

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

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NOTIFICATION

Aizawl, the 12th August, 2022

No.D.33011/39/2022-HFW(SOP)/99 : Tunhnaiah COVID-19 hrileng a pun leh viau avang te, a natna hrik pawh hi a chi thar Omicron Variant, tlem a ziaawm deuh a hriat a nih avangin leh COVID 19 hridanna full dose baka precautionary dose la mek zel te kan lo awm tak avangin Home Isolation chungchanga guidelines awm sa te State Level Expert Team for Covid-19 Management (SLETOCOM) meeting ni 22.07.2022 chuan ennawn-in a tul anga siam rem a ni a, a hnuai tarlan ang hian **Revised Protocols for Home Isolation for Covid-19, 2022** siam thar a ni a. Hei hian he mi chungchanga notification No.D.33011/39/2021-HFW(SOP)/ dt. 06.09.2021 a chhuah chu a luahlan ang a, notification chhuah a nih atanga thu leh awm hma chuan hman tur a ni.

BACKGROUND:

Tunhnaiah COVID-19 hrileng a pun leh viau avangin leh a natna hrik pawh hi a chi thar Omicron Variant, tlema ziaawm deuh a hriat a nih avangin leh COVID 19 hridanna full dose baka Precautionary dose la mek zel te kan lo awm tak avangin guidelines awm sa te ennawn-in a tul anga siam rem a ni.

HOME ISOLATION THEIH TE:

1. Natna langchhuak lo (asymtomatic cases) zawng zawng.
2. Natna langchhuak nasa lo (mild cases) khawsik, hritlang, hrawk thip leh khuh nasa lo. Thawhah nei lo leh an O2 saturation 93 % aia hniam lo (room air)
3. Kum 60 chunglam leh natna benvawn nei nasa te chu Medical lam thiam tu pawh hriattir/rawn ni se. Natna khirh deuh Cancer, Transplant kaltlang tawh, HIV etc te chu Medical lam thiamte an dinhmun hriattir ngei ni se enfiah hmasak hnuah chauh phalna pek tur a ni.

HOME ISOLATION TAN BIK:

1. A theih hram chuan pindan hran theng-thaw takah dah nise. Hei hi a theih loh chuan midang te nen in awmpawlh lo leh englai pawh a feet ruk (hlam khat) aia hla ah a awm hran reng tur a ni. Midang hnaiah a mu lo ang a, chhungte zingah a eiin a in tur a ni lo.
2. **Facemask:** Englai pawhin Facemask a vuah reng tur ani. Darkar 24 hnuah a thlak zel ang.
3. Kutsil (Hand Hygiene): Kut sahbawn a sil emaw sanitiser hmangin a tifaingun tur a ni.
4. Chenpui te nen ei leh in na hmanrua(utensils)/thawmhnaw an intawm tur a ni lo.
5. O2 Saturation hi a khat tawkin pulse oxymeter hmangin a en(check) thin ang.
6. Home Isolation a awm tur hian a theih chuan pulse oximeter, digital thermometer leh BP enna nei thei se. Nitin vawi hnih tal en/record tur a ni e.

HOME ISOLATION CHHUNG:

Home Isolation chhung hi ni nga (5) tur a ni. A tawp lam ni hnih (2) chhunga insawiselna nei lo chu ni 5 hnu hian chhuah nise. A hnu ni 5 chhung chu strict takin facemask an vuah zui ang.

- Ni 5 a tlna insawiselna (symptoms) la nei chu ni 7 thleng home isolation pawhsei tur a ni.
- Home Isolation atanga chhuak tur te hi exit test a ngai lo ang.
- Ni 7 hnu pawha insawiselna la nei te chu a enkawltu Doctor in thutlukna a siam ang.

CHENPUITE:

Home Isolation chenpui te insawiselna neilo leh Covid Vaccine full dose la tawh te chu an mahni eizawna hna ah CAB uluk taka hmangin an hna an chhunzawm ang. An chhungte an fihlim hma chuan puipunna/ inkhawm/ mo lawm / mitthi vui leh birthday lawmna ahte an inthiar fihlim tur a ni. Insawiselna khawsik, hrawkna, hritlang nei an awm chuan a hma thei anga Covid test a tih zel tura ni.

Heng Home Isolation tur reng reng hi medical lam thiamte leh khawtlang hruaitu (VHSNC/VLTF/LLTF) in an hriatpui zel ang.

ENKAWLNA:

1. Heng home isolation a awm te hi Health staff/ Doctor te nen inbiakpawh theihna an nei ang a, Warning Signs a awm veleh an in report thin ang.
2. Khawsik an neih chuan puitling tan paracetamol 650/500mg nitin wawi 4 thleng pek theih a ni. Naupang lam chu paracetamol tui pek theih an ni. 10-15mg/kg body weight-a naupang dose chu chhut sak tur a ni. Khuh damdawi leh hritlang damdawi chu a tul ang a pek theih a ni (Symptomatic treatment).
3. Natna benvawn damdawi leh damdawi dang, a hma a an lo ei sa chu ei chhunzawm theih a ni.
4. Enkawlna atan hian in lamah chuan Antibiotics leh Steroid pek an ngai lo.
5. Tui luma hrawk thuah nitin wawi 3/ 4 tih theih a tha.
6. A tam thei ang ber tuisik/tuiril, ORS tiamin in tur a ni a. Mut tam a tangkai.

WASTE DISPOSAL (BAWLHHLAWH SAWNGBAWL DAN):

COVID-19 damlo hman hnu facemask etc te hi tihchhiat a, darkar 72 hnuah paih tur a ni. A nih loh chuan damdawia tihthianghlim nghal zel tur a ni.

DAMDAWI IN PAN NGAIH HUN:

1. Khawsik sang 100°F aia sang ni thum aia rei an neihin. Paracetamol ei chung pawha a hniam mai lohin.
2. Thawhah (Breathlessness) an neihin, awm hahdam chung minute khata wawi 24 aia tam thawk emaw Oxygen Saturation hi 93% emaw a aia a hniam chuan (darkar 1 chhungin wawi 3 en ni se).
3. Awm chhung na tak a awmin (severe chest pain).
4. Engmah ti thei loa chau ngawih ngawiha an awmin (Extreme Fatigue).
5. Rilru harh fim lo leh vai riai emaw, nikhaw hre mumal lova an awmin (Delirium).
6. Kaih (convulsion) an neihin.

ENKAWLTU:

In lama enkawltu bik hi Covid vaccine full dose la tawh nise. Facemask pangngai thuah emaw N95 mask vuah leh kutkawr bun hi him tawka ngaih a ni. Khuh/hahchhiau laia kiu inthlepa ka leh hnar hup tur a ni a, kutkawr bun dawnah leh phelh hnuah sahbawn nena kutsil emaw sanitizer hmanga kut tih thianghlim leh baww tur a ni.

Sd/-ESTHER LAL RUATKIMI
Principal Secretary to the Govt. of Mizoram,
Health & Family Welfare Department
Aizawl, the 12th August, 2022

Memo.No.D.33011/39/2022-HFW(SOP)/99

Copy to:

1. Secretary to the Governor, Mizoram.
2. P.S to Chief Minister, Mizoram.
3. P.S. to Deputy Chief Minister, 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 Principal Secretary, Health & Family Welfare Department.
8. PPS to Secretary, Home/DM&R Department
9. All Administrative Heads of Department, Govt. of Mizoram.
10. All Deputy Commissioners, Mizoram.
11. All Heads of Department.
12. Principal Director, Health & Family Welfare Department.
13. Director, Health Services.
14. Director, Hospital & Medical Education.
15. Director, Zoram Medical College, Falkawn.
16. Director, Information & Public Relations for wide circulation.
17. Mission Director, NHM.
18. All Chief Medical Officers.
19. All Medical Superintendents.
20. Contoller, Printing & Stationeries with five (5) spare copies for publication in the Official Gazette.
- ~~21. Web Manager, IT Section, Directorate of Health Services.~~
22. Guard file.



12/8/22

(ZOTHANMAWIA KHIANGTE)
Deputy Secretary to the Govt. of Mizoram,
Health & Family Welfare Department