

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

COVID-19 CHUNGCHANGA KUM UPATE HNENA THURAWN

(Ministry of Social Justice and Empowerment, Government of India leh Department of Geriatric Medicine AIIMS, New Delhi te'n COVID-19 chungchang a kum lama upate tan a thurawn an siam, mizotawng a lehlin)

Advisory for Senior citizen during COVID-19

Census 2011 tanga chhutin, India ramah hian kum 60 chunglam mi 160,000,000 (Nuaih 160) vel awm anga chhut a ni a.

Kum 60-69	8.8 cr
Kum 70-79	6.4 cr
Kum 80 chung lam damdawi lam tanpui ngai	2.8 cr
Kum upa in nei lo emaw chhungte enkawltu nei lo	0.18 cr

Kum lama upa, kum 60 chunglamte hi COVID-19 vei hlauhawm leh ngaihtuah ngai bik an ni. He thurawn hi kum lama upa-teleh a enkawltute tan, COVID-19 laka in ven nan a siam a ni.

Tu tan nge?

- Kum 60 chunglam a hnuai a tarlan natna benvawn neite
 - Chronic (long-term) respiratory disease, such as asthma, chronic obstructive pulmonary disease (COPD), bronchiectasis, post tuberculous sequelae, interstitial lung disease – *chhuap tha lo*
 - Chronic heart disease, such as heart failure – *lung tha lo*
 - Chronic kidney disease – *kaltha lo*
 - Chronic liver disease, such as alcoholic, and viral hepatitis – *thin natna hrang hrangte*
 - Chronic neurologic conditions, such as Parkinson's disease, stroke
 - Diabetes - *Zunthlum*
 - Hypertension – *BP sang*
 - Cancer

Kum upa, ke a kal theite tan thurawn:

Tih tur	Tihloh tur
<ul style="list-style-type: none"> • In chhungah tawm tlat tur • Inleng neihloh tur • Midang hmuh a tul a nih chuan meter 1 tal a inhlat tur • Mahni chauha chen chuan, mamawh lam turin thenawmte biak tur a ni. • Puipunna lam chi ah reng rengah kal loh tur • Inchhungah chet kual ve reng tur • A theih anga insawi zawi ve reng tur • Mahni taksa vawn thianghlim tur. Abik takin chawei dawn leh inthiar zawhah. Sahbawn leh tui in 20 seconds tal kutsil thin tur. • Kut a kan khawih ngun e.g. tarmit – te tihfai fo tur • Khuh emawh hahchhiau-in rawmawl emaw tissue paper-a inhup in paih nghal emaw sukfai nghal zel tur • Chaw hrisel ei that a, tui inhnem in taksa tih chak tur • Damdawi ei lai-te tha tak a ei zawm tur • Hriselna en uluk tur. Khawsik, khuh leh thawhah leh insawiselna dang neih chuan damdawiin hnai ber pan tur • Hmun danga cheng chhungte, phone hmanga biak fo tur, a tul a nih chuan pui tur a sawm tur 	<ul style="list-style-type: none"> • Khawsik, khuh leh thawhah nei bulah awm reng reng loh tur • Tumah chibai emaw kuah loh tur • Mi tamna hmun- bazar, biakin etc ah te kal reng reng loh tur • Khuh emaw hahchhiau in kutlawngin ka hup loh tur • Mit, hnar leh hmai khawih loh tur • Rilru in ngaihtuah fim tur • In entirnawn hun a nih pawhin damdawiin pan loh tur. I doctor kha phone in be hmasa ang che. • I chungte leh thiante leng turin sawm lovang che
<ul style="list-style-type: none"> • Khua a lum avangin tuiin hnem tur. A bik takin Lung leh Kal natna neisa tan pheih chuan tui in hnem em em tur a ni. 	

Kum upa, enkawli tute tan thurawn:

Tih tur	Tihloh tur
<ul style="list-style-type: none"> • Kum upa-te puih hmain kutfai taka sil thin tur • Kum upa-te buaipui laiin ka leh hnar mask emaw puan a tuam tur. • Bungrua hman ngun bikte tihfai ngun tur a ni. E.g. wheel-chair, walker, walking cane, bed pan etc • Kum upa-te chu kut zing tak a silfai tur a puih tur • Kum upa-te chu chaw leh tui leh damdawi tha taka ei turin puih tur • An hriselna uluk taka enpui tur 	<ul style="list-style-type: none"> • Khawsik, khuh leh thawhah nei chungin kum upa-te enkawllah tur • Khumah mut tir reng loh tur • Kutsil hmasa lovin kum upa-te khawih loh tur
<ul style="list-style-type: none"> • Kum upa-te chuan a hnuai mi anga insawiselna a neih chuan COVID-19 helpline biak tur • Khawsik, taksa na emaw taksa nalo emaw • Khuh, thawk lam harsatna • Nidang aia chawei tuilo, chawei thei lo 	

Kum upa-te rilru lam hriselna atan thurawn:

Tih tur	Tihloh tur
<ul style="list-style-type: none">• In lama chungte nen inbiakfo tur a ni• Social distancing zawm chungin thenawmte nen inbiak pawh tur• Kum lama te chu thlamuang taka an awm theih nan hmun siam tur a ni.• In awm tleina tur thil chi hrang hrangte ngaihtuah tur.• Zialzuk, Zu in, leh damdawi hman sual lam chi tih loh hram hram tur.• Rilru lam ah harsatna I neihsa chuan COVID-19 Helpline no. 102 (Toll free) leh 0389-2323336 / 2318336 ah biak tur	<ul style="list-style-type: none">• Mahni in khung hran loh tur• Pindan 1 -ah chauh tawm loh tur• Internet-a chanchinthar nazawng chhiar loh tur• Thudik lo chu thehdarh loh tur
<ul style="list-style-type: none">• A hnuai a mi anga awm chuan Helpline hi biak tur• Rilru dinhmun a inthlak thut in e.g. nguai ngawih ngawih, biak a chhang tha lo, mahni a phun mawlh mawlh• Chhungte leh laina hnaite hriat lohna awm thut	

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

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

Dated Aizawl the 15th April, 2020

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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