

AMC Area Covid-19 Guidelines 18th Feb 2022 - Until Further Order (Mizo)

Aizawl the 18th February, 2022 : Mizoram-a COVID-19 hri leng mek dinhmun thlirlet niin Covid-19 dinhmun hian ziaawm lam a pan hret hret niin hriat a ni a. Ministry of Health & Family Welfare, Govt. of India chuan 15.02.2022-ah India ramah Covid-19 dinhmun a lo ziaawm zel thu leh inkhuahkhirhna te ti kiam hret hret turin State Sawrkar te a hriattir a. Covid-19 dona kawngah hian mihring eizawna leh mihring nunphung nghawng nasa lo zawnga kalpui turin a hriattir bawk a. Chuvangin, Mizoram chhungah COVID-19 hri darh zel tur venna inkhuahkhirhna awm mek hi tlem a inthlahdul hret tul a hriat a ni a.

Pu J.C Ramthanga, Chairman, State Executive Committee chuan Disaster Management Act, 2005 hnuai Section 22(2)(h) & 24 (I)-in thuneihna a pêk angin a hnuai inkaihhraina tarlante hi thuleh awm hma atana hman nghal turin February ni 18, 2022 hian a tichhuak.

A. AMC AREA CHHUNGA INKAIHHRUAINA

Hemi hun chhung hian loh theih loh thilah lo chuan pawn chhuah leh inlenpawh loh tur a ni. Building khata in hrang hrang luahte pawh intlawhpawh loh tur a ni.

Deputy Commisioner chuan *Health & Family Welfare Department*-in Covid-19 hrileng laka invenna tur inkaihhraina *Operational Guideline for Containment and Surveillance Plan of Covid-19* a chhuah thin te chu uluk taka kenkawh a nih theih nan hma a la tur a ni.

Hemi hun chhunga inkaihhraina chu a hnuai tarlan ang hian kalpui tur a ni.

Sl. No.	Activities	Kalpui dan tur



		<p>phal a ni. Hemi atana hma Department-in a ruahman a chu COVID-19 vaccine full dose</p> <p>Class I aṅanga class IX leh pav ni ang a, online-in class lak chh</p> <p>Higher education Institute, Colchunzawm tur a ni.</p>
	2. Training Institutes	A hmuna leng zat chanve (50 phal a ni.
2	Board Exam, recruitment exam, adt.	CAB uluk taka zawm chung
3	Sakhaw Biak In leh Inkhawm	<p>1. Biak In-a leng zat chanv chhun leh zana Kohhrar a, zing ṭawngṭai inkhawm p</p> <p>2. Kohhran Inkhawmpui chu</p> <p>a) Inkhawmpui neihna hri seating capacity) tel phal a n</p> <p>b) COVID-19 symptoms ne a ni.</p> <p>c) Inkhawmpui-ah hian nat chak tawh lote a theih chin</p> <p>3. Hripui darh theihna tu rimawi thun (record) sa te zaipawl hla sakho te khap a</p>

		an din ang. 5. Inkhawmna leh Inkhawm
4	Inneih inkhawm leh Mitthi Vuina	Phal a ni. Inkhawm neihna hmun-a (capacity) aia tam lovin phal Ei leh in sem phal a ni lo.
5	1) Picnic spot	Hawn phal a ni.
	2) Movie Theatre	A hmuna leng zat chanve hawn phal a ni.
6	Public park, Swimming pool leh Sahuan (Zoo)	Hawn phal loh.
7	Sports practice (indoor & outdoor)	Phal a ni. Indoor-ah mi 20 a lo. Sports practice-ah COVID-
8	Zing/Tlai walking leh cycling exercise	1. Phal a ni. Amaherawhchu. mi panga phal a ni lo.
		2. Aizawl khawpui chungga
9	Sports inelna, tournament, adt. (indoor & outdoor)	Entu awm lovin phal a ni.
10	Beauty parlour leh Spa	Hawn phal a ni. A dawrtu tur ten appointme Dawr chungah innghakha
	Gym	Heng kaihhraina zawm hie
	Lu mehna dawr (Hair cutting salons/ Barber shops)	a) Hmanrua leh equipment tur a ni. b) Heng hmunah te hian tu awm phal a ni lo.

11	Mipui punkhawm-anniversary, birthday, adt.	<p>Khap a ni.</p> <p>Amaherawhchu, sawrkar programme pawimawh te (a hmuna leng zat chanve (a tlem zawk zawk) tum kha</p> <p>Hripui darh theihna tur ver thun (record) sa te play tur sakho te khap a ni.</p>
12	Lui kal, trekking, hiking, adventure sports, adt.	Phal a ni.
13	Construction works (mimal, leh sawrkar hnathawh)	Phal a ni.
14	MGNREGA, MPLAD, MLALAD, SIPMIU, Smart City	
15	Quarry, kawng laih, lei dawh, adt.	
16	Huan, lo, sangha dil, ran vulh, adt.	
17	Hospital, nursing home, clinic, laboratory, Blood donation leh blood bank	
18	Child and women helpline service, OST center, OSC, ART centre	
19	Nau pai, nausen pawmlai leh naupang te hnena nutrition (chaw tha) sem bakah nutrition sem tur godown atanga phurh chhuah leh sem darh	
20	COVID-19 vaccination leh immunization programme dangte, ambulance service	
21	Animal disease control programme, Veterinary hospital, dispensary, clinic, AI, Zoo, hatchery, Feed mill/Ran chaw leh Slaughter House	
22	Bank, Non-banking financial institutions, insurance, ATM, post office leh postal services	
23	Petrol/Diesel filling station leh LPG distribution/ godown	



25	FCS&CA Department/FCI hnuai godown Fair Price Shop (ration dawr)
26	Bawnghnute sem leh lakkhawm, chanchinbu sem
27	Private security service
28	Print & electronic media, telecommunication, internet service, broadcasting leh cable service
29	Sanitation & solid waste management (hmunphiat leh bawlhhlawh paih te huamin), septic tank service (ek paih)
30	PWD, P&E leh PHE hnuai operation & maintenance hna leh mimal tui chawite
31	Bungraw load leh unload hna
32	Kawng laka lirthei chhia siamtute. (Hei hian automobile dealer leh workshop hnathawkte a huam ang).
33	Courier service, e-commerce leh home delivery. State pawn leh State chhunga dawrkai leh sumdawngte bungrua, State chhunga thar/siam chhuah tiamin, online emaw phone hmanga order lawk sa te pek (home delivery) leh e-commerce
34	Ina thil siam (home based industry) -carpentry, steel fabrication, bakery, puan thui, puan tahna, adt.
35	Damdawi Dawr
36	Hawkers stall
37	Thlai chi/ thlai ñiak leh Agriculture/ Horticulture kaihnawih bungraw zawrhna
38	Tourist Lodge, Hotel, Homestay leh khualbuk dangte
39	Restaurants



41	Bazar leh Dawr	
42	Mizoram Sawrkar Office-te	<ol style="list-style-type: none"> 1. Group A & B Officers Head of leng kara CAB leh social distancing chungin office kai dan tur an ruahma 2. Group C leh D staff te chu a inkalchhawk ang a, a kal lo zawng (an thawk ang. Hei hian essential du leh staff te a huam lo ang. An kal Secretary tin ten an siam ang. 3. Pianphunga rualbanlo te leh n ngaihhnatthiam an ni ang a, amaher office hna an thawk thin ang (work fr 4. Phalna / dilna la lawk lovin office t 5. Thuleh awm hma chu Minister te p 6. Department hotu ten office kawt (sanitizer) tur an dah tur a ni. 7. Department / Office hotute chu an faina kawngah mawh an phur ang. 8. Office kai lote chu Deputy Comm thei ang. 9. A theih chin chinah meeting reng i <p><i>NOTE: Essential duties/ emergency hi a huam ang</i></p>



		Services, Disaster Management, Prisons, Excise & Narcotics, Municipality, I&PR, P&E, FCS&CA, IF&SL, ICT etc.
43	Office dangte	Mizoram Legislative Assembly Secretariat Central Sawrkar office te leh Central Government office te leh thuchhuak angina ang kal ang.
44	Court leh Judiciary	Gauhati High Court (Aizawl Bench) leh ruahmanna a siam angin an kal ang.
45	Kohhran/sakhaw hrang hrang office	Hawn phal a ni.
46	Private company/ office - consultancy services, adt.	A chanve (50% attendance) zela ink Office leh a chhehvel tihthianglim leh
47	Lirthei tlan dan	Aizawl khawpuia intlanchhawk thin kal tur a ni ang a, SP (Traffic)-in Order 1. Public Transport Vehicle (City Bus, Auto, Rickshaw, Motor Cycle, Scooter, etc.) Bungraw phur motor te chu a ngai ar 2. Sawrkar leh Mimal lirthei (two wheeler, three wheeler, etc.) ni ang: a) Thawhtanni: 1&2-a tawp tlan phal b) Thawhlehi: 3&4-a tawp tlan phal c) Nilaini: 5&6-a tawp tlan phal loh. d) Ningani: 7&8-a tawp tlan phal loh. e) Zirtawpni: 9&0-a tawp tlan phal loh f) Inrinni, Pathianni leh public holiday phal vek a ni.



47	Lirthei tlân dan	<p>handyman ten heng inkaihhruainate</p> <p>a) Lirthei thutphah leh a chhungte til taka vawn reng tur a ni. Hnathawhna reng tur a ni. Passenger-te hman tur</p> <p>b) COVID-19 vaccine full dose la tur</p> <p>c) Lirtheiah te hian registration-a se ni lo.</p> <p>d) Bus-ah ding an awm tur a ni lo.</p>
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4. A chung a activities hrang hrang tarlanah te hian hrileng laka kan him theih nan hmun tinah CAB/SOP uluk taka zawm tur a ni a. A kenkawh lamah mawhphurtuten uluk takin hma an la ang.

B. AMC AREA PAWN INKAIHHRUAINA

Local Restrictions:

1) Deputy Commisioner chuan *Health & Family Welfare Department*-in Covid-19 hrileng laka invenna tur inkaihhruaina *Operational Guideline for Containment and Surveillance Plan of Covid-19* a chhuah thin te chu uluk taka kenkawh a nih theih nan hma a la tur a ni.

2) Thil tul dang a awm chuan, Deputy Commissioner (DC) ten an District chhunga COVID-19 hri len dan dinhmun azirin inkaihhruaina an siam ang a, a tul a nih chuan CrPC 144 hmangin curfew an puang thin ang.

2. Zirna in hawn chungchang

Class X leh XII board exam turte chu School Education Department thuchhuak angin CAB tha taka zawm chungin school leh hostel hawn phal a ni. Hemi atana hman tur SOP chu School Education Department-in a



Class I aṭanga class IX leh class XI zirlai te tan sikul leh hostel khar a ni ang a, online-in class lak chhonzawm a ni ang.

Zirna sang zawk (Higher education) kaina rûn (Institute), College leh University te chu online a kal chhonzawm tur a ni.

3. Sakhaw Biak In-a inkhawm leh Inkhawmpui chungchang

1) Biak In-a leng zat chanve (50% seating capacity) aia tam lovin chhun leh zanah Kohhran Inkhawm pangngai neih phal a ni a, zing ṭawngṭai inkhawm pawh phal a ni.

2) Kohhran Inkhawmpui chu chhun lamah chauh neih phal a ni:

a) Inkhawmpui neihna hmun Biak In-a leng zat chanve (50% seating capacity) tel phal a ni.

b) COVID-19 symptoms neite chu Inkhawmpui-ah hian tel loh tur a ni.

c) Inkhawmpui-ah hian natna benvawn nei leh kum upa hriselna chak tawh lote a theih chin chinah awl ni se.

3) Hripui darh theihna tur ven nan, a theih chin chinah, hla/ rimawi thun (record) sa te play tur a ni a, zaikhawm, zaiho leh zaipawl hla sakho te khap a ni.

4) CAB khauh taka kenkawh leh zawm tur a ni. A thlengtu kohhran-in LLTF te phungbawma sawmin CAB/ SOP Implementation Committee an din ang.

4. District Headquarters-a Bazar leh Dawr te chu hawn phal a ni

5. Restaurant te chu a hmuna leng zat chanve (50% seating capacity) chin luahkhatin hawn phal a ni. Tui emaw tuiril lam chi hrim hrim emaw in inṭawm tur ven nan a neitu ten dispo no emaw no pangngai emaw tui bottle emaw mi tin tan a hran ṭheuh an chhawp ṭhin tur a ni.



pawha fai taka vawn kawngah mawh an phur bawk ang.

6. Commercial vehicle (City Bus, Taxi, 2-wheeler taxi leh adt.) driver leh handyman ten heng inkaihhruainate hi uluk takin an zawm tur a ni:

1) Lirthei thutphah leh a chhungte tihthianghlim zin tur a ni a, lirthei chu fai taka vawn reng tur a ni. Hnathawhna hmunah mask/ hmai tuamna an vuah reng tur a ni. Passenger-te hman tur hand sanitizer an pai reng tur a ni.

2) COVID-19 vaccine full dose la tura ngen leh beisei an ni.

3) Lirtheiah te hian registration-a seating capacity tarlan bak chuan phal a ni lo.

4) Bus-ah ding an awm tur a ni lo.

C. MIZORAM PUMA HMAN TUR INKHUAHKHIRHNA DANGTE

1. Vaccination

Mipui vantlang kan lo him zawk nan COVID-19 vaccine la la lo zawng zawng (target group)-te chu Sawrkar-in a thlawna vaccine lakna a ruatah te a hma thei ang bera vaccine la tura ngen leh beisei an ni. Deputy Commissioner ten an District theuhvah mipui ten vaccine dose hnih an lak ngei theihna turin theihtawpin hma an la ang.

2. Zin veivah chungchang

1) Zin veivah chungchanga inkaihhruaina leh airport-a screening chungchanga zawm tur Health & Family Welfare Department, Government of Mizoram-in thuchhuah thar a siam apiangte chu thuneitu ten tha takin an zawm tur a ni.

2) Tul bikah chuan zin veivah phal a ni. Zin veivah nan hian mimal lirthei leh passenger phur lirthei (commercial passenger vehicle) te hman phal a ni.

3) Lirtheiah te hian registration-a seating capacity tarlan bak chuan phal a ni lo. Lirthei khalhtute leh an phurh ten mask/ hmai tuamna an vuah vek tur a ni. Passenger-te hman tur hand sanitizer an pai reng tur a ni.



inkhuahkhirhna khauh zawk neih tul tihna a awm chuan, a chhan leh vang chiang taka ziakin LLTF/VLTF ten an awmna District Deputy Commissioner hnenah rawtna an siam thei ang.

2) LLTF/VLTF ten he Order-ina inkhuahkhirhna a siam bak pelin anmahni thuin veng/ khaw bil inkhuahkhirhna hranpa curfew/ lockdown/ Containment Area/ Restricted Area an puang tur a ni lo.

3) Kawngpuiin a paltlang khua/veng ten an khaw/veng kaltlanga khaw/veng danga kal tur zin veivak te leh an lirthei an dang tur a ni lo.

4. Bungraw Chawkluh Leh State chhunga Thiar Chungchang

1) State pawn aṭanga bungraw lakluh nan phalna hranpa lak ngai lovin lakluh theih a ni ang. Amaherawhchu, mCOVID-19-ah an in-register vek tur a ni.

2) Bungraw lak luh phurtute (driver leh handyman) hi entry point-ah uluk takin screening kalpui chhonzawm a ni ang. Bungraw phur motor-ah reng reng hian midang (passenger) an chuang tur a ni lo.

3) State pawn aṭanga bungraw lak luh phurtu (driver leh handyman) te chu an kalphung pangngai angin khaw dâiah anmahniin eirawng an inbawl ang a, khaw chhungah midang nen inchiahpiah lovin an bungrua an unload zawh veleh an let leh nghal ang. An bungrua unload chung hian midang te aṭanga feet ruk (6) tala hla-ah an awm tur a ni.

4) State pawn aṭanga bungraw lak luh phurtu (driver leh handyman) te chu backload lak tur zawngin Mizoram hmun dangah an kal kual tur a ni lo.

5) AMC Area pawnah chuan Mizoram-a bungraw awmsa emaw siam chhuah/tharte thiar chungchangah inkhuahkhirhna a awm lovang.

6) Public Distribution System (PDS) hnuaia ration dawr/retailer-a pek chhuah tur buhfai, chini leh khawnvartui phur motor te chu FCS&CA Department in Delivery Order/Despatch Challan a pek chhuah, la nung mek



7) A chung a tarlan driver leh handyman-te hian kawng laka harsatna an tawh thulhah State Control Room (Toll free 1070, landline 0389-2342520, mobile 7628072785 leh whatsapp 9366331931) leh COVID-19 (Medical) helpline number (Toll free 102, landline 0389-2323336, 0389- 2322336 leh 0389-2318336)-ah telephone-in an harsatnate an thlen thei ang.

5. Covid-19 hri laka kan himna tur atan mitin hian tih tur pawimawh tak kan nei theuh va. Chung tih tur leh zawm tur COVID Appropriate Behaviour (CAB) te chu Annexure-ah tarlan a ni a, mitinin zawm theuh tur a ni.

6. Thil tul dang a awm chuan, Deputy Commissioner (DC) ten an District chhunga COVID-19 hri len dan dinhmun azirin inkaihhraina an siam ang a, a tul a nih chuan CrPC 144 hmangin curfew an puang thin ang.

7. Mizorama lo luh, quarantine, adt. chungchanga inkaihhraina chu Health & Family Welfare Department-in thuchhuah thar an siam ang zelin kalpui tur a ni ang.

8. State Level Expert Team on COVID-19 Management-in a rawt angin mipui nghawng tam lo thei ang berin Deputy Commissioner ten an District chhungah Micro Containment Zone emaw inkhuahkhirhna dang a tul dan azirin colony/ building/ apartment chauh huamin an puang thei ang a, Micro Containment Zone emaw inkhuahkhirhna dang emaw puanah te chuan Deputy Commissioner-in thupek a siamte khauh taka zawm tur a ni.

9. He thupek zawm lote chu Disaster Management Act, 2005, Section 51 atanga 60 leh the Mizoram (Containment & Prevention of the spread of COVID-19) Act, 2020 leh IPC Section 188 hmangin hrem theih an ni.



COVID APPROPRIATE BEHAVIOUR (CAB)

COVID-19 laka him tlanna tura kan zawm tur nunphung tha te:

1. **Intawk kher lovin in chibai thin tawh ila.**
2. **Khawiah pawh inhnaihchilh lova feet 6 tal inkarhlat a awm zel ni se.**
3. **Hmaituamna hmanga hmui-hmai tuam reng ni se.**
4. **Mit, Hnar leh Ka te khawih loh tur a ni.**
5. **Respiratory Hygiene vawng la – Khuh leh hahchhiau in hmai hup/tuam rawh.**
6. **A khat tawkin sahbawn nen fai taka kut sil fo tur a ni.**
7. **Khawih fo thin hmunhmate tih thianghlim fo thin tur a ni.**
8. **Chil chhak/pik mai mai loh tur a ni.**
9. **Tul tak lovah zin/veivah pumpelh rawh.**
10. **Mi tute mah thlei hrang lo la, Covid-19 vei te thinhrik suh.**
11. **Mipul punkhawmna pumpelh la, hri lakah him rawh.**
12. **Social media-a thu veivak nazawng, a dik tih fiah lovin thehdarh ve ngawt suh.**
13. **Covid-19 lam hawi thu Sawrkara mawhphurtute hnen atanga chhuak ani em tih ngaichang hmasa thin rawh.**
14. **Hriat duh leh mamawh reng reng chu National Help Line 1075-ah emaw State Helpline 1070-ah emaw Health Department Helpline 102-ah zawtfiah thin ang che.**
15. **Hripui leng vanga rilru thlabar/phili/chiai te tan rilru lama mithiam rawn ang che.**

BACK

