

No.D.12016/1/2020-PD/NHM
OFFICE OF THE PRINCIPAL DIRECTOR
HEALTH & FAMILY WELFARE DEPARTMENT
GOVERNMENT OF MIZORAM

Dated Aizawl, the 15th April,2020

Facemask hman chungchanga thurawn

COVID-19 hi khawvel ram 212-ah a darh tawh a, India ram chungah pawh mi 11061 chuangin an vei tawh a, mi 377 in nunna an chan tawh.

Mizoram chungah ngei pawh 1 in a vei tawh a, vanneihthlak takin nunna chan kan la awm lo.

COVID-19 hi natna thar a nih avangin a invenna leh inenkawlina chungchangah zirchianna thar a awm zel a. Centre for Disease Control, USA chuan mi zawng zawng tan Facemask hman hi COVID-19 laka him theihna tur leh hriselna atan a pawimawh a ni tiin a sawi a. Tin, zirchianna tam takah COVID-19 leh natna dang tam tam lakah Facemask hian a veng thei tihchian a ni bawk.

Chuvangin pawnhhuak reng reng chuan Facemask hman zel turin Mizoram sorkar chuan ngen a ni. Facemask hi mahni mai piah lamah kan bula mite him nan a pawimawh hle. Facemask hi chi hrang hrang a awm a:

N-95, Respirator leh Surgical mask te hi chu damdawi lam thiamte hman bik tur a ni a. Mi tu pawh khawlai chhuak te chu mask vuah vek tura beisei leh ngen kan ni a, Mask te hi company siam kher vuah a ngai lova, ramchung / khawtual a insiam chawp ve mai theih a ni a. **In lama facemask siam chuan a hnuai a mi hi hriat tel nise:**

1. Facemask hi mipakhat tan 2 siam theih nise. Pakhat sukfai lai a a dang hman tur a awm nan.
2. Facemask siam dawn hian a puan kan hman tur hi fai tak a suk tur a ni. Tui so ah 5 minutes tal chiah tur a ni a. Tuiso a chiah lai hian CHI (Salt) thlak tel a tha.
3. Facemask siam hian ka leh hnar tha takin a khuh thei tur a ni.
4. Facemask hi a letling (pawh lam chung lamah) a, hman miah loh tur a ni.
5. Facemask hman dawn hian kut fai taka sil tur a ni.
6. Facemask hi a huh emaw a hnawng emaw a nih chuan a dang hman vat tur a ni.
7. Vawi 1 hman hnu ah suk fai zel tur a ni
8. Midang nen in hman tawm loh tur a ni.

Homemade facemask tihfai dan

1. Insuk sahbawn leh tui hmangin fai taka su in, nisa ah darkar 5 tal pho tur a ni.
2. Ni sa a pho-na tur a awm loh chuan – Pressure cooker ah facemask chu tui nen dahin 10 minute tal chhum tur a ni. A tui ah hian chi (salt) telh a tha bawk.
3. Pressure cooker a awm loh chuan tui so ah 15 minute chhum theih a ni bawk.
4. A chung a mi te hi kan ti theilo a nih chuan, Sahbawn-in fai tak a su in Istiri(Iron) in 5 minute nawh tur a ni.

SD/-Dr. F.LALLIANHLIRA
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Health and Family Welfare Department
Government of Mizoram

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Copy to:-

- 1) PS to Hon'ble Health Minister, Mizoram for kind information.
- 2) Sr.PPS to Chief Secretary, Government of Mizoram for kind information.
- 3) PPS to Health Secretary, Government of Mizoram for kind information.
- 4) PPS to Secretary, DM&R, Government of Mizoram for kind information.
- 5) Director, H&ME/ZMC, Government of Mizoram for information.
- 6) Mission Director, NHM Government of Mizoram for information.
- 7) Director, I&PR, Government of Mizoram for information & Wide publication



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