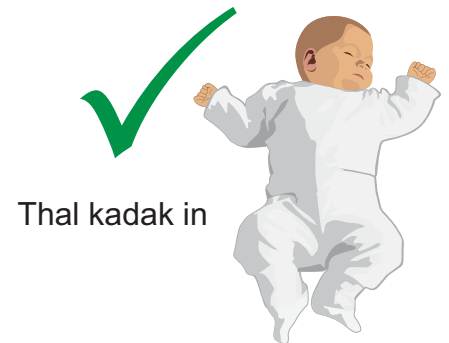
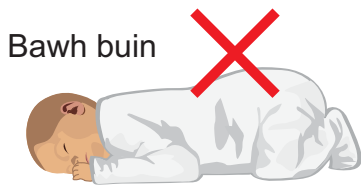


Sudden Infant Death Syndrome (SIDS) timi Ruahlopi in Bawhte Thihnak Zawrternak ding

Bawhte thal kadak in iher ding



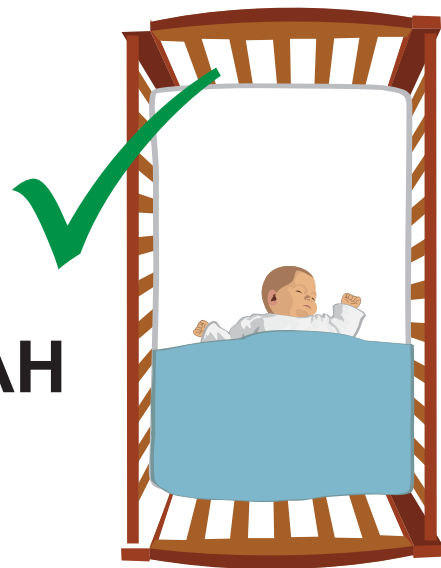
Bawhte a sirlei le bawh buin ihnak nih SIDS timi Ngakchia Ruahlo Piin Thihnak si khawhnak ding a karhter

Lu le Hmai khuhlo in chiah ding



Hngawng rup le a ban umlomi a himmi bawhte ihnak bek (bag) hman ding

ASILOAH



A thal in iher ding. Bawhte ke ihkhun tawlei kam ah chiah ding. Piangpai tein puan bil in vorh ding.

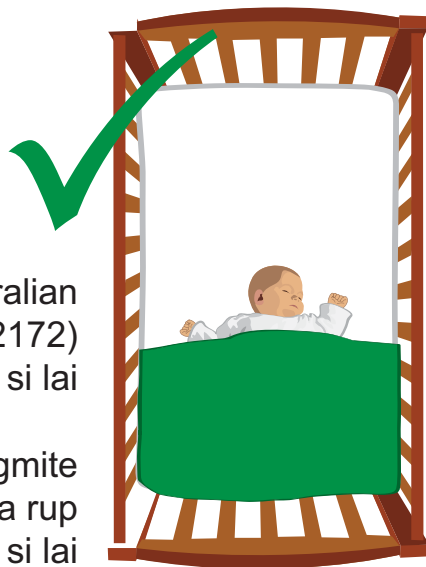
Bawhte lu le hmai khuhmi nih SIDS sinak ding a karhter



Nau ngeih hlan le ngeih hnu kuak zuk lo ding

Nau paw lio le nau ngeih dih hrawnghrang kuak zuk nih SIDS si khawhnak ding a karhter.

Na siibawi, na sii sayamah (nurse) sinah asilole **Quitline i 131 848** ah chawhnak thawng in kuakzuk ngol dingah bawmhnak hmuh khawh a si



Nau ikhun cu Australian Standard (AS2172) a tlinhmi a si lai

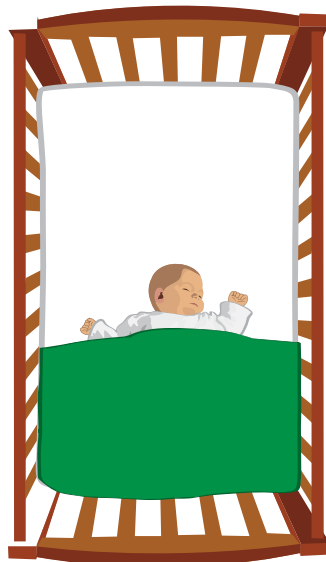
Ihphah cu a tliangmite le nau ikhun he aa rup bakmi a si lai

Bawhte a thal in ihter ding ✓

Lu le hmai khuhlo ding ✓

Nau chuah hlan le chuah hnu kuakkhu umter lo ding ✓

Nulepa ikhun pawngah naute kha a himmi ikhun in ihter ding ✓

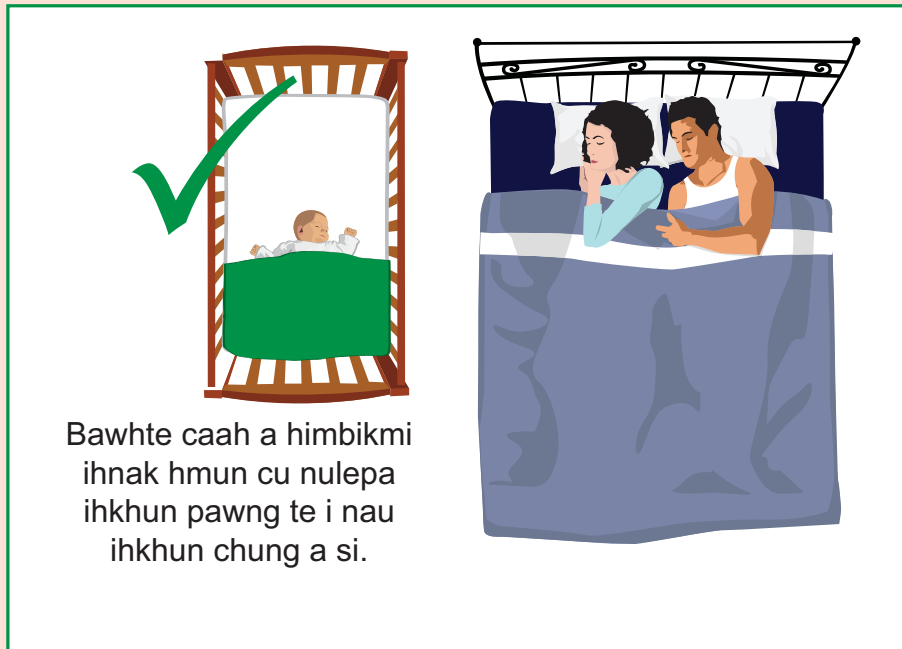


A nemmi le a phuaimi ihphah hman lo ding

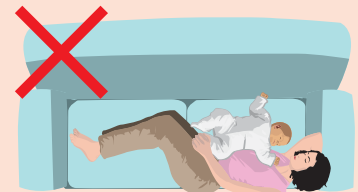


A nemmi thil nih SIDS can khawhnak a tamter

A himlomi ihnak Hmunhma hna



Bawhte caah a himbikmi
ihnak hmun cu nulepa
ihkhun pawng te i nau
ihkhun chung a si.



X aa suaimi hmanthlak paohpaoh hi a himmi ihnak hmun an si lo

SIDS le Bawhte upadi (SIDS and Kids ACT),
Ngandamnak le Mi tlamtinglo upadi (ACT
Health and the Department of Disability) le inn
lei le a bu in rian tuannak zung (Housing and
Community Services) pawl i fonh in tuahmi a si.



Hmaihngal ngaiin ttuanvo latu



www.grobag.com.au
1800 777 107

sidsand
kids

A konglam tam deuh theih dingah na siibawipa sin a
siloah na umnak sang i a ummi ngakchia ngandamnak
zohkhenhtu sii sayamah (Child Health Nurse)
sinah chawnh khawh a si; Na umnak state asiloah
territory i a ummi SIDS le Kids,

1300 308 307

ah chawnh khawh a si. Asiloah SIDS and Kids websaih
www.sidsandkids.org ah hin leng.