

COVID-19 VANGA INKHUNG HRANG MEKTE

DUHSAKNA THUCHAH

Page | 1

1. Committee on Covid-19 Psychological & Social Guidance chuan COVID-19 hripui avanga Quarantine Facility hrang hranga awm te, Containment Area-a awm te, mahni in lama inkhung hrang mek te, Covid Care Centre (3C) leh Community Covid Care Centre (4C)-a awm mekte chibai kan buk a che u.

2. Covid-19 hripui darh zel ven nan fimkhur thilah inkhung hran a ngai a ni tih hi kan hrethiam theuh awm e. Harsatna hi mi tinin kan tawk a, chhel takin, mi dang ang thovin tuar hram hram ila. He hun khirkhan hian tawp hun a nei dawn si a.

3. Quarantine Facilities, 3C & 4C (Inkhung hranna hmunte) hi COVID-19 darh zel tur laka kan him nan, kan State himna tura Sorkar hmalakna, Kohhran leh Tlawmngai Pawl ten an enkawlpui a ni a, sum tam tak senna a ni.

4. Quarantine-a awm mekte, Sorkar leh Task Force te inkaihhruaina dawhthei taka zawm turin kan inngen a, Mizoram hmingthatna ber **Thuawihna** vawng tlat turin kan insawm a ni.

5. Inkhunghranna hmuna awmte hi COVID-19 darh zel tur venghimtu, hrileng mek dang chattu leh ral beitu Pasaltha (Warrior) in ni. Pasaltha dik tak chuan nakin huna a kal zel dan tur ruahmanna fel tak a siam thin.

6. QF/3C/4C te hi Sorkar In, Zirna In leh Kohhran hmunte an nih hlawm avangin, bungraw zah tur te, dimdawi tur te, zuk leh hmuam kawnga fimkhur thiam tur tein kan inngen a ni. Engmah hi man lova lo awm tawp a ni lo tih hriain engkim renchem hram hram a tha.

7.Hun harsaah hian thinchhiat leh vuivai a awl. Amaherawhchu midangte zai ngai thiam, hrawn nuam, boruak mila insiamrem thiam, midangte tihlimtu leh thlamuantu nih i tum theuh ang u.

Page | 2

8. Test Sample lak tawh, result la hriat loh te hi thil hrehawm tak a ni. Sample latute leh ZMC-a lo endiktute hi a chhun a zanin rim takin an thawk tlah tlah, harsatna an tawk ve reng bawk tih te hriatpui ila. Kan tana thawk, kan thawhpuite an ni tih i hre reng ang u.

9.Quarantine-na hmun hrang hranga awmte hi - mutna, ei leh in leh thildangah mahni in tluk a awm lo tih kan hriatpui che u a. Sorkar leh Task Force ten a rualkhai thei ang berin min hrut rual tih hriain lungawi thiam zir ila. Mahni in lamah pawh a thlawnin ei & in tur a awm mai lo va, ei/in intumchawp a ngai a nih pawhin a nih dan turah ngai thei ila.

10.Ei leh in tur neih te, ei leh in theia awm te hi a hlu. Ninawm leh hrehawm hre theia kan la dam te hi a lawmawm a ni. Covid-19, Lockdown/Quarantine hre hman lova mual liam an tam mai.

11.Tuna kan khawharna te leh hrehawm kan tawrhate hi keimahni mimal himna, kan chungte leh kan ram himna tur, nakina kan lawmna tizualtu leh kan chatuan sawi la tling tur a ni. Chuvangin i thil tawnte chhinchhiah ngun rawh.

12.Rilru hlim leh zangkhai nei turin pawn lam theiante, unaute leh chungte nena cellphone hmanga inbiak te hi a tangkai hle. Khawiah pawh midang tihlimtu kan ni thei.

13.Quarantine-a awmten rilru leh taksaah harsatna kan tawk thei a, min thanpui turin duty an awm reng a ni. Nangmah ngei pawh mite harsatna hriatthiampuitu, thanpuitu leh chhawk zangkhaitu i ni thei a nia.

14. Mahni inkhawngaih avanga rilru no pu mai lovin, *mi tinin hun khirh kan tawng a ni tih hriain*, keini aia nun khawhar leh

hrehawm zawk- damdawi ina enkawl mekte leh tuma tlawh pawh theih loha enkawl mekte tan i ṭawngṭai zel ang u.

15.Mi hrang hrang, ze hrang hrang neite ni mah ila, kan inanna lai- **Harsatnain a tlakbuak Zofa** vek kan ni tih hre reengin, dawhtheihna nen inngeih tlang takin awm kan tum dawn nia.

16.QF/3C/4C chhuahsan hnu, mahni inah inkulh hranga, mahni inven leh invawn fimkhur a ṭul hunah pawh entawntlak ni zel turin kan duhsak che u a ni.

17.Hrikaite leh Inkhunghranna hmuna awmte hi kan chhungte bakah mi tinin min **khawngaih a, min lainat a, min duhsak a, min ṭawngṭaisak** ṭhin bawk. Chhungte rilru tihrehawmtu leh mi dangte tana phurrit siamtu i ni lo ang u.

18.Inkhunghran hian Ni tam a daih dawn lo. Cham hlen tur kan ni lo. Hripui ngei pawh hian kum tam a daih ngai lo. Inngaihtuah lungpuama indawm kun mai lovin hma lam Kawl Êng i thlir tlat ang u.

19.Lockdown, Quarantine, Home Isolation leh Covid hri kài te hi mi tam takin Fimkhurna, Finna, Chakna, Chhelna leh Pathian hnaihtirtu atan an lo hmang tawh angin a chhawr ṭangkai ber nih i tum tlat ang u aw.

20.Hetiang hun khirh paltlang tawhte hi chuan eng harsatna pawh an paltlang thei ang. Quarantine hun a zawh hnuah pawh COVID-19 dona kawnga theihtawp min chhuahpui turin kan sawm che u a ni.

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