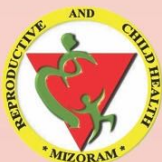


MATERNAL HEALTH



**Reproductive & Child Health
National Health Mission**



Health & Family Welfare Dept., Mizoram

NU IN NAU A PAI LAIIN

Nau pai inrinhlelh veleh Pregnancy test Kit hmang a test in ASHA emaw ANM/HWO ten an confirm thei. Test kit hi a thlawnin Sawrkar damdawiin, Sub Centre leh ASHA hnen atangin a lak theih. Nu in nau a pai atanga thla 3 chhungin sub-centre ah in register vat tur a ni (nu hriselna leh naute hrisel leh tha taka a pian theih nan a pawimawh em em).



Check up - Nu in sub-centre a in register hnuah nau a pai chhungin a hnuai mi ang hian vawi 4 tal Sub Centre ah a kal ngei ngei tur a ni.

Vawi 1 na : kar 12 a nih hmain/naupai tih hriat veleh

Vawi 2 na : kar 14 - 26 inkar ah

Vawi 3 na : kar 28 -36 inkar ah

Vawi 4 na : kar 36 - nau neih hun thleng

Enkawlna dawn theih te -

Thla 1-3 inkarah : Inj.TD, Folic Acid (thla 1-3 chhung)

Thla 4-9 inkarah :

Tab Albendazole 400mg (ei nghal tur)

Tab Iron Folic acid 60mg+500 mcg folic acid (Ni 180 chhung nitin mum 1), Tab Calcium 500mg (ni 180 chhung nitin mum 2)

Test chi hrang hrang (Hb, BP, Zunthlum, HIV, Syphilis etc) lo test sak thin an ni.

PMSMA : Sawrkar damdawi in tinah thla tin ni 9 na ah nu naupai thla 4-9 inkar te tan a thlawnin a in entir theih a vawi 1 tal nu chu a in entir tur a ni. Doctor-in en in test hrang hrang tihsak an nih bakah High Risk nei lo hmuchhuakin enkawlina pek leh refer te tih thin a ni.

Counselling -

Ei leh in, thianghlimna chungchang, nau neihna tur hmun, danger sign, naute hnute pek dan, immunization leh indanna chungchang te nu hnenah hrilhhriat thin an ni.



NAU NEIH LAIIN

Nu chuan damdawi inah nau chhar thiam training chhuak te ngei bulah nau a nei tur a ni. Nu in nau a vei lai, a neih lai leh a neih hnuah harsatna a tawh pawhin enkawlina pek a awlsamin nu leh nau thihna thleng thei tur a pumpelth theih a ni.

Sub Centre/HWC a ANM/HWO te a nau neihna tur chungchangah a rawn thin tur a ni.

Sawrkar damdawi inah a thlawn vekin nau a neih theih.



Nau neih laia sawrkar atanga tanpuina awm thei te :

(i) JANANI SURAKSHA YOJANA (JSY) -

Nau chung a nu thihna thleng thin tihbo nan nau nei tur zawng zawng te damdawi in/HWC/Sub Centre a nau neih tir a tum ber niin he hmalakna a hlawhtlin leh zual nan nau pai te tanpui turin sawrkar in ASHA-te a ruat baw k a ni.

Nu in nau neih lawmman - Rs.700 (Thingtlang area tan)/Rs.600 (Khawpui area tan) dawng thei tur a tih ngai te :

- a) Rai atanga thla 3 chhungin Sub Centre/HWC hnai berah a in-register tur a ni.
- b) A nau pai chhungin ANC check-up vawi li tal a nei tur a ni.
- c) Sawrkar damdawi in/Sub Centre/HWC ngei ah nau a nei tur a ni.

(ii) JANANI SHISHU SURAKSHA KARYAKRAM (JSSK) :

Sawrkar damdawiin bik ah nu nau nei te leh naupang kum 1 hnuai lam enkawl te tan hamthatna sawrkar atangin a awm.

Nu nau nei tan -

Damdawiin panna, haw na leh refer na kalman senso – Rs. 800 chin

Damdawi leina – Rs. 350 (Nau neih pangngai)/ Rs. 1600 (zai chhuah) chin

Thisen test hrang hrang – Rs. 200 chin

Ei leh in man – Rs. 300 (Nau neih pangngai) Rs. 700 (zai chhuah) chin

Naupang kum 1 hnuai lam tan -

Damdawiin panna, haw na leh refer na kalman senso – Rs. 800

Damdawi leina – Rs. 300

Thisen test hrang hrang – Rs. 200

NAU NEIH HNUAH

Nau neih atang a **darkar 48 hmasa ber** hi nu leh naute hriselna leh dam khawchhuah nana hun khirh lai ber niin a **kar hmasa ber** hian a dawt. Hemi hun chhhung hian thihna leh thihngam natna leh harsatna a thlen nasat bik avangin uluk taka in enkawl a pawimawh.

(Nau neih hnu thla 6 chhung Iron Folic Acid leh Calcium te pek thin an ni baw)

In enkawlna leh taksa vawn fai dan tur :

- ✓ Nau neih zawhah nu leh naute buaipui turin awmpuitu (birth companion) darkar 24 chhung an bulah an awm tur a ni.
- ✓ Nu in a kap leh mawng bawr chu nitin leh inthiar zawh apiangin a tifa thin tur a ni.
- ✓ Nu in sanitary pad a hman chu darkar 4-6 danah emaw a chu aia tam pawh a thi neih tam dan a zirin natna dang a kai loh nan a thlak thin tur a ni.
- ✓ Nu in sanitary pad hman tur a neihloh chuan puan thianghlim a hmang tur a ni a, fai takin sah-bawnin a suk hnuah nisa ah a pho ro thin tur a ni.
- ✓ Nitin inbual thin tur a ni.
- ✓ Naute khawihtuin a khawih hma leh khawih hnuah, a bikin naute tihfai zawh leh hnute/chaw pek dawnin fai takin a kut a sil thin tur a ni.
- ✓ Nu chuan mut a hmu thain a hahdam tur a ni.
- ✓ Nu in chaw tha leh thil tuiril a ei/in hnem tur a ni.

Nu leh Naute chu ASHA in HBNC visit a nei thin ang

Tlawh zat	Inah/Sub Centre a nau nei te	Damdawiin a nau nei te
Vawi 1 na	Ni 1na (darkar 24 chhungin)	-
Vawi 2 na	Ni 3 na	Ni 3 na
Vawi 3 na	Ni 7 na	Ni 7 na
Vawi 4 na	Kar 6 na	Kar 6 na

NU NAU PAI LAI A AWM DAN HLAUHAWM/DANGER SIGN

- ☞ Nau pai laia thi put
- ☞ Nau tuibawm keh/put
- ☞ Pum na reh thei lo
- ☞ Thawk harsa, thaw hah
- ☞ Chau ngawih ngawih, harh ṭha thei lo
- ☞ Naute (pai lai) pum chhunga che tlem (darkar 12 chhunga vawi 10 aia tlem che)
- ☞ Naute (pai lai) darkar 24 chhunga che tawh lo
- ☞ Khawsik sang, 100.4°F aia sang
- ☞ Awm zawn na
- ☞ Lung phu rang
- ☞ Luakchhuak emaw luak nasa
- ☞ Lu hai nasa
- ☞ Lu na nasa, zual lam pan zel
- ☞ Hmai leh kut ke vung, na emaw sen nasa

Hengte hi min lo
tlawh sak ve ṭhin la:



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ANM/HWO ten nu nau nei te chu an tlawh thin ang

Tlawh zat	In a nau nei te	Damdawiin a nau nei te
Vawi 1 na	Ni 1na (darkar 24 chhungin)	-
Vawi 2 na	Ni 3 na	Ni 3 na
Vawi 3 na	Ni 7 na	Ni 7 na
Vawi 4 na	Ni 14 na	Ni 14 na
Vawi 5 na	Ni 21 na	Ni 21 na
Vawi 6 na	Ni 28 na	Ni 28 na
Vawi 7 na	Ni 42 na	Ni 42 na