

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

Aizawl, the 27th of November, 2020

ORDER

Whereas, an Order for the observance of 'COVID-19 No Tolerance' during the month of November, 2020 was issued on 07.11.2020 for the containment of further spread of COVID-19;

And whereas, it has been observed that the overall rate of detection of positive cases has been declining steadily, the observance of 'COVID-19 No Tolerance Drive' is found to be effective for bringing down the transmission rate;

And whereas, the coming month will be a festival month for the people of Mizoram, and the enforcement of measures adopted will be critical for prevention of possible spurt in cases during the month;

Now therefore, the undersigned, in exercise of the powers conferred under Section 22(h) and 24(1) of the Disaster Management Act. 2005, hereby orders that 'COVID-19 No tolerance Drive' shall continue to be observed from 01.12.2020 till 10.01.2021 as per the annexed guidelines.

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

Memo No.B.13021/101/2020-DMR/Vol-II : Aizawl, the 27th of November, 2020


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.
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27/11/2020

(PINKY ZOSANGPUII)

Deputy Secretary to the Govt. of Mizoram,

 Disaster Management & Rehabilitation Department.

No. B. 13021/101/2020-DMR/Vol-II dated 27.11.2020

COVID-19 hrileng mek avangin dinhmun khirkhan takah kan awm mek a. Mizoram chhungah pawh hrikai mi 3,700 chuang kan awm tawh a, thihpui pawh mi engemawzat kan awm ve ta a. Tun hnaiah “COVID-19 No Tolerance Drive” kalpui a nih hnuin hri kai thar kan tlahniam a, amaherawhchu, tualchhung atanga inkai chhawng kan pung zel thung. Chuvangin, inkhuahkhirhna kalpui chungchangah leh himna tura thupek zawm kawng ah inthlahdah a rem lo a ni tih chiang takin a lang.

December, 2020 lo thleng tur hi Mizoram-a kan hunpui a nih avangin inkaihhruate khauh taka kalpui chhunzawm zel a ngai a; chuvangin, “COVID-19 No Tolerance Drive” chu ni 01.12.2020 atanga ni 10.01.2021 thleng hman chhunzawm tur a ni. Hemi chhûng hian a hnuaia kaihhruate hi khauh taka kenkawh leh zawm tur a ni.

I. MIZORAM PUMA INKHUAHKHIRHNA KALPUI TUR TE

A. Ram pâwn ațanga Mizoram luh chungchang

1. Mizoram luhchhuahna inter-state border hawn mek kawngpuite chu bungraw phur lirthei leh passenger phur motor tân hawn chhunzawm a ni ang.
2. Lêngpui airport-a commercial passenger flight-te thlawh dan tur chu General Administration Department (Civil Aviation Wing), Government of Mizoram leh airlines-te inrâwnin an ruahman òin ang.
3. Mizoram-a lo lut rêng rêng chu entry point-ah uluk taka *screening* kalpui chhunzawm zel a ni ang a, quarantine-na tur hmun ruatah quarantine tur an ni. Hei hian òulbik thila order hran siam te a huam lovang.
4. Quarantine dan tur fel taka ruahman a nih theih nan Mizoram an rawn luh hmain 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.
5. Mizoram-a lo lutte quarantine dan chu Health & Family Welfare Department-in inkaihhruate a siam anga kalpui a ni ang. Tin, quarantine-a awm/thlen man, ei leh in man leh test-na man pek dan tur erawh chu Notification *No.B13021/101/2020-DMR/Pt-III dated 20.07.2020* leh *No.B.13021/187/2020-DMR dated 25.07.2020*-in a tarlan angin kalpui a ni ang.

B. Sawrkar office leh office dangte

1. Office kaina atanga hri darh thei venna atân Administrative Head/Head of Department/Head of Office tin ten thawktute an kal dan tur an ruahman ang. ‘COVID-19 Executive Duty’ tura ruat tawh te chu Deputy Commissioner-te ruahman angin Krismas leh kumthar hunpui lain an thawk chhonzawm ang. Administrative Head/Head of Department/Head of Office ten khauh takin office chhûngah a hnuai 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 tih thianghlim kawngah hma an la zel ang. Tin, office chhung/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) Office hnathawk, damlohna nei sa emaw hrisel lohna bik nei leh nau paite, office kal thei lo te chu chawlh (*Commuted Leave*) pek theih an ni.
 - d) Tûl 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 tângkai hrâm tur a ni.
 - e) Department emaw office dangte nena indawr tûlna thilah chuan e-mail emaw electronic media dang hman hram tum tur a ni.
 - f) Mipuiin online-a office an dawr a, 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 zân dar **8:00** leh zing dar **4:30** inkarah pawn chhuah khap tlat a ni. Hemi atân hian District Magistrate ten Section 144 CrPC tlawhchhanin thupêk an chhuah ang.
2. District headquarters-ah te chuan phalna nei lova vantlang hmuna mi 5 (panga) aia tam awmkhawm khap a ni. District Magistrate ten Section 144 CrPC tlawhchhanin thupêk an chhuah ang.
3. 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 pawn 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 kaihhruaina a siam (**Attachment-I**) chu tha taka zawm tur a ni.

4. Pawn (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.
5. Vantlang hmun leh dawra kalte chu feet 6 tala inhlata awm tur a ni.
6. Mizoram pawn atanga lo lut, quarantine paltlang lo mikhualte tumahin thlen phal a ni lo. Hei hian Mizoram chhûnga awmsate in mikhual tawn a huam lovang.

D. Lirthei hmanga zin veivah leh mipui chet vel chungchang

Mizoram chhûng khawkar 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 pai 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.

E. Zirna in, sakhaw biakna hmun leh mipui punkhawmna hmun te

1. Thu leh awm hma chu school, college, educational/coaching institute leh training institute te chu khar chhunzawm a ni ang a, online hmangin zirtirna an kalpui thei ang. Zirtirtute râwn tura school a kal pawh khap rih a ni ang.
2. Sakhaw biakna hmunah mipui punkhawmna huaihawt phal a ni lo. Biak In-a zing tawngtai erawh chu mi 35 (sawmthum panga) aia tam lo tan neih phal a ni.
3. Krismas leh kumthar hunpui laiin Sawrkar programme pawimawh bik tih loh mipui hip thei programme rêng rêng huaihawt khap a ni. Hei hian chhiatni/thatni a huam lovang.
4. Entu mipui punkhawmna tel lo *games & sports practice* erawh chu neih phal a ni. Indoor-ah mi 10 aia tam leh pawnah mi 25 aia tam punkhawm khap a ni.
5. Cinema hall, auditorium, community hall, swimming pool, gym, spa, picnic spot leh intawllenna hmun dangte chu khar tur a ni.
6. Loh theih loh thila mipui punkhawm (kohhran programme leh pawl thila kalkhawmna, *adt.*) a tul a nih chuan punkhawmna tur hmuna leng zat 50% aia tam lovin a punkhawm theih ang a; amaherawhchu, mipui punkhawm hi mi 35 aiin an tam tur a ni lo (Hei hian a bika phalna lo pek tawhte a huam lovang). Heta mipui punkhawm tur zat sawite hian ei/in siamtu, usher leh programme hlawhtlin theih nana tawiwmtu/chhawrte zawng zawng a huam a ni. Tin, heng hun leh hmunahte hian chhiatni/thatni-a zawm tur a hnuai tarlan - social distancing leh hriselna chungchangte hi zawm ngei tur a ni ang.

7. Mitthi vuina leh inneihna (man hlan, inneih inkhawm leh reception) bikah erawh chuan mi 35 aia tam punkhawm khap a ni. Tin, heng hunah te hian chhiatni/thatni puipunna-a kenkawh tur Sawrkar Order No.B.I302I/101/2020-DMR/Pt-III, dated 13.08.2020-in a tarlan kaihhruainate hi hman chhunzawm zel tur a ni ang.
 - a) Mitthi vuina-ah chhûngkhat laina pawh a tlem thei ang ber kal thin ni se, *association*/pawl aiawh mi 2 (pahnih) aia tam kal loh tur a ni.
 - b) 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.
 - c) 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.
 - d) Chhiatni/thatni puipunna hmunahte zai/zaikhawm loh tur a ni.
 - e) Mitthi vuitu tur chu a theih hram chuan kum lama upa lo leh mi hrisel pangngai a ni tur a ni.
 - f) Mitthi vuina-ah hian kum lama upa te leh hrisel lohna benvawn nei te kal loh tur a ni.
 - g) Mitthi vuina-ah thingpui sem loh tur a ni.
 - h) 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.
8. Mipui punkhawmna hmunahte hian COVID-19 inkaidarh a nih loh nana invenna atana inkaihhruaina (SOP) siam (**Attachment-II**) hi tha taka zawm tur a ni.

F. Bungraw chhawk luh leh thiar chungchang

1. Phai atanga bungraw lalut tur lehrawn phurlut tur reng reng chuan **mCOVID-19** mobile application-a **mPass** hmangin *declaration* an thehlut tur a ni.
2. Driver leh handyman te chu **Aarogya Setu**-ah in-register vek tur a ni.
3. Driver leh handyman, Mizoram atanga bungraw la tura zin chhuak thinte chuan bungraw lak hna an thawh chhûng 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 hnuhnun ber atanga ni 14 hnu-ah midang nen an intlawhpawh thei ang.
4. State pawn lam lirthei driver leh handyman, phai atanga bungrua rawn thiar lut thinte chu an kalphung pangngai angin khaw pawn hmun remchangah anmahniin eirawng an inbawl chawp ang a, khaw chhungah midang nen inchiahpiah lovin an bungrua an *unload* zawh veleh an let leh nghal ang. An bungrua *unload* chhûng hian an motor atanga chhuak lovin, midangte atanga feet 6 tal-a hlâ-ah an awm tur a ni. Hemi chungchangah hian bungraw neitu ten mawh an phur ang.

5. A chungá 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)-ah phone-in an harsatnate an thlen thei ang.

G. Dawr leh sumdawwna hmun

1. Dawr leh sumdawwna hmunte chu inhawn phalsak an ni.
2. Bazar, dawr, petrol pump/filling station leh sumdawwna 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 chhūngah hma an la bawh ang. Tin, heng hmunah te hian a hnuaiá 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) Dawrneitu 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 vēnga 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 tar 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 chhūngah pawh feet 6-a inhlatin an awm tur a ni.
 - f) Loh theih loh thilah lo chuan dawr chhūngah dawrtute luhtir loh tur.
 - g) A theih chin chinah pawisa fai inhlan kher lova indawr dan (*cashless transaction*) hman tangkai tur a ni.
3. Dawr zawng zawng chu (damdawi dawr tiam lovin) tlai dar **5:00** hma-in khar vek tur a ni.
4. Mipuiin awlsam zawka thlai leh chawhmeh an hmuh theih nan vēng hrang hrangah LLTF/VLTF ten chawhmeh zawrhna tur hmun an ruahman ang a, feet 6 aia in hnaih lo turin thutna an ruahmansak ang. Inrinni-a mipui punkhawm luih luih pumpelh nan kar khatah ni 3 (thum) tal thlai thar leh chawhmeh dang zawrhna hun ruahman thin tur a ni. A tul angin bazar hmun kher ni lo, school kawt zawl, inkhelhna field, tualzawl leh hmun remchangah te ruahmanna siam tur a ni.

II. AIZAWL MUNICIPAL AREA BIKALIRTHEI VEIVAH DAN TUR.

1. (a) December, 2020 thla chung atan hian lirthei number 'even-odd'-a intlanchoawk a ni ang. Thawhanni, Nilaini leh Zirtawpni-ah te lirthei registration number 'even'-a tawpho an tlan anga, Thawhlehi, Ningani leh Inrinni-ah te 'odd' number-a tawp lirthei registration number neite an tlan ang.
 - (b) January, 2021 thlaah erawh chuan 'odd-even'-a intlanchoawk a ni ang.
 - (c) Pathianni (Sunday)-ah eng lirthei mah tlan phal a ni lo.
 - (d) Intlanchoawk hian 9:00 AM atanga 4:30 PM thlang a huam ang.
2. Intlanchoawk leh Pathianni-a lirthei tlan phal loh hian a hnuai amite veivahna lirthei a huam lovang :
 - (a) Governor, Chief Minister, Minister leh MLA-te official motor (an carcade tiamin).
 - (b) Secretary leh Head of Department leh Head of Office-te official motor.
 - (c) COVID-19 duty sawrkar hnathawk, Health Department hnuaia volunteer leh LLTF te.
 - (d) Heng Department hnuaia Sawrkar hnathawk emergency duty te - DM&R, FCS&CA, Home (Police, Home Guards & Civil Defence, Fire & Emergency Services, Prisons, Forensics), H&FW, I&PR, GAD (Aviation Wing), Excise & Narcotics force, PWD/PHE/P&E/DC-office/AMC-a essential service thawkte leh EF&CC hnuaia Aizawl Zoological Park-a duty te.
 - (e) Ambulance leh medical/veterinary emergency motor te.
 - (f) Sawrkar leh private hospital a duty telir thei.
 - (g) Court duty te.
 - (h) Print & Electronic media a thawk duty te, postal leh telecom service providers essential service duty te lirthei.
 - (i) Kohhran hminga lirthei register-te.
 - (j) Bawlhhlawh paih motor leh bawngnhute sem motor.
 - (k) Aizawl leh khaw dang inkara Maxi Cab/Sumo leh bus service te.
 - (l) City bus, taxi leh two wheeler taxi-te erawh chu Traffic SP-in an tlan dan tur a ruahman angin an tlan chhunzawm ang.
 - (m) Damlohna (medical emergency) leh chhiat tawh thila chhungkhat laina hnai zual (pi leh pu, nu leh pa, tu leh fa leh pianpui unau) LLTF hriatpuina neite.
 - (n) Hemi hun chhung hian Aizawl khawpui chhungah 'Traffic No Tolerance' hman chhunzawm a ni ang.
3. Tul bik dangah leh Aizawl atanga lut leh chhuak turte tan Superintendent of Police (Traffic)-inphalna a pe thei ang. Phalna hi *mCOVID-19* mobile application emaw <https://mcovid19.mizoram.gov.in> hmangin mPASS traffic-ah dil theih a ni.

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. SCREENING, TESTING, QUARANTINE LEH HRI VEI TE ENKAWL CHUNGCHANG

1. COVID-19 testing, quarantine mêk leh hri pai te enkawl chungchang, COVID Care Centre, Dedicated COVID Health Centre leh Dedicated COVID Hospital te kalpui dan leh hêng hmunhma te tihthianghlim chungchangah chuan Health & Family Welfare Department-in inkaihhruaina a siamte chu a tul anga ennawnin khauh taka kalpui tur a ni ang.
2. COVID-19 positive ni lo emaw Containment Zone/Area atanga lo kal ni lo, Mizoram chhung District dang emaw khaw dang atanga lokal an nih vang ngawtin mi tumah lo quarantine tur a ni lo.

V. HREMNA DAN

He thupek zâwm lo chu *Disaster Management Act, 2005* hnuaiia *Section 51* atanga *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 vei ho 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 inchhungah/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 **kutsil** 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 vele 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.
12. Midangte nen **zai ho 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 TE'N 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 **thi/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 bawk. 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 bawk. Natna do nan protein lam- sa ti var, sangha, artui vârlai, rajma, dal, be, tofu a tha a; thlai leh thei lam a pawimawh bawk. 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 entlem** 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, ziaikin tar bawk 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 bawk 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.

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 inkaidarh 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 chhung 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. Inkaichhawn a awm zel loh nan hla sak leh zaipawl zaite phal a ni lo va; amaherawhchu, hla emaw rimawi thun sa (*pre-recorded*) te chu tih rik phal a ni thung 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 sakhuana hmuna thilpek 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.