

**Him tein, Smart tein le Dam tein: Na um nak hmun thar
ah khuaawng pemh nak tawh fung hna.
Hmang tawm mi thil le rit nak thil – 1**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Substance Use/Abuse - 1**

HAKHA CHIN

<p>Mr. Ba le Mr. Adam cu rian ttuan nak hnu ah nuam te in beer an ding tti. American ram i rit nak upadi ttha te an theih. Na kum 21 a tlin lo ah cun rit mi thil na tawng kho lo. Mr. Ba le Mr. Adam cu an kum nih a tlinh hna a sinain an kum a tlin nak piah nak card ngeih an herh.</p>	<p>Mr. Ba and Mr. Adam sometimes enjoy getting together to have a beer after work. They have learned about the laws in America about alcohol. You must be 21 years of age or older to drink alcohol in America. Mr. Ba and Mr. Adam are both old enough to drink, but must have identification to prove their age.</p>
<p>Rit mi vun din i maw ttaw mongh cu thil ttih nung tuk mi, a cozah duh lo bak mi a si. Hi ruang ah hin bia an cheih mi cu Rit huh in maw ttaw (car) na mongh i a nin tleih a si ah cun ram chung in dawi na si lai.</p>	<p>It is very dangerous and <i>illegal</i> to drive a car if you have been drinking alcohol. For this reason, they make other transportation plans. If you are caught driving while under the influence of alcohol or other drugs, you jeopardize your immigration status and you can be deported.</p>
<p>Hi hi philh hlah, tha bat nak le mit kuh nak a chuah pi tu sii hna a um, cu ban tuk sii na in lio hna i manttaw na mongh ah cun na caah a har lai. Hi sii hna hi fah deih nak caah hman mi an si. Rit hmang mi sii ti tak ah hi sii hna hi a hleiceh in ti duh mi an si.</p>	<p>Remember that some <i>medicines</i> can make you tired or sleepy, and make it unsafe for you to drive. This is especially true of some pain medications: these can be <i>especially</i> dangerous if you drink alcohol while taking the medicine.</p>
<p>Khat \kat\ Gat hna zong American ram upadi nih a onh lo. Na zuar hna a si lo ah na hman, na tongh hna ah cun ram chung in dawi na si lai.</p> <p>Cun a dang rit hmang mi thil na um nak hlun ram cozah duh lo mi vial te kha American ram ca zong ah onh ve lo mi a si kho, a mah sining te i rit nak a chinah pimi cin thlak mi tiang hmanh in onh a si lo. Tthate in chek dih hna.</p>	<p>Khat/Kat/Qat is also illegal in America. Using or selling this substance will also jeopardize your immigration status and get you deported.</p> <p>Some <i>other</i> intoxicating substances used in the country where you lived before may also be illegal in America, including natural substances or plants. Be sure to check.</p>
<p>Sadah le a dang kuak hna cu zuk khawh an si a sinain inn chung paoh ah na zu kho lo. kuak khu nih dam lo nak a chuah pi, a zu tu hna ca long si lo in inn chung khar hna le kuak khu aa dawp tu vial te hna caah dam lo nak a si.</p>	<p>Tobacco and cigarettes are legal in America, but smoking is not permitted inside most buildings. Tobacco smoke is very unhealthy—not only for smokers, but also for their families and any <i>other</i> people who breathe smoke in the room because they are close to a person who smokes.</p>