

**Him tein, Smart tein le Dam tein: Na um nak hmun thar  
ah khuaawng pemh nak tawh fung hna.  
Pumpak ceu i dam nak caah i thian fai ning – 7**

**Safe, Smart and Healthy – Keys to Success in Your New Home  
Personal Hygiene – 7**

**HAKHA CHIN**

<p>Mrs. Li fa nu sianginn ah sianghnaak chia pawl nih Mrs. Li fa nu lu ah hrik an hmuh i an i thanh dih. Mrs. Li nih ttha te in a fanu lu i hrik kha a chek hau. Hrik um lo nak ding ah chimh hrink nak kha na zul hau.</p>	<p>Mrs. Li was notified by her daughter's school that the children had been exposed to head lice, an insect that buries itself in the scalp. She had to check her daughter's head and scalp for lice and then follow specific instructions to get rid of the lice.</p>
<p>A fa nu lu le sam i a um mi hrik that tu sii ca i hman mi shampoo hman a herh. An inn chung thil puan le in phan hna tisaa in suk dih a hau.</p>	<p>Her daughter needed a medicated shampoo to kill the lice in her hair and scalp, and they then needed to wash all the bedding and clothes in the house with hot water.</p>
<p>Hrik ti a um mi cang mi ramsa hna cu, thil ban tuk in suk khoh an si lo ruang ah, Plastic bek (bag) chung in chumh i zerh hnih chung vun chiah hnu long ah hrik ti an leh hrik hna an thi khok lai.</p>	<p>Stuffed animals that cannot be washed must be put inside a sealed plastic bag for two weeks, to kill any eggs that the lice may have left inside.</p>