



LEITUNG AH HEPATITIS A KIZELH ZIA

‘Hepatitis’ a kici ‘Sin natna’ thu theihhuai pawlkhath



‘Hepatitis A’ aki ci Sinnatna bang hiam?

‘Hepatitis A’ natna pen ‘Hepatitis A’ lungno (HAV) pan-a piang sin natna hi-in, mi khat leh khat a ki lawh baih thei natna hi. Tua natna in i sin hongbawksak hi. Hih natna hong nasiat semsem ciang in nuntakna nangawn a bei sak thei natna a hihi.

Bangci bang in hih natna kilawh thei?

Hepatitis A natna lungno pen natna a nei mi khat ii eek sung ah om hi. Hih natna pen a siangtho lo an neekna, khut siangtho lo pi tawh (gtn: dailen’ khit ciang) annnekna pan ahi zongin, natna neisa mikhat tawh ki lawn khakna pan in kilawhthei hi. Tuat ban ah, a siangtho lo- pongmoh, bawgnawi leh bawgnawi pan aa kibawl nek theih tuamtuam, singgah leh singgah tui, annteh, a hawng khauh a nei tui sung ganhing (*shellfish*) te sungah natna lungno omthei hi.

A diakdiak in, a siangtho lo tui, a hawngkhauh anei tui sung ganhing (*shellfish*) leh anteh sungah om thei phadiak hi. Tua baan ah, hih natna a nei mi khat in a siangtho lo pi aa a bawl mehtehte leh ante pan in zong kilawh thei hi. Mihing khat leh khat a kilawh theihna lak pan in: natna neisa khat tawh kithuah khopna, gam tuamtuam ah zin kawikawi na leh natna nei mi khat tawh nu leh pa om khopnate pan in kilawh baih thei phadiak hi. Tua ahih man-in, hih *Hepatitis A* natna pen a siangtho lohna munte ah pumpi siangthona a kin lo mite lakah kimu thei hi.

‘Hepatitis A’ natna neihlam bang ci kitheih ding?

Hih sin natna lungno a nei mi pawlkhath tungah natna a neih lam ong kilak thei lim (*symptoms*) ong om pah lo ahih man-in natna a neih lam zong theipah lo uhhi. Naupangte sang in khangham te tung-ah natna lim kilang baihzaw hi.

Natna lim pen a nuai aa te tungtawn in hong kilang hi.

- CisaKahna
- Tawl luat detna
- An kamlim loh detna
- Luak suahna
- Gil sung noplohna
- Niangteh tui tawh kibang zun neih detna
- Pumpi ci engna (*jaundice*)



Natna lim a kilat zawh kha 2 bang a phak hang-in, natna na neih pen kha 6 bang pha khin thei hi.

Natna om kipat tung leh tua natna hong kilat kikal hun (*Incubation*) pen a tamzaw pen ni 28 bang sawt thei a, mi pawlkhath te ahih leh ni 15-50 dong zong sawt thei hi.

‘Hepatitis A’ natna na neih lam koi ci thei ding hiam?

Si sitna (*IgM anti HAV*) tungtawn bekin ki theithei hi. Natna nei ding in na ki upmawh phet in Siavuante tawh kilak pah in.



Kuate'n hih natna ngah thei phadiak hiam?

- A khangtosa gam pan a khangtolai gam ah khualzin kawikawina
- Hih natna a tamna gam ah nasepna
- Zi/ pasal khat val a neite
- Khamtheih guihtheih zatui zangte (*drug abusers*)
- Sikhal baih natna (*Hemophilia*) a neite
- Sin natna dang (*Hepatitis B or C*) a neite
- *Hepatitis A* ' natna tam na mun ah a om naupang te
- Zu dawn dawnte
- Gan khawina munah nasem te/ Gan cingte

'Hepatitis A' natna ngah loh nang koici ki dal ding ?

Dailen khit sim, lo khawh khit sim, ganhing khat peuh na khoih khit sim, naudapna na khek khit sim, nau ek siak khit sim, an na huan ding sim leh an na neek ding sim in na khut satpiang tawh sawp siang den in.



'*Hepatitis A* ' natna dalna zatui (*vaccination*) ki sun in. A diakdiak in a tung a a ki gensa hih natna a ngah thei phadiak te lakpan khat na hih leh Siavuan tawh kimu in hih "*Hepatitis A*" kidaalna zatui ki sun hamtang in. Hih '*Hepatitis A* ' natna nei a tam na mun ah a om naupang te ahih leh kum khat a cin khit naak uh leh hih kidaalna zatui (*vaccination*) ki sun thei ta lel hi.



'Hepatitis B' a kici Sin natna bang hiam?

'*Hepatitis B* ' natna pen '*Hepatitis B* ' a kici lungno (Hepatitis B Virus: *HBV*) tungtawn in ong piang sin natna ahi hi. Hih *HBV* lungno in pen khantawn a kilawh thei natna ong piang sak in, 'sin' ong keu sak aa, sin cancer, sin damlohna tuam tuam, sin sihna cih te ong piang sak bek tham lo in, i nuntakna zong ong beisak thei natna khat hi.

Sin natna nam khempeuh lakpan in, a lauhuai pen in kithei hi.

'Hepatitis B' natna koici bangin kilawh thei hiam?

'*Hepatitis B* ' natna lungno in natna nei khat ii' sisan, khua-ul, cil tui, numei leh pasal van pan a piangtui (*vaginal secretions and semen*) te tawh kisuk-khakna, pan ki lawh thei hi.

AIDS natna a piang sak HIV a kici lungno te tawh natna a kilawhdan a ki bang hi. Ahi zong in, HIV sangin a zah 50%-100% bang kilawh baih zaw hi.

Hih natna ki lawh theihna bulpi teng in:

- *Hepatitis B* a nei numei in nau a neih ciang, a ta' tungah lawh thei
- Lungno khat peuh tungtawn aa natna a ngah naungek te
- A siangtho lo phim tawh zatui kisutna
- A siangtho lo, '*Hepatitis B* ' a nei te' sisan kithun khakna.
- Nu le pa om khopna cih te hi.

'Hepatitis B' natna lim(*symptoms*) koici kilang hiam?

Mi pawl khatte kiangah hih natna pen kilang hetlo thei hi. Na kum ham semsem leh natna lim kilang semsem thei hi. Tua ahihmanin, na theih loh kal in natna nei na hi thei-a, tua natna lungno pen midang te kiangah a na lawh khin zong na hi thei hi.



'Hepatitis B' natna daal na ding zatui kuateng kisun ding hiam?

'*Hepatitis B* ' natna daalna zatui(*vaccination*) ki sun kholh ding hoih hi. A diakdiak in, a nuai-a ki gelhte lakpan khat na hih leh na kisut hamtang ding kisam hi.

- Naungek khempeuh
- Naupang kum 0-18 a phate
- Hihnatna a tamna gam ah a teeng/ khualzin/nasepna
- Si tawh tamvei a kisu kha den zato nasemte
- Khamtheih guihtheih zatui zangte
- Kal natna hang-in sisawpna (dialysis) ahih kul den te
- '*Hepatitis B* ' natna sauvei pi a nei mi tawh inn khat sungah teeng khawm te
- Natna lungno a nei numei/ pasal tawh lupkhopna
- Pasal leh pasal, numei leh numei lupkhopna .

Tua ahih manin hih a kidaal thei, a lauhuai sin natna pan kidaal tawm in. Na kidaalna ding zatui kisun hamtang in, bang hang cih leh na kiim na paam ah hih natna nei te tawh a kithuah thuah khawm na hih meel zong kithei lo hi.

Kawlgam pen *Hepatitis* natna nei a tamna mun ahih manin, omdaan siangtho in la, hih natna sia pan kidawm in.

Natna a kilat theihna lim te pen '*Hepatitis A* ' tawh ki bang hi. Natna lim te in: ci leh mittang sung engna (*yellowing of skin and eyes*), gimna , ann kam lim lohna , luaksuahna, gil sung noplohna, niangphan san tawh ki bang zun neih denna leh guh leh tang natna te ahi hi.

Hepatitis B natna neih lam koici kithei ding?

Si sitna(*IgM anti HBV*) tungtawn bekin ki thei thei hi. Natna nei ding in na ki upmawh phet in Siavuan te tawh kilak pah in.

Kuate'n hih natna ngah thei phadiak hiam?

- Natna lungno a nei nu leh pa lupkhopna
- Numei / pasal khat val tawh lupkhopna
- A siangtho lo phim zang in khamtheih zatui kisutna (*drug abuse*)
- '*Hepatitis B* ' natna sau veipi a nei mi tawh inn khat sung ah teengkhopna
- Mihing sisan tawh kisu kha den zato nasem te
- Si khal baih natna (*Hemophilia*) a neite
- Hihnatna a tamna mun ah a teeng te (ahih kei leh) tua mun te ah khualzin na/nasepna

'Hepatitis B' natna ngah loh na'ng koici ki dal ding ?

Hih natna a nei mikhat ii van zat, si a baang thei van a hi: mukmul kiatna, hanawtna, bombi sungten leh mainul cih te zang khawm kha kei in.

Pumtung aa lim suaihna (*Tattoo*), Sen siavuante' zat theih phim neu neu pumpi tungah phut in natna kibawlna (*acupuncture*), bilvuhna/pumpi tungah a vang tuam tuam vuhna cih te hih kha kei in. Tualai a ki zangphimte in natna lungno nei mikhat ii zatsa na hi thei ahih man-in nang tungah natna ong kilawh thei hi. Sam na met ciangin, na sam ong kiat sak ding uh temneu pen, athak zang sak hamtang in.

Kham theih zatui zang kei-in. Bang hang hiam cih leh, kham theih zatui ki sut ciang-in mi khat le khat phim zat khopna pan-in natna lungno kilawh thei hi.