

COVID-19

LAKAH

INVÊNG RAWH



COVID-19 I DO ANG U.

Coronavirus chu engnge ni?

- » Coronavirus-te hi virus chhûngkaw lian tak zîng ami niin mihringah leh ranahte natna hrang hrang thlen thei a ni.
- » Covid-19 hi inkai chhâwn theih natna niin December 2019-a hmuuhchuah thar coronavirus-in a thlen a ni.

Engtin nge Covid-19 veite an insawisêl (*Symptoms*)?

- » Khawsik (*Fever*)
- » Khuh ro (*Dry Cough*)
- » Thâwk lama harsatna (*Difficulty in breathing*)
- » Ruh/tihrâwl nâ (*Muscle pain*)
- » Chauhna (*Tiredness*)

Engtin nge a inkai chhâwn dân?

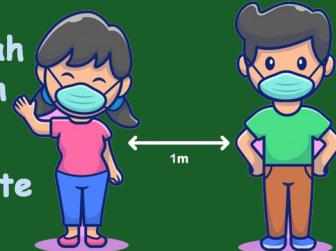
- » Covid-19 veite aṭanga tuihu hlâwm te reuhtê (*droplet*) chhuak aṭangin mihring leh mihring inkârah a inkai chhâwn theih. Hêng droplet-te hi he natna veite khuh/hahchhiau/thâwk chhuah aṭanga chhuak a ni.
- » Hêng droplet-te hi mihringah emaw in chhûng bungrua/bang /chhuat/kawngkhâr, etc.-ah emaw tlâin dârkâr 2 aṭanga ni 2/3 a dam thei.
- » Hêng droplet tlâte hi mihringin kutin a khawih hnûah hmai, hnâr, kâ leh mit vîlte khawih lehin, natna hrik chu a lo kai ta ṭhin a ni.

Engtinngé kan invén ang?

1. Sahbawn leh tui hmangin ngun zâwk
leh zing zâwkin kut sil ṭhin tur.
Alcohol aṭanga siam disinfectant
pawh kut sil nân a hman theih.



2. Khuh/hahchhiau-in kut hmang loin
kiu emaw tissue paper emaw hmangin
hmui leh kâ inhup tur.
3. Mit, hnâr leh kâ khawih loh hrâm tur.
4. Mipui pun khâwmna lam chi rêng rêngah
kal/awm loh tur. Mi dang nen in inkârah
metre 1 tal tlâk zehtir rawh.
5. Damlo, a bîkin khuh/hahchhiau nei telte
chu hnaih lo hrâm ang che.
6. In chhûng bungrua leh bang kan khawih tlânglâwnte chu
disinfectant-in uluk tak leh zing zâwkin tihfai ṭhin tur.



Mizoram dinhmun?

- » Mizoramah chuan Covid-19 positive case hmasa ber chu March ni 24, 2020-ah hmuhchhuah a ni.
- » Covid-19 buaipui tur State Level Task Force bâkah District Level Task Force leh Village Level Task Force-te Mizoram pumah din a ni.
- » **Mizoram Epidemic (Covid-19) Regulations 2020** duan a ni.
- » **Zoram Medical College (ZMC)** chu Covid-19 enkawlna tur bîk atân ruat/buatsaih lailâwk a ni.

Reference:

- i. <https://health.mizoram.gov.in>
- ii. <https://www.ecdc.europa.eu/sites/default/files/documents/covid19-leaflet-public-travellers-EC-en.pdf>
- iii. <https://www.who.int/news-room/q-a-detail/q-a-coronaviruses>

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