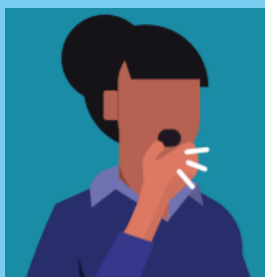


# COVID-19 BIHCHIANNA

May 2021 thlenga Chanchin Hriattheihte

## NATNA LANCHHUAHDAN

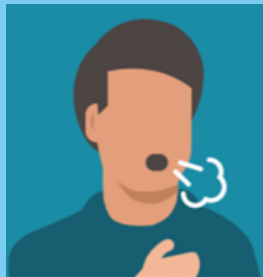
COVID-19 NATNA LANCHHUAHDAN CHU HRI KAI ATANGA NI 14  
CHHUNGIN NATNA A LANG CHHUAK CHO ZEL ANGA, HETIANG  
NATNATE PAWH TELIN



Khuh Ro



Khawsik



Thawchham



Chauhna leh  
Taksa natnate



Thil rim leh tuina  
hriatna hlah

## INKAICHHAWNDAN

### MIHRING LEH MIHRINGAH

1. Mihring pakhat leh pakhat inhnaih taka awmte (Feet 6 huamchung).
2. Natna vei mihring in a khuh emaw hahchhiau emaw huna a chil/tuihnang chhuak atangin.

### BORUAKA THLAWK

1. Virus hi Chil/Tuihnang leh thil them te te hmangin boruak ah a chambang thei bawk a ni.
2. Hei hian natna vei mihring nen feet 6 ai thua hlaa awm mihringte pawh a kai darh thei emaw, natna vei mihring a kal sawn hnu pawh in a kai chhawng thei tho a ni.

### THIL/HMUN BAWLHHLAWH (NATNA KAI):

1. Thil/Hmun englaiah emaw leh bungrua thil engemaw te, natna vei mihring in a khawihin natna hri a lo hnutchhiah palh thei
2. Natna hri kai tawh thil engemaw i khawih hnuah i hmai i khawih anih chuan, i lo dam lo thei.

## TUTENGE HLAUHTHAWN AWMA DING?

1. COVID-19 hi tute pawhin an kai thei. Amaherawh chu, kum 60 chung lam upate leh damlohna nei mekte tan a hlahawm zuala, inven lawkna an nei uluk leh zual tur a ni.
2. Mi tupawh natna vei tih hriat chian tawh mihring bul hnaia awm tawh emaw mipui punkhawmna lian thama tel tawhte tan pawh natna kai theihna dinhmun a san leh zual avangin, chutiang mite chuan, a theih phawt chuan, ni 14 chhung an in dah hrang ngei tur a ni.
3. Mi thenkhatte, natna langchhuak lem lo emaw natna langchhuak miah lote, natna veitu ni siin mite hnenah natna an kaichhawng thei a ni. Khawngaihin inven lawk dan tur inzirtirnate hi engang kumzatmi tan leh damlohna dang nei leh neilo tan pawh zawm vek tur a ni.

## RILRUA HRIAT RENG TURTE:

1. Rin tlak takte hnen atanga thurawn pek chhuahte chauh zawm ang che, chungte chu sawrkar, WHO, emaw UNHCR leh a thawpui pawlte an ni.
2. Khawngaihin damdawi mithiamte thurawn pekna loin nangmahin damdawi inchawh lola, emaw a aiawh tur damdawi insiam chawp suh ang che.
3. In mipuite hnenah, abikin naupangte hnenah, hriat tur tulte thehdarh zel rawh.
4. Tunah tak chuan, invenna damdawite (vaccines) hi mi zawng zawng tana daih a awm lo a ni. Himi chungchangah thil a inthlak danglam anih chuan, UNHCR emaw a thawpui pawlten thu thar an hriattir leh ang che u.



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# ENGTINNGE NANGMAH INVENGHIM IN, MIDANGTE PAWH I VENHIM THEIH ANG?

## *Inven lawk dan turte:*



Invawn faina leh inven lawkna mawlmang te te hmang hian a darh tur kan veng thei a ni.

Sabawn leh tui emaw, zu nena siam kut silna damdawi tui (hand sanitizer) hmangin a khat tawkin i kut silfai thin ang che.

I khuh emaw hahchhiau emaw changin i kut hmang loin tissue (lekhka nem/puan) emaw i kiu emaw hmang zawk ang che.



Kut silfai hmasa lovin mit, hnar leh ka khawih loh tur a ni.

A tlangpuia hman thin thil/hmun leh bungruate fai leh natna kai lo turin vawng fai ang che.



Midang hlata awm zir rawh – Mipui tamna hmunte leh midangte leh mi punkhawmna hmunah awm suh.

Mite inah leng lola, mite pawh i ina leng turin sawm suh. Thil pawimawh tawpah lo chuan pawnah chhuak lovin inchhungah tawm ang che.



## *A tha thei ang bera hmaituamna hmandante:*



Khawlaiah hmaituamna hmang thin ang che. Hmaituamna chuan i hnar leh ka tha takin a khuh thei zan tur a ni. I hmaituamna pawnlam khawih suh. I khawih anih chuan i kut silfai rawh.

Hmaituamna thuahhnih emaw hmaituamna pahnih i hmang kawp thei anih chuan virus laka venhimna a tha lehzual ang. A khuh phui tawk thei tur hmaituamna hmang thin la, hmaituamna thuahhnih hman atan a chi hrang hrang (puan leh inzailaia an hman thin hmaituamna) te hmang kawp ang che. N95 hmaituamna i hmang anih chuan thuahhnih hman a ngai lo.



# COVID-19 BUAIPUI DAN TUR

Natna a langchhuak anih chuan, khawngaihin in dahhrang nghal vat la, damdawi thiam tanpuina zawng la, in enchinna (test) finfiahna nghak hmasa kher loin i damlohna kha enkawl nghal vat ang che.



## DAMDAMI THIAM TANPUINA ZAWNDAN:

1. Delhi sawrkar tanpuitute **011-22307145**; **1075** emaw Central Ministry of Health and Family Welfare Helpline Number **011-23978046** te hi be rawh; anih loh pawhin
2. Hmun hnai bera Inentirna damdawi in tenau emaw daktawr emaw pan rawh; anih loh pawhin
3. Covid chungchanga tanpuina zawn kawngah BOSCO pawh i be thei bawk [**9354527130** (West Delhi); **8287753677** (South Delhi)]. BOSCO chuan enfiahna (test) neih kawngah leh damdawi ina indahluh leh damdawi pekna tein an tanpui thei. BOSCO tanpuinate chu raltlante leh humhimna diltute tan pawh inthliarhranna awm lovin an tanpui vek a ni.

Khawngaihin UNHCR-a i nihna chu eng anih pawhin lungphang suh, damdawi thiam tanpuina zawn kawngah man emaw rama thawn kir emaw i tawk dawn lo a ni.

## BAWIHSAWMDAN & ENKAWLDAN

- Thlabar lo la, Covid damlo natna nei nasa lote chu in lamah inenkawl theih a ni.
- Damdawi inchawh chawp suh la, eng damdawi chungchangah pawh daktawr rawn hmasa zel ang che.
- Darkar 6 dan zelah oxygen (nunna petu boruak) awmzat chin enfiah zel tur. Oxygen level chu 92% aiin a hniam anih chuan daktawr rawn la, enkawlna tur damdawi in zawng rawh.
- I taksaa oxygen level hmasawn tir turin a bawk zawng in ('prone-position') mu rawh.
- Darkar 6 dan zelah taksa lum zawng (temperature) teh zel rawh.

- Tui pe tam la, thli tha dawng turin kawngkate te kha dah hawng rawh.
- Chakna pai chaw tha pek tum rawh. A theih hram chuan, Vitamin C, Zinc lam chi pe tel rawh.
- Hmaituamna (a theih chuan thuahhni) in intuam la, Covid natna vei chungkua mite i buaipui lai chuan anmahnite nen inkhawhtawn tam loh tum hram tur a ni.
- Thawkna lam harsatna, khawsik nasa, khuh angte hi ni 5 chung aia tam a awm anih chuan damdawi thiam enkawlna ngaihtuah vat ang che.

## UNHCR-A I CHUNGCHANG THUAH:

- UNHCR UCC/lehkha rawng apawl a thi dawn hnai anih chuan toll-free number ah bia in emaw UNHCR thawhpui pawlthe pawh siamtharna atan a biak theih a ni. WhatsApp emaw email kaltlangin emaw a thlakna card thar i dawng ang.
- Thu zawhfiahna (interview) leh UNHCR hnathawh kalphungte chu thu leh a awm hma chuan ral atanga thawh chhun zawm zel a ni rih ang.
- UNHCR atanga ni tiam tawhsate hi tunlai hun khirkhanna avang hian a inthlak danglam thei. Chutiang dinhmun a thlen hunin, khawngaihin mangang suh la, UNHCR hnenah thiltih zel dan turte zawt fiah hram ang che.
- Mithar inziaklut turte tan, khawngaihin UNHCR emaw a thawhpui pawlthe emaw bia ang che.
- Khawngaihin UNHCR office ahte kal suh. Mamawhna thilah chuan hengahte hian bia rawh: UNHCR Mipat-hmeichhiatna kawnga tharum thawhna laka tanpuitu: **9821235410** (Thawhtan-Zirtawp: 9am atangin 5.30pm); UNHCR tanpui dilna tur: **18001035635** (Thawhtan-Zirtawp: 9am atangin 5.30pm); UNHCR email: **indne@unhcr.org**

## CHANCHIN HRIATTURTE & BIAKPAWH TUR TANGKAI DANGTE:

### 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)

BOSCO centre hnai berah ei leh bar tanpuina emaw UNHCR tanpuina dangte pawh dawng thei dinhmun i ni em tih i zawh fiah thei bawk a ni.

### 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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