

# COVID-19 MIZORAM DAILY BULLETIN

Task Group on Media & Publicity



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Issue No : 176

Time : 10<sup>th</sup> October, 2020 @ 7:00 PM

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

01.10.2020 LEH 31.10.2020 INKARA MIZORAM CHHUNGA INKAIHHRUAINA (UNLOCK 4.0)  
KALPUI DAN TUR THUPEK **For details [Click here](#)**

## 1. October ni 10, 2020 tlai dar 5:30 a khawvel COVID-19 dinhmun (source: WHO)

Confirmed cases - 3,66,16,555  
Confirmed deaths - 10,63,429

### COVID-19 natna vei hmuh chhuah tamna ram te

USA	- 75,25,920	India	- 69,79,423	Brazil	- 50,28,444
Russia	- 12,12,238	Colombia	- 8,86,179	Argentina	- 8,56,369
Spain	- 8,48,324	Peru	- 8,38,614	Mexico	- 8,04,488
South Africa	- 6,86,891	France	- 6,44,573	U.K.	- 5,61,819

### COVID-19 natna thihpui tamna ram te

USA	- 2,11,311	Brazil	- 1,48,957	India	- 1,07,416
Mexico	- 80,096	U.K.	- 42,592	Italy	- 36,083
Peru	- 33,098	Spain	- 32,688	France	- 32,287
Iran	- 28,098	Colombia	- 27,331	Argentina	- 22,710

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

India	- 73,272	USA	- 54,232	Mexico	- 30,468
Brazil	- 27,750	France	- 18,071	U.K.	- 17,540
Argentina	- 15,454	Spain	- 12,423	Russia	- 12,126
Colombia	- 8,496	Netherlands	- 5,813	Ukraine	- 5,804

### Darkar 24 chhunga COVID-19 natna thihpui tam zualna ram te

Mexico	- 3,013	USA	- 973	India	- 926
Brazil	- 729	Argentina	- 484	South Africa	- 305
Iran	- 210	Russia	- 201	Colombia	- 151
Spain	- 126	Indonesia	- 97	Peru	- 89

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

Americas - 1,76,62,955	South-East Asia - 78,23,832	Europe - 66,76,012
Eastern Mediterranean - 25,85,780	Africa - 12,18,782	Western Pacific - 6,48,453

Darkar 24 chhungin positive thar **3,71,636** an awm a; **8,524** in an thihpui.

2. October ni 10, 2020 zing dar 8:00 a India ram COVID-19 dinhmun (source : MoHFW, GOI)

COVID-19 vei hmuhchhuah tawh zat : 69,79,423

Tuna vei mek zat: 8,83,185

Sl.	State/UT	Vei mek	Damch hu ak	Thi	Sl.	State/UT	Vei mek	Damch hu ak	Thi
1	Andaman & Nicobar Islands	197	3724	55	19	Madhya Pradesh	16168	124887	2574
2	Andhra Pradesh	47665	691040	6159	20	Maharashtra	236947	1229339	39732
3	Arunachal Pradesh	2860	8877	23	21	Manipur	2858	9866	86
4	Assam	29710	161904	802	22	Meghalaya	2424	4903	61
5	Bihar	11274	182121	934	23	Mizoram	188	1974	0
6	Chandigarh	1292	11505	188	24	Nagaland	1215	5656	17
7	Chhattisgarh	27439	108935	1196	25	Odisha	25460	220388	991
8	Dadra Nagar Haveli, Daman & Diu	101	3037	2	26	Puducherry	4803	25543	558
9	Delhi	21955	276046	5692	27	Punjab	10153	108533	3773
10	Goa	4783	32317	491	28	Rajasthan	21398	131766	1621
11	Gujarat	16181	129304	3547	29	Sikkim	504	2721	53
12	Haryana	10830	127540	1562	30	Tamil Nadu	44197	591811	10120
13	Himachal Pradesh	2856	13876	245	31	Telangana	26104	183025	1217
14	Jammu & Kashmir	11144	69979	1306	32	Tripura	4039	23801	313
15	Jharkhand	8819	81654	781	33	Uttarakhand	7289	46058	716
16	Karnataka	118870	561610	9789	34	Uttar Pradesh	41287	383086	6293
17	Kerala	31841	175304	955	35	West Bengal	29296	252806	5501
18	Ladakh	1038	3886	63		<b>TOTAL</b>	<b>883185</b>	<b>5988822</b>	<b>107416</b>

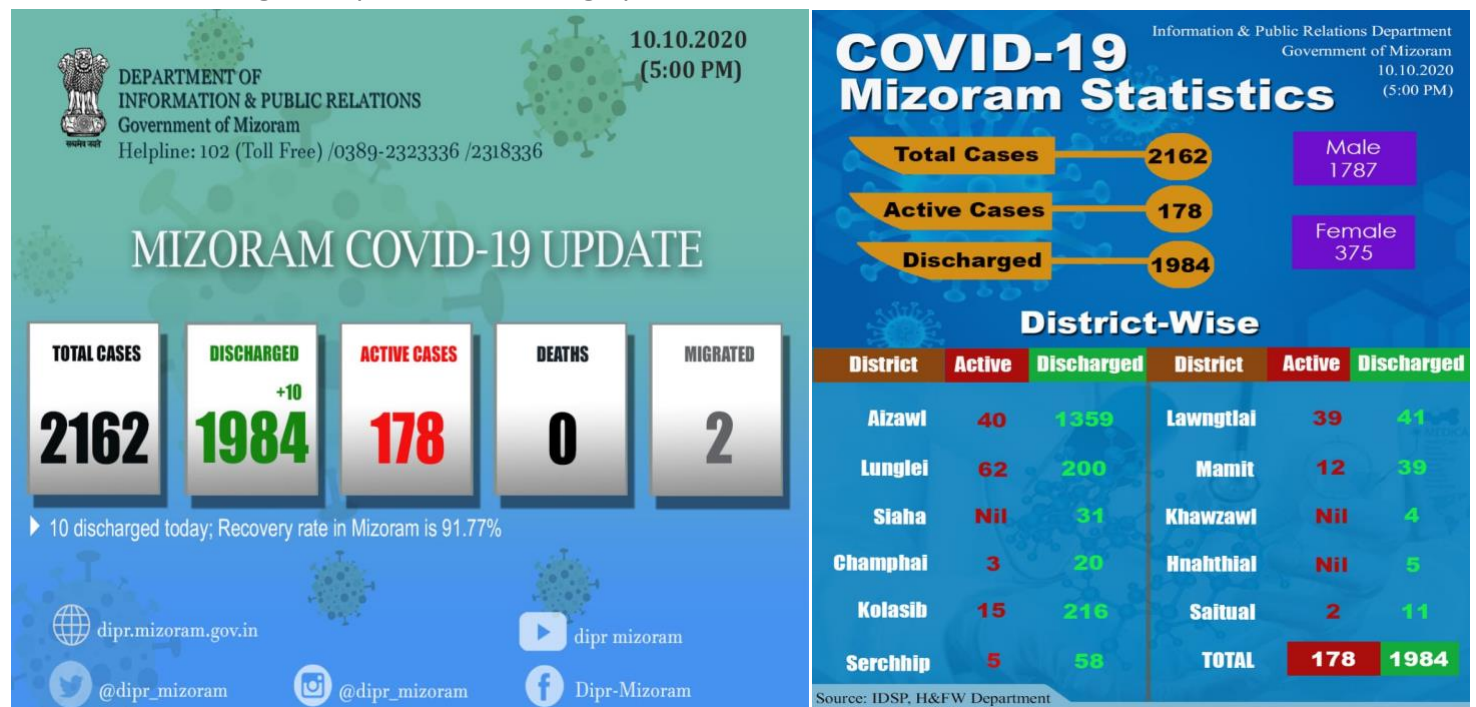
\*Darkar 24 chhungin sample **11,64,018** test niin positive thar **73,272** hmuh a ni a, mi **82,753** dam (cured) a puan niin **926** in an thihpui a ni.

\*ICMR chhinchhiah dan chuan India rama sample test tawh zawng zawng zat chu **8,57,98,698** a ni.

\*India ram COVID-19 recovery rate - **85.81%**

\*Test atanga positive hmuhchhuah zat % - **8.13%**

\*Darkar 24 chhunga sample test zat atanga positive hmuhchhuah zat % - **6.29%**



3. Mizoram chhunga Government/Community/Hotel Quarantine Facility-a awmte inkaihhraina dan thar siam a ni  
For details [Click here](#)
4. Health & Family Welfare Department in Home Quarantine phalsakte tana hman tur 'Inkaihhraina (Guidelines)' thar a siam  
For details [Click here](#)
5. Community Covid Care Centre (CCCC) Inkaihhraina (Standard Operating Procedure) ruahman a ni  
For details [Click here](#)
6. Covid-19 hri kai / damlo te enkawlina hmun (CCC/DCHC/DCH/Home Isolation) atanga chhuahtir (discharge)/ enkawlina tihtawp dan tur ruahmanna siam a ni  
For details [Click here](#)
7. Covid-19 kara Kum Upate leh Natna benvawn neite (High Risk Group) te fimkhur dan tur  
For details [Click here](#)
8. Mizoram chhunga commercial passenger phur motor ten an zawm tur Standard Operating Procedure  
For details [Click here](#)
9. Health and Family Welfare Department-in hriattirna 30.7.2020-a a lo tihchhuah tawh, COVID-19 test-na man bithliah chungchang chu ni 24.8.2020 khan thuchhuah thar siamin a tidanglam. Sawrkar hospital/facility-a RT-PCR leh TrueNat test-na man chu hetiang hian siam that a ni  
For details [Click here](#)
10. SOP on preventive measures to contain spread of COVID-19 in skill or entrepreneurship training institutions, higher educational institutions conducting doctoral courses and post graduate studies in technical & professional programs requiring laboratory /experimental work  
For details [Click here](#)
11. SOP for partial reopening of Schools for students of 9th to 12th classes on a voluntary basis, for taking guidance from their teachers: In the context of COVID-19  
For details [Click here](#)
12. Notification regarding mPASS – Entry of Persons  
For details [Click here](#)
13. Report (Covid-19) on Law & Order and Facilitation of Essential Goods & Services (10<sup>th</sup> October, 2020 @ 9:00am)  
For details [Click here](#)
14. Report (Covid-19) on Law & Order and Facilitation of Essential Goods & Services (10<sup>th</sup> October, 2020 @ 3:00pm)  
For details [Click here](#)

**15. COVID-19 Positive thar 5 hmuhchhuah a ni.**

October ni 9, 2020 khan ZMC RT-PCR laboratory-ah sample 130 test a ni a, positive 2 hmuhchhuah thar a ni. District hrang hrang TrueNAT laboratory-a sample test zingah COVID-19 positive hmuhchhuah thar 1 a awm a. Rapid Antigen Test hmanga COVID-19 positive hmuhchhuah thar 2 a awm.

\*ZMC RT-PCR laboratory-a positive hmuhchhuah tharte hi 9/10/2020-a Aizawl-a sample laksak ve ve an ni

Dawrpui : 2 - Mipa kum 68 a upa leh Hmeichhia kum 69 a upa, tunhnaia zinchhuahna (travel history) nei lo an ni a, hmeichhia hian symptom a nei a, hri an kaina tur awm ang hriat theih a ni rih lo.

**\*TrueNAT Laboratory-a COVID-19 positive hmuhchhuah\***

Lawngtlai district : 1 - Mipa kum 40 a upa, Silchar, Assam atanga lo kal niin, Border Roads Organisation hnuaih driver a tanglai a ni. Quarantine Facility a khunhran lai, symptom nei lo a ni.

**\*Rapid Antigen Test hmanga COVID-19 positive hmuhchhuah thar\***

Kolasib district : 2 - Mipa ve ve, kum 30 leh 37 a upa, Hailakandi, Assam atanga lo kal an ni a. FCI Godown, Bairabi-a Mutia hnathawk tura lo kal, symptom nei lo an ni.

**\*ZMC Laboratory-a sample test zat\***

Aizawl district - 162 (Mipa - 108, Hmeichhia - 54)

**\*District hrang hrang TrueNAT laboratory-a sample test zat\***

Lunglei district - 18 (Mipa - 14, Hmeichhia - 4)

Siaha district - 7 (Mipa - 4, Hmeichhia - 3)

Champhai district - 5 (Mipa)

Mamit district - 2 (Mipa)

Kolasib district - 22 (Mipa - 21, Hmeichhia - 1)

Serchhip district - 30 (Mipa)

Lawngtlai district - 20 (Mipa - 17, Hmeichhia - 3)

Khawzawl district - 1 (Mipa)

**\*TOTAL - 105 (Mipa - 94, Hmeichhia - 11)\***

**\*Rapid Antigen Test zat\***

Aizawl district - 24 (Mipa - 21, Hmeichhia - 3)

Lunglei district - 20 (Mipa - 10, Hmeichhia - 10)

Champhai district - 5 (Mipa - 3, Hmeichhia - 2)

Mamit district - 22 (Mipa - 18, Hmeichhia - 4)

Kolasib district - 878 (Mipa)

Serchhip district - 33 (Mipa)

Saitual district - 4 (Mipa - 2, Hmeichhia - 2)

Hnahthial district - 1 (Mipa)

**\*TOTAL - 987 (Mipa - 966, Hmeichhia - 21)\***

**COVID-19 vei enkawlina hmun atang mi 10 chhuahtir an ni.**

Vawiin October ni 10, 2020-a COVID-19 positive enkawlina CCC/DCHC hrang hrang atanga chhuahtirte:

1) Zobawk CCC, Lunglei : 10

**16. Lengpui Airport-a thlawhna passenger lo thlengte phurtur te**

Home Department order No. F.22012/2/2020-HM/COVID-19. Dt 11/9/2020 duhdan ang leh Dt.14/9/2020 a Task Group on Commodities and Transport meeting thurel angin a hnuai tarlan motor te hi Lengpui Airport-a thlawhna passenger lo thlengte phurturin ruat an ni a, a bik taka sorkarin phalna a pekte an nihloh chuan motor dangin thlawhna atanga lo thleng passenger te phurh phal a ni lo.

For details [Click here](#)

**17. Khawzawl District chungah quarantine mek mi pasarih (7) te chu nimin leh vawiinah an swab sample-te test niin, an result a tha (negative) vek a, vawiin chawhnu khan an vaiin chhuah tir an ni.**

Tun dinhmunah Khawzawl District chungah Quarantine lai an awm lo a, Covid-19 hrileng vanga inkhunghan tan a nih hnuah tun hi khunghan an awm loh vawikhatna a ni.

Vawiina Quarantine chhuahsante hi mipa pathum (3) leh hmeichhia pali (4) an ni a. Sawrkar Quarantine Facility leh Hotel Paid Quarantine atangin mipa pakhat ve ve an chhuak a, midang pangate chu Home Quarantine lai an ni thung.

Khawzawl District-ah hian Covid-19 hrileng vanga khunghan mi 336 an awm tawh a. Positive case pali (4) awm tawhin, anni pawh hi an dam tha leh vek tawh a ni.

**18. 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. Hriattheih chinah vawiin hian sample 173 test niin ZMC leh Aizawl hmun hrang hrang atanga dawnte an ni.**

Nimin lama sample test 162 ah 2 an positive. Covid-19 positive hmuhchhuah tharte hi civilian mizo mipa kum 68 leh hmeichhia kum 69 a upa niin a hmeichhia zawk hi symptoms nei a ni.

Nimin khan TrueNat hmangin Covid-19 positive Lawngtlai District ah mipa kum 40 a upa, BRO driver, Assam atanga lo kal, Quarantine facility-a awm lai, symptoms nei lo hmuhchhuah a ni.

Nimin khan Rapid Antigen Test hmangin Kolasib District ah civilian hnamdang mipa 2 kum 30 leh 37 a upa, symptoms nei lo hmuhchhuah an ni bawk.

Vawiin khan ZMC-ah Covid-19 positive mi 3 leh vei rinhleleh mi 1 admit thar an ni a, vei rinhleleh sample hi test mek niin result hi tlai lamah hriattheih beisei a ni. Tun dinhmunah Covid-19 positive mi 10 enkawl mek niin ngaihtuahawm lutuk an awm lo. **(ZMC bulletin)**

**19. Covid-19 Task Group on Quarantine Facilities daily report (as on 9<sup>th</sup> October, 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	TOTAL PAX IN QF	No of pax shifted to isolation	TOTAL INCLUDING PAX In ISOLATION
1	2	3	4	5	6	7	8	9	10	11
1	Aizawl	40	2253	217	38	3	178	436	172	1327
2	Champhai	7	334	10	0	0	14	24		
3	Hnahthial	22	333	9	0	0	0	9		
4	Khawzawl	26	530	5	0	0	2	7		
5	Kolasib	21	908	0	0	0	268	268		
6	Lawngtlai	23	715	46	0	0	94	140		
7	Lunglei	24	791	0	0	0	36	36		
8	Mamit	25	768	6	0	0	20	26		
9	Saitual	44	704	0	0	0	16	16		
10	Serchhip	33	552	1	0	0	171	172		
11	Sihla	36	1469	8	0	0	13	21		
<b>TOTAL</b>		<b>301</b>	<b>9357</b>	<b>302</b>	<b>38</b>	<b>3</b>	<b>812</b>	<b>1155</b>		

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	2A	3	4	5	6	7	8	9
1	Government QF	9357	65	17265	66	15967	0	486	812
2	Isolation Facilities	-	0	1703	16	1531	0	0	172
3	Community QF	7760	0	4008	0	3993	0	12	3
4	Home Quarantine	-	24	2270	7	1941	0	27	302
5	Hotel/Paid QF	69	13	322	2	279	0	5	38
<b>TOTAL</b>		<b>17186</b>	<b>102</b>	<b>25568</b>	<b>91</b>	<b>23711</b>	<b>0</b>	<b>530</b>	<b>1327</b>

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**20. Military Quarantine Report on 9<sup>th</sup> October, 2020 (Covid-19 Task Group on Quarantine Facilities)**

Sl. No.	District	No. of military personnel quarantined
1	Aizawl	202
2	Champhai	0
3	Hnahthial	0
4	Khawzawl	0
5	Kolasib	170
6	Lawngtlai	0
7	Lunglei	
8	Mamit	0
9	Saitual	0
10	Serchhip	42
11	Siaha	0
<b>Total</b>		<b>414</b>

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**21. Status of Mizoram Surveillance of COVID-19 (as on 10.10.2020 @5:00 pm) – input from IDSP, H&FW department**

S.No	Category	Newly added on Date: 10.10.2020	Cumulative till Date: 10.10.2020
1	Number of persons screened	9	1,84,467
2	<b>COVID-19 SAMPLE TESTED</b>		
	Outside Mizoram	-	58
	Rapid Antigen Test	987	27,016
	Truenat – PCR, Mizoram	105	4,820
	Zoram Medical College(ZMC)	162	55,347
	<b>Total no. of Samples tested</b>	<b>1254</b>	<b>87,240</b>
3	Number of patients/suspects admitted at DCH	2	17
4	Number of patients/suspects admitted at DCHC	0	0
5	Number of patients/suspects admitted at CCC	1	167
6	Home Isolation	0	3
6	<b>NUMBER OF CONFIRMED POSITIVE CASES</b>		
	Guwahati Medical College	-	1
	Rapid Antigen Test	2	307
	Truenat – PCR, Mizoram	1	314
	RT-PCR, ZMC, Falkawn	2	1,540
	<b>Total no. of COVID-19 Confirmed positive</b>	<b>5</b>	<b>2,162</b>
7	Number of positive cases Hospitalized	5	2,162
8	Number of persons discharged	10	1,984
9	Migrated	0	2
10	Number of active cases	5	178
11	Number of death due to COVID-19	0	0

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22. District hrang hrang Covid Care Centre (CCC) leh Dedicated Covid Health Centre (DCHC) a enkawl mek zat. – October 10, 2020 (input from IDSP, H&FW department)

NAME OF DISTRICT	DCH		DCHC		CCC	
	Newly added on 10.10.'20	Cumulative	Newly added on 10.10.'20	No. of Presently Isolated	Newly added on 10.10.'20	No. of Presently Isolated
Aizawl West	2	17	0	0	0	2
Aizawl East			0	0	0	11
Lunglei			0	0	0	72
Siaha			0	0	0	0
Champhai			0	0	0	3
Kolasib			0	0	0	8
Serchhip			0	0	0	18
Lawngtlai			0	0	1	39
Mamit			0	0	0	12
Saitual			0	0	0	2
Chawzawl			0	0	0	0
Hnahthial			0	0	0	0
<b>TOTAL</b>	<b>2</b>	<b>17</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>167</b>

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23. Existing number of inmates at all designated Quarantine Facilities in Mizoram on October 10, 2020(as reported by Mizoram State Control on COVID-19, DM&R)

EXISTING NUMBER OF INMATES AT QUARANTINE FACILITIES AS ON								10-10-2020
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	113	17378	96	16063	0	486	829
2	Isolation Facilities	0	1703	1	1532			171
3	Community Quarantine Facilities	0	4008	0	3993	0	12	3
4	Home Quarantine	23	2293	21	1962	1	28	303
5	Hotel/Paid Quarantine Facilities	0	322	0	279	0	5	38
	<b>Total</b>	<b>136</b>	<b>25704</b>	<b>118</b>	<b>23829</b>	<b>1</b>	<b>531</b>	<b>1344</b>

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24. Daily Report on Military and Para-military Status at Quarantine Facilities in various Districts on October 10, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)

ABSTRACT OF DAILY REPORT ON MILITARY AND PARA MILITARY STATUS AT QUARANTINE FACILITIES AS ON										10-10-2020	
Name of State : Mizoram				MIZORAM STATE CONTROL ROOM ON COVID-19						TIME: 4:00pm	
FORM 'F'				Quarantine Facility				ISOLATION STATUS		CURRENT STATUS	
FACILITY STATUS				Admitted		Discharged		ISOLATION STATUS		CURRENT STATUS	
	1	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	5	430	0	882	0	515	0	165	202	
2	Champhai	1	150	0	0	0	0	0	0	0	
3	Hnahthial	1	0	0	0	0	0	0	0	0	
4	Khawzawl	1	0	0	0	0	0	0	0	0	
5	Kolasib	2	135	10	646	9	461	0	14	171	
6	Lawngtlai	1	20	0	0	0	0	0	0	0	
7	Lunglei	2	136	48	243	0	195	0	0	48	
8	Mamit	1	10	0	0	0	0	0	0	0	
9	Saitual	1	0	0	0	0	0	0	0	0	
10	Serchhip	1	60	0	266	0	216	0	8	42	
11	Siaha	1	20	0	0	0	0	0	0	0	
	<b>TOTAL</b>	<b>17</b>	<b>961</b>	<b>58</b>	<b>2037</b>	<b>9</b>	<b>1387</b>	<b>0</b>	<b>187</b>	<b>463</b>	

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SRHF-ZMC-a admit turte ken tur

- 1) Blanket pan ( paih emaw disinfect pawilo tur )
- 2) Toothbrush, Toothpaste
- 3) Mobile charger
- 4) Thawmhaw
- 5) Mug
- 6) Sahbawn, Shampoo, Detergent
- 7) Towel
- 8) Bottle, No , Spoon
- 9) Flask
- 10) Samkhuih
- 11) Pawisa Rs. 3000 - Rs 5000 a tul awm huna hman tur (Contaminate loh)

25. Daily Report on Status at Government Quarantine Facilities in various Districts on October 10, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)

DISTRICT - DAILY REPORT ON STATUS OF GOVERNMENT QUARANTINE FACILITIES AS ON										10-10-2020	
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		ISOLATION STATUS		CURRENT STATUS	
	1	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	40	2410	24	5787	57	5496	0	146	145	
2	Champhai	7	334	3	666	5	654	0	0	12	
3	Hnahthial	22	333	0	240	0	237	0	3	0	
4	Khawzawl	26	545	0	353	0	339	0	12	2	
5	Kolasib	21	1000	20	2658	18	2343	0	45	270	
6	Lawngtlai	23	715	13	1581	2	1476	0	0	105	
7	Lunglei	24	791	49	1906	12	1706	0	127	73	
8	Mamit	25	420	0	809	0	739	0	50	20	
9	Saitual	44	704	2	572	2	547	0	9	16	
10	Serchhip	33	622	2	1265	0	1041	0	51	173	
11	Siaha	36	1469	0	1541	0	1485	0	43	13	
	<b>TOTAL</b>	<b>301</b>	<b>9343</b>	<b>113</b>	<b>17378</b>	<b>96</b>	<b>16063</b>	<b>0</b>	<b>486</b>	<b>829</b>	

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26. Daily Report on Status at Isolation Facilities in various Districts on October 10, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)

DISTRICT - DAILY REPORT ON STATUS AT ISOLATION FACILITIES AS ON							10-10-2020
Name of State : Mizoram		MIZORAM STATE CONTROL ROOM ON COVID-19				TIME : 4:00pm	
FORM 'B'		FACILITY FOR ISOLATION				CURRENT STATUS	
		ADMITTED					
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)	Progressive Total of persons admitted to isolation			Total number of persons admitted to isolation	
1	Aizawl	0	648	0	0	648	
2	Champhai	0	33	0	0	33	
3	Hnahthial	0	7	0	0	7	
4	Khawzawl	0	19	0	0	19	
5	Kolasib	0	285	0	0	285	
6	Lawngtlai	0	0	0	0	0	
7	Lunglei	0	275	0	0	275	
8	Mamit	0	57	0	0	57	
9	Saitual	0	11	0	0	11	
10	Serchhip	0	306	0	0	306	
11	Siaha	0	62	0	0	62	
	<b>TOTAL</b>	<b>0</b>	<b>1703</b>	<b>0</b>	<b>0</b>	<b>1703</b>	

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COVID-19 hri leng dona-a hmalakna kal zelah Mizoram Sawrkar chuan Health & Family Welfare Department hnuaih COVID-19 do tur mi tlawnngai inpe te buaiputu 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](mailto: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.

27. Daily Report on Status at Community Quarantine Facilities in various Districts on October 10, 2020(as reported by Mizoram State Control on COVID-19, DM&R)

DISTRICT - DAILY REPORT ON STATUS AT COMMUNITY QUARANTINE FACILITIES AS ON											10-10-2020
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	0	2978	0	2973	0	2	3	
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	0	64	0	0	0	
	<b>TOTAL</b>	<b>414</b>	<b>4969</b>	<b>0</b>	<b>4008</b>	<b>0</b>	<b>3993</b>	<b>0</b>	<b>12</b>	<b>3</b>	

For details [Click here](#)

**28. Daily Report on Status of Home Quarantine in various Districts on October 10, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)**

DISTRICT - DAILY REPORT ON STATUS AT HOME QUARANTINE AS ON 10-10-2020								
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	1202	16	1001	0		201
2	Champhai	0	69	0	59	0		10
3	Hnahthial	23	184	0	149	0	3	32
4	Khawzawl	0	10	0	5	0		5
5	Kolasib	0	39	0	39	0		0
6	Lawngtlai	0	242	5	181	1	21	40
7	Lunglei	0	123	0	123	0		0
8	Mamit	0	28	0	22	0		6
9	Saitual	0	11	0	11	0		0
10	Serchhip	0	296	0	291	0	4	1
11	Siaha	0	89	0	81	0		8
	<b>TOTAL</b>	<b>23</b>	<b>2293</b>	<b>21</b>	<b>1962</b>	<b>1</b>	<b>28</b>	<b>303</b>

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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 ngaite erawh chu an 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.
- 4) Quarantine Facility-a naupai, nau nei hnai an nih chuan an pasal emaw an rawn hawpui-ten kalpui tur a ni a, midang rawn hruai tel loh tur.
- 5) Damlo, Covid-19 vei rinhlelh, mahni insaseng thei lo tan awmpuitu pakhat chauh rawn neih tur a ni. (ZMC bulletin)

**29. Daily Report on Status at Hotel/Paid Quarantine Facilities in various Districts on October 10, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)**

DISTRICT - DAILY REPORT ON STATUS AT HOTEL/PAID QUARANTINE FACILITIES AS ON 10-10-2020										
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	II No.of Facility	III Capacity	IV No.of persons admitted on the date of report	V Progressive Total of persons admitted	VI No.of persons discharged on the date of report	VII Progressive Total of persons discharged	VIII No. of person shifted to isolation on the date of report	IX Progressive Total of person shifted to isolation	X No. of persons in the quarantine facility on the date of report (III-(V+ VII))
1	Aizawl	8	59	0	322	0	279	0	5	38
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						0
	<b>TOTAL</b>	<b>8</b>	<b>59</b>	<b>0</b>	<b>322</b>	<b>0</b>	<b>279</b>	<b>0</b>	<b>5</b>	<b>38</b>

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**30. Lawngtlai District-ah khung hran mek mi 145 an awm (10.10.2020 @ 5:00 PM)**

State pawn atanga Lawngtlai District-a lo haw leh lo lut, COVID-19 hri leng laka fimkhur thila government quarantine facility leh home quarantine-a khung hran mek zat chu vawiin tlai dar 5:00 thleng khan mi 145 a ni a. An zinga mi 106 chu facility quarantine niin, mi 39 chu home quarantine an ni.

Vawiinah state pawn atangin mi 1 lo thlen belhin, Medical Quarters-ah dah a ni a. Nimina District Hospital Lawngtlai TrueNAT Laboratory-a COVID-19 positive case hmuh chhuah belh mi 1 chu 71 RCC Camp atangin Lawngtlai Covid Care Centre (CCC)-ah sawn a ni bawk.

For details [Click here](#)

**31. Mamit District-ah khung hran mek mi 26 an awm (10.10.2020 @ 5:00 PM)**

India ram hmun hrang hrang atanga lo hawte awmna tura buatsaih Mamit District chhunga Quarantine Facility, CCC leh Home Quarantine- ah mi 26 an awm mek a. Mi 2, Sawrkar hun tiam awm tling tawh leh Covid - 19 test result negative-te chhuahtir an ni a. Mi 1 Shillong atanga rawn haw khunghran belh a ni.

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**32. Champhai District Quarantine Facility hrang hrang dinhmun (October 10, 2020 @ 5:00 pm)**

1) DPRC Institutional Quarantine Centre	- 6 (5 Male + 1 Female)
2) Tourist Lodge Institutional Quarantine Centre	- 6 (4 Male + 2 Female)
3) Home Quarantine	- 10 (Male)
4) Covid Care Centre (Nursing School Building)	- 3 (Male)
<b>TOTAL</b>	<b>- 25 (22 Male + 3 Female)</b>

**33. Khawzawl District Quarantine Facility hrang hrang dinhmun (October 10, 2020 @ 5:00 pm)**

1) Highway Restaurant, Kawlkulh	- NIL
2) DC's Rest House	- NIL
3) Home Quarantine	- NIL
<b>Total</b>	<b>- NIL</b>

**34. Food Corporation of India (FCI), District Office, Aizawl report (9<sup>th</sup> October, 2020)**

*(Mizoram chhunga FCI Godown hrang hranga buhfai awm zat)*

Food Supply Depot (FSD)	Rice Raw Grade A	RiceCommon	Wheat	Belhkhawm	% of utilization
AIZAWL	3244.997140MT	0.00	0.000	<b>3244.997140MT</b>	<b>70.70</b>
KOLASIB	3884.695720MT	0.00	334.045775MT	<b>4218.741495MT</b>	<b>84.37</b>
BUALPUI	4659.350475MT	0.00	0.000	<b>4659.350475MT</b>	<b>100.42</b>
LUNGLEI	2683.814578MT	0.00	0.000	<b>2683.814578MT</b>	<b>91.91</b>
BAIRABI	3035.026160MT	0.00	251.064780MT	<b>3286.090940MT</b>	<b>65.72</b>
LAWNGTLAI	2216.419492MT	0.00	0.000	<b>2216.419492MT</b>	<b>66.36</b>
<b>Belhkhawm</b>	<b>19724.303565MT</b>	<b>0.00</b>	<b>585.110555MT</b>	<b>20309.414120MT</b>	<b>79.68</b>

35. Dt. 5.10.2020 Dar 7:00 PM atanga 6.10.2020 dar 6:00 PM thlenga Supply Check Gate, Vairengte paltlaga Essential Commodity bungrua lo luh dan.

Sl.No	Items	Quantity	
1	Buhfai (Bazar)	50 bags	25.00 qtls
2	Alu	255 bags	127.50 qtls
3	Purun	97 bags	48.50 qtls
4	Dal	125 bags	62.50 qtls
5	Chi	5 bags	2.50 qtls
6	Chini	520 bags	260.00 qtls
7	Maida	575 bags	287.50 qtls
8	Atta	103 bags	51.50 qtls
9	Amul	1752 cases	
10	Artui	562 cases	
11	Tel	992 cases	
12	POL	16 Truck	
13	LPG	14 Trucks	
14	Cement	7800 bags	
15	ZIDCO buhfai	180 bags	90.00 qtls

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 tlanhhuah 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.

36. State Summary - Daily Report on Imposition of Fines for Violation of Mizoram (Containment and Prevention of COVID-19) Ordinance, 2020 (as on 10<sup>th</sup> October, 2020)

S / N	Nature of offence	Nos of Offenders (last 24 hours 9.10.2020 9:00AM – 10.10.2020 9:00AM) imposed by				Amount of fines imposed (last 24 hours 9.10.2020 9:00AM – 10.10.2020 9:00AM) imposed by				Cumulative nos of Offenders since 4.5.2020			Cumulative amount of fines imposed since 4.5.2020		
		Police		LTF	Total	Police		LTF	Total	Police		LTF	Total		
		Other Police	Flying Squad			Other Police	Flying Squad			Other Police	Flying Squad				
1	Entering or staying at any public place without the use of mask (Section 4(1))	99	231		330	9900	23100		33000	21107	23096	1709	5125000	2937200	226700
2	Failing to maintain social distancing protocol/guidelines in public places (Section 4(2))	29	1		30	5800	200		6000						
3	Spitting in public places (Section 4(3))	2			2	600			600						
4	Organising any social or religious event without prior permission from the competent authority (Section 4(4))	Nil	Nil												
5	Crossing borders by exiting and /or entering the State without permission from the competent authority (Section 4(5))	Nil	1		1		5000		5000						
6	Leaving or escaping the designated quarantine/isolation facility before completion of the stipulated time (Section 4(7))	Nil	Nil												
7	Failing to follow instructions/guidelines and endangering the safety of others while staying at designated quarantine facility (Section 4(8))	Nil	Nil												
8	Failing to comply with any other regulations, guidelines or instructions made by the Central or State Government for containment and prevention of the spread of Covid-19 including lockdown guidelines issued by the State Government from time to time (Section 4(9))	7			7		7000		7000						
<b>TOTAL</b>		<b>137</b>	<b>233</b>	<b>0</b>	<b>370</b>	<b>23300</b>	<b>28300</b>	<b>0</b>	<b>51600</b>	<b>45912</b>		<b>8288900</b>			

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**37. Daily Report on Imposition of Fines for Violation of Mizoram (Containment and Prevention of COVID-19) Ordinance, 2020 (district-wise) (as on 10<sup>th</sup> October, 2020)**

S/ N	District	Nature of offence	Nos of Offenders (last 24 hours 9.10.2020 9:00AM – 10.10.2020 9:00AM) imposed by				Amount (in Rs.) of fines imposed (last 24 hours 9.10.2020 9:00AM – 10.10.2020 9:00AM) imposed by				Cumulative nos of Offenders since 4.5.2020				Cumulative amount (in Rs.) of fines imposed since 4.5.2020			
			Police		LTF	Total	Police		LTF	Total	Police		LTF	Total	Police		LTF	Total
			Other Police	Flying Squad			Other Police	Flying Squad			Other Police	Flying Squad (w.e.f.3.6.2020)			Other Police	Flying Squad (w.e.f.3.6.2020)		
1	Kolasib	4(1)		7			700		700	130	1307	8	1445	13200	144200	800	158200	
		Sub Total				7	Sub Total											700
2	Mamit	4(1)								781	257	22	1060	112800	26700	2200	141700	
		Sub Total					Sub Total											
3	Aizawl	4(1)	95	165		260	9500	16500		26000	14157	11423	487	26067	3123100	1567600	71200	4761900
		4(2)	29	1		30	5800	200		6000								
		4(3)	2			2	600			600								
		4(9)	6			6	6000			6000								
		Sub Total				298	Sub Total											
4	Saitual	4(1)								318	487	45	850	92900	85500	6500	184900	
		Sub Total					Sub Total											
5	Champhai	4(1)		10		10		1000		1000	403	985	200	1588	123700	121700	32000	277400
		Sub Total				10	Sub Total											
6	Khawzawl	4(1)		5		5		500		500	144	1336	198	1678	14400	134500	20800	169700
		Sub Total				5	Sub Total											
7	Serchhip	4(1)		10		10		1000		1000	1021	1518	57	2596	140300	176500	5700	322500
		4(5)		1		1		5000		5000								
		Sub Total				11	Sub Total											
8	Hnahthial	4(1)								482	287	74	843	49200	39000	7400	95600	
		Sub Total					Sub Total											
9	Lunglei	4(1)		14		14		1400		1400	952	2494	171	3617	358800	281600	22500	662900
		Sub Total				14	Sub Total											
10	Lawngtlai	4(1)	4	12		16	400	1200		1600	1413	2437	122	3972	264500	282700	12800	560000
		Sub Total				16	Sub Total											
11	Siaha	4(1)		8		8		800		800	162	565	325	1052	37600	77200	44800	159600
		Sub Total				8	Sub Total											
12	SP Traffic Aizawl	4(9)	1			1	1000			1000	1144	-	-	1144	794500	-	-	794500
		Sub Total				1	Sub Total											
GRAND TOTAL			137	233	0	370	28300	23300	0	51600	21107	23096	1709	45912	5125000	2937200	226700	8288900

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**38. Mental Health Professionals (Mizoram) Helpline Call report (9<sup>th</sup> October, 2020 @ 9:00 PM)**

Particulars	9 <sup>th</sup> Oct 2020				9 <sup>th</sup> Oct 2020 Total	Within state Cumulative	Other states Cumulative	Cumulative both Within & outside state
	Substance related	Anxiety related	Depression related	Psychosis & Others				
Total	2	4	2	2	10	3760	394	4154

For details [Click here](#)

## CHIEF MINISTER'S RELIEF FUND PEK THEIHNATE

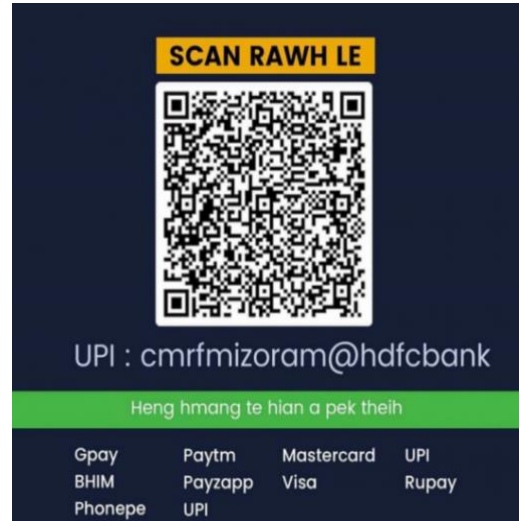
### ○ State Bank of India

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



### 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 an 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 chhinchhiahte 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 zeit tur kan veng thei a ni tih i hre reng ang u.

**Thawna tur number : 9436152192 / 7005084957 / 9436196515**

# COVID-19

## LAKA I HIM THEIH NAN



**NITIN EIZAWNGA THAWK CHHUAH THIN TE CHU KAN VEIVAHNA LEH KAN HNATHAWHNA HMUNAH THEIHTAWPIN FIMKHUR ILA. KAN HIM TLANNA TURA SAWRKARIN INKAIHHRUAINA DAN A SIAM TE I ZAWM THEUH ANG U**

**KHAWIAH PAWH MASK HMAN TE, HAND SANITIZER HMAN TE UAR LA, A REMCHANNA HMUN APIANGAH KUT ULUK TAKIN SIL FO RAWH. KUT FAILOIN MIT LEH HNAR, HMAI BAWR KHAWIH LOH TUR A NI**

**CHHUNGTE, THIANTE, THENAWMTE LEH MIDANG INAH LEN LOH A HIM BER**

**KHAWLAIAH CHIL CHHAK LOH TUR**



**TUL TAWPAH LO CHUAN PUIPUNNAAH KAL LO LA. MIDANGTE HNAIHAW AWM LOH HRAM TUM ANG CHE**

**KUM UPA LEH NATNA BENVAWN NEITE CHU PAWNAH CHHUAH LOH HRAM TUM TUR A NI**

Issued in public interest by  
Information & Public Relations Department, Government of Mizoram



**COVID-19**  
**LAKA KUM UPATE LEH NATNA BENVAWN NEITE (HIGH RISK GROUP) FIMKHUR DAN TUR**

Issued in public interest by  
Information & Public Relations Department,  
Government of Mizoram

**Kum Upate leh natna benvawn (cancer, asthma, thin/kal/lung/chuap ꠕhalo, HIV +ve, zunthlum, thisen sang etc.) neite hi an taksa a chak loh avang leh an taksa natna dotu an tlakchham avangin COVID-19 an kai chuan an la na (serious) duh bik a, midang te aiin an fimkhur zual bik a ngai a ni.**

### ENGTIN NGE HIGH RISK GROUP-TE AN FIMKHUR ZUAL BIK THEIH ANG?

- I inah awm la, ꠕul tawpah lo chuan mi inah leng suh.
- Titi honaah inhlat taka ꠕhut a, mask vuah ngei tur a ni.
- Puipunna/chaw eikhawmna/bazar/committee meeting-naah te kal loh hram tur.
- Chenpuite zingah Isolation/Quarantine lai, Covid-19 dona lama thawk leh chhuak vak nasate an awm chuan hnaih loh tur.

### HIGH RISK GROUP TE'N TAKSA LEH RILRU HRISSEL NAN ENGTE NGE AN TIH ANG?

- ▶ Taksa insawizawi/chet tam, eitur hrisele ei a pawimawh.
- ▶ Mahni nuam tihzawng (hobby) tih nan hun hmang ang che.
- ▶ Phone leh thildang hmangin ꠕhianthe, chhungte nen inbiak fo a ꠕha.
- ▶ Social media/ TV/radio-ah te Covid news leh chanchin en tlem rawh.
- ▶ I damdawi mamawh tur thla hnih daih tal khawl khawm reng ang che.
- ▶ Phone number pawimawh awlsam tea hmuh theihin dah rawh.
- ▶ ꠕul tawpah lo chuan Damdawi ina kal loh a him.
- ▶ Rilru hah ngawih ngawih/lungngaih/ hlauhna reh mai lo te i neih chuan Helpline/doctor/ Counselling lama ꠕanpui theitu tur che rawn ang che.

Covid Helpline (No. 102/ 0389-2323336/ 0389-2322336/ 0389-2318336)

**NANG LEH MIDANGTE COVID-19 LAKA KAN LO HIM  
ZAWK THEIH NAN HENG TIH TUR LEH TIH LOH TUR TE HI  
ZAWM ANG CHE**

**TIH TUR TE**



Tui leh sahbawn hmanga zing taka kutsil emaw alcohol hmanga kut tih fai reng



I khuh leh hahchhiau in rawmawl/tissue paper-in emaw, i ban thlep hmangin emaw i hnar leh i ka hup rawh



Tissue paper i hman zawh veleh bawhlahw bawmah tha takin paih rawh



I nawmsam loh a, Doctor i rawn dawn anih chuan i ka leh i hnar khuh chungin kal ngei ang che.



Vantlang hmunah i kalin facemask vuah dan dikin vuah thin ang che.



Inah tawm la, puipunna hmunah ah kal suh ang che

**TIH LOH TUR TE**



Inchibai, inkuah tih rih loh tur



I kutin i ka, hnar leh mit khawih suh.



Khawlai/puipunna hmunah i chil chhak suh

**COVID-19 HI HNEH NGEI TURIN I TANGHO ANG U**



PROTECT YOURSELF THROUGH A SIMPLE

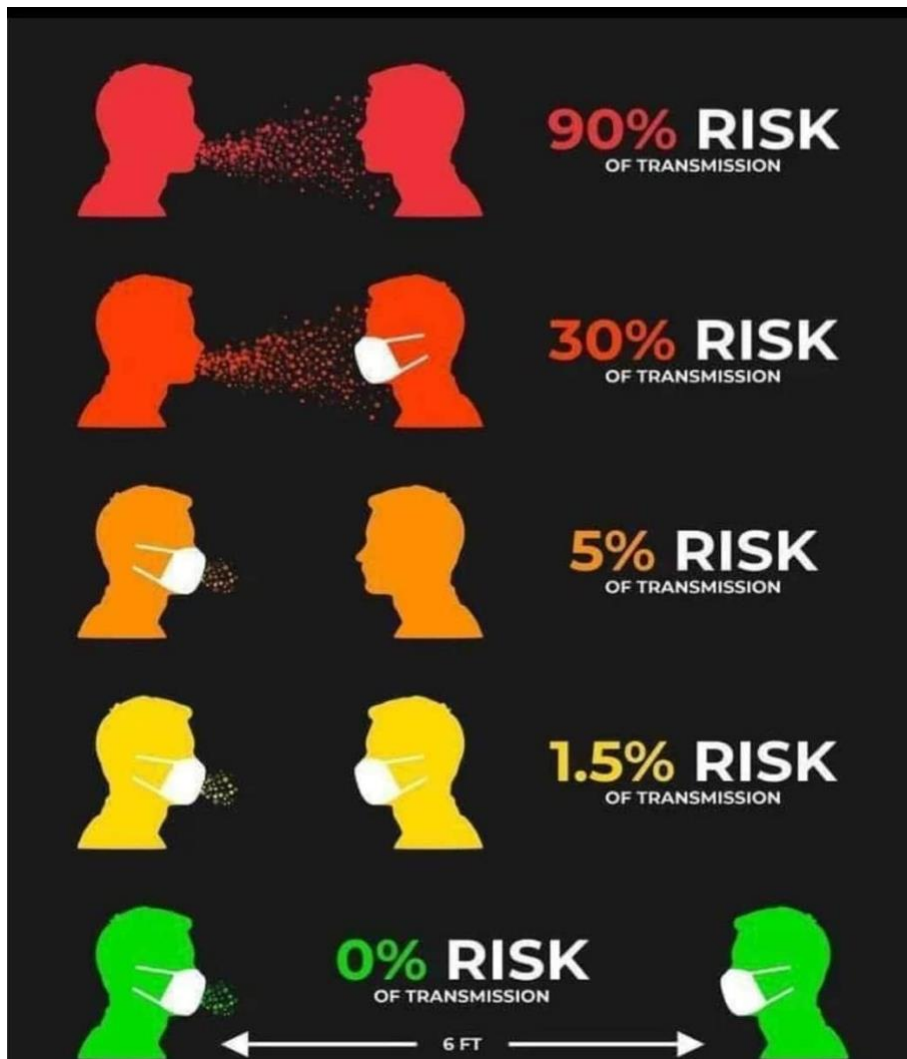
**ACT**

Thank you for being a

**HERO**







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

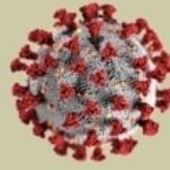
RAM ROEL KHAWL, SAWRKAR HNATHAWK,  
KOHHRAN LEH TLAWMNGAI PAWL,  
RAM LEH HNAM HMANGAIHTUTEN TIHTAK  
ZETA NUN CHHAN TUMA AN TANGRUAL HI  
CHUNG PATHIAN DUHZAWNG,  
AMAH BIAK DAN DIK A NI NGEI ANG.

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**

## THURAWN

- ☐ Kan him tlanna tura sawrkar thuchhuah reng reng ngaipawimawh thin ang che.
- ☐ Vanduai vanga kai palh theih ani, chumi avang chuan i inchhir leh mai loh nan thu awih la, fimkhur la, invawng uluk ang che.
- ☐ Covid-19 hri leng mek nen hian inbihruk siak ang mai kan ni. A chang leh mi a barakhaih thut a, phut zawk theih ani. Chumi avang chuan Covid-19 hian mi a chenchilh mek ta tih a hriat a, barakhaih a i awmlah nan inveng fimkhur la, pawnah inlan tam lo la, hri kai lohna tura tih te zawmin in hlahkhuh tlat ang che.
- ☐ Midang himna thlentu niin nang malsawmna lo ni ang che.