

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

**Sii hmang ning le harh dam nak caah inn lei i zoh khih ning – 5**

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Medications and Home Remedies – 5**

**HAKHA CHIN**

<p>Mrs. Li nih a fa nu siang inn a kai lio ah antibiotics sii chunh ding ah kal pi a herh. Siang inn nurse nu chonh ding ah siang inn a vun auh.</p>	<p>Mrs. Li needs her daughter to keep taking her antibiotics during the day while she is at school. She calls the school to talk to the <b>school nurse</b>.</p>
<p>Na fa nih siang inn ah sii din ding ken a herh ah cun siang inn nurse theih ter hna. Mirang holh na thiam det sai lo a si ah cun siang inn nih holh let tu an nin khan piak lai i direct in nurse he i chonh khawh a si. Nurse theih lo in na fa nih siang inn ah sii aa ken kho lo.</p>	<p>If your child needs to take medicine to school, you must contact the school nurse. If you are not comfortable speaking English, the school will provide an <i>interpreter</i> for you, so that you can talk directly with the nurse. Your child should never take <i>any</i> medicine to school that the nurse does not know about.</p>
<p>Mrs. Li nih a fa nu sii ding ding ral rin te in atuak taan cia dih. Zeicatiah hngak chia nih upa nak in sii tlang hme deuh an herh i aa khat mi sii tlang ah khan a tlawm deuh an herh zung zal.</p>	<p>Mrs. Li is careful to measure out the correct dosage for her daughter's medicine. Because children are smaller in size than adults, they usually need less of the same medicine. Follow the instructions for giving medicine to your children very carefully. Ask the nurse to show you how to give medicine to very small children and babies.</p>