

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

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Dated Aizawl, 29th June, 2021

NOTIFICATION

No.D.33011/39/2021-HFW(SOP)/Pt.5: Covid-19 Contact Tracing atanga swab sample lak tur chin, test neih chungchang leh inkhunghran (quarantine) hun chungchang Sorkarin Notification No.D.33011/39/2020-HFW(SOP)/D dated 21.05.2021 a lo chhuah tawh sa luahlanin he notification hi chhuah a ni a, chhuah ni atanga thu leh awm hma chu hman tur a ni:

Contact tracing atanga Covid test leh quarantine chungchang

1. **Primary High Risk contact** (Covid kaite nena inhnimhnai, kaina chance sang te) - Mi tupawh Contact Tracing Team ten an chhuichhuah atanga Primary High Risk Contact te chu contact an neih ni hnukung ber (last day of contact with covid positive) atanga ni 7-10 inkarah **RT-PCR/TrueNat** a test tur a ni. Result chhuah hma chu fimkhur leh uluk takin an inkhung hrang (strict quarantine) ngei ngei tur a ni. Test result a lo negative pawhin covid-19 kai nena an in contact ni hnukung ber atanga chhiar a ni sawm (10) chhung chu fimkhur leh uluk takin anmahni in lamah an inkhunghrang (strict home quarantine) ngei ngei tur a ni. Hemi hnuah pawh mahni hriselna chik takin ni 7 chhung an inenzui (strict self-monitoring) ang.
2. **Primary Low Risk Contact** (Covid kaite nena lo inhnaih ve, kaina chance sang lo) - te chu insawiselna (symptoms) an neih loh chuan Swab sample lak a ngai lo ang a, in khunghran (quarantine) pawh a ngai lo ang. Amaherawh chu, Covid-19 kai te nen an in contact atanga ni 14 chhung chu mahni hriselna inchikin fimkhur takin an khawsa tur a ni.
3. **Secondary contact** (Direct taka Covid kaite nena in hnimhnai lo) - Primary high risk contact te nen lo inhnimhnai ve leh chhawng (e.g. an chenpui, hnai taka an contact etc) te chu Primary High Risk Contact te result chhuah hma chu an lo inkhung hrang phawt tur a ni a, Primary high risk contact-te result a positive chauhin Swab sample lak ve tur a ni. Anmahni (Secondary contact) te hi an result chhuah hma chu an inkhunghrang ang a, an result a lo negative chuan inkhunghran chhunzawm a ngai tawh lo ang. Primary High Risk contact te result a negative chuan secondary contact te swab sample lak a ngai lo ang a, inkhunghran chhunzawm a ngai lo ang.

Room
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Contact chungchang sawiflahna:

Contact tracing chhuina atan chuan Covid kai, symptoms neite chu symptoms an neih tanni hmalam ni li (4) chhung a an contact-te chhui let tur a ni. Symptoms nei lo te chu an sample lak ni hmalam ni li (4) chhunga an contact-te chhui let tur a ni ang. Contact-te chu hetiang then an ni ang -

1. Primary High Risk Contact te chu:

- a) Covid-19 kai khak, thisen, luak, chil, zun, ek etc kut lawnga khawih leh Covid-19 kai in an khuh/ hahchhiau khum.
- b) PPE hmanglo a Covid-19 kai taksa khawih (eg. chibai) leh endik (exam).
- c) Covid-19 kai thawmhaw, mutbu, bungbel (eg. Thleng, no etc), thildang an khawih e.g. lehkha, pawisa etc. hnu darkar 24 ral hmaa invenna (e.g. Sanitizer-hman, Kutsil, etc.) hmang lo/ inveng zui lova khawih.
- d) Covid-19 kai nena in khata khawsa ho (family members).
- e) Invenna (mask) hmang lova Covid-19 kai nen 2 metre (6 ft) aia inhnaiha awm ho.
- f) Covid-19 kai nen Metre hnih (6 ft) aia inhnaiha motor/rel/thlawhna etc a chuango.
- g) Covid-19 kaite nen hnathawhna hmun (office/dawr,etc.) a pindan khata thawkho.
- h) Covid-19 kai ten Puipunna hmun (eg. Dawr/ATM/Petrol Pump, etc.) an tlawh a nih chuan chumi hmuna thawktu Covid-19 kai lo hnaihtu leh Covid-19 kai awm laia invenna hmang lova lo awm/ kal ve te chu Primary High Risk Contact ah chhiar an ni ang.

2. Primary Low-risk contact te chu:

- a) Covid-19 kai nen meter hnih (6 ft) aia inhlata hmunkhata awmho.
- b) Metre hnih (6ft) aia hla a rel/motor/thlawhna a Covid kaite nen chuang ho.
- c) High risk a chhiar phak si loh, covid kai nena lo inhnaih ve deuh satliah

3. Secondary contact:

Covid kai leh anmahni tak chu direct takin an in contact lova, mahse Primary high risk contact te nena lo inhnimhnai ve leh chhawng an ni. Invenna hmang lo a Primary high risk contact nen 1 metre (3 ft) aia inhnaiha minutes 15 vel leh a aia rei awm hote, primary high risk contact chenpui te, invenna tel lova primary high risk contact te nen 1 metre (3 ft) aia lo inhnimhnai te a huam a ni.


Sd/- R. LALRAMNGHAKA

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

M.No.D.33011/39/2021-HFW(SOP)/Pt.5 :Dated Aizawl, the 29th June, 2021

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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