

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

Aizawl, the 7th of November, 2020

ORDER

Consequent upon the successful observation of 'COVID-19 No Tolerance Fortnight' and the positive impact of the restrictions imposed during this fortnight, the competent authority has decided to continue with 'COVID-19 No Tolerance Drive' for the remaining period of November, 2020.

Therefore, the undersigned, in exercise of the powers conferred under Section 22(2)(h) & 24(1) of the Disaster Management Act, 2005 hereby orders that guidelines appended hereto shall be implemented from 0000 hours of 09.11.2020 till 2400 hours of 30.11.2020.

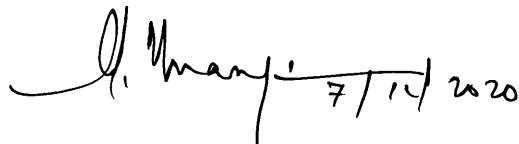
This order will supersede all previous orders relating to imposition of restrictions due to COVID-19.

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

Memo No.B.13021/101/2020-DMR/Vol-II : Aizawl, the 7th Nov, 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/ Ministers of State/Deputy Speaker/ Vice-Chairman/Deputy Govt. Chief Whip, Mizoram.
6. Home Secretary, Government of India, North Block, New Delhi-110001.
7. Sr. P.P.S to Chief Secretary, Govt. of Mizoram.
8. P.S. to Addl. Chief Secretary to Chief Minister, Govt. of Mizoram.
9. All Principal Secretaries/Commissioner/Secretaries/Special 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 Deputy Commissioners, Mizoram.
15. All Superintendents of Police, Mizoram.
16. All Head of Departments, Government of Mizoram.
17. Director, I&PR for wide publicity.
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19. Guard File.



(Dr. MALSAWMTLUANGA FANCHUN)

Under Secretary to the Government of Mizoram
Disaster Management & Rehabilitation Department

“COVID-19 No Tolerance Drive” ni 09.11.2020 atanga ni 30.11.2020 thleng hman tur a ni a. Hemi chhung hian a hnuaia kaihhraina te hi khauh taka kenkawh leh zawm tur a ni.

I. MIZORAM PUMA INKHUAHKHIRHNA KALPUI TUR TE

A. Inter-State Border

1. Mizoram luhchhuahna inter-state border hawn mek kawngpui te chu bungraw phur lirthei leh passenger phur motor tan hawn chhunzawm a ni ang.
2. Lengpui airport chu hawn chhunzawm a ni ang. Commercial passenger flight-te operate dan tur chu General Administration Department (Civil Aviation Wing), Government of Mizoram leh airlines-te inrawnin thlawhna operate dan tur an ruahman thin ang.

B. Mizorama lo lut te screening leh quarantine chungchang

1. Mizoram-a lo lut reng reng chu entry point-ah uluk taka *screening* kalpui chhunzawm zel a ni anga, quarantine-na tur hmun ruatah quarantine tur an ni. Hei hian tulbik thila order hran siam te a huam lovang.
2. Quarantine dan tur fel taka ruahman a nih theih nan Mizoram an rawn luh hma-in mCOVID-19 mobile application *mPASS-flight* emaw *mPASS-road* hmangin an in-register lawk tur a ni.
3. Mizoram-a lo lutte quarantine dan chu Health & Family Welfare Department-in inkaihhraina a siam anga kalpui a ni ang.
4. 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 24.07.2020-in a tarlan angin kalpui a ni ang.

C. Sawrkar office leh office dangte

1. Office kaina atanga hri darh thei venna atan 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 erawh chuan Deputy Commissioner te ruahman angin an thawk chhunzawm ang. Administrative Head/Head of Department/Head of Office ten khauh takin office chhungah a hnuaia SOP leh ‘*COVID-19 appropriate behaviour*’ an kalpui ang.
 - a) Administrative Head/Head of Department/Head of Office tin te chu office vawn fai leh tih thianghlim kawngah mawhphurtu an ni ang a, office chhungah kut silna hmanrua (tui, sahbawn/handwash) an buatsaih ngei ngei tur a ni. Tin, office gate/kawtkaiyah kut silna tur emaw hand sanitizer emaw an dah ang a, office building lut tur reng rengin kut an sil vek tur a ni.

- b) Office dawr tur reng rengin appointment an la hmasa tur a ni. Appointment (phalna) neia office dawrtu ten office an dawr chhung zawngin mask an vuah ngei tur a ni.
 - c) Office building leh a chhehvel uluk takin tih thianghlim (disinfect) thin tur a ni.
 - d) 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 ang.
 - e) Tul bikah lo chuan meeting neih loh tur a ni. A huhova inrawn/sawihon ngai thil a awm anih chuan a theih chin chinah video conferencing leh online mode dangte hman tangkai hram tur a ni.
 - f) Department emaw office dangte nena indawr tulna thilah chuan e-mail emaw electronic media dang hman hram tum tur a ni.
 - g) 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.

D. Mipui vantlang tana inkhuahkhirhna hriat tur te

1. District headquarters-ah te chuan zan dar **8:00** leh zing dar **4:30** inkarah pawn chhuah khap tlat a ni. Hemi atan hian District Magistrate ten Section 144 CrPC tlawhchhanin thupek 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 thupek 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 hram tur a ni. Tin, chhungtin ten mahni chhungkua theuhvah hetiang hriselna lama harsatna nei te himna atan 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. Mask vuah hi mahni leh midang himna atan a pawimawh avangin midang nena awmhona-ah vuah ngei tur a ni. Pawn (vantlang/puipunna hmun, dawr, office, damdawiin, clinic adt.) chhuak tur reng reng 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.

E. Lirthei hmanga zin veivah leh mipui chet vel chungchang

Mizoram chung 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 chung, thutna leh vawnbante uluk takin an tithianghlim (sanitize) thin tur a ni.

F. 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 rawn tura school a kal pawh khap rih a ni ang.
2. Sakhaw biakna hmunah te chuan mipui punkhawmna huaihawt phal a ni lo. Biak In a zing tawngtai erawh chu mi 25 (sawmhnih panga) aia tamlo tan neih phal a ni.
3. Mipui ten a hmuna an en theih tur games & sports tournament huaihawt phal a ni lo. 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.
4. Cinema hall, auditorium, community hall, picnic spot, swimming pool leh hetiang intawllenna hmunte chu khar chhunzawm tur a ni.
5. Mitthi vuina leh inneihna (man hlan, inneih inkhawm leh reception) ah te chuan mi 35 (sawmthum panga) aia tam punkhawm khap a ni. Heng hmuna telte chhinchhiahna kimchang (hming, address, phone number leh kal hun te) ziahna bu/register emaw sulhnu mobile application hmanga chhinchhiahna a huaihawttu ten an vawng tur a ni.
6. Mitthi vuina bikah hian chhياتni/ thatni puipunna-a kenkawh tur Sawrkar Order No. B.I302I/101/2020-DMR/Pt-III dated 13.08.2020 in a tarlan heng kaihhruainate hi tha taka zawm tur a ni.
 - a) Mi 35 (sawmthum panga) aia tam punkhawm khap tlat a ni. Chhungkhat laina pawh a tlem thei ang ber kal thin nise, 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 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 telephone 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 hmunahthe 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 anvuah vek tur a ni a. Thusawi, thupuan leh tawngtai lai pheh chuan mask phelh miah loh tur a ni.

G. Bungraw chawkluh 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 thin te chuan bungraw lak hna an thawh chung chu midang nen intlawhpawh lovin an thawk ang a, an awm lailawkna tur chu anmahni ruaitu te kut ani 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, khawchhungah midang nen inchiahpiah lovin an bungrua an unload zawh veleh an let leh nghal ang. An bungrua unload chung hian an motor atanga chhuak lovin, midangte atanga feet 6 tala hlah an awm tur a ni. Hemi chungchangah hian bungraw neitu ten mawh an phur ang.
5. A chungah tarlan driver leh handyman-te hian kawng laka harsatna an tawh thulhah State Control Room (Toll free 1070, landline 0389-2335842/2335837 leh mobile 9366331931)-ah phone-in an harsatnate an thlen thei ang.

H. Dawr leh sumdawanna hmun

1. Aizawl municipal area chhunga dawr hmun (market area) ah chuan dawr te (mall/shopping complex-a dawr tiamin) a inchoawkin an in hawng thin tur a ni a, dawr inthenawmte chu a rualin ni khat ah

hawn phal a ni lo. Hei hian damdawi dawr leh medical/veterinary clinic te a huam lovang. Hemi atan hian Deputy Commissioner, Aizawl kaihhraina in a veng neitu LLTF ten ruahmanna an siam ang.

2. Bazar, dawr, petrol pump/filling station leh sumdawnna 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 chhungah hma an la bawk ang. Tin, heng hmunah te hian a hnuaia tarlan kaihhrainate 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, dawrtu te 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 venga LLTF/VLTF ten an bituk ang.
 - d) Dawrtu te hming, address, contact number leh an dawr hun chhinchhiahna register emaw sulhnu mobile application hmangin fel takin an vawng tur a ni.
 - e) Dawrtu te an intlar a tul changin social distancing an zawm ngeina turin dawr neitu ten ruahmanna an siam tur a ni. Dawr chhungah pawh feet 6-a inhlatin an awm tur a ni.
 - f) Loh theih loh thil ah lo chuan dawr chhungah dawrtute luhtir loh tur a ni.
 - g) A theih chinah pawisa fai inhlan kher lova indawr dan (cashless transaction) hman tangkai tur a ni.
3. Beauty parlour leh lumehna ah te hian an hmanrua leh equipment uluk taka tihthianglim (sanitize) reng tur a ni. Customer te hming, address, contact number leh dawr hun chhinchhiahna register emaw sulhnu mobile application hmangin fel takin an vawng tur a ni. Heng hmunah te hian tum khatah mi 5 (panga) aia tam awm phal a ni lova, customer ten social distancing uluk taka an zawm theih nan a neitu/nghaktu ten ruahmanna an siam ang.
4. Dawr zawng zawng chu (damdawi dawr tiam lovin) tlai dar **5:00** hma-in khar vek tur a ni.
5. Loneitu leh huan neitute, ran vulhtute, sangha dil neitute leh a thawktute pawh an hnathawhna hmun theuhvah midang nena inhlat taka hna thawh tur a ni.
6. Mipuiin awlsam zawka thlai leh chawhmeh an hmuh theih nan veng hrang hrangah LLTF/VLTF ten chawhmeh zawrhna tur hmun an ruahman ang a, feet 6 aia in hnaih lo turin thutna an ruahman sak

ang. Inrinni-a mipui punkhawm luih luih pumpelth 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 BIKA LIRTHEI VEIVAH DAN TUR.

1. Hemi hunchhung atan hian lirthei number 'odd-even' anga intlanchhawk a ni ang. Thawhtanni, nilaini leh zirtawpni ah te lirthei registration number 'odd' a tawp ho an tlan anga, thawhlethni, ningani leh inrinni ah te 'even' number a tawp lirthei registration number neite an tlan ang. Pathianni (Sunday)-ah eng motor mah thlan phal a ni lo.

Intlanchhawk hian zing dar 9 atanga tlai dar 4:30 thleng a huam ang.

2. Intlanchhawk leh Sunday a motor tlan phal loh hian a hnuai a ami te veivahna motor a huam lovang :
 - a. COVID-19 duty sawrkar hnathawk, Health Department hnuai volunteers leh LLTF te.
 - b. Heng Department hnuai Sawrkar hnathawk emergency duty te - DM&R, FCS&CA, Home (Police, Home Guards & Civil Defence, Fire & Emergency Services, Prisons, Forensics), H&FW, I&PR leh PWD/PHE/P&E/DC-office/AMC a essential service thawkte.
 - c. Ambulance leh medical/veterinary emergency motor te.
 - d. Sawrkar leh private hospital a duty te motor.
 - e. Court duty te.
 - f. Print & Electronic media a thawk duty te motor.
 - g. Kohhran hminga motor register-te.
 - h. Bawlhhlawh paih motor leh bawngnhute sem motor.
 - i. Aizawl leh khaw dang inkara Maxi Cab/Sumo service leh bus service te.
 - j. Damlohna (medical emergency) leh chhiat tawh thil-a chungkhat laina hnai zual (pi leh pu, nu leh pa, tu leh fa leh pianpui unau) LLTF hriatpuina neite.
3. Hemi hun chung hian Aizawl khawpui chungah 'Traffic No Tolerance' hman a ni ang.
4. Tul bik dangah leh Aizawl atanga chhuak leh lut turte tan Superintendent of Police (Traffic)-in phalna a pe thei ang. Phalna hi [mCOVID-19](https://mccovid19.mizoram.gov.in) mobile application emaw <https://mccovid19.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 pek- Chief Secretary leh Deputy Commissioner-te lo chuan containment area/zone leh lockdown an puang thei lova, hei hian veng bil lockdown pawh a huam a ni.

2. A ṭul dan azirin Deputy Commissioner ten an district chhunga 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 thupek a chhuah te chu zawm tur a ni.
4. Containment area/zone pawna lockdown puan a ngai a nih chuan Central Sawrkar rawnin State Sawrkarin a puang ang.

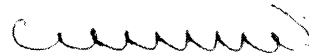
IV. SCREENING, TESTING, QUARANTINE LEH HRI VEI TE ENKAWL CHUNGCHANG

COVID-19 testing, quarantine mek leh hri pai te enkawl chungchang, COVID Care Centre, Dedicated COVID Health Centre leh Dedicated COVID Hospital te kalpui dan leh heng hmunhma te tihthianglim chungchangah chuan Health & Family Welfare Department-in inkaihhraina a siam te chu a ṭul anga ennawnin khauh taka kalpui tur a ni ang.

V. HREMNA DAN

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

Sawrkarin heng thuchhuah a siamte hi a ṭul dan a zirin 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 hriseh 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 bik takin 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 sang (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. Chhengkaw member leh midangte nen kan ti ti ho dawn a nih chuan **inhlat taka thut a, mask** vuah ngei ngei tur a ni.
5. **Puipunnaah** te, chawei khawmnaah te, bazarah te, committee meeting naah te **kal loh** hram a tha.
6. Kan inchungah/ chhengkuaah Quarantine/Isolation lai te, covid-19 dona lama thawkte, chhuak vak nasate an awm a nih chuan an mahni 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 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.
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 hrisel 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 khat 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 var 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 chhian, 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, chungte 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, ziakin 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 chungte 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.