAH ki lah ban kylli na ki hynmen lane na ki ba la kham heh kumno ban tip la ki jingbam ki dang long ban bam ne ki la sniew.

Nakabynta ki jingtip ba kham bniah, sngewbha wad ha ka www.childrenforhealth.org lane clare@childrenforhealth.org.

Kine ki long ki 10 tylli ki khubor ka koit ka khiah halor ka phang kaba 8: KA JINGDON WIEH HA KI SNIER



1. Da ki phew lak ki khynnah ki don wieh hapoh ki snier, bad dei na ki snier ba ka met jong ngi ka kjit ia ki jingbam.
2. Ki jait pa ki jait wieh ki lah ban im hapoh ka met jongngi, kum ki Roundworm, Whipworm, Hookworm bad Bliharzia (Schistomiasis). Don shuh shuh nalar kita ruh.
3. Kine ki wieh ki lah ban pynsngew shitom bad sngewtlot ia ngi. Ki lah ban pynsuhkpoh, pynjyrhoh, pynsuhkhriat bad pynioh ia kiwei de ki jingpang.
4. Ki wieh ki don hapoh ki met jongngi bad teng teng ngim lah ban tip ba ki don hangta, hynrei teng teng phi lah ban iohi ia ki wieh ha ki jingkhyndew jongphi.
5. Ki wieh bad ki pylleng wieh ki lah ban rung sha ki met jongngi ha kiba bun rukom. Katto katne ki ioh rung lyngba ki jingbam lane jingdih, kum ka um ka bym khuid bad pat shet bha. Kiwei pat ki ioh rung lyngba ki kjat haba ngi iaiaid da ki kjat suda khlem phong juti.
6. Ban pyniap ia ki wieh da ki dawai wieh ka long kaba suk bad kine ki dawai ki long ruh kiba tad. La sam ia ki dawai wieh da ki nongtrei jong ka koit ka khiah man la ka hynriew lane khatar bnai, lane kham bunsien nakabynta kiwei ki jait wieh.
7. Ki pylleng jong ki wieh ki shong hapoh ki um pynjhieh bad ki jingleit khyndew jongngi. Pyndonkam ia ki painkhana haba leit pynjhieh bad leit bar. Bad ynda phi la wan na ki painkhana phi dei ban da sait bha ia la ki kti da ka sabon bad ka um bad leh kumjuh hadien ba phi iarap ia para ba dang rit hadien ba ki dep leit painkhana, khnang ba ki pylleng wieh kin ym lah ban bit ha ki kti jongphi.
8. Phi lah ban khang bad ym ailad ia ki wieh ban rung shapoh ka met jongphi da kaba phi sait bha ia ki kti da ka sabon bad ka um hadien ba phi leit pynjhieh ne leit bar bad shuwa ba phin shet jingshet, bam ne dih, bad da kaba sait bha ia ki jhur bad ki soh shuwa ban shet lane ban bam, bad da kaba phong juti lane slipar.

9. Don kato katne ki wieh kiba shong ha ka khyndew. Kumta barabor ngi dei ban sait sabon ia ki kti man ba ngi dei ktah ia ka.
10. Man ba ngi sait ia ki jhur ne soh shuwa ba ngin bam, ngi dei ban pyndonkam da ka um kaba khuid.

Kine ki khubor ka koit ka khiah ki dei ki ba la bishar bad pynjanai da ki riew shemphang ka koit ka khiah bad phi lah ban shem ia ki ha ka [ORB health website](#).

Kine harum ki long khyndiat ki jingai jingmut shaphang kiei kiba ki khynnah ki lah ban leh khnang ba kin sngewthuh khambha ia ka phang bad ba kin ia sam iaka khubor bad kiwei.

KA JINGDON WIEH HA KI SNIER: Kaei Kaba ki Khynnah ki Lah Ban Leh?

- THOH ia la ki jong ki khubor shaphang ka jingdon wieh ha ki snier da kaba pyndonkam da la ki jong ki kyntien ha ka ktien jong phi hi.
- PULE LYNET ia kine ki khubor khnang ba ngin nym klet ia ki.
- IA SAM ia kine ki khubor sha kiwei ki khynnah bad sha ki bahaiing hasem jongngi.
- PYNDONKAM da ka jing jied da ka kjat ne ‘Vote with your feet’ ban ialeh jingkyntip ban tip haduh katno ngi la sngewthuh shaphang ki wieh.
- SNGAP ia ki khana shaphang ki wieh khnang ba ngin lah ban sngewthuh kumno ban khang ia kine ki wieh ban saphriang da kaba ngi sait ia ki kti bad kynmaw ban phong ia ki juti.
- WAD BNIAH kumno la pynkhreh ia ki jingbam ha ki skul jongngi bad kumno ba ki nongshet ki buh bha ia ki jingbam ba kin lait na ki wieh.



- BARABOR pyndonkam ia ka painkhana haba ngi leit shabar khnang ba ki pylleng wieh kin ym lah ban ioh rung sha ka khyndew bad ka um.
- BAN SAIT KHUID bha ia la ki kti ngi donkam ia ka sabon, ka um, bad ki jain kiba khuid.
- WAD BNIAH ban tip ia ka ei ba ki dkhot ka iing jongphi ki tip shaphang ki wieh.

- SHNA drama halor ki Wieh Basniew (wicked worm) bad kumno ba ki khynnah ki khanglad ia ki Wieh Basniew ban tuh iaka bam na ki iing jongki.
- SHNA ia ki dur poster ban pyni kumno ban buh ia ki bam jong ngi ki ban lait na u wieh, da ka ba sait bha ia ki jhur im shwa ban bam ia ki bad shet bha iaka doh.
- WAD JINGTIP kumno ban shna ia ki kor thet kti ne Tippy tap bad ban shna iaka jaka sait kti na bynta kaiing, ki para klas, bad ki kynhun jongphi.



- THAW jingrwai halor kumno ban khanglad ia ka jingsaphriang ki wieh ne halor ka rukom sait kti ka ban pynkynmaw ia ngi lano bad kumno ngin sait khuid ia ki kti.
- SHNA ia ki dur poster ka ban pynkynmaw ia ngi ban sait ia ki jhur bad ia ki soh shwa ba ngin bam ne shwa ba ngin shet ia ki.
- LEH drama ne pyni drama da ki khun mynriew kumno ban khanglad iaka jingsaphriang ki wieh.
- Shna ne pynlong da ka jingialehkai ban pyndap ha ki jaka ba suda (fill in the blanks) ban sngewthuh haduh katno ngi tip shaphang ki wieh. Pynlong ne ialeh ia ka jingkyntip ban sngewthuh la ngi tip ban sait ia ki kti **Shuwa** ban leh ia kiei kiei bad lano ngin sait ia ki kti **Hadien** ba la dep leh eiei. Pyndonkam ia ki jingkylli ba la ai harum.
- BUH JINGKYLLI kumno ka met jongngi ka pyndonkam ia ki jingbam ba ngi bam man ka sngi? Katno ki jrong ki snier heh jongngi? Kumno ki wieh ki bam ia ka jingbam jongngi? Haduh katno ka uniangstar u lah ban jrong? Katno jait ki wieh phi tip ne ithuh? Ki ei ki jait wieh ki kham kynrei ha ki jaka ba phi sah? Ki ei ki dak ki shin ban ngin tip ba ngi don wieh ha ka met jongngi? Naei ba ngin ioh ia ki dawai wieh bad mano ba dei ban dih ia ki? Katno tylli ki pylleng ki wieh ki kha roi man ka sngi? Ki wieh ki lah ban shim noh ia kiwei ki jingbam na ka met jongngi kum ki Vitamin A – hato phi lah ban tip nakabynta ka ei ba ngi donkam ia ka Vitamin A? Ia ki khun wieh la khot ki Larvae (ki kynja nianglong) Kum kino ki nianglong ki lah ban rung sha ka met ka jongngi lyngba ka sniehdoh jongngi? Kumno ka jingpyndonkam ia ki painkhana ka lah ban khanglad ia ka jingsaphriang jong ki wieh? Hato ki skul jongngi ki ju don ki sngi ba ki shait sam dawai wieh? Ha kino ki sngi? Balei baroh ki ioh dawai wieh ha kajuh ka sngi? Katno ngut na ki khynnahha ka pyrthei ki don wieh? Balei ka long kaba donkam

ba ngin khanglad ia ka jingsaphriang ki wieh? Shaphang ka kor tylliat bam jong ka met u briew (ka Digestive System) – Kumno ka treikam bad kumno ka jingdon ki wieh ka pynthut ia ka jingtreikam jong ka? Ki pylleng wieh ki rit haduh katno? Ka ei ka tiar kaba rit tam ba phi tip? Kumno ngi lah ban tip ba ka um ka long kaba khuid lane jaboh? Ka ei ba ki jingthung ki donkam ba kin heh kin san? Kumno ban ngin shna ia ka sboh kaba bha ban ai ia ki jingthung.

Nakabynta ki jingtip ba kham bniah kumno ban shana ia ka Tippy Tap (Kor thet kti) ne ka Hand washing Station (jaka sait kti) ne ka jingialehkai pyndap ha ki jaka ba suda (Fill in the Blanks Word Game), ne kino kino ki jingtip, sngewbha wad ha ka www.childrenforhealth.org lane ka clare@childrenforhealth.org.

Kine ki long ki 10 tylli ki khubor nakabynta ka phang kaba 9: KA JINGIADA NA KI AKSIDEN KALI BAD KI JINGMYNSAW



1. Ki jaka shet ki long kiba ma nakabynta ki khynnah rit. Wat shah ia ki ban leit shajan ding ne shajan ki tiar kiba nep.
2. Ki khynnah rit kidei ban kiar na ka tdem ding. Kane ka pynpang bad pynjyrhoh ia ki.
3. Dei ban buh ia kiei kiei kiba long bih jngai na ki khynnah. Wat buh ia kiei kiei kiba long bih ha ki ha ki bitor ba la dep pyndonkam.
4. Lada i khyllung i ing ding, theh um pjah wut wut ha ka jaka ba ing haduh ban da jah ka jingtyrha (kumba 10 minit tam).
5. Ki kali bad ki thuk thuk ki pyniap bad pynmysaw ia ki khynnah rit jan manla ka sngi. Kiar na ki kali haba ia id ha surok bad hikai ia kiwei kumno ba kin husiar haba ki ia id ha surok.
6. Peit bhaia ki tiar kiba lah ban pynmysaw ia ki khynnah rit, kum ki tari, ki iit, u plok lait, ki waiar, ki prek, ki pin bad kiwei kiwei de
7. Wat shah ia ki khynnah rit ban bam jakhlia lane ba kin thep ia kino kino ki tiar kiba rit kum ki budam ne ki pisa khutia ha shyntur namar kine ki lah ban set ia ka jingring mynsiem.

8. Wat shah ia ki khynnah rit ban ieng ne lehkai hajan ki wah, ki pung, ki nan, ioh ki hap shapoh um.
9. Shna ia ka synduk First Aid (ka synduk ba buh ia ki tiar iarap ba donkam lada don mano mano ba mynsaw lane pang) nakabynta ki iing bad ki skul (buh ha ka ia ka sabon, ka khanshi, u kynphad, ki jingsop, ki dawai tah mong, ki platar, u thermometer, bad ki jingdih ORS)
10. Haba phi leit jingleit sha ki jaka ba phim pat ju leit bad i khynnah rit, long kiba phikir bha. Peit bad kylli bniah shaphang ki jaka kiba lah ban buh ia ki khynnah ha ka jingma.

Kine ki khubor ka koit ka khiah ki dei ki ba la bishar bad pynjanai da ki riew shemphang ka koit ka khiah bad phi lah ban shem ia ki ha ka [ORB health website](#).

Kine harum ki long khyndiat ki jingai jingmut shaphang kiei kiba ki khynnah ki lah ban leh khnang ba kin snghewthuh khambha ia ka phang bad ba kin ia sam iaka khubor bad kiwei.

KA JINGIADA NA KI AKSIDEN KALI BAD

JINGMYNSAW: Kaei kaba ki khynnah ki lah ban leh?



- THOH la ki jong ki ki khubor shaphang KA JINGIADA NA KI JINGMA BAD JINGMYNSAW ha ki kyntien la jong ha ka ktien jong phi hi.
- PULE LYNET ia kine ki khubor khnang ba phin nym klet.
- SAM ia kine ki khubor sha kiwei ki para khynnah bad ki bahaiing hasem.
- SHNA ia ki dur poster ban pyni kumno ban buh bha ia ki dawai ba long bih da kaba thoh kyrteng ha ki khiew ba la buh ia ki bad buh ia kita jngai na ki khynnah.
- SHNA ia ka synduk First Aid ban buh ia ki dawai dashin ba donkam lada don mano mano ba mynsaw.
- SHNA iaki jingialehkai ki ban ym pynmysaw ia ki khynnah rit haba ki ialehkai bad ki.

- SHNA ia ki tyllai ba la teh bad ki kynja tiar ba per bad buh ia ki hajan ki wah bad ki nan khnang ba lah ban pyndonkam ha ki khep kiba donkam kyrkieh, kum haba pyllait im iano iano ba ngam jylopp ha um.
- SHNA ia ki jaka buh dawai ha ki skul.
- PYNLONG ia ki jingialang ban batai shaphang kumno ban iada ia ki khynnah rit na ki jingmynsaw.
- PYNLEHKAI ia ka jinglehkai “But Why” kaba dei shaphang ki jingma jingmynsaw kiba lah ban jia ha ki iing jongngi.
- WAD BNIAH hangno don ki jaka ha shnong kiba lah ban buh ia ki khynnah ha ka jingma na kaba ngam jylopp, bad ka ei kaba lah ban leh ban iada ia ki khynnah na ki jingma kiba kum kita.
- PYRKHAT shaphang ki lad ki lynti ban pynlong ia ki iing ki sem jongngi kiba lait na ki jingma bad ia sam ia kita ki jingmut lyngba ki dur poster, ki jingrwai bad ki drama.
- KYLLI na ki nongtrei ka koit ka khiah ia kiei kiba ngi donkam ban buh ha ka synduk First Aidka ban buh ha iing bad ha ki skul.
- SHNA BAD IALEHKAI ia ka jingialehkai Kdew ia ki Jingma (Spot the Danger) ha ki dur poster bad peit la ngi lah ban kdew ia baroh ki jingma.
- SDANG ia ka jingialap paidbah ban pyntip bad pynshai shaphang kumno ban iada ia ki khynnah na ki aksiden ha ki surok.
- AK DRAMA ban pyni ia ka jingtip jongphi ia ki lad iada na ki jingma haba phi ri bad peit khyllung.
- HIKAI ialade ban nang ia ka jingai jingiarap ba mar mar khnang ba phi lah ban iarap ha ki khep ba donkam jingiarap kyrkieh. Ak drama ban nang kham pynjanai ia ka jingnang bad jingdonsap jongphi ban ai ia ka jingiarap ba mar mar haba jia ki jingmynsaw, bad pyni lem ia ki bahaiing bad ki paralok.
- DRO ia ka dur kaba kdew ia kino kino ki jingma kiba ap ia ki khynnah rit ha ki iing jongngi.
- SAM lem ia ka jingtip halor kaei kaba phi tip shaphang ki jingma kiba lah ban wanrah ia ka jingmynsaw ia ki khynnah sha kiba la heh la san.
- HIKAI IALADE ban leh kumno haba i khyllung i jnang ne sahkut eiei hapoh shyntur ne tangkro. Hikai lem ia ki mei ieit pa ieit bad ia ki para ki hynmen ia kata.
- HIKAI IALADE ban long kiba phikir ban peit lypa ia ki jaka ba don jingma na ka pluh ding ne ing ding, ka ngam jylopp, ne na ki surok ba bun kali.
- KYLLI ia kiei ki jingma kiba ap na ka jingpluh ne jinging ding ha iing? Kumno ngin leh lada don mano mano ki khluit ding? Kumno ngin iada ia ki khyllung na ki tiar khluit ne um khluit ha iing shetja? Hato ki briew ki ju sumar ban buh ia ki khyllung sha jngai na ki jingma ha ki shnong ki jongngi? - Kumno? Balei ki khyllung ki kham mad ia ki jingma jong ka jingjnang bad jingsahkut tiar ha ki tangkro ban ia ki khynnah samla bad rangbah? Kumno ngin iarap ia kiwei kiba jan ngam jylopp khlem da buh pat ialade ha kajuh ka jingma?

Nakabynta ki jingtip ba bniah halor kumno ban shna ia ka Kor thet kti (Tippy Tap) ne kiei ki tiar bad dawai ki ba dei ban don ha ka synduk First Aid ne ki nuksa na bynta ka poster dur ban Kdew ia ki Jingma (Spot the Dangers Poster), sngewbha wad bad shem ha ka www.childrenforhealth.org lane clare@childrenforhealth.org.

Kine harum ki long ki 10 tylli ki khubor halor ka phang kaba 10: Ka jingpang HIV bad AIDS



1. Ka met ka phad jong ngi ka long kaba kyrpang bad ka don la ka jong ka bor kabakyrpang ban iada ia ngi ha ka jingim jong ngi kaba manla ka sngi na ki jingpang kiba ngi lah ban ioh lyngba ki khniang jingpang (germs) kiba ngi ioh lyngba ka jingring mynsiem, ka bam ka dih, bad kaba ktah eiei.
2. Ka jingpang HIV ka dei ruh kaba wan lyngba ki khniang jingpang (germs) kiba ju khot VIRUS (hangne u “V” u mut VIRUS). Une u virus u long uba ma bha, uba lah ban khang ia ka met na ka ban iada ia ngi na kiwei pat ki khniang jingpang.
3. Ki riewstad saian ki la shna ia ki dawai kiba lah ban pyntlot ia u khniang jingpang HIV, hynrei ym pat don pat ban lap ia ki lad ki lynti ban weng syndon ia u na ka met ki nongpang.
4. Katba nang iaaid ka por bad lada ym ioh dawai, ki briew kiba don ia u khniang jingpang HIV kin sa ioh ia ka jingpang AIDS. Ka AIDS ka dei ka jingpang kaba kynthup ia bun ki jingpang kiba jur kiba pyntlot ia ka met katba nang iaaid ki sngi.
5. Ngim lah ban ioh ia u khniang jingpang HIV bad u im hapoh ka snam bad kiwei kiwei de ki kynja um kiba don ha ka met, kiba mih ha ka por ba ka kynthei bad u shynrang ki ia thiah lok(lada uwei ne kawei na ki shijur ki don ia une khniang jingpang) bad kumta ter ter. U khniang jingpang HIV u lah ban saphriang (1) ha ka por ba ka kynthei bad u shynrang ki iathiah lok, (2) na ka kmie kaba don ia u khniang jingpang sha i khyllung ba ka pun, bad (3) lyngba ka snam.
6. Ki briew ki lah ban lait na ka kaba ioh ia u khniang jingpang HIV na kaba iathiah lok da kaba (1) ki kiar na ka iathiah lok, (2) iathiah lok bad ki briew

kiba ki shaniah, lane (3) da kaba pyndonkam ia ki kondom haba iathiah lok (ka jingiathiah lok ryngkat ki jingiada).

7. Phi lah ban ialehkai, iabam iadih lang, ia khublei kti bad ia kdup bad ki briew kiba don jingpang HIV bad AIDS. Phin nym ioh ia u khniang jingpang HIV lada phi leh kumta.
8. Ki briew kiba ioh ia ka jingpang HIV bad AIDS ki sngew sheptieng bad sngewsih. Kumba long kiwei pat ki briew, ki donkam iaka jingieid bad ka jingkyrshan lang jong kiwei bad kane ka long kumjuh ia ki bahaiing hasem jong ki ruh. Ki donkam ban iakren shaphang ki jingklusai jongki.
9. Kum ka jingiarap ialade bad ia kiwei ruh kumjuh, ki briew kiba tharai ba ki don ia ka jingpang HIV lane AIDS ki dei ban leit sha ki jaka ai jingsumar lane ki hospital na ka bynta ban test bad ioh ia ki jingsumar.
10. Ha bun ki ri jong ka pyrthei, ki briew kiba don ia ka jingpang HIV (HIV positive) ki ioh ia ka jingiarap bad jingsumar. U dawai ba ki khot u antiretroviral therapy (ART) u iarap ia ki ban im kham slem.

Kine ki khubor ka koit ka khiah ki dei ki ba la bishar bad pynjanai da ki riew shemphang ka koit ka khiah bad phi lah ban shem ia ki ha ka [ORB health website](http://orb.health.website).

Kine harum ki long khyndiat ki jingai jingmut shaphang kiei kiba ki khynnah ki lah ban leh khnang ba kin sngewthuh khambha ia ka phang bad ba kin ia sam iaka khubor bad kiwei.

KA HIV bad AIDS: Kaei kaba ki Khynnah ki Lah Ban Leh?



- SHNA HI iaki khubor kiba iadei bad ka HIV bad AIDS da kaba pyndonkam da ki kyntien la jong ha ka ktien jong phi hi
- PULE LYNET ia ki khubor khnang ba ngin nym klet ia ki.
- IASAM ia ki khubor bad kiwei ki para khynnah bad ki bahaiing jong phi.
- LUM ia ki kot lyngkdop bad ki jingtip kiba iadei bad ka HIV bad AIDS bad sam ia kine ha ki shnong ki thaw jong phi.

- IA WER ia ki nongpeit ka koit ka khiah sha ki skul jongngi ba kin lah ban ai jubab ia ki jingkylli jongngi kiba iadei bad ka HIV bad AIDS.
- WAD ia ki lad ban iarap ia ki khyllung ha ki shnong jong ngi kiba shah ktah ha ka jingpang AIDS.
- IALEHKAI ia ka jingialehkai *Lifeline Game* bad wad bniah ia ki rukom im ne jinglong ki ba lah ban buh ia ngi ha ka jingma jong ka HIV.
- SHNA bad IALEHKAI iaka jingialehkai *True and False* ha kaba iadei bad ka rukom ba ka HIV ka saphriang na uwei lane kawei ka briew sha kiwei pat. Kylli jingkylli ha kaba kut ban ioh jingiarap.
- WAD JINGHIKAI kumno ban nang ban iakren shaphang ki jingialang paralok kyrpang bad shaphang ki jingsngew jongngi ha kaba iadei bad ka jingkwah ban iathiah lok.
- IALEHKAI ia ka jingialehkai *Fleet of Hope* bad wad bniah kino ki rukom im kiba ngi dei ban bud ban iada ia ngi na ka HIV ha ki jingialang lok kyrpang jongngi.
- PYRKHAT shaphang ki jingeh kiba kito kiba don HIV lane AIDS ki hap ban iaaid lyngba bad kumno ngin lah ban iarap iaki.
- LEH IA KA DRAMA ban ak kumba ioh jingpang HIV bad sngap thuh kumno kito kiba don jingpang HIV ki sngew.
- SNGAP bad iakren ia ki khana shaphang ki briew kiba im bad ka jingpang HIV bad ki jingeh kiba ki hap ban iakynduh.
- SHNA ia ka jingkyntip ban lap ia kiei kiba ngi tip shaphang ka HIV bad AIDS.
- BUH ia ka synduk ha ki klas jongngi nakabynta ban thep ia ki jingkylli kiba iadei bad ka HIV bad AIDS.
- SHNA ia ka dur poster shaphang ka HIV bad AIDS nakabynta ban wah ha ki skul jong ngi
- THAW ia ka drama shaphang ka kawei ka khynnah kynthai kaba kyrteng ka Meena lane u khynnah shynrang uba kyrteng u Rajeew ha kaba ka kmie jong ki kapang HIV bad kumno ka Meena ka pynkohnguhia ka kmie jong ka ban leit sha ka jaka ai jingsumar ban ioh ia u dawai ART (anti-retroviraltherapy).
- SDANG ia ka HIV bad AIDS Action club (kynja seng) ban pynsaphriang jingtip ha ka skul jongngi bad ki bahaiing jong ngi ruh kumjuh shaphang kane ka jingpang.
- KYLLI kumno ka met jongngi ka iada ialade na ki jingpang? Kiei ki jingbam kiba pynkhlain ia ka bor iada jingpang jong ka met jongngibad kiba iarap ba kan long kaba la khreh lada wan kano kano ka jingpang? Kaei ka HIV bad kaei ka AIDS? Kine ki dak ki mut aiu? Kaei kaba jia lada don mano mano ba lap ba ki don ia ka jingpang HIV? Ka ei kaba jia haba uno uno u briew u lap ba u la ioh ia ka jingpang AIDS? Ha kano ka rukom ka HIV ka saphriang na uwei u briew sha uwei pat? Ha kano ka rukom ba kam saphriang? Kumno ngin lah ban iada ialade na ka? Ha kano ka rukom lah ban lap bad sumar ia ka jingpang HIV? Ha kano ka rukom ki dawai kin lah ban pynduna ia ka jingsaphriang kane ka jingpang na ka kmie sha i khun ba ka pun? Ha kano

ka rukom u dawai ART (anti- retroviral therapy) u treikam bad ha kano ka por dei ban dih ia u? Ha kano ka khyllipmat bad kumno ba ka jingialang paralok jong ngi ka kylla sha ka jingiadei kaba poi shaduh ka jingiathiah lok? Ha kano ka rukom u briew lane ka briew ki lah ban pyndonkam ia u kondom ha ka rukom kaba dei? Ha kano ka rukom ngi lah ban kyrshan bad ai mynsiem ia ki paralok ne ki bahaiing jongngi kiba don ia ka jingpang HIV ba kin lah ban im ka jingim kaba koit ba khiah bad kaba bha? Haei ka don ka jaka ai jingsumar kaba jan tam kaba lah ban ai jingiarap ia ki briew kiba don ia ka jingpang HIV bad AIDS?

Ban ioh jingtip shuh shuh shaphang ka jinglehkai Lifeline Game lane ka Fleet of Hope, lane ka nuksa kaba iadei bad ka jinglehkai True or False lane kano kano ka jingdonkam, sngewbha ban wad jingtip lyngba ka www.childrenforhealth.org lane clare@childrenforhealth.org.

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