

Thakpherh Zawtnak

Thakpherh zawtnak phun cu zaidah a si?

Thakpherh zawtnak phun cu hmunthur i a ummi rungrul phunkhat a simi hrik hme tete in a chuakmi chawnhkhawh lengmangmi zawtnak a si.

Thakpherh zawtnak a muisan, a hmelchung zei pawl dah an si?

Thakpherh zawtnak cu mi taksa chung tiang an khur i taksa hnahnawhnak a phunhphun, fakpi in thaksa thahternak, arsik bantuk a lomi phingnak, bohnak an chuahter. Hi bantuk a hang aa telmi arsik pawl hi aa ngerngawi in aa rinmi catlang an lo i kutdong karlak asiloah kuthliah karlak, kiuhliah karlak, zaktang karlak, thal karlak, nu/pa sinak lenglei, phei, hnukpar, tawcor le paw pawl ah atu le atu an lang. Taksa an thahter lengmang i, a bik in zan ah a zual khun. Cutik a thahmi kan i kheuh tikah kan takpum dihlak sentete in a chuahter dih.

Zetindah thakpherh zawtnak kan ngahning a si?

Thakpherh zawtnak a ngeimi a taksa tongh sual ahcun zawtnak ngah khawh a si; hi zawtnak a ngei cangmi a taksa na tongh asiloah na hnur ahcun a zawtnak an chawnh colh lai. Cun a hnipuan, a ihnak puan naa vorh i na tongh sual ahcun a thakpherh zawtnak nih an chawnh lai i a karh colh lai. Pakhat le pakhat taksa i tongh, i hnurnak in zawtnak a karh tikah, nule pa ihtinak asiloah sinak tuahnak zong in chawnh khawh a si thiam.

Zeitindah thakpherh zawtnak atu le atu a langh lengmang?

Thakpherh zawtnak muisan hi zawtnak na ngah hnu zarh 2 in zarh 6 kar ah an pholang colh. Thakpherh voikhat a rak ngei bal cangmi nih a ngei than ahcun ni 1 in ni 4 karlak ah a zawtnak muisang a pholang colh. Theihding ah a biapimi cu zawtnak ngeimi nih a zawtnak muisang asiloah hmelchunh a lang rih lo zong ah midang a chawnh khawh hna ti hi a si.

Zei caan tiang dah thakpherh zawtnak a ngeimi nih midang sin a zawtnak a karhter khawh?

Thakpherh zawtnak a ngeimi nih a zawtnak rungrul le rik pawl lo dih citcek in thloppiak le thahpiak a si hlan cu midang a chawnh khawh hna. Buaktlak in chim ahcun, tloppiak cangmi nih thloppiak a si hnu suimilam 24 a tlin hlan cu mi a chawnh khawh rih.

Zeitindah thakpherh zawtnak hrampi kan hmuh khawh a si lai?

Thakpherh zawtnak hi zawtnak kawlnak phun in siibawi nih a hmuh khawh. A caancaan ah, pakhat khat nih zawtnak a ngei le ngei lo fian nakding ah siibawi nih taksa ziah i, cu hnu cun zawtnak rungrul bihnak hmanbilu hmang in a hmuh khawh. Cu pinah taksa zoh sawhsawh men lawng zong in a hmuh khawh.

Zeitun dah thakpherh zawtnak khamh khawh a si lai?

Thakpherh zawtnak ngeih lo nakding ah i runvennak ah a biapi bikmi cu zawtnak a ngeimi he taksa i tongtham lo, cun an thilri, a bikin an hnipuan le an iphah hmanpiak le tonghpiak hrial hi a si ko. Zawtnak a ngeimi tuan tein le piangpai tein tlop i mah zong zawtnak ngei le ngei lo tuan tein i kawh chung cianak nih zawtnak ngeihnak in an kham kho.

Thakpherh zawtnak i thlop timi cu zeidah a si?

Thakpherh zawtnak thlopnak ah hmanmi sii pawl cu thakpherh thahnak (scabicides) tiah an auh, a ruang cu hi thlopnak sii pawl nih tak a phartertu rungrul an thah dih pinah, hi cheukhat sii pawl nih hrik tiang an thah. Ivermectin (din-sii phunkhat) asiloah Permethrin (tak thuh sii phunkhat) in thlop khawh a si. Buaktlak in tak thuh sii Permethrin zatuak panga (5%) hi cu kal aa hrawtkami ngakchia le bawkeuh (bawhte) pawl hman dingah a tha, a rem bik. A tha bik thlop ning cu siibawi nih an tuaktan piak te lai. Sii hmanning tawrelpiak mi catlap, sii-saya/ma le sii-bawi chim cawnpiakning pel lo tein zulh ding a si; rikhih piakmi leng in i thlop le sii na din, na hman ahcun na caah siivai a si kho. Zawtnak a ngei tiah zawtnak hmuhiak cangmi nih i thlop tikah sii-bawi nih ca tialpiakmi le tuaktanpiak mi ning zulh in a ran khawh chung in ithlop a herh. Thakpherh zawt thlopnak ahcun sii-bawi tuaktan piak loin a tlam a a tling kho lo. Minung nih saram caah sermi sii pawl hman lo hrimhrim ding a si.

Kumtling cangmi nih hngawng le lu relh loin a dang takpum dihlak ah thakpherh thuh-sii le thuh-hang hman hrimhrim ding a si; bawkeuh le kum no deuh ngakchia bel cu lu he hngawng telh in an hmang kho. Sii i thuh tikah khiahpiak mi caan chung tiang cu kan takpum cunghah umter a hau i cu hnu lawng ah i kholh le i tawl khawh a si; i thlop hnu cun a thianghlimmi hnipuan lawng i hruk-aih ding a si. Kan hman dingmi ihphah le puan, hnipuan, chunghnawh le innchung umnak hnipuan pawl darling in taih le tha tein rauhter an hau. Fawite in a rau kho lomi le suk kho lomi pumpak thilri pawl hi a tlawm bik ni 5 tal cu hrenhkhummi hnipuan chiahnak palastic eik chung ah chiah an herh. Zel asiloah tuang, tuanphah le kawzaw, innchung thilri pawl tha tein seh in thianter hna.

Zawtnak a ngeimi nih zawtnak aa thlop in suimilam 24 a tlin hlan chung cu a rian herh phunphun, sianginn kai le riantuan tepawl tiang in a hrial lai. Zawtnak i thlop hnu zong ah zarh 1 in zarh 2 tiang taksa thah hi cu amah ngeih a si ko. Amah belte, zarh 2 in zarh 4 tiang a thah a reh lo ahcun i thlop than a herh lai.

Innchungkhar le zawtnak ngeimi he nulepa sinak a tuahmi caah cun thakpherh zawtnak i thlop hi cu a herh hrimhrim; zawtnak ngei than lo nakding ah ahopoah caan khat te ah i thlop a herh.

Thakpherh zawtnak kong he pehtlai in tam deuh theih na duh ahcun hi ahhin zoh khawh a si: <http://cdc.gov/scabies/>