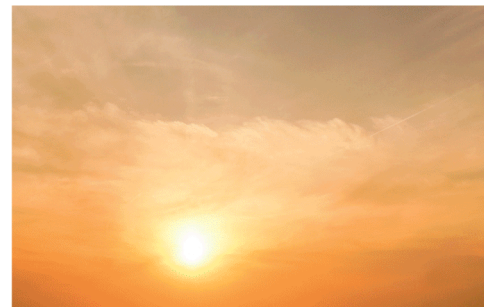


Thal caan ih ngandamnak

Chin

- > Nikhua tahnak kha zoh peng, khua sat ding ni le caan na theih a herh
- > Ti tampin ding
- > Pang-ka asiloah air-con hmang peng ko
- > Ti i khawlh
- > Nikhua sat tuk caanaah cun leng chhuak tuk hlah
- > Khua sat caan ih leng na chhuah ahcun, a lian deuh mi thuam i hruk, lu chin i ching peng. Sunscreen (SPF50+) zong i thuh. Suimilam pahnih danah i thuh nawlh leng mang.
- > Inka puanzar, thlalang le inka hna khar peng law na inn cu a dai deuh lai
- > Tih a nung lo asiahcun na inka kha zanah ong, thli daimi lut ter
- > Tar le kum upa hna kha tha ten zohkhen
- > Naute le hngakchia hna khua lin tuk caan ah leng chuahpi lo a tha
- > Na mawtaw park mi chungah hngakchia le na uite tibantuk na kaltak lai lo
- > Ni lin tuk caan ah nghakchia le nau pua bu in leng chuah loh kha i zuam
- > Na daam lo ahcun sibawi sin kal



Na zaw tuk asilozawngah na theih hngalhmī an zaw tuk a siahcun Sizung pan, asilozawngah 000 chawnh



Theih chap na duh ah cun:

www.sahealth.sa.gov.au/healthyintheheat

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This document has been reviewed and endorsed by SQCAG* for consumers and the community November 2018



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