



Hakha Chin

Japan thluakphin zawtnak rungrul (Japanese encephalitis virus, JEV)

Nangmah le nangmah JEV in irunvennak

Japan thluakphin zawtnak cu a tamtuk lomi zawtnak a si i Japan encephalitis virus (JEV) hrik ruangah a chuakmi a si. JEV cu fikfa sehnak in a karhmi a si.

Kum 1995, Australia ah a voikhatnak an rak hmuh thawk in Australia ah JEV zawtnak hrik a ngeimi hi an um tuk lo ti a si. Kum 2021, January thla thok in Australia ah zawtnak a karh thluahmah cang, zawtnak a ngeimi minung hi Victoria, New South Wales, Queensland le South Australia ah hmuh an si cang.

JEV zawtnak a rak chuah lio ahkhan Australia ah minung tlawmpal an thi cang.

JEV in a zawmi minung tamdeuh cu zeibantuk zawtnak hmelchunhna hmanh an ngei lo nain, micheu cu zawtnak zualhma ngai in an tuar. Cun zei mawzat cungah cun a zungzal thluakthahri zawtnak le thihnak tiang a chuak kho.

Fikfa sehlo dingin um, cucu JEV in zawtlo nak ding caah a thabikmi runvennak a si. Micheukhat vanchiatnak a tong sualmi hna caah siseh, upa le ngakchia caah tiin raikkhamsii chunh khawhmi phunhni an um. Raikkhamsii cu hi thil-dik tialmi catlap chungah chim mi le a dang runvennak kong an chimmi ning tein hman ding a si.

JEV nunnak kual khat

JEV zawtnak cu fikfa sehnak in a karh mi a si. Ti-chungtlong va phun le vok, ngal kha zawtnak hrik a ngei mi fikfa nih a seh tik hna ah a karh. A dang saram hna, rang pawl zong hi JEV zawtnak a ngeimi fikfa pawng ah an um a si ahcun zawtnak an ngei ve.

- Zawtnak hrik a ngeimi saram asilole va kha fikfa nih a seh, cu fikfa nih minung a seh tik lawngah minung sin ah a karh kho.
- Minung le minung sin in rungrul chawnh khawh a si lo, zawtnak a ngeimi saram sa einak zong in chawnh khawh a si lo.

- Saram (Satil) vok pawl sin in hi rungrul cu minung sin ah chawnh khawh a si lo.
- Minung le rang cu zawtnak chawnh an si zongah anmah sinin midang sinah chawnhkhawhna an ngei lo.

Thal caan ah JEV zawtnak in irunvennak

Minung tampi caah cun, fikfa nih sehlo dingin hrial hi JEV zawtnak nih tlunhlo dingah a thabikmi runvennak a si. Australia i thal caan lio khual a tlawngmi hna nih tibual, tiva, tidil hna an kal tik ah fikfa cawlcanghning hi hngalh a herh ngaimi a si. Zing ni chuahka, ni tlak caan, asilole a kihnak, naidem umnak hmun hna ah fikfa a chuak khun caah ral rin a herh.

Ti-chungtlong va, le vok hna hi fikfa ruangah JEV zawtnak an ngei kho. Cuban tuk saram an umnak pawngkam ahcun ral ring tein um a herh.

Fikfa seh tonlo ding caah zulh fawimi lam hna cu:

- Fehtermi DEET, sii, picaridin asilole raite zukaliptas sathau aa telmi fikfa sii pawl kha an sehnak zawn takvun cungah ithuh lelek ding a si.
- A leng chuah tik ah a saumi, aa longmi hnipuan i hruk.
- Innkhan thianhna le fikfa thawlnak caah a thakza mi thahnak kah sii, innchung ah a khu peknak thil le innleng ah chinsiikuai (fikfa thahnak sii) pawl hmang.
- Inn ah siseh camping kal tik ah siseh thlangawng, innka, awngkua le a dang fikfa luhkhawhna awngkua paoh kha puanzar in phih dih hna.
- Ti-khawnnak pung, asilole motor ke bantuk, ti aadil kho mi thilri chung ah fikfa an keuh khawh caah cu hna cu in pawngkam le camp tuah nak hmun ah umter hlah asilole hlonh hna.
- Fikfa sii le a thakza mi thahnak sii hman tik ah ningcang tein na hman khawh nak hnga sii bawm cung i cabenhmi ning tein zulh.



JEV zawtnak hmelchunhnak (A langhnak)

JEV zawtnak chawnhmi tamdeuh cu zawtnak hmelchunhnak a langh lo hmanh ah a chel ahcun a zualhma ngaimi zawtnak le a zungzal thluakthahri zawtnak lei asilole thihnak tiang a chuah ter.

- Minung cheukhat cu hi zawtnak ruangah taklinh, luhfah, luak chuah hna in an ingtuar. A zualhma deuhmi pawl cu, hngawngttomnak, lungbuainak, therphannak, thih dengmang i mah le mah sining hngal lo in umnak, tluk zawtnak (a hlei in ngakchia sin ah) le zennak tiang an ing tuar.
- Minung pakhat cu zawtnak a ngeimi fikfa nih a seh hnu, ni 5 in 15 kar lak ah zawtnak hmelchunhnak hi an lang theu.
- Nangmah asilole na hngalhmi minung pakhat khat cu JEV zawtnak hmelchunh nak an ngei ti na hngalh ahcun a rannak in sii-ai lei thlop ding na tuah colh lai.

Raikhamsii

Nangmah pumpak JEV rai i vennak caah raikhamsii chunh khawh a si.

Zawtnak chawnh a fawi mi hna caah rampumpi le ramthen i zapi ngandamnak lei tawltreitu bu hna nih JEV raikhamsii peknak prawkarem cu an tawltreil cang.

Tincotlak he pehtlai in rampumpi le ramthen cio ah tinco ning aa dang cio. Zawtnak a rak chuahka ahcun saram he naihniam tein a um mi hna le saram zohkhenhnak lei rian a tuan mi kha papek in an rak chunh hna.

Thimdeuh mi hmunhma ah khuasa mi asilole rian tuanmi, cun, nifatin a leng ah caan saupi a hmang khun mi hna caah tiah tincotlak tahfung cu rampumpi hna le ramthen hna ah kau deuh in samh piak a si cang.

TJEV raikhamsii chunhkhawh na si le silo cu na umnak sangveng i ngandamnak lei riantuan tu hna sin ah na hlat khawh.

Australia ah raikhamsii phun hnih hman khawh an si:

Imojev (Sanofi Pasteur) cu voikhat chunhmi, damter deuhnak rungrul raikhamsii a si (naupawi mi nu hna le chungril lei damlonak a ngeimi pawl telh chih in micheukhat cu pek/chunh khawh an si lo). Cun, JEspect (Seqirus) cu voihnih chunhmi (cawlcangh terlomi) raikhamsii a si i ni 28 hlaat in chunh a herhmi a si.

JEV hramthawknak

Japan ram ah a voikhat JEV zawtnak an rak hmuh hi kum 1871 ah a rak si. Cuhnucun, hi zawtnak min a rak chuahnak a si.

Tam deuh hngalhnak caah

health.gov.au/jev-translated-information al