

# NAU KHAM NA ZA TUI TE IN NAU KHAM TAK PI HIAM?

Na nau neih theih  
na bang ci bang in  
ki lak thei?

Hi te nau khawm  
na ding hoih  
mah mah hi

Bang tan ki mang

The Implant

Kum 3

Hormonal IUD

Kum 3-5

Hormone  
ki hel lo

Non-hormonal IUD

Kum 12

Pasal leh Numei  
te nau neih  
theih na at khia

A tawntung

100 lak ah 1 sang tawm  
zaw in nau nei ve ve uh hi

Lem lel

Bang tan ki mang,  
koi ci zat ding

Za tang

Ni sim za tang nek kul

A dal na

Nipi sim

A kual

Kha sim

Zatui sun

Kha 3 sim

Ki tuak leh ki tuak loh tawh ki  
zui in numei 100 lak ah 6-9  
bang in nau nei ve ve thei

Lem mel lo

Nau neih theih  
na khai ci a pua  
lam ah pai sak

Naubu sung ah pasal  
khai ci a lut loh na  
ding a dal nam khat

Nau neih theih hun  
ciam teh in tua sung  
lum khawm lo

Pasal/ numei zah mawh  
tung a ki bulh nam khat  
hi in STI pan ki dal ding)

ki sam leh  
a zat dan

Ki tuak leh ki tuak loh tawh  
ki zui in numei 100 lak ah  
12-24 bang hi thei

Hih bang te na zat nop a leh nulehpa na om khop sial un zat kul a zat loh ciang in nau kham lo cih na hi pah hi.