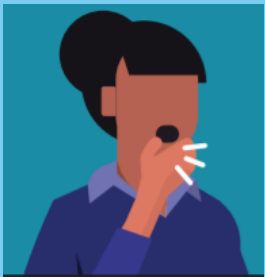


COVID 19 ZOHFELNAK

May 2021 tiangah theihkhawhmi thawngpang

ZAWTNAK ALANGH NING (SYMPTOMS)

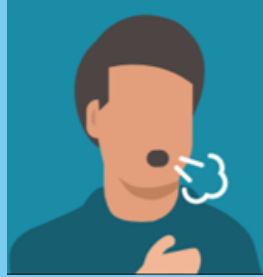
COVID 19 ZAWTNAK ALANGH CHUAH NING CU, NI 14 CHUNGAH ZAWTNAK AN LANG, CU ZAWTNAK HNA CU:



Khuh ro



Tak linh/
khuasik



Thawchuah
har



Thabatnak/
taksa fahnak



Thilrim le thil a
thawtnak theih lo

I CHAWN H KHAWH NING

MINUNG LE MINUNG AH:

1. Minung pakhat le pakhat I neih tuk I um nak. (feet 6 nak tlawm in).
2. Zawtnak a ngei mi an khuh ah maw, an hahthio ah maw cil asiloah ti a chuak mi in.

THLI IN A KAL MI:

1. Zawtnak hrik hi cil/hnapdil le thil fa tete hmang in thli lakah an um kho.
2. Hi zawtnak a ngei mi minung he pe(feet) 6 nak I hla na um zong ah, zawtnak a ngei ciami a umnak ah na va kal ah cun zawtnak na kai kho tthiam.

A THURHNAWMMI THIL CUNG IN:

1. Zawtnak a ngei mi nih a tongtham mi thil cungah zawtnak hrik atang kho.
2. Zawtnak a ngeimi nih thil a tongh ciami na tongh I, na hmai na tongh ah cun zawtnak na kai kho

MI ZEIBANTUK HNA CAAH DAH TTIH A NUN KHUN ?

1. Covid hi mi ze poah kai khawh ansi, a hleice in kum 60 cung lei upa mi le zawtnak Dangdang a ngei lio mi caah tti anung khun, I runvennak an I neih cia a herh.
2. Zawtnak a ngei cang ti kan theih mi pawngkam asiloah mipi lak I pumkhawmhnak hmunhma ah a tel cang mi hna caah tti anung khun. Cubantuk mi hna nih cu nasi khawh ah cun 14 chung a dang tein a um khawh ah a ttha.
3. Mi cheukhat cu zawtnak ngei ko buin, a zawtnak lang lemlo in an zawtnak cu midang sinah ava kai kho tthiam. Hi zawtnak hi cu a dam ko mi an siah, zawtnak dang ngei mi an siah, upa hngakchia kan si zong ah zulphung an chuah mi kha ttha tein kan zulh a herh.

CINKEN A HERH MI PAWL:

1. Zumhawk a tlak mi sinin le cozah, WHO, UNHCR le a kut tang I rian attuan mi zung hna I an chim mi lawng zumh awk an si.
2. Doctor le sii thiamsang pawl nih an in pek lo mi, nangmah ruahnak sawhsawh in sii ding hlah.
3. Mipi sinah le abik in hngakchia sin ah theihternak tuah I zuam.
4. Atulio sining ahcun, I venhimnak (vaccine) sii hi mivialte caah a um rih lo. Vaccine sii hi a um asi ahcun UNHCR asiloah zung rianttuan sinin theihternak an tuah te lai.



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ZEITINDAH NANGMAH LE MIDANG NA VENHIM HNA LAI:

I ralrin ning ding:



Thianghlim te le raling te'n kan um nak nih hin zawtnak a karh ter lo.

Sapiat le ti asiloah zu he siammi kuttawlnak (hand sanitizer) hmang in atu le at una kut ttawl I zuam.

Na khuh, na hahthio tikah na kut hmang lo in tissue/puan asiloah na kiu hmang deuh.



Na kut ttawl hmasa loin namit, hnar le ka I tong hlah.

Na tonghtham deuh cem mi thilri kha thianghlim ten tuah I zuam.



Midang he hlat deuh in um I zuam. Mipi I pumkhawmhnak hmunhma ah kal lo I zuam.

Mi inn ah leng hlah, nangmah zong nih hawi leng sawm hna hlah. A herh tuk loah leng chuak hlah.



Hmurhuh (mask) hman ning:



Leng na chuah tikah hmurhuh(mask) hmang. Mask nih cun na hnar le na ka ttha tein a khuh awk asi. Na mask kha a lenglei tong hlah, na tongh sic un na kut ttawl colh.

Mask pa hnih na thuah ah cun virus lak in na him deuh lai. A tthat khawh chung ttha in mask kha hmang law, hmaituamnak pahnih thuah ding asi ahcun, puan hmurhuh le siizung I hmanmi surgical mask asi khawh ah a ttha.

N 95 hmurhuh nah man ahcun pahnih thuah a hau lo.



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COVID 19 BUAIFI NING DAAN

Zawtnak alangh bakin, adang tein um colh. Sii lei thiamsang panh hna law, na test result hngak hmasa loin na damlonak kha I thlopbul colh.



SII LEI THIAM SANG KAWL NING:

1. Delhi cozah bawmtu hna numbat **011-22307145/1075**, asiloah Central ministry of health and family welfare helpline number **011-23978046** hna hi chawnh khawh an si, asiloahcun na umnak in a neihnak bik siizung ah kal colh
2. Covid he petlai in bomh na herh asi ahcun BOSCO na chawnh khawh [**9354527130** (West Delhi); **8287753677** (South Delhi)].
3. Test na duh asi ah maw, siizung I zulh na herh asi zong ah le sii pek chanh na hauh zong ah BOSCO nih ralzam pawl thleidannak um lo tein an in bomh khawh hna.

Ralzam na si ruangah lung rethei in um hlah, siizung thiamsang na kawlnak ruang ah tlaihkhah le na ram ah kirter na si lai lo.

I ZOHKHENHNING LE I THLOPBUL NING:

- Thiphang thlatau in um hlah, na zual tuk asi lemlo ahcun inn ah I zohkhenh ko.
- Nangmah ruahnak in sii ding hlah, sii kong ah doctor te hal hmasa hna.
- Nazi 6 hnu dan ah na oxygen/thawchuah sining I zoh law oxygen level kha 92 nak in aniam deuh ahcun doctor panh law siizung ah kal colh.
- Na oxygen level a tthat deuh ding ahcun na bawktakhup in bawk. (prone-position)
- Nazi 6 dan poah ah na tak sat le sat lo I tah.

- Ti tampin ding law, thlithiang hip dingin kutka, thlang ong tbk kha ong hna.
- Ei din thaw ei piak I zuam, asi khawh ahcun vitamin C le Zinc hna hi ei piak hna.
- Asikhawh ahcun hmaituam thuah hnih in I tuam, covid a ngei mi chungkhar na buaipi hna tikah asi khawh chung in tongh lo hram I zuam hna.
- Thawchuah ah harsatnak, Khuasik taksa le khuh in ni nga nak tam na zaw ah cun doctor fuhpanh colh hna.

UNHCR I NA KONG LAMAH

- UNHCR card a hmu cangmi he zayi card a tlaih lio mi nan si I, nan card a thih deng ahcun toll free nambat ah chawn law asiloah UNHCR he a pehtlai mi zung pawl sinah card renew piak dingin chawnhbiak khawh an si. Whatsapp asiloah gmail in card thar na dong lai.
- Bialhahnak (interview) le UNHCR riantuan kalphung hna cu, thawngthanhnak thar a um rih lo asi ahcun, zung ah tthu in an ttuan kho rih lo.
- UNHCR nih a ni an ching cia mi hna cu, atulio harsatnak ruangah, ai thleng kho. Cubantuk dirhmun ah na um asi ahcun, na lung rethei hlah law UNHCR sinah thil um tu ning hal I zuam hna.
- A phan thar minih min pekluh nan duh asi ahcun, UNHCR asiloah a ttuanti zung hna sinah pehtlah khawh an si.
- Zangfahnaktein UNHCR zung ah kal hlah. A herhtuk asi ahcun a tanglei nambat ah chawnhbiak khawh an si: UNHCR SGBV helpline (Nu-Pa buainak kongah chawnhkhawhnak) – **9821235410** (Nikhatni in Ningani tiang – 9:30 AM to 5:30 PM); UNHCR toll free helpline – **18001035635**; UNHCR email: **inde@unhcr.org**

THEIH A HERHMI LE PEHTLAIH KHAWHNAK

BOSCO

- Home Sanitization: **8882900938** (West Delhi); **8287867065** (South Delhi)
- Mental Health support: **9354540467** (West Delhi); **8287735301** (South Delhi)
- Ration support: **8882971826** (West Delhi); **8287860795** (South Delhi)

A neih cem nak hmun BOSCO ah ei-in bomhnak asiloah UNHCR lei in bomhnak Dangdang a hmu khomi ka si maw tiah hal khawh an si.

Migration & Asylum Project (MAP)

- Phone: 9711128603
- Email: office@aratrust.in

SLIC

- Priyanka: **9654185764**
- Anshum: **8585912524**



Police & Government

- COVID Helpline: **1075**
- Women/Police: **1091**
- Childline India Foundation: **1098**
- NCW Domestic Abuse Whatsapp Helpline: **7217735372**



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