

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

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**NOTIFICATION**

**Dated Aizawl, the 28<sup>th</sup> Jan, 2021**

**Subject : Standard Operating Procedure(SOP) for COVID 19 test at Mizoram State Entry points**

**No.D.33011/39/2020-HFW(SOP)/Pt.III** : DM & R Order vide No. B. 13021/101/2020-DMR/vol.III Dt. 16.01.2021 Para I(A)(3) thu angin ram pawn atanga Mizoram luh, screening, testing, quarantine leh hrivei te enkawl chungchang inkaihhraina(SOP) atana duan a ni. He inkaihhraina hian hemi chungchanga inkaihhraina a lo tih chhuah tawh zawng zawng a luahlan ang, tih chhuah a nih atanga thuleh awm hma chu hman tur a ni ang.

1. India ram hmun dang atanga Mizoram-a lo lut reng reng chu Mizoram an lo luhna(Point of entry)ah uluk taka endik(screen) chhunzawm zel a ni ang. Entry point an lo thlen hma darkar 96 chhunga RT-PCR/TrueNAT/CBNAT(ICMR recognised laboratory) hmanga COVID-19 test result negative neite chu Mizoram an lo luhnaah Covid-19 test tih a ngai tawh lo ang a, Quarantine an ngai lo ang.

He SOP hi tih chhuah a nih hma a quarantine-a lo awm hmante chu Mizoram an lo luh ni atanga chhiara ni 5-naah RT-PCR/TrueNAT hmanga an sample test tur a ni.

RT-PCR/TrueNAT/CBNAT test (ICMR recognized laboratory), negative result certificate nei lo te erawh chu Point of entry-ah Rapid Antigen Test(RAgT) tih a ni ang a, RAgT positive te chu enkawl dan tur dinglai(Protocol) angin enkawl zui tur an ni ang. RAgT Negative te chu enkawl zui leh Quarantine zui an ngai lo ang.

Hetiang hi Mizoram atanga zin chhuak, lo haw leh te endikna kalpui dan tur leh awm zui zel dan tur a ni bawh ang.

2. Mizoram a rawn lut, RAgT Negative result neih avanga quarantine ngai lo te chuan fimkhur takin *mahni hriselna inchik (self-monitoring) ni 7(sarih) chung tal* an ti ngei ngei tur a ni ang. Covid natna lan chhuah dan an ngai pawimawh em em tur a ni a, inrinhlelhna emaw, *symptom* emaw an nei zui(develop) a nih chuan an in khung hrang nghal ang a, medical helpline (Toll free 102, landline 0389-2322336, 0389-2323336 leh 0389-2318336) ah an in report nghal tur a ni.

3. India ram pawn COVID-19 variant strain tamna ram atanga lo lutte erawh chu Point of entry- a Medical Counter-ah in report-in Rapid Antigen Test (RAgT) an paltlang ngei tur a ni. Heng ram atanga lo lutte chu District a Quarantine Facility ruat bikah an awm ang a, an lo thlen ni atanga ni 7-naah RT-PCR/ TrueNAT Test an ni ang. Home Quarantine phalsak an ni lo ang.
4. Mizoram leh Central government leh Gauhati High Court hnuaia thawk mek, duty avanga zinte chuan COVID 19 test-na man hi an chawi lovang.
5. Naute kum 1 leh a hnuai lam te tan COVID 19 test hi tih loh tur a ni.
6. **Self-Monitoring (Mahni hriselna in chik)**- COVID-19 inkaihhraina in a phut mahni In lama awm tawh si "Mahni hriselna in chik" tura tih te chuan heng a hnuai a tarlan harsatna te hi an nei em tih an inchik reng tur a ni.
  1. Khawsik
  2. Rim hriatna tlahniam
  3. Hrawk thip leh nuam lo
  4. Khuh
  5. Thawk lama harsatna
  6. Taksa sil leh na them thum

**Self-Monitoring(Mahni hriselna in chik)** chungah mahni in lama awmte chuan COVID-19 chungchanga sawrkarin thurawn a siamte- Midang hlata awm, Mask vuah, Kut sil fo/Hand sanitizer hman te tha takin zawm tur a ni.

**Sd/- H. LALENGMAWIA**

Commr& Secretary to the Govt. of Mizoram  
Health & Family Welfare Department

**M.No.D. 33011/39/2020-HFW(SOP)/Pt.III:Dated Aizawl, the.28<sup>th</sup> Jan, 2021.**

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12. Sr. PPS to Chief Secretary, Govt. of Mizoram.
13. PPS to Commr. & Secretary, Health & Family Welfare Department
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*Quar 28/1/21*

**(LIANHMINGTHANGI HMAR)**

Under Secretary to the Govt. of Mizoram  
Health & Family Welfare Department

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