



3

Krax Pa Priex Rien Ka Tokaux Tix

## Krax Dha Ti Pai Saux/Mat Sijaox







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## Krax Pa Dha Ti Pai Saux/Mat Sijaox First Aid

Sitoe lih plak lox lai Vax : Ai Nap Yawn, Yex Meung, Ruthax Ka, Yex Ka  
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Cheu plih lih bawg tix : 100 phuk

Rawg akhwang shiao riieng mai ngai lai inkix khaing International  
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Editors Group in Ratanakiri province heue.

Translated to the Wa language by: Ai Nap Yawn, Yex Meung,  
Ruthax Ka, Yex Ka

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province



# Krax Dha Ti Pai Saux/Mat Sijaox





# Ceu Saux Mat Pa Iak

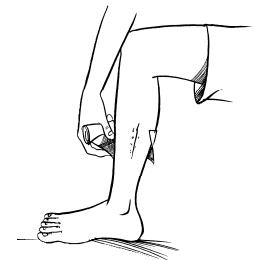
1. Son sang hit nham caw ti teei man pa singax tix pheem tawb ka piang dee mat mai yeen ka taix tix.



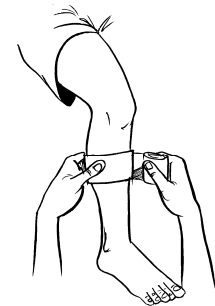
2. Shiao rawm singax mai sidah khoek (sipiak) sigrah dee mat an singax heue.



3. Yuh dee mat an kroh. Khaix an pua ka man pa singax.



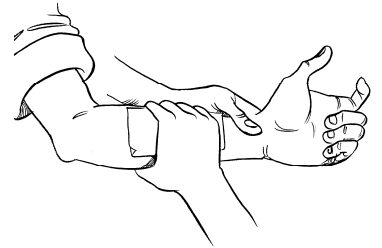
4. Phan man kied seeing (a) jauh, caw ti loh. (Dee iak caw ti loh tix singaix tix bawg).



Phan khaix mat hoik kroh mai haok nex  
caw ti pua ka man kie.

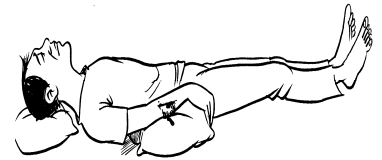
# Saux Mat Pa Nie Lih Nham

1. Sighrah dee mat singax mai tawb ka man pa awn.

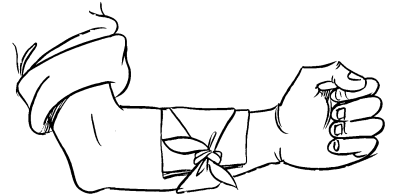


2. Son sang hit nham caw ti yeen man an ka taix tix been 5-10 cu (minit).

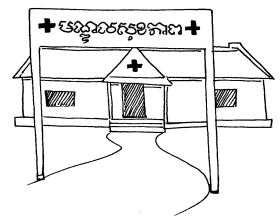
3. Caw ti kieh pui mat ngawm (a) nyat ti it mhawm. Caw ti mhawn dee mat an lhaong ka mhawn gaong.



4. Caw ti vien man vieh tix ceu ceu ka piang man pa hoik kie dee mat.



5. Viex pui mat hu ka nyiex sidah. Phan nham ang hit (a) phan nham baox lih tix bawg son sang hit nham caw ti caing ka dee mat.





# Ceu Pa Chix Lih Ti Koe Yam Hak Praix Klawng

Mhai pa uik riang rao kheu jao  
pa hax praix.

- Jao lih rawm lah jah ti paing  
nex nham mai sikied kaux hak.
- Vieh sok ngai iak.
- Ang haok saux.
- Iak riang rao
- Ang kub silawd bhawm.
- Kheu phai jaloh siniag nham,  
lih ti iak riang.



Pui pa nie yaox ti kham geu saux pa iak riang rao kheu  
hax koek mai jhawm saux suad koek khankix mawh kawn  
nyawm iak, kuad riex ju mai pui pa yaox ti yuh kaing daux  
hax koek tom rehung.

# Ceu Pa Chix Lih Ti Koe Yam Hax Praix Klawng

Mhai saux suad koek

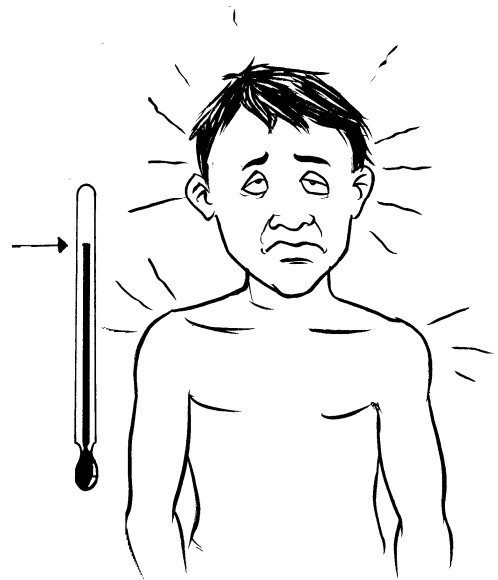
- Kroh nex nham mai kaux hak.

- Hax kaux hak mai eet lah.

(ang lih lah)

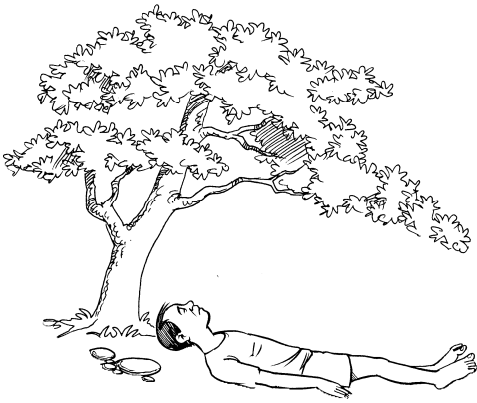
- Nie haok saux (a) yum pi

- Saux kaing, hao, ang nham  
mhawm hu, ang sok rhawm  
mhawm chuh.



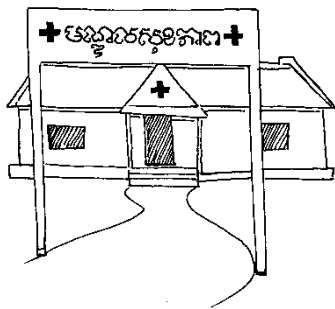
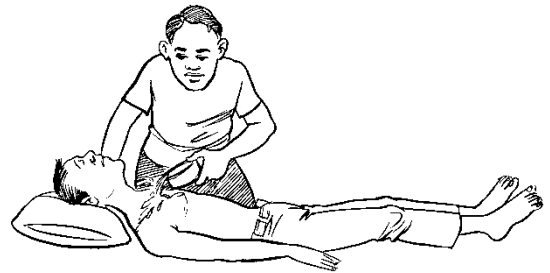
# Krax Pa Priex Rien Ka Pui Saux Suad Koek

Caw ti yuh kaux hak pa hax sikied phai phai.



1. Caw ti deuh pui saux ot  
dee veei.

2. Phreuh rawm sikied ka  
piang kaux nawh mai yib ka  
yib.



3. viex pui saux an hu  
nyiex sidah.

# Krax Pa Priex Rien Ka Pui Saux Suad Koek



1. Caw ti deuh pui saux ot dee veei.

Mhawn caong nawh  
lhaong ceeix



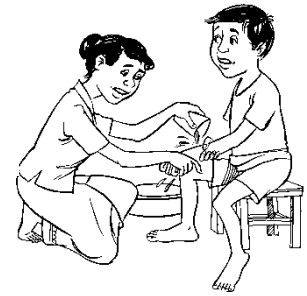
Tawx nyaux rawm kih ceeix ceeix. Saux  
kih tix cuan ka daux rawm sin tix kawk.  
(Phan yum pi ang pon ti sau tidtix ka  
daux jheeh.)

# Phan Klaoh



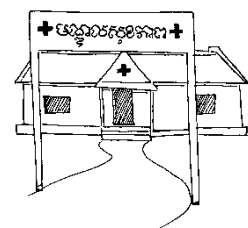
1. Sigras dee klaoh ka rawm singax been 5-10 cu (a) phreuh rawm, jauh rawm dee klaoh tom sikied.

2. Ang chix ti sau lon bee, bee, kih tie mai tang ceu.

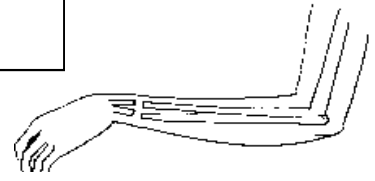


3. Son sang kroh singax dee mat caw ti kie ka man singax.

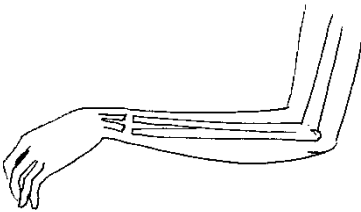
4. Phan dee mat nie ting vieh caw ti viex pui saux hu ka nyiex sidah heue.



# Phan Si-ang Pot

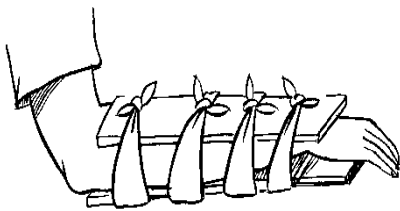
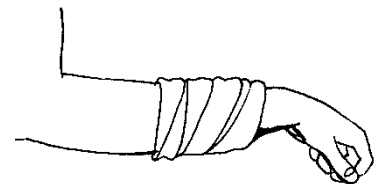


Paw nyang chuh dee pot si-ang deuh awm pa hoik pot khaing. Pa ang ex chuh, awm tieb tie ka si-ang pa hoik pot ang nie laux .

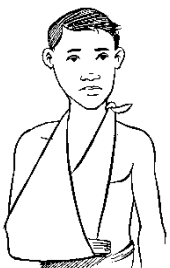


1. Paw vi cox si-ang pa hoik pot an ot dah dee prim. Mawh kheu chix kieh dee saux nie heue.

2. Pua dee saux pot an ka man awn pa singax.



3. Son ang dee pot chix sushiah caw ti kip ka sikieb heue.



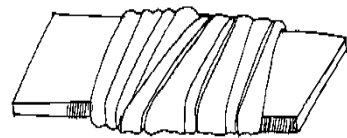
4. Caw ti viex pui saux hu nyiex sidah.

# Krax Yuh Sikieb

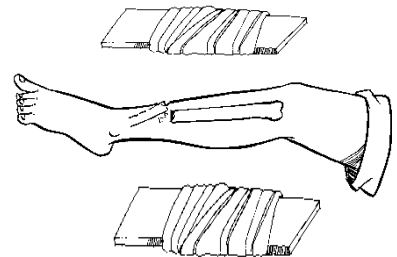
1. Ex chix ti yuh sikieb ka kraung ceu pa cong, pa nu ti kawk vawk. Chix ti yuh ka blax ox, lai ce pa pu khankix.



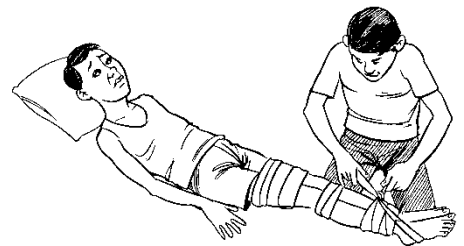
2. Caw ti pua sikieb ka man pa awn.



3. Caw ti kip dee mat ka sikieb awm pa koe daux riieng.



4. Caw ti pua ka man awm pa koe daux riieng. Ang pon ti pua tom sied.



# Phan Lih Nham Meeh



1. Caw ti kieh pui lih nham meeh an  
ot ngawm nhim mhawm.



2. Kieh num kaing tix sivoe ceeix  
mai kieh silawd bhawm ka jheeh  
tix.



3. Son sang sikied nham mai son  
sang ang lai lih nham meeh caw ti  
nyeup tom sied ka taix tix 10 cu.



