

**GOVERNMENT OF MIZORAM  
HEALTH & FAMILY WELFARE DEPARTMENT  
MIZORAM SECRETARIAT BUILDING, MINECO, KHATLA, AIZAWL-796001**

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**NOTIFICATION**

*Dated Aizawl, 23<sup>rd</sup> September, 2020*

**No.D.33011/22/2020-HFW(nCOV)/Vol.I/A** : Covid -19 Contact Tracing atanga Swab sample lak tur leh inkhunghan dan tur sorkarin Notification No.D.33011/22/2020-HFW(nCOV)/Wed Dated 19/8/2020 a lo chhuah tawh a. Amaherawhchu swab sample lak tur chin leh lak dan tur kaihhraina chiang taka tarlan a nih loh avangin, rang taka swab sample lak a result hriat vat ngai leh heng sample test result azira hmalak tur chauh te pawh a ruala tih vek a nih avangin, rang taka result hriat ngai te pawh a khawtlai phah a. Fel leh tha zawka hma lak a nih theih nan leh quarantine (inkhunghan) chungchanga kaihhraina chiang zawk a awm theihnan Notification dated 19/8/2020 chu a hnuaia mi ang hian thdanglam a ni:-

**Contact tracing atanga Covid test leh quarantine chungchang**

1. **Primary High Risk contact** (Covid kaite nena inhnimhnai, kaina chance sang te) - Mi tupawh Contact Tracing Team ten an chhuichhuah atanga **Primary High Risk Contact** te chu contact an neih ni hnukung ber (last day of contact with covid positive) atanga ni 5-10 inkarah an swab sample lak tur a ni. Result chhuah hma chu an inkhung hrang (quarantine) ngei tur a ni a, result chu a lo negative chuan inkhunghan chhonzawm a ngai tawh lovang a, amaherawh chu an mahni hriselna chik takin ni 7 chung an inenzui (strict self monitoring) ang.
2. **Primary Low Risk Contact** (Covid kaite nena lo inhnaih ve, kaina chance sang lo) - te chu insawiselna (symptoms) an neih loh chuan Swab sample lak a ngai lovang a, in khunghan (quarantine) pawh a ngai lovang. Amaherawh chu, Covid kai te nen an in contact atanga ni 14 chung chu mahni hriselna inchikin fimkhur takin an khawsa tur a ni.
3. **Secondary contact** (Direct taka Covid kaite nena in hnimhnai lo) – Primary high risk contact te nen lo inhnimhnai ve leh chhawng (e.g. an chenpui, hnai taka an contact etc) te chu Primary High Risk Contact te result chhuah hma chu an lo inkhung hrang phawt tur a ni a, Primary high risk contact-te result a positive chauhin Swab sample lak ve tur a ni. Anmahni (Secondary contact) te hi an result chhuah hma chu an inkhunghrang ang a, an result a lo negative chuan inkhunghan chhonzawm a ngai tawh lovang. Primary High risk contact te result a negative chuan secondary contact te swab sample lak a ngai lovang a, inkhunghan chhonzawm a ngai lovang.

**Contact chungchang sawifiahna:**

Contact tracing chhuina atan chuan Covid kai te an positive tih hriatchhuah atanga chhiar leta ni 10 chung an contact te a huam ang. Contact te chu hetaianga then an ni ang -

- 1) **Primary High Risk Contact te chu:**
  - a) Covid-19 kai khak, thisen, luak, chil, zun, ek etc kuta khawih leh Covid-19 kai in an khuh/ hahchhiau khum.
  - b) PPE hmanglo a Covid-19 kai taksa khawih (eg. chibai) leh endik (exam).
  - c) Covid-19 kai thawmhnaw, mutbu, bungbel (eg. Thleng, no etc), thildang an khawih hnu darkar 24 ral hmaa invenna (e.g.: Sanitzer-hman, Kutsil, etc.) hmang lo / inveng zui lova khawih.
  - d) Covid-19 kai nena in khata khawsa ho (family members).

- e) Invenna (mask) hmang lo va Covid-19 kai nen 1 metre (3 ft) aia inhnaiha awm ho.
- f) Covid-19 kai nen Metre khat (3 ft) aia inhnaiha motor/rel/thlawhna etc a chuangho.
- g) Covid-19 kaite nen hnathawhna hmun (office/dawr,etc.) a pindan khata thawkho.
- h) Covid-19 kai ten Puipunna hmun (eg. Dawr/ATM/Petrol Pump, etc.) an tlawh a nih chuan chumi hmuna thawktu covid-19 kai lo hnaihtu leh Covid-19 kai kal laia lo awm / kal ve te chu Primary High Risk Contact ah chhiar an ni ang.

**2) Primary Low-risk contact te chu:**

- a) Covid-19 kai nen meter khat (3 ft) aia inhlata hmunkhata awmho.
- b) Metre khat (3 ft) aia inhlata rel/motor/thlawhna a Covid kaite nen chuangho.
- c) High risk a chhiar phak si loh, covid kai nena lo inhnai ve deuh satliah

**3) Secondary contact :**

Covid kai leh anmahni tak chu direct takin an in contact lova, mahse Primary high risk contact te nena lo inhnimhnai ve leh chhawng an ni. Invenna hmang lova Primary high risk contact nen 1 metre (3 ft) aia inhnaiha minutes 15 vel leh a aia rei awm hote, primary high risk contact chenpui te, invenna tel lova primary high risk contact te nen 1 metre (3 ft) aia lo inhnimhnai te a huam a ni.

**Sd/- LALHMINGTHANGA**

Commr. & Secretary to the Government of Mizoram,  
Health & Family Welfare Department

**Memo No.D.33011/22/2020-HFW(nCOV)/Vol.I/A:Dated Aizawl, the 23<sup>rd</sup> Sept., 2020**

Copy to:

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3. P.S. to Deputy Chief Minister, Govt. of Mizoram.
4. P.S to Speaker, Ministers, Deputy Speaker, Ministers of State, Deputy Govt. Chief Whip, Vice Chairman, Lunglei HPC, Vice Chairman, State Planning Board.
5. P.S to MLA & Vice Chairman, H&FW Board.
6. Sr. PPS to Chief Secretary, Government of Mizoram.
7. PPS to Secretary, Health & Family Welfare Department.
8. PPS to Secretary, Home/DM&R Department
9. Principal Director, Health & Family Welfare Department.
10. Director, Health services.
11. Director, Hospital & Medical Education.
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19. Guard file.



**(ST LALVENSANGI) :**

Under Secretary to the Government of Mizoram,  
Health & Family Welfare Department