

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

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**NOTIFICATION**

*Dated Aizawl, 19<sup>th</sup> May, 2021*

**No.D.33011/39/2020-HFW(SOP)/D:** Covid -19 Contact Tracing atanga swab sample lak tur chin, test neih chungchang leh inkhunghan (quarantine) hun chungchang Sorkarin Notification No.D.33011/25/2020-HFW(nCOV)/Sat(D) Dated 31.10.2020 a lo chhuah tawh sa luahlanin he notification hi chhuah a ni a, chhuah ni atanga thu leh awm hma chu hman tur a ni:

**Contact tracing atanga Covid test leh quarantine chungchang**

1. **Primary High Risk contact** (Covid kaite nena inhnimhnai, kaina chance sang te) - Mi tupawh Contact Tracing Team ten an chhuichhuah atanga **Primary High Risk Contact** te chu contact an neih ni hnunung ber (last day of contact with covid positive) atanga **ni 7-10 inkarah** RT-PCR a test tur a ni. Result chhuah hma chu fimkhur leh uluk takin an inkhung hrang (strict quarantine) ngei ngei tur a ni. Test **result a lo negative pawhin covid-19 kai nena an in contact ni hnunung ber atanga chhiar a ni sawm (10) chung chu fimkhur leh uluk takin anmahni in lamah an inkhunghan (strict home quarantine) ngei ngei tur a ni.** Hemi hnua pawh mahni hriselna chik takin ni 7 chung an inenzui (strict self monitoring) ang.
2. **Primary Low Risk Contact** (Covid kaite nena lo inhnai ve, kaina chance sang lo) - te chu insawiselna (symptoms) an neih loh chuan Swab sample lak a ngai lovang a, in khunghan (quarantine) pawh a ngai lovang. Amaherawh chu, Covid-19 kai te nen an in contact atanga ni 14 chung chu mahni hriselna inchikin fimkhur takin an khawsa tur a ni.
3. **Secondary contact** (Direct taka Covid kaite nena in hnimhnai lo) - Primary high risk contact te nen lo inhnimhnai ve leh chhawng (e.g. an chenpui, hnai taka an contact etc) te chu Primary High Risk Contact te result chhuah hma chu an lo inkhung hrang phawt tur a ni a, Primary high risk contact-te result a positive chahin Swab sample lak ve tur a ni. Anmahni (Secondary contact) te hi an result chhuah hma chu an inkhunghan ang a, an result a lo negative chuan inkhunghan chhonzawm a ngai tawh loving. Primary High risk contact te result a negative chuan secondary contact te swab sample lak a ngai lovang a, inkhunghan chhonzawm a ngai lovang.

**Contact chungchang sawifiahna:**

Contact tracing chhuina atan chuan Covid kai te an positive tih hriatchhuah atanga chhiar leta ni 10 chung an contact te a huam ang. Contact te chu hetiang then an ni ang -

**1. Primary High Risk Contact te chu:**

- a) Covid-19 kai khak, thisen, luak, chil, zun, ek etc kut lawnga khawih leh Covid-19 kai in an khuh/ hahchhiau khum.
- b) PPE hmanglo a Covid-19 kai taksa khawih (eg. chibai) leh endik (exam).
- c) Covid-19 kai thawmhaw, mutbu, bungbel (eg. Thleng, no etc), thildang an khawih e.g. lehkha, pawisa etc. hnu darkar 24 ral hmaa invenna (e.g.: Sanitizer-hman, Kutsil, etc.) hmang lo/ inveng zui lova khawih.
- d) Covid-19 kai nena in khata khawsa ho (family members).

- e) Invenna (mask) hmang lova Covid-19 kai nen 2 metre (6 ft) aia inhnaiha awm ho.
- f) Covid-19 kai nen Metre hnih (6 ft) aia inhnaiha motor/rel/thlawhna etc a chuango.
- g) Covid-19 kaite nen hnathawhna hmun (office/dawr,etc.) a pindan khata thawkho.
- h) Covid-19 kai ten Puipunna hmun (eg. Dawr/ATM/Petrol Pump, etc.) an tlawh a nih chuan chumi hmuna thawktu covid-19 kai lo hnaihtu leh Covid-19 kai awm laia **invenna hmang lova** lo awm/ kal ve te chu Primary High Risk Contact ah chhiar an ni ang.

**2. Primary Low-risk contact te chu:**

- a) Covid-19 kai nen meter hnih (6 ft) aia inhlata hmunkhata awmho.
- b) Metre hnih (6ft) aia hla a rel/motor/thlawhna a Covid kaite nen chuango.
- c) High risk a chhiar phak si loh, covid kai nena lo inhnaih ve deuh satliah

**3. Secondary contact :**

Covid kai leh anmahni tak chu direct takin an in contact lova, mahse Primary high risk contact te nena lo inhnimhnai ve leh chhawng an ni. Invenna hmang lova Primary high risk contact nen 1 metre (3 ft) aia inhnaiha minutes 15 vel leh a aia rei awm hote, primary high risk contact chenpui te, invenna tel lova primary high risk contact te nen 1 metre (3 ft) aia lo inhnimhnai te a huam a ni.

**Sd/- R. LALRAMNGHAKA**

Special Secretary to the Government of Mizoram,  
Health & Family Welfare Department

**Memo No.D.33011/39/2020-HFW(SOP)/D : Dated Aizawl, the 19<sup>th</sup> May, 2021**

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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.
5. P.S to MLA & Vice Chairman, H&FW Board.
6. Sr. PPS to Chief Secretary, Government of Mizoram.
7. PPS to Secretary, Health & Family Welfare Department.
8. PPS to Secretary, Home/DM&R Department
9. Principal Director, Health & Family Welfare Department.
10. Director, Health services.
11. Director, Hospital & Medical Education.
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*Josephine Zonunsangi* 19.5.21  
**(JOSEPHINE ZONUNSANGI)**

Under Secretary to the Government of Mizoram,  
Health & Family Welfare Department