

**No.B.13021/101/2020-DMR/Vol-III**  
**GOVERNMENT OF MIZORAM**  
**DISASTER MANAGEMENT & REHABILITATION DEPARTMENT**

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*Aizawl, the 23<sup>rd</sup> of March, 2021*

**ORDER**

Whereas, an Order for unlock has been issued vide this Department's order of even number dated 16.01.2021 to facilitate normalization of certain activities.

And whereas, several addendums have been issued for the furtherance of the unlock process, it is felt necessary to consolidate all such orders for comprehensiveness.

And whereas, the declining trend of COVID-19 cases is considered favourable for further unlock, it is also felt necessary to do away with certain restrictions toward religious practices for free worship services.

Now therefore, the undersigned, in exercise of the powers conferred under Section 22(h) and 24(1) of the Disaster Management Act. 2005, hereby issue consolidated unlock guideline for strict compliance with immediate effect.

**Sd/- LALNUNMAWIA CHUAUNGO**  
Chief Secretary, Mizoram & Chairman,  
State Executive Committee,  
Mizoram State Disaster Management Authority.

**Memo No.B.13021/101/2020-DMR/Vol-III : Aizawl, the 23<sup>rd</sup> of March, 2021**


Copy to:

1. Secretary to the Governor, Mizoram.
2. P.S. to Chief Minister, Mizoram for information.
3. P.S. to Deputy Chief Minister, Mizoram
4. P.S. to Speaker, Mizoram
5. P.S. to all Ministers/Vice-Chairman, State Planning Board/Ministers of State/Deputy Speaker/Deputy Govt. Chief Whip, Mizoram.
6. Home Secretary, Government of India, North Block, New Delhi.
7. Sr P.P.S to Chief Secretary, Government of Mizoram.
8. P.S. to Addl. Chief Secretary, Government of Mizoram.
9. All Principal Secretaries/Commissioners/Secretaries, Govt. of Mizoram.
10. Director General of Police, Mizoram.
11. Commissioner & Secretary, Mizoram Legislative Assembly.
12. All Administrative Heads of Departments, Government of Mizoram.
13. Secretary of all Constitutional & Statutory Bodies, Mizoram.
14. All Head of Departments, Government of Mizoram.
15. All Deputy Commissioners, Mizoram.
16. All District Superintendents of Police, Mizoram.
17. Executive Secretary, LADC/MADC/CADC
18. Superintendent of Police, Traffic, Aizawl.
19. Director, I&PR for wide publicity.
20. Controller, Printing & Stationery with 5 (five) spare copies for publication in the Mizoram Gazette.
21. The Chairman, Mizoram Kohhran Hruaitute Committee.
22. Guard File.



**(DR. MALSAWMTLUANGA FANCHUN)**

Under Secretary to the Govt. of Mizoram,

 Disaster Management & Rehabilitation Department.

**COVID-19 hrileng laka mipuite kan lo him zel nan DM&R Department Order No. ngai dated 16.01.2021 chu chhuah a lo ni tawh a. Amaherawhchu, chhuah a nih hnuah Sawrkar hmalakna leh thuchhuah thar engemawzat a awm leh tawh a. Hemi avang hian SOP hi en nawn (revise) a tula hriat a ni a, tin, phalzamna pawh dah belh tha tih a ni. He kaihhruaina hi thu leh awm hma chu Mizoram chhungah khauh taka kenkawh leh zawm tur a ni. Hei hian Order hmasa zawng zawng a luahlan (supersede) ang.**

**I. MIZORAM PUMA INKHUAHKHIRHNA KALPUI TURTE**

**A. Ram pawn aṅanga Mizoram luh, Screening, Testing, Quarantine leh hri veite enkawl chungchang**

1. India ram hmun dang aṅanga Mizoram-a lo lut reng reng chu Mizoram an lo luhna (Point of entry)-ah uluk taka a endik (screen) chhunzawm zel an ni ang. Entry point an lo thlen hmâ darkar 96 aia hlui lo RT-PCR/TrueNAT/CBNAT (ICMR recognized 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 lovang.
2. RT-PCR/TrueNAT/CBNAT test (ICMR recognized laboratory) negative result certificate nei lote 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 lovang. Hetiang hian Mizoram aṅanga zin chhuak, lo haw leh te pawh enṅhin tur an ni ang. Thlawhnaa zin veivakte chuan Lengpui Airport-a RAGT test man hi H&FW Department-in a tuk angin an pe ang.
3. Mizorama rawn lut, RAGT Negative result neih avanga quarantine ngai lote chuan fimkhur takin self-monitoring (mahni hriselna inchik)-in ni 7 tal an awm ngei ngei tur a ni.
4. India ram pawn aṅanga lo lut leh COVID-19 UK variant strain lēna ram aṅanga lo haw te erawh chu Health & Family Welfare Department inkaihhruaina siam angin quarantine ngei tur an ni a. Amaherawhchu, Mizoram an lo thlen hmian India ram chhūngah ni 10 aia tlem lo an lo awm tawh a, RT-PCR/TrueNAT/CBNAT test (ICMR recognized laboratory) negative certificate an rawn nei emaw, point of entry-a RAGT negative result an neih erawh chuan quarantine an ngai lovang. India ram chhūnga ni 10 la chām tling lova Mizoram-a lo lutte chu heng test chi hrang hrangah hian negative result pawh nei mah se, foreign aṅanga lo haw anga ngaih an ni ang a, quarantine tur an ni ang.
5. Screening leh quarantine dan tur fel taka ruahman a nih theih nan Mizoram an rawn luh hmian mCOVID-19 mobile application *mPASS-flight* emaw *mPASS-road* hmangin an in-register lawk tur a ni. Home quarantine

leh Hotel quarantine dil duh tan online-in <https://mccovid19.mizoram.gov.in>-ah a dil theih tawh bawk.

6. Mizoram-a lo lutte quarantine dan, COVID-19 testing, quarantine m êk leh hri pai te enkawl chungchang, COVID Care Centre, Dedicated COVID Health Centre leh Dedicated COVID Hospital te kalpui dan leh heng hmunhma te tihthianghlim chungchangah Health & Family welfare Department-in inkaihhraina a siamte chu a tul anga State Executive Committee hriatpuia ennawnin khauh taka kalpui tur a ni ang. Tin, quarantine-a awm/ thlen man, ei leh in man leh test-na man pek dan tur erawh chu Notification No.B13O21/101/2020-DMR/Pt-III dated 20.07.2020, No.B.13021/ 187/2020-DMR dated 25.07.2020 leh No.B13O21/187/2020-DMR dated 22.01.2021-in a tarlan angin kalpui a ni ang.
7. COVID-19 positive ni lo emaw Containment Zone/Area atanga lo kal ni lo, Mizoram chung District dang emaw khaw dang atanga lokal an nih vang ngawtin mi tumah lo quarantine tur a ni lo.

### **B. Sawrkar office leh office dangte**

1. Administrative Head/Head of Department/Head of Office ten khauh takin office chhûngah a hnuaia SOP leh '*COVID-19 appropriate behaviour*' an kalpui ang.
  - a) Administrative Head/Head of Department/Head of Office tin te chuan office vawn fai leh tihthianghlim kawngah hma an la zel ang. Tin, office chung/office gate/kawtkaiyah kut silna tur emaw hand sanitizer an dah ang a, office building lut tur reng rengin kut an sil vek tur a ni. Heng ruahmanna enfiah thin tur hian a hranpa-in Deputy Commissioner ten team an ruat ang.
  - b) Office dawr tur reng rengin appointment an la hmasa tur a ni. Appointment (phalna) neia office dawrtu ten office an dawr chhûng zawngin mask an vuah ngei tur a ni.
  - c) Tul bikah lo chuan meeting neih loh tur a ni. A huhova inrawn/sawiho ngai thil a awm anih pawhin a theih chin chinah video conferencing leh online mode dangte hman tangkai hrâm tur a ni.
  - d) Department emaw office dangte nena indawr tulna thilah chuan e-mail emaw electronic media dang hman hram tum tur a ni.
  - e) Mipuiin online-a office an dawra, bill te an pek theih nan a theih chin chinah ruahmanna siam tur a ni.
2. Thu leh awm hma chu Minister-te public interview hun khar rih a ni.

### **C. Mipui vantlâng tana inkhuahkhirhna hriat tur te**

1. District headquarters-ah te chuan **zan dar 10:00 leh zing dar 4:00** inkarah pâwn chhuah khap tlat a ni. Hemi atan hian District Magistrate ten Section 144 CrPC tlawhchhanin thupek an chhuah ang.
2. Loh theih loh thil a nih loh chuan, kum 65 chin chunglam te, taksa hriselna lama harsatna nei sa te (Chuap thalo, HIV+ve, zunthlum nasa, lungna, kalna, *adt.*), nau pai te leh naupang kum 10 (sawm) hnuailam te chu pâwn chhuah loh hrâm tur a ni. Tin, chhûngtin ten mahni chhûngkua theuhvah hetiang hriselna lama harsatna neite himna atân ruahmanna an siam tur a ni. Hemi chungchangah hian Health & Family Welfare Department-in kaihhraina a siam (**Attachment-1**) chu tha taka zawm tur a ni.
3. Pâwn (vantlang/puipunna hmun, dawr, office, damdawiin, clinic *adt.*) chhuak tur rêng rêng chuan *face mask* emaw hmanraw dang hmangin hmai an tuam ngei tur a ni.
4. Vantlang hmun leh dawra kalte chu feet 6 tala inhlata awm tur a ni.

### **D. Lirthei hmanga zin veivah leh mipui chet vel chungchang**

1. Mizoram chhûng khawkâr kawnga khualzin phur lirthei (commercial passenger vehicle) leh city/town bus, taxi, auto rickshaw leh two-wheeler taxi te chuan registration-a *seating capacity* tarlan aia tam an phur tur a ni lo. Lirthei khalhtute leh an phurh ten *face mask* an vuah vek tur a ni a, passenger-te hman tur *hand sanitizer* an pâi reng bawk tur a ni. Hemi chungchangah hian motor enkawltu (driver/conductor) ten mawh an phur ang. Driver/conductor-in a zing thei ang berin lirthei chhûng, thutna leh vawnbânte uluk takin an tithianglim (sanitize) thin tur a ni.
2. Commercial passenger vehicles driver, handymen leh conductor te chu RAgT hmanga test vek an nih theih nan Health & Family Welfare Department-in hma a la ang.

### **E. Zirna in hawn chungchangs**

1. a) Class IX leh Class XI zirlai ten school leh hostel an lut thei ang. School lut tur reng reng te chu thermal screening hmanga lo endik vek tur an ni ang a, hostel-a lut tur reng reng chuan RT-PCR/TrueNAT test/RAgT negative certificate hostel an luh hma darkar 96 aia rei lova lâk an nei ngei tur a ni. School Education Department-in ruahmanna leh inkaihhraina (SOP) a siamte uluk taka zawm tur a ni ang.
- b) Middle school (pawl 5 aţanga pawl 8) zirlai ten school leh hostel an lut thei ang. School lut tur reng rengte chu thermal screening hmanga lo en dik vek tur an ni ang a, hostel-a lut tur reng reng chuan RT-PCR/TruNAT test/RAgT negative certificate, hostel an luh hma darkar 96 aia rei lova lâk, an nei ngei tur a ni. School Education Department-in ruahmanna leh inkaihhraina (SOP) a siamte uluk taka zawm tur a ni ang.

- c) School Education ruahmanna angin tun academic session-a **class 3** leh **class 4 (pawl thum leh pawl li)** zirlai te chu **April, 2021** atangin school kal tan theih a ni ang. School Education Department-in ruahmanna leh inkaihhraina (SOP) a siamte uluk taka zawm tur a ni ang.
  - d) Anganwadi centre erawh chu hawn rih loh tur a ni. Amaherawhchu, naupang ten nutrition an dawn tur zawng zawng an dawn ngeina turin Women & Child Development, Social Welfare & Tribal Affairs Department-in ruahmanna a siam ang.
2. College leh University, an hostel-te tiamin, February, 2021 atangin hawn phalsak an ni. Amaherawhchu, Higher & Technical Education Department-in College leh University-te inpuahchahna leh ruahmannate a hmuna an endik hnuah an inpeih thu hriatpuina a pe tur a ni. Tin, Higher & Technical Education Department-in inang tlânga hman tur inkaihhraina (Standard Operating Procedure) a siam ang a, Health & Family Welfare Department leh Disaster Management & Rehabilitation Department te pawmpuina an la ang. SOP chu khauh taka zawm tur a ni.
  3. Training/ skill training/coaching/vocational institutions te chu hawn phal a ni a. Amaherawhchu, room pakhatat room-a leng zat chanve (50% of seating capacity) aia tam tum khatah awm/thut phal a ni lo. Heng hmuna inkaihhraina (Standard Operating Procedure) hman tur chu Higher & Technical Education Department-in a ruahman ang a ni ang.
  4. A dang zawng erawh online hmangin zirtirna an kalpui chhonzawm ang.

## **F. Mipui Punkhawmna**

1. Sakhaw Biak Inkhawm chungchang

Sakhaw biakna in te chu inkhawm nan hawn theih a ni a. Amaherawhchu, tum khatah mihring leng zat 50% aia tam punkhawm loh tur a ni a, a hnuaia tarlante hi zawm bawk tur a ni:

- a) Zan lama inkhawm chu kâr khatah vawi hnih aia tam huaihawt loh tur a ni.
- b) Sunday School chu pawla inthen lovin pulpit atangin emaw khaikhawm tur a ni.
- c) Inkhawm zawng zawngin face mask vuah theuh tur a ni a, a luhnaah kut tih faina (*sanitizer dispenser*) dah tur a ni.
- d) Inkhawm chhungin zai leh hla sakho phal a ni lo. Amaherawhchu, mal zai (solo) leh group zai (duet, trio leh quartet) phal a ni ang.
- e) Social distancing vawn a nih theih dan ber zawngin thut dan ruahman tur a ni.
- f) Boruak thianghlim a tam thei ang ber a luh theih nan inkhawm/ Sunday school kai lain biak in/ hall tukverh leh kawngkharte hawn vek tur a ni.

- g) Kohhran mite himna tura SOP duante hi tha taka zawm a nih theih nan Kohhran tina 'SOP Implementation Committee' te hma la chhunzawm tura ngen leh beisei an ni.
- h) Good Friday leh Easter Sunday lo awm tur chhunga Kohhranin Sacrament an buatsaih a nih chuan fimkhur taka ruahmanna siamin kalpui tur a ni ang.

## 2. Chhiatni/Thatni

- a) Mitthi vuina leh inneihna (man hlan, inneih inkhawm leh reception)-ah a hmun-a leng zat 50% aia tam lovin a punkhawm theih ang.
- b) Heta mipui punkhawm tur zat sawite hian ei/in siamtu, usher leh programme hlawhtlin theih nana tawiawmtu/chhawrte zawng zawng a huam a ni.
- c) Chhiatni/thatni puipunna-ah heng inkaihhruainate hi hman tur a ni ang.
  - i. Social distancing a awm theih nan kohhran/community hall emaw veng chhunga hall remchangah emaw a tul dan angin Biak Inah emaw invuina hun hman tur a ni. Hemi atan hian mitthi lawina kohhran leh a veng neitu YMA/YLA/MTP/YCA emaw LLTF/VLTF ten ruahmanna an siam ang.
  - ii. Chhiatni/thatni puipunna hmunahthe mipui a huhova zaikhawm khap a ni a. Amaherawhchu, mal zai (solo) leh group zai (duet, trio leh quartet) phal a ni ang.
  - iii. Mitthi vuina-a kal zawng zawngte hming pum, address leh mobile number chhinchhiah tur a ni a, a remchan dan angin YMA/YLA/MTP/YCA emaw LLTF/VLTF ten ruahmanna an siam ang.
  - iv. Mitthi vuitu tur chu a theih hram chuan kum lama upa lo leh mi hrisel pangngai a ni tur a ni.
  - v. Mitthi vuina-ah hian kum lama upa te leh hrisel lohna benvawn nei te kal loh tur a ni.
  - vi. Mitthi vuina-ah thingpui sem loh tur a ni.
  - vii. Chhiatni/thatni-ah mipui kalkhawm ten *face mask* an vuah vek tur a ni a. Thusawi, thupuan leh tawngtai lai phei chuan mask phelh miah loh tur a ni.

## 3. Games & Sports, pawl thila punkhawm leh intawllenna hmun dangte

Entu mipui punkhawmna tel lo *games & sports practice* leh *tournament* neihnaah punkhawmna tur hmunah a leng zat 50% aia tam lovin a punkhawm theih ang. Tournament huaihawt chungchangah hian Government of India, Ministry of Youth Affairs and Sports, Department of Sports-in kaihhruaina a siam (**Attachment-II**) chu tha taka zawm tur a ni.



Tin, heng hmunah te hian SOP tha taka zawm a nih theih nan Sports & Youth Services Department-in ruahmanna a siam ang.

4. Cinema hall, auditorium, community hall leh intawllenna hmun danghte chuan punkhawmna tur hmunah a leng zat 50% aia tam lovin a punkhawm theih ang a; Government of India, Ministry of Information and Broadcasting-in kaihhraina (**Attachment-III**) a siam chu tha taka zawm tur a ni.
5. Sawrkar programme leh pawl thila punkhawmna dang reng rengah chuan punkhawmna tur hmuna leng zat 50% aia tam lovin a punkhawm theih ang. Heng hmunahte hian mipui a huhova zaikhawm khap a ni a. Amaherawhchu, mal zai (solo) leh group zai (duet, trio leh quartet) phal a ni ang.
6. Mipui punkhawmna hmunahte hian COVID-19 inkaidarh a nih loh nana invenna atana inkaihhraina (SOP) siam (**Attachment-IV**) hi tha taka zawm tur a ni.

### **G. Bungraw chawkluh leh thiar chungchang**

1. Phai atanga bungraw lalut tur leh rawn phurlut tur reng reng chuan **mCOVID-19** mobile application-a **mPass** hmangin *declaration* an theh lut tur a ni. Tin, driver leh handyman te chu **Aarogya Setu**-ah in-register vek tur a ni.
2. Driver leh handyman, Mizoram atanga bungraw la tura zin chhuak thinte chuan bungraw lak hna an thawh chhung chu midang nen intlawhpawh lovin an thawk ang a, an awm lailawkna tur chu anmahni ruaitute kut a ni ang. COVID-19 test negative result an neih veleh emaw load an lak hnun ber atanga ni 14 hnu-ah midang nen an intlawhpawh thei ang.
3. State pawn atanga lirthei driver leh handyman bungrua rawn thiar lut thinte chu an bungraw dah hnua backload an chng duh a nih chuan check gate-ah COVID-19 negative certificate (RT-PCR/TrueNat/CBNAAT, darkar 96 aia hlui lo) nen an in-report tur a ni. Heng certificate nei lote chu check gate-ah man chawiin test an ni ang a, COVID-19 positive an nih chuan Mizoram chhunga CCC hnai berah dah an ni ang. Thil phurh an unload zawh veleh an kir leh nghal dawn a nih chuan COVID-19 negative certificate emaw check gate-a test paltlang kher a ngai lovang. District Level Task Force (DLTF) ten an District chhunga bungraw phur lirthei lo lutte chuan heng dante hi an zawm leh zawm loh uluk takin an en dik thin tur a ni.
4. A chungah tarlan driver leh handyman-te hian kawng laka harsatna an tawh thulhah State Control Room (Toll free 1070, landline 0389-2342520, mobile 7629072785 and whatsapp 9366331931)leh COVID-19 (Medical) helpline number (Toll free 102, landline 0389-2323336, 0389-2322336 leh 0389-2318336)-ah tephone-in an harsatnate an thlen thei ang.



## H. Dawr leh sumdawonna hmun

1. Bazar, dawr, petrol pump/filling station leh sumdawonna hmuna 'social distancing' kenkawh chungchangah a neitu ten mawh an phur ang. Tin, tha taka zawm a nih ngei nan LLTF/VLTF ten anmahni bial chhûngah hma an la bawh ang. Tin, heng hmunah te hian a hnuai tarlan kaihhruainate hi zawm ngei tur a ni:
  - a) Dawrtu leh dawr neitu ten *face mask* emaw hmanraw dang hmangin hmai an tuam ngei ngei tur a ni.
  - b) Dawr neitu ten faina, a bik takin kut sil fai, an uar tur a ni. Tin, dawrtute tan hand sanitizer an chhawp ngei ngei tur a ni.
  - c) Mi pathum aia tamin dawr an nghak tur a ni lo. Wholesale dawr leh dawr lian (departmental store)-ah te erawh chuan mamawh dan azirin godown/store lama thawktu nen mi 6 (paruk) thleng an chhawr thei ang a, a zat chiah erawh chu dawr awmna vênga LLTF/VLTF ten an bituk ang.
  - d) Dawrtute hming, address, contact number leh dawr hun chhinchhiah nan *Sulhnu app* hmanga scan tur QR Code fiah tha tak dawr tinah târ tur a ni. Dawr neitu/nghaktu ten an dawr tlawhtu zawng zawngin QR Code an scan ngei a ni tih an finfiah zel tur a ni. Amaherawhchu, dawrtute zingah *Sulhnu app* hmang lo an awm theih avangin dawr zawng zawngte hian chhinchhiahna lehkhabu (register) an chhawp tel vek tur a ni a, *Sulhnu app* hmang lo dawrtute hming, address leh contact number an ziah luhtir ngei tur a ni.
  - e) Dawrtute an intlar a tul changin social distancing an zawm ngeina turin dawr neitu ten ruahmanna an siam tur a ni. Dawr chhûngah pawh feet 6-a inhlaitin an awm tur ani.
  - f) A theih chin chinah pawisa fai inhlaitin kher lova indawr dan (*cashless transaction*) hman tângkai tur a ni.
- 2 a) District headquarters-a dawr, hotel, restaurant leh sumdawonna hmun dangte chu zan curfew tan hun bawh buai lo tawka hawn theih a ni ang. Hotel leh restaurant-ah te hian inkaihhruaina (SOP) hman tur chu Tourism Department-in a duang ang a, khauh taka zawm tur a ni ang. Damdawi dawr leh petrol pump te chu hawn hun chungchangah khuahkhirhna awm lovin an inhawng thei ang.
  - b) Curfew-in a huam lohna khuaahte chuan dawr, hotel, restaurant leh sumdawonna hmunte hawn chungchangah inkuahkhirhna a awm tawh lovang.
3. Thlai thar leh chawhmeh dang zawrhna hmun ruatah a zuartute chu feet 6 aia inhnaih lo turin thutna ruahman thin tur a ni.

## II. AIZAWL MUNICIPAL AREA BIKALIRTHEI VEIVAH DAN TUR.

Aizawl Municipal Corporation huam chhunga lirthei intlanchhawk dan chu Superintendent of Traffic, Aizawl-in ruahmanna a siam ang zela kalpui a ni ang.

## III. CONTAINMENT AREA/ZONE PUAN CHUNGCHANG

1. *The Mizoram Epidemic Diseases (COVID-19) Regulations, 2020*-in thuneihna a pêk- Chief Secretary leh Deputy Commissioner-te lo chuan containment area/zone leh lockdown an puang thei lova, hei hian vêng/khaw bil lockdown puan pawh a huam a ni.
2. A tul dan azirin Deputy Commissioner ten an district chhûnga khawi hmun pawh risk assessment mumal tak neiin *containment area/ zone*-ah an puang ang.
3. Containment area/zone-ah te chuan Deputy Commissioner-in thupêk a chhuah te chu zawm tur a ni.
4. Containment area/zone pâwna lockdown puan a ngai a nih chuan Central Sawrkar râwnin State Sawrkar-in a puang ang.
5. Containment area/zone-a puan vang ni si lova district bil emaw khua/veng bila inkharkhip phal a ni lo.

## IV. HREMNA DAN

He thupek zâwm lo chu *Disaster Management Act, 2005* hnuaiia *Section 51* aţanga *Section 60, The Mizoram (Containment & Prevention of the spread of COVID-19) Act, 2020* hnuaiia *Section 5* leh *IPC Section 188* hmangin hrem theih an ni.

Sawrkarin heng thuchhuah a siamte hi a tul dan azirin a ennawnin a tidanglam thei ang.



**(LALNUNMAWIA CHUAUNGO)**

Chief Secretary & Chairman,  
State Executive Committee,  
Mizoram State Disaster Management Authority.

**DEPARTMENT OF HEALTH & FAMILY WELFARE, GOVT OF MIZORAM  
COVID-19 KARA KUM UPATE LEH NATNA BENVAWN NEITE (HIGH RISK  
GROUP) TE FIMKHUR DAN TUR (SEPT 2020)**

**Kum Upate leh natna benvawn veiho te** hi an taksa a chak loh avangin **covid an kai hma bik** a. An taksa natna dotu an tlakchham avangin covid an kai a nih chuan **an la na (serious) duh bik** a, covid avanga thi tam ber pawh kum upa leh natna benvawn lo vei sa te an ni. Taksa hrisel tha leh kum la naupangte chu an kai a nih pawhin an taksaah harsatna lian tham a thlen lo tlangpui thin. Hei vang hian kum upa leh natna benvawn veite chu **midangte aiin an fimkhur zual bik a ngai a ni.**

**HIGH RISK GROUP-TE CHU:**

1. Kum 60 aia upate
2. Cancer vei- a bikin *chemotherapy/radiotherapy* hmanga enkawl mekte.
3. Lung (heart) natna benvawn nei.
4. Chuap (Lungs) natna benvawn nei- khuh benvawn, asthma etc.
5. Kal (Kidney) natna benvawn nei.
6. Thin (Liver) natna benvawn nei.
7. Thluak lam natna benvawn nei e.g. stroke, Parkinson's disease etc.
8. Taksa dona (Immunity) nei tlem- HIV/AIDS, Transplant patients damdawi ei mek.
9. Zunthlum (diabetes).
10. BP sâng (hypertension).

**ENGTIN NGE HIGH RISK GROUP TE AN FIMKHUR ZUAL BIK THEIH ANG?**

1. **In lamah awm** deuh chawt a, len chhuah loh a tha ber.
2. **Mi inah len loh** a, inleng pawh neih loh a him ber.
3. Lo theih lohva, midang nen kan inkawm dawn a nih chuan **kan inkarah 3 feet tal** a awm tur a ni a (duhthusam chuan 6 ft), **mask** kan vuah ve ve (theuh) tur a ni.
4. Chhungkaw member leh midangte nen kan ti tiho dawn a nih chuan **inhlat taka thut** a, **mask** vuah ngei ngei tur a ni.
5. **Puipunnaah** te, chaw ei khawmnaah te, bazarah te, committee meeting-naah te **kal loh** hram a tha.
6. Kan inchungah/chhungkuaah Quarantine/Isolation lai te, COVID-19 dona lama thawkte, chhuak vak nasate an awm a nih chuan anmahni nen chuan **inhnaih taka awm loh** hram tur a ni.
7. Uluk taka sahbawn leh tui hmanga **kut sil** fo tur a ni a; kutsil remchan lohnaah **hand sanitizer** hman thin tur a ni.
8. Midang kan bula an awm a nih chuan tha taka **mask** vuah thin tur a ni.
9. **Hmai, ka, hnar, mit** te kut lawngin khawih loh tur a ni.
10. **Mi khawih hnu-** chanchinbu, pawisa, lehkha, bungrua etc. khawih hmain a theih chuan 'sanitise/disinfect' ni se, kan khawih zawh veleh kutfai taka sil leh zel tur a ni.
11. **In chhunga thil kan khawih zin** bik – kawngkhar vawna, tui herh haw-na, dawhkan, kawngkhar etc chu a khat tawka tihfai thin tur a ni.

To avoid  
COVID-19 infection

WEAR MASK, OBSERVE PHYSICAL DISTANCING OF 6 FEET, MAINTAIN HAND HYGIENE.

12. Midangte nen **zaiho loh** tur a ni.
13. **Khuh leh hahchhiau** dawnin tissue paper/rawmawlin emaw ka hup tur a ni a, a remchan loh chuan kan ban thlep (kiu chunglam) phenah chauh kan khuh/hahchhiau tur a ni.

### **HIGH RISK GROUP TEN TAKSA LEH RILRU HRISSEL NAN ENGTE NGE AN TIH ANG?**

1. **Rilru hlim takin** awm tum hram hram ang che.
2. Vawikhatah rei tak tak thutthlengah, TV hmaah emaw, i phone khalin emaw **thu/mu reng lo la**, a khât tawkin dingin **vei kual thin** ang che.
3. **Taksa chet tam** a pawimawh a, a remchan ang angin **exercise** lak thin tur a ni. Nikhata exercise lak chu belhkhawmin **30 mins** a tling tur a ni a, mahni tlin tawk ang zela lak thin tur a ni.
4. **Ei leh in hrisel** a pawimawh a. Ei luat a hlauhawm a, ei insum leh lutuk a tha lo baw. I taksa mamawh tawk ei thin la, thlai leh thei ei uar rawh. Sa te, mawm leh thaute, thil al (chi) te, thil thlumte insum ang che. Tui in tam a pawimawh baw. Natna do nan protein lam- sa ti var, sangha, artui vâr lai, rajma, dal, be, tofu a tha a; thlai leh thei lam a pawimawh baw. Vawikhatah chaw ei teuh teuh lovin, ei zina ei tlem a tha zawk.
5. Hahdam takin awm la, **mahni nuam tihzawng (hobby)** – music, lehkhabu chhiar, painting etc tih nan hun hmang ang che.
6. **Tawngtaina** hunte, meditation tihna hunte hman thin hi hrisel nan pawh a tha.
7. Phone leh thildang hmangin **thiante, chhungte nen inbiak fo** a tha.
8. Social media ah te, TV news ah te **Covid lampang news leh chanchin en tlem** rawh. Chanchin dik lo mi tam takin an thehdarh thin tih hria la, chung lakah chuan inthiarfihlim a tha.
9. I **damdawi** mamawh tur thla hnih daih tal khawl khawm thin ang che.
10. **Harsatna i neih palh a i phone tur** – Emergency number te, Helpline te, doctor i rawntheih tur number te nei sa vek la. I phone ah awlsamte a hmuh turin dah la, ziaakin tar baw ang che.
11. Loh theih loh ah lo chuan **Damdawi ina kal loh** hi a him ber a, mahse a tul viau chuan fimkhur taka kal mai tur a ni.
12. **'E-Sanjeevani OPD'** app hmangin kan phone atangin mahni in atanga doctor specialist te rawn theih turin Mizoram sorkar chuan ruahmanna a siam a. He e- Sanjeevani-OPD app hi download la, a hman dan i chhungte inzirtir ang che.
13. Insawiselna leh harsatna i neih chuan **Covid Helpline (No. 102/ 0389-2323336/ 0389-2322336/ 0389-2318336)**-ah phone la, an lo tanpui thei baw ang che.
14. Rilru hah ngawih ngawih te, lungngaih riaute, hlauhna reh mai lo te i nei a nih chuan Helpline emaw i doctor emaw **Counseling** lama tanpui theitu tur che rawn ang che.
15. Thingtlang lama awmte tan min bialtu **Health Worker/ASHA** te hming leh number neih a tha.
16. **Meizuk, vaihlo, zu lakah fihlim** ang che.

## STANDARD OPERATING PROCEDURE (SOP) FOR ORGANIZING SPORTS COMPETITION IN CONTEXT OF COVID-19

### 1. COVID laka invenna tur kan tih ṭhin te tih chhunzawm

A hnuaia tarlan inkaihhruainate hi infiam mite leh a buaipuitu ten an zawm ngei tur a ni.

- i) Infiamna hmunah 6ft tala inhlata awm tur a ni, hei hian infiam dan azirin infiam mite a huam lo ang.
- ii) Infiamna hmun reng rengah Face Mask/Cover an vuah ngei tur a ni.
- iii) Infiam mite leh a buaipuitute chuan an infiam loh chhungin a khât tawkin sahbawn-in kut an sil reng tur a ni, Hand Sanitizer (Alcohol based) pawh a ṭul dan azirin an hmang tur a ni.
- iv) Respiratory etiquettes khauh takin infiam mite leh a buaipuitute chuan an zawm tur a ni. Hei hian khuh leh hahchhiau laia hmui leh hnarte chu tissue/rawmawl/kiu chhung lam emawin hup/khuh tur a ni. Kan tissue/rawmawl hman hnu chu felfai taka paih zel tur a ni.
- v) Infiam mite leh a buaipuitute chuan an hriselna an enkawl uluk tur a ni. Damlohna nei chuan a rang thei ang berin COVID 19 Response Team/Task Force hnenah in report tur a ni.
- vi) Infiamna hmun leh insawizawina hmunah chil chhak khap tlat a ni.
- vii) Infiam mite leh a buaipuitute chuan **Aarogya Setu** app an hmang vek tur a ni.

### 2. A kai awlsamte inven dan tur

Infiamna buaipui tute zingah kum lama upa leh raipuar inenkawl mekte chu an fimkhur lehzual tur a ni. Infiam mite, coach leh hnathawk dangte nena inhnimhnaih theihna lakah an fimkhur tur a ni.

### 3. Infiamna hmanga inelna leh insawizawina hmuna inkaihhruaina dan felfai tak duan

- i) Infiamna buatsaihtute (organizing committee) chuan veng chhung hruaitute nen ṭangkawpin intihsiakna an buatsaihna hmun leh an thlen khawmna hmun chu Containment Zone a ni lo tih an finfiah tur a ni.
- ii) Infiamna buatsaihtute (Organizing Committee) chuan Covid-19 inkaichhawn theihna lakah fimkhur takin infiamna hmun chu an kaihruai tur a ni a, veng chhung hruaitute nen ṭang dunin inenkawlna hmun leh ambulance service theite an ngaihven tur a ni.

- iii) Infiamna hmun, insawizawina hmun, medical centre, physiotherapy centre, gymnasium, bathroom, toilet leh vantlang inhman tawm theihthe chu hman hmain 1% Sodium Hypochlorite solution-in an kâp thianghlim vek tur a ni. Hei hi a khat tawka tih thin tur a ni bawk.
- iv) Heng khawih theih chi- Kawngkhar vawna, Ban vawn, elevator hmehna, dawhkan chung, thutthleng, insilna hmun adt. leh chhuat leh bang te chu 1% Sodium Hypochlorite solution-in tan hma leh ban hnuah fai takin hruk ziah tur a ni. Medical Centre leh Gym te chu hei aia uluk leh zuala tih thianghlim thin tur a ni.
- v) Tui inna, kut silna, Inbualna hmun leh inthiarna te chu fai taka enkawl tur a ni.
- vi) Heng tihthianghlim hna thawktute hian PPE tha tak an hmang tur a ni.
- vii) Infiamna buatsaih dawnin infiamna hmun leh hmanruate tihfai hun felfai takin an ruahman tur a ni. Hei hi Sport azirin a danglam thei ang.
- viii) Infiam mite leh a buaipuitute chuan warm-up hun mumal tak an nei tur a ni. Infiam mite leh a buaipuitute hman turin kut silna leh Hand sanitizer a awm tur a ni. Inthiarna hmunah sahbawn leh hand sanitizer dah bawk tur a ni.
- ix) Tui chenna hmun/swimming pool a awm chuan, a khât tawkin tui tih thianghlim tur a ni.
- x) Infiamna hmanruate chu hman hmain uluk takin tihthianghlim tur a ni.
- xi) Sahbawn, towel adt. chu inhman tawm loh tur a ni.
- xii) Infiammi, coach leh hnathawk dangte chuan face mask/ cover leh towel hman hnute chu felfai takin a paihna hmunah an paih tur a ni.
- xiii) CPCB (Central Pollution Control Board) dan a siam angin felfai taka bawhlhlahw paih a nih theih nan bawhlhlahw bawm tam tawk tak a awm tur a ni. ([https://cpcb.nic.in/uploads/Projects/Bio-Medical-Waste/BMWGUIDELINES-COVID\\_1.pdf](https://cpcb.nic.in/uploads/Projects/Bio-Medical-Waste/BMWGUIDELINES-COVID_1.pdf))

#### **4. Hnathawh dan tur rel, hmalak dan tur duan leh vil/thlithlai**

##### **4.1. Infiamna hmuna inkaihhruaiana ruahman**

- i) Sports hmang a inelna buatsaih a nih dawn in a buatsaih tute chuan Infiam mite tan Covid Task Force an din ngei tur a ni. Task Force te hian SOP duansa te hi khauh takin an kengkawh tur a ni.
- ii) Task Force te chuan infiam mite leh a buaipuitute chu uluk takin heng dan duansa te hi an hrilhfiawh tur a ni.

- iii) Task Force te chuan Infiām mite zin veivahna chu uluk takin an endik tur a ni.

#### 4.2. A bika inenkawlna hmun ruahman

- i) Infiāmna hmuna Medical Unit-ah chuan Covid Care Centre milin indah hranna hmun a awm ngei tur a ni.
- ii) Covid-19 in enkawlna hmun hnai bera refer theih turin inzawmna tha tak an siam tur a ni.
- iii) Covid-19 kai/rinhlelh te sawn kualna turin Ambulance Service te an thawhpui tur a ni.

#### 4.3 Inkar hlata awm dan tur

- i) Infiāmna hmunah physical distancing a awm theih nan chhuatah feet 6-a inhlatin chhinchhiahna an siam tur a ni. Chutiāng bawkin infiam mite chu an infiam loh laiin physical distancing an zawm tur a ni.
- ii) Locker room chu ventilation tha, inhlata awm theihna leh fai taka enkawl a nih chuan infiam mite tan hman theih a ni ang.
- iii) Infiām mite a tlem thei ang ber an fuankhawm theih nan hengte hi an duang tur a ni.
  - a) A tel thei tur chin (qualification) khauh taka siam.
  - b) Inelna atana staff leh officials tih tlem.
- iv) Staff thenkhat a hmun a awm ngai lo chu call/video-conferencing hmangin mahni in atāngin an thawk thei ang.

#### 4.4 Inelna thlirtute kaihruai dan

- i) Infiāmna hmun a a entu/mipui te chu Ministry of Home Affairs vide letter no. 40-3/2020-DM-1(A); dated 25<sup>th</sup> November 2020[Para 9 clause (v)]-in a tar āngin kalpui a ni ang.
- ii) Outdoor-ah chuan a hmuna leng zat chanve entu/mipui kal phal a ni ang.
- iii) Mipui tam lutuk tur enfiah nan luhna leh chhuahna gate leh thutna hmunah CCTV dah theih/tur a ni.

#### 4.5 Boruak a thiānglim tawk a ni tih tihchian

- i) Boruak thiānglim luhna tha taka a awm ngei tur a ni a, hmun phui/up pumpehl tur a ni.
- ii) Pawn lam boruak a luh theih nan tuk verh leh kawngka te hawn a, fan leh thildang hmangin boruak luhtir tur a ni.



- iii) Boruak thianghlim a awm theih nan CPWD inkaihhraina dan zawm tur a ni. Air condition temperature chu 24-30°C a ni tur a ni a, relative humidity pawh 40-70% inkar a ni tur a ni. Boruak tha atam thei ang ber luhtir tur a ni a, cross ventilation a tha tawk tur a ni.

#### 4.6 COVID laka invenna hmanrua dah/chhawp

- i) Mahni invenna hmanrua: Face Mask, face shields, PPEs, glove, sanitizer, sahbawn Sodium Hypochlorite (1%) etc te chu hman theih turin Organizing Committee ten an ruahman tur a ni.
- ii) Thermal Screening atan khawsik enna (thermal gun) dah ngei tur a ni.
- iii) Bawhlawh bawm chhin nei hmun tinah a awm tur a ni.

#### 4.7 Inzirtirna buatsaih

- i) Infiyam mite leh a buaipui tute tan organizing committee chuan Covid-19 chungchanga hriat tur pawimawh te, tih tur leh tih loh tur in zirtirna hun an siam tur a ni.
- ii) Infiamna hmun langsar laiah COVID-19 invenna chungchang posters/standees/AV media awmna tur hmun buatsaih tur a ni.
- iii) Hmun rem chang laiah State Help line number leh veng chung hruai tute number tarlan ni se.

### 5. Inkaihhraina fel fai kenkawh

#### 5.1 Thilthleng palh awm thei enfiah

- i. Infiamna hmun luh hmam infiyam mite leh buaipuitute chuan thermal screening an paltlang vek tur a ni.
- ii. Program azirin organizing committee chuan infiyam mite leh a buaipui tute tan darkar 72 hmam RT-PCR Test an kalpui thei ang a, RT-PCR Negative te chauh an tel thei ang, Covid test report nei lo te tan organizing committee chuan Covid-19 test nan ICMR Approved Laboratory-te a thlunzawm thei ang.

#### 5.2 Luhna leh chhuahna atanga infiyamna hmun inkar

- i) Infiyam mite leh a buaipui tute containment zones a cheng te chu infiyamna hmunah luh phal a ni lo.
- ii) Infiamna/inelna hmun luhna turah hand sanitizer leh thermal screening neihna te a awm ngei tur a ni. Infiyam mite leh a buaipui tute zingah symptom nei lo te chauh luh phal a ni.
- iii) Face Mask hmang te chauh luhtir tur a ni.

- iv) Infiamna hmun chu a theih chinah luhna gate leh chhuahna gate a awm hrang tur a ni.
- v) Infiam mite leh a buaipui tute veivahna pui turin chhinchhiahna (arrow/lanes) felfai tak siam tur a ni.

### 5.3 Infiamna hmun/chhungah

- i) Thlenkhawmna room tih tlem emaw khar tur a ni.
- ii) Infiam en tura kal khawmte chuan Ministry of Home Affairs (MHA) leh Ministry of Health and Family Welfare-in kaihhruaina a siamte an zawm tur a ni.
- iii) Park, office, hotel mess adt. chuan feet 6-a hlaah thutna an rem tur a ni.

### 5.4 Exercise, Physiotherapy and training lain

- i) Exercise lakna hmanrua te chu khawih hmain fai taka tih thianghlim tur a ni.
- ii) Loh theih lohvah lo chuan physiotherapy/massage tih loh tur a ni. physiotherapy/massage tih ngei ngei a ngaih chuan infiam mite leh physiotherapist/masseurs te chuan fimkhur takin an kalpui tur a ni.
- iii) Infiam mite leh coach te chuan exercise lak hma leh lak zawhah te, physiotherapy leh training session, insawizawi leh inkhelh zawhah te an kut fai takin an ti thianghlim tur a ni. Hemi atan hian hand sanitizer chu infiamna hmun luhna leh chhuahnaah te an dah vek tur a ni.
- iv) Training chhungin inhlat thei ang bera awm tur a ni.
- v) Taksa insik emaw intawh theihna ang chi reng reng in chibai, high-five adt. tih loh tur a ni.

### 5.5 Infiamna hmuna invenna tur enfiah

- i) Vawi khat aia tam inkhelh/infiamnaah chuan a dawt leha lut turte chuan infiamna pawnah an lo nghak tur a ni a, a hmaa inkhel ten infiamna hmuna an chhuahsan hunah an lut ve thei ang.
- ii) Infiamna hmun luh hmain infiam mite leh buaipuitute chuan thermal screening an paltlang vek tur a ni.
- iii) Infiamna hmun luh hmain tui leh sahbawn/hand sanitizer-in fai takin kut sil tur a ni.
- iv) Infiamna hmun luh hma in infiam mite chu an inbual fai tur a ni.
- v) Coach leh infiam mite inkar hlat taka awm tur a ni.
- vi) Coach leh infiam mite chuan an hmanrua an inhman pawlh tur a ni lo.

vii) Infiamna hmun chhuahsan dawnin fai takin kut sil tur a ni.

### **5.6 Hmundang- inthlakna, inbualna leh thil ei na hmun infiam mite awm dan enfiah**

- i) Inthlakna hmun leh inbualna hmunahte inkar hlata awm tur a ni.
- ii) Chaw eina hmun (mess/cafeteria)-ah te inkar hlata awm tur a ni.
- iii) Cafeteria leh mess staff te chuan mask leh glove an hmang tur a ni.
- iv) Table leh chair inhman tawm chite chu an hman zawhah an ti fai/sanitize zel tur a ni.

### **5.7 Inenkawlna hmun ruahmanna siam dan tur**

- i) Organizing Committeete chuan infiam mite leh buaipui tute zingah damlo an awm a, an in-report-na turin Covid Response team an ruat tur a ni.
- ii) Infiamna hmun luhna leh hri kai rinhlehte lo thliar hran (hei hi nurse leh damdawi lam thiam ten an buaipui ang).
- iii) Damlo zingah Covid-19 rinhlelh an awm chuan isolation roomah dah hran tur a ni.
- iv) Damlo hmun hrana phurh sawn ngai an awm chuan local health authorities be rawn in ruahmanna siam tur a ni.
- v) Doctors, nurse leh hemi kawnga thawktute chuan sample an lak dawnin invenna PPE tha tak an hmang tur a ni.
- vi) Case thar hmuh a nih chuan a tul ang zawng zawng (contact tracing, quarantine, testing, disinfection of premises adt.) chu District leh Local Health Authorities te rawn chungin hma lak tur a ni.

### **5.8 Hostels/Hotels/Guest House-a fimkhurna tur ruahman**

Infiam mite leh a buaipui tute chu a theih chin chinah single room-ah an awm tur a ni, He bakah hian Covid-19 darh tur ven nana Ministry of Health & Family Welfare-in inkhaihruaina a siam chu Hotel leh Hospital-te hian an zawm tur a ni.

## **CINEMA/THEATER LEH FILM EXHIBITION NEIHNA HMUNAH TE COVID-19 INKAIDARH A NIH LOH NANA INVENNA ATANA ZAWM TUR KAIHHRUAINA (SOP)**

*Cinema/theater containment zone* pawn amite chauh hawn phal a ni ang a. *Film exhibition* pawh containment zone pawnah, Deputy Commissioner te phalna lak hnuah chauh neih phal a ni.

### **1. General guidelines**

- i. Midang nen feet 6 dana inhlata awm tur.
- ii. Hmui-hmai tuamna (*Face mask/ cover*) hman ngei ngei tur.
- iii. A luhnaah leh chhuahna (*entry* leh *exit*)-ah te kut tihfaina (*sanitizer dispenser*) dah ngei ngei tur a ni.
- iv. *Respiratory etiquettes* zawm tur a ni a. Khuh/ hahchhiau laia hmui leh hnar te *tissue/ rawmawl/ kiuva khuh* thin tur a ni a, tissue hman a nih chuan paih nghal tur.
- v. Mahni hriselna inendik reng tur a ni a, hrisel lohna nei ni-a inhriat chuan State leh District *helpline*-ah a rang thei ang bera in-report nghal tur.
- vi. Chil chhak khap tlat a ni.
- vii. Aarogya Setu app hi *install*-a hmang thin turin mi zawng zawng beisei kan ni.

### **2. Entry & Exit Points**

- i. *Visitor* leh *staff* te chu an luhnaah khawsik enna-a endik (*thermal screening*) vek tur an ni a, natna kai awma lang lote chauh luhtir tur a ni.
- ii. A luhnaah kut tihfaina (*sanitizer dispenser*) dah vek tur a ni.
- iii. Luhnaah leh chhuahnaah mipui intlarna dinna tur bik chhinchhiahna (*queue marker*) siam tur a ni.
- iv. Mipuite chu mumal taka an chhuah theih nan a tlar indawta chhuahtir thin tur an ni.

### **3. Seating arrangements**

- i. *Hall*-a leng thei zatve bak vawikhatah thuttir tur a ni lo.
- ii. *Hall* chhunga thut dan tur chu *social distancing* a awm theih dan ang berin ruahhman tur a ni a, **Annexure-1** ah hian *model seating arrangement* thil tel a ni.

- iii. Thutna dah awl torah te chuan chiang takin “thut loh tur” (“not to be occupied”) tih bel tur a ni a, *booking* hun lai pawhin tar lan tur a ni.

#### 4. Booking leh pawisa inhlan chungchang.

- i. Theih chin chinah *e-payment* leh *e-booking mode* leh te hman tur a ni.
- ii. *Visitor* te hming, *phone number* leh *address* kimchang taka chhinchhiah tur a ni.
- iii. *Booking counter*-ah mihring pungkawm tur tihlem nan a theih chin chinah *advance booking* ruahman tur a ni.
- iv. *Booking counter*-a kal te inthlarna tur chiang takin siam tur a ni.

#### 5. Hmunhma tihfai dan tur

- i. *Cinema/theater/screening hall* chhung, hmun tlawhpawh ngun deuh te leh khawih ngun deuh (kawngkhar pawhna, vawnbân, thutthleng sei, intihfaina hmun, adt.) te chu tihfai bakah ngun taka 1% *sodium hypochlorite* hmanga tihthianghlim thin tur.
- ii. *Cinema/theater/screening hall* chu *screening* zawh apiangin *sanitize* tur a ni.
- iii. Mipui thut khawmna, ei tur zawrhna hmun, *staff* te bungraw dahna, *toilet* leh *office* te chu ngun takin tihfai thin tur a ni.
- iv. Thawktute himna turin an hmanraw hman tur (*gloves, masks, PPE etc.*) te chu *hall* neitu ten an ruahmansak thin tur a ni.

#### 6. Thawktute tana pawimawh

- i. Thawktute chuan *facemask* an vuah ngei tur a ni a, thawktute *facemask* mamawh tur zat chu engtiklai pawhin *stock* a awm tur a ni.
- ii. Hna thawkte zinga natna kai awlsam bik ni-a sawi kum upa lam, nau pai leh natna vei mekte chu an fimkhur zual tur a ni. Mipui nen hmai chhana inhmachhawn tura hna thawk tur dah loh tur a ni. In lama hna thawh theih chi a awm a nih chuan *theatre* neitu ten an ruahman zel ang
- iii. *Cinema/theater/screening hall* neitu chuan a hna thawkte khawsik leh sik loh endikna (*thermal screening*) a nei ngei tur a ni.
- iv. Thawktute chu Aarogya Setu app-ah in-*register* tur a ni.
- v. *Cinema/theater/screening hall* neitu ten thawktute COVID-19 hri laka inven dan leh SOP te chu zirtirna an pe thin ang.

- vi. Thawktute chuan anmahni hriselna an inendik (*self-monitor*) thin tur a ni.

### 7. Mipui inzirtirna

- i. Tih tur leh tih loh tur (*Dos and Don'ts poster*) mipuiin awlsam taka an hmuh theihna tur hmunahthe tar tur a ni.
- ii. *Visitor* ten SOP an zawm turte chu *public service announcement* hmangin an puang thin tur a ni.
- iii. COVID-19 laka him theihna tura siam *poster/ standee/ AV media-*te chu langsar deuhva tar lan tur.

### 8. Air-conditioning/cooling

Air-conditioning/ ventilation hman a nih chuan CPWD kaihhruaina siamte zawm tur a ni.

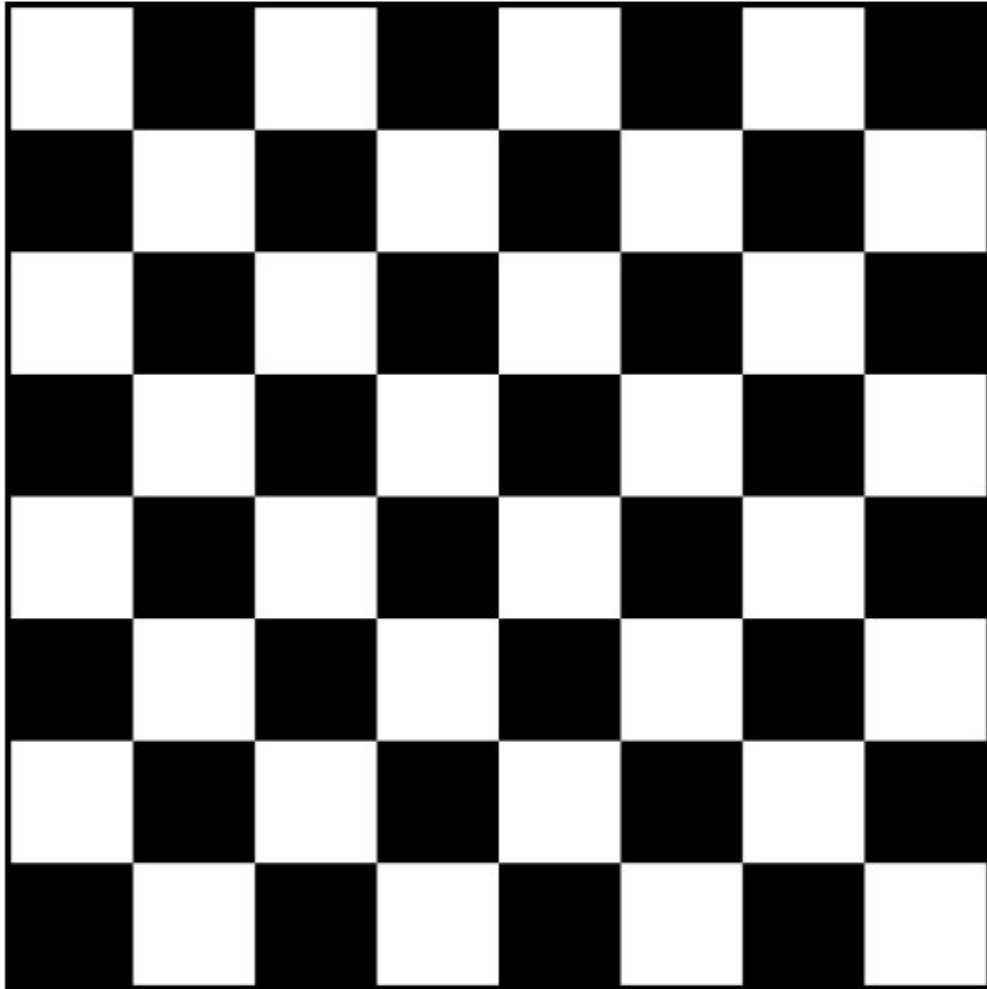
- i. *Air conditioning* khawlte *temperature* chu 24°-30° C a ni tur a ni.
- ii. *Relative humidity* chu 40-70% a ni tur a ni.
- iv. Boruak thianghlim lut chu a tam thei ang ber a ni tur a.
- v. *Cross ventilation* pawh thahnem tawk tak a awm tur a ni.

### 9. Covid-19 kai nia rinhleh an awm chuan:

- i. Damlo chu mi dang nen inpawh lova awm theihna room-ah dah hran tur.
- ii. Doctor-in a endik hma chuan hmai tuamna vuahtir tur.
- iii. A rang thei ang berin *medical facility* (damdawi in/ *clinic*) emaw *district helpline* hriattir nghal tur.
- iv. *Public health authority* (*district RRT* enkawltu *physician*) chuan *risk assessment* a neih zawhah a dinhmun azirin a *case* enkawl dan tur, a khawihthe chhui dan tur leh a hmun leh chheh vel tihthianghlim chungchangah a tul anga hma lak a ni ang.
- v. *Positive* a lo nih hlauh chuan a kalna hmun leh a chheh velte natna hrik ven nana tih thianghlim tur a ni.

Annexure 1

**Model Seating Arrangement for Exhibition of Films**





## **MIPUI PUNKHAWMNA HMUN-A COVID-19 INKAIDARH A NIH LOH NANA INVENNA ATANA ZAWM TUR KAIHHRUAINA (SOP)**

### **1. Thlirna**

Inneihna, pawl thila inhmuhkhawmna, Pathian biao inkhawmna leh mipui punkhawmna *function* neihna hmunahte hian Covid-19 inkai darh a nih loh nan social distancing leh invenna dangte ken kawh a tul tak zet a ni.

### **2. A huam chin**

He kaihhruaina hian hmun thenkhata Covid-19 darh tur ven nana kalphung siam bik bakah vantlang zawm tura duante a pho chhuak a ni.

### **3. Mipui vantlangin an zawm tur invenna te**

Kum 65 chunglam, *comorbidity* (natna khirh/ inkai chhawn awl pakhat aia tam vei kawp) nei te, nau pai lai te leh naupang kum 10 hnuai lam te chu tul bik thil leh hriselna chungchang vanga chhuah ngai a nih loh chuan ina awm tura thurawn an ni a, a theih chin chinah hetiang mipui punkhawmnaah hian tel ve loh tur a ni. Hei hi sakhaw biakna hmun enkawltute hrilhhriat tur a ni.

### **4. Mipui punkhawmna hmunahte hian heng inkaihhruaina dante hi lekkawh tur**

- i. A luhnaah kut tih faina (*sanitizer dispenser*) leh khawsik enna dah ngei ngei tur a ni.
- ii. Natna kai awma lang lote chauh luhtir tur a ni.
- iii. *Face mask* vuahte chauh luhtir tur a ni.
- iv. COVID-19 laka him theihna tura siam *poster/ standee/ AV media*-te chu langsar deuha tar lan tur.
- v. A theih chin chinah kal khawmte chu then darh tur.
- vi. Motor *park*-na leh punkhawmna hmun/sakhaw biakna hmun/hall adt. kawtah te mipui che vel mumal taka kaihhruai tur a ni a, *social distancing* dan zam te an zawm vek tur a ni.
- vii. Ei/in tur siam emaw sem emaw a ngai a nih chuan a theih chin chinah mimal ei tur pack fel se thlapa sem tur a ni a, plate/no/fian adt. intawm tura ruahman loh tur. Tin, ei/in siam lai leh ei/in laiin engtik lai pawhin *social distancing* dan zamte zawm tur a ni.
- viii. *Social distancing* vawn that a nih theih nan punkhawmna hmun/sakhaw biakna hmun/hall adt. chhehvelah intlar a ngaih chuan dan anga ruahman sa dinna tur bik chhinchhiahna siam thin tur a ni.

- ix. A hrana luhna leh chhuahna siam tur a ni.
- x. Punkhawmna hmun/Sakhaw biakna hmun/hall adt. Luh dawnah a tlem berah feet 6 aia hnai lova indawta intlar thin tur a ni.
- xi. Punkhawmna hmun/Sakhaw biakna hmun/hall adt. Luh dawnah an kut leh ke (pheikhawk phelh a ngai a nih chuan) te fai takin an sil tur a ni.
- xii. Social distancing vawn that a nih theih dan ber turin thut dan ruahman tur a ni.
- xiii. *Air-conditioning/ ventilation* hman a nih chuan CPWD kaihhraina siamte zawm tur a ni. Chu kaihhraina chuan, “*Air conditioning khawlte temperature* chu 24°-30°C a ni tur a ni a, *relative humidity* chu 40-70% a ni tur a ni,” a ti a; **“Boruak thianghlim lut chu a tam thei ang ber a ni tur a nih bakah cross ventilation pawh thahnem tawk tak a awm tur a ni,”** tiin a sawi bawk.
- xiv. Punkhawmna hmun/Sakhaw biakna hmun chung leh a chhehvela lehkhabu, milim, lehkhabu thianghlim adt. chu khawih loh tur a ni.
- xv. Hmun khata mipui tam tak inhawr khawm khap tur a ni.
- xvi. Puipunna hmunahte mipui a huhova zaikhawm khap a ni a. Amaherawhchu, mal zai (solo) leh group zai (duet, trio leh quartet) phal a ni ang a, hla emaw rimawi thun sa (*pre-recorded*) te chu tih rik phal a ni bawk ang.
- xvii. Taksa insia chibai inbuk loh tur.
- xviii. Pathian biakna hmuna thingthi-a tawngtai hunin mahni tawngtai nan mahni pher/ puan ken theuh tur a ni a, hawn leh zel tur a ni a. Midang nena intawm loh tur a ni.
- xix. Coupon leh pawisa inhlan bakah sakhwana hmuna thilpek inhlan, thawhlawm inhlan leh puithiam/ rawngbawltute hnen atanga thilpek dawn, entir nan prasad sem/ tui thianghlim sem adt. ang chite tih loh tur a ni.
- xx. Heng hmunah te hian a bikin hrisel nana invawn thianghlim hna (*sanitation*)-te uluk leh ngun lehzual zawka thawh thin tur – inthiarna, tui inna leh kut/ ke silna hmunahte.
- xxi. Punkhawmna hmun/Sakhaw biakna hmun/hall adt. leh a chhehvelte chu zing taka tihfai leh thenfai hna thawh tur a ni.
- xxii. Punkhawmna hmun/Sakhaw biakna hmun/hall adt. chhuatte chu vawi tam tak tihfai thin tur a ni.
- xxiii. Mipui pungkawm leh a hmun enkawlte hman hnu *face mask* leh kutkawr te chu fimkhur taka tihral tur a ni.