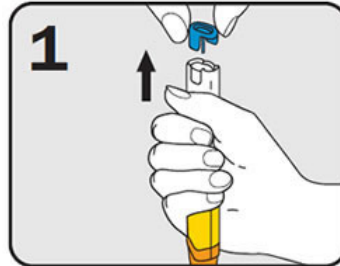
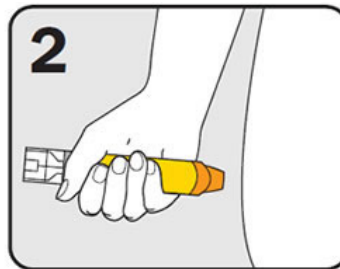


တၢ်ကဆဲးန့ၢ် EpiPen[®] အံၤလၢကျဲၤလဲၣ် (How to give EpiPen[®])

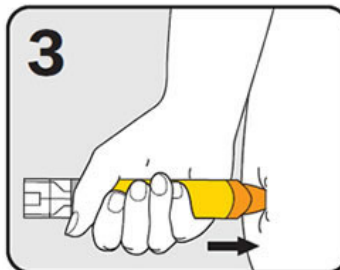
အဖရဲနလုန (epinephrine) ကသံၣ်ဆဲး



1. ဖျီယာ် EpiPen[®]
ဝံၤထဲးကွံာ်အခိၣ်ကျဲးလါလါ
တၢ်ပျၢ်လီၤတၢ်ပူၤပူၤဖျဲးဖျဲး



2. ဖျီယာ်ခိၣ်ကၢ်ကံး
တၢ်လီၤခံလၢအအိၣ်ဒီးတယုာ်သၣ်အလွဲၢ်အံၤဟံၣ်လီၤအီၤလၢ
ကံၢ်န့ၣ်အချာ်သးအချာ်ပံတကပ (တၢ်ကူတၢ်ကဟံၣ်သ့မ့တမ့ၢ်
တဟံၣ်ဘၣ်သ့ဝဲဒၣ်)



3. ဆိၣ်လီၤအီၤဆူၣ်ဆူၣ်တူၤလီၤလၢ
တၢ်သိၣ်ထီၣ်ခဲလဲးမ့တမ့ၢ်တူၢ်ဘၣ်လၢအန့ၣ်လီၤ
ဖျီယာ်အီၤသ့ဝဲကံးသးကွံာ် EpiPen[®] တက့ၢ်

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ဖျီယာ်အီၤသ့ဝဲ-www.allergy.org.au

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Translated by the WSLHD Translation Service June 2018 Karen