

## Department of Health & Family Welfare, Govt. of Mizoram

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### COMMUNITY COVID CARE CENTRE KAIHHRUAINA

Covid-19 hrileng chuan Mizoram pawh tuam zelin, Covid-19 vei pawh mi 1500 lai mai kan nei ve ta reng mai. Vanneih thlak takin Mizoram chungah COVID-19 vanga nunna chan kan la awm lo. COVID-19 damlo te enkawl na turin Mizoram Sawrkar chuan COVID CARE CENTRE hmun hrang hrangah din tawh in damlote pawh enkawl mek zel a ni.

#### COVID CARE CENTRE (CCC)

COVID CARE CENTRE chu damdawiin emaw health care facility nilo (eg. School, hostel, Community hall etc), Covid-19 damlo enkawl na tura a tul anga siam rem a ni. A hmun hi Sawrkar emaw mimal emaw mipui ta ani thei. CCC-ah chuan COVID-19 rinhlelh emaw vei finfiah tawh, natna lang chhuaklo (Asymptomatic) emaw na em em lo (Very mild/mild)-te dah tur an ni.

A chungah tarlan angin, COVID-19 vei hmuhchhuah belh zel a ni a, a vei tawhte hi a tam zawk chu natna langchhuak lo leh na em em lo an ni tlangpui thin. He mi avang hian CCC-a damlo dah tur an pung zel a, CCC hi siam belh zel a lo ngai ta a ni.

#### COMMUNITY COVID CARE CENTRE (CCCC)

Khawtlangin COVID-19 veite enkawl nan CCCC/4C an siam te chu heng a hnuaia tul leh mamawh dangte tarlan ang hi an pawm theih chuan an din thei ang.

#### COMMUNITY COVID CARE CENTRE HMUN HMA:

1. Mimal ahran theuha awm theihna tur room (Single room), ek/bual in a hran emaw in tawm theih.
2. Single room hi a awm thei lo a nih a, room khat-a mi 2 aia tam an awm dawn a nih chuan, khum inkar hlat zawng hi 1-2 metre tal a ni tur a ni.
3. Community CCC atan a hman tur chu room thengthaw tak, tha tak a thli a thawt theihna hmun a ni tur a ni.
4. Midangin awlsam takah an tlawh theih loh na turin hungna (Gate/fencing) tha tak a awm tur a ni.
5. Tui, Electric Power, bawlhhlawh sawngbawl leh tul dangte hi Local Level Task Force / Village Level Task Force-in an ngaihtuah ang.
6. Chaw leh mamawh dangte chu mimal in emaw VLTF/LLTF in an tum tur a ni a, hengte hi CCCC enkawltute hriatpuina in damlo chunghten an pe thei ang.
7. Khum 50 emaw a aia tam nei thei chu Medical Team ngaihtuah sak an ni ang a, khum 50 nei tling lo CCCC/4C din apiang ten Medical Team, Security leh Diet an intum tur a ni. Heng duty tur te awmna hmun hi a hranpa a neih tur a ni a. PPE inthlakna tur room (donning/doffing) a awm tur a ni bawk.

COMMUNITY COVID CARE CENTRE hi din anih hma in CCC State Management Team / Chief Medical Officer emaw an aiawh ruat ten LLTF/VLTF te puihna in an endik tur a ni.

### **COMMUNITY COVID CARE CENTRE a damlo enkawl theihnte:**

1. COVID-19 vei natna lang chhuaklo (Asymptomatic)
2. COVID-19 vei na em em lo (Very mild/mild)
3. Damlo chu COVID-19 a vei tih hmuhchhuah a nih hnu ah, Doctor-in Very mild/pre-symptomatic/asymptomatic case a ni tih a fianfiah tur a ni.
4. Damlo taksa chaklo bik – HIV, Cancer enkawl lai, kal/thin leh adangte thlak tawh (transplant) te chu CCCC-ah inenkawl phal an ni lo. Heng damlo te hi DCHC leh DCH ah enkawl tur an ni.
5. Kum 60 leh a chunglamte leh natna benvawn – BP sang, Zunthlum, Lung natna, chuap/thin leh kal natna benzawn, thluak lam natna leh adang veite chu Doctor in uluk taka a en hnu-a CCCC-a enkawl theih tur a hriat a nih hnuah phal sak an ni ang.
6. Naupai te pawh CCCC-a enkawl phal an ni lo.

### **COMMUNITY COVID CARE CENTRE thawktute:**

1. Medical Team 1 zel atan hengte hi an awm tur a ni.
  - 1) Doctor – 1 (MBBS/BDS/Ayush Doctor).
  - 2) Para-medical – 1 (Nurse/Health Worker).
  - 3) Helper – Volunteer – 2.
2. Security Team atan hian vengchhung mi LLTF/VLTF ten an ruat ang.
3. LLTF/VLTF member atangin Community CCC chungchanga mawhphur tur leh biak pawh theih tur mi 1 an ruat tur a ni.
4. Thawktute zawng zawng hi Chief Medical Officer in Medical Officer in-charge a ruat ten uluk takin training an neih pui ang.

Medical leh Security Team hi 2 emaw tal neih theih ni se. Heng hmanrua digital thermometer leh pulse oximeter te hi mahni intum tur a ni ang.

### **DAMLOTE ZAWM TUR**

1. Damlo chuan engtik lai pawhin triple layer mask a hmang reng tur a ni. Mask hi darkar 8 hnuah emaw a huh chuan thlak nghal tur a ni.
2. Mask hi 1% sodium hypochloride-ah chiah thianghlim hnuah chauh paih tur a ni.
3. Damlo chu pindan ruatbikah chauh a awm tur a ni. CCCC-a awm ve, midangte bulah awm reng loh tur a ni.
4. Damlo chu hahdam taka awm in, tui tam tawk a in tur a ni.
5. A khuh leh hahchhiau reng rengin a ban thlep (kiu chunglam) in emaw tissue paper in emaw rawmawlin emaw a ka leh hnar a hup thin tur a ni.
6. Sahbawn leh tui hmangin kut fai takin 40 second tal a sil fo tur a ni a, remchan lohna a awm a nih chuan alcohol based sanitizer hmangin a ti fai tur a ni.
7. Bungura/hmanrua/bungbel reng reng midang nen an in hman tawm tur a ni lo.
8. Kuta khawih zin bik (dawkhan chung, kawngka hawna leh a dangte)-te chu 1% sodium hypochlorite solution hmangin tih thianghlim fo tur a ni.
9. CCCC enkawltu te thurawn tha takin an zawm tur ani.
10. Covid-19 vei chuan Arogya Setu App hi an mobile phone ah an hmang ngei tur a ni a, engtik lai pawhin a nung reng tur a ni. Arogya Setu App hi <https://www.mygov.in/aarogya-setu-app/> ah emaw Play store atanga download theih a ni.
11. Pulse oximeter leh Clinical Thermometer (Khawsik enna) hmangin an in monitor reng tur a ni.

12. Dam lo chu a hriselna- khawsik leh a dangte uluk taka ngaithla in, harsatna langchhuak thar emaw natna a zual in rang takin thawktute a hriih vat tur a ni.
13. Mahni mutbu leh thawmhaw te room chhungah thin loh tur.
14. Covid-19 vei te chuan a hnuai natna lanchhuah dan tarlan te anga an awm a nih chuan thawktutte hriattir vat tur a ni
  - i. Thawk harsa/thawhah
  - ii. Oxygen saturation hniam ( $SpO_2 < 95\%$ )
  - iii. Awm na (Chest pain) reh thei lo
  - iv. Rilru lam buaina emaw harh vak lo
  - v. Tawng fiahlo thut/ kaih
  - vi. Hmai emaw ban leh ke lam chaklo/ mu chur chur
  - vii. Hmai emaw hmui duk

## CCCC ENKAWLTUTE ZAWM TUR

### 1. Mask:

- 1.1 Damlo enkawltu chuan damlo pindan-a a kal apiangin triple layer mask a hmang ngei ngei tur a ni.
- 1.2 Mask hmalam/pawn lam chu khawih miah loh tur a ni.
- 1.3 Mask chu a huh emaw bawlhhlawh kai a awm chuan thlak vat tur a ni.
- 1.4 Mask chu vawi khat hman zawhah paih in kut faitaka sil nghal tur a ni.
- 1.5 A ma hmai, ka leh hnar te a khawih tur a ni lo.

### 2. Kut tih fai uluk

- 2.1 Damlo bula kal zawh a piang in kut fai taka sil tur a ni.
- 2.2 Ei tur siam hma leh siam zawhah te, ei dawnah te, inthiarna hman zawh leh a balh a piang in kut hi sil fai tur a ni.
- 2.3 Sahbawn leh tui hmangin 40 seconds tal kut sil tur a ni. Remchan loh na hmunah chuan alcohol-based sanitizer hman tur a ni.
- 2.4 Sahbawn leh tui hmana kut sil zawh hian kut hruk hul nan disposable paper towel hman theih hi duhthusam a ni. A remchan loh chuan, towel ruatbik neih a, hunbi nei a suk fai tur a ni.
- 2.5 Gloves hman dawn leh hman hnu ah kut silfai tur a ni.

### 3. Damlo bula awm dan tur

- 3.1 Damlo taksa atanga lo chhuak tuiril lam chi reng reng khawih loh hram tur a ni, a bik takin ka leh hnar atang lo chhuak te. Damlo buaipui dawn reng reng dispoable glove hman ngei ngei tur a ni.
- 3.2 Bungrua thianghlimlo (natna kaichhawn theihna) lam chi reng reng lakah fimkhur tur a ni (e.g. bungbel, in tur lam chi, cigarettes, towel leh mutbu te).
- 3.3 Damlo chuan a pindanah chaw a ei tur a ni.
- 3.4 Chawei thleng leh bungbel dang damlo in a hman chu sahbawn leh tui hmangin, gloves bun chungin silfai tur a ni. Silfai an nih hnu ah hman nawn theih an ni. Gloves phelh hnuah fai tak a kut sil leh tur a ni.
- 3.5 Damlo pindan, mutbu leh kawrte tihfai lain triple layer mask leh gloves hman ngei ngei tur a ni.
- 3.6 Gloves bun dawn leh hman zawhah kut silfai ngei ngei tur.

## **BAWLHHLAWH SAWNGBAWL DAN**

1. Damlo tin in bawlhhlawh bawm 1 theuh an nei tur ani.
2. Bawlhhlawh bawmah hi garbage bag-a thuah tur a ni.
3. Bawlhhlawh chu nitin emaw bawlhhlawh bawm hmun 3 a thena hmun 2 a a khah hnuah paih tur a ni.
4. Damlo tin te bawlhhlawh bawm hi nitin 1% sodium hypochlorite a hruk fai tur a ni.
5. CCCC/4C hungchhungah bawlhhlawh dahkhawmna tur bawm lian zawk daha garbage bag-a thuah tur a ni a. Hei hi COVID WASTE tih ziaka tar tur a ni.
6. He bawlhhlawm bawm lian hi nitin paih a nih hma-in 1% sodium hypochlorite in darkar khat (1) tal chiah a tih thianghlim tur a ni.
7. Bawlhhlawh sawngbawl tur te hian PPE-Mask leh Glove an hmang ngei ngei tur a ni.
8. Bawlhhlawh sawngbawl zawhah thawktute hian sahbawn leh tui hmangin kut fai taka sil leh tur a ni.
9. CCCC/4C room chung hi hmunphiaha phiah fai tur a ni lo. Puanche huh emaw chhuat nawhna (floor mop) a hruk fai mai tur ani.
10. Bawlhhlawh (Masks,gloves, chaw nawi leh adangte) zawng zawng chu Central Pollution Control board in kaihhraina a siam ang a paih tur a ni. ([http://www.cpcbenviis.nic.in/pdf/BMW-GUIDELINES-COVID\\_1.pdf](http://www.cpcbenviis.nic.in/pdf/BMW-GUIDELINES-COVID_1.pdf))

## **ENGTIKAH NGE DISCHARGE TUR**

CCCC/4C-a damlo admit-te chu sawrkarin CCC Discharge protocol a siam anga discharge thin a ni ang.