

**Him tein, Smart tein le Dam tein: Na um nak hmun thar ah khuawng pemh nak tawh fung hna.**

**Sii lei i zohkhenh nak le Damnak tlam tlin ngah nak – 5**

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Medical Care and Health Insurance – 5**

**HAKHA CHIN**

<p>Mr. Adam cu a um nak hmun khua pi thar a phanh tik ah tthut um nak lei tawlrel tu nih siibawi ton caan a tuah piak i Refugee Health Screening ah khan an bia cu an thok.</p> <p>Hi Siibawi sin ah ih piah nak cu Narian ttuan nak le na sianginn kai nak ah hna an hnawh khoh mi zawtnak cu fian ter nak caah a si. American ram ih na nun thar cu rian ttha le na fa le caah sianginn ttha he khua awng a pemh mi si ding kan nin dud piak. Nang mah asi lo ah na chung khar hna an zawt ah cun na rian ah na kal kho lai lo asi lo ah nafa leh hna sianginn an kai kho lai lo.</p>	<p>When Mr. Adam arrived in his new city, a resettlement agency case worker made an appointment for him to visit a doctor’s office and begin his Refugee Health Screening.</p> <p>These visits to the doctor are to identify any health problems you might have that could interfere with work or school. We want your new life in America to be successful, with a good job for you and a good school for your children. If you or your family are sick, it will be hard for you to go to work, or for your children to go to school.</p>
<p>Mr. Adam nih sii ca bu hna siibawi sin ah a rak rat pi. Van lawng cung naa zuan pi mi sii cabu hna vial te kha nang mah zoh khenh tu siibawi sin ah na piah hrim ding ah abia pi.</p> <p>American na phanh hlan ah na rak zaw bal asiloah operation hna tuah na rak si bal a siloah a tu ah zawt nak a dang dang hna na ngei mi aum sual ah cun kha kong kha ttha te in na siibawi sin ah na chim hrim hrim a herh.</p>	<p>Mr. Adam took his medical records to the doctor’s office. It is important for you to bring all the medical records that you brought with you on the airplane, and show them to your doctor.</p> <p>You must tell the doctor about any sickness or other health problem you have now, or if you were ever sick or had surgery before you came to America.</p>
<p>Refugee Health Screening ah hin atampi chek nak le tahhlat nak a tel. Na fa le hna zong Lead testing tuah an si lai. Na fa a voi khat nak chek a si hnu thla 3 ah a voi hnih nak piah tthan ding kha a biapi tuk ca ah na philh hrim hrim lai lo. Na fale nang mah nan pa hnih te in nan dam bak ti thieh kha siibawi nih a herh.</p>	<p>The Refugee Health Screening includes many tests and shots. It also includes <b>lead testing</b> for children. It is very important that you remember to take your child back for a <i>second</i> lead test, three months after the first test. The doctor needs the results from <i>both</i> tests to keep your child healthy.</p>
<p>Fa le hna a silo ah fa a upa nawn cang mi hna chung ah thi chung har nak a pe tu lead (thir daat) (tah chun nak ah a hnawm mi thil pakhat khat hna aa dolh sual ti bantuk, a si ah cun) an</p>	<p>When children or adults are exposed to <b>lead</b>, for example from swallowing paint or dirt that contains this metal, it can be very harmful to them. Having even small amounts of lead in your blood, whether</p>

<p>ca ah fah nak ngan pi a chuak kho. I thawng h nak ah maw, thaw chuah nak ah maw, asi loah cu lead i dolh soal nak ah maw, thi chung ah cu lead hme te a um a si ah cun, thlauk rawh nak, tak fah nak, ruh fah nak, Anemia timi thi thlawm nak fah nak, tti h a nung mi zawt nak a chuah pi.</p>	<p>from breathing, touching or swallowing lead, can cause brain damage, anemia, pain in muscles and joints, and other very serious health problems.</p>
<p>Na fa thi chung ah lead a thiang bak ti thieh nak caah a voi hnih nak i chek nak hi a biapi tuk mi a si i na philh hrim lai lo.</p>	<p>Remember that checking your child's blood for lead a <i>second</i> time is very important, to make sure they are healthy.</p>
<p>Refugee Health Screening ih a ze i lei poah ah i tel dih ve ding ah a biapi. Nurse nih thil he I rak put tthan ding ah khawn nak kheng an pek tik ah a chim ning te in na tuah a herh. Nang mah le na chung khar hna pum thlam tlin lo in a si ter khawh mi zawt nak hrik na ngei ah cun check hrim hrim a hau.</p>	<p>It is important to participate in <i>all parts</i> of the Refugee Health Screening. When the nurse provides you with a container to bring back a stool sample, it is very important that you follow the instructions <i>exactly</i>.  The test is necessary to see if you have parasites or germs that can make you and your family sick.</p>
<p>Siibawi leh Nurse nih na zawt nak an theih hnu ah asiloah a sang deuh mi ah kal na herh ti an thieh hnu ah cun a ho siibawi sin kal ding ti kha fiang te in an nin chimh lai.  A sullam cu an mah nih khan a dang Siibawi ton caan an nin tuah piak lai i na ttha deuh lai ti nak a si. Cu ban tuk hna caan I siibawi va ton cu a biapi tuk mi a si. A ze i bantuk zawt nak hmanh or mit, haa, hnaa zawt nak hna chung in cu siibawi nih cun an bomh hna lai.</p>	<p>If the doctor or nurse discovers that you are sick or need further medical care, they will give you a referral. This means they will make an appointment for you to visit another doctor, so you can get better.  It is very important that you go to these appointments, so you can get help for any illnesses or other problems you have with your eyes, ears, or teeth.</p>
<p>Hi ban tuk ton can hna hi "hnu lei caan tiang i zoh kheh caan" (follow- up appointment) tiang ti a si. Hin ban tuk can ah hin health insurance card na rak ken lai.</p>	<p>These appointments are called <i>follow-up appointments</i>. You will need to bring your health insurance card to your follow-up appointments.</p>