

COVID-19 MIZORAM DAILY BULLETIN

Task Group on Media & Publicity



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Issue No : 101

Time : 24th July, 2020 @ 7:00 PM

Mizoram COVID-19 Helpline no. 102(toll free)/ 0389 2323336/0389 2318336

01.07.2020 LEH 31.07.2020 INKARA MIZORAM CHHUNGA INKAIHHRUAINA
KALPUI DAN TUR THUPEK

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1. July ni 24, 2020 tlai dar 5:30 a Khawvel COVID-19 dinhmun (source: World Health Organization)

Confirmed cases	-	15,257,287
Confirmed deaths	-	6,28,240
Countries/Territories affected by COVID-19	-	213

COVID-19 natna vei hmuhchhuah tamna ram te

USA	- 39,38,094	Brazil	-22,27,514	India	-12,87,945
Russia	-7,95,038	South Africa	- 3,94,948	Peru	- 3,66,550
Mexico	- 3,62,274	Chile	- 3,38,759	United Kingdom	- 2,96,381
Iran	- 2,84,034	Pakistan	- 2,70,400	Spain	- 2,67,551

COVID-19 natna thihpui tamna ram te

USA	- 1,42,553	Brazil	- 82,771	United Kingdom	- 45,501
Mexico	- 41,190	Italy	- 35,082	India	- 30,601
France	- 30,060	Spain	- 28,426	Peru	- 17,455
Iran	- 15,074	Russia	- 12,892	Belgium	- 9,808

Darkar 24 chhunga COVID-19 natna hmuhchhuah tam zualna ram te

USA	- 69,641	Brazil	- 67,860	Iran	- 49,310
South Africa	- 13,150	Colombia	- 7,390	Mexico	- 6,019
Russia	- 5,848	Argentina	- 5,782	Peru	- 4,463
Bangladesh	- 2,856	Iran	- 2,621	Iraq	- 2,361

WHO in region a then dan a COVID-19 vei zat

Americas	- 81,21,700	Europe	- 31,47,860	South-East Asia	- 16,25,564
Eastern Mediterranean	- 14,42,190	Africa	- 6,42,387	Western Pacific	- 2,76,845

- Darkar 24 chungin positive thar **2,44,556** an awm a; **9,090** in an thihpui.

2. July ni 24, 2020 zing dar 8:00 a India ram COVID-19 dinhmun (source : MoHFW, GOI)

COVID-19 vei hmuhchhuah tawh zat : 12,87,945

Tuna vei mek zat: 4,40,135

Sl.	State/UT	Positive hmuhchhuah tawh zat	Damchhuak	Thi	Sl.	State/UT	Positive hmuhchhuah tawh zat	Damchhuak	Thi
1	Andaman & Nicobar Islands	240	170	0	19	Madhya Pradesh	25474	17359	780
2	Andhra Pradesh	72711	37555	884	20	Maharashtra	347502	194253	12854
3	Arunachal Pradesh	991	334	3	21	Manipur	2115	1466	0
4	Assam	28791	20669	70	22	Meghalaya	534	78	4
5	Bihar	31980	20769	217	23	Mizoram	332	183	0
6	Chandigarh	800	531	13	24	Nagaland	1174	530	0
7	Chhattisgarh	6254	4377	30	25	Odisha	21099	14393	114
8	Dadra Nagar Haveli, Daman & Diu	770	489	2	26	Puducherry	2420	1400	34
9	Delhi	127364	109065	3745	27	Punjab	11739	7741	277
10	Goa	4350	2655	29	28	Rajasthan	33220	23815	594
11	Gujarat	52477	37978	2252	29	Sikkim	460	122	0
12	Haryana	28975	22249	378	30	Tamil Nadu	192964	136793	3232
13	Himachal Pradesh	1834	1136	11	31	Telangana	50826	39327	447
14	Jammu & Kashmir	16429	8709	282	32	Tripura	3656	2072	10
15	Jharkhand	6975	3174	67	33	Uttarakhand	5445	3399	60
16	Karnataka	80863	29310	1616	34	Uttar Pradesh	58104	35803	1289
17	Kerala	16110	6594	50	35	West Bengal	51757	31656	1255
18	Ladakh	1210	1025	2		Cases being reassigned to states	0		
						TOTAL	1287945	817209	30601

* Darkar 24 chhungin **sample 3,52,801** test niin positive case thar **49,310** hmuh a ni a, mi **34,602** dam (cured) a puan niin **740** in an thihpui a ni.

* ICMR chhinchhiah dan chuan India rama sample test tawh zawng zawng zat hi **1,54,28,170** a ni.

(Mizorama data thar update tur a awmin, MoHFW –in update hmanlo mahse table ah hian update tel thin a ni)

24.07.2020
(7:00 AM)

DIRECTORATE OF INFORMATION & PUBLIC RELATIONS
Government of Mizoram
Helpline: 102 (Toll Free) /0389-2323336 /2318336

MIZORAM COVID-19 UPDATE

TOTAL CASES +6 332	CURED/DISCHARGED 183	ACTIVE CASES +6 149	DEATHS 0
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▶ 6 cases confirmed by Lunglei Civil Hospital Truenat lab
▶ All 197 samples tested by ZMC RT-PCR lab negative

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Information & Public Relations Department
Government of Mizoram
24.07.2020
(7:00 AM)

COVID-19 Mizoram Statistics

Total Cases	332	Male 235
Active Cases	149	Female 97
Discharged	183	

District-Wise

District	Active	Discharged	District	Active	Discharged
Aizawl	104	50	Lawngtlai	13	8
Lunglei	20	51	Mamit	1	20
Siaba	3	23	Khawzawl	Nil	3
Champhai	3	10	Hnahthial	Nil	Nil
Kolasib	1	12	Saitual	Nil	3
Serchhip	4	3	TOTAL	149	183

Source : H&FW Department

Quarantine leh a kaihnawih senso chungchanga Sawrkar thuchhuak thar

Ministry of Home Affairs' Order No.40-3 /2020-DM-I(A) dated 29.06.2020 dungzuiin Mizoram Sawrkar pawhin inkharkhip burna chu tlema thlah zalen deuhin Order dated 30.06.2020 a ti chhuak a. Ni 25.05.2020 atanga thlawhna service te chhunzawm a nih bakah State chungha veivah khapna-te hlih anih takah chuan mipui tan zin veivah pawh a lo awlsam chho leh ta a.

Hei avang hian State pawn atanga lo lut leh Mizoram mi leh sa zin chhuaka lo haw leh te pawh an thahnem chho zel a ni. Chutih rualin Mizoram mi leh sa State pawna tangkhang te pawh lak luh kim thawkhat an ni ta bawk a. Chuvangin, hnathawhna leh mimal tul thila State chungha rawn lut leh zin chhuaka lo let leh te quarantine leh an hriselna enfiahna kawnga Sawrkar a in senso reng chu tul tawh lova hriat a ni. Chuvangin, he thu chhuah ni July ni 20, 2020 atanga thu leh awm hma chu State pawn atanga Mizoram rawn lut te chuan an quarantine leh test senso chu an intum ve tawh ang a, a kalphung tur erawh chu hetiang hi a ni ang

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3. STANDARD OPERATING PROCEDURE FOR SOCIAL DISTANCING

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4. Quarantine chungchanga hriattur pawimawh

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5. Construction Works HnaThawktu Migrant Workers Chhawr/Chhawrtu Online Report-na...

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6. Vawiin khan Zion Veng Local Task Force, Champhai te chuan COVID-19 dona atana hman tangkai turin Chief Minister's Relief Fund ah Rs. 7,000 an chhunglut. An sum pek hi Champhai DC Pi Maria C.T. Zuali kaltlangin an hlan a ni.

7. Chief Minister phalna in leh Committee on Utilization of Chief Minister's Relief Fund for COVID-19 in ni 23.7.2020 an thutkhawm a an lo rel tawh angin vawiin khan a hnuai ami ang hian CM Relief Fund for COVID-19 atangin sanction a ni

Sl. No.	Particulars	Amount Sanctioned (in Rs.)
1.	District pariat a quarantine facilities/centres atan	3,85,69,000
	(i) Aizawl	1,66,37,000
	(ii) Lunglei	27,47,000
	(iii) Sialha	36,67,000
	(iv) Kolasib	81,92,000
	(v) Lawngtlai	51,05,000
	(vi) Mamit	7,70,000
	(vii) Saitual	9,71,000
	(viii) Hnahthial	4,80,000
2.	Resident Commissioner, New Delhi (Mizoram mi leh sa, China a tangkhangte Delhi RC in a lo buaipuina senso puhrukna)	45,000
	Grand Total	3,86,14,000

District Deputy Commissioner theuh te hnenah sum hi pek niin, DC te ruahmanna in quarantine facility/centre theuh senso puhruk nan CM Relief Fund sum hi hman a ni ang.

8. Lunglei Civil Hospital TrueNAT laboratory-ah COVID-19 positive 6 hmuhchhuah a ni, ZMC Laboratory a COVID-19 sample test a negative vek thung

Nimin July ni 23, 2020 khan Lunglei Civil Hospital TrueNAT laboratory-ah swab sample 27 test niin COVID-19 positive 6 hmuhchhuah a ni a, sample 21 a negative thung.

Positive hmuhchhuah mi 6 te mipa vek an ni a, BSF sipai kum 27-51 in kar, June ni 25, 2020 a West Bengal atanga lo thleng, Vanhne Quarantine Facility a khung hran nghal te an ni.

Lungleia TrueNAT laboratory-ah hian sample 846 test tawh a ni.

Nimin July ni 23, 2020 ah vek khan ZMC laboratory-ah sample 197 (Mipa - 139, Hmeichhia - 58) test a negative vek a, positive thar an awmlo a ni.

ZMC-a District hrang hrang sample test zat (23rd July, 2020)

Aizawl	- 89	(Mipa - 73, Hmeichhia - 16)
Champhai	- 31	(Mipa - 30, Hmeichhia - 1)
Siaha	- 24	(Mipa - 12, Hmeichhia - 12)
Khawzawl	- 4	(Mipa - 3, Hmeichhia - 1)
ZMC staff	- 49	(Mipa - 21, Hmeichhia - 28)

TOTAL - 197 (Mipa 139, Hmeichhia - 58)

Mizorama COVID 19 positive case hmuhchhuah tawh zawng zawng zat

Total cases	- 332
Forces (BSF/AR/NDRF/Army)	- 127 (38.25%)
Civilians	- 205 (61.74%)

Mizorama COVID-19 vei mek zat

Total Active cases	- 149
Forces (BSF/AR/NDRF/Army)	- 112 (75.16%)
Civilians	- 37 (24.83%)

COVID-19 recovery rate in Mizoram - 55.12%

9. Vawiin hian ZMC, Falkawn-a Covid-19 laboratory-ah test neih leh mek a ni a, result hi zan lamah chhuak tura beisei a ni. Hriat theih chinah vawiin hian sample 203 test niin, ZMC leh Aizawl atanga dawnte an ni. Nimin lama test 197-te chu an negative vek. Nimin lama sample test hi Aizawl, Champhai, Siaha, Khawzawl leh ZMC Staff-te an ni.

Vawiin khan Falkawn damdawiinah Covid-19 vei rinhlelh mi 1 admit thar a ni

Nimin khan Lunglei Covid-19 TrueNAT Laboratory-ah Covid-19 damlo 6 hmuhchhuah thar an ni. ZMC-ah Covid-19 damlo 23 enkawl mek an ni a, ICU-a awm mek zinga damlo 1 chu Ward-ah sawnchhuah a ni a, 1 dang sawn luh leh a ni. Isolation Ward leh SICU-a awmte zingah symptoms nasa vak lo nei mi 6 an awm a, ngaihtuahawm erawh an ni lo. (**ZMC bulletin**)

10. Vawin khan SBI Foundation chuan Mizoram Sawrkar hnenah Ventilator 3 cheng nuai 5 man hu an hlan a. Health Minister Dr. R. Lalthangliana hnenah SBI Foundation aiawhin Pu L.P. Lalchangkima, Regional Manager, SBI leh a thawpui midang 2 ten Minister pisa ah heng khawl te hi an hlan a ni.



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11. “District dangte tan a entawntlak khawpin COVID-19 dona kawngah Kolasib district chung a hmalakna a tha, sawrkar aiawhin lawmthu ka rawn sawi tak meuh meuh a ni” - Health Secretary
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12. Dr. Lalhmuchhuaka, Medical Superintendent, Civil Hospital, Aizawl chuan OPD inentir dan tur thupek lo chhuah tawh sut a nih thu a hnuai ami ang hian thupek thar a chhuah Covid-19 hripui leng laka Civil Hospital, Aizawl a him theih nana Office Order lo chhuah tawh (vide memo No.D.12012/16/2020-MS Dated 9.7.2020) OPD card pekchhuah theih zat bithliah siam chu Human Rights, Fundamental Rights leh Supreme Court thutlukna kalh thei a ni a. Chuvangin, he thupek hi vawin Ni 24.7.2020 (Zirtawpni) atang hian sawrkar atanga thupek kan hmuh angin sut a ni e (vide memo No.A.60011/2/2019-HFW/7 Dated 24.7.2020).

OPD Card pek chhuah pawh damlo zat bithliah awm lovin a pangngai angin pekchhuah leh a ni ang.

13. Covid-19 Task Group on Quarantine Facilities daily report (as on 23rd July, 2020)

FORM A				QUARANTINE FACILITY AS ON TODAY				AS ON TODAY	
Sl.No	District	No of Facilities	Capacity	No of pax admitted in Home Q	No of pax admitted in Hotel Q	No of pax admitted in CQF	No of pax admitted in GQF	No of pax shifted to isolation	TOTAL PAX IN QF
1	2	3	4	5	6	7	8	9	10
1	Aizawl	37	2062	254	49	29	623	28	983
2	Champhai	7	334	0	0	0	41	3	44
3	Hnahthial	22	333	7	0	0	9	0	16
4	Khawzawl	26	530	0	0	0	10	0	10
5	Kolasib	18	781	9	0	0	166	1	176
6	Lawngtlai	21	715	19	0	0	77	0	96
7	Lunglei	22	791	0	0	0	168	19	187
8	Mamit	25	768	0	0	0	31	2	33
9	Saitual	44	704	0	0	0	18	0	18
10	Serchhip	31	617	92	0	0	55	18	165
11	Siaha	36	1469	3	0	0	28	3	34
TOTAL		289	9104	384	49	29	1226	74	1762

Sl.No	Name of Facilities	No of Capacity in all QF*	No of Pax admitted to QF on reporting date	Progressive No of Pax admitted to QF	No of Pax discharged from QF as on reporting date	Progressive No of Pax discharged from QF	No of Pax shifted to Isolation as on reporting date	Progressive No of Pax shifted to Isolation	No of Pax in QF as on reporting date (Col 4-6-8)**
1	2	7	3	4	5	6	7	8	9
1	Government QF	9239	70	11502	127	10075	1	201	1266
2	Isolation Facilities	-	1	711	0	637	0	0	74
3	Community QF	7760	0	3953	6	3910	0	14	29
4	Home Quarantine	-	4	1378	32	991	0	3	384
5	Hotel/Paid QF	69	2	116	16	66	0	1	49
TOTAL		17068	77	17660	181	15679	1	219	1762

* ONLY CAPACITY OF QUARANTINE FACILITIES SHOWN

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14. List of Churches' Halls as Community Quarantine Facilities (as reported by Task Group on Quarantine Facilities)

Sl.No	District	PCI	BCM	SA	UKBK	ECM	UPC NEI	UPC MZ	TOTAL
1	2	3	4	5	6	7	8	9	10
1	Aizawl	88	18	16	-	-	1	1	124
2	Champhai	15	-	-	-	-	-	-	15
3	Hnahthial	-	-	-	-	-	-	-	-
4	Khawzawl	3	-	-	-	-	-	-	3
5	Kolasib	-	-	-	-	-	-	-	-
6	Lawngtlai	1	1	-	7	-	-	-	9
7	Lunglei	3	16	-	-	-	1	1	21
8	Mamit	5	2	-	-	-	-	-	7
9	Saitual	2	-	-	-	-	-	-	2
10	Serchhip	2	1	-	-	-	-	-	3
11	Siaha	2	2	-	3	2	1	-	10
	TOTAL	121	40	16	10	2	3	2	194

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15. COVID-19 Task Group on Migrant Workers & Stranded Travellers Report (24th July, 2020)

Task Group hnena Mizorama rawn haw tura in register zawng zawng zat – **14,401** (*an rawn haw tak tak hma a chhinchhiah zat an ni*)

Rawn haw tak tak chhinchhiah tawh zat (Mizoram rawn thleng zat) – **13,987**

Kawnga rawn thang mek – **0**

Rawn la haw tur chhinchhiah zat – **414**

Rawn haw tawh Quarantine Facility a awm mek chhinchhiah zat – **785**

Rawn haw tawh zinga Quarantine facility chhuahsan zat – **13202**

- ✚ *State thenkhat atang rawn haw tur in report thar an awm belh thin vangin figure hi a inthlak chang a awm thin.*
- ✚ *TGMWST leh DC-te'n quarantine an chhinchhiah hi a zat a inang lo va. Hei hi a chhan chu, Task Group chuan tangkhang rawn haw official-a in-report chauh an chhinchhiah laiin, DC-te chuan khung hran tawh phawt chu, official-a in-report leh in-report lem lova lo hawte bakah, an rawn haw hnua chhan hrang hrang vanga an contact-te nen lama quarantine zawng zawng an chhinchhiah tel vek vang a ni.*

16. Mizoram chhunga ramdang mi tangkhang an chenna ram/state lama haw tur thawn chhuah hmabak la awm zat – as on 24th July, 2020 (as reported by Task group on Migrant Workers & Stranded Travellers)

SI No.	Name of State (India) / Country	No. of Stranded
1	Assam	14
2	Myanmar	48
	TOTAL	62

17. Aizawl DC thuchhuah

July ni 27, 2020 (Thawhtanni) atanga thu leh awm hma chu Aizawl District Reception Centre (R. Dengthuama Transit Point) chu zing dar kua atanga zan dar kua (09:00 a.m. - 09:00 p.m.) chung chauh hawn a ni tawh anga, Pathianni (Sunday) erawh hawn a ni lovang.

Hemi hun chhunga thleng turin Ram/State dang atanga rawn haw khualzin zawng zawngte in ruahman tur a ni ang. Loh theih lohna avanga khar hun chhunga rawn thleng chuanR. Dengthuama Indoor Stadium tual zawlah Duty lo thlen hun zing dar kua (09:00 a.m.) an lo nghak thleng tur a ni ang.

18. Vawiin chawhnu dar 1:30 khan Zokhawsanga Assam Rifles hmunah Covid Care Centre hrang hrang Army leh Para-military lam ten an buatsaih theihna turin Health & Family Welfare Department a mithiamten an zirtir.

He Training- ah hian Indian Army, Assam Rifles, BSF leh BRTF mi leh sate telin Dr Pachuau Lalmalsawma, State Nodal Officer for COVID-19 & IDSP leh Dr PC Lalramenga, Head of Medicine Department, ZMC bakah State IDSP atangin Pu Lalfakzuala Pautu leh Yogesh Malvi, Microbiologist ten training an pe a ni.



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19. District Task Force on COVID-19 Chairman thuchhuh

Mizoram Sawrkar Notification No. B. 13021/101/2020-DMR/Pt-III, Dt.20.7.2020 zulzuiin a hnuai mi ang hian Aizawl District chhunga Quarantine Centre-te thlen man leh ei leh in man chu siam a ni:

Sl. No	Name of Quarantine Centre	Chawitur (Mi pakhat tan)
1	Deluxe : i) Tourist Lodge, Chaltlang (a vaiin) ii) State Guest House (a vaiin) iii) Tourist Lodge, Beraw (Hall leh Dormitory tel lovin)	Hengah te hian mi pakhatin zan khatah Rs 500/- zel a chawi ang.
2	Standard : i) SIRD Hostel (Hall leh Dormitory tel lovin) ii) YHAI, Luangmual iii) FRCDR, Farmer Rest House, Bethlehem Vengthlang iv) RAY Housing, Falkland v) Forest Training School Hostel, Bethlehem Vengthlang vi) Sericulture Training Centre, Zemabawk	Hengah te hian mi pakhatin zan khatah Rs 200/- zel a chawi ang.
3	Ordinary : Sl. No. 1 leh 2 nilo zawng	Hengah te hian mi pakhatin zan khatah Rs.100/- zel a chawi ang.

B : Ei leh In Man : Ei leh in atan mi pakhat zelin ni khatah Rs 300/- an chawi tur a ni a, ni 14 chungin Rs. 4200/- an chawi tur a ni ang a, Naupang kum 3 hnuai lam tan ei leh in man leh riah man pek a ngai lovang.

C : Pawisa pek dan tur : Quarantine Centre-a lut zawng zawngte'n an ei leh in/thlen man an chhuah hma ngeiin Officer-in-Charge-te hnenah kim takin an pe tur a ni a, receipt an la ngei tur a ni. Heng an pawisa lak khawmte hi Officer-in-Charge-te'n Deputy Commissioner Office Cashier hnenah a remchan danin an thehlut thin ang.

D : Exemption chungchang : Deputy Commissioner, Aizawl in exempt tura a tihte chauh exempt an ni ang, chungte chu a hnuai tarlan te hi an ni ang :

1. State pawna hna ngeth ni lo thawk (Migrant worker) :

Anni hian migrant worker ngei an ni tih finfiahnan an hnathawhna ID an thehltut tel ngei tur a ni. ID nei lo chi a hna an thawk anih chuan an thawhna hmun Mizo welfare ten lehkha an siamsak tur a ni.

2. Mizoram pawna awm, sum leh pai harsatna tak tak nei :

Anni hian mi harsa an ni ngei tih finfiahnan Family Ration Card emaw Sawkar lehkha dang engemaw tal copy an thehltut tur a ni.

3. Medical referred te :

Anni hian refer ngei an ni tih chuanna refer-na lehkha copy an thehltut tur a ni.

20. Status of Mizoram Surveillance of COVID-19 (Time: 23.7.2020 5:00pm – 24.7.2020 5:00 pm) – input from IDSP, H&FW department

S.No	Category	A thar Date: 24.7.2020	Belhkhawm Date: 24.7.2020
1	Endik tawh zawng zawng zat	989	141381
2	Rapid Anti Body Test of India(RATI) neih zat	0	16734
3	COVID-19 SAMPLE TEST NEIH DAN		
	NICED - KOLKATA	-	5
	Guwahati Medical College	-	12
	Silchar Medical College	-	41
	Rapid Antigen Test	0	14
	Lunglei Civil Hospital (Truenat – PCR)	27	874
	Zoram Medical College(ZMC)	197	18292
	COVID-19 samples test tawh zawng zawng zat	224	19238
4	Rinhleih SRHF-ZMC Damdawin-a dah zat	1	286
5	Damlo DCHC a dah zat		12
6	Damlo CCC a dah zat		117
7	CONFIRMED POSITIVE CASE NEIH DAN		
	Guwahati Medical College	-	1
	Rapid Antigen Test	0	1
	Lunglei Civil Hospital, Truenat - PCR	6	24
	Zoram Medical College, Falkawn (RT-PCR)	0	306
	COVID-19 Confirmed positive cases neih zat	6	332
8	COVID-19 positive damdawiin-a dah zat	6	332
9	COVID-19 vei dam leh zat	0	183
10	COVID-19 positive neih mek zat	6	149
11	COVID-19 vanga thi awm zat	0	0

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21. District hrang hrang Covid Care Centre (CCC) leh Dedicated Covid Health Centre (DCHC) a COVID-19 vei enkawl mek zat. – 24th July, 2020 (input from IDSP, H&FW department)

NAME OF DISTRICT	DEDICATED COVID HEALTH CENTER(DCHC)	COVID CARE CENTER(CCC)
Aizawl East	0	39
Aizawl West	0	28
Lunglei	0	20
Siaha	3	0
Champhai	3	0
Kolasib	1	0
Serchhip	5	13
Lawngtlai	0	15
Mamit	0	2
Saitual	0	0
Khawzawl	0	0
Hnahthial	0	0
TOTAL	12	117

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22. District hrang hrang a Rapid Antibody Test report (1st April, 2020 – 24th July, 2020) (input from IDSP, H&FW dept)

District Name	Total Centres	Total Persons	Total Active Persons	Test Conducted
AIZAWL	2	96	45	6866
KOLASIB	1	38	22	2177
LUNGLEI	2	50	42	1701
SAIHA	1	18	12	1678
LAWNGTLAI	1	10	2	1090
CHAMPHAI	1	28	20	872
SERCHHIP	1	29	26	797
MAMIT	1	19	12	602
SAITUAL	1	4	4	431
KHAWZAWL	1	2	2	262
Hnahthial	1	13	6	258
TOTAL	13	307	193	16734

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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 an quarantine-na hmun theuhvah 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

(ZMC bulletin)

23. Report (Covid-19) on Law & Order and Facilitation of Essential Goods & Services (24th July, 2020 @ 3:00pm)

For details [Click here](#)

24. Covid-19 Task Group on Animal Husbandry & Veterinary and Fisheries daily activity report (24th July, 2020)

For details [Click here](#)

25. Existing number of inmates at all designated Quarantine Facilities in Mizoram on July 24, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)

EXISTING NUMBER OF INMATES AT QUARANTINE FACILITIES AS ON								24-07-2020
Name of State : Mizoram		MIZORAM STATE CONTROL ROOM ON COVID-19						TIME : 4:00pm
		ADMITTED		DISCHARGED				
I	II	III	IV	V	VI	VII	VIII	IX
Sl.no	Name of Facilities	No.of persons admitted (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Total of persons admitted	No.of persons discharged (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Total of persons discharged	No.of person shifted to Isolation (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Numbers shifted to Isolation	No. of persons in the quarantine facility on the date of report (=IV-VI-VIII)
1	Government Quarantine Facilities	122	11630	88	10164	5	206	1260
2	Isolation Facilities	11	722	5	642			80
3	Community Quarantine Facilities	2	3955	2	3912	0	14	29
4	Home Quarantine	0	1378	0	991	0	3	384
5	Hotel/Paid Quarantine Facilities	20	136	0	66	0	1	69
	Total	155	17821	95	15775	5	224	1822

For details [Click here](#)

26. Daily Report on Status at Government Quarantine Facilities in various Districts on July 24, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)

DISTRICT - DAILY REPORT ON STATUS OF GOVERNMENT QUARANTINE FACILITIES AS ON										24-07-2020
Name of State : Mizoram			MIZORAM STATE CONTROL ROOM ON COVID-19						TIME: 4:00pm	
FORM 'A'			Quarantine Facility				ISOLATION STATUS		CURRENT STATUS	
FACILITY STATUS			Admitted		Discharged					
	I	II	III	IV	V	VI	VII	VIII	IX	X
Sl.no	District	No of Facilities	Capacity	No.of persons admitted (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Total of persons admitted	No.of persons discharged (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Total of persons discharged	No.of person shifted to Isolation (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Total of person shifted to Isolation	No. of persons in the quarantine facility on the date of report (V-(VII+ IX))
1	Aizawl	37	2244	49	3775	47	3117	5	38	620
2	Champhai	7	334	2	467	2	426	0	0	41
3	Hnahthial	22	333	2	185	0	173	0	1	11
4	Khawzawl	26	530	1	300	2	280	0	11	9
5	Kolasib	21	751	5	1536	13	1367	0	11	158
6	Lawngtlai	21	715	25	1210	10	1118	0	0	92
7	Lunglei	22	791	23	1157	2	902	0	66	189
8	Mamit	25	768	0	599	2	540	0	30	29
9	Saitual	44	704	4	464	0	440	0	1	23
10	Serchhip	31	617	1	510	9	449	0	10	51
11	Siaha	36	1469	10	1427	1	1352	0	38	37
	TOTAL	292	9256	122	11630	88	10164	5	206	1260

For details [Click here](#)

27. Daily Report on Status at Isolation Facilities in various Districts on July 24, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)

DISTRICT - DAILY REPORT ON STATUS AT ISOLATION FACILITIES AS ON 24-07-2020						
Name of State : Mizoram		MIZORAM STATE CONTROL ROOM ON COVID-19				TIME : 4:00pm
FORM 'B'		FACILITY FOR ISOLATION				CURRENT STATUS
		ADMITTED		DISCHARGED		
I	II	III	IV	V	VI	VII
Sl.no	Name of District	No.of persons admitted to isolation on the date of report (shifted from Quarantine facilities and directly admitted to isolation)	Progressive Total of persons admitted to isolation	No.of persons discharged from isolation on the date of report	Progressive Total of persons discharged from isolation	No. of persons in Isolation facility on the date of report (IV Minus VI)
1	Aizawl	5	447	0	414	33
2	Champhai	0	23	0	20	3
3	Hnahthial	0	2	0	2	0
4	Khawzawl	0	18	0	18	0
5	Kolasib	0	39	0	38	1
6	Lawngtlai	0	0	0	0	0
7	Lunglei	6	46	5	26	20
8	Mamit	0	31	0	29	2
9	Saitual	0	2	0	2	0
10	Serchhip	0	57	0	39	18
11	Siaha	0	57	0	54	3
	TOTAL	11	722	5	642	80

For details [Click here](#)

28. Daily Report on Status at Community Quarantine Facilities in various Districts on July 24, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)

DISTRICT - DAILY REPORT ON STATUS AT COMMUNITY QUARANTINE FACILITIES AS ON 24-07-2020										
Name of State : Mizoram		MIZORAM STATE CONTROL ON COVID-19						TIME: 4:00pm		
FORM 'C'		QUARANTINE FACILITY				ISOLATION STATUS		CURRENT STATUS		
FACILITY STATUS		ADMITTED		DISCHARGED						
I	II	III	IV	V	VI	VII	VIII	IX		
Sl.no	District	No of Facilities	Capacity	No.of persons admitted on the date of report	Progressive Total of persons admitted	No.of persons discharged on the date of report	Progressive Total of persons discharged	No.of person shifted to isolation on the date of report	Progressive Total of person shifted to Isolation	No. of persons in the quarantine facility on the date of report (IV- (VI+ VIII))
1	Aizawl	348	3581	2	2925	2	2892	0	4	29
2	Champhai	15	414	0	318	0	318			0
3	Hnahthial	2	16	0	11	0	11			0
4	Khawzawl									0
5	Kolasib									0
6	Lawngtlai	4	99	0	96	0	96			0
7	Lunglei	21	314	0	222	0	218	0	4	0
8	Mamit	8	220	0	123	0	123			0
9	Saitual	4	45	0	28	0	28			0
10	Serchhip	7	280	0	168	0	162	0	6	0
11	Siaha	5	0	0	64		64	0	0	0
	TOTAL	414	4969	2	3955	2	3912	0	14	29

For details [Click here](#)

29. COVID-19 hrileng dona-a hmalakna kal zelah Mizoram Sawrkar chuan Health & Family Welfare Department hnuaiiah COVID-19 do tur mi tlawnngai inpe te buaipuitu tur team a din a. COVID-19 dona-a mi tlawnngai inpe duhte chuan - Hming, Pa hming, Veng/khua, Phone number leh Qualification-te tarlangin **email - mzcvolunteers@gmail.com** ah emaw **COVID-19 helpline 102, 0389-232336/2318336-ah** te in report theih a ni.

Heng mi tlawnngai inpe te hi a tul dan a zirin an tih tur duan sak an ni ang.

30. Daily Report on Status of Home Quarantine in various Districts on July 24, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)

DISTRICT - DAILY REPORT ON STATUS AT HOME QUARANTINE AS ON 24-07-2020								
Name of State : Mizoram		MIZORAM STATE CONTROL ROOM ON COVID-19					TIME: 4:00pm	
FORM 'D'		QUARANTINE FACILITY				ISOLATION STATUS		CURRENT STATUS
		ADMITTED		DISCHARGED				
Sl.no	I District	II No. of persons admitted on the date of report	III Progressive Total of persons admitted	IV No. of persons discharged on the date of report	V Progressive Total of persons discharged	VI No. of person shifted to Isolation on the date of report	VII Progressive Total of person shifted to Isolation	VIII No. of persons in the quarantine facility on the date of report (III-(VI+VII))
1	Aizawl	0	839	0	585			254
2	Champhai	0	40	0	40			0
3	Hnahthial	0	11	0	4			7
4	Khawzawl	0	2	0	2			0
5	Kolasib	0	20	0	11			9
6	Lawngtlai	0	71	0	52			19
7	Lunglei	0	116	0	116			0
8	Mamit	0	10	0	10			0
9	Saitual	0	9	0	9			0
10	Serchhip	0	219	0	124	0	3	92
11	Siaha	0	41	0	38			3
	TOTAL	0	1378	0	991	0	3	384

For details [Click here](#)

31. Daily Report on Status at Hotel/Paid Quarantine Facilities in various Districts on July 24, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)

DISTRICT - DAILY REPORT ON STATUS AT HOTEL/PAID QUARANTINE FACILITIES AS ON 24-07-2020										
Name of State : Mizoram		MIZORAM STATE CONTROL ROOM ON COVID-19						TIME: 4:00pm		
FORM 'E'		QUARANTINE FACILITY				ISOLATION STATUS		CURRENT STATUS		
				ADMITTED		DISCHARGED				
Sl.no	I District	No. of Facility	Capacity	II No. of persons admitted on the date of report	III Progressive Total of persons admitted	IV No. of persons discharged on the date of report	V Progressive Total of persons discharged	VI No. of person shifted to Isolation on the date of report	VII Progressive Total of person shifted to Isolation	VIII No. of persons in the quarantine facility on the date of report (III-(V+VII))
1	Aizawl	8	59	20	136	0	66	0	1	69
2	Champhai									0
3	Hnahthial									0
4	Khawzawl									0
5	Kolasib									0
6	Lawngtlai									0
7	Lunglei									0
8	Mamit									0
9	Saitual									0
10	Serchhip									0
11	Siaha									0
	TOTAL	8	59	20	136	0	66	0	1	69

For details [Click here](#)

✚ Sawrkarin Bungraw phur lirthei rawn luh dan leh chet vel chungchanga khuahkhirhna hlip

Mizoram sawrkar chuan July ni 8, 2020 atang khan Mizoram chungha nitin mamawh thil ni lo bungraw chidang phur lirthei rawn luh leh veivah chungchanga khuahkhirhna te a hlip a. Hetih rual hian bungraw dang zawng zawng te pawh phurhluh luh remtih vek a ni a. Home Department hnenah dilna lak hmasak a ngai tawh lo a ni. Mahse, **mCOVID-19 app** leh **website: m.covid19.mizoram.gov.in** a **mPASS Registration** erawh tih ngei ngei tur a ni **chhonzawm** a. **Entry point-ah te Self Declaration** thehluh chhonzawm zel tur a ni bawk a ni. **(DIPR)**

32. Kolasib district chungsa Quarantine Facility hrang hrang dinhmun (24.07.2020 @7:00 PM)

Sl.No	Name of Facility	No inmates Admitted	No of inmates transferred in	No of inmates transferred out	No of inmates released	Total inmates
1	Tourist Lodge Vairengte	0	0	0	0	0
2	Education IB, Vairengte	0	0	0	0	1
3	Govt. PS-I, Bairabi	0	0	0	0	0
4	Kawnpui HS	0	0	0	0	0
5	DIET, Saidan	0	0	0	0	5
6	RSTC Saidan	0	0	0	0	27
7	Govt. Hmarveng HS	0	0	0	0	0
8	St. Maria Goretti's School	0	0	0	4	1
9	Toursit Lodge Kolasib	2	0	0	0	15
10	School of Nursing, Thingdawl	0	0	0	6	3
11	Polytechnic, Thingdawl	11	0	0	3	29
12	Jordan Centre, Sethawn	0	0	0	0	0
	Total	13	0	0	13	81
Quarantine Facility for Military / Para-Military Personnels						
13	Pratap Hall, CIWS Vairengte	0	0	0	0	14
14	Lailapur Garrison, CIJWS	1	0	0	0	78
	Total	1	0	0	0	92
Covid Care Centre / District Covid Health Centre						
15	SIRD, Kolasib (Covid Care Centre)	0	0	0	0	0
16	District Covid Health Centre, District Hospital	0	0	0	0	1
	Total	0	0	0	0	1

33. Lawngtlai District-ah khung hran mek mi 104 an awm (24.07.2020 @ 5:00 PM)

Lawngtlai District mi leh sa state pawn atanga lo haw, government quarantine facility leh home quarantine-a khung hran mek zat chu vawiin tlai dar 5:00 thleng khan mi 104 a ni a. COVID-19 positive mi 13 te chu Lawngtlai Covid Care Centre (CCC)-ah dah niin, an hriselna dinhmun vil reng a ni a, ngaihtuahawm an awm lo.

Nizan leh vawiin khan state pawn atanga lo haw mi 20 lo thlen belhin, Medical Quarters-ah mi 19 leh Circuit House-ah mi 1 dah an ni a. Khung hran hun bi hmang zo va, RT-PCR test-a negative Circuit House atangin mi 6 leh Govt Lawngtlai College atangin mi 4, an zavaiin mi 10 chhuahtir an ni thung.

For details [Click here](#)

34. Champhai District Quarantine Facility hrang hranga dinhmun (24th July,2020 @ 5:00 pm)

- | | |
|--|----------------------------------|
| 1) DPRC Institutional Quarantine Centre | - 20 (18 Male + 2 Female) |
| 2) Tourist Lodge Champhai Institutional Quarantine Centre | - 20 (19 Male + 1 Female) |
| 3) Dedicated Covid Health Centre (Nursing School Building Top Floor) | - 3 (Male) |
| TOTAL | - 43 (40 Male + 3 Female) |
| | (DIPR) |

35. Food Corporation of India (FCI), District Office, Aizawl report (23rd July, 2020)
(Mizoram chungna FCI Godown hrang hranga buhfai awm zat)

	Rice Raw Grade A	RiceCommon	Wheat	Belkhawm	% of utilization
Food Supply Depot AIZAWL	4368.6898600MT	0.000	0.000	4368.6898600MT	95.18
Food Supply Depot KOLASIB	2994.6338460MT	0.000	132.082715MT	3126.7165600MT	62.53
Food Supply Depot BUALPUI	4203.7972020MT	0.000	0.000	4203.7972020MT	90.60
Food Supply Depot LUNGLEI	3249.6915180MT	0.000	0.000	3249.6915180MT	111.29
Food Supply Depot BAIRABI	2771.0892500MT	0.000	0.000	2771.0892500MT	55.52
Food Supply Depot LAWNGTLAI	3013.9115330MT	0.000	0.000	3013.9115330MT	90.24
Belkhawm	20601.8132090MT	0.000	132.082715MT	20733.8959240MT	81.34

36. Mental Health Professionals (Mizoram) ten Helpline Call an dawn zat (23rd July, 2020 @ 9:00 PM)

Sl no	Name of MH Professional	Substance related	Anxiety related	Depression related	Psychosis & Others	23 rd July 2020	Within state Cumulative	Other states Cumulative	Cumulative both Within & outside state
1	Dr Zonunmawii Pachuau Lunglei	0	0	0	0	0	0	4	4
2	Dr C Lalhrekima AZL	0	0	0	0	0	885	0	885
3	Dr Ruth Lalmanpuui AZL	0	0	0	0	0	60	19	79
4	Dr Vanlaldiki Ralte AZL	1	2	1	2	6	153	26	179
5	Dr Lalduhawmi Chawngthu AZL	0	0	0	0	0	18	6	24
6	Dr Robert L Khawlhing SNO	1	2	0	0	3	201	69	270
7	Dr Rajesh Rongpi ZMC	0	0	0	0	0	0	65	65
8	Dr Lalhriatpuia ZMC	2	0	0	0	2	470	9	479
9	Dr Lalengmawii AZL	0	0	0	0	0	63	9	72
10.	Biakhuzuali Chenkual AZL	0	0	0	0	0	81	9	90
11.	Jane Lalduhchungi Vanchhawng AZL	0	0	0	0	0	55	9	64
12.	Jane Zodingiani Lailung Serchhip	0	0	0	0	0	73	20	93
13.	Helen Lalnunmawii Sailo Kolasib	0	0	0	0	0	24	10	34
14.	Jacob Chaliandinga Lawngtlai	0	0	0	0	0	39	12	51
15.	Vanlalmani Champhai	0	0	0	0	0	41	4	45
16.	Lalawmpuii Siaha	0	0	0	0	0	60	17	77
17.	Vanlalzari Mamit	0	0	0	0	0	42	0	42
18.	Dr Elizabeth Niang Tawi Mang Champhai	0	0	0	0	0	13	26	39
19.	K. Lalmanpuui AZL	0	0	0	0	0	2	0	2
20.	VanlalpariAZL	0	0	0	0	0	1	4	5
21.	Angochhachhai Siaha	0	0	0	0	0	20	5	25
22.	Lalmanpuui Hauhna AZL	0	0	0	0	0	1	5	6
23.	Ngaihawmi Khenglawt Kolsaib	0	0	0	0	0	2	18	20
24.	Vanlalruati Lawngtlai	0	0	0	0	0	12	4	16
25.	Lalnunruati Lunglei	0	0	0	0	0	21	0	21
26.	ZD Lalhmanghuzuali Serchhip	0	0	0	0	0	2	7	9
Total		4	4	1	2	11	2339	357	2696

For details [Click here](#)

37. Dt. 23.7.20 Dar 7:00 PM atanga 24.7.20 dar 6:00 PM thlenga Supply Check Gate, Vairengte paltlanga Essential Commodity bungrua lo luh dan.

SI.No	Items	Quantity	
1	Atta	45 bags	22.50 qtls
2	Alu	505 bags	252.50 qtls
3	Purun	127 bags	63.50 qtls
4	Buhfai (bazar)	735 bags	367.50 qtls
5	Chi	60 bags	30.00 qtls
6	Dal	105 bags	52.50 qtls
7	Chini	43 bags	21.50 qtls
8	Artui	1447 cases	
9	Maida	152 bags	76.00 qtls
10	Tel	90 cases	
11	Amul	4411 cases	
12	POL	21 Trucks	
13	LPG	20 Trucks	
14	Cement	19080 bags	

The Mizoram (Containment and Prevention of COVID-19) Ordinance, 2020 in a sawi angin vantlang hmuna chilchhak, tuibur pik, Sahdah hmuam hnu paih leh a nih dan tur lo anga Mask vuah, leh quarantine center atanga tlanchhuah te hi dan anga hrem theih a ni. Quarantine Center a awm ten awmdan tur duansa te tha taka zawmin vantlang pawikhawih thei turin an khawsa tur a ni lo.

COVID-19 chungchanga hriat duh neite leh khawsik, khuh, hrawkna leh thawhah neite chuan Mizoram COVID-19 Helpline no. 102(toll free), 0389 2323336, 0389 2318336 – ah phone tur a ni.

Directorate of Health Services (Food & Drugs Administration Wing) thuchhuah

Covid-19 hri leng chuan khawvel ram tinah buaina leh manganna a thlen mek a, mi tam tak an thi a, tam takin hri vei mek bawk a ni. Mizoram pawh kan buai hle a, invenna nasa zawka kaipui zel a tul tak meuh meuh a ni.

Covid-19 hri leng hi kai nachhan rinhlelh tur nei lo tan pawh kai palh theih a ni a. Chung mite chuan khawsik, awmna leh khuh avanga awm nuamlo an neihin, ngaih that lohna nei chuang lovin an mamawh damdawi an lamve mai thei reng a ni.

Chuvangin, khawsik damdawi leh hritlang awmna/khuh damdawi lei tura lo kal, doctor prescription pawh neilote chu damdawi kan lei tir pahin an hming, kum leh contact number lo lak zel ni se.

Chung chinchhiahte list chu nitin tlai dar 5 - 6 inkarah a hnuai mobile number tarlanahthe hian Whatsapp-a thawn thin ni se tih a ni, Mizorama damdawi zuar zawng zawngte hemi kawnga thawhpui tur hian Mizoram FDA chuan a sawm tak meuh meuhva, thawhhona tha kaltlangin hri leng darh zeih tur kan veng theih a ni tih i hre reng ang u.

Thawna tur number : 9436152192 / 7005084957 / 9436196515

**COVID-19 RT-PCR test result la hre lo te tan mahni
district theuhva IDSP Data Manager te a hnuai
number-ah te hian zawh theih a ni**

- State Nodal Officer on COVID-19

Aizawl West District	Esther Lalhmingchhuangi	8014126549
Aizawl East District	Imanuela Chawngthu	9862300935
Lunglei District	R.Lalruatkima	9862533130
Champhai District	Dr. Samuel Laldinthara Robert Vanlalruata	8588009756 8118908946
Serchhip District	C.Lalmalsawmi	9436376248
Kolasib District	Caleb Lalawmawia	9774403199
Mamit District	Lalbiakpari	9436155693
Saiha District	H.Lalmuanchhungi	7085188159
Lawngtlai District	Lalthlanpuia	9485495875

**Note: District thar pathumte chuan an awm thinna district hmasa
Data Manager te an ring ang.**

DIPR

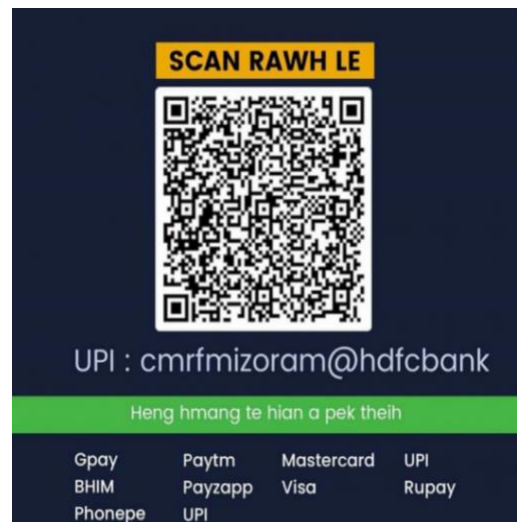
CHIEF MINISTER'S RELIEF FUND PEK THEIHNATE

○ **State Bank of India**

Account No.: 39278398200
IFSC: SBIN0004809
SWIFT: SBININBB447
UPI: cmrfmizoram@sbi
Branch: Dawrpui
Branch Code: 004809

HDFC:

Account No.: 18141450000025
IFSC: HDFC0001814
UPI: cmrfmizoram@hdfcbank
Branch: Aizawl
Branch Code: 001814



Hard work deserves respect.



By recognizing everyone's sincere efforts, we come closer to building a better future.

WHAT SUPERHEROES ARE USING TO BEAT COVID-19



Mask



Soap & water

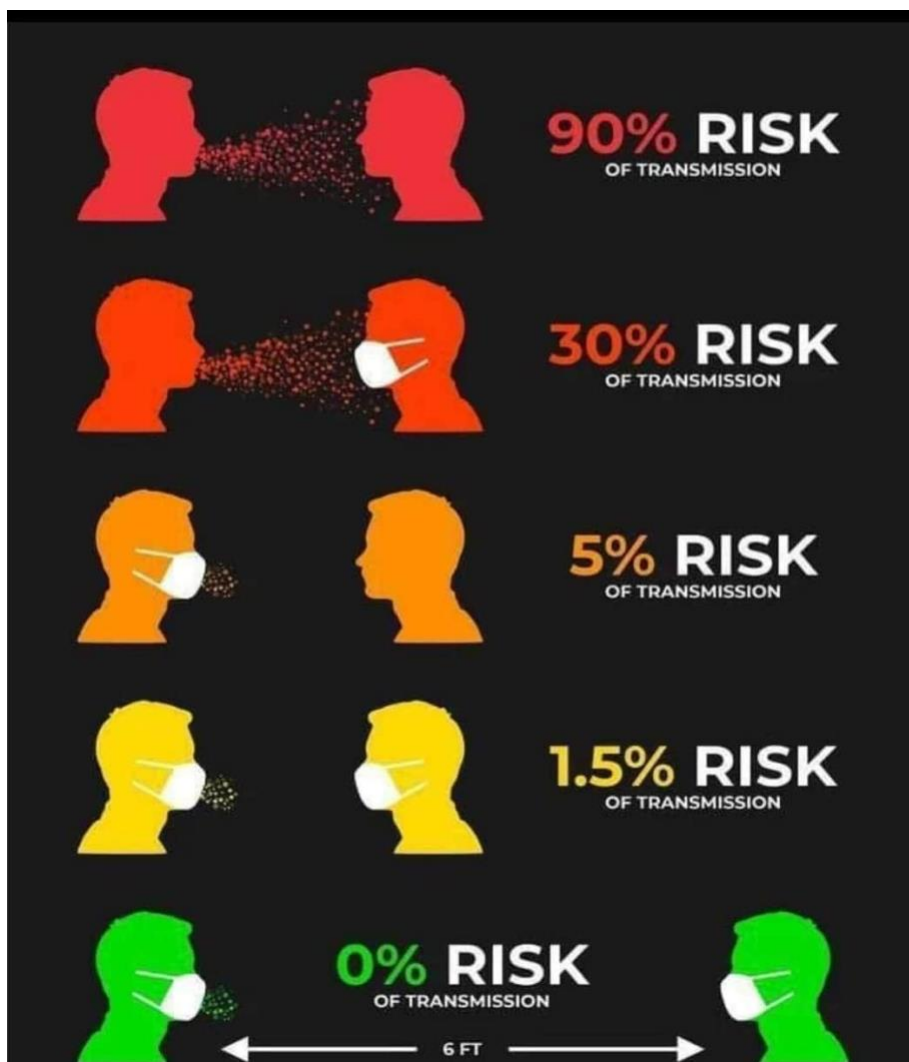


Kindness



Distance

unicef | for every child






Let's Fight Against
CORONAVIRUS?

**CHHUNGTE NIH LEH HMELHRIAT
THA NIH HI COVID-19 HIAN
A THLIAR HRANGLO,
I TAN AN HLAUH AWM TING MAI.
CHUVANGIN, MI ZAWNG ZAWNG
LAKAH INVENG FIMKHUR ANG
CHE AW...**

**COVID-19 KIAN HMA CHUAN,
CHHUNGTE VA TLAWH HRIH
SUH, AN HLAU ANG CHE.
TAWM HRAM HRAM RAWH.
A REI TAWH LO ANG.**

**COMMITTEE ON COVID-19
PSYCHOLOGICAL AND SOCIAL GUIDANCE, GOM**

Issued by
Covid-19 Committee on
Psychological and Social Guidance,
Govt of Mizoram

Ventilator vuah aiin hmai khuh
a nuam zawk e

Mamawh zualpui leh
Nunna atana pawimawh
chauh lei ang aw

Thing leh thlai i phun ang aw...
Malsawm dawn nan





ISSUED BY COVID-19 COMMITTEE ON
PSYCHOLOGICAL AND SOCIAL GUIDANCE,
GOVT OF MIZORAM

RAM ROEL KHAWL, SAWRKAR HNATHAWK,
KOHHRAN LEH TLAWMNGAI PAWL,
RAM LEH HNAM HMANGAIHTUTEN TIHTAK
ZETA NUN CHHAN TUMA AN TANGRUAL HI
CHUNG PATHIAN DUHZAWNG,
AMAH BIAK DAN DIK A NI NGEI ANG.

Unau, nang pawh
hmingthatna leh hamthatna
khel rih lovin...

I thiam I finna nen raldo
hmatawngah rawn intlar ve
rawh aw...

LALPA KAN RAM LEH HNAM HRERENG ANG CHE



ISSUED BY
COVID-19 COMMITTEE ON PSYCHOLOGICAL AND SOCIAL GUIDANCE,
GOVT OF MIZORAM

Covid-19 hi natna pakhat ve mai
a ni a, in ven theih a ni. Vei te tan
pawh a dam leh theih natna a ni.

I himnan leh i lo dam leh theih
nan mi tam tak an tawngtai reng
bawk e

Sawrkar, Kohhran, Tlawmngai
pawl leh mi tha tam takin in
him nan leh dam nan hna an
thawk reng e.

Tihbai awm natna ni mahse..*a
hnai zawk 'Chhandamtun'
thlamuang rawh min ti!...






What is Social Distancing?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



Avoiding non-essential trips in the community



Limiting, postponing, or cancelling gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings

It's not
CURFEW
It's
CARE FOR U