

## COVID-19: Guidelines on disinfection of common public places including offices

**Scope:** He kaihhruaina in a tum chu in bullehaven, vantlangmunleh office - tetihthianglim dan a ni.

Coronavirus Disease (COVID-19) hi thawknadawt lam natna, coronavirus (SARS-CoV-2) in a thlen a ni. He natna hi ka lehnnaratang a lo chhuaksi per te, Covid-19 veinen a in hnimhnailehdawhkanchunglehthildangthianghlimloatanga kai theih a ni. He virus hi kanchhehvelah (dawkhan, vawn ban, etc) ah tehunengemawchen dam themahse *Chemical disinfectant* manhianawlsam taka tihlumtheih a ni.

Hetiang hi a nihavangin, a hnuaiakaihhruaina hi COVID-19 veiamnahmuna chuanzawmhramhram tur a ni. He kaihhruaina hi hmunthum-ah then a ni a (i) inchhung (Indoor areas) (ii) pawn (outdoor areas) (iii) Vantlangzunin.

### 1. Inchhung -Office chhungtelin

Office chhung, conference room telinnitin office ban hnu-ah emawzingah office tan hma-in tihfaiziah tur a ni. Bal laibik a awm a nihchuantuilehsahbawn-in tihthianghlimhma in hrukfaiphawt tur a ni. A tifaithianthelhretpheikhawk, kutkawr (Gloves-heavy duty) leh mask (triple layer) an hmangngeingei tur a ni.

- A fai lam atangabul tan in, a bal lam pan tur a ni
- Inchhung – a luhna, varandah, corridor, step, step kalthei, lift, vengtute (security guard) room, office room, inhmukhawmna (Meeting) room leh canteen/thingpuidawrte chu disinfectan- 1% Sodium Hypochlorite emaw phenol hmangintihthinglim tur a ni. 1% Sodium hypochlorite siam dan hi **Annexure I** ah dah a ni.
- Mipuiin an khawih zin – lift hmehna, vawnban, kawngkapawhhawwna, telephone set, printer/scanner leh office a khawlawmrengreng chu 1% sodium hypochlorite hiannitinvawi 2 tihthianghlim tur a ni. Dawhkanchung, thutthlengvawnban, pen, diary, keyboard, mouse, mpousepads, coffee machine lehkut a khawih zin bik lait e chu uluklehzuat tur ani.
- Thir (Metal) lam chi eg. Kawngkhar handle, tala, chahbi-tetihthianghlim nan chuan 70% alcohol hman tur a ni.
- Office tin-ah kutsilna/tihthianghlimna tur dah ni se.
- Meeting/conference/office room-ah tuemaw ka lehnnarhuplovakhuh/hahchhiau an awmchuan meeting chu tihtawp a, a thutnaleh a vel chu 1% sodium hypochlorite-a tihthianghlimngal tur a ni.
- Tihthianghlimnaatanhmanruahmanrengreng chu uluktak a, suk/tihfaileh tur a ni.
- PPE kanhmanrengreng, bag eng(yellow)-ah paih in, tuilehsahbawn-in kutsilfaileh tur a ni.

He mi bakahhian, hnathawktuzawngzawngtenhna an thawh tan hma-in an mahnihathawhnamunturtetihthianghlimphawtzal tur a ni a, midanghlat (1 metre)ah thutzel tur a ni.

## 2. Pawn (outdoor areas)

Pawnlam ah chuanthil thaw lehnisaavangininchhung lam ai chuan virus hi dam reilozawk tur a ngaih a ni. Heihian Bus stand, rail station, parks, kawng etc a huam. Heng hmunah hi chuankut a khawihngunleh a balzuallai-tetihthianghlim tur a ni.

## 3. Vantlangzunin (Public Toilets)

Tihfaihathawktu (Sanitary workers) chuanekin(toilet) lehkutsilnatihfainanbungrua a hran an hmang tur a ni. Disposable gloves an hmangngeingei tur a ni.

Hmun (areas)	Tihthianghlimna	Tihthianghlim dan
Ekin (Commode)	1% Sodium Hypochlorite, sahbawnphut/toilet detergent, toilet brush sei.	Ekinkua: Toilet brush sei in toilet detergent hmangintihfaiphawt tur a ni a, Chu mi hnuahchuan 1% Sodium hypochlorite hmang a hrukleh tur a ni.
Kutsilna (Sink)	Sahbawnphut/detergent, nylon scrubber, 1% Sodium hypochlorite	Nylon scrubber lehsagbawnphuthmang a tihfaiphawt a, 1 % sodium hypochlorite a hrukleh tur a ni.
Inbualnahmum	Detergent, nylon scrubber, 1% sodium hypochlorite, 70% alcohol	<ul style="list-style-type: none"> <li>• Scrubber hian bathroom bang lehchhuat hi nawhfai tur a ni</li> <li>• Taps leh a dangte chu puan huh leh detergent hmang a hruk tur</li> <li>• He mi hnuhian 1% sodium hypochlorite emaw 70% alcohol hmanga a hrukleh tur a ni</li> </ul>
Soap dispenser	Detergent lehtui	Nitin detergentlehtuihmang a tihfai a, tihroleh tur a ni

- 1% sodium hypochlorite hmantheihlohna chi eg.Thir ah chuan 70% alcohol hman tur a ni. (Chloroxyleneol (4.5-5.5%)/ Benzalkonium Chloride leh disinfectant dang te chu, a siamtuten an sawianginman tur a ni)
- 1% sodium hypochlorite hi siam thar zelhman tur a ni.
- Hmunbalbiklehthianghlimlaibik ah chuan Disinfectant spray chi hi hman lo tur a ni.
- Hmun khat tihfaizawhah, hmundangkantihbalhzelloh nan, tihfainabungrua-te hi thlakzel tur a ni a. Gloves thar hman tur a nibawk.
- Tihfainabungruazawngzawng chu hmanzawhahtihthianghlimlehvek tur a ni.
- Bucket-techua 1% sodium hypochlorite emawtuisa-a chiahintihthianghlim tur a ni.

## 4. Personal protective equipment (PPE) (Mahniinvennahmanrua):

Tihfai/tihthianghlimhathawh dawn hian a hnuai a PPE-te hi hmanngengei tur a ni.

- Disposable rubber boots, gloves (heavy duty), leh triple layer mask

- Gloves bun lai hi a chhiatchuanphelhngal a, a thar bun tur a ni.
- Disposable PPE rengreng chu hmanzawhahphelh a, paihngalzel tur a ni.
- PPE phelhrengrengin, tuilehsahbawn-in kutfaitakinsilzel tur a ni.

Mask hi a nih dan tur ang thlap a hmanchuan min veng him thei a ni. A chhiaemaw, a huh chuanpaih a, a dang hman tur a ni.

**Annexure-I**  
**1% Sodium Hypochloritetusiam dan**

	Product	Amount of product	Amount of Water to be added
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1	Bleaching powder 25%	40gms(1 table spoon or 3teaspoon)	1 litre
2	Bleaching powder 70%	7gms	1 litre
3	Chloramine 25%	80gms	1litre
4	Sodium hypochlorite 4%	1 litre	3 litres
5	Sodium hypochlorite 10%	1 litre	9 litres

### **Annexure III**

#### **Mask hman dan kaihhruaina**

Triple layer mask hman dan dik:

1. Mask vuah/hmanhmahiankutfaitak a sil tur a ni
2. Mask chu phelh khan, a in thleplai khan hnuai lam ahawi tur a ni.
3. Hnar, ka lehkhabehturin dah la
4. Mask ah khan hnar-a dah tur a khawnglaibik a awm
5. Elastic band hmang chi a nihchuanbeng-ah zehmai tur a ni. Elastic band hmanglo chi a nihchuan, a hruichung lam a mi zawk kha bengchungah la phei in hnunglamahsuih tur a ni a, a hnuaizawk chu nghawngnhnunglamahsuih tur a ni.
6. Hmaileh mask inkarah awl a awm tur a ni lo.
7. Mask hi nghawngahawrhloh tur a ni.
8. Mask chu Dakar 6 hnuahemaw a huh chuanthlakngal tur a ni.
9. Disposable mask chu hmannawn tur a ni lo, paihngalzel tur a ni.
10. Mask phelhlahian a bawlhhlawh tur lai (mask laivel) khawihlohram tur a ni.
11. Mask phelh tur chuan, a hruihnuaizawkphelhmasak a, a hruichungzawkchaukhawih in phelhthlak tur a ni
12. Mask hmantawhregreng chu thianglimlo ang a ngaih a, bawlhhlawhbawm chin nei-ah paihngalzel tur a ni.