

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

NOTIFICATION

Dated Aizawl, 28th September, 2021

No.D.33011/39/2021-HFW(SOP)/Pt.III/4: Covid-19 Contact Tracing atanga swab sample lak tur chin, test neih chungchang leh inkhunghran (quarantine) hun chungchanga Sorkar-in Notification No.D.33011/39/2021-HFW(SOP)/D/227, dated 20.07.2021 a lo chhuah tawh chu luahlanin he Notification hi chhuah a ni a, chhuah ni atanga thu leh awm hma chu hman tur a ni:

I. Contact tracing chungchang sawifiahna:

1. Contact tracing (Covid hri kaite'n mi dang an lo hnim hnaihte chhuina) ah chuan, symptom neite chu symptom an neih ni atanga chhiar leta ni hnih chung leh, symptom nei lote chu sample lak ni atanga chhiar leta ni hnih chung, Covid-19 positivete nena metre hnih huam chung invenna tel lova minutes 15 aia rei awmho chin chiah chhui luh tur a ni.
2. **Contact chi hrang hrangte:** Contact (Covid-19 positive te'n an lo hnimhnaih) te chu hetiang hian then tur a ni:-
 - 2.1 **Primary High Risk Contact:** Covid kaite hnim hnai tak, hri kai ngei tura ngaih theihte, entirma'n:
 - (a) Covid-19 kai khak, thisen, luak, chil, zun, ek, etc. kut lawnga khawih leh invenna (Mask) hmang lova Covid-19 kaiin an khuh/ hachhiau khum.
 - (b) PPE hmang lova Covid-19 kai taksa khawih (eg. chibai) leh en dik (*exam*).
 - (c) Covid-19 kai thawmhnaw, mutbu, bungbel (eg. Thleng, no, fian etc), **darkar 24** ral hmaa invenna (Sanitizer-hman, Kutsil, Glove etc.) hmang lo/ inveng zui lova khawih.
 - (d) Covid-19 kai nena in khata khawsaho (family members).
 - (e) Invenna (mask) hmang lova Covid-19 kai nen metre hnih (6 ft) aia inhnaiha awm ho.
 - (f) Covid-19 kai nen Metre hnih (6 ft) aia inhnaiha motor/rel/ thlawhna etc. a chuangho.
 - (g) Covid-19 kaite'n puipunna hmun (eg. Dawr/ ATM/ Petrol Pump, etc.) an tlawh a nih chuan chumi hmuna invenna (Mask) hmang lova thawktu covid-19 kaite lo hnaihtu leh Covid-19 kai awm laia **invenna hmang lova lo awm/kal ve te** chu Primary High Risk Contact ah chhiar an ni ang.

- 2.2 **Primary Low-Risk Contact:** Covid hri kaite'n an hnimhnaih ve tho, mahse hri kai mai tura ngaih ni si lote, entirna'n:
- (a) Covid-19 kai nen meter hnih (6 ft) aia inhlata minute 15 aia rei hmunkhata awmho.
 - (b) Metre hnih (6 ft) aia inhlata rel/motor/ thlawhna a Covid kaite nena chuango.
 - (c) High Risk-a chhiar phak si loh, Covid hri kai nena minute 15 aia rei inhnim hnai ve deuh satliah.
- 2.3 **Secondary Contact:** Covid hri kaite nena inhnim hnai ni lo, invenna hmang lova Primary High Risk Contact nena metre 2 (6 ft) aia inhnaiha minutes 15 aia rei awmho te leh Primary High Risk Contact chhnpui te.

II. Contact tracing atana Covid test leh quarantine chungchang.

1. Primary High Risk Contact-

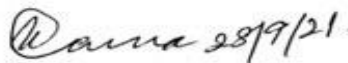
- (1) Primary High Risk Contact-te chu Covid hri kai tura rinhlelh kai an ni tih hriat atanga Covid test result chhuah thlengin quarantine tur an ni a. **Covid-19 kai nena an inhnimhnaih hnuhnun ber ni (last day of contact with Covid patient) atanga ni 5-10 inkarah RT-PCR/Truenat hmanga test tur a ni.** Chu mi result chu a negative chuan quarantine tawh loh tur a ni.
- (2) Test hun hmaa symptom an neih chuan RAgt hmanga a rang thei ang bera test nghal tur a ni a, chu mi result a lo negative chuan RT-PCR/TrueNat test tih leh nghal tur a ni. He mi result hi a negative chuan positive nena an in contact ni atanga quarantine chhunzawm a, an lo in contact atanga **ni 5-10 inkarah RT-PCR/Truenat hmanga test leh tho tur a ni.**
- (3) High Risk Primary Contact, quarantine lai, symptom nei lo, rokhawlhna eng emaw avanga RT-PCR/TrueNat test theih si lohte chu **ni 14 a ral hnuah test lohvin quarantine atangin an chhuak thei ang. Entirna'n:**

Covid hri kai dam lehte hi an dam fel (discharge an nih) atanga thla 3 chhung chuan an taksaah Covid-19 virus taksa them a awm thei a. Chu chu PCR test hian virus nung lai ang a hmuh theih avangin he mi hun chhung hi chuan, symptom an nei a nih loh chuan **high risk primary contact** an nih pawhin test rih loh tur a ni a. Symptom an nei a nih pawhin anmahni enkawltu Doctor-te rawn chung a test chauh tur a ni a. Chutiang leh harsatna dang avanga test theih lohte chu sawi ang hian tih tur a ni.

- 2. **Primary Low Risk Contact-** Anni hi chu insawiselna (symptoms) an neih loh chuan Swab sample lak a ngai lo va. Inkhung hran (quarantine) pawh a ngai lo. Amaherawhchu, Covid-19 kaite nen an **in contact atanga ni 14 chhung** chu mahni hriselna inchikin fimkhur takin an khawsa tur a ni.

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- 3. **Secondary Contact-te** chu an awmho pui Primary High Risk Contact te dinhmun hriat chian hma chu CAB zawm chungin fimkhur takin mahni hriselna an inchik tur a ni a. an hnim hnaih Primary High Risk te an lo positive chuan, anni hi RT-PCR/TrueNat hmanga test ve nghal tur an ni.



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