

Naupawi Lio ah Kuakzuknak/Vape Dawpnak

Nau pawli lio ah kuakzuknak/vapae dawpnak a himmi zat a um maw?

Um lo. Nikhat kuak tlawm te hmanh nih na ngakchia le na ngandamnak a Hnorusangtu chemical pawl an i tel.

Kuakzuknak/vape dawpnak aa ngolmi naupawi Io minung pawl cu an ngan a dam deuh. Zeitluk sau in nau na pawinak chung ah kal cang hmanh law, i ngolnak nih na ngakchia cu a tu le a chuah hu ah a bawmh lai. Na siibawi he nihin ah ngolnak ding bawmhnaak laak ding bia i ruah!

Seh-kuak hi an him ?

Him lo. Seh-kuak in a rami khu ah cancer, le ngakchia ii a thangcho liomi thluak a hrawk khotu thi rit aa tel.

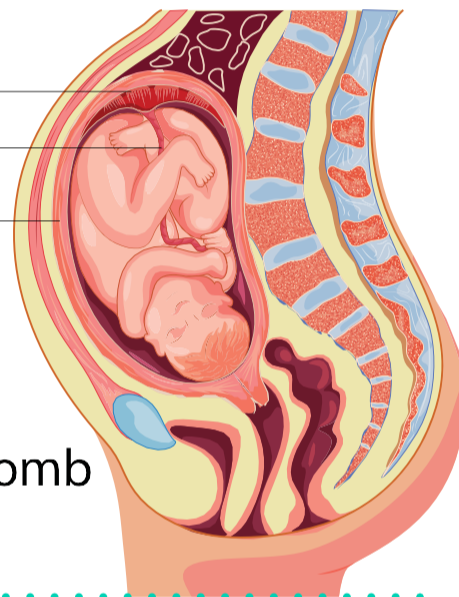
Kuakzuknak/vape dawpnak ii naupawi lio tihnunnak

- Ngakchia a chuak rih lomi rawl le oxygen a petu hlam kha a hrawh.
- Naurawhnaak silole thicia in hrinnak
- Thlatling lo hrinnak (zerh 37 Hlaan hrinnak)
- Ngakchia cu a tling in hrin a si hmanh ah anmah cu term (zerh 40) ah an hme tuk rih ii ngandamnak lei harnak pawl an ngei kho a ruang cu a za tawk in oxygen le a herhmi thazaang umnak pawl nau inn chung an um lio ah an ngah lo.

Placenta

Cord

Uterus



Baby In Womb

I ngolnak bawmhnaak ngah ding ah na siibawi biaruah.

A LAK in Ngolnak Bawmhnaak:

- Visit www.smokefree.gov
- Naupawimi minung pawl: bawmtu cakuat pawl caah, MOM kha 222888 ah ca kua
- Liv App, naupawimi minung pawl caah a lak app hrampi
- 34191 ah READY ca cakua
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