



# ZMC-SRHF COVID-19 TASKFORCE BULLETIN

Office of the Medical Superintendent  
Zoram Medical College  
State Referral Hospital, Falkawn

Issue No. 115

Date 12.07.2020 - 5:00 pm

▶ Vawiin hian ZMC, Falkawn-a Covid-19 laboratory-ah test neih leh mek a ni a, result hi zan lamah hriat theih tura beisei a ni. Hriat theih chinah vawiin hian sample 100 vel bawr test niin, ZMC leh Aizawl atanga sample dawnte test mek an ni. Nimin lama test 271-te an negative vek a, Aizawl 93, Lunglei 71, Champhai 19, Serchhip 67 leh Lawngtlai 21 te an ni.

▶ Vawiin khan Falkawn damdawiinah Covid 19 vei rinhlelh mi 2, Make - Shift ICU-ah admit thar an ni a, nimin lama admit 1 nen an sample hi naktuk lamah test a ni ang.

▶ Nimin khan Lunglei Covid 19 TrueNat Laboratory-ah Covid 19 damlo 1 hmuhchhuah thar a ni.

## ZMC - SRHF COVID-19 Data as on 12.07.2020

Particulars	Last 24 hours	Cumulative
Suspected Cases *	2	269
Suspected sample tested *	0	265
Total sample positive *	0	215
Total confirmed cases	1	227
Active cases	1	77
Cured / Discharged	0	150
Death	0	0

## ADMISSION as on 12.07.2020

Particulars	Last 24 hours	Total
ICU	0	3
Isolation Ward (Confirmed)	0	40
Risk Ward	0	3
Make Shift ICU Ward/SARI Ward	2	2
Holding Ward	0	0

\* ZMC data only

▶ ZMC-ah Covid 19 damlo mi 43 enkawl mek an ni a, vawiin khan damlo 2-te chu uluk zawka enkawl an nih theih nan ICU ah sawn an ni. Tun dinhmunah Isolation Ward-ah damlo 40 awmin, ICU-ah damlo 3 an awm a ni. ICU-a awm mek damlote hi ngaihtuahawm lutuk an ni lova, Isolation Ward-a awm zingah harsatna em em nei an awm lo. An dam thuai theih nan i tawngtaipui ang u.

## MASK VUAH LA- MALSAWMNA NI RAWH

Mithiamte sawi danin *Covid 19* vei damloin mask a vuah loh chuan a veilo midangah *mask* vuah reng chung pawhin natna a kaichhawn theihna hi 70% lai a ni a. *Mask* a vuah erawh chuan midang mask vuahloah pawh a kaichhawn theihna hi 5% chauh a ni. A natna vein *mask* a vuah a, a vei loin mask a lo vuah ve bawh chuan natna inkaichhawn theihna hi 1.5% ah a tlahniam thei an ti.

Hetiang a nih avang hian he hrileng laka himna tur chuan mask vuah hi kan tih makmawh a ni. Mask i vuah hian za ah zain i him phahlo a ni maithei, amaherawh chu midang i kaichhawn zelna tur erawh nasa takin a veng thei a ni. Chuvangin tun hun hi midangte tana malsawmna i nih theihna hun tha leh remchang tak a ni e.

### Midangte tan malsawmna i nih theih nan Mask hi lo vuah ve thin ang che.

**Protect yourself and others!**  
Follow these **Do's** and **Don'ts**

**Do's** ✓

**Practice frequent hand washing.** Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean

**Cover your nose and mouth** with handkerchief/tissue while sneezing and coughing

**Throw used tissues** into closed bins immediately after use

**See a doctor** if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/hold to cover your mouth and nose

**If you have these signs/symptoms** please call State helpline number or Ministry of Health & Family Welfare's 24x7 helpline at 011-23978046

**Avoid participating** in large gatherings

**Don'ts** ✗

**Have a close contact** with anyone, if you're experiencing cough and fever

**Touch your eyes,** nose and mouth

**Spit in public**

**Together we can fight Coronavirus**



Lunglei-a Covid 19 TrueNat Laboratory-ah nitin sample test thin a ni.

### LLTF / VLTF-te hnena ngenna

1. Insawiselna nei ZMC-a admit tur chuan Screening room 9436743459-ah phone hmasak a, Referral Form nen ngei pan theih hram nise.
2. Insawiselna (symptom) neilo, positive contact vang emaw chhan dang engemaw vanga test ngai te erawh chu a quarantine-na hmun theuhah sample la tura IDSP team phone tur a ni.
3. Quarantine Facility-a naupai awm zawng zawng chu emergency a sample test nghal vek tur a ni.

**COVID 19 AMBULANCE**  
**Covid 19 lanchhuahna heng - Khawsik,**  
**Khuhro, Thawk lama harsatna nei, inentir duh,**  
**kalna nei silo Ambulance mamawh tan a**  
**hnuai number-ah hian biak theih a ni.**

**102 (Toll Free)**  
**0389-2322318 / 0389-2313000**  
**9436150122, 7005337472**



COVID-19 INDIA  
as on : 12 July 2020, 08:00 IST (GMT+5:30)

**Sd/-**  
**( Dr. H. C. LALDINA )**  
**Medical Superintendent**  
**ZMC-SRHE, Falkawn**