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HRISELNA

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INVEN ṬHAT HI TIHDAM AIIN A ṬHA ZAWK FO

Kan lo hrisel zawk nan a kan tihur tlemte

I LO IN VEN THEIH DAN TURTE



Sahbawn nen i kut
second 20 tal sil rawh



Tu emaw hritlang awmna
nei ang chi awm
hnaih suh



I hnar, mit leh ka
khawih suh

MIDANG I VENPUI THEIH DAN TURTE



I damloh chuan
lnah awm rawh



I ka leh hnar i hahchhiau
emaw i khuhin emaw
rawmawl/tissue paper in
khuh thin ang che



Punkhawmnaah
awm suh



Vantlang hmunah
chil chhak suh

ṬANHONAIN CORONAVIRUS KAN HNEH THEI

Hriat belh duh i neih chuan : Ministry of Health and Family Welfare, GoI's
24x7 control room number : +91-2397 8046
emaw State Help line Number : 102, 0389-2323336 / 2318336
Email at : ncov2019@gmail.com-ah
te hian engtik lai pawhin a zawh theih reng e.

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Editorial

Vanduaithlak takin khawvelin harsatna nasa tak mai COVID-19 hrileng avangin kan tawk mek a. Mizoram chhung ngei ah pawh he hri chimawm tak mai leh inenkawlna hautak leh fimkhur ngai em em mai chu kan lo hmachhawn ve der mai. Heng zawng zawngte avang hian Hriselna Chanchinbu ngei pawhin fimkhurna avangin pdf. file in chanchinbu kan ti chhuak ta rih phawt a, kan chanchinbu latu zawng zawng te hriatthiamna leh ngaihnhathiamna kan dil hmasa a ni.

Mizote hi thuawih thei tak mai kan ni a, tanho a ngaihna ah pawh inhrethiam a, tangrual thiam tak hnam kan nihna hi alawmawm hle. COVID-19 hrilengin kan khawvel leh Mizoram ngei pawh a tih buai em em laiin Nausen pianghlim atanga kum khat hnuai lam thi tih tlemna kawngah mipuite nen kan tanrualna leh thawhhona a that avangin India ramah a ti tha ber dawttu kan ni hi a lawmawm hle. Hei mai ni lovin, India ram pumah hmasawmna point hmu tha ber kan ni tel bawk. Hetiang dinhmun a kan din mek laiin Mizoramah COVID-19 a lo thleng ve hlauh a, chumi pawh kan thawhho thatna te, Doctor te leh thawktu hrang hrangte thiamna leh inpekna a zarah COVID-19 awmlohna State kan ni mek bawk a ni.

Heng zawng zawng hi amaha lo awm ngawt a ni lova, chhiartu duhtak, nang leh kei a thawhhona rahchhuah a ni kan ti lo thei lovang. Hetiang dinhmun thleng thei a min siamtu hmasa ber chu Pathian a ni a, a dawt leh ah chuan thuawihna rah kan seng a ni. Hriselna lama hma kan sawn zel theih nan te, kan ramin hma a sawn zel theih nan te, Khawtlang, chhungtin kan lo hlim tlan zawk zel theih nan insum theihna nen, mithiamte thurawn leh an sawi te awih ila, chumi rah tel leh tur chu nang leh kei kan ni tih theihngihl mai lovin, pheikhai vawrin hmasawmna lam tluang i zawhho dial dial zel ang u khai.

COVID-19 CHUNGCHANGA HRIATTUR PAWIMAWHITE

Coronavirus leh COVID-19 chu enge ni?

Coronavirus chu natna hrik chikhat, virus an tih zinga mi a ni a. Coronavirus hi chi hrang hrang awmin natna hrang hrang mihringah leh ranah a thlen thei a, natna a thlen kan hriat larte chu Middle East Respiratory Syndrome (MERS), Severe Acute Respiratory Syndrome (SARS) leh tuna COVID-19 kan tih te hi an ni. COVID-19 chu coronavirus zinga hmuhchhuah thar ber niin, December 2019 a Wuhun, China ah hmuh hmasak ber a ni.

COVID-19 veite engtingge an insawisel (symptoms)?

COVID-19 veite insawiselna ber chu khawsik leh khuh ro a ni. Thenkhat chuan taksa na them thum, hnar ping, hnap tui, hrawk thip, kawthalo an nei bawk. Hengte hi a nasa lo tlangpui. Kai tam takin insawiselna an nei lo. A kai zinga 80% lai chu tha takin an dam leh mai a, a kai 6 zela 1 erawh chu an na zual (serious) bik a, thawhah an nei thin. La na deuh bik an awm a, chungte chu – kum upa lamte, natna dang veisa e.g, BP sang, zunthlum, Cancer, lungna vei sa te. Khawsik, khuh leh thawhah nei kawp chuan rang takin damdawi in an pan tur a ni.

COVID-19 hi engtianga inkaichhawn nge a nih?

COVID-19 hi a inkaichhawnna chu mihring dang a veite atangin a ni. A natna veite'n an khuh/hahchhiau/ thawk chhuahin tuihu hlawm te reuhte (droplet) hnar chhung leh ka chhung atangin a chhuak a, chutah chuan a natna hrik a lo tel a, chu chu mihringah emaw bungrua/bang/chhuat/kawngkhar etc ah a tla a, hetah hian darkar 2 atanga ni 2/3 a dam thei a ni. Chung chu kan kutin kan khawih hnuah kan hmai, hnar, ka (mouth),

leh mit vel kan khawih leh a, kan kai ta thin a ni. Chuvangin kut lawng a thil khawih mai loh te, inchibai loh te, hmai, mit, hnar vel kuta khawih lohte a pawimawh. Hei bakah khuh leh hahchhiau a tuihu leng chhuak kha kan lo hip luh chuan kan kai thei bawk a, hemi avang hian damlo atanga 3 feet tala hlaa awm a pawimawh (social distancing). Boruakah 3 ft (1 metre) aia thui chu a thlawk darh chum chum lem lo a nih chu. COVID-19 hi insawiselna nei lo, a hrik lo pai ru reng si (COVID-19 kai insawisel lo) atangin kaichhawn chu a har deuh nain khuh an neih chuan an khuh atangin a kai ve theih tho a ni.

COVID-19 kai loh nan/ inkaichhawn loh nan engte nge ka tih ve theih? -

1. Kut sil ngun - Sahbawn nen fai taka kutsil thin (Kutsil dan dik a awm a, chu chu internet ah awlsamte a hmuh theihin a awm. Hei hi nasa takin inzirtirna nei thei ila). Kutsil remchan lohnaah Hand sanitiser bur t̄e pai a a khat tawk a kut tihfai thin pawh a tha. Sawi tawh angin kutin mi khawihhnu kan khawih nasa em em a, kan hmai vel kan khawih leh a, hei hi a inkaina bulpui ber pakhat a ni.
2. Hmai - mit, hnar, ka, beng chung kut lawnga khawih loh. Khawih ngei a ngaih chuan, rawmawlin emaw thawmhnaw fai lai, thil dek vak lo lai hmanga deh/hiah thin.
3. Khuh/hritlang vei bulhnaiah awm lo ila, kan inkarah 3 feet (1 metre) tal a awm tur a ni (Social distancing).
4. Kan zavaiin, khuh vei leh vei lote pawhin 'Khuh dan tha/ Khuh dan dik (Cough etiquette)' kan zawm that a ngai. Chu chu kan khuh/hahchhiau reng rengin a lawngin emaw kutbawra ka hupin emaw kan khuh tur a ni lova, rawmawlin

emaw tissue paper in emaw kan ka kan hup tur a ni, chutiang kan keng lo a nih pawhin kan ban kual thlep lai, kiu chhunglamin ka hupin kan khuh/hahchhiau tur a ni. Duhthusam chuan tissue paper pai nual ila, kan khuh/hahchhiau zawh veleh hman nawn theih lohvin bawlhhlawh bawmah paih nghal zel ila.

5. Hritlang leh khing insawiselna kan neih chuan leng chhuak lovin in lamah tawm ila, mi zingah midang kaidarh thei turin awm suh.

6. Kuta Inchibai te, inkuah leh infawh ang chi te hi tih rih lo mai a tha. Khawi ilo kan kal velna hmunah a thil khawih tlem thei ang ber a kan kut kan ven a tha.

7. Pawn kan chhuahin Hmai tuamna hman thin tur a ni. Hmai tuamna Facemask hi Damdawiin a thawktute leh Damlo enkawltu ten an hman thin ang Medical mask hman ve kher tum loh tur. Mipui vantlangte chuan mahni a siamchawp emaw, remchang kan tih ang ang, rawmawl a ni emaw hman hi a tawk em em a ni.

8. COVID-19 lenna hmun atanga ilo haw anih chuan engmah insawiselna nei lo pawh, ni 14 mahni inah emaw thuneituten Quarantine facility a awm ngaite an dahna hmunah emaw awm hran tur a ni. Hei hian midangte kan chungte emaw COVID-19 laka anlo him theih nan leh a darh zel tur a veng a ni.

Inringhlel ta ila, engtia tih tur nge?

COVID-19 vei nia kan inringhlel chuan direct a doctor or hospital pan hmasa mai lovin a hnuai Mizoram Health Department in phone number a dahah hian phone hmasak tur a ni. Tin, COVID-19 kaihnawih reng reng hrechiang duh

te pawhin heng number ah te hian engtiklai pawhin zawhfiah theih reng a ni. No. 102(Tollfree) ah emaw 0389-2323336/2318336 ah te.

COVID-19 chungchangah hriat duh nei ta ila, tunge ka zawhang?

Coronavirus chungchangah thubelhchian dawl lo internet leh social media ah a tam thin em em a; heng hian mite a ti chiaia, harsatna tam tak a siam thei. Hetianga thil diklo thehdarhi dan anga hrem theih an ni. Thil i hrechiang duh a nih chuan Health Department thuchhuah atangte, Helpline atangte, internet WHO website www.who.int leh <https://www.mohfw.gov.in> atangte in a hriat chian theih ang.

Mask (Hmaikawr) vuah kher hi a ngai em?

COVID-19 hi natna thar a nih avangin a invenna leh inenkawlina chungchangah zirchianna thar a awm zel a. Centre for Disease Control, (CDC) 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 tak lakah Facemask hian a veng thei tihchian a ni bawk.

Mask hman chuan a hman dan tur dik taka hman loh chuan awmzia a nei lo thin. Mask kan vuah a nih chuan kutlawnga khawih loh te, vuah leh khawih dawna fai taka kutsil thin te, mask leh kan hmai inkarah boruak luh theih loh te, mask phelh dawna hnunglama a suihna atang chauha phelh thin te, disposable mask chu a paihna tur dik taka paih nghal te a pawimawh hle. Vuah dan dik taka kan vuah chuan natna dang laka invenna atan pawh engemaw chen chu tha tur a ngaih a ni. Mask hi mipui vantlang ah chuan Medical mi ten damlo an enkawlina hmun a an hman ang kher hi hman ve kher a tul

hran lo, In lamah duh ang tawk a tha siam chawp mai hman hi a tha in khawlai kan chhuah vahna a hman atan chuan a tha tawk em em a ni.

Hriat tur dangte:

- COVID-19 avangin chia i lo ila, fimkhur erawh chu i fimkhur ang u.
- Ngaihdan atthlak te, puithuna atthlak te kalsanin thil chinchang uluk takin zir zel ila.
- Hmundang atanga zin haw khunghran (quarantine) te hi natna vei an ni lova, fimkhur thilthu ah ni 14 vel (natna lan chhuah theih hun chung) khung hran mai an ni.
- Hetia ni 14 dahhran/awmhran tir an nihna chhan chu hemi chung hian insawiselna nei lovin a hrik hi an lo pai ru reng thei a, hre lovin mite an kaidarh thei a ni. Chuvangin dahhrante chuan an zawm ngei tur a ni.
- Khawtlang, Health department, police leh department hrang hrangte, NGO te, kan zavaia kan tanho a ngai hle.
- COVID-19 hluar chin tur hi a hriat rih lo va, hemi hun chung chuan hengte hi a pawimawh : Kutsil ngun, hmai khawih loh, puipunna huaihawt loh, zin rih loh (a bikin COVID-19 kai tawh awmna state ah leh ramdangah), puipunna a tel tlem, mitinin khuh leh hahchhiau dan dik zawm a chilchhak mai mai loh.

COVID-19 chungchanga ngaihdan dik lote : Hengte hi a dik lo-

1. Thosi seh atangin a kai theih.
2. Tuisa deuha inbualin a ven theih.
3. Zu in hian a veng thei.
4. Chlorine emaw alcohol emaw a taksa inphuhtirin a natna hrik a that thei.

COVID-19 HRILEN LAIA THISEN PEK DAN KAL PHUNG

State Blood Transfusion Council, Mizoram.

Kan hriat theuh angin Covid-19 hrileng chuan khawvel a tuam mek a, hriselna lama thawktute pawh a tiluhai hle a ni. He natna hrik hi virus thar kan la hmelhriat ngailoh Coronavirus (CoV) family niin SARS-CoV-2 an ti bawk.

He natna Covid-19 hi thisen pek atanga in kai theih tih finfiahna a la awm lova, he virus family zinga mi thawkna lam khawih natna dang SARS leh MERS-CoV tepawh hi thisen dawn atanga kai theihloh anga ngaih a lo ni tawh thin a. Chuvangin American Association of Blood Banks (AABB), US Food and Drugs Administration, Centre for Disease Control (CDC)-tepawh hian thisen pek leh thisen dawn atangin he natna hrik inkaichhawna hi hriat a la nih loh thu an puang.

He hrileng karah hian a hma ang thovin dam lo dang tam tak thisen mamawhtu an la awm reng a, chuvangin he hrilen chungna thisen mamawhna puhruk nan National Blood Transfusion Council (NBTC) chuan WHO inkaihhruaina zulzuiin India ram pum tan inkaihhruaina dan a siam a, chungte chu:

1. Covid-19 hrilenna ram/khua a zin haw techuanni 28 chung thisen pekloh tur.
2. Covid-19 veite leh rinhlelhawmte bula awm te chu ni 28 chung thisen pek loh tur.
3. Covid-19 hri vei tawhte chuan an dam chhuah atangani 28 chung thisen an pe thei lo.
4. He hrilen lai hian Blood Donation Camp leh Blood Bank a thisen pekte chu chhonzawm reng tur a ni a, amaherawhchu Camp buatsaitute leh Blood bank staff te pawhin social distancing hi an zawm ngei tur a ni a, meter khat tal a inhlatah an awm tur a ni. Thisen pekna khum

- pawh meter 1 tal a inhlata dah tur a ni. Thisen pekna hmunah hian kut silfaina tur hmanrua, Tui, Sahbawn, Hand sanitizer, Personal protective equipment (PPE)-te leh Bawlhhlawh bawmte a awm tur a ni.
5. Blood Bank-a thawktute leh thisen pe tur pawh dam that lohna nei leh Covid-19 veite nen a inhnim hnaite chu kal chhuak lo tur leh in a tawm tur a rawn an ni.
 6. Blood Bank a thawk Doctor te, Laboratory Technician leh Nurse ten Glove an bun vek tur a ni a, mimal tin an khawih dawnin Glove thlak emaw alcohol base sanitizer hmanga kut tihfai tur a ni. Glove, mask, leh PPE dangte hman hnu reng reng paihna bik siam tur a ni.
 7. Thisen petute hi mi hrisel tha pangngaithe an nih avangin thisen pekna hmuna thawkte tan invenna hmanrua abik a siam heng P2/N95 mask te, PPE kawrfual ang chi te hak a ngai lo.
 8. Blood Donation Camp nei turin hmun hla tak a kal loh rih nise, hei vang hian hrilen lohna hmun hnaivaia awmte thisen pek uar leh zual tura inzirtir nise.
 9. Thisen pek laia thisen petuten an hmeh thin ball hi Covid-19 hrilen lai chuan hman loh tur a ni a, ball tellova tih dan turin zirtir nise.
 10. Thisen petute hi he hri chungchanga invendan leh a kaihnhawih te hre hle tura ngaih an ni a, zawhna (Blood Door Questionnaire) pawh tha taka chhan tur a ni. Blood Bank lam pawhin Standard Operating procedure (SOP) tih danglam ngai a awm chuan siam that tur a ni a, mipui zirtirna uar takin leaflet te, poster te hmangin neih tur a ni.
 11. Thisen pek kawnga hmalatu Association for Voluntary Blood Donation (AVBD) ten nasa taka tan lak a, thisen pe thei pawl leh mimalte zawn kawngah Sorkar nen atangkawpin hmalak nise.

12. Thisen petu ten thisen pek zawh atanga ni 14 chhunga hengte hi an nei a nih chuan Blood Bank ah in report vat tur a ni a, a tul anga Doctor-te leh thuneitu sang zawk State Blood Transfusion Council (SBTC) ten hma la-in a bawhzuitur a ni:
- a) Covid-19 veini a inrinhlelhna emaw,
 - b) Covid-19 positive emaw,
 - c) Covid-19 vei nen a inhnim hnaite.
- Thisen pek hnua Covid-19 positive emaw, thisen dawn hnua Covid-19 positive reng reng chu HvPI of NIB ah report vek tur a ni.
13. Blood Bank thenkhat ten thisen mamawhna an neih chuan SBTC ruahmanna-in Blood Bank dang atanga thisen lak theih a ni.
14. Hospital Transfusion Committee te tih chak a, renchem taka thisen hmandante ruahmanna lo siam zung zung thei turin thuneihna pek an ni.

Mizoram bikah chuan heng inkaihhruaina dante hi tha taka kalpui a ni a, tlawmngai pawl hrang hrangte leh mi mal ten thahnemngai takin thisen an pe thin a, a lawmawm takzet a ni. SBTC ngenna angin pawl anga thisen petute pawhin vawikhatah mi tam tak inpe lovin social distancing tha taka zawm thei turin an in pek chhawk a ni. Tin, local task force duty leh traffic duty tepawhin thisen pe tura kalte tan harsatna awmlovin an kaltir zel niin kan hria a, kan thawhhona tha tak avangin Blood Bank tinah thisen tlakchham neilovin kan la kalzel a ni. Tin, District tinah AVBD ten thisen pe tur pawl leh mimal lo sawmkhawmin thisen pek dan tur ruahmanna an lo siam a, he hrilen chung hian nasa takin hma an la a ni.

COVID-19 LEH TB

- **Covid-19 leh TB natna thlen tu te hi enge?**
 - § Covid-19 natna thlen tu hi virus chikhat coronavirus anih laiin TB natna thlent tu hi bacteria chikhat mycobacterium tuberculosis ani.
- **Engtinge an inthehdarh?**
 - § Covid-19 leh TB natna te hi a natna hrik pai damlo te hahchhiau/khuh atanga kai an ni a, Covid-19 hi boruak a natna hrik leng mai bakah kan chenna vela a natna hrik tla thla tawh kan khawih atang kai theih ani a, TB erawh chu heng thawmhaw, bungbel leh dawkhaw, thuthleng vela tang hian a inkai ve theihloh ani.
- **TB natna vei mekte ran Covid-19 a hlauhawm zual em?**
 - § TB natna vei vang ringawt hian Covid-19 veina chance a sang chuang lova, amaherawhchu chuap TB vei te tan erawh chuan an chuap ber a nat avang khan chuap natna dang hrim hrim hi an vei awl a ngaih ani.
- **TB leh Covid-19 laka invendan inang/inhnaih te enge ni?**
 - § Khuh leh hahchhiau dawnin rawmawl a hmai khuh thin tur. Rawlmawl neih remchhan loh chuan ban hi kiu a thleh a, a chung lama khuh/hahchhiau tur.
 - § Second 20 tal kut sil thin tur. Hand sanitizer hman te a pawimawh.
 - § Mit, hnar leh ka te khawih sek loh tur.
 - § Covid-19/TB vei ten an thehdarh loh nan in entir/test vat tur.
 - § Eng natna atan pawh taksa a lo chak theih nan, ei leh in ah te in uluk tur.

Covid-19 leh TB natna lanchhuah dan enge? A danglamna enge?

- § TB – A natna hi a thawk muang a, kar tam tak a ngai thin lang chhuak turin :
 - o Kar 2 aia rei khuh
 - o Khawsik ser ser
 - o Rihna tlahniam
 - o Chaw ei tuilo
 - o Zana thlanfim in a bual
 - o Khak thi
 - o Chest X Ray a normal lo awm reng reng
- § Covid-19 – A natna hi a rang tlangpui a, kar tam tak a mamawh ve lo ani :
 - o Khuh ro
 - o Khawsik sang
 - o Thawk harsa
- TB damdawi ei mek te tan TB a thawktu ten damdawi lak hun/ inentir hun/khak exam hun an tihah kal ngei ngei tur ani a, i dam leh dam loh hriat nan a pawimawh ani. Local Task Force te hriatpuina in kal tur ani a, mask vuah erawh a ngai ani.
- TB leh Covid-19 lanchhuah dan a inang sia, engtinng kan hriat hran ang?
 - § TB leh Covid-19 lanchhuah dan a inan ve avangin mahni thu a inenkawl ngawt lovin, Doctor rawn thin ang che. TB leh Covid-19 inringhlel reng reng hi test an nih theih nan lockdown chung pawh hian harsatna a awm lova, TB bik chu Mizoram a DMC 35 kan neih te hi kan inhawn dan pangngai rengin kan inhawng ani.
 - § Tin, inentir remchang lo tan Mizoram helpline hrang hrang ah Doctor thiam tak tak an awm a, heng number ah te hian a hun bikah kan harsatna te a thlen theih ani.
- Mizoram dung leh vangah lockdown chung hian TB services zawng zawng hi a ngai ang renga kalpui zel ani e.

Hmeichhe tan thi neih laia Beer in hi a tha tak tak em?

*Dr. Joel Lairemsanga
Medical Officer
MMU-NHM
Champhai District*

“Hmeichhe tan thi neih laia beer in hi a tha hle a, thi neih a tiawlsamin thi neih tâi-nà a tireh thei” tih hi sawilan a ni fo thin. Hmeichhe tam tak chuan he thu hi chang-chawiin inthlahrunna nei hauh lovin beer hi an in hmiah hmiah mai a, a tam zawk erawh hi chu beer in duh vang hrim hrima chhuanlam atan-a hmang an ni zawk âwm asin. Beer hian alcohol a pai ve a, zu ve tho a ni tih erawh hre tha duh lo an tam hle.

Journal BMJ-in a tarlan danin Beer hian hmeichhe thi neih dawna taksaa natna hrang hrang awm (Pre-menstrual Syndrome) a tizual thei a, hmeichhe taksaa harsatna hrang hrang a thlen theihte chu heng te hi an ni:-

- (1) Beer hian hmeichhe thi neih mumal lohna a thlen thei: Beer-a alcohol awm hian hmeichhe taksaah Estrogen leh Testosterone a tipung hluai a, hei hian thi neih hun-bi tidanglamin thi neih theih lohna thlengin a thlen thei a ni.
- (2) Beer hian thi neih tâi-nà a tizual: Hmeichhe tam tak chuan thi an neihin tâi-nà an nei nasa thei hle a, thi neih hun lo thleng tur pawh an huphurh phah thin. Beer hian taksaah tui tlakchhamna emaw, taksaa tui hip khawm chak lohna a thlen awlsam hle a, hei hian thi neih tâi-nà a tizualin a nat chhung a tirei thei a ni.
- (3) Thi neih laia nawm lohna hrang hrang:- hnute na, luna, rilru nguina leh nguaina a thlenin a tizual thei hle.

(4) Beer hian taksaa magnesium awm a titem chak hle a, tichuan sugar a lo hniam thuai a, luhai ri ai ri ai leh taksaa chak lohna a thlen ta thin a ni.

(5) Rilru nguina a thlen awlsam hle a, thil ho te te-ah thinrimna leh beidawna a thlen thin.

Awle, hmeichhe tana beer in that lohna hlawm lian tak tak kan tarlang ta a, miin beer hi hmeichhe tan a tha an tih pawhin lo awih suh ang che. Hmeichhe tan pawha tha, thi neih tiawlsam leh thi neih tai-nà laka veng thei che thil tha tak tak dang a awm a, hengte hi lo zawm zawk ang che. Chung te chu-

- * Caffeine pai tam lo thingpui in tam ang che.
 - * Tui in tam rawh.
 - * Sawhthing tuisawr in tam rawh.
 - * Coffee in ngai suh.
 - * Muhil tam rawh.
 - * Chaw tha ei tam ang che.
-

COVID-19 PANDEMIC LAIA NU NAUPAI TE LEH NU NAUPAWM TE TANA HRIATTUR PAWIMAWH

Kan hriat theuh ang in Corona Virus, SARS CoV-2 Virus ti a kan hriat bawk hi tunlai hian khawvel pum ah a darh nasa hle a. Wuhan, China atangin case hmasaber hi hmuhchhuah niin ram dangah a darh kual ta ani. He natna hian khawsik, hrawkna, khuh leh thawkna lam ah harsatna thlen theiin ,thihna hial pawh a thlen thei ani. Mahse fimkhur tak a kan awm a, kut kan silfai ngun a, hmuituamna kan vuah that a, thil tul chauh a pawn kan chhuah chuan leh pawn kan chhuah pawh in midang nen inhnaih lutuk lo a kan awm chuan he natna hrik kan kai tur lak ah hian kan in veng thei ani.

Heng kan boruak tawn mek ah hian nu, naupawmlai ten Corona virus (covid-19) lo vei tase, emaw veiin inringhlel tase, a naute chu hnute a hnek zawm tir angem tih zawhna hi an nei ngei ang tih a rinawm. Hemi chungchanga WHO leh UNICEF ten inkaihhruaina tur an duan chu hetiang hian ani -

WHO leh UNICEF techuan in nu naupawmlai chuan Covid-19 lo vei ta se emaw, vei in a inringhlel anih pawh in a naute hnute a pe zawm thei an ti. Amaherawhchu, nu in a naute hnute a hnektir dawn emaw a khawih dawn reng rengin heng a hnuai a mi te hi a ti ngei ngei turani -

- Naute a khawih hma leh hnute a pek hma in a kutfai takin sahbawn hmang in second 20 chhungtal a sil thin tur ani.
- Naute a khawih hma leh hnute a pek hmain hmui tuamna (Mask) a vuah phawt thin tur ani.

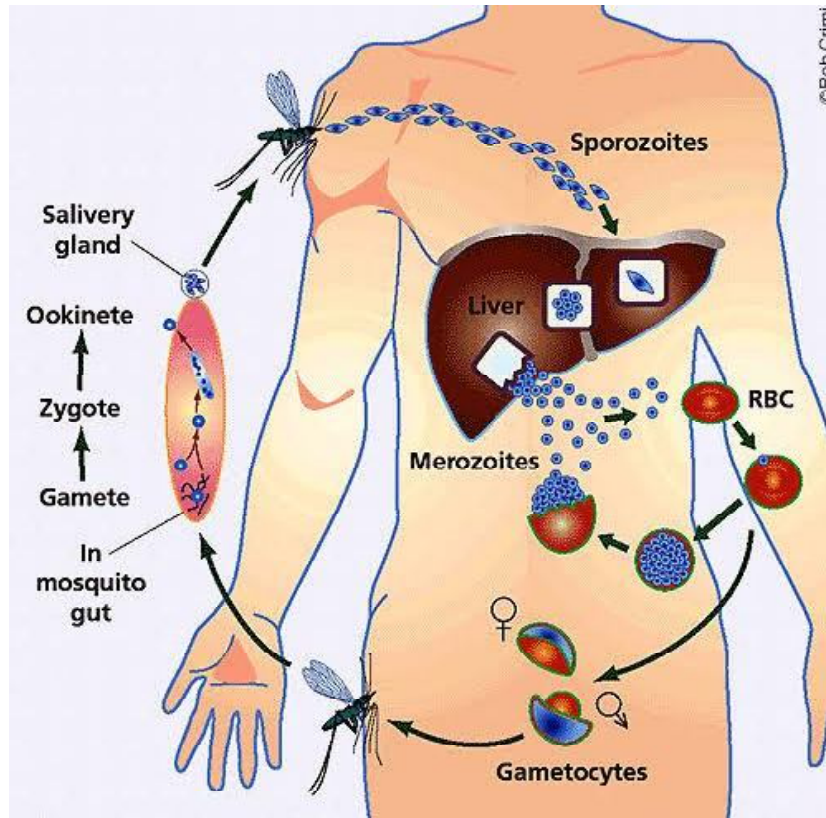
- Nu in naute hnute a pek laiin a khuh emaw a hahchhiau palh anih chuan a kiu bawr in emaw , rawmawl in a in hup thin tur ani.
- Nu naupawmlai chu a dinhmuna that loh zuala, a naute hnute a hnektir theilo anih pawhin a hnute tui chu fimkhur taka sawrchhuah hnu ah, a naute pek tur ani.
- Thil khawih ngun deuh hlek ho(entirman – Kawngkhar vawna, Fridge hawna, Dawhkan, Thutthleng etc) te chu a khat tawk a tih thianghlim thin tur a ni.

Nu hnutetuih hian naute tan taksa ralveng (antibody) pawimawh tak a awm avang in, nu hnute tha tak a hnektir emaw pek hian naute in natna hrik a kai tur lak ah a veng thei ani.

Tun kan hrileng mek kar ah hian nu naupai mekte hian fimkhur tak chung a in check up a hun tak a kan tih zawm zel hi a pawimawh a, Sub-center ah te in checkup in naupailaia damdawi eitur te tha tak a ei a, inj T.T tepawh a dose kan lakkim hian naute leh anu chung a chhياتna lo thleng thei lakah kan invenna tur pawimawh tak a ni a. Chumi piah lamah a hun takah nu emaw a naupai chung a harsatna lo thleng thei tur kan hriat a, hmalak anih vat theih nan a pawimawh hle ani. Nunaupai a in check up dawn a afimkhur dan turte chu-

Mask vuah a vuah anga, a kutte faitakin sahbawn hmang in a sil thin anga , in check up na hmun ah midang atanga feet 3 a hla ah a awm thin ang.

Nu naupaiin harsatna a neih a inentir tura ambulance hmantur an mamawh anih chuan Helpline no 102 ah a call anga, a tuldang angin ambulance in a rawn hruai thei ani.



LIFE CYCLE OF MALARIAL PARASITE IN HUMAN BEING

MALARIA

Dr. Lalremmawii
Jt. Director cum SPO
SVBDCP, Mizoram

Sawrkar laipui chuan India rama malaria umbo beihpui (National malaria elimination) puangin kum 2016 atanga tanin kum 2027 ah chuan India ram pumpui ah umbo vek tum in nasa takin hma a la a. Kum 2019 khan india ram ah mi 338513 in malaria vein, mi 73 in malaria vangin an thihphah a, Mizoram ah pawh kum 2019 hian malaria nasa taka pung chho in mi 8508 lai mai malaria vei kan la awmin mi 8 zet in nunna an chan phah tawh a ni.

Miin Malaria a vei chuan mosquito Malaria hrik paiin a seh tihna a ni a. Plasmodium Falciparum, Plasmodium Vivax, Plasmodium Ovale leh Plasmodium Malariae te hi Malaria hrik chi hrangte an ni a, Anopheles nu hi a thehdarhtu thosi a ni, Anopheles nu in Malaria vei mihring a seh hian, Anopheles nu chilbawmah hian Malaria hrik (Plasmodium Sporozoite) chu a awmkhawm thin a, chu chu mihring thisen zamah kalin thinah a va inchhek khawl a, liver cell chhungah a va inthukru thin a ni. Taksa a immune system (dotu) lakah a biru thin. Thin cells te a lo eichhia a, a lo inpuntir a, merozoites a lo insem thin. Hetiang hian tam takin a inpuntir a, liver cell kha a lo tikehdarh thin. Tichuan cell membrane an tihchhiatte chhungah khan an biru a, red blood cells chhungah lutin RBC chhungah a inpeipung leh a, chu chuan RBC a tikeh leh a, hetiang hian a lo inpuntir chiam chiam a, toxic waste material tamtak an siam chhuak a, chu chuan taksa do tu pawl immunity lam a chettir ta a. Hritlang khawsik ang deuh te a siam a, tlun te, thlan chhuak te leh luakchhuak, luna te a siam a, taksa leh ruh chuktuahate alo na thin. Tichuan RBC alo kehchhiat

nasat lutuk hian mitluiam te a lo awm thin a, Haemoglobin level pawh nasa takin a tlahniam thei a, thisen tlakchhamna (anemia) a thlen thin a ni.

Malaria PF hian thluak lam a khawih thei a, chuvangin enkawl hma chuan a dam awl em em lain, enkawl har deuh chuan rang takin thluakah a lut mai thin. Chu chuan kaih te a siam a, damlo chu nikhawhre lovin emaw, rilru mumallo tak, vai ruain a awmtir thei. Malaria PF ah chuan khawsik a sang thei hle a ni, 106 F te pawh a chang chuan an lenpui zak zak thin. Anopheles nu hian Malaria vei mek thisen a hip atangin a thehdarh char char thin.

Anopheles thosi nu puitling (female mosquito) hi kar 4-6 vel an dam tlangpui a, hemi chung hian vawi 4-5 vel a tui a, vawi khat ah 100-150 vel an tui tlangpui a, hetiang anih avang hian thosi nu pakhat hian a dam chungin tui 400-750 vel anei thei tihna ani a, Puitling vek sela chuan thosi hi tam tur an lo ni reng ani. A tlangpuiin malaria pai thosi hi 8 pm-4 am ah mi an seh tlangpui a, chuvangin mutna ah thosilen tha taka zar a pawimawh hle. Thosilen sem (LLIN) leh thosilen damdawi chiahah te hian tur chak tak (Deltamethrine) a tela hei hi thosi in an hua in minute 3 lek ah an thihpui thei a tin, a bul hnai ah an kal ngam loh phah bawk a, chuvangin hetiang thosi len zar hnuai ah mut hi a him hle. Thosilen tha taka zar a pawimawh hle a, DDT a In tha tak a kah hi a in venna pawimawh tak ania, Mizoram a malaria thlentu thosi dang (*Anopheles dirus*) hi ramhnuai cheng chi (forest mosquito) ani a, ram riak mi tan phei chuan thosilen tha taka zar a pawimawh leh zual.

Malaria natna umbo tur hian SVBDCP chuan theihtawp in hmalakna a kalpui mek zel a, he hmalakna hi Mizoram a District hrang hrang ah uluk taka kalpui thin a ni. Malaria natna dona kawngah hian Kohhran leh khawtlang hruaitute tawiawmna kan

dawng tha hle a, Vector Borne Disease Control Programme hmalakna te pawh chak leh zualin kan kalpui theih phah a ni. SVBDCP hmalakna tlangpui thenkhat te chu:

Awareness Campaign: Awareness Campaign hi tunhma atanga kan lo tih thin a ni a. School ah te leh khaw tlang mai bakah kohhran ah te awareness campaign neih a ni thin.

Source Reduction Drive: Source Reduction Drive kan tih, thosi pian theihna tur reng reng tuifim tling tibo tur a hmalakna kalpui thin a ni a. He hmalakna ah hian khaw tlang mipuite nen a thawh ho thin a ni. Mahni in leh a vel thosi pian theihna tur awmlo tura tihfai thin a tul zia inzirtirna hun atana hman thin a ni.

Miking: Miking (Tlangau) hi Mizoram khaw hrang hrangah neih thin a ni a, he hunah hian mipuite zirtirna uluk taka tlangau pui thin a ni.

Long Lasting Insecticidal Nets (LLIN): LLIN (Thosilen damdawi a chiah sa) hi mi sangkhat zel a pakhat leh a aia tamin Malaria an veina hmunah sem thin a ni a. Kum 2016 khan semchhuah a lo ni tawh a, tun kum 2020 ah hian semchhuah tran leh mek zel a ni bawk. Heng thosilen LLIN te hi kum 5 chung leh vawi 20 suk daih tur a siam a ni a, sahbon a suk loh tur a ni a, ni saah pho lovin daihlmah pharh to tur a ni. Hemi hunchhung hian a dawngtu mipui ten a hmanna tur diktak a an hman leh hmanloh enfiah reng thin a ni.

ITN (Mimal thosilen damdawi a chiah): He hmalakna pawh hi kum 1 ah vawi hnih kalpui thin a ni a. Mimal thosilen te hi Sub Centre ah te damdawia chiah sak thin an ni. He damdawi hi LLIN damdawi an chiahna tho hman anih avangin a tha em em a, heng chiah hunk an hawn thinah te hian duh angin chiah tir duh kan tam thinloh avangin mipuiten lo ngaipawimawh tur leh mahni thosilen neih te lo chiah tir ngei thin turin kan duh a ni. Heng

thosilen chiahna damdawi te hi kan ei tel anih loh chuan him tawka ngaih a ni.

DDT/IRS: Indoor Residual Spray, DDT kah tih a kan hriat lar zawk te hi kum khatah vawi hnih kalpui thin a ni a. DDT kah hi tun dinhmun ah Malaria tamna hmuna awm te tan ala tha tawk em em a, kah hun alo thlen hian mipui ten kan in pawn lam kah tir lo in, kan inchhung a bik takin kan mutna pindan te lo kahtir thin tur a ni. DDT pawn lama kah phal ani lo a, inchhung ah chauh kah tur a ni.

Heng kan sawi bakah hian hmalakna hi TV, Radio leh Newspaper lamah te kalpui thin a ni a. Kar kalta ni 25 April kha World Malaria Day a ni a, hemi ni denchhen hian Media lamah mipuite hriattur thil te tarlan na hun atan hman a ni. He ni hi District hrang hrang ah pawh TV kaltlang te a hman a ni bawh. May, June, July thla chho hi a vanglai chho anih avangin mitinte I fimkhur theuh ang u.

Tunlai hrileng mek COVID-19 avang hian Malaria natna dona hi kan chawlhsan ve thiang lo a, Malaria natna hluar chhoh hunk an thlen chhoh mek zel avangin mipuite fimkhur leh zual turin kan in chah duh a. Malaria natna lakah invent dan kawng hrang hrang heng a chung a kan han tarlan tak te hi mipuiten kan zawm that a, thosilen te kan zar that chuan Malaria natna lakah kan inveng thei ani tih hria ila, Malaria umbo tur hian theihtawp chhuah a kan tanrual a pawimawh a, Malaria natna umbo tur hian mahni theuh kan pawimawh a, 'Zero Malaria Starts with Me.' tih hi kan thupui a nih angin mimal tinten tan I la theuh ang u.

‘Corona’ hi Bibleah alo awm reng mai!

Rev. Vanlal Ngeiha

Kan Bible thianglim chuan “ Pathian thu hi a nung a, thil a ti thei a, khandaih hriam tawn eng ang ai pawhin a hriam a, nunna leh thlarau, ruhtuah leh thling phel hrang khawp hialin a chhun thei a, thinlunga ngaihtuah leh tumte hi a hre nghal thei a ni” (Hebrai 4:12) a lo ti reng a nih kha. Exodus 34:29 kan chhiar chuan “Tin, heti hi a ni a, Mosia chu thu hriattirna lung phêk pahnih chu a kuta kengin Sinai tlâng ata chu a chhuk a, tlâng ata a chhuk chuan, Mosia chuan chutia an inbiakna avang chuan “a hmai vun chu a lo eng ta” tih kan hmu a ni. A hmai alo eng ‘corona’ tih lai tak khi i han lut thûk zual teh ang.

He Hebrai tawng ‘corona’ QaRon hi lal ten an khum thin lallukhum sawina a ni. Saptawng a ‘crown’ tobul a ni nghe nghe. Tunlai thlengin kan duhsakte, kan chawimawite leh an nihna in phua kan hriatte chu crown (lal lukhum) kan khum tir thin a ni. Hmanni lawka Miss Mizoram a kan thlan NI. Zirsangpuii pawh lukhum mawi kan hlan a, Mizo nun duhawm tlawmngaihna parchhuahpuitu Tv Raphael AVL Malchhanhima pawh Tlawmngai Nopui a aia chawimawina lukhum Mizo society a awm tawh chuanglo kan lo hlan a nih kha. Lukhum sawi takah chuan kan duh emaw duhlo emaw Corona Virus chuan khawvel lalram ropui tak tak a thuhnuaiah dahin a thiat mek zel a, khawvel thiamna a sosàn tawh tehlul nen a hnuaiah khawvel Super power ram kan tihte leh ram ropui tak tak te, kan chenna India ram ngei pawh engmah ti hlei thei lovin an tlu duai duaiin an khûr zawih zawih a ni ber.

Mosia chanchin ngaihnawm tak tum danga kan la ngaihven em em lem loh hi kan mamawh chhanna a nih avangin i han zirchiang dawn teh ang. Zawhna hmasa ber lo awm thei ta chu; Eng vangin nge Mosia hmel a danglam? A chhanna chu Bibleah vek kan hmu a ni. Mosia hmel rawn danglam chhan Pathianthua kan hmuh dan chuan " Mosia chu thu hriattirna lung phêk pahnih chu a kuta kengin Sinai tlâng ata chu a chhuk a, tlâng ata a chhuk chuan, Mosia chuan chutia an inbiakna avang chuan a hmai vun chu a lo eng ta tih a hre hauh lo va" (Exodus 34:29) tih kan hmu a ni.

Mosia chanchin tlem kan chhui kir hret chuan Pathianin Sinai tlangah pâwlin Thusawmpek a pe a. Amaherawhchu, Pathian râwn leh a hnêkin Pathianin a tirh chhan Israel mipuite hnenah Pathian thu nung a thlen hmain Israel mipuite lo nun khawloh zia a hmuh khan a thinrim sosângin a paih keh thu kan hmuh a nih kha. Hei hian zawhna lo awm thei; eng vangin nge Corona virus khawvelah a len? tih chu hemi thu atang hian kan in chhan chuan Khawvelin Pathian kan hnawla, amah kan hmuh theihloh leh hriat tawh loh vang te leh a kawhmuhtu tur rawngbawltu ten a mamawhte hnenah an hrih thlen phak loh thu a ni.

Tih tur lo piang ta chu Mosia thil tih zelah khan kan hmu bawh awm e. Exodus 34:33-35 kan chhiar chuan "Tin, Mosian anmahni chu a biak zawh chuan a hmai chu hmai khuhnain a khu ta a. Amaherawhchu Mosia LALPA be tura a hmaa a luh hun apiang chuan, a lo chhuah leh hma loh chuan hmaikhuhna chu a hlip thin a; tin, a lo chhuak leh thin a, a thupêkte chu Israela thlahte a hrih chhawng thin a; Tin, Israela thlahte chuan Mosia hmai chu an han en a, Mosia hmai vun chu a lo

eng thin a: tin, Mosia chu Pathian be tura a luh leh hma chuan hmaikhuhna chuan a hmai a khuh leh thin a.." tih chiang takin kan hmu a ni. Heng hmai khuh ringawt pawh hi alo Pathian thu hle mai! Duh china Pathian thu hril mai lova a mamawhte thleng phak tura kan inbuatsaih thar a ngai. Mosia hmai en kha Israelte sual vang ni bawk mahse Mosian thusawmpek hmasa Pathian be rawnloa a paih keh vang pawh a ni ve tho a ni.

Kan zirchhuah tur tak chu hei hi a ni! Pathian hi engkima engkim a ni a, awmlo ata thil kan la hmelhriat ngai reng reng loh Corona virus Covid-19 pawh lei leh van roreltu dik chu a ni tih hriattir nan a hmang thiam a ni. Mihring hian Pathian laka kan tih tur kan tih loh avangin he hri hlauhawm tak Covid-19 hi kan hmachhawn a ni. Kan invenna tur cu Mosian khawvel mite laka inthiar fihlim nan a hmai a khuh thin ang khan, keini pawh khawvel chäkna lak atangin inthiarfihlim ang u. Chibai bük tur dik tak Pathian, lei leh van roreltu chauh chibai bük ila , hmaikhuh ngaih ve lohna Pathian bul leh a thu thianghlim Bible i hnaih zel ang u. Chutah ngei chuan damna a awm si a.

"Lal Isua hming i fak ang u,
Angel chawimawia chu;
Lalber lukhum la chhuak ula,
Khumtirin, Lalber khumtir rawh u.

Adama thlah a tidam hi,
Tlu, a tlan chhuahte chu;
A khawngaihin a chhan che u hi,
Khumtirin, Lalber khumtir rawh u. Amen



MALARIA

laka ilo him zawk nan



RANNUNG CHIMAWM

THIH THEIHNA TUR PAI



VAWI KHAT SEH AVANGA THIHPUI MAI THEIH NATNA

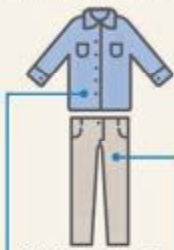


NANG LEH I CHHUNGTE THOSI ATANGA KAITHEIH NATNA LAKA ILO HIM ZAWK NAN

THOSI LEN LOHNA TUR
TUKVERH AH LEN(NET)
ZAR THIN ANG CHE



TUKVERH
KHAR HMA
THIN ANG CHE



Kawban tluan leh
Kekawr tlawng
rawng eng lam
ha thin ang che



Rannung
huat chi
hmang
thin ang
che



Thosilen
chiah hnuai
ah mu thin
ang che



Thosi pian theihna tur chi
reng reng, heng tui tin theihna
Bur chhia, Motor ke chhia,
Thingkawrawng leh mau, tihbo,
Tuizem chhin phui that te, In
leh a vel te vawngfai ang che

I khua a sik chuan Malaria vang a ni thei tih hria la, in
Veng/khua ASHA emaw, CHV emaw, Sub-Center emaw,
Damdawin hnai berah i Thisen Exam tir vat ang che.
Malaria avanga thihna tam ber hi inentir tlai vang leh ngaihsam vang a ni fo.



**STATE VECTOR BORNE DISEASES CONTROL PROGRAMME
HEALTH & FAMILY WELFARE DEPARTMENT
GOVERNMENT OF MIZORAM**

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 lakah Facemask hian a veng thei tihchian a ni bawk.

Chuvangin pawnhhuak reng reng chuan Facemask hmang 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 (pawm lam chhung 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.
-
-

Social Distancing chungchanga mipuite thurawn

COVID-19 hrileng mek hi khawvel ram 212-ah darh tawhin, India ramah mi 11061 in an kai tawh a, mi 377 in an thihpui tawh a ni(15.4.2020-4:00pm). He hripui leng mek darh zel tur hi tiziaawm tur leh timuang tur hian mitinin tih tur pawimawh hrang hrang kan nei a, chung zinga pawimawh deuh chu 'Social Distancing' hi a ni.

- Bazar thil leina ah, damdawi dawrah, damdawiinah te, gas lakna leh bill pekna-ah te midangte nen metre khat tala inhlata intlarin, dawhthei tak leh fel fai taka nghah thin tur a ni.
- A chungta tarlante khi kan tih zawhah, kan haw kawngah pawh metre khat tala inhlata kan kal tur a ni.
- Damdawi leh mamawh dang te lam tura chhuahfo ngailo turin inhmakhua tur a ni.
- In kuah leh in chibaite tih loh tawp tur a ni.
- Puipunna lam thil reng reng buatsaih loh tur a ni a, Vantlang punkhawmna-ah tel loh a him ber.
- Mi inah len loh tur a ni a, midang pawh leng ah sawm loh a tha.
- COVID-19 darhzel tur venna kawnga mawhphurtute pawhin, kan hnathawhna hmun theuhah social distancing hi ngaih pawimawh tur a ni.

COVID-19

Coronavirus darh zel loh nan

I țang tlang ang u hmiang

+ I KUT SILFAI FO RAWH

I kut chu Sahbarwnin emaw hand sanitiser
in emaw silfai fo ang che



+ I KHUH/HAHCHHIAU IN I KA HUP RAWH

I khuh/hahchhiau in rawmarol emaw tissue paper emaw
i ban thlep hmangin i ka hup thin ang che



+ I KUT IN KHAWIH SUH

I kut in i mit, hnar leh ka khawih
mai mai loh tur.



+ MIDANG HNHMNAI SUH

In chibai, inkuah leh in hnhmnaish loh tur a
ni a, hritlang/khuh nei te hnaish loh a tha.
Puipunna hmun a kal loh a him ber



+ PAWN CHHUAHLOH TUR

Khawosik, khuh, thawok lama harsatna i
neih chuan pawon chhuak lo la, Inah
awom ang che.



+ PUIH THEIHNA CHE KAN NEI EM?

Harsatna nei leh zawhfiah duh neite tan biak theih kan ni e.
Helpline No. 102(Toll free) ☎ 0389-2323336/2318336
ah te engtiklai pawohin biak theih reng a ni.



**HEALTH & FAMILY WELFARE DEPARTMENT
GOVERNMENT OF MIZORAM**

**MAHNI INA INKHUNHRAN CHUNGCHANGA
KAIHHRUAINA (GUIDELINES FOR HOME QUARANTINE)**

(Adapted from Guidelines for Home Quarantine, Ministry of Health and Family Welfare, Directorate General of Health Services)

HOME QUARANTINE CHU ENGE?

Quarantine chu natna inkaichhawn theih, COVID-19 ang chi te lenna hmuna lo khawsa tawh, insawiselna nei si lo te, midang an kaichhawn loh nana mahni in emaw, sorkar hmun ruat bikah emaw khunghran hi a ni. Quarantine hi sorkarin hmun bik a ruat (Quarantine Facility) ah emaw mahni in (Home Quarantine) ah a tih theih. In lama inkhung hran hian Covid-19 an vei emaw kan ringhlel emaw tihna a ni kher lo va. Insawisel si lovin a hrik an lo pai ru thei a, midangte ven nana khunghran mai an ni.

KHUNGHAN HUN REI ZAWNG (DURATION OF HOME QUARANTINE)

Inkhunghran hun chhung hi ni 14 a ni. Hemi hnu ni 14 dang pawh inkhung hrang tawh lo mahse mahni hriselna in enzuina hun (self monitoring) atan hman tur a ni. Quarantine period hi a tul chuan thu neitute'n an ti danglam thei ang.

INKHUNG HRANG MEKTE ZAWM TUR:

- Inkhung hranna pindan chu thengthaw tha tak, a theih hram chuan a hranpaa inthiarna nei tel (attached toilet) ni thei se. A hranpaa inthiarna a awmlah chuan inthiar zawhah inthiarna (toilet) tihfai a, kut fai taka sil thin tur a ni.
- Room ah mimalin awm theih ni se; Room khatah chhungkaw member dangte khawsak ve a ngai dawn a nih chuan an khum inkarah 6 feet tal a awm tur a ni.
- Natna kai awl bik ho- kum upa, naupai, naupang, lung natna vei, zunthlum, cancer, HIV etc veite bulah a awm tur a ni lo

- Inhhung hmun dang-ah a tei kual fo tur a ni lo.
- Mipui punkhawmna leh mi awm khawmnaah pheih chuan an kal miah tur a ni lo.
- Henge hi a zawm bawh tur a ni-
 - o Sahbawn / hand sanitizer hmanga kut sil/tihfai ngun
 - o Chaw eina thleng, no, bungbel, towel, bedding te midang nen hman tawm loh tur
 - o Mask a vuah reng tur a ni. A Mask hman hlui chu tuma khawih theih loh turin fimkhur takin bawhlhlawh bawmaha pahh thin tur a ni.
 - o Inkhunghran chungin insawiselna - khawsik, khuh, thawk harsa a neih chuan COVID-19 Helpline No102 (Toll Free)/0389-2323336/0389-2318336 hrilh vat tur.

A CHHUNGTE ZAWM TUR:

- A chungte atangin amah buaipuitu tur bik thlan tur (Hriseltha, natna kai awl bik kan sawi zinga mi ni lo se)
- A thawmhaw balte kutlawnga khawih loh tur, gloves hman zel ni se
- Thuamhawn bal leh room chung tihfai dawnin kutkawr (Disposable gloves) hman tur
- Kutkawr hman chuan, phelh zawhah kutsil fai thin tur.
- Khunghranthe hi tumahin tlawh loh tur a ni.

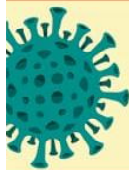
INCHHUNG LEH THAWMHNAW TIHFAL CHUNGCHANG:

Kan khunghrana te room leh bathroom te hi uluk taka a khat tawka Bleach/Phenol etc hmanga tihfai thin tur a ni. Thawmhawn bal chu sahbawn/surf hmanga a hranpaa suk mai tur a ni.



NOVEL  RONA VIRUS (COVID-19)

I HNEH ANG U



INVAWN THIANGHLIM HI
CHHUNGKAW HIMNA A NI



I in leh a vel
vawng fai la, i in
chhhungah boruak
thianghlim luh chhuah
tir ang che



Chhuat, kawngka hawwna,
dawkkan, tv remote
leh a dangte hru
thianghlim thin ang che



I khuh emaw i khawsik
emaw hritlan emaw
chuan mask vuah
ngei ngei ang che



I hmai, hnar, beng
leh ka i kutin
khawih suh



I kut uluk takin
second 20 chhung
tai sahbawn nen
sil thin ang che



Natna hri lan chhuah
dan (khawsik, khuh ro
hritlang leh thawk
harsatna) i neih chuan
Doctor rawn ang che

Hriat belh duh i neih chuan : Ministry of Health and Family Welfare, GoI's
24x7 control room number : 011-2397 8046
emaw State Help line Number : 0389-2315879
Email at : ncov2019@gmail.com-ah
te hian engtik lai pawhin a zawh theih reng e.

