

An·chingni Songdonggramoniko COVID-ko Bon·atna Daksoanina Tarigimin

Mesoke on·anirang & Template-rang
Bakrimgipa | Data-chi Chalaigipa | Ra·gatgipa



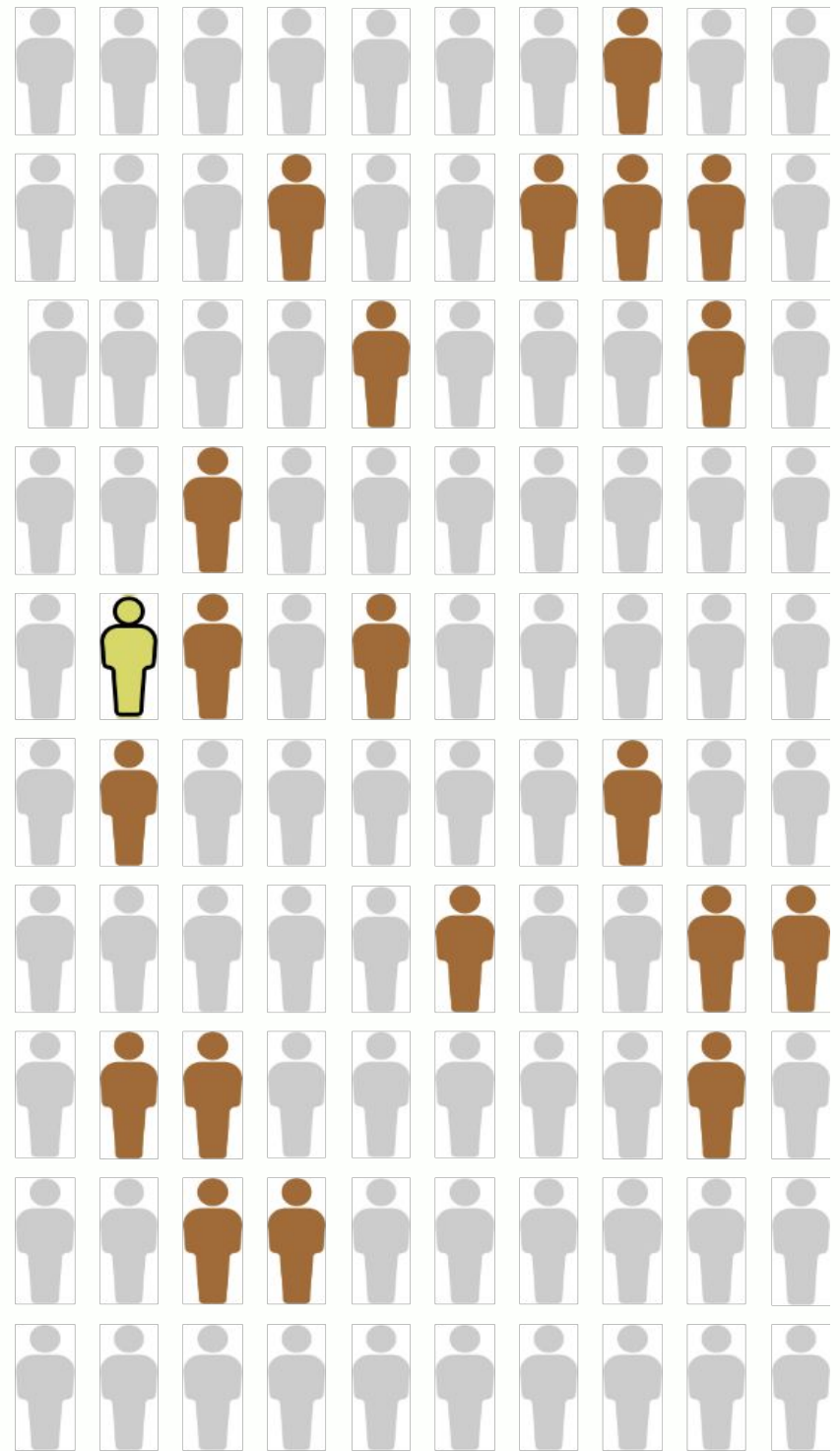
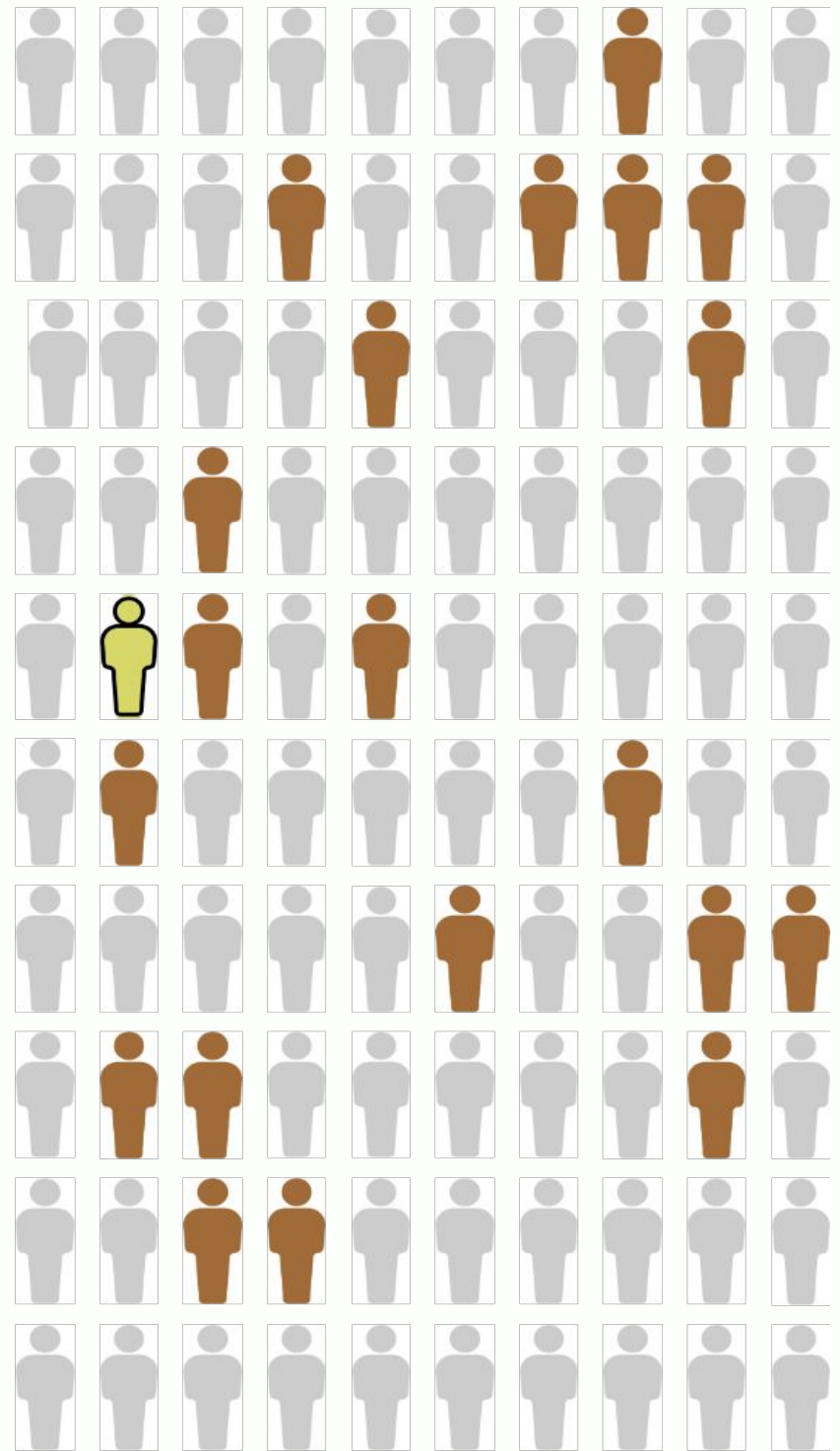
Department of Health & Family Welfare,
In collaboration with
**Departments of Community & Rural Development
and Social Welfare and other Departments, Agencies
and CSOs**

Meghalaya-o COVID-19 ni batroroani gimin sakanti manderangni u·ina nanggnirang minggni gnang

- 1** la virus –ni batroroaniara kobor
watgiparangni u·iatanina baten bang·bata.
Aro COVID dingtang dingtang cholrangchi
batrikrikna man·a.
- 2** la virus-ni batroroaniko altubegipa
cholrangchin komiatna man·a- indiba iano
sakantini ku·mongpa·aniko nanggen.

**COVID-19saenggiparang badita bang·a
uni koborrangko man·soanirangna
baten bang·en batroroaha**

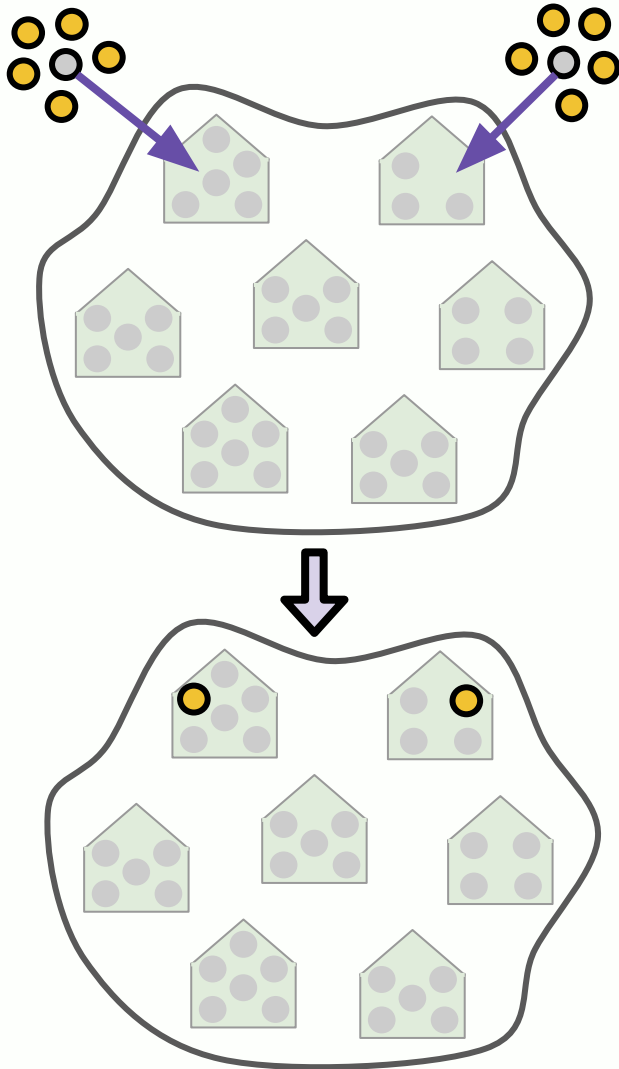
Test ka'e positive ine man·gipa
mande **SAKPRAK** on sak 20-de ia
sabisi batrikaha ine chanchichipna
man·gen. Ugitan, ia saaniko
man·chongmotgiparang
saenggiparangni nombor ko
man·soana bate chang **20 mang**
batna nanga. Saani koborrangko
watatgijagiparang bang·batan saani
mamung chin ba symptom-rang
donggijagiparang ong·na nanga.
Uamangan ia sabisiko
sakgipinrangona batrikrikatna man·a



COVID-19 jedakgipa cholchiba sokbana & batna man·a

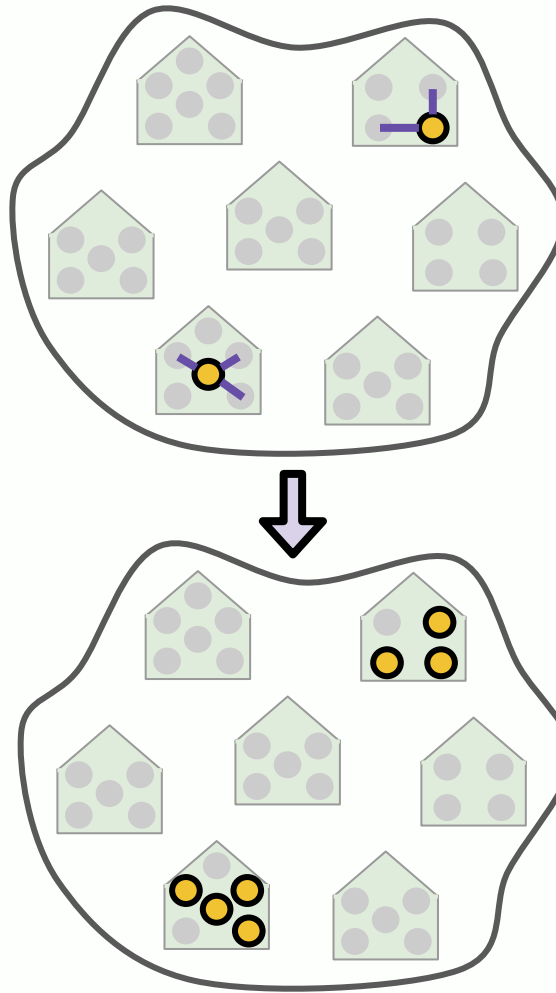
1 A·paloni songgimikona

Manderangchi jemangan antitamrangona re·anga aro jeon saa man ·giparang bang ·bata



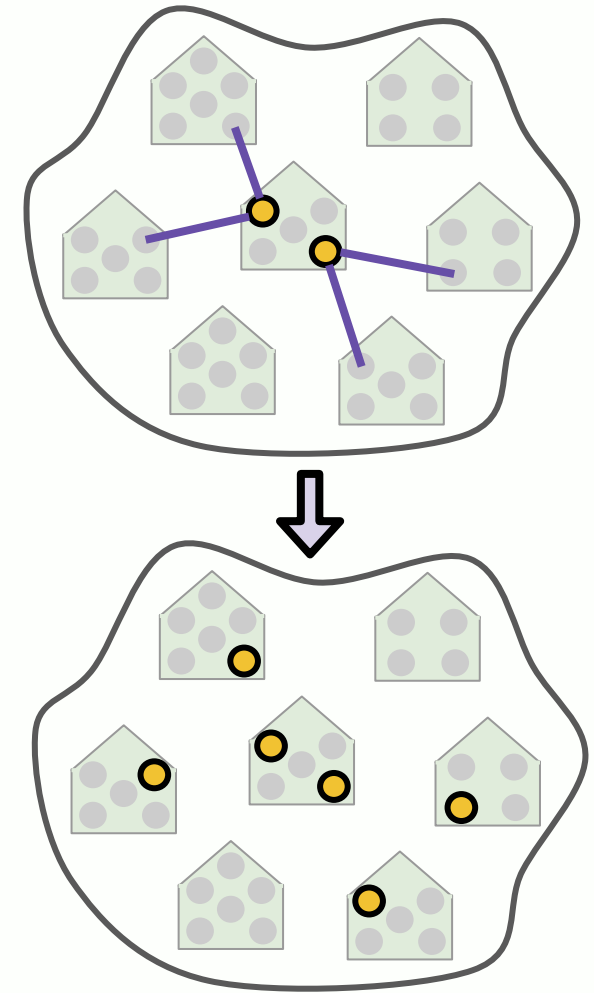
2 Nokdangni gisepon

Nokni manderang jemangan saaniko man ·aha uamang nokni sakgipin manderangonaba batatna man ·a



3 Nokdang ge·saoni ge·gipinona

Nokdang ge ·sani manderang ge ·gipin nokdangni manderangona ba jinma tom ·bimonganirangchi ba rogrik re ·grikachi batatna man ·a



COVID-19-ko bon·atna aro an·chingni songdongramko an·senge rakkina minggittam gisik ra·na nanggnirang

1

Ma·siani

A·songo songdongenggipa sakantinan COVID-ni gimin u·iatna nanga aro maikai simsaksona, sananiko dakna aro biji su·na nanga uani gimin tale ma·siatna nanga. Chong·motgipa ma·siataniko man·ahaode, sakantian ong·gipa ja·kurangko de·e an·tangtangko aro sakgipinrangko naljokatna man·gen.

2

Bakrime Ka·paani

Darangba saksan ba bang·gija manderang mangmangchi COVID –ko warachakna amjawa. An·ching sakantian ku·monge miksonga apsan ong·e an·tangtangko aro songdongenggipa sakantiko naljoke rakkina gita COVID-ko warachakna bakrime ka·pana nanga.

3

Ka·sachake Dakchakani

COVID bang·a nokdangrangnan neng·nikanirangko ra·baaha. An·ching COVID ni a·sel galonanirangko aro kenanirangko ra·gale, batesa saenggiparangna ka·sachake dakchakaniko on·na nanga.

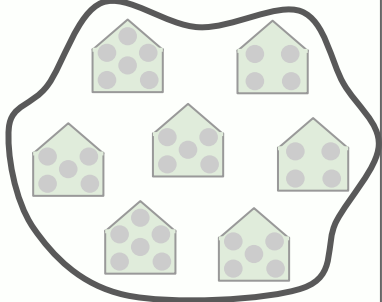
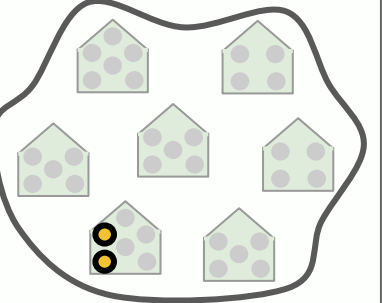
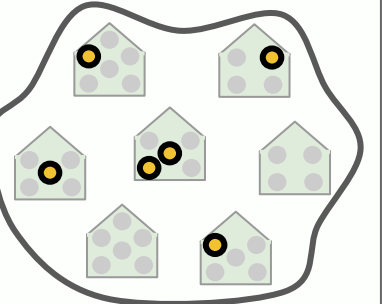
COVID-ko Warachakna Ming 10 Ge·etanirang

1. An·chingo mamung saani chinrang dongjaoba, an·ching covid jo·ongko ra·bitenggiparang ong·na man·aia. Chinrangko mesokgija COVID saenggipa ine an·tangko chanchichipbo. **An ·ching sakantian aro jinmaba an ·tantangtangni kamna daito ra ·gipa ong ·na nanggen**
2. Batrikrikaniko komiatna mask ganani aro chel·grike donganiko rakkigen(antangni noktangni manderangoniba, jensalo batrikrikatjana champenganiko dakenga)
3. Nokningo ba balwa jokpongrikna man·gijagipa biaprango tom·bimonganirangko gelnanggen.
4. Tom·bimonganirangko a·palo mask gana gnang aro chel·grike donganiko rakkiesa tom·na man·gen.
5. Batrikrikaniko champenganina somoirangko done rakkiani somoimitingomanderangni re·a doanirangkonirokna nanggen
6. Sakantian an·tangtangni saani chinrangko nirokna nanggen aro maibakai saani chinrang ba symptomrang nabataiode sananiko ta·raken a·bachengatna nanggen.
7. Jensalo na·a sani chinrang ba symptom-rangko nirokenga, sal 6-8 rangni gisepe, sana a·bachengaoni maiba gital sadapanirang dongama dongja uko nibo. Indake ong·ode rangsan sananiko dakbo.
8. Nanggitikani ba emergency-ni somoio saenggiapa manderangko salrurana gita garirangko sepang joloniko sandie donbo.
9. Ia saanichi sakgipinrangoni chel·e dongna nanggipa manderang ,jemangon chu·onga gita noktango kuturirang ba biaprang dongpaja uamangko dona gita gittimo isolation centreko sandie donbo.
10. Badita sak manderangko na·a biji su·na didina man·a inditan didianiko dakbo.

An·chingni Giseponiko COVID-ko Bon·atsrangna Tarigipa Daksoani ba Community Covid Elimination Plan, manderangko dingtang dingtang obostarang aro neng·nikanirang sokbaaoniko nambate warachakna mikrakataniko on·gen. Gittimrango ba songo dilgiparangna ia daksoanirangko tariengmitingo chanchina nanggnirang:

- COVID-ko warachakna dakgrikanio jinmani ku·monganiko nanga. Uni gimin ia tarisamsoanirang **PARTICIPATORY** ba **BAKRIMGIPA** ong·na nanggen. Pilak songo ba gittimo dilgiparangko aro nokdangrangko agan-chanchigrikanio aro tarisamsoanirango bak ra·atbo (songni dilgiparang aro toromni gita dilgiparangkoba).
- Tarisamsoanirang **DATA-DRIVEN** ba **DATA-chi CHALAIGIPA** ong·na nanggen, chong·motan song ba gittimrang uamangni chagrongenggipa kenchaksoanirangko hisapsona aro COVID-ko warachakanio badia chol nambata uko hisapna u·ina nanggen.
- Cholrangko namdapatna gita chanchigrikaniko dakatjringna nanggen. COVID –ni obostarang ta·raken dingtangroroenga, uni gimin an·chingba uni batroroaniko dakgrikchakna ta·rake warachakskana **ADAPTIVE** ba RA·GATGIPA ong·na nanggen.

COVID-19-ko Bon·atna Daksoanio Kenchaksoanirangko Hisapsoani

	Da.oni Obosta	Kenchaksoani	Jarikna Nanggni
	<u>Gadang 1</u> Songo ba gittimo ia saaniko man·gipa dongja	Saaniko u·igijagipa case- rang gittimo dongengnaba gnang Kamchi, antiona, ma·drang grongna a·palchi re·ongkatgipa manderang saaniko man·a ama.	- Sakantian an·tangtango saani chinrang dongama dongjako niroke sakgipinrangoni chel·e dongna nanga. - A·palchi ong·katako man·adipet gelbo aro ong·katoba simsaksakabo. - Tom·bimonganirangko a·palo mask gane aro chel·grike asongesa ka·bo. - Manderangko biji su·china didibo
	<u>Gadang 2</u> Badiaba case-rang gnang jeon oaro adita nokdangrangn asan ong·aia.	Nokni pilak manderangonan ia saaniko batna ama Ia sabisi gipin nokdangrangonaba batrikrikna man·a	<i>Gadang 1- gipao dakna nanggnirang baksana+</i> - <i>Sal 7-10-ona</i> - ong·katgija chele dongbo - Noko mangba Mask ganako watgija nokni manderangoni chel·e dongbo - Saenggipa nokni manderangko senggnang sanbo aro nanga ong·ode gittimo ma.eke dongipa biapona rimangbo. - Manderangko salrurana gita garirangko sepang joloniko sandie donbo.
	<u>Gadang 3</u> Ia sabisiko bang·a dingtang dingtang nokdangrangon man·gipa gnang	Bilonge sagiparang aro sianirang dongnaba donga. Sabisi ta·raken gipin nokdangrangonaba batgen. Sanram biaprango palangrang bon·changnaba donga	<i>Gadang 1&2 –o ja·rikna nanggnirang baksana +</i> - Jinma tom·anirangko gelbo - Noksulrang baksa rogriknbe - Songo/gittimo gipinchina re·anggipa ba re·bapilenggiparangna simsakani niamrangko rake donbo - Sananiko seng·gnang ra·na didibo aro saani

**Gittimo ba songo saksa sajokon, ta·raken kam ka·na
nanga. Sal 7-10 ma·eke dongode aro sakantian
bakrimpaode COVID -19 ko bon·atna man·gen!**

Songni/Gittimni dilgiparang sal 7-10 Ma·eke Dongani Somoi

ko rakkichina ge·etna man·gen. Iano ia naimrangko donna man·gen jekai:

- 1) Songni/gittimni dilgiparango bi·gija **darangba gittimoni
ong·katna ba napbana man·jawa.**
- 2) Sakantian **Mask Kinggni / N-95**, ko a·paloba ba nokningoba
ganna nanggen.
- 3) Sakantian **social distancing** ba **chel·grike dongna nanggen aro**
jaksujringna nanggen.
- 4) Nokdangrang jemangan **saani chinrangko man·enga, uamang
ma·eke dongna nanggen**, cha·aniko CCMT ra·bae on·gen aro
sananio ASHA dakchakaniko on·gen

**Sal 7-10 Ma·eke Dongani gittimni mande sakantini chu·gimik
ku·mongpaani & bakrimaniosa pangchaka !**

Community COVID Plan

1. COMMUNITY COVID TEAM-ko SANDIBO

Bakrimgipa COVID-ko Bon·atani Chol ba Participatory COVID Elimination Plan ian songni ba gittimni manderangko jakkale songni ba gittimni imanderangko ia batroeroenggipa sabisiko warachakna gita didianiko on·e dakdilani ong·a. Ia bon·atani cholko dakanio sakanti dilgipa aro manderangan jako on·pana nanga. An·ching ku·monge kam ka·anichisa ia sabisiko gimaatna man·gen

Song / Gittimni Bimung : _____ Nokma/Dilgipa : _____ VEC Chairman :

ASHA: _____ Anganwadi Worker : _____ ANM: _____

SHG Community Cadre : _____

Gipin Team Member-rang : _____

Sakgittam mongsonggipa Block Office baksa COVID –ni bidingo bakrimna man·gipa manderang:

1. _____

2. _____

3. _____

Community COVID Plan

2. MA'EKE DONGANI NIAM Pg. 1

la daksamsoani kamo gnigipa dakna nanggniara maikai ma·eke donganina cholko tarisamsogen ian ong·a. Skanggipao, songo/gittimo COVID –ni obosta mai rokom uko sandichengbo, Gadang 1 ma Gadang 2 ma Gadang 3. Uni ja·man, mingantinan mesokatenggipa minggitam cholrangko ra·gatna tarisoaniko dakbo. la template-o chanchirimanina adita sing·anirangko daksoaha.

[illegible]

Community COVID Plan

2. MAEKE DONGANI NIAM Pg. 2

Iani ja·man, ma·eke dongani somoio badia kamrangko dakna on·gen ba on·jagen uarangko sebo. Iako dakengon, songni ba gittimni dilgiparang uamangni beng·anirangara agrepile nanggijarangnaba beng·aniko dakjaenga ine u·ina gita ,block official-rangko sing·chengna nanggen

Dakna Man·gnirang

Badia kamrangko gittimni manderang maeke dongoba jajrenggija dakna mangan? Jekai:. Je kamrangkon a·palo ka·na man·gen aro chel·grikao ka·na man·gen.

Mai simsakanirangko ua kamrangko ka·engmitingo dakna nanggen? Jekai;. Simsaksoanirang saoba songrena nangode

Janggi tanganina dake cha·ani badia kamrangko dakna mangan?

Dakna Beng·anirang

Badia kamrangko simsakani gnangba ka·na neng·a? jekai Nokningo dal·gipa tom·bimonganirangko ong·atani Badia kamrangko ma·eke dongani ja·manona kingking sengatna man·gen?

Community COVID Plan

3. SANANI CHOL

Sananio, COVID Team-na minggitam nangchongmotgipa dakgnirang gnang: 1. Skie On·bo & U·iatbo, 2. Sandipilbo aro 3. Dakchakbo. Ia template-o adita mesokatanirang aro sing·anirangko COVID team na cholrangko tarina gita mesokatenga.

Skie On·bo & U·iatbo

Sandipilbo

Dakchakbo

Pilak nokdangrangan mesokatenggiparangko dakna nanggen:

1.Saoba noko saani symptomrangko mesokengode ASHA aro Community COVID Team –ko okambo.

2.Sananiko ta·raken a·bachengbo aro noko ma·eke dongbo ba ma·eke dongna taripa biapona re·angbo.

3. Salantion saani chinrang ba symptomrangko nirokjringbo. Mongsongbate mesokani sal 6-8 ni ja·man. Saani namjabatrorode rang·san an sananiko dakbo

4.Ia uiataniko maikai jinmana parakatgen?

Ia uiatanirangko ja·rikenga ine maikai uigen?

Anching maikai manderang jemangan symptomrang donga ba saoba sabisiko man·gipa baksa rorimaha uamangko test ka·china didina man·gen?

Positive ong·aha ba saani symptomrang donggipa manderangko an·ching maikai sandina mangan?(Table 1-ko nibo)

ASHA –ko noko simsakaniko on·na dakanio maikai dakchakpana man·gen?

Ia saaniko man·giparangna cha·ani, sam·bolrang aro gipin nanganirangko on·e an·ching maikai dakchakna man·gen?

Saenggipa manderangko hospitalrangona salrurana badia on·kanggipa gari salgiparangko man·gen?

4. BIJI SU·NA DIDIANI CHOL

[illegible]

[illegible][illegible]

Community COVID Plan

5. BLOCK OFFICE BAKSA MELIE KA·BO

Ia daksoani cholni bon·kamgipa dakna nanggniara Block Office baksa melie kam ka·ani ong·a, jedakode uni dal·dagipa officialrang chu·onga gita pilak nanganirangko on·e dakchakna man·gen . Ka·mao mesokatenggipa template –o adita nanganirangko mesokatenga, jekon Block Office-ona jringjring watatna nanggen (jedakeba antio changgni)

- | | |
|---|--|
| <ul style="list-style-type: none">☐ COVID-ko bon·atna daksoani ba plan-ni gita songni/gittimni Ma·eke Dongani Chol ba Containment Strategy- ara mairang ?☐ Badita sak manderango symptom-rang donga ba test ka·o positive ong·a? <u>(Table 1 –ni photoko mesokatbo)</u>☐ Badita ge· nokdangrangko ma·ekate donenga? Ma·eke donani biap ba Isolation Center dongama?☐ Saenggiparang saoba hospital-chi re·angjokma?☐ Chanchichipe COVID-na sia dongahama?☐ COVID-ni bidingo meeting ka·anirang ba mikrakataniko on·anirang dongahama? | <ul style="list-style-type: none">☐ Songo/gittimo sagiparangko salrurana garirangko sandie donahama?☐ Biji suani bidingo maiba kenani ba jajrengatanirangko songo/ gittimo agana ghangma?☐ COVID-19-na biji su·ani bidingo sing·anirang ghangma?☐ Badita sak biji su·na man·gipa manderangko uamang didiaha? <u>(Table 2-ni photoko mesokatbo)</u>☐ Songni/gittimni manderang maiba neng·nikani ba mol·molanirangko Block Office-ona watatna nanganirang dongama? |
|---|--|

**Gisik nangate dongna amna gita
songni/gittimni manderang uamangni
kamrango bite nikna man·ania namen
nangchongmotgipa ong·a aro indaken
nangani kri cholrangko ra·gatna man·a.**

Community COVID Plan-o chu·sokaniko maidake nika?

- ☐ COVID-ko maikai bon·atgen iani bidingo agan-chanchigrikronga
- ☐ COVID-ni obostako songni/gittimni dilgiparang gittimtangtango am.sandie nia
- ☐ Bang·bata manderangni mask ganani aro chel·grike donganiko rakkiani
- ☐ Sabisiko man·gimin nokdangrangni niamrangko rake maniani
- ☐ Pilak saenggipa aro saani chinrangko man·enggipa manderangni sana bananiko dakna gisk nangani
- ☐ Kenaniko mesokani komia aro mamung badi ka·ani dongja

- ☐ Saaniko man·giparang komia
- ☐ Gital sadapgiparang komia
- ☐ Sianio komia
- ☐ Batrikrikanirang ge·sa ba bang·gija nokdangonasan ong·aia
- ☐ Songni/gittimni dilgiparang sagiparangko nangan somoio salrurana garirangko on·na ama.
- ☐ Gittimni pilak bijiko su·na man·gipa manderang seng·gnang bijiko su·toka

Block War Room-na gisiko chipchina mikrakatani adita kattarang:

- Community COVID Plan ba COVID-ko bon-atna daksoanio chu-sokna gita, sakanti mandeni **chu-gimik bakrimpaani** aro **niamrangko manianiko** nanga. Uandaken, ia daksoaniko sakanti songdonggiparangni ra-chakanikoba nanga. Beben, songni/gittimni dilgiparang niamrangko tarina man-a, indiba, **songni/gittimni pilak manderangan ia daksoani ba plan ko ra-chakna nanga.**
- Dilgiparangni uamangni bilko nanggijagipa kamrangnaba agrepile beng-anichi haida adita kenchaksoanirang dongnaba gnang. Uni gimin, **Block War Room iako ma-sina nanga aro niroke** ia Community COVID Plan-ko maikai chu-sokatenga uko nina nanga.
 - Songni Nokma ba gittimni dilgiparagoniko **ARO** ramram manderangonikoba (jekai SHG) jemangan dakdilgiparang maikai ka-enga uko talate on-a amgen, uamangoniko jringjringan kobor ra-rongna nanga

NANGDAPANIRANGKO ON·ATANI

1. Table 1: COVID saenggipa ba symptom gnanggiparangko antirikit sandiani
2. Table 2: Manderangko Biji Su·na Didiani
3. COVID-ara mai?
4. Maiko Social Distancing ba chel·e dongani ine agana?
5. Senggnang masiani aro sanani
6. Maina bijiko suna nanga? Aro biji suanina onggija agane jajrengatanirang

Table 1: COVID Saenggipa ba Symptom Gnanggiparangko Antirikit Sandiani

Song /Gittim : _____

Block: _____

Antini abachenggipa sal <TARIK >

[illegible]

Table 2: CCMT/VEC-ni Manderangko Biji Su·na Didiani

Song /Gittim: _____ Block: _____

Biji su·na gong·enggipa manderangni bimungrang

No.	Bimung	Bilsi	Neng·nikanirang dongama ? (gari nangenga, ID card –ni golmal, gipin be·eno saanirang .)
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

COVID-ara maia?

COVID-19-ara maia?

COVID-19 ian chonbegipa jo·ong jean rang·sitani balwa rama jekai gitok aro ka·soprangko saate ka·mao mesokatenggipa saani chin rokomrangchi mesoka:

- Be·en ding·e saani
- Gitok delani
- So·ok gri ran·e gusuani
- Be·en dokromrome saani
- Ok re·ani
- Biba man·gijani aro sre jada changani

● **Ia saaniko** man·oba, **90% case-rangkode nokon altue sanna man·aia**

● **Indioba, badiabarangde bilongnaba gnang:**

- Ka·soprang ripimna a·bachenga, indake, oxygen-ko rang·sitopna neng·a
- Indake beeni bakrang saataniko manon, been an·tangan "cytokines" ingipa bostuko ia saniko dakgrikchakna ong·katata. Indiba ia cytokine-ko bang·e ong·katatanichi gipin be·eni bakrangko nosto ka·skae ka·sop nosto ong·aona soka , gipin bakrangni kam ka·anirangko dontongata aro blood pressureko tang·doatskaa.
- Oxygen mongsonggipa be·eni bakrangona sokangjae bon·kamao,siaona soka.

● **Sawa bilakbate saaniko man·na krabata?**

Bilsini gita brigimin manderang aro uamang jemangan be·eno maiba saanirangko man·soa gnang, uamang ia saaniko bilongbate man·na krabata. Indiba ian damberangnaba apsan ong·aienga. Jeba ia saaniko bilonge man·na amaia.

COVID-19 maikai batrikrikna man·a?

COVID-19 mongsongbate ming 3 cholrangchi batrikrikna man·a:

-Saenggipa mandeni sepango donge balwako rang·sitanichi

Jensalo saenggipa mandeni atchinga ba gusuanichi chonchongipa jo·ong gnanggipa ku·chi ba sookrang nang·ni mikron, gingting ba ku·siko tang·chetdapa

-Mikron, gingting ba ku·sikko jo·ong gnanggipa jakrangchi dangtapanichi

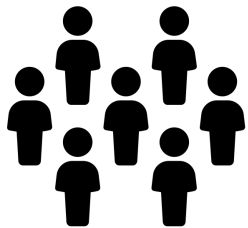
Nang·o mamung saani symptom-rang dongjaoba, na·a COVID-19 ko batrikrikatna ama.

-Bang·bata manderang jemangan COVID-19 ko man·a, uamang sal **1-3**

skang,chong·motan chinrang mesokna skangan sakgipinrangna batatna man·a.

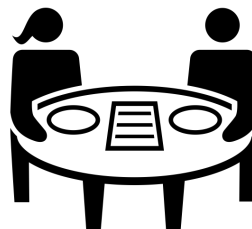
Anchingni gisepo COVID-19 –ni altue batrororani cholrang:

Tom·chimmonggipa
biaprang



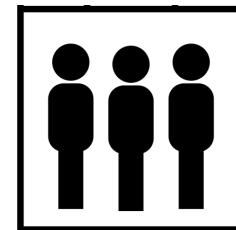
Antidamrang; toromni ba
songsarni gita
tom·bimonganirang

Saksa sakgipin
baksa agre
sepangdugae
rakkiani



Saksa sakgipin baksa
cha·rim ringrimani

Name balwa
baljokgrikjagipa ba
chipkame dongipa kuturirang



Chongipa kuturi jeon name balwa
baljokgrikna man·ja ba chipkame
dongipa garirango dongani

Maiko

Social Distancing ba
Chel-tanggrike Dongani ine
agana?

Chel·tanggrike Dongani

Maiko chel·tanggrike dongani ine agana?

- Social distancing ba chel·tanggrike dongani ine aganon saksa sakgipin, jemangan nang·ni nokni mande ong·ja,uamangoni simsake (meter 2 mang chel·grike) dongani
- Chipgripgimin biaprango nape donganiko man·a dipet gelbo – jekai kuturi ning·o ba garirango

Anga maina sakgipinrangoni chel·tanggrike dongna nanga?

COVID-19 sepanggrike donggipa manderango batna ama

- Saaniko man·enggipa mandeni mikronchi nikna man·gijagipa rang·sitani bibarang, sepango donggipa manderangni ka·soprang, ku·sik ba gingtingona nape ia saaniko batrikrikna man·a.

Saani mamung chin donggijagiparanga ia saaniko batrikrikatna man·a.

Maikai chel·tanggrike donganiko krae dakna man·gen?

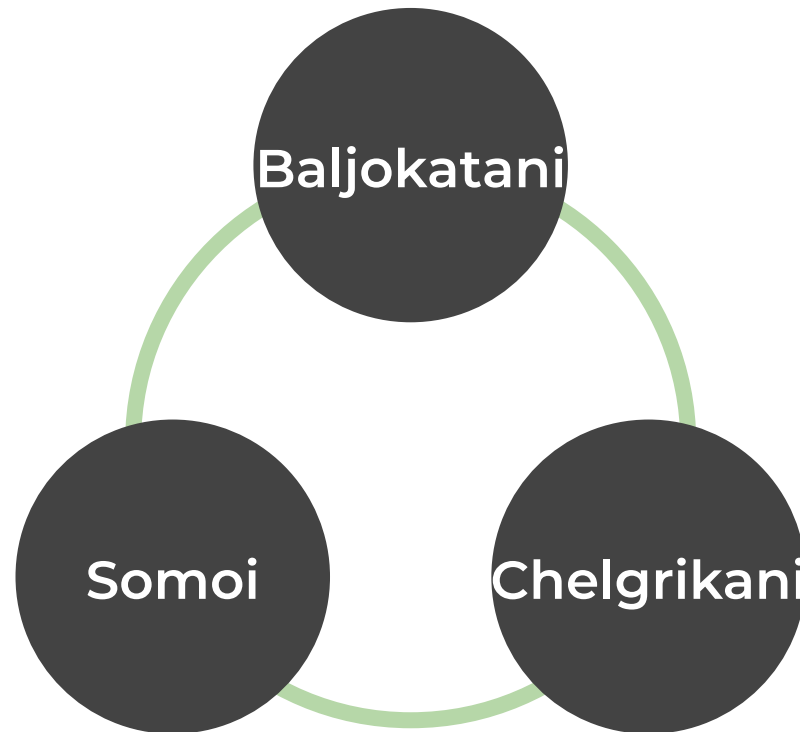
Minggitam mongsonggipa dakna nanggnirang

1. Manderangoni **chel·e** dongbo: man·a inditan nama;komibeoba 6 feet mang chel·e dongbo
2. **Baljokgrikatgipa** biap ; bangbanggipa > baljokgrigipa kuturi > baljokgrikgijagipa nokning
- 3.Gipinrang baksa rorimani **somoi**:nokni mande ong·gijagiparang baksa rorim dongrimaniko man·a dipet komiatbo aro uamang baksa apsan biapo cha·rim ringrimaniko gelbo

Cheltanggrike Dongani

- Nokningo jinma tom·chimonganiko gelbo
- Man·adipet manderangko a·palosa grongbo
- Nokningo ong·engon balwa jokrurana man·a gita kelki do·garangko obo

- Nokni a·palo somoi re·ataniko man·adipet gelbo
- Noko dongjaode man·adipet a·palo somoiko re·atbatbo



- Sakoba grongengon ba jinmao ong·engon komibeoba 6 feet-mang chel·e dongbo
- Jinmachina re·anganiko man·adipet gelbo aro mande bang·gipa biap jeon krae chel·e dongna man·jawa uarangko gelbo

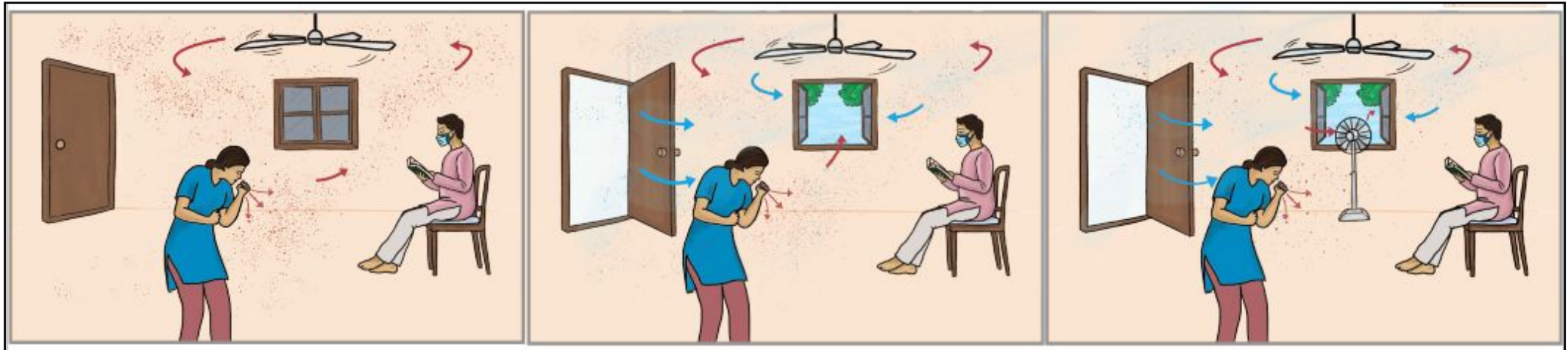
Noktango Chel·tangrike Dongani

BALJOKATANI : NOK: A·palni balwa napbae nokningni balwako rongtalatskachina. Balwa baljokgrikanichi nokningo donggipa jo·ong gapgipa balwako rongtalatanichi, ia saani batrikrikaniko komiatna man·gen. Baljokatani badita nama inditan saa bataniba komigen

Baljokatani Namja
(do·ga kelkirangko chipa)

Baljokatani Nama
(do·ga kelkirangko kulia)

Kragipa Baljokatani
(exhaust fan-ko chata)



Fan ba bangkako tiktak biapo donani namen mongsong onga. Namgijagipa balwa sakgipinchi nangna gita fan-ko donna nangja. Exhaust fan-ko chatode namchongmota. Do·ga kelkirangko chipode exhaust fanko wate donskabo

Exhaust fan-ko chatbo BA a.ao dona mangipa fanko kelkichipak mikkangate donbo jedakode nokningo donggipa namgijagipa balwaoniko saa man.aniko naljokatgen

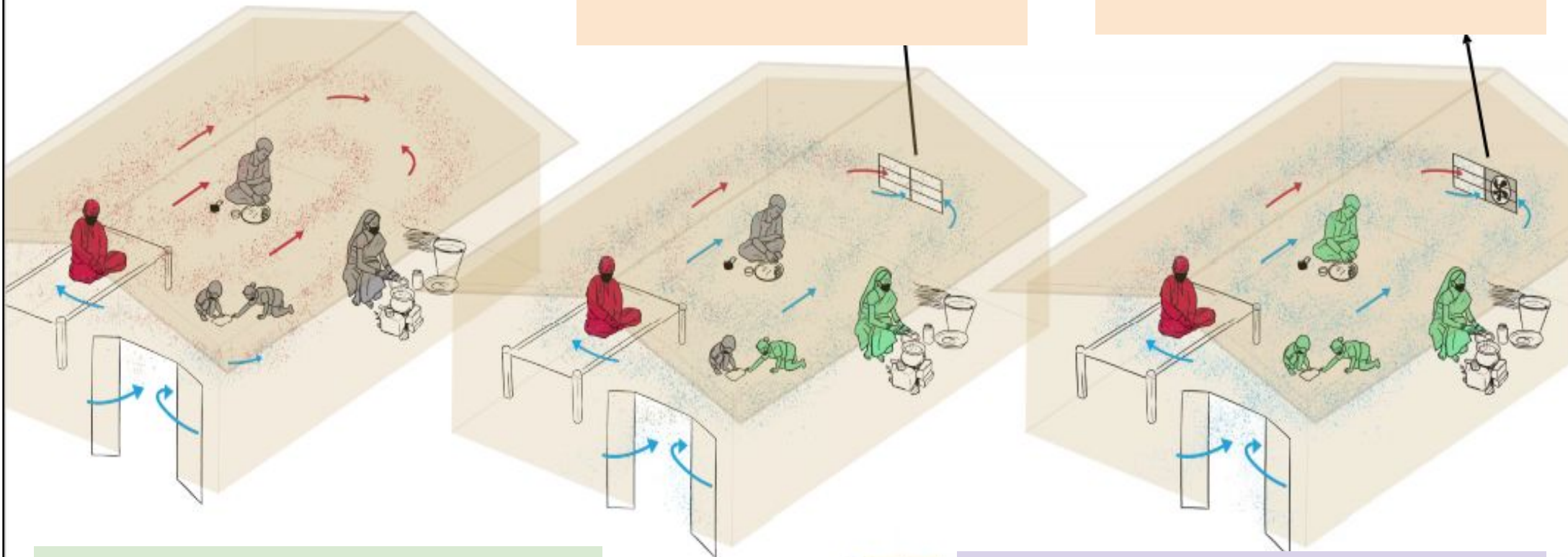
Noktango Chel·tangrike Dongani

BALJOKATANI: Sepanggrikgipa Noktoprang

1. Baljokatani Namja
(Balwa jokrurana manja)

2. Jaali-ko one kelki donani
balwa jokruraaniko on·a aro
namgija balwako baljokate
saa bataniko komiata

3. Jaali sepango exhaust
fan-ko donode balwa
jokponggrikaniko nambate
jokatna manani gimin saa
bataniko komibatata.



**Kelki ba baljokani dongjaode
nokningo rangsitani balwarangko
gapchipate saani batrikrikaniko
bariata**



Song ba Songni dilgiparang noktoprang
jerangon kelki dongja uarango jaali baksana
exhaust fan-rangko chate on·na nanga.

Seng·gnang Ma·siani &
Sanani

*Na·a symptom mesokna
a·bachengani salko pangnan gisiko
rakkie DONBO*

*A·bachengani sal 6-8 ni ja·mano
maibakai namjabata ba gital dakgipa
saani dongama dongja nirokbo*

*Indake ong·ode, nang·ni
Doctor/ ASHA/I4410 ona
tarake kobor onbo.*

*Skanggipa sal 1: Anga da·al
an·sengjaengama?*

*Sal 2 – sal 6
Viral ong·ani
Bang·a nmanderangan ia salrangni ja·mano
an·sengpilna a·bachenga*

*Sal 6-Sal 8
Hypersensitivity & Hyperinflammatory ong·ani
somo
Mitam manderang iano bilongdapna man·a.*

**COVID test ka·o positive ong·a
ba symptomrangko man·enga**

**Anga da·o maiko dakna
nanggen?**

*Na·a da·o test ka·o positive
ong·a ba saani
symptomrang jekai sordi
sagop saa gita fever,so·ok
gri ran·e gusua, be.en
nom·a indakgiparangko
chagrongenga ong·ode na·a
VIRAL PHASE –o ong·enga.*

*Nang·ni sana a·bachengaoni
sal 6-7 ong·aha aro sordi
sagop saa gita dakan
daksana fever batode aro
rang·sitna neng·anirangko
man·enga ong·ode indide
na·a **HYPERSENSITIVITY
PHASE-o** –o ong·enga.*

*Sal 2 – Sal 6
Viral ong·ani
Bang·a nmanderangan ia
salrangni ja·mano an·sengpilna
a·bachenga*

*Sal 7-Sal 10
Mitam manderang iano
bilangdapna man·a.*

Phase 1: Viral Phase

Chetgipa sal basako ga·aka uko u·ina gita sana a·bachengani salko name ma·sie gisik ra·na nanga

SANANIKO DAKANI

Paracetamol	(500mg tds x1week)
Ivermectin	(12mg x 5days for adults)
Vitamin C	(500mg/dayx2 for 5 days)
Multi Vitamin	(1 tablet daily)
Vitamin D3 2000 ba 4000 I.u.	(1tds x daily)
Zinc	(50 mg x daily)
Betadine gurgle	(Tds x 1 week)

Nang.ko nienggipa doctor ni ona gitasa samrangko ringbo.

Phase 1: Viral Phase

Na·a nang·ni be·en ding·aniko aro oxygen level·ko sal chang 4 –na kingking nina nanga

NOKO AN·TANGARI DAKNA NANGANIRANG

- Pulse oximeter ba respiration rate –ko jakkale an·tangni oxygen level·ko nironbo
- Proning·ko dakbo
- Be·en ding·a ba fever·ko nibo
- Be·eni chiko tang·doatna nangchongmotgipa ong·a
- Chi bibako rang·sitopbo

Sananiko ra·an baksa ia noko dakna ranta kaanirang COVID·ko dakgrikchakna dakchakani onga.

OXYGEN –NI LEVEL ba GADANG

Q. Oxygen-ni gadangra maia?

Nang-ni be·eni an·chi gitchakni cell-rang badita Oxygenko ra·ruraenga uko toe u·ianikon oxygen gadang ine agana miksongani ong·a.

Mandeni ong·rongbewal Oxygen –ni gadangara 95 oni 100 ona ong·ronga.

Oximeterko jakkale Oxygen gadangko maikai togen?



Step 1:Nang-ni jakko sanitize ka·chengbo aro jaksi ma.jangchikoOximeterchi sikatbo



Step 2:Pulse oximeter ko sikdepbo aro 30 second mangna senge nib



Step 3:Oximeter-o mesokgipa SpO2 ni gadangko see rakkibo.



**Oxygen
Level**

**Heart
Rate**

Phase 1: Viral Phase

OXYGEN –NI LEVEL ba GADANG Kakket onge tona changna gita skie on·anirang:

- la device basakoba ong·gija dake poraie mesoknaba gnang. Nang-ni gadangko komie mesokode, sakgipin sagijagipa an·senggipa mandeo apsankon dake nibo komie mesokama mesokja uko u·ina.
- Oxygen gadangko nina jakkalenggipa jaksio nail polish, tatoo ba henna nonga dongna nangja ine ma·sie ra·bo.
- la toe nianiko mamung saloba raka kamko ka·ani ja·man dakna nangja.
- Tom·tom asonge dongmitingosa dakbo.

Q. Rang·sitani –ko nie maikai oxygen-ni gadangko u-igen?



Step1 : Na·a mamung dakgija tom·tome asonge dongna nanggen. Na·a nang·ni rang·sitani asongmitingo, chadengmitingo ba tusimitingoba nina man·aigen



Step2: Somoiko 60second –ona donbo, chel ni tang·doako nie, tang·doa changantikon chanbo. Rang·sitnapakosan chanaibo



Step3: Dongimin somoio badita chang rang·sitnapa uko see rakkibo. Ong·rongbewal dal·gimin Mandeni rang·sitani minit prak-o 12-20ni gisepo ong·a. Respiratory rate ba Rang·sitani chang 24 na batode rang·sanana sananiko rana re·angbo

Phase 1: Viral Phase

Q. Maiko Proning –ine agana?

Proning ian ra.chakgimin rang·sitani nambatana be·enko dingtangmancha position ba bewalo rakkiani ong·a

Q. Basako Proning-ko dakna nanga? Nang·ni oxygen-ni gadang 94 na bate tang·onode na·a proning-ko dakna nanga

Q. Sawarang Proning-ko dakna nangja? Okgnanggipa me·chikrang

Agrepile ka·tong saani ganggiparang Janggil bolgro nambregijagiparang, ja·ping greng ba ki·singkop be·sria gnanggiparang

An·chi ja·dilo agre tin·kaninggiparang

Q.Maiko Proning –ine agana?

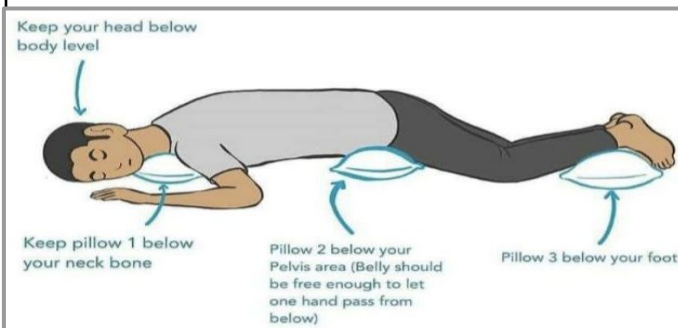
Proning ian ra.chakgimin rang.sitaniko nambatana be.enko dingtangmancha position ba bewalo rakkiani ong-a

Mikrakatani:

Proningko mi cha.ani kantasani jamano dakna nangja

Proningko oko kekiparang, ka-tong sagiparang,janggil bolgro sagiparang aro ja-ping greng ba greng be-a gnangkiparang dakna nangja

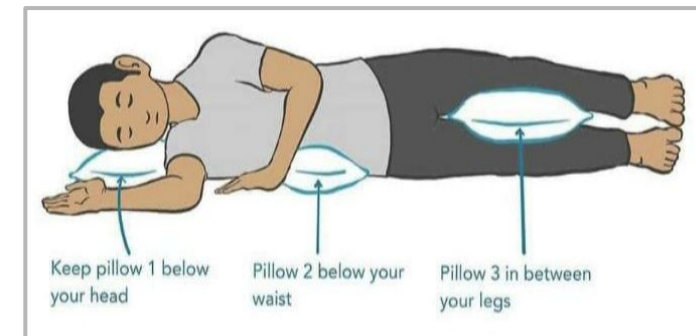
Step 1



Step 2



Step 3



30 minute-prako ia mesokatenggipa bewalo dingtang dingtang dake dongrongbo.

Aro kuturiko balwa jokrurana man-e donbo

Thermometer-ko jakkale be'en ding'aniko niani

Phase 1: Viral Phase

- Thermometer-ko uko ra'chakgipaoniko ra'ongkatbo

Uni ku'chokgipachipakko sabon aro chi ding'bomachi su'galbo ba chu chi rudapbo. Jakkalna skang chi kasinchi rudapchengbo

Nang'ni ku'sikko adita ku'ange, ku'chotchipakgipako sre mitapo donatbo aro ku'sikko ku'kipe dongbo

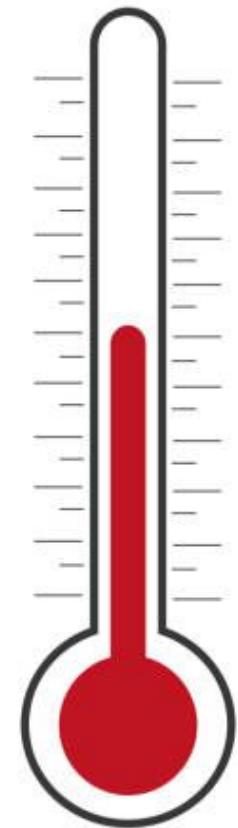
Indaken digital thermometer-ko nang'ni ku'sik ning'o ua gam'kujana kingking donbo

Ku'sikoniko ra'ongkate nombor mesokgipako poraie nibo. Uan nangni be'en baditana ding'a uko mesokenga.

Monitoring chart-o see donbo

Thermometer-ko chipe donatpilbo

Darang nokni manderang baksaba nang'ni thermometerko jakkaltainabe.



Beeno Chi Bang-e Rakkiani

Q. Chi bang-e ringe dongani namgnirang

Jensalo naa COVID-19 saaniko man-a, be-en ding-petpetani ba fever ni a-sel nang-ni be-enoni chiko ta-rake ran-ata. Bang-a manderangkon an-ching Meghalaya-o be-eni chi komiani gimin hospitalona ra-angna nangaha. Na-a chi bang-e ringanichi hospitalchina ra-angna nangaoniko champengna man-gen.

Q. Angni be-eno chi komiaha ine anga maikai ma-sina amgen?

- Su-buni rong agre rimitgen.
- Su-buani komianggen.
- Ku-sik ran-gen
- Ka-tong rongchu su-ani batrorogen
- Neng-na a-bachenggen aro jaja jiji ong-gen

Q COVID man-ahaon maikai be-enko chi gnange rakkina man-gen?

- Komibeoba chi glass 10-12 salanti ringanichi
- Chirarako ringna sikjana gita gipin gipin ringanirangkoba ringchapna joton ka-bo. Soup ko ringanichi be-eno chi ran-ako tang-dotna dakchaka aro be-ena nanggipa kari aro calorie- rangkoba tang-dotna dakchaka.
- Na-a chisatenga ba ok re-enga ong-ode, oral rehydration solution (ORS) –ko chi baksanaba ringchapbo.

COVID-19 positive ong-gipana talatanirang Mesokatenggipa simsaksoanirangko ja- rikbo

- Noko dongbo, mask ganbo aro nokni manderangoni maeke dongbo
- Chiko bang-e ringan baksana juice ba soup-rangkoba ringchapbo
- Chi ding-ani bibako rang-sitopbo
 - Nang-ni SpO2 gadang 94% na komiode proningko dakbo
- Nama nama cha-anirangko cha-bo

1. Paracetamol-ko ringbo nang-o fever dongode

2. Ivermectin

Dosage: Sal 5 na mi baksa ba mi cha-manano rongprak ringbo

Dal-giparangna : 12 mg tablet –ko salo changsa

Bi-sarangna (6-12 yrs): 6 mg tablet -ko salochangsa

3. Vitamin C

Ringani Niam: Mi cha-manani ja-man rongprak sal 10 na ringbo

Dal-giparangna : 500 mg tablet ko salo chang 2

Bi-sarangna (6-12 yrs): 500 mg tablet ko salo changsa

4. Antibiotics ko sanenggipa doctor ni ona gita ringna nanggen

Basako Nangchongmotgipa Dakchakaniko Am-na Nanga?

Sana abachengaoni sal 6-8 ni jaman

Ka-mao mesokatenggipa symptom ba chinrangan bilongenggipa mandeni obostako mesokani ong-a aro sananiko ta-raken nangani ong-a:

- Rang-sitna neng-ani
- Oxygen-ni gadang(SpO2) ni 94na bate tang-onani
- Ka-tong rongchu su-ani **minit prako chang 24** na batani
- Ka-tong sakame dongani
- Gisik jaja jija dakani
- Sal 7 na bate be-en ding-e ba fever sakame dongani

Maikai Nangchongmotgipa dakchakani /Emergency Care ko am-gen

- Nang-ni doctor baksa agangrikbo ba ASHA kam ka-gipako okambo
- 14410 nomborona phone ka-bo ba damgri Helpline nomborona ka-atbo
- Ia handbookni bonkamgipa page-o directory-oniko nangni sepangbatgipa sanani biapko sandie nibo.

Hypersensitivity Phase Basako sananiko dakna ja-ku de-na nanggen? COVID symptomko manani sal6-10 ona

Ka-mao mesokatenggipa symptom ba chinrangan bilongenggipa mandeni obostako mesokani ong-a aro sananiko ta-raken nangani ong-a:

Maikai Nangchongmotgipa dakchakani /Emergency Care ko am-gen

- **Ramram kamko ka-enmitingoba rang-sitna neng-ani**
- **Fever bate sabaani ba gital sadapanirang**
- **Gusuba-ani**

- Nang-ni doctor baksa agangrikbo ba ASHA kam ka-gipako okambo
- 14410 nomborona phone ka-bo ba damgri Helpline nomborona ka-atbo
- Ia handbookni bonkamgipa page-o directory-oniko nangni sepangbatgipa sanani biapko sandie nibo.

Maina biji su·na nanga?

Maina biji su·na nanga?

1

Biji su·anichi nang·ko COVID saaniko man·aoniko name manchaan komiatgen

2

Biji su·anichi maibakai COVID saaniko man·oba, saa bilongaoniko ba siaoniko nang·ko naljokatgen

3

Bijiko su·anichi, na·a ia jo·ongni jelroroaniko komiatna man·gen aro indake nang·ni nokdang aro noksul songsulrangko saaoniko naljoke rakkina man·gen

Sawarang bijiko su·na man·gen?

Sawarang bijiko su·na man·gen?

Anga bils i 45 bataha

Na·a bijiko ra·na man·gnok. Na·a
sepangbatgipa vaccination
center ona re·ange ta·rake biji ko
su·ebo.

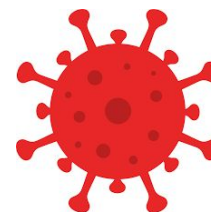
Anga bils i 18 aro bils i 45 ni gisepo ong·a

GOI 18-45-ni gisepo ong·giparango
register ka·china ia website ko
<https://www.cowin.gov.in/home>.
on·aha.
Online register ka·e sepangbatgipa
center- o su·na man·a gita biapko
sandie

Sawarang bijiko su·na MAN·JAWA



Bils i 18 –na
komigipa
bi·sarang



Manderang jemangan
COVID saaniko man·enga
ba saani chinrangko
mesokenga

Maikai bijiko su·na man·gen?

Maikai bijiko su·na man·gen?

Step
1

Sepangbatgipa vaccination centre-ko sandibo.

Nombor 14410-ona phone ka·bo ba ASHA –o kam ka·gipao ba or sana bananiko on·gipa biapona re·ange bano bijiko su·na man·gen sing·e ra·ebo

Step
2

Ua center-ona
mesokatenggipa ID Card
rangoni badia gnanng uko
ra·e re·angbo

a. Aadhaar card
b. Driving License
c. PAN card
d. Passport

e. Pension Passbook
f. NPR Smart Card
g. Voter ID (EPIC)

Step
3

Ua centre-o na·a , bijini Skanggipa ba First Dose ko man·chenggen .
Su·ani ja·man na·a biji su·aha ingipa certificate-ko man·na nanggen
Gnigipa bijiko ba Second Dose -ko badia tariko man·gen uko u·ie ra·bo.

Step
4

Gnigipa ba Second Dose-ko man·na gita Step 1,2,aro 3-ko apsan dake jariktaibo aro iako
Skanggipa ba First Dose –ko man·ani anti 12 oni16 mangni ja·man ong·na nanggen Gnigipa biji
Suani ba Second Dose –ko mamung dakeba ra·gija daknabe. Naljokataniko chu·gimik man·na
gita changgnian bijiko su·na nanggen

Step
5

An·ching COVID-ko dakgrike amna gita sakantian bijiko su·na nanga ine
gisik ra·bo. Uni gimin nang·ni nook ba noksul songsulo saoba su·kuguja
dongode, uamangko su ·china didibo.

Biji su·ani ja·man na·a maiko
man·gen?

Biji su·ani ja·man na·a maiko man·gen?

Ia bijiko su·ani ja·man anga maiba dakgipa saa ding·aniko man·skagenma?

COVID vaccine ba bijirang namen ka·dongchakna man·gipa ong·a. Indiba su·ani ja·man **adita saanirang** jekai, **be·en ding·e saani, been dokromroma gita dakani ba sko saani** dongnaba gnang. Indake ongode **paracetamol** samko ringataibo.

Ia indake saanirangara ong·rongbewalsa ong·aia aro salsa salgnini ja·manon namangpilaigen.

Anga vaccine dose gegni ba ponggni bijiko su·manahaon maiko dakna nanggen?

Ia Vaccine-rang bilonge saaoniko nang·ko naljokatgen indiba na·a sakgipinrangona ia saaniko batrikrikatna man·kuaigen. Uni gimin, **sim sak kuaibo aro mask-ko gankubo aro sakgipinrangoni chel·grikao dongniko rakkikubo.**

An·ching PILAKAN bijiko su·chongmotna nanga. Uni gimin, **convincenangni nokdangni manderang aro noksul songsulrangko COVID bijiko ta·rake su·china didina nanga**

Biji su·anina ong·gija agane
jajrengatanirang

Biji su·anina ong·gija agane jajrengatanirang

Ong·gija aganani 1: COVID-19 bijirang inditana kingking nambea ong·ja aro ru·utangahode bijiko su·ani a·sel neng·nikanirangko ra·bagen

Ong·chongmotani: Ia vaccine ba biji *name manchan namgipa* ong·a jean batroroaniko komiata aro bilonge saaoniko aro siaoniko naljokata. Gipin vaccination -rang ba gipin bijirangko su·ronga gitan, manderang adita sarongbewal saanirang jekai, be·en ding·e saani ba fever, sugipa biapo saknaani, nengani ba chisatna sikanirangko chagrongnaba donga. Banga manderangnan, ia saanirang sal1 na batrongja.

Ong·ija aganani 2: Ja nikmitingo (periods) biji su·nanbe

Ong·chongmotani : Ja nikmitingo biji su·na mamungba jajrengani dongsrangja.

Ong·gija aganani 3: Na·a COVID-19 saaniko changsa man·ahaode, biji su·na nangjaha

Ong·chongmotani Na·a COVID-19 saaniko man·piltaina man·aia. Uni gimin, na·a COVID 19 saaniko skango man·ahaoba, bijiko su·na nangchongmota.

Ong·gija aganani 4: Anga biji su·ani jaman , mask-ko ganna nangjaha

Ong·chongmotani : Biji su·ani ja·manba na·a COVID-19 ko man·kuna amaia aro sakgipinrangona batrikrikatna ama. Uni gimin, mask-ko ganna nanga aro gipin simsakani niamrangkoba ja·rikna nanga.

Biji su·anina ong·gija agane jajrengatanirang

Ong·gija aganani 5: COVID-19 Vaccine-rang nang·ko banji ong·atna man·a.

Ong·chongmotani : Da·ona kingking COVID vaccinerang bi·sa ba·aniko nosto ka·a ine mamung saki dongkuja. **Bang·a me·chikrangan jemangan ia bijiko ra·ani ja·man bi·sa ba·na miksongtokaha, uamang oko keaha.**

Ong·gija aganani 6: COVID-19 Vaccine-rang diabetes sagiparangna namja

Ong·chongmotani : COVID vaccine ba biji mandeni beeno donggipa chini ni gadangko dingtangatani dongja.

Ong·gija aganani 7: Ia biji namgipa ongja maina uko taraken test kaaha aro senggnang jakkalaha

Ong·chongmotani : Vaccine ko tarina adita tariani gadangrangko ja·rikna nanga jekai saoba suchenge niani aro uandake uko suchongmote niani jean adita somoirangko nanga. Indiba ia COVID 19 bijina, scientist rang sal wal kam kae ia bijiko sue nianiko matchotataha. Scientist-rang aro kamko kaatenggiparang ia vaccine-ko tarianio niamrangko aro pilak simsakanirangko mamung dake changijaan iana rakbee kamko kaaha.

Ong·gija aganani 8: Anga bijiko pongsade ra·jok, uni gimin anga naljokataniko man·aignok aro gnigipa bijikode ra·na nangjawaha.

Ong·chongmotani : Da·ona kingking, India-o man·enggipa pilak vaccinerangan chu·gimik naljokaniko on·na man·a gita biji ponggnikon su·na nanga. COVID-ni skanggipa biji ba vaccine be·eno dakgrikchakgipa anti body rangko ong·ate be·enko bilakdapatna kam ka·na a·bachenga aro gnigipa biji ba vaccine warachakani bilko bilakdapatna kam ka·skaa. Iako ra·anichi an·chingni be·eno saanirangko warachakna bilakataniko on·a.

Social Media-o Watatenggipa Ong·gija Kenatanirangna Simsakbo

DILSRETANIRANG

Ong·gija Aganani: Rasin gipokko cha·anichi Covid-19 ko warachakna man·gen.

Ong·chongmotani: Rasin gipoko indake warachakgipa bil donga ine mamung saki dongja.

KENBEGNIRANG

Ong·gija Aganani : Mask ganaichi angni rang·sitano carbon dioxide-ko bariatgen aro angna saaniko ra·bagen.

Ongchongmotani : Mask ganjaode batesa Covid-19 saani batna altubatgen,jean nang·ko sianiona sokatna man·a.

KENATANIRANGKO JAKKALE MANDERANGKO JAJRENGATA

Ong·gija Aganani : Covid-19 vaccine nang·ko banji ong·ata

Ong·chongmotani : Vaccine mamung dakeba bisa ba·aniko nosto ka·ja. Meghalaya a·doko bang·a me·chikrangan ia bijiko su·ani ja·man oko ketokaha.

INDAKE TOL·GIPA KOBORRANGONIKO AN·TANGKO SIMSAKE RAKKIBO

- **SAWA BANONI WATATENGA NIBO:** Skatang mamung ka·donga grigipa koborrangna simsakbo. Jekai '**Angni ripengni ripengskni doctor**' ba '**Scientist-rangan agana ..**'ingipa mamung taldapata griparang.
- **GIPIN KOBORRANGBA IA APSANKON AGANENGAMA?** Gipin newspaper-rang/ news channel-rang/ ka·dongchakna man·gipa dolrang iarang apsankon aganengama nie ra·bo.

Kragipa Koborrangko Man·ani Cholrang

Ka·dongna Man·gipa sourcerang



NHM Meghalaya

- www.nhmmeghalaya.nic.in
- NHM Meghalaya Facebook Page
- NHM Meghalaya Instagram
- NHM Meghalaya Youtube Channel



World Health Organization

- www.who.in
- WHO Facebook Page
- WHO Instagram



Meghalaya Covid-19 Response Team

- Facebook
- Instagram

Ka·dongna Man·gijagpa sourcerang



WhatsApp

- Ripengrang ba nokni manderangni watagipa koborrang
- U·ijagipa nomborrangoni sokbagipa message-rang
- Group-rango chekrikgijagipa koborrangko watatanirang



Facebook aro Instagram page-rango official ong·gija sokbagipa koborrang