

No.D.12016/1/2020-PD/NHM
OFFICE OF THE PRINCIPAL DIRECTOR
HEALTH & FAMILY WELFARE DEPARTMENT
GOVERNMENT OF MIZORAM

Dated Aizawl, the 18th March 2020

To

APPEAL

Mask hman chungchanga kaihhruaina

COVID-19 natna veitu in a khuh/hahchhiau chil per atangin a bul hnai metre khat biala awmte a kai darh thei.

Medical mask hi bazarah chi hrang hrang lei tur a awm a. Mipui nawlpui leh mi hrisel tha pangai tan a ngai lova. Mask hmana kut fai taka sil hlamchhiah leh si hi a him lo ani.

Zirchianna a lan danin, mi hrisel pangai tan mask hian hriselna atana himna a thlen hmuhchhuah a awm lo ani. Disposable mask darkar 6 aia tam hman hian natna kai theihna chance a ti sang zawk a, sum senralna a ti sang ani.

Hetiang aia tha zawk chu:-

- Kut fai taka sahbon nena second 40 chung sil hi a tha a. Hand sanitizer 70% alcohol pai ngei nena second 20 chung nuai hi a tha bawk. Hmuh theiha kut a bal anih chuan sahbon leh tui nena sil ngei tur ani.
- Hahchhiau leh khuh changin hmai leh ka romol emaw tissue paper emaw in hup thin tur ani. Chutiang a awm remchang lo anih chuan kiu thleh karah khuh mai tur ani. Tissue hman tawh hnu chu bawlhhlawh bawmah paih nghal a kut silfai bawk tur ani.
- Hmai, ka, hnar leh mit khawih fo loh tur ani.
- I bul hnaia mite an khuh chuan metre khat a hla-ah awm theih hram ni se.
- Khawsik i neih leh neih loh in enfiah zeuh zeuh tur.

Mask hman tul hun te (Damdawiin thawktu nilo te tan):-

- Khawsik emaw khuh emaw kan neihin mask kan hman chuan midangte hnena natna kai darh tur a veng dawn ani.
- Damdawiina kan kalin
- Damlo enkawltu i nih in.
- I chenpuite a COVID-19 natna rinhlelh emaw vei emaw in lama enkawl lai in neih chuan, thuah thum nei medical mask hman tur ani.

Medical mask hi darkar 8 chung a hmantlak a. A huh anih chuan thlak vat tur.

Mask hman dan dik:-

- A inthlep phelh la, hmai lam hawi tir la
- Hnar, ka leh khabe khuhin vuah la
- A thir lai kha hnar chungah vuaha, hmeh chip tur.
- A hrui chung lam hi beng chungah i suih anga
- A hrui hnuai lam i nghawng hnungah i suih ang.
- Hmai tuam phui thei tur ang berin suih tur.
- Mask hi vuah laiin khawih khawih loh tur ani.
- Mask kha nghawng ah uai tir loh tur.
- Mask hi darkar 6 danah thlak tur, a huh pawn thlak tur.
- Mask hman tawh sa hman nawn loh tur ani.
- Mask hlih pawn a hma lam khawih lo hram hram tur a ni.
- Phelh dawn in a hnuai lampang suihna phelh hmasak a, a chung lam phelh leh tur ani

Mask hman tawh hnu hi natna hrik pai anga ngaih tur ani a. Mask damlo/damlo enkawitu leh in lama chenpuiten an hman tawh hnu chu bleach solution(5%) emaw sodium hypochloride solution(1%) a chiah a hal ral emaw phum bo tur ani.



(Dr. F.LALLIANHLIRA)

Principal Director

Health and Family Welfare Department
Government of Mizoram

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Copy to:

1. PS to Hon'ble Health Minister for kind information.
2. PPS to Chief Secretary, Govt. of Mizoram for kind information.
3. PPS to Health Secretary, Govt. of Mizoram for kind information.
4. Director of Health Services, Govt. of Mizoram for information.
5. Director, H&ME, Govt. of Mizoram for information.
6. Mission Director, NHM, Govt. of Mizoram for information.
7. Director, I&PR, Govt. of Mizoram for information and Wide Publication.



Principal Director

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