

## **Covid-19 kai natna lang chhuak lote In lama enkawl dan tur Inkaihhraina**

**(Guidelines for Home Isolation of very mild/pre-symptomatic/asymptomatic COVID-19 cases)**

### **1. Thuhma:**

COVID-19 Clinical management guidelines MoHFW, Government of India in a sawi angin, COVID-19 vei reng reng chu natna lanchhuah dan a zirin 'very mild' emaw 'mild' te chu COVID CARE CENTRE-ah, 'moderate' te chu DEDICATED COVID HEALTH CENTER leh 'severe' te chu DEDICATED COVID HOSPITAL – ah dahluh (admit) tura tih an ni. Tun dinhmunah hian COVID-19 kai finfiah tawhah, natna lang chhuak lo (Asymptomatic) tam tak an awm a, hemi avang hian COVID-19 kai natna langchhuak lo te leh very mild/mild (a bika enkawl ngai lo) te enkawl nan he kaihhraina hi siam a ni.

### **2. COVID-19 kai in lama enkawl theihthe**

- 1) Doctor (Registered Medical Practitioner)-in** Insawiselna nei lo/natna lang chhuak lo (**Very mild/pre-symptomatic/asymptomatic case**) a ni tih a finfiah hmasa tur a ni.
- 2) Covid-19 kai in lama enkawl tur chuan an inah inkhung hranna (Isolation/quarantine) hmun, room hrampa leh bathroom hrampa, midangin an tawmpui loh tur an nei ngei tur a ni. Hemi atan hian Local/Village Task Force te hriatpuina lehkha a awm tur a ni.**
- 3) Damlo taksa chak lo bik (Immunocompromised)** – HIV, Cancer treatment la mek, kal/thin thlak tawh (transplant) te chu in lama inenkawl phal an ni lo.
- 4) Kum 60 leh a chunglamte leh natna benvawn** – BP sang, Zunthlum, Lung natna, chuap/thin leh kal natna benzawn vei, thluak lam natna leh a dang veite (High risk group) chu Doctor-(Registered Medical Practitioner) in In lama enkawl theiha a ngaihte chu in lamah enkawl theih an ni ang.
- 5) Covid kai buaipui tura mi ruat bik (Caregiver), damlo chhungte emaw lamhnai atangin** an awm tur a ni a. Caregiver hian chhun zan zawmin a buaipui thei tur a ni. Caregiver hi damdawi lam thiam kher a ngai lova, high risk group zinga mi a ni tur a ni lo. Caregiver te hian Covid hri kaiin harsatna a neih chuan Covid Helpline (102/ 0389-2322318/ 2313000) ah an hriattir thin tur a ni.
- 6) Covid kai chuan in lama enkawl a duh a nih chuan an mahni bialtu Chief Medical Officer (CMO) hnenah emaw Medical Officer District In-charge hnenah ziakin dilna (application) a siam ang a,** he dilnaah hian doctor (Registered Medical Practitioner) in Home Isolation turin remlohna a hmu lo tih ziakin a pe ang. (Annexure-I)
- 7) In lama inenkawl turte hi Local/Village Task Force te hriatpuina in Chief Medical Officer (CMO) in in lama inenkawl phalna a pe ang.**
- 8) Annexure-II a kaihhruinah hi Covid kai leh a enkawlto in an zawm ngei ngei tur a ni.**

### **3. Engtikah nge Damdawi lama thawktute rawn (refer) tur**

Covid kai leh a buaipuitu (Caregiver) chuan uluk takin an hriselnate an lo chik ang. A hnuai mi natna lanchhuah dan tarlante anga an awm chuan Covid Helpline (102/ 0389-2322318/ 2313000) ah an hriattir vat tur a ni.

- i. Thawk harsa/thawhah
- ii. Oxygen saturation 95% aia hniam (SpO<sub>2</sub><95%) (Pulse Oximeter hmanga en thin tur a ni)
- iii. Awmna (Chest pain) reh thei lo
- iv. Rilru lam buaina emaw harh tha lo
- v. Tawng fiah lo thut/ kaih
- vi. Hmai sawi emaw ban/ke zawi emaw mu chur chur
- vii. Hmai/hmui duk
- viii. Insawiselna dangte

### **4. State/District Health department lama thuneitute tih tur**

Covid kai inlama enkawlte hi CMO leh Local/Village Level Task Force te'n uluk takin an enzui (monitor) ang.

### **5. Engtikah nge enkawlina tih tawp tur -**

Damlo in enkawlina tih tawp hun chu sorkarin CCC Discharge protocol a siam anga kalpui thin a ni ang.

**COVID VEI IN LAMA ENKAWL TURA DILNA LEH INTIAMKAMNA**

To

The Chief Medical Officer / Medical Officer, District in-charge  
----- District.

**Subject : In lama inenkawl (Home Isolation) tura dilna leh intiamkamna**

Kei \_\_\_\_\_ s/d/w \_\_\_\_\_,  
\_\_\_\_\_ veng \_\_\_\_\_ khua  
hian COVID-19 ka kai a ni tih ka inhria a, keima duhthu ngeiin inlama enkawlna ka thlang a, heng  
atana inkaihhraina dante zawm turin ka intiam a. In lama enkawl ka nih chung hian kei leh ka  
chenpuite chuan In lama Enkawl Dan tur Kaihhraina tha takin kan zawm ang.

Hengte hi hre reng chungin In lama Inenkawl (Home Isolation) phalna min pe turin ka ngen a che.

Signature \_\_\_\_\_

Hming pum: \_\_\_\_\_

Date \_\_\_\_\_

Ph. \_\_\_\_\_

Add: \_\_\_\_\_

**Doctor (Registered Medical Practitioner) countersign:**

Mr/Mrs/Miss \_\_\_\_\_

hi Covid-19 kai a ni a, Home Isolation turin a hriselna chungchangah a remlohna ka hmu lo.

Signature -

Name of Medical Officer –

Phone no. of MO -

Address of MO-

**Village/Local Level Task Force Hriatpuina**

Mr/Mrs/Miss \_\_\_\_\_ of \_\_\_\_\_ hi

Covid-19 kai a ni a, In lama Inenkawlna (Home Isolation) hmunhma a nei tha tawk a, In lama inenkawl  
turin harsatna a awm lo tih kan hriatpui e.

Sign of Local/Village Level Task Force

Chairman/Secretary

**Annexure-II**

**Covid-19 kaite zawm tur**

1. Covid kaite chuan engtiklai pawhin mask a hmang reng tur a ni. Mask hi darkar 8 hnuah emaw a huh/chhiat chuan thlak thin tur a ni.
2. Mask hi 1% sodium hypochlorite-a chiah thianghlim hnuah tha taka bawhlawh bawma paih tur a ni.
3. Covid kai chu pindan ruat bikah chauh a awm tur a ni a, midang, a bik takin kum upa lam leh natna benvawn( BP sang, Zunthlum, lung natna, kal natna leh a dangte) nei bulah a awm tur a ni lo.
4. Covid kai chu hahdam taka awmin, tui tam tawk a in tur a ni.
5. A Khuh leh hahchhiau reng rengin a ban thlep (kiu chunglam) in emaw tissue paper in emaw rawmawlin emaw a ka a hup thin tur a ni.
6. Sahbawn leh tui hmangin kutfai takin 40 second tal a sil fo tur a ni a, remchan lohna a awm a nih chuan alcohol based sanitizer hmangin a kut a ti fai thin tur a ni.
7. Bungrua/hmanrua/bungbel/mutbu/thawmhnaw reng reng midang nen an inhman tawm tur a ni lo.
8. Kuta khawih zin bik (dawhkan chung, kawngka hawna etc) chu 1% sodium hypochlorite solution hmangin tih thianghlim fo tur a ni.
9. A enkawltu doctor thurawn tha takin a zawm thin tur a ni.
10. Covid kai chu a hriselna- khawsik leh a dangte uluk taka chikin, harsatna lang chhuak thar a lo awmin emaw a natna a lo zual a nih chuan rang takin a in report tur a ni.
11. Covid kai buaipuitu tura ruat bik (Caregiver) leh damlo hnaihtu (Contacts) te chu a tul dan a zirin **Invenna damdawi** Doctor in an prescribe ang.
12. Covid kai leh a enkawltu chuan **Arogya Setu App** an mobile phone ah an hmang ngei tur a ni a, engtiklai pawhin a nung reng tur a ni. Arogya Setu App hi <https://www.mygov.in/aarogya-setu-app/> ah emaw Play store atanga download theih a ni.
13. Covid kai buaipuitu (Caregiver) chuan damlo hriselna dinhmun CMO in enzui tura a ruat hnenah hunbi neiin a report thin tur a ni.
14. Pulse Oximeter leh Clinical Thermometer (Khawsik enna) hmangin an in monitor reng tur a ni.

### **Covid kai buaipuitu (Caregiver) zawm tur**

#### **1. Mask:**

- 1.1 Covid kai buaipuitu chuan damlo pindan-a a kal apiangin triple layer mask a hmang ngei ngei tur a ni.
- 1.2 Mask hmalam/pawn lam chu khawih miah loh tur a ni.
- 1.3 Mask chu a huh emaw bawhlawh kai a awm chuan thlak vat tur a ni.
- 1.4 Mask chu vawikhat hman zawhah paihin kutfai taka sil nghal tur a ni.
- 1.5 A ma hmai, ka leh hnarte a khawih tur a ni lo.

#### **2. Kut tih fai uluk:**

- 2.1 Covid kai bula a kal zawh apiangin kutfai taka sil tur a ni.
- 2.2 Ei tur siam hma leh siam zawhah te, ei dawnah te, inthiarna hman zawh leh a balh a piangin a kut a silfai thin tur a ni.

- 2.3 Kutsilin sahbawn leh tui hmangin 40 seconds tal a sil tur a ni. Tui remchan lohna hmunah chuan alcohol based sanitizer hman tur a ni.
- 2.4 Sahbawn leh tui hmanga kutsil zawh hian kut hruk hul nan disposable paper towel hman theih hi duhthusam a ni. A remchan loh chuan, towel ruat bik neih a, hunbi neia suk fai tur a ni.
- 2.5 Gloves hman dawn leh hman zawhah kut silfai tur a ni.

### **3. Covid kai awmna in chung leh bungrua:**

- 3.1 Covid kai taksa atanga lo chhuak tuiril lam chi reng reng, a bik takin ka leh hnar atanga lo chhuakte khawih loh hram tur a ni. Covid kai buaipui dawn reng rengin disposable gloves hman ngei ngei tur a ni.
- 3.2 Bungrua thianglim lo (natna kaichhawn theihna) lam chi reng reng lakah fimkhur tur a ni Bungbel, ei leh in, cigarettes, towel, thawmhnaw leh mutbute damlo nen an intawm tur a ni lo.
- 3.3 Covid kai chuan midang zingah chaw ei lovin ama pindana a ei mai tur a ni.
- 3.4 Chawei thleng leh bungbel damlovin a hman chu sahbawn leh tui hmangin, gloves bun chungin silfai tur a ni. Silfai an nih hnuah hman nawn theih an ni. Gloves phelh hnuah faitaka kut sil leh tur a ni.
- 3.5 Covid kai pindan, mutbu leh thawmhnaw te chu mask leh gloves hmang chung chauhin khawh tur a ni.
- 3.6 Gloves bun dawn leh hman zawhah kut silfai ngei ngei tur a ni.
- 3.7 Bawlhhlawh (Masks, gloves, chaw nawi leh a dangte) zawng zawng chu sorkarin inkaihhraina a siam anga paih emaw tih riral thin tur a ni.

### **4. Covid kai leh a chenpuite inchik:**

- 4.1 Covid kai chu doctor chawh ang thlapin a enkawl tur a ni.
- 4.2 Covid kai buaipuitu leh Covid kai hnaihtu (Close Contacts) zawng zawng chuan an hriselna enthlain nitin COVID-19 natna lanchhuah dan (Khawsik, Khuh, thawhah, etc) an nei em tih inchik rengin hengte hi an neih chuan in report vat tur a ni.
- 4.3 Covid kai chenpuite chu contact tracing dan pangngai angin quarantine an ni ang a, Covid test an paltlang hma chu an inkhung hrang (quarantine) tur a ni.