

CORONAVIRUS (COVID-19) CHUNGCHANGA HRIATTUR PAWIMAWHTE

Coronavirus leh COVID-19 chu enge ni?

Coronavirus chu natna hrik chikhat, virus an tih zinga mi a ni a. Coronavirus hi chi hrang hrang awmin natna hrang hrang mihringah leh ranah a thlen thei a, natna a thlen kan hriat larte chu Middle East Respiratory Syndrome (MERS), Severe Acute Respiratory Syndrome (SARS) leh tuna COVID-19 kan tih te hi an ni. COVID-19 chu coronavirus zinga hmuhchhuah thar ber niin, December 2019 a Wuhun, China ah hmuh hmasak ber a ni.

COVID-19 veite engtingge an insawisel (symptoms)?

COVID-19 veite insawiselna ber chu khawsik, chau leh khuh ro a ni. Thenkhat chuan taksa na them thum, hnar ping, hnap tui, hrawk thip, kawthalo an nei bawk. Hengte hi a nasa lo tlangpui. Kai tam takin insawiselna an nei lo. A kai zinga 80% lai chu tha takin an dam leh mai a, a kai 6 zela 1 erawh chu an na zual (serious) bik a, thaw-hah an nei thin. La na deuh bik an awm a, chungte chu – kum upa lamte, natna dang veisa e.g, BP sang, zunthlum, lung-na vei sa te. Khawsik, khuh leh thaw-hah nei kawp chuan rang takin damdawi in an pan tur a ni.

COVID-19 hi engtianga inkaichhawn nge a nih?

COVID-19 hi a inkaichhawnna chu mihring dang a veite atangin a ni. A natna veite'n an khuh/hahchhiau/ thawk chhuahin tuihu hlawm te reuhte (droplet) hnar chung leh ka chung atangin a chhuak a, chutah chuan a natna hrik a lo tel a, chu chu mihringah emaw bungrua/bang/chhuat/kawngkhar etc ah a tla a, hetah hian darkar 2 atanga ni 2/3 a dam thei a ni. Chung chu kan kutin kan khawih hnuah kan hmai, hnar, ka (mouth), leh mit vel kan khawih leh a, kan kai ta thin a ni. Chuvangin kuta thil khawih mai loh te, inchibai loh te, hmai vel kuta khawih lohte a pawimawh. Hei bakah khuh leh hahchhiau a tuihu leng chhuak kha kan lo hip luh chuan kan kai thei bawk a; hemi avang hian damlo atanga 3 feet tala hlaa awm a pawimawh (social distancing). Boruakah 3 ft (1 metre) aia thui chu a thlawk darh chum chum lem lo a nih chu. COVID-19 hi insawiselna nei lo, a hrik lo pai ru reng si (COVID-19 kai insawisel lo) atangin kaichhawn chu a har deuh nain khuh an neih chuan an khuh atangin a kai ve theih tho a ni.

COVID-19 kai loh nan/ inkaichhawn loh nan engte nge ka tih ve theih? -

1. Kut sil ngun - Sahbawn nen fai taka kutsil thin (Kutsil dan dik a awm a, chu chu internet ah awlsamte a hmuh theihin a awm. Hei hi nasa takin inzirtirna nei thei ila). Kutsil remchan lohnaah Hand sanitiser bur tē pai a a khat tawk a kut tihfai thin pawh a tha. Sawi tawh angin kutin mi khawihhnu kan khawih nasa em em a, kan hmai vel kan khawih leh a, hei hi a inkaina bulpui ber pakhat a ni.
2. Hmai - mit, hnar, ka, beng chung kut lawnga khawih loh. Khawih ngei a ngaih chuan, rawmawlin emaw thawmhnaw fai lai, thil dek vak lo lai hmanga deh/hiah thin.
3. Khuh/hritlang vei bulhnaiah awm lo ila, kan inkarah 3 feet (1 metre) tal a awm tur a ni (Social distancing).
4. Kan zavaiin, khuh vei leh vei lote pawhin 'Khuh dan tha/ Khuh dan dik (Cough etiquette)' kan zawm that a ngai. Chu chu kan khuh/hahchhiau reng rengin a lawngin emaw kutbawra ka hupin emaw kan khuh tur a ni lova; rawmawlin emaw tissue paper in emaw kan ka kan hup tur a ni, chutiang kan keng lo a nih pawhin kan ban kual thlep lai, kiu chunglam in ka hupin kan khuh/hahchhiau tur a ni. Duhthusam chuan tissue paper pai nual ila, kan khuh/hahchhiau zawh vele hman nawn theih lohvin bawlhhlawh bawmah paih nghal zel ila.
5. Hritlang leh khing insawiselna kan neih chuan leng chhuak lovin in lamah tawm ila, mi zingah midang kaidarh thei turin awm suh.
6. Kuta Inchibai hi tih rih lo mai a tha.

7. 14th February 2020 hnuah Foreign ram, coronavirus vei hmuhchhuah tawha zinte chu, engmah insawiselna nei lo pawh, an rawn hawin ni 14 mahni inah an inkhung hrang tur a ni (14 days self quarantine). Chhungte pawh kai lo turin fimkhur tur a ni.

Inringhlel ta ila, engtia tih tur nge?

Mizoram Health Department Helpline – 102: Coronavirus / COVID-19 vei nia kan inringhlel chuan direct a doctor or hospital pan hmasa lovin a hnuah Mizoram Health Department in phone number a dahah hian phone hmasak tur a ni. Tin, COVID-19 kaihnhawih reng reng hrechiang duh te pawhin he number '102' ah hian mahni sum seng lovin a zawh theih a ni.

COVID-19 chungchangah hriat duh nei ta ila, tunge ka zawh ang?

Coronavirus chungchangah thubelhchian dawl lo internet leh social media ah a tam thin em em a; heng hian mite a ti chiai a, harsatna tam tak a siam thei. Hetianga thil diklo thehdarh hi dan anga hrem theih an ni. Thil I hrechiang duh a nih chuan Health Department thuchhuah atangte, Helpline 102 atangte, internet WHO website www.who.int atangte in a hriat chian theih ang.

Mask (Hmaikawr) vuah kher hi a ngai em?

Mask chungchang hi sawi a tam hle a, WHO in a sawi dan chuan hengte hian mask an vuah tur a ni-Damlo enkawltute – chung leh khat leh damdawi lama thawkte.

Damlo te – COVID-19 veite, hritlang veite, TB veite'n midang an kai loh nan.

Damlo buaipuitu dangte.

Khawvelah miten mask vuah an intih hmuh nasat lutuk avangin a mamawh tak tak tan pawh a vang zo vek tawh a, a pawh hle.

Mask hman chuan a hman dan tur dik taka hman loh chuan awmzia a nei lo thin. Mask kan vuah a nih chuan kutlawnga khawih loh te, vuah leh khawih dawna fai taka kutsal thin te, mask leh kan hmai inkarah boruak loh theih loh te, mask phelh dawna hnunglama a suihna atang chauha phelh thin te, disposable mask chu a paihna tur dik taka paih nghal te a pawimawh hle.

Hriat tur dangte:

COVID-19 avangin chiai lo ila, fimkhur erawh chu I fimkhur ang u.

Ngaihdan atthlak te, puithuna atthlak te kalsanin thil chinchang uluk takin zir zel ila.

Foreign ram atanga zin haw khunghran (quarantine) te hi natna vei an ni lova, fimkhur thilthu ah ni 14 vel (natna lan chhuah theih hun chung) khung hran mai an ni.

Hetia ni 14 dahhran/awmhran tir an nihna chhan chu hemi chung hian insawiselna nei lovin a hrik hi an lo pai ru reng thei a, hre lovin mite an kaidarh thei a ni. Chuvangin dahhrante chuan an zawm ngei tur a ni.

Khawtlang, Health department, police leh department hrang hrangte, NGO te, kan zavaia kan tanho a ngai hle.

COVID-19 hluar chin tur hi a hriat rih lo va, hemi hun chung chuan hengte hi a pawimawh : Kutsal ngun, hmai khawih loh, puipunna huaihawt loh, zin rih loh (a bikin COVID-19 kai tawh awmna state ah leh ramdangah), puipunna a tel tlem, mitinin khuh leh hahchhiau dan dik zawm.

COVID-19 chungchanga ngaihdan dik lote : Hengte hi a dik lo-

- Thosi seh atangin a kai theih.
- Tuisa deuha inbualin a ven theih.
- Zu in hian a veng thei.
- Chlorine emaw alcohol emaw a taksa inphuhtirin a natna hrik a that thei.



Harsatna leh hriat duh nei tan HELPLINE TOLL FREE NO: 102

- Damlo / Damlo enkawtu leh a bulhnaia khawsa ten Mask an hman hnu te 5% Bleach Solution emaw 1% Sodium Hypochloride hmanga chiah thianglim hnuah khur (Deep Burial) ah paih emaw hal ral tur a ni.
- Mask hman tawh hi natna hrik kaia ngaih vek tur.
- Khunghran room a khawih fo thin e.g khum tiang, dawhkan etc. te nitin 1% Sodium hypochloride leh disinfectants dangte-in tihfai thin tur a ni.
- Toilet te pawh ina kan hman thin bleach solution /phenolics disinfectants hmanga tihfai thin tur a ni.
- Khunghran thuamnaw leh mutbute ina kan hman thin pangngai sukhlo in a hrana suk a, a hrana pho ro tur a ni.

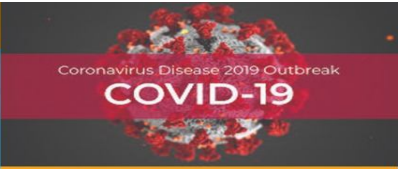
KHUNGHAN HUN REI ZAWNG

Covid-19 vei ngei leh vei ni a rinhlehte chu ni 14 chung khunghran/Quarantine tur a ni.

TIH TUR LEH TIH LOH TURTE

- TIH TUR TE**
1. Sahbawn leh tui emaw alcohol-based hand sanitizer-in I kut sil fo ang che.
 2. Khuh leh hahchhiau in tissue paper emaw I ban thlepin (kiu zawnah) I ka hup ang che. Tissue paper hi paih ngalh tur a ni.
 3. Khawsik, khuh, thawk harsa I nei a nih chuan Helpline 102 lo bia ang che. I hnar leh I hmai (Mask Hmangin) khuh ang che

- TIH LOH TUR TE**
1. Mipui pun khawmna hman ah kal lo hram ang che.
 2. Khawsik, khuh, hritlang neih lain midang bulah awm loh tur.
 3. I kutin i mit, hnar leh ka khawih loh tur.
 4. Vantlang hmuna chih leh khak chhak loh tur a ni.



COVID-19 CHU ENG NGE NI?

Coronavirus-te hi virus chungkaw lian tak zinga mi, ran leh mihringa natna thlen thei natna hrik an ni.

Mihring bikah chuan chuap leh thawkna dawt lam natna, hritlang pangngai atanga natna hlauhawm zawk Middle East Respiratory Syndrome (MERS) leh Severe Acute Respiratory Syndrome (SARS) tlengin an thlen thin a ni.

Tuna hmuh chhuah thar ber Coronavirus hi chuan Coronavirus Disease COVID-19 a thlen a ni.

COVID-19 chu natna inkaichhawn theih, tun hnaia hmuh chhuah thar coronavirus-in a thlen a ni.

He natna leh a thlentu virus hi Wuhan-a a len vak hma chuan hriat a ni ngai lo.

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COVID-19 LAN CHHUAH DAN

Khawsik, chau leh khuh ro a ni. Mi thenkhat chuan sil them thum, hnar ping, hnap tawh, hrawk thip leh kawthalo an nei bawk. A tiangpui chuan heng harsatnate hi na lo te-in a intan thin a ni.

Mi thenkhat he natna hrik kai ve tho natna/harsatna nei miah lo pawh an awm a ni. Mi tam ber (80%) chu enkawina dawng em loin an dam leh mai thung.

He natna kai zingah thawk lam harsatna leh na taka damlo mi tem te zawk an ni. Kum upa lam leh damlohna dang, thisen sang, lung lam harsatna nei leh zunthlum te hian an la na bik a ni.

Mi tu pawh khawsik, khuh leh thawk lam harsana nei chuan damdawiin hnai berah in report vat tur a ni.

COVID-19 INKAICHHAWN DAN

Covid-19 chu a veite atangin a darh thei. Kan tawng, kan khuh, hahchhiau hian mita hmuh theih loh khawpa te chil siper hi kan ka leh hnar atangin a lo chhuak thin a. Hengah hian virus an awm a, chung siper te chu khawi lai emawa a kai khan midang in an rawn khawih veleh khan a inkaichhawn theih thin.

Covid-19 vein min khuh/hahchhiau khuma, a chil siperin kan hmaia a lo fuhin kan vei thei.

COVID-19 & FACE MASK

- Mipui mimir leh hrisel tha pangngai tan mask hman kher a tul lo.
- Damdawi In a thawktu ni lo tan mask hman tulnate.
- Hritlang awmna khuh neihin.
- Damdawi In kal hunah.
- Damlo enkawtu nihin.
- Chenpuite COVID-19 natna vei/rinhlele an nihin.
- Disposable mask hi darkar 6-8 aia rei hman zui loh tur.
- Mask hman hnu chu paih emaw hal ral hman 5% bleach solution emaw 1% sodium hypochloride solution-ah chiah phawt tur.

QUARANTINE (INKHUNGHANNA)



Quarantine chu enge?
Quarantine chu natna inkaichhawn theih vei mek emaw vei palh theia ngaih, in lamah leh damdawi in ni lo, hmun hrana khung hran hi a ni.

Tute nge Quarantine/Khunghran tur?
Zinna atanga Coronavirus Disease (COVID-19) vei nia rinhlehte rang taka khung hran ngalh tur a ni a, Quarantine hi Covid-19 vei leh vei nia rinhlehte zawng zawng tan tih ngei tur a ni.

QUARANTINE (KHUNGHAN) TE TANA KAIHHRUAINA

- Room chu thengthaw tha tak, a hranpa a inthiarna awmna a ni tur a ni.
- Chhungkaw member dangte an khawsak ve a ngai dawn a nih pawhin, an khum inkarah metre 1 tal hmuna awl a awm tur a ni.
- Chhungkua-a upa, tar lam, raipuar, naupang leh natna dang vei sa ten quarantine pindan hi an tlawhpawh tur a ni lo.
- Inchhung hmuna dang-ah a tei kual fo tur a ni lo.
- Mipui punkhawmna e.g Inneih, mithi vuinaah reng reng a tel ve tur a ni lo.
- Sahbawn hmangin fai taka kut sil emaw hand sanitizer hmanga kut tih fai fo tur.
- Inchhung bungrua hrang hrang thleng, no, towel, mutbu etc. inhman tawm loh.
- Engtik lai pawhin surgical mask hmanga ka leh hnar tuam reng tur a ni a, darkar 6-8 danah mask hi thlak tur a ni.
- Chhungkaw member, ruat bik chauhin damlo emaw rinhlele kha a enkawin a tlawhpawh tur a ni.
- Thuamnaw balte kut lawnga khawih leh thin (Shake) loh tur.
- Thuamnaw bal leh room chung thifai dawnin kutkawr (Disposable glove) hman tur ani.
- Kutkawr phelh zawhah kut sil fai thin tur.

COVID-19 CORONA VIRUS DISEASE **HRILENG A DARH LOH NAN**

NATNA INKAI CHHAWN LOH NAN INHNIMHNAIH THEIHNA LAKAH INTIARFIHLIM ANG CHE.

PUIPUNNA HMUNAH CHHUK TAM SUH ANG CHE

KHUH LEH HAHCHHIAU RENG RENGIN RAWMAWL HMANG ZIAH ANG CHE.

I MIT, KA LEH HNAI TE KUT FAI LOVIN KHAWIH MAI MAI SUH ANG CHE.

SAHBON LEH HAND SANITIZER HMANGIN I KUT SIL FAI FO ANG CHE.

HRITLANG KHAWSIK I NEIH CHUAN MEDICAL MASK VUAH THIN ANG CHE

HELPLINE NO. 102 (Toll free) 0389 - 2323336 / 2318336

FIMKHUR LA, LO HIM ANG CHE
Health & Family Welfare Department ; Government of Mizoram