

Ani: May 4, 2017

Athuhla: Tlawng Nat Khamtheinak Thlun Dingmi Daan Pawl

Nat Khamtheinak thlun dingmi daan pawl athar in Pennsylvania Harhdamnak Zung (Pennsylvania Department of Health) in thu a suah zo. Hi thlun dingmi daan pawl thlun ih zohsalnak le remsalnak pawl cu August 2017 ihsin hmuahneiter a si ih kan phun hleihnih tlawng ih tlawngta hmuahhmuah thlun ah hmual a nei ding. Nat Khamtheinak ih athar in a`ulmi hmuahhmuah kan tlawngta tamsawn in an co laifangah, tlawngta tamsawn in betmi adang si sun an `ul lai. A`ulmi thar pawl cu atanglam vekin an si:

Tlawngta hmuahhmuah **ANZATEN** a tul:

Kum 4 kim hnuah thahri dirh le caih nat, awm phit natnak le khuh hrik natnak hrangah si vei 4

Kum 4 kim hnuah zaang thahri ling nat le tha a zeng cih theimi nat hrangah vei 4

Taksa sen bo ten a seer `heh theimi natnak, hngawngthing natnak le taksa sen bo natnak (MMR) hrangah vei 2 le kum 1 kim hnuah a vei hnih tein si sun a tul

Ye kyauk (sahlah nat) asilole nat kham tul tiah alang le vei 2 le kum 1 kim hnuah a vei hnih tein si sun a tul

Thinthling natnak hrangah vei 3

Phun 7 ihsin phun 12 tiang hrangah a hlei betmi nat khamtheinak a tulmi pawl:

Thluak le zaang thlik tuamtu duandar hrik natnak a phunphun (MCV) hrangah vei 2 sungah a vei khatnak cu kum 11 ihsin kum 15 karlak le a vei hnihnak cu kum 16 a kim tikah asilole phun 12 tlawng ap tikah a si pei. Kum 16 asilole kum upa deuh hnuah a vei khatnak pek zo asi le, vei khat lawng a tul

Thahri dirh le caih nat, awm phit natnak le seel tellomi khuh hrik natnak hrangah si vei 1

Hi nat khamtheinak pawl cu 2017/18 tlawng kai kum athawk vetein tlawngta hmuahhmuah in `hehsuak thluh dingah beisei a si asilole sibawi pakhat ih zoh `hatnak thawn nat khamtheinak hmuahhmuah `hehsuak dingah hmuitin pakhat tuah a si pei. Thal le khuasik karlak caan ah tlawng na kai sal vetein, thar bet vivomi si sunnak hmingsinnak ca pawl a bang-awmi tlepkhat thawn mina tuamhlawmtu hnenah zaangfah tein pek suak aw.