

## **Chin & Chin Hakha Translated Health Information**

Information compiled April 2018, by Heidi Sherwood, UWM Helen Bader School of Social Welfare student for the UWM Institute for Urban Health Partnerships (IUHP) *Teaching Today's Students for Tomorrow's America* (TTSTA) Project.

### **General Health Information**

#### **Dental Health**

- Tooth Tips: 0-12 Months – [Chin Hakha](#) or [English](#)
- Tooth Tips: 12-18 Months – [Chin Hakha](#) or [English](#)
- Tooth Tips: 18 Months-6 Years – [Chin Hakha](#) or [English](#)

#### **Diabetes**

- General Information – [Chin Hakha](#) or [English](#)

#### **Doctors**

- Medical Appointments – [Chin Hakha](#) or [English](#)
- Pharmacies – [Chin Hakha](#) or [English](#)

#### **Emergencies**

- Emergency Room – [Chin Hakha](#) or [English](#)

#### **ESL**

- Cue Cards – [Chin/English](#)

# TEACHING TODAY'S STUDENTS FOR TOMORROW'S AMERICA

## Exercise

- General Information – [Chin Hakha](#) or [English](#)

## Hygiene

- Handwashing – [Chin Hakha](#) or [English](#)

## Mental Health

- How to Help Someone Thinking of Suicide – [Chin Hakha](#) or [English](#)
- Mental Health – [Chin Hakha](#) or [English](#)
- Stress – [Chin Hakha](#) or [English](#)
- What is Mental Distress? – [Chin Hakha](#) or [English](#)

## Nutrition

- Healthy Eating for Pregnancy – [Chin Hakha](#) or [English](#)
- Stay Healthy, Stay Hydrated – [Chin](#) or [Chin Hakha](#) or [English](#)

## Pregnancy

- A Healthy Pregnancy – [Chin Hakha](#) or [English](#)

## Women's Health

- Contraception for Women – [Chin Hakha](#) or [English](#)

## Violence

- No One Has the Right to Hurt You – [Chin Hakha](#) or [English](#)

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