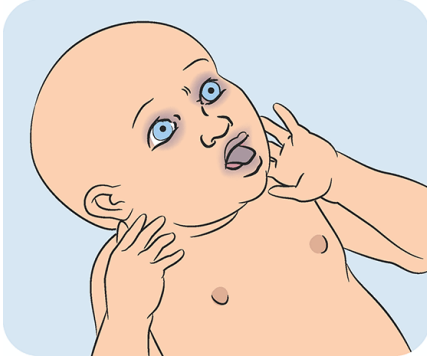


# Thla 12 tang bawhte hna pakhatkhat an i hak tik ah thlop hmasa biknak

## Bawte a hak timi langhnak hmelchunh: zaidah tuah ding



Bawhte a hak ti theihnak hmelchunhnak pawl cu: khuh chih, kaapit (kaachung ah pakhatkhat khah di), har ngai in thawchuah, chung lei he lenglei hen fahnak tuar, hnarpit, thawchuah thawngthan, thawhchuah lo, aw chuah lo, hmai rau, pia di le mah hngalh lo in umnak.



Bawhte nih haknak hmelchunhnak pakhatkhat a langter ahcun, **000 ah khulrang tein chawnh**. A pihnak awn ter ding ah tuah ding pawl hi zuhl hna, a cangtu ah langter bang in. Fawn na chawnh mi a tlai tu nih nangmah bawmh ding ah fawn cu bu in a chia lai.

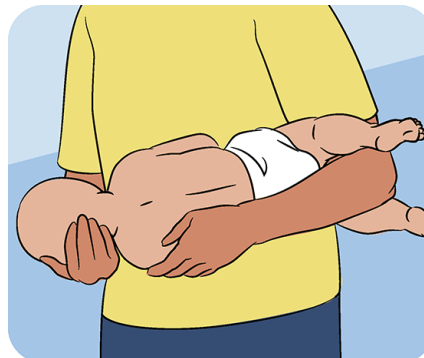


Bawhte cu na kiu in banrek karlak ah bawhter. Bawhte a kaa cu na kutdong hna in kau. Bawhte cu na kutzapei bo kha hmang in a liang dar hna kar ah a cung in tanglei ah muai/beng piak. Voi nga tiang in a keng cu muai/beng piak. A pihmi a awng cang le awng cang lo theih ding ah na muai/ bengk pah kip ah chekpiak.

## Hak mi thlop hmasa biknak: a changtu tuah ding pawl



A pihmi cu a awng rih lo a si ahcun, bawhte cu ih ter. A tang laifang **ah kutdong pahnih chia law**, a tang ah cun voi nga tiang nam -CPR an tuah hna bantuk in nain nuar deuh le fiang deuh in. Na nam pah kip ah a pihmi cu a awng cang le awng cang lo chekpiak.

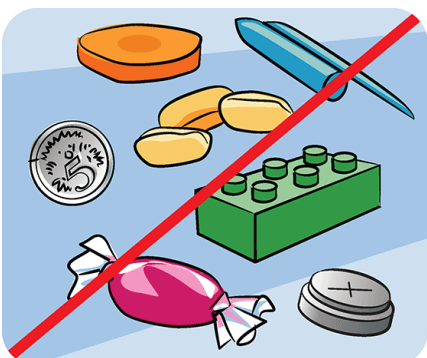


A pittu cu a chuah cang asiloah a chuak khong deng cang a si ahcun na kutdong fa tein a pittu thil cu lakpiak. Bawhte cu an lu lei kam niamter in anmah lei kap hoihter in damthannak umtu ding in chia.

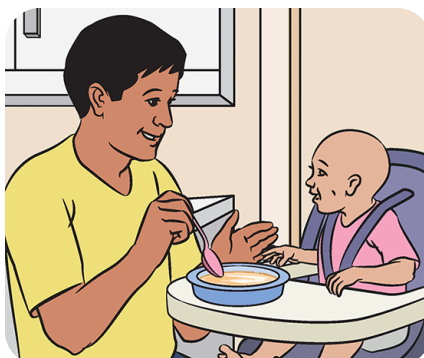


Bawte cu a hak rih ko a si ahcun ruah lopi in thil a hung chuakmi bawmhtu an phak hlan taing a tang le a liang dar in voi nga cio in pakhat hna pakhat muai/beng. Bawhte **cu mah hngalh lo in a um**, a si ahcun bawhte CPR cu thawk

## Haknak khamhnak



Bawhte hna le hngakchia no te cu 20-cent nak a hme deuhmi zei thil poh an i hak kho. Thilhme tete cu an phak kawh lonak ah chia. Na fa a khansang tluk in zel cu chek law, a pawngkam zong zoh hna.



Bawhte hna cu a khalmi rawl (a hang si lo mi) an ei lio ah zohkhenh peng hna. Rawl hme tete/ tlang tete cu fim. Ei a harmi tisik anhnah le thingthei tibantuk ei har rawl cu rial asiloah nen law. A hawng a haakmi le a dang ei harmi rawl vialte cu hrial.



Hngakchia lentecelhnak tunu pawl cung ah kum lei chimnak kha zuhl peng. Thil hme tete, a rawk/kiak khomi, a kuai fawimi asiloah betteri kep pawl a telmi lentecelhnak tunu cu hrial. Kep le a tlong khomi sikuru pawl le a chung ah thil a rawngmi pawl cu lentecelhnak tunu pawl chek hna.