

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

NOTIFICATION

Dated Aizawl, the 5th October, 2020

No. D.33011/26/2020-HFW(QM)/6 : Covid-19 kaihhnawiha Home Quarantine phalsakte tana hman tur '**Inkaihhraina (Guidelines)**' a hnuaia mi ang hian siam a ni a. He Notification hi chhuah a nih atanga thu leh awm hma chu hman tur a ni.

HOME QUARANTINE TURTE INKAIHRUAINA (GUIDELINES)

Mizoram pawn atanga Mizorama lo lut, mPASS kaltlanga Home Quarantine phalsak tawhte chuan hengte hi an zawm tur a ni -

1. Home quarantine phalna nei, symptoms neilote chu an thlen veleh (on arrival) Lengpui airport leh Screening point dangah Rapid Antigen Test (RAGT) hmangin Covid-19 test tihsak an ni ang a, negative te chu Home quarantine phalsak an ni ang.
2. Quarantine-a an awm chung hian Health Department-in **Home Quarantine inkaihhraina** a siamte chu tha taka zawm tur a ni. Mahnia room-a inkhung, Mask vuah, kutsil ngun, hand sanitizer hman, social distancing leh invenna dangte quarantine chhung hian uluk takin an vawng tur a ni.
3. mCOVID-19 leh Aarogya setu app ah in register vek tur a ni.
4. Home Quarantine chhung hian quarantine tan ni atanga **ni 5-10 inkarah RT-PCR test** tur a ni a, test result chhuah hma chuan uluk takin an in quarantine chhunzawm ngei tur a ni.
5. Test result a chhuah a, **a negative chuan in quarantine chhunzawm a ngai tawh lo vang** a, an hna pangngai an thawk chhunzawm thei tawh ang. Amaherawh chu, mahni hriselna inchik (self monitoring) chhunzawm reng tur a ni a, invenna uluk taka kalpui chhunzawm zel tur a ni.
6. Test positive te chu sorkar inkaihhraina angin Covid kaite enkawlnaah an awm ang.
7. Home Quarantine laiin bialtu Chief Medical Officer (CMO) leh Local/Village Level Task Force te'n an vilzui ang a, quarantine zo tawhte chu bialtu CMO te'n Quarantine Completion Certificate an siamsak thin ang.
8. Mi tupawh Home Quarantine laia Covid-19 signs & symptoms nei erawh chu ni 5-10 nghak kher lovin, Task Force/CMO/DCHC/Helpline/ZMC a rang thei ang bera hrilh a, swab sample laksak tur a ni.
9. Hriselna lama harsatna neite tan heng Covid Helpline ah hian thu a thlen theih reng a ni - Phone nos - 102 / 0389-2323336 / 0389 2322336 / 0389 2318336.

Hei hian hemi chungchanga Notification lo awm tawh a luahlan ang.

Sd/- H. LALENGMAWIA

Secretary to the Government of Mizoram
Health & Family Welfare Department

MNo.D.33011/36/2020-HFW(QM)/6 : Dated Aizawl, the 5th October, 2020

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1. Secretary to the Governor, Govt. of Mizoram.
2. P.S to Chief Minister, Govt. of Mizoram.
3. P.S. to Deputy Chief Minister, Govt. of Mizoram.
4. P.S to Speaker, Ministers, Deputy Speaker, Ministers of State, Deputy Govt. Chief Whip, Vice Chairman, Lunglei HPC, Vice Chairman, State Planning Board.
4. P.S to MLA & Vice Chairman, H&FW Board.
5. Sr. PPS to Chief Secretary, Government of Mizoram.
6. PPS to Secretary, Health & Family Welfare Department.
7. PPS to Secretary, Home/DM&R Department
8. Principal Director, Health & Family Welfare Department.
9. Director, Health services.
10. Director, Hospital & Medical Education.
11. Director, Zoram Medical College, Falkawn.
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Chuang 5/10/20
(H. VANLALCHUANG)

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