

No.D.12016/1/2020-PD/NHM

**OFFICE OF THE PRINCIPAL DIRECTOR
HEALTH & FAMILY WELFARE DEPARTMENT
GOVERNMENT OF MIZORAM**

Dated Aizawl, the 24th April 2020.

Ina khunghran (Home quarantine)-te tana thurawn

Home quarantine a awm te chu pindan thengthaw, inthiarna hranpa awm nghalnaah an awm tur a ni. Chhungkaw zinga mi, midang an awm ve a tul chuan meter 1 talin an in hlat tur a ni.

- Kum upa, naupai, naupang leh natna benvawn neisate an hnaih tur a ni lo.
- Inchhungah an tawm tlat tur a ni
- Puipunna eg. Innehna, mitthi vuina etc.-ah an kal tur a ni lo.

Ina khunghrante chuan a hnuai mite hi tha takin an zawm tur a ni:

- ◆ Tui leh Sahbawn-in kut fai takin an sil fo tur a ni, anih loh chuan Alcohol based hand sanitizer hman thin tur ani.
- ◆ No, Thleng, chaw eina bungrua, hrukpuan, khum phah leh thildangte hi midang nen in hmantawm reng reng loh tur ani.
- ◆ Hmaituamna (Mask) engtiklai pawhin an hmang reng tur a ni. Mask chu darkar 6-8 ah thlak thin tur ani. Disposable mask chu hmang nawn lo in, paih nghal tur ani.
- ◆ Mask hman tawh reng reng chu 5% bleach emaw 1% Sodium hypochlorite in tih thianghlim phawt a, paih chauh tur ani.
- ◆ Mask hman tawh reng reng chu bawlhhlawh, natna hrik pai anga ngaih tur a ni.
- ◆ Insawiselna (khawsik, khuh, thawk harsa) a awm reng rengin, COVID-19 Helpline 102/ 0389 - ah biak nghal tur ani.

Ina khunghran chenpui chungte hriattur

- ◆ Chhungkaw zingah ina khunghrante enkawl tur bik in ruatttur a ni a, A enkawl tur a ruatbikte chauhin an buaipui tur a ni.
- ◆ Ina khunghran in a hman puan hrang hrangte chu thin (Shake) emaw kut lawnga khawih loh tur a ni.
- ◆ Chhuat, khum, thutthleng etc khawih dawn leh puan hmanhnu te khawih dawn in kutkawr (gloves) hman ngei ngei tur ani.
- ◆ Kutkawr (gloves) phelh hnuah kut faitak a sil ngei ngei tur a ni.
- ◆ Tumahin an thlawhpawh tur a nilo.

- ◆ Ina khunghran chuan insawiselna (Khawsik, khuh, thawk harsa) a nei a nih chuan, a hnimhnai reng reng chu ina ni 14 chhung khunghran veleh tur an ni a, chumi hnuah chuan ni 14 dang khunghran leh tur emaw ina khunghran test result kha a negative thleng khunghran tur.

Hmunhma leh inchung tih thianglim dan

- a) Ina khunghran dahna pindana bungrua khawih ngun (eg. Khum tlang, dawhkan etc) te chu nitin 1% sodium hypochlorite in tih thianglim thin tur a ni.
- b) Inthiarna hmunte chu nitin bleach (eg harpic etc) a tih fai thin tur a ni.
- c) Khunghran kawr leh puan-te chu a hrana suk tur a ni.

In khunghran rei chung

Inkhunghran chung hi COVID-19 vei finfiah tawh nen a in hnimhnaih atanga ni 14 chung emaw rinhlelh test negative result thleng a ni ang.

SD/-Dr. F.LALLIANHLIRA

Principal Director

Health and Family Welfare Department

Government of Mizoram

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Copy to:-

1. PS to Health Minister Mizoram, for kind information
2. Sr.PPS to Chief Secretary Mizoram, for kind information
3. PPS to Health Secretary Mizoram, for kind information
4. Sr.PPS to Secretary,DM&R Mizoram for kind information
5. Director, H&ME/ZMC for information and necessary action
6. Director of Health Services, Mizoram for information and necessary action
7. Director, I&PR Mizoram, for information and necessary action
8. Mission Director, NHM Mizoram, for information and necessary action



Principal Director

Health and Family Welfare Department

Government of Mizoram