

## GenV Nu Hnuk dinnak lei Lamhmuhsaknak pawl

- Zarh khatnak in a tlawmdeuhmi bawhte a si maw?** Ni 7 a si ah izohchunh dingmi kha khawmhsuat, asilole mah hnu cun na tuah khawh zat paoh in
- Zarh khatnak in a tamdeuhmi bawhte a si maw?** A si khawh chungin izohchunh dingmi kha khawmhsuat
- Khawmhsuat na philh maw asilole a har maw?** Zeitik caan paoh ah naa zohchunhmi kha khirh than – izohchunh dingmi kip kha a biapi
- Dinh hlan ah hnu khawmhsuat kha a fawi deuh kho – dinh hnu zongah a tha thiamthiam ko.

Thilri (kit) kha a tlau maw asilole ningcang lo in tuah a si maw? – pehtlaihnak kan tuah

Fon: 1800 436 888

Website: [www.genv.org.au](http://www.genv.org.au)

### Himnak lei thawngthanhnak:

Ngakchia pawl sin in a hlatnak ah chia. Peng (tube) kha ngakchia pawl nih tong hna hlah seh.

Tube ah cheukhat powder (thil dip) a um. Hihi a himmi a si, asinain mit, cuar, asilole thawchuahnak lam kha hna a hnawh khawh.

Powder nih cuar asilole mit a tongh ahcun – ti in tawl.

Hnahnawhnak kha a um pengah thlopnak lei bawmhnak kawl.

#### 1 Na herhmi:

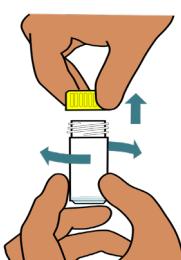
- Hi lamhmuhsaknak kat
- Na hnuk khawmhsuatnak peng (tube)
- Dawpmi sanhnak aa telmi zal
- Titsu a cinmi pahnih (pek lomi)
- Bawlphen pakhat (pek lomi)

#### 2



- Sur dingmi hnuk kha thim
- Hnuk pakhat paoh a ngah ko
- Titsu a cinmi he hnuk, hnuk a parte le hnuk a parte a pawngkam kha thianh

#### 3



- Hnuk khawmhsuatnak peng i a chin kha phoih
- Achung ah powder thlet lo ding izuam

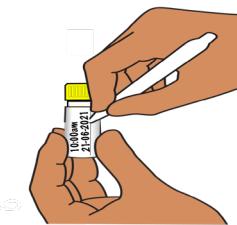
## GenV Nu Hnuk dinnak lei Lamhmuhsaknak pawl

4



- Peng chungah hnuk kha sur
- A thiangmi hnuk dawpnak na hman khawh – cu hnu ah hnuk kha peng chungah thleng
- Peng a tan tiang rawn chung (lakphak keu khat hrawng in)
- Na khawmhsuat khawh lo ahcun a tam khawh chung tam in khamhsuat

5



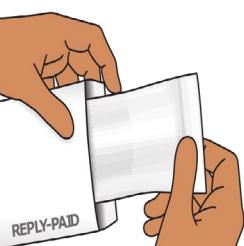
- Peng ah achin kha chia than Peng ah achin kha chia than** – rek tein phih a si le si lo kha chek
- Titsu a cinmi he hnuk, hnuk a parte le hnuk a parte a pawngkam kha thianh than
- Hnuk surmi pengah nithla le acaan kha tial, ‘Khawmhsuatmi Nithla le Acaan’ tiah aa tialnak zawn ah (**Date and Time Collected**)

6



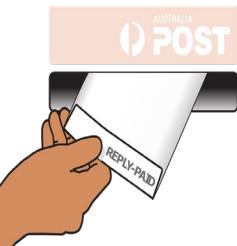
- Peng kha dawpmi sanhnak aa telmi zal chungah chia
- Zal adong kha hmunkhat tein namchih – a si khawh chungin thli tlawmpal te he tazeih cum

7



- Zal kha kuat thannak cabawm chungah sanh
- Cabawm kha tazeih cum
- A lumnak khaan ah chiah khawh a si (tikhal kuang asilole tikhalternak ah si lo in)

8



- Khawmhsuat dih in a ran khawh chung rang in, GenV sinah izohchun dingmi kha kua
- Australia Post box pakhat khat kha hmang
- Milubeh a hau lo

9



- Thawngthanhami tamdeuh na herh ahcun, QR code kha scan tuah
- GenV website i biosamples khawmhsuat dingin lamhmuhsaknak pawl' ah a kal