

**GOVERNMENT OF MIZORAM  
HEALTH & FAMILY WELFARE DEPARTMENT  
MIZORAM SECRETARIAT BUILDING, MINECO, KHATLA  
AIZAWL: 796001**

.....  
**NOTIFICATION**

*Dated Aizawl, the 19<sup>th</sup> May, 2021*

**No.D.33011/39/2021-HFW(SOP)/B** : Covid-19 kaihhnawiha Home Quarantine phalsakte tana hman tur '**Inkaihhraina (Guidelines)**' **No.D.33011/25/2020-HFW(nCOV)/Sat(B) dt.31.10.2020** a chhuah chu a hnuaia mi ang hian tih danglam (revised) a ni a. He Notification hi chhuah a nih atanga thu leh awm hma chu hman tur a ni.

**HOME QUARANTINE TURTE INKAIHHRUAINA (GUIDELINES)**

Mizoram pawn atanga Mizorama lo lut, mPASS kaltlanga Home Quarantine phalsak tawhte chuan hengte hi an zawm tur a ni -

1. Home quarantine turte chuan room hrang leh inthiarna room hrang an nei tur a ni a. Hetiang neite chu an chhungte inkhunghan a ngai ve lo ang. An bungrua leh thawmhnawte an chhungte'n an khawih pui tur a ni lo.  
Hetiang room hrang neilote chu home quarantine an dil anga phalsak an nih chuan an chhungkuain an inkhung tur a ni a, test an tul anih chuan test man pawh an mahniin an chawi vek tur a ni ang.
2. Home quarantine phalna nei, symptoms neilote chu an thlen veleh (on arrival) Lengpui airport leh Screening point dangah Rapid Antigen Test (RAGT) hmangin Covid-19 test tihsak an ni ang a, negative te chu Home quarantine phalsak an ni ang.
3. Quarantine-a an awm chhung hian Health Department-in **Home Quarantine inkaihhraina** a siamte chu tha taka zawm tur a ni. Mahnia room-a inkhung, Mask vuah, kutsal ngun, hand sanitizer hman, social distancing leh invenna dangte quarantine chhung hian uluk takin an vawng tur a ni.
4. mCOVID-19 leh Aarogya setu app ah in register vek tur a ni.
5. Home Quarantine chhung hian quarantine tan ni atanga **ni 10 hnua RT-PCR test** tur a ni a, test result chhuah hma chuan uluk takin an in quarantine chhunzawm ngei tur a ni.
6. Test result a chhuah a, **a negative chuan inkhung zui a ngai tawh lo ang a**, mahni hriselnain chik (self monitoring) chungin ni 7 chhung an in en zui ang.
7. Test positive te chu sorkar inkaihhraina angin Covid kaite enkawlnaah an awm ang.
8. Home Quarantine lain bialtu Chief Medical Officer (CMO) leh Local/Village Level Task Force te'n an vil zui ang a, quarantine zo

tawhte chu Local/Village Level Task Force te'n Quarantine Completion Certificate an siam sak thin ang.

9. Mi tupawh Home Quarantine laia Covid-19 signs & symptoms nei erawh chu ni 10 nghak kher lovin, Task Force/CMO/DCHC/Helpline/ZMC a rang thei ang bera hrilh a, swab sample laksak tur a ni.
10. Hriselna lama harsatna neite tan heng Covid Helpline ah hian thu a thlen theih reng a ni - Phone nos - 102 / 0389-2323336 / 0389 2322336 / 0389 2318336.

**Sd/- R. LALRAMNGHAKA**

Special Secretary to the Government of Mizoram  
Health & Family Welfare Department

**Memo No.D.33011/39/2021-HFW(SOP)/B:Dated Aizawl, the 19<sup>th</sup> May, 2021**

Copy to:

1. Secretary to the Governor, Govt. of Mizoram.
2. P.S to Chief Minister, Govt. of Mizoram.
3. P.S. to Deputy Chief Minister, Govt. of Mizoram.
4. P.S to Speaker, Ministers, Deputy Speaker, Ministers of State, Deputy Govt. Chief Whip, Vice Chairman, Lunglei HPC, Vice Chairman, State Planning Board.
5. P.S to MLA & Vice Chairman, H&FW Board.
6. Sr. PPS to Chief Secretary, Government of Mizoram.
7. PPS to Secretary, Health & Family Welfare Department.
8. PPS to Secretary, Home/DM&R Department
9. All Administrative Heads of Department, Govt. of Mizoram.
10. All Heads of Departments, Govt. of Mizoram
11. All Deputy Commissioners, Mizoram.
12. Principal Director, Health & Family Welfare Department.
13. Director, Health services.
14. Director, Hospital & Medical Education.
15. Director, Zoram Medical College, Falkawn.
16. Director, I&PR for wide circulation.
17. Mission Director, NHM.
18. All Medical Superintendents.
19. All Chief Medical Officers.
20. Controller, Printing & Stationeries with five (5) spare copies for publication in the Official Gazette.
21. Web Manager, IT Section, Directorate of Health Services
22. Guard file.

  
**(JOSEPHINE ZONUNSANGI)**

Under Secretary to the Government of Mizoram  
Health & Family Welfare Department