Karen S'gaw | ကညီကျာ်

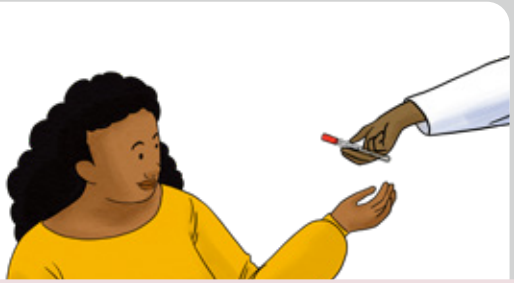
Australian Government

NATIONAL CERVICAL SCREENING PROGRAM

A joint Australian, State and Territory Government Program

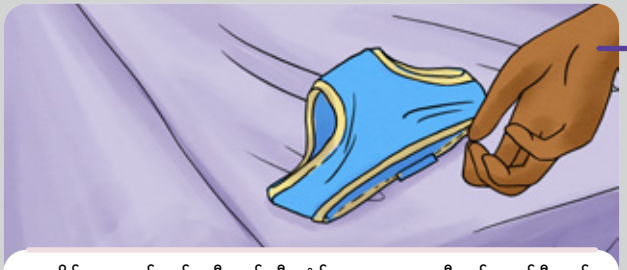
တၢ်မၤကွၢ်ဒၢလီၢ်ခိၣ်ထီးအတၢ်မၤကွၢ်-ကဘၣ်ထၢဖှိၣ်နတၢ်အဒိလၢနကစၢ်မၤနၣ်ဒ်လဲၣ်.

တၢ်မၤကွၢ်ဒၢလီၢ်အတၢ်မၤကွၢ်လၢ ၅ နံၣ်တဘျိထိဘိနၣ်ကမၤစၢၤနၤလၢနကအိၣ်ဆူၣ်အိၣ်ချ့, လၢနကစၢ်ဒီးဟံၣ်ဖိယီဖိအဂီၢ်လီၤ.

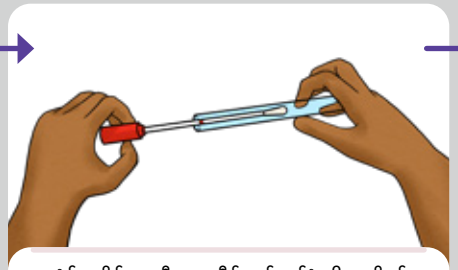


1. နကသံၣ်သရၣ်မ့တမ့ၢ်သရၣ်/သရၣ်မုၣ်ကွၢ်ပှၤဆါတဖၣ်ကဟ့ၣ်လီၤနၤနီၢ်ကစၢ်တၢ်မၤနၣ်တၢ်ဒ့ဒ်းဒ့ါအဘိတခါဒီးဟ့ၣ်နၤတၢ်လီၢ်ဘံၣ် ဘံၣ်ဘၢၤဘၢၤတခါလီၤ.

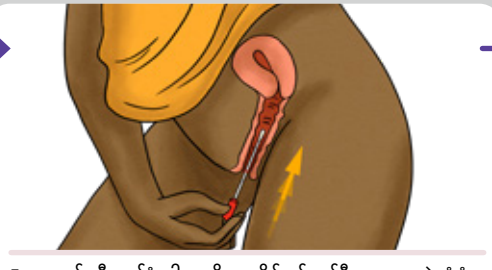
2. သ့ကချီဝံၤထွါဘၣ်နစုတက့ၢ်. ကွၢ်ဘၣ်တၢ်မၤကွၢ်လၢနီၢ်ကစၢ်အတၢ်ဒ့ဒ်းဒ့ါအဘိတက့ၢ်. တၢ်ဒ့ဒ်းဒ့ါအဘိနၣ် အိၣ်ဒီးအကတၢ်တက ပၤလၢနဖိၣ်အီၤသ့ဒီးအဂၤတကပၤလၢနမၤနၣ်တၢ်အဒိအဂီၢ်လီၤ.



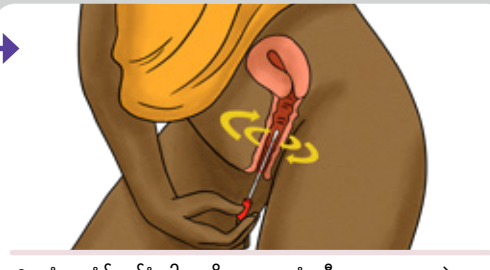
3. အိၣ်လၢအမုၣ်ဘၣ်နၤဒီးဘ့ၣ်လီၤကွံၣ်နကူကၤလၢအဖီလၣ်တဖၣ်ဒီးဘ့ၣ် လီၤကွံၣ်နဖျိၣ်ခံဖိတက့ၢ်. နကၤကူကၤအဂၤတဖၣ်သ့ဝဲလီၤ.



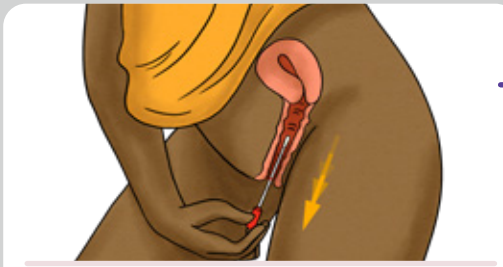
4. ဝံၣ်အခိၣ်ကျးဒီးထုးထီၣ်ဘၣ်တၢ်ဒ့ဒ်းဒ့ါအဘိနၣ် လၢအဒၢအချၢတက့ၢ် တဘၣ်ထီးဘၣ်အခိၣ်ထီး လၢတၢ်ကထၢဖှိၣ်နၣ့်အဒိတခါနၣ်တဂ့ၤ.



5. ထၢနၣ်လီၤတၢ်ဒ့ဒ်းဒ့ါအဘိဆူနပိၣ်မုၣ်ကၢ်ဂီၤအပူၤစ့ၤစဲထံမ် ထၢၣ်တက့ၢ်. တၢ်ဒ့ဒ်းဒ့ါကအိၣ်ဒီးတၢ်အကျိၤမ့တမ့ၢ်တၢ်ပနီၣ် တခါလၢကဒုးနဲၣ်ဝဲနကဘၣ်ဂိၣ်နၣ်ယိၣ်ထဲလဲၣ်အဂီၢ်လီၤ.



6. ဘံးပလံၣ်တၢ်ဒ့ဒ်းဒ့ါအဘိမၤဟူးတရုံးအီၤလၢ ၁၀-၃၀ စဲး ကးအတီၢ်ပူၤတက့ၢ်. တၢ်အံၤတဘၣ်ဆါဝဲဘၣ်, ဘၣ်ဆၣ်နကတူၢ်ဘၣ်ဒ်သိးတမုၣ်ဘၣ်နၤဘၣ်သ့ဝဲလီၤ.



7. ထုးထီၣ်ကွံၣ်တၢ်ဒ့ဒ်းဒ့ါအဘိလၢနပိၣ်မုၣ်ကၢ်ဂီၤအပူၤဒီးထၢ နၣ်လီၤက့ၤအီၤဆူအဒၢအပူၤတက့ၢ်. မၤလီၤတံၢ်ဒ်သိးတၢ် မနုၤမးတထိးဘၣ်တၢ်အဘိအခိၣ်ထိးလၢနဂိၣ်နၣ်အီၤဆူန ပိၣ်မုၣ်ကၢ်ဂီၤအပူၤနၣ့်တဂ့ၤ.

8. ကူကၤထီၣ်နကူကၤဝံၤသ့ကချီနစုတဘျိကဒီးတ ကၢ်.

9. ကၢ့ဟ့ၣ်လီၤနီၢ်ကစၢ်တၢ်မၤကွၢ်တၢ်ဒ့ဒ်းဒ့ါအဘိဆူနက သံၣ်သရၣ်မ့တမ့ၢ်သရၣ်/သရၣ်မုၣ်ကွၢ်ပှၤဆါအအိၣ် တက့ၢ်. တၢ်မၤကွၢ်အစၢနၣ်တၢ်ကချၢအီၤဆူနကသံၣ်သ ရၣ်မ့တမ့ၢ်သရၣ်/သရၣ်မုၣ်ကွၢ်ပှၤဆါအအိၣ်နၣ်လီၤ.

နတၢ်သံကွၢ်တဖၣ်မ့ၢ်အိၣ်မ့တမ့ၢ်မ့ၢ်ဆိမိၣ်လၢနမၤကမၣ်အီၤနၣ်ကတိၤတၢ်ဒီးနကသံၣ်သရၣ်မ့တမ့ၢ်သရၣ်/သရၣ်မုၣ်ကွၢ်ပှၤဆါတ ကၢ်. နမၤစ့ၢ်ကီးသ့ဒ်-

- ကွၢ်ဘၣ် health.gov.au/NCSP-multicultural လၢတၢ် ဂ့ၢ်အါထီၣ်ဘၣ်ဃးတၢ်မၤကွၢ်ဒၢလီၢ်အကျိၤခိၣ်ထီးအဂီၢ်
- ကိး **1800 627 701**
- ကိးဘၣ်တၢ်ကျိးထံဒီးတၢ်ကတိၤကျိးထံတၢ်မၤစၢၤ (TIS National) ဖဲ **13 14 50** လၢကမၤနၣ့်တၢ်မၤစၢၤလၢ နကျိၣ်နၣ်တက့ၢ်.