

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

NOTIFICATION

Dated Aizawl, the 14th June, 2021

No.D.33011/39/2021-HFW(SOP)/Pt.3 : A hnuai mi ang hian ruihhlo ngai, Covid-19 hrikaite enkawl dan tur ruahmanna siam a ni a. He notification hi tih chhuah a nih atanga thu leh awm hma chuan hman tur a ni.

RUIHHLO NGAI, COVID-19 POSITIVE-TE ENKAWL DAN TUR

General Criteria

1. Ruihhlo ngai te tan bik chauh he kaihruaina hi hman tur a ni
2. Ruihhlo ngawl a vei ngei tih hi MBBS doctor in ICD-10 or DSM 5 criteria (entirnan ruihhlo ngai, alo a awm thei lo, ruihhlo nghei avanga taksa a harsatna chi hrang hrang, thil dang aia ruihhlo ngaih pawimawh, mahni inthunun zo lo khawp a hmang leh taksa chhiat pui theihna khawp a hmang etc.) behchhanin a finfiah ngei tur a ni.
3. Natna kha an hriat chhuah dan tur chu an history lakna atangin emaw mi rintlak tak hnen atangin hriat an tum tur a ni a. (personal interview, telephone atang ten an damdawi tih thin leh an dose tih zat te leh an nat chungchanga hriattur pawimawh dang te hi an mahni enkawlnan a pawimawh a ni)
4. Damlo History-ah chuan henge te hi:
 - (a) Eng ang ruihhlo nge a hman.
 - (b) Ruihhlo an tih hnuhnun ber.
 - (c) Chawhruala ruihhlo ni khata an hman zat tlangpui.
 - (d) Damlo khan OST a la nge la lo.
 - (e) Natna benvawn dang a nei em.
5. Centre a rawn luh atangin ruihhlo tih hi a tawp nghal vek tur a ni.
6. MBBS Doctor kaihruaina hnuaiyah qualified nurse in damlo chu enkawl tur a niin MBBS Doctor chuan damlo rilru, taksa leh mizia ngaihtuah ran chungin hrethiam taka enkawl a ngai a ni.
7. Damlo kha hmun changtlung zawka thawn a ngai a ni tih kan hriat theih dan tur chu henge te hi a ni:
 - a) Damlo kha a taksa a chauh a, a chak loh telh telh in
 - b) Damlo kha a buai a, midang leh ama tan pawh hlauhawm taka a awmin
 - c) A natna benvawn loh neihsa tawh nen a dinhmun han en pawha Covid Care Centre in a buaipui theih bak chin a thleng tawh ni a ngaihin.

I. PHARMACOLOGICAL DETOXIFICATION (Ngawlvei damdawi hmanga nghei tir dan)

1. Zu Ngawlvei te enkawl dan tur:

- i. Zu in mi chu Centre a luh hnu chuan Zu a nghei a ngai si a, Zu mamawh tawh lova a awm dawn chuan chawhruala nitin a in thin atangin a damdawi ei tur chhut chhuah a ngai dawn a ni. Entirnan a nitin dose kha Local 500 ml emaw Sap Zu Um khat emaw anih chuan, a taksa a nghawng dan ngaihtuah chungin a hnuai mi ang damdawi hi pek ni se:

Lorazepam 2 mg/ Chlordiazepoxide 10 mg/ Clonazepam 0.5 mg tablet te hi nikhatah vawithum pek ni se, i.e. zingah mum hnih (2), chhunah mum hnih (2) leh zanah mum thum (3) pek tur a ni a. A dose ni sarh atanga ni sawm chhungin (7-10 days) nitin emaw nikhat kar danah emaw zawi zawi a tihhnam tur a ni.
- ii. Nithum chhung chu Thiamine 100 mg (B1 - e.g. Beplex Forte) pek tur a niin hei pawh hi a dose ti hniam 10 mg in thlakhat chhung chu Thiamine hi pek chhonzawm tur a ni.
- iii. Ruihtheih thil ti chu a awm hle hle theilo emaw a mu theilo emaw a kaih emaw anih chuan Inj. Diazepam 1 ampoule IV or Inj. Lorazepam 1 ampoule ve ve IV/IM a chiu tur a ni.
- iv. Damlo chu a rilru a buaia emaw a a bawraw tan emaw anih chuan Inj. Haloperidol leh Inj. Promethazine 1 ampoule ve ve IM a chiu tur a ni.
- v. Damlo chu a natna a zir leh a mamawh dan a zirin enkawl na pek tur a ni.

2. Opioid use disorders (Heroin-No 4)

- i. Herion-No 4 ti in a nghei dan tur chu a nitin dose chawhrua atang khan chhut tur a ni, entirnan a nitin dose kha 3 caps (insulin syringe cap), ruihhlo in a thinlet dan tur ngaihtuah chungin a hnuai mi te hi pek tur a ni:

Tramadol tablet 100 mg hi nitin vawithum, i.e. zingah mumhnih, chhunah mumhnih leh zanah mumthum in pek tan ni se, a dose hi nitin emaw nikhat kar danah emaw tihnam hret hretin nisarih atanga ni sawm (7-10 days) chhungin tihtawp tur a ni. Hemi hnu hian a la thinglet cheu anih chuan ni thum atanga ni nga dang (3-5 days) pek chhonzawm tur a ni.
- ii. Nitrazepam 10 mg/Lorazepam 2 mg/Zolpidem 10 mg mum hi damlo zanah a mut theih loh chuan pek mai tur a ni.
- iii. Inj Haloperidol leh Inj Promethazine 1 ampoule IM, damlo chu a buai emaw bawrawna a lo lanchhuah chuan chiu mai tur a ni.
- iv. Damlo chu a natna a zir leh a mamawh dan a zirin enkawl na pek tur a ni.

3. **Multiple Substance Use Disorder (ruihhlo chikhat aia tam hmangte):**
An taksa a damdawi hnathawh leh tihbo dan tur chu a hma a mi point No II (1) leh (2) na hi hman mai tur a ni.

II. FOLLOW UP

1. Damlo chu CCC atanga a lo chhuah hnuah Psychiatry OPDs/DMHP OPDs- district khawpui hrang hrangah in entir leh tura thurawn pek tur a ni.
2. Damlo leh an mahni enkawltu te chuan Psychiatrists, Clinical Psychologist leh DMHP Mental health Professionals te hi **State helpline 102** (toll free) hmangin a tul chuan an bia in an thurawn an la thei ang.

Sd/- R. LALRAMNGHAKA

Secretary to the Govt. of Mizoram,
Health & Family Welfare Department

MNo.D.33011/39/2021-HFW(SOP)/Pt.3:Dated Aizawl, the 14th June, 2021

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3. P.S. to Deputy Chief Minister, Govt. of Mizoram.
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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
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(JOSEPHINE ZONUNSANGI)

Under Secretary to the Govt. of Mizoram,
Health & Family Welfare Department