

*Ki Jingbtin lynti & Nongmuna na ka bynta ka*

# **Plan Rat Diengkhong ia u COVID**

Shimbynta lang | Lum jingkhein |  
Pynthymmai



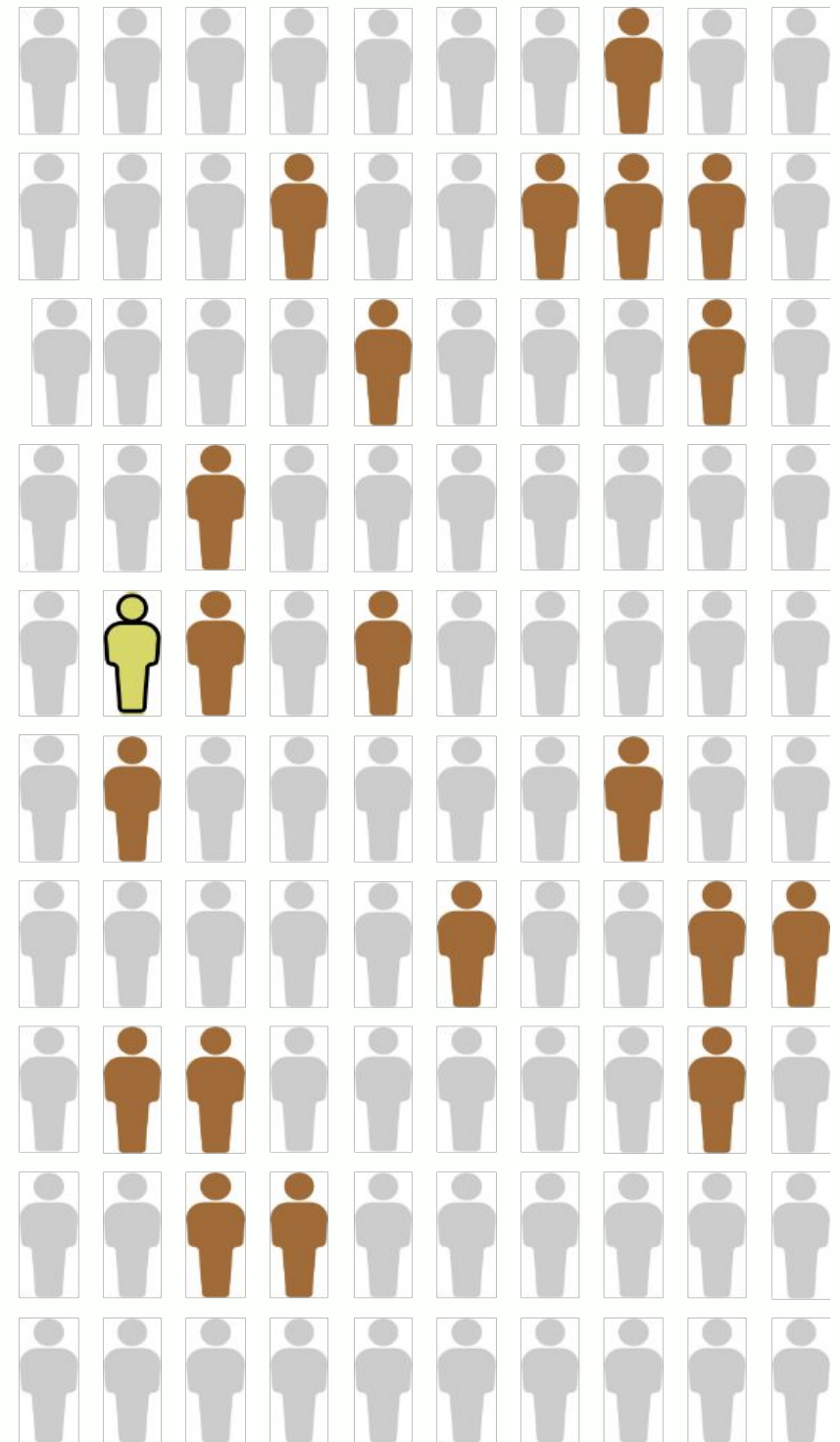
**Department of Health & Family Welfare,**  
*In collaboration with*  
**Departments of Community & Rural Development  
and Social Welfare and other Departments, Agencies  
and CSOs**

# Ki don artylli kiba baroh ki dei ban tip shaphang ka khlam COVID-19 ha Meghalaya

- 1** Ka jingsaphriang jong u khniang jingpang ka long kaba jur bha ban ia kaba ngi ioh jingtip. Bad ki don bun rukom ba u COVID u lah ban iabit
- 2** Lah ban teh lakam ia ka jingsaphriang u khniang jingpang lyngba ki lad kiba suk bha – hynrei ka donkam ka jingiatreilang jong iwei pa iwei

**U COVID-19 u saphriang kham  
palat ban ia kaei kaba la lum  
jingkhein**

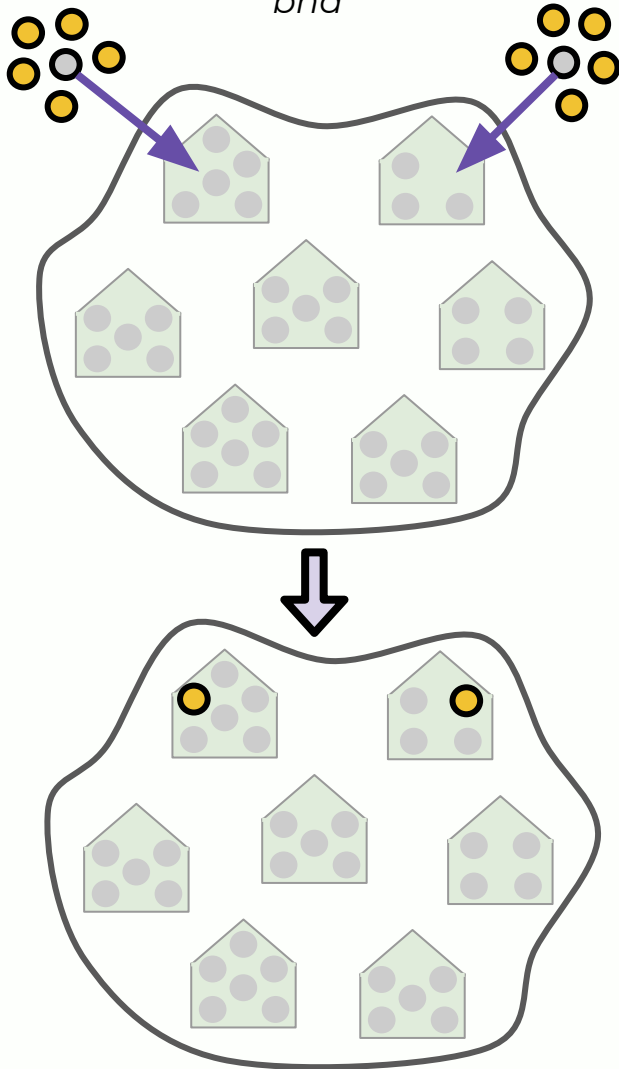
Ha man UWEI u briew ba la test  
positive ki lah ban don kumba 20  
ngut kiba la iabit jingpang. Kumta, ka  
jingdon jong kiba bit jingpang ka lah  
ban long **palat 20 shah** ban ia kaba la  
lum jingtip. Kum kine ki nongpang ki  
bym tip ki dei ki briew ki bym don  
dak jingshitom. Kine ki lah ban  
pynphriang ia ka jingpang sha kiwei.



# U COVID-19 u lah ban wan & saphriang ha ki bun rukom

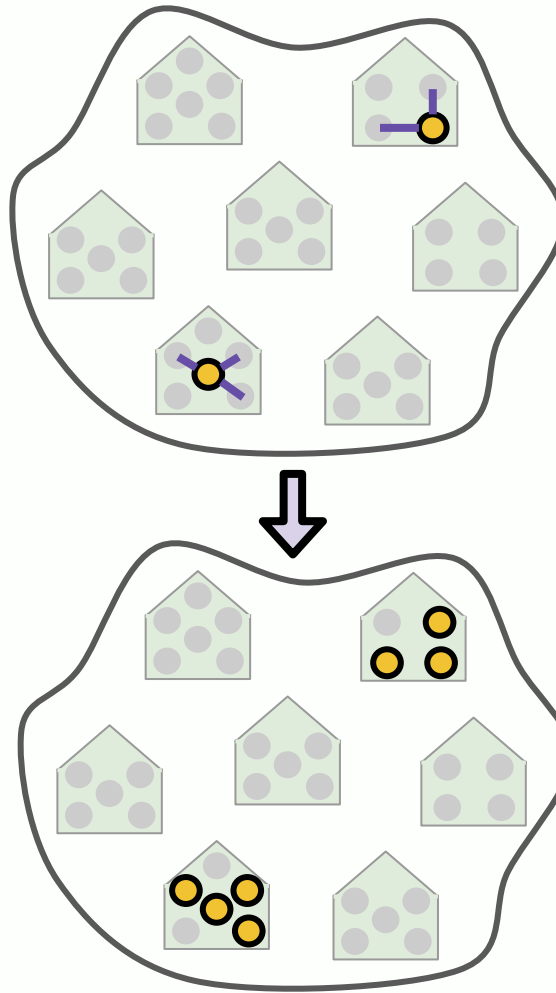
## 1 Kiba rung na shabar shapoh shnong

*Ki brierw kiba leit sha ki jaka  
bun brierw kum ki iew ha  
kaba ka jingpang ka jur  
bha*



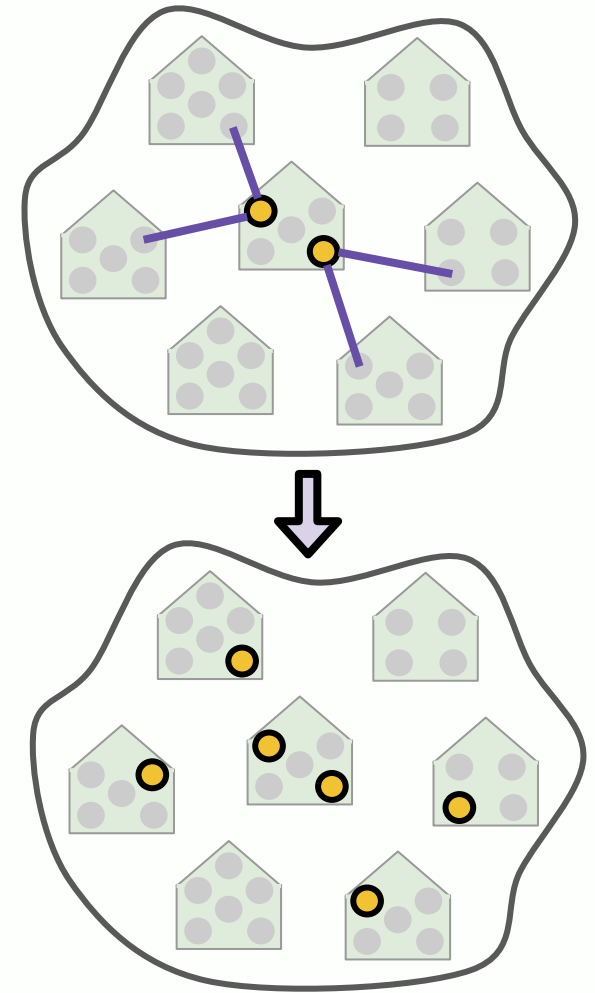
## 2 Hapoh la iing

*Ki dkhot ka longing kiba la  
ioh pang ki lah ban pynbit  
ia kiwei pat kiba na kajuh  
ka iing*



## 3 Na kawei ka iing sha kawei pat

*Ki brierw na kawei ka longing ki lah  
ban pyniabit ia kito kiba na kawei  
pat ka iing ha ka por ba ki  
iakynduh lang lane haba ki iadon  
marjan*



# Laitylli ki nongrim ban ialeh pyrshah ia u COVID-19 bad iada ia ki shnong jong ngi

1

## Jingtip

Man ki nongshong shnong ki dei ban ioh jingtip bad sngewthuh ia ki lad jingiada ia u COVID, ki lad jingsumar bad jingai tika. Ryngkat ki atiar jong ka jingtip kaba paka, baroh ngi lah ban shim ia ki lynti ban iada ialade bad ia kiwei.

2

## Ka jingiatreilang

Tang iwei I briew lane tang khyndiat ngut kin nym lah ban ialeh pyrshah ia u COVID. Baroh ngi donkam ban iatreilang ha kane ka thong ban rat diengkhong ia u COVID bad iada ia ki para shnong jong ngi.

3

## Ka jingkyrshan bad jingiarap

Ka khlam COVID ka la ktah bun tylli ki longing. Ka long kaba donkam ban weng ia ki jingniew bein bad jingsheptieng kiba iadei bad u COVID bad kyrshan ia kito kiba la shah ktah ha kane ka khlam.

# 3 tylli ki nongrim ha ka plan iada COVID ha ki shnong

## 1. Jingtip

1. Ka jinghikai ia ki paidbah ban ithuh ia ki dak jingpang COVID (ym dei ban bakla bad ka flu)
2. Ka jingdonkam ban test ban pyniakhlad ia u khniang jingpang. Ka jingduna kiba ioh positive kan pyllait kloi ia ki kyndon pyrkhing ia ka leit ka wan
3. Ban sngewthuh ia ki arbynta ki jingktah jong u khniang jingpang da kaba phah test bad sumar klo
4. Ban tip ia ki lad jingsumar ha iing lyngba ki self-help box bad medical bo
5. Ka lad ka babha tam ka long ban ai tika

## 2. Ka Jingiatreilang

- Ka jingdonkam ia ki nongshong shnong (kiba don dak jingpang bad kiwei) ban iatreilang ha kaba bud ryntih ia ki kyndon iada COVID ban pyniakhlad ia u khniang jingpang hapoh 10 sngi
1. Ka jingpynpajih para briew
  2. Ka jingdeng ia ki mask
  3. Ka jingpynshlur ia baroh ban ai tika

## 3. Jingkyrshan bad jingiarap

- Ka jingdonkam ban kyrshan bad iarap ia ki briew kiba hap ban phah sumar namar ka jingpang COVID bad kito kiba shah ktah ka kamai kajih namar ka khlam
1. Iarap ban pynbiang ki kali & isolation centre
  2. Ban rat diengkhong ia ka jingsheptieng bad jingshah niewbein namar u COVID
  3. Ban pynbiang ka bam bad ki jingdonkam ia kiba hap ban pynkyrpang ialade

# Ki 10 Hukum ban iakhun pyrshah ia u COVID

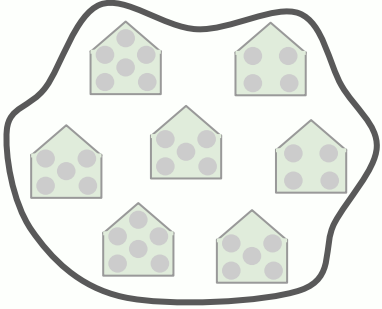
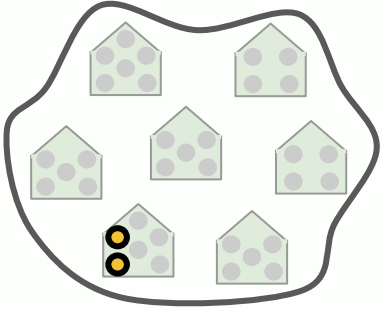
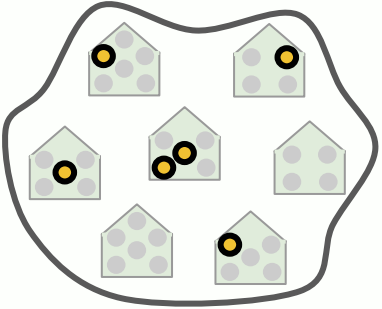
1. Mano mano na ngi ngi lah ban long ki nongkit jingpang COVID, wat la ngim don ki dak ki shin. Niew ialade kum ki COVID Positive ki bym don dak jingpang. Ngi dei ban shim ka jingkitkhlieh nalade bad ryngkat lang ngin lah ban iada.
2. Ban deng ia ki mask & pynpajih para briew (wat hapoh iing ha ka por ba shong pynkyrpang) ban pynduna ia ka jingiabit jingpang.
3. Kiar na ka jingialum bun briew ha ki jaka ba khim bad ki bym long pyngngad.
4. Ki jingialang shnong ki dei ban long habar bad ban deng ia ki mask bad pynpajih para briew.
5. Pyrkhing ia ka leit ka wan ki briew ha shnong ha ka por ba don ka jingpyrkhing ia ka rung ia ka mih.
6. Baroh ki dei ban buddien ia ki dak jingshitom bad sdang mar mar ia ka jingsumar lada paw ki dak ki shin. Phah test kloi mar ia paw ki dak ki shin.
7. Haba buddien ia ki dak jingshitom, da peitngor bha ia ki dak jingpang kiba thymmai lane kiba nang jur 6-8 sngi naduh ba sdang shitom. Wad ki lad jingsumar lada long kumne.
8. Pynbiang lypa ki kali ban kit ia ki nongpang sha ki jaka sumar ha ki khep kiba kyrkieh.
9. Buh ki Community Isolation Centre ban iarap ia ki longing ki bym don ka iing ne jaka ba biang ban shong pynkyrpang ha iing.
10. Pynshlur ia ki paidbah ba kin leit ai tika.

**Ka jingshimbynta lang ha ka plan rat diengkhong ia u COVID** kan iarap ia ki shnong ba kin pynkhreh bha ban shim ia ki rai ha ki liang baroh. Katto katne ki jingai jingmut ia ki nongialam shnong haba ki pynkhreh ia ka plan:

- Ban jop ia u COVID ka donkam ka jingiatreilang kaba khlain. Kumta baroh ki dei **ban shimbynta lang**. Pynthikna ban kynthup ia baroh ki nongialam shnong (kynthup ia ki nongkitkam shnong & nongialam niam) bad ki longing ha kaba iasylllok bad shna ia ka plan.
- Ka Plan ka dei ban iaidei ryngkat bad ki **jinglum jingkhein** khnang ba ki shnong ki lah ban thew ban woh ia ki jingma kiba ki iakynduh bad ruh ban bishar sani ia ki jingshim lad kiba biang ban iakhun pyrshah ia u COVID..
- Ka dei ban don ka jingiasylllok kaba sani man ka por ban pynthymmai ia ka plan. Ka jinglong jingman na u COVID ka iai kylla stet kumta ki shnong **ki donkam ban pynthymmai man ka por ia ka plan** khnang ba ki lah ban teh lakam ia ka khlam ha ka rukom kaba dei.



# Jingkhmih ia ki Jingma ban saindur ia ka Plan Pynduh COVID-19

|                                                                                    | Jinglong                                                                                                               | Jingma                                                                                                                                                                                                     | Jingthaw lad                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|    | <p><b><u>Kyrdan 1 Green</u></b></p> <p>Ym don jingtip ia ka jingdon case ha shnong</p>                                 | <p>Ki lah ban don ki case ki bym tip ha shnong.</p> <p>Ki briew kiba leit shabar ban trei, leit iew, leit iakynduh bahaiing bad kiwei ki lah ban kit jingpang</p>                                          | <ul style="list-style-type: none"> <li>- Baroh ki dei ban peit ia ki dak ki shin bad pynpajih para briew</li> <li>- Kiar na kaba leit jingleit shabar bad shim ki lad jingiada haba leit jingleit</li> <li>- Pynlong jingialang shnong habar da kaba deng mask bad pynpajih bad ki briew</li> <li>- Pynshlur ia ki briew ban ai tika</li> </ul>                                                                                                                                        |
|   | <p><b><u>Kyrdan 2 Yellow</u></b></p> <p>Ki don katto katne ki case bad ki dei tang ha kawei ne khyndiat ki longing</p> | <p>Baroh ki dkhot jong ka longing ki lah ban iabit jingpang</p> <p>Ka jingpang ka lah ruh ban saphriang sha kiwei ki longing</p>                                                                           | <p><b><i>Ki jingthaw lad ha ka kyrdan 1 +</i></b></p> <p><b><i>- Implement 7-10-day containment</i></b></p> <ul style="list-style-type: none"> <li>- Pyntreikam ia ka kyndon pyrkhing ia ka leit ka wan 7-10 sngi</li> <li>- Deng mask bad pyrshang ban pynpajih bad ki bahaiing wat ha la iing ruh</li> <li>- Iarap ia ki longing kiba shah ktah da kaba phah sumar kloï bad pynbiang ki jaka pynkyrpang lada donkam</li> <li>- Pynbiang ki kali ban pynkit ia ki nongpang</li> </ul> |
|  | <p><b><u>Kyrdan 3 Red</u></b></p> <p>Ki don bun ki case kiba la saphriang sha bun tylli ki longing</p>                 | <p>Ki lah ban don bun ki nongpang kiba shitom jur bad kiba iap. Ka jingpang ka lah ban saphriang stet sha ki shnong kiba marjan ruh.</p> <p>Ki jaka sumar ha shnong ki lah ban nym don jaka thiah shuh</p> | <p><b><i>Ki jingshim lad ha ka Kyrdan 1 &amp; 2 +</i></b></p> <ul style="list-style-type: none"> <li>- Kiar na ki jingialang paidbah</li> <li>- Pyrkhing ia ka leit ka wan bad kiwei ki longiing</li> <li>- Pyntreikam ia ki lad iada kiba kham pyrkhing ia kito kiba rung bad mih ha shnong</li> <li>- Kham shim khia sha ka jingsumar biang por bad peitngor ia ki dak jingshitom</li> </ul>                                                                                         |

Lada ka shnong ka don 1 ka case, dei ban shim mar mar ia ki lad iada. Ka jingpyrkhing ia ka rung ka mih ka lah ban rat diengkhong ia u COVID-19 lada baroh ngi iashimbynta!

Ki bor shnong ki lah ban buh ki jingpyrkhing ia ka rung ka mih kaba 7-10 sngi

Kine ki lah ban kynthup ia ki kyndon kum:

- 1) Ym lah ban rung ne mih na shnong khlem ka jingbit jong ki bor shnong
- 2) Baroh kin deng **arsyrtap ka mask/N-95**, haba don ha iing ne shabar
- 3) Baroh kin **pynpajih para briew** bad sait khuid ia la ki kti
- 4) Ki longing kiba don **ki dak jingshitom kin shong pyniakhlad ialade (quarantine)**, bad ka CCMT kan pynbiang ia ka bam ka dih bad ki ASHA kin iarap ha kaba ai jingsumar

Ka jingjop jong ka jingpyrkhing ia ka rung ka mih kaba 7-10 sngi ka shong ha ka **jingiatreilang bad jingiashimbynta** jong ki nongshong shnong!

# COVID Plan ha ki Shnong

## 1. Jied ia ka Community COVID Team

Ka Participatory COVID Elimination Plan ka dei ka plan ha ki shnong ban iarap ia ki ba kin lum ia ki nongshong shnong ban iatrei lang ha ka ban iakhun pyrshah ia ka khlam. Ia ka Plan dei ban saindur lang da ki nongshong shnong bad ki nongialam. Ngi lah ban jop ia u COVID tang lada ngi iatreilang.

Shnong/kyrteng dong : \_\_\_\_\_ Rangbah Shnong : \_\_\_\_\_ VEC Chairman : \_\_\_\_\_

ASHA: \_\_\_\_\_ Nongtrei Anganwadi : \_\_\_\_\_ ANM: \_\_\_\_\_

Kynhun SHG ha shnong : \_\_\_\_\_

Kiwei ki dkhot ka kynhun: \_\_\_\_\_

***Laingut kiban mihkhmat ban ia mir jingmut halor u COVID bad ki ophis Block:***

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



# COVID Plan ha ki Shnong

## 2. Ki rukom pyrkhing ia ka rung ka mih Sla. 2

Nangta, thawdur ia ki jait kam ne jingtrei ki ban shah bad ban nym shah ha ka por ba pyrkhing ia ka rung ka mih. Hangne, ki bor pyniaid shnong ki dei ban iasylok bad ki ophisar jong ki Block ban pynthikna ba kim dei ban pyrkhing palat ia ki jait kam ki bym da don jingma.

### Ki jait kam ban shah

*Kiei ki jait kam kiba ki nongshong shnong ki lad ban bteng ha ka por ba pyrkhing ia ka rung ka mih? Nuksa, ki jait kam kiba dei shabar bad kiba lah ban pynpajih para briew.*

*Kiei ki lad jingiada ba ngi lah ban shim ban wanrah jingshngain ia kita ki kam? Nuksa, ki jingiada lada don kiba hap ban leit jingleit.*

*Kiei ki lad kamai kiba lah ban bteng?*

### Ki jait kam ki ban nym shah

*Kiei ki jait kam ki bym shngain ban pynlong? Nuksa, ki jingialang baheh ha ki sawkynroh jong ka iing.*

*Kiei ki jait kam kiba dei ban pynsangeh shwa tad haduh ban da kut ka por pyrkhing ia ka rung ka mih?*

# COVID Plan ha ki Shnong

## 3. Ki jingshim lad ha kaba ai jingsumar

Haba sumar, ka COVID Team ka don laitylli ki kamram ba kongsan: 1. Hikai bad ai jingtip, 2. Buddien bad 3. Iarap. Kine ki nongmuna harum ki dei ki jingbatai bad jingkylli na ka bynta ka COVID Team ban saindur ia ki lad ai jingsumar.

### Hikai bad ai jingtip

### Buddien

### Iarap

*Baroh ki longing ki dei ban leh ia kine harum*

1. *Pyntip ia ki ASHA bad Community COVID Team lada don mano mano ba don ki dak jingpang*

2. *Sdang mar mar ia ka jingsumar bad pynthikna ia ka jingshong pynkyrpang ha iing lane ha Isolation Centre*

3. *Peitngor ia ki dak jingshitom man ka sngi, khamtam 6-8 sngi naduh ba paw ki dak. Wad jingsumar lada ki don ki dak jingpang ba thymmai ne nang kham jur Kumno ban pynphriang ia kane ka jingtip sha baroh?*

*Kumno phin pynthikna ba ki bud ia kine ki jingbthah?*

*Kumno ngin pynshlur ban phah test ia kino kino kiba don dak jingpang lane kiba la suba bit jingpang?*

*Kumno ngin buddien ia kito kiba la test positive ne kiba don ki dak jingpang? (peit ha Jingkdew 1)*

*Kumno ngin iarap ia ki ASHA kiba ai jingsumar ha ki iing?*

*Kumno ngin iarap ia ki longing kiba la shah ktah ha kaba iadei bad ka bam, ki dawai bad kiwei ki jingdonkam?*

*Kino ki nongniah kali kiba kitkhia bad kiba lah ban shaniah kiba lah ban kit ia ki nongpang sha hospital lada donkam?*

# COVID Plan ha ki Shnong

## 4. Ki rukom pyniaid kam kiba iadei bad ka jingai tika

Ha kaba iadei bad ka jingai tika, ka kamram bakongsan jong ka COVID Team ka long ban ai ia ki jingtip kiba paka halor ka tika sha ki nongshong shnong bad ban pynshlur ia ki briew kiba la kot karta ban ai tika. Ka kyrwoh kaba kongsan tam ban ai sha ki paidbah ka long ba ka tika ka lah ban iada ia ki baieit bathoin jong ngi. Katba nang kloi ban pynioh tika ia baroh, katta ka nang kloi ba ngin ioh bteng ia la ki kam ki jam bad im ka jingim kumba ju long.

**Ai ki jingtip kiba thikna sha baroh**

*Kiei ki jingpynsngewthuh bakla halor ka tika kiba kham kynrei ha shnong?  
Kiei ki jingkylli ba ngi donkam ban kylli ia ki doktor shaphang kine ki jingpynsngewthuh bakla?  
Kumno ngin wad ia ki tyllong khubor hamsaia halor ka tika bad kumno ngin pynbeit ia ki?*

**Pynshlur ia ki nongshong shnong kiba la biang karta ban ai tika**

*Kumno ngin pynshlur ia ki nongshong shnong kiba la biang karta ai tika (pyndonkam ia ka Jingkdew 2 ban buddien ia ki briew kiba kwah ban ai tika)  
Mano ba dei khmih ia ki kam bad phah ia kane ka list sha ka ophis Block?*

**Peit kiei ki jingeh ia ki briew ban leit ai tika**

*Kiei ki jingeh ne daw ba ki briew ki iakynduh ban leit ai tika?  
Mano ban pyntip ia kine ki jingeh sha ka ophis Block?*

# COVID Plan ha ki Shnong

## 5. Ban iatreilang bad ka ophis Block

Ka bynta bakhatduh jong ka Plan ka long ban buh ka tyllong iatreilang kaba khlain bad ka ophis Block khnang ba ki bor sorkar ki lah ban ai ka jingkyrshan ia ki shnong haba donkam. Kane ka nongmuna harum ka pyni ia ki katto katne ki mat kiba dei ban iasam lang bad ka ophis Block man ka por (kumba arsien shitaiew)

- ☐ Kaei ka buit pyniaid kam jong ka shnong ha kaba pyrkhing ia ka rung ka mih, hapoh ka COVID Plan?
- ☐ Katno ngut ki briew kiba don dak jingpang lane kiba la test positive? (Pyni ia ka dur jong ka Jingkdew 1)
- ☐ Katno tylli ki longing kiba hap pynkyrpang ialade? Ka don ka Isolation Centre?
- ☐ Katno ngut ki nongpang ki la leit sha hospital?
- ☐ La don ne em kiba iap ba la suba ba dei na u COVID?
- ☐ La ju don ki jingialang ne jingpynsngewthuh paidbah kiba iadei bad u COVID?

- ☐ La ka shnong ka la pynbiang ki kali ban pynkit ia ki nongpang?
- ☐ Ki don ki jingsheptieng lane jingsngewkhia halor ki jingai tika ha shnong?
- ☐ Ki don ki jingkylli halor u COVID-10 ne jingai tika?
- ☐ Katno ngut ki briew kiba la biang karta phi la lum lang ban ai tika (pyni ia ka dur jong ka Jingkdew 2)
- ☐ Ki don ki jingeh ne jingkyrpad kiba ki shnong ki kwah ban pynpaw sha ka ophis Block?



**Ka long kaba donkam ba ka shnong kan  
sngewthuh ia la ki jong ki jingpyrshang  
bad ki jingjop ki kam jong ki khnang ba  
kan ioh mynsiem bad pyndonkam ia ki  
buit treikam kat haba donkam**

# Ki dak aiu ki ban pynpaw ia ka jingjop ka Community COVID Plan?

- ☐ Ki jingiamir jingmut man ka por ha shnong kumno ban ialeh pyrshah ia u COVID
- ☐ Ki bor pyniaid shnong ki iai buddien ia ka jingdon ki nongpang COVID ha shnong
- ☐ Bun ki briew ki deng mask bad ki pynpajih para briew
- ☐ Ki longing kiba shah ktah ha ka jingpang ki bud ia ki kyndon pynkyrpang ialade ha iing
- ☐ Baroh kiba pang bad kiba don dak jingpang ki bud ia ki kyndon jingsumar biang por
- ☐ Ki jingsheptieng & ki jingujor ki duna

- ☐ Ka jingduna ki briew kiba dang kit khniang jingpang
- ☐ Ka jingduna ki briew kiba ioh pang thymmai
- ☐ Ka jinghiar jong ki briew kiba iap
- ☐ La lah ban teh lakam ia ka jingpang tang ha kawei ka iing ne khyndiat ki iing
- ☐ Ka shnong ka la pynbiang ia ki kali ban pynkit nongpang sha ki jaka sumar ha ka por ba donkam
- ☐ Baroh ki nongshong shnong kiba la biang rta ki la ioh tika kloi katba lah

# Katto katne ki jingmaham ia ki Block War Room ba ki dei ban buh ha ka jingmut

- •Ka Community COVID Plan ka donkam ia ki shnong ban **iashimbynta lang bad** bud ia ki kyndon khnang ba kin long kiba jop. Kumta ka long kaba donkam ba ki nongshong shnong kin iamynjur lang ia ka plan. Ki nongialam shnong kin thaw ia ka plan, hynrei dei ban ioh ia ka jingmynjur na baroh ki nongshong shnong.
- Ka don ka jingma lada ki nongialam shnong ki pyndonkam bakla ia la ka bor, ban pynjari ia ki jingpyrkhing ki bym don nongrim. Ka Block War Room ka dei ban tip bad peitngor kumno ki nongshong shnong ki pyntreikam ia ka Community COVID Plan.
  - Wad jingtip man ka por na ki Rangbah Shnong bad ki paid nongshong shnong (kum ki dkhot SHG) kiba lah ban pyni ne pynpaw ia ki jingsngew jong ki nongshong shnong halor ka plan

# KIWEI PAT KI JINGBYNRAP

1. Jingkdew 1: Ka jingbuddien shisien shitaiew ia ki nongpang COVID lane kiba don dak jingpang
2. Jingkdew 2: Pynshlur ia ki paidbah ban ai tika
3. Uei u COVID?
4. Kaei ka jingpynpajih para briew?
5. Ka jinglap kloi & Jingsumar
6. Balei ban ai tika? Bad ki khubor ba bakla halor ka tika

**Jingkdew 1: Ka jingbuddien shisien shitaiew ia ki nongpang COVID lane kiba don dak jingpang**

**Shnong/Dong:** \_\_\_\_\_

**Block:** \_\_\_\_\_

**Taiew sedang ha: <TARIK>**

[illegible]

# Table 2: Ka Jingpynkhreh da ka ccmt/vec ia ki briew ban leit ai tika

| SHNONG _____                                              |         | BLOCK: _____ |                                                                                                |
|-----------------------------------------------------------|---------|--------------|------------------------------------------------------------------------------------------------|
| Ki kyrteng jong ki briew kiba kwah kwah ban ai injek iada |         |              |                                                                                                |
| No.                                                       | Kyrteng | Rta          | Don jingthud lane jingkhangelad kum :<br>(Donkam Kali, ID Card, jingshitom ha la met,<br>etc.) |
| 1                                                         |         |              |                                                                                                |
| 2                                                         |         |              |                                                                                                |
| 3                                                         |         |              |                                                                                                |
| 4                                                         |         |              |                                                                                                |
| 5                                                         |         |              |                                                                                                |
| 6                                                         |         |              |                                                                                                |
| 7                                                         |         |              |                                                                                                |
| 8                                                         |         |              |                                                                                                |
| 9                                                         |         |              |                                                                                                |
| 10                                                        |         |              |                                                                                                |
| 11                                                        |         |              |                                                                                                |
| 12                                                        |         |              |                                                                                                |
| 13                                                        |         |              |                                                                                                |
| 14                                                        |         |              |                                                                                                |
| 15                                                        |         |              |                                                                                                |

Uei u COVID?

# Uei u COVID-19?

- **U COVID-19 u dei u khniang jingpang uba ktah ia ka bor ring mynsiem uba trei ia u tyngkro bad ki tor, kaba lam sha kine ki dak jingshitom:**
  - Shit
  - Sat ryndang
  - Jyrhoh rkhiang
  - Ktha ka met
  - Pynhiar
  - Ka jingduh ia ka bor sma ne mad
- **Palat 90% jong kane ka jingpang lah ban sumar ha iing**
- **Hynrei, khyndiat tylli ki case ki kham jur::**
  - ❑ Ki tor ki tyrha bad tyrkhong, bad kim lah ban ring ne pdiang ia ka oxygen
  - ❑ Katba ka jingpang ka nang ktah ia ki dkhot met ba kongsan, ka met ka pynmih ia ka “cytokines” ban ialeh pyrshah ia ka jingpang. Hynrei ka jingbun palat ka cytokines ka pynsniew ia ki tor, ka pynjutor ia ki dohjem bad ka wanrah ka high blood pressure
  - ❑ Ka oxygen ka nang duna ban rung sha ki dkhot met ba kongsan kat haduh ba ka wanrah ia ka jingiap
- **Ki briew kiba kumno kiba lah ban shitom jur?**

Ki briew kiba la tymmen bad kito kiba don kiwei ki jingshitom ki lah ban shitom jur, hynrei kane ka la jia ruh ha ki briew kiba dang samla. Kino kino ki briew ki lah ban ioh ka jingshitom kaba jur



# Kumno u COVID-19 u saphriang?

## U COVID-19 u saphriang ha ki lai rukom kiba kongsan:

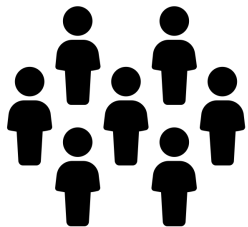
- **Kaba ring mynsiem ia ka lyer haba don hajan bad u briew uba don jingpang**
- Haba ki symbol um bad ki phngiat kiba don ia u khniang jingpang ki hap ne dei ha ki khmat, khmut lane shyntur, khamtam ki phliah um kiba mih haba jyrhoh ne synriah.
- Kaba ktah ia ki khmat, khmut lane shyntur da ki kti kiba don ia ki khniang jingpang.

## Phi lah ban pynsaphriang ia u COVID-19, wat la phim don ki dak ki shin jingpang

- • Bun ki briew kiba ioh ia u COVID-19 ki lah ban pynbit ia kiwei 1-3 sngi shwa ba kin paw ki dak ki shin.

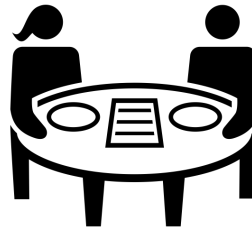
## Ki rukom kiba u COVID-19 u saphriang ha ki shnong jong ngi:

### Ki jaka ba bun briew



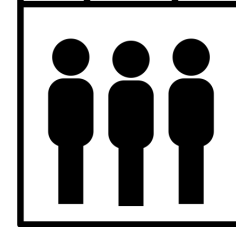
Iew; ki jingiaseng bad  
ki jingialang shnong

### Ki jingiashong marjan



Ba iabam ja lang lane  
iadih sha bad kiwei

### Ki jaka ki bym lait lyer ne ba khang khop



Ki kamra barit ki bym don  
jingkhangit ne ba khang  
jingkhangit;  
ki kali kiba khang jingkhangit

Ka mut aiu  
ka jingpynpajih para briew?

# Jingpynpajih para briew

## Kaei ka jingpynpajih para briew?

- Ka jingpynpajih para briew ka mut ban pyniajngai (kumba 2 mitar) hapdeng jong phi bad kiwei ki briew ki bym dei na ka longing jong phi
- Ban kiar na kaba don bad kiwei ha ki jaka kiba khapngiah – kum hapoh ki iing lane ha kali

## Balei nga dei ban pynmlien ban pynpajih na ki briew?

- COVID-19 spreads among people who are in close contact.
- It spreads through tiny droplets in the breath of an infected person, into the lungs, mouth or nose of people nearby.
- Even people who show no symptoms can spread the disease to others.

## Kumno phin lah ban pynpajih na ki para briew?

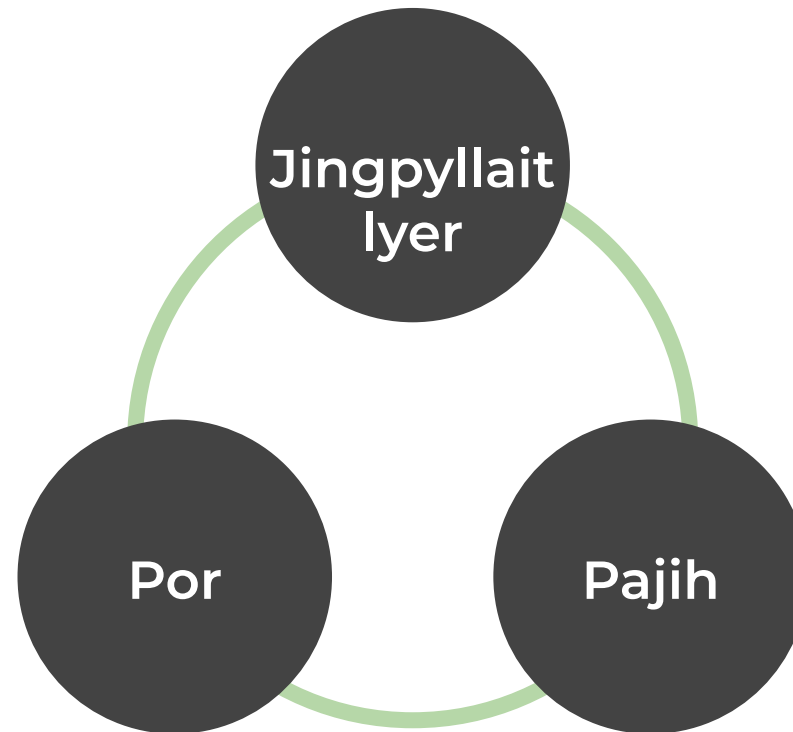
Laitylli ki jingai jingmut ba donkam:

1. Ka **jingpynjngai** hapdeng ki briew; katba nang jngai nang bha; pynjngai kumba 6 mitar
2. **Jingpyllait** lyer ia ka jaka; Ki jaka shabar iing > Pynpyngngad ia ka iing hapoh > Bym lait lyer hapoh iing
3. Ka **jingpynlut** por bad kiwei: pynduna ia ka por ban pynlut bad ki briew ki bym dei na kajuha ka iing bad phi – kiar na kaba iadihsha ne iabamja lang ha kajuha ka kamra

# Jingpynpajih para briew

- Kiar na ki jingialang baheh kiba long hapoh ki iing
- Katba lah, iakynduh ia ki briew shabar iing
- Plie ia ki jingkhangiit haba don hapoh khnang ban rung bha ka lyer

- Wat pynlut por than haba phi mih shabar na la iing bad wat mih than na iing
- Pynlut kham bun ka por ha ki phyllaw ne ki bynta ba shabar jong ka iing jong phi



- Pynjngai kumba 6 phut haba iakynduh briew ne haba ialum kynhun
- Kiar na ki jingialum bad ki jaka ba bun briew ha kaba ka eh ban pynpajih bad ki briew

# Pynpajih para briew ha la iing

## Pynpyngngad lyer: ling

Ailad ia ka lyer nabar ba kan rung ban bujli ia ka lyer na iing. Kane ka jingailad ban rung lyer bad ka jingbiang ki jaka ban pynpyngngad ia ki kamra ka lah ban pynduna ia ka jingiabit jingpang kiba lah ban mih na ki kamra ba long iap-op hapoh iing. Katba nang bun ki jaka rung lyer, katta ka jingsaphriang jingpang ka nang duna.

### Ka jingrung lyer ka bym biang

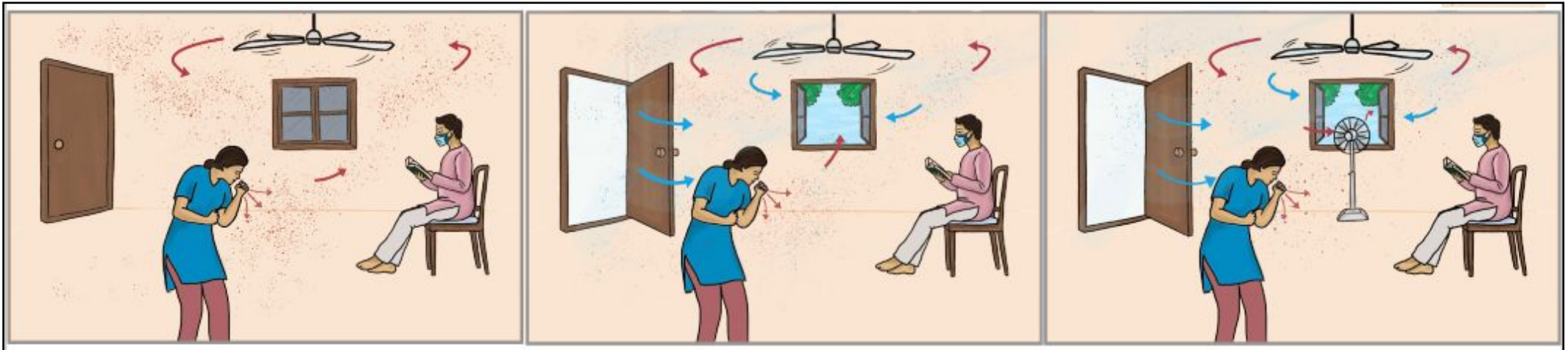
(khang ki jingkhangiit bad jingkhambah)

### Ka jingrung lyer kaba biang

(plie ki jingkhangiit bad jingkhambah)

### Ka jingrung lyer kaba bha tam

(ka pakha kaba kjit lyer)



Ka rukom buh ia ki pakha ka long kaba donkam. Kiar na kaba buh ia ki pakha ha ka rukom kaba lah ban kit ia ka lyer jakhlia sha kiwei. Ka long kaba donkam ban buh ia ka pakha kjit lyer. Pynmeh ia ka pakha kjit lyer lada khang ia ki jingkhangiit bad jingkhambah.

Buh ia ka pakha kjit lyer lane pynkylla ia ka pakha kaweh lyer sha ka pakha kjit lyer da kaba pynphai ia ka sha bar ban ioh ia ka jaka rung lyer kaba biang khnang ban iada na ka jingsaphriang khniang jingpang ha iing.

# Pynpajih para briew ha la iing

## Pynpynggad Iyer: Ha ki jaka ba bun iing

1. Ka jingrung Iyer ka bym biang: (ka Iyer kam lah tawiar)

2. Ka jingbuh ia ki kynja jar ne sa kawei ka jaka rung Iyer ka ailad ia ka Iyer khuid ban rung bad pynduna ia ka jingroi ki khniang jingpang

3. 3. Da kaba buh ia ka pakha kjit Iyer hajan ka kynja jar/jaka lait Iyer kan nang ailad ia ka jingrung ka Iyer bad pynduna ia ka jingsaphriang jingpang



Ka jingbym don ki jingkhangiit/ka jinglait Iyer na shiliang sha shiliang kan nang pynkharoi ia ki khniang jingpang bad kan buh jingma na ka jingbitpang namar bym biang ki jaka lait Iyer.

\*La ai jingmut ba ki shnong kin buh ia ki kynja jar/jaka rung Iyer ryngkat bad ki pakha kjit Iyer ha ki iing ki bym don ki jaka rung Iyer na shiliang sha shiliang.

Ka Jinglap kloi & Jingsumar

|                                                                                                                                           |
|-------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Peitngor ia ka sngi ba nyngkong ba paw ki dak jingshitom</b>                                                                           |
| <b>Peit bha ia ki dak jingshitom bathymmai/ba nang jur 6-8 sngi naduh ka sngi ba nyngkong</b>                                             |
| Lada long kumne, iathuh kloi ha u doktor/ASHA/14410                                                                                       |
| <b>Sngi 1</b><br><b>Hato nga sngew shitom mynta?</b>                                                                                      |
| <b>Sngi 2-sngi 6</b><br><b>Ka jingsdang ban ioh pang</b><br><b>(Bun ki briew ki sdang ban koit haba kut jong kane ka kyrdan)</b>          |
| <b>Sngi 6-sngi 8</b><br><b>Ka kyrdan ba wan ka jingtyrha bad jingshitom palat</b><br><b>(Don ki briew kiba paw ki dak jingshitom jur)</b> |

|                                                                                                                                                                               |                                                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>La test positive ia u COVID-19 lane ki dak jingshitom COVID-19</b>                                                                                                         |                                                                                                                                                                                                                                       |
| <b>Ngan leh kumno mynta?</b>                                                                                                                                                  |                                                                                                                                                                                                                                       |
| Lada phi dang shu test positive lane sdang ban ioh ki dak <b>jingshitom flu kum ka pang shit, jyrhoh rkhiang, pynhiar, tlot, sat ryndang, phi dang shu sdang ban ioh pang</b> | Lada ka la long 6-7 sngi naduh ba phi test positive/sdang paw ki dak jingshitom flu, bad nang paw thymmai ne jur ka pang shit, jyrhoh bad shitom ring mynsiem, phi la poi ha ka kyrdan ha kaba ka<br><b>jingshitom ka la ktah jur</b> |
| <b>Sngi 2-sngi 6</b><br><b>Bun ki briew ki sdang ban koit ha kaba kut kane ka kyrdan</b>                                                                                      | <b>Sngi 7-sngi 10</b><br><b>Don ki briew kiba lah ban kham paw ki dak jingshitom jur</b>                                                                                                                                              |



Phi dei ban peit bha ia ka sngi ba ki dak jingpang ki paw khnang ba phin tip  
ia ka sngi ba 8

Ki jingsumar dawai

**\*Paracetamol** (500 mg tds x 1 taiew

**\*Ivermectin** (12 mg x 5 sngi ia kiba la san)

**\*Vitamin C** (500 mg/2 xsngi na ka bynta 5 sngi)

**\*Multi-vitamin** (1 u kuli x man ka sngi)

**\*Vitamin D3 2000 ne  
4000 I.u.** (1tds x man ka sngi)

**\*Zinc** (50 mg x man ka sngi)

**\*Kynruh Betadine** (tds x 1 taiew)

***Dih dawai tang kiba la ai ne bthah ki doktor***

## ***Kyrdan 1: Kyrdan paw jingpang***

**Phi dei ban thew bha ia ka jingshit bad  
oxygen (02) kumba 4 sien shisngi**

**Ki bym dei ki lad sumar dawai**

- **Thew ia ka oxygen (02) da u pulse  
oximeter lane respiratory rate**
- **Kylla rukom thiah**
- **Thew ia ka jingshit**
- **Pynum ialade**
- **Ring tdem umkhluit**

***Kine ryngkat bad ki dawai ki long kiba  
bha tam ban sumar COVID-19 ha iing***

## Jingdon ka oxygen

### *J. Ka mut aiu Oxygen Level?*

Ka Oxygen level ka dei ka jingthew katno ka oxygen kaba ki red blood cells jong phi ki kit.

***Ka Oxygen level kaba biang ka long 95 haduh 100***

### *J. Kumno ban thew ia ka oxygen da u Oximeter?*



*Kyndon 1: Sait bha ia ka kti bad phrung ia ka 'ti-pdeng hapoh u Oximeter*



*Kyndon 2: Pynmeh ia u pulse oximeter bad ap 30 sekhon ban tip ia ka jingthew*



*Kyndon 3: Thoh ia ka jingthew ia ka SpO2 ba la pyni u oximeter*



**Oxygen Level**      **Jingtied klongsnam**

## ***Kyrdan 1: Kyrdan paw jingpang***

### Jingdon ka oxygen

#### ***Ki buit ban ioh jingthew ba biang***

- Teng teng u tiar um biang jingthew. Lada phi i duna pat, pyrshang thew ha u briew ba khiah krat ban peit la uta u tiar u pyni duna jingthew.
- Da peit bha ba ka shympriahkti kaba pyndonkam ban thew oxygen kam dei ban don ia ki rong tyrsim, tattoo ne henna.
- Wat ju thew mar ia dep trei kam khia.

Thew ia ka oxygen ha ka por ba phi long jai jai bad haba shong.

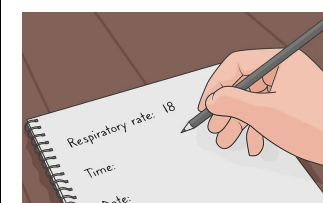
# *Ka jingdon ka oxygen*

## **J. Kumno ban thew ia ka oxygen lyngba ka jingring bad pynhiar mynsiem**



Kyndon 1: Peit ba phi long aram bad long jai jai. Phi lah ban thew ia ka jingring bad pynhiar mynsiem haba shong, ieng ne thiah

Kyndon 2: Buh ia ka por 60s bad peit ba Niew man ba phi iohi ba ka shadem ka kiew. Niew beit thik tang ia kaba ring NE pynhiar mynsiem



Kyndon 3: Thoh ia ka jingkhein jong ka jingring bad pynhiar mynsiem bad ka por ba thew. Ka jingthew ia ka jingring mynsiem ia kiba la san ka long hapteng 12-20 sien ring man ka minit.

Lada ka jingring mynsiem ka long palat ia ka 24 sien ring/minit, mar mar wat ia ki lad jingsumar!

## ***Kyrdan 1: Kyrdan paw jingpang***

*Rukom kylla thiah*

*J. Ka mut aiu ka rukom kylla thiah?*

*J. Rukom kylla thiah*

Ka dei ka rukom ban pynthiah ia u briew ha kata ka rukom ban kyntiew ia ka jingring bad pynhiar mynsiem.

**J. Ha kano ka por yn pynkylla rukom thiah?**

***J. Pynkylla thiah haba ka oxygen ka hiar duna ia ka 94%.***

*J. Mano bym dei ban kylla rukom thiah?*

***Ki briew kiba don jingshitom klongsnam***

***Ki briew ki ba shitom budlum ne pang shyieng***

***Ki briew kiba lang snam ha ki thied snam***

## **Kyrdan 1: Kyrdan paw jingpang**

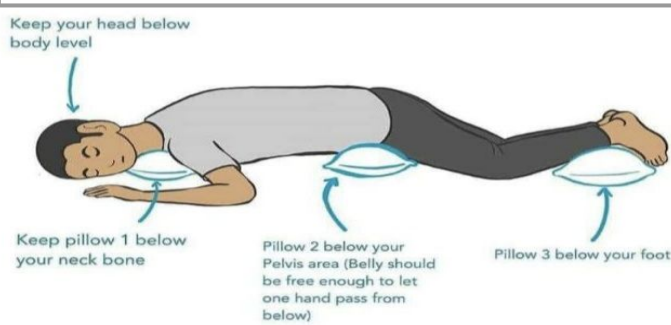
## **Rukom kylla thiah**

Kylliang hapdeng kine ki laitylli ki rukom thiah man ka 30 minit. Bad pynpyngngad bha ia ka kamra

\*Kaei ka rukom kylla thiah?

Ka dei ka rukom pynphai thiah kaba la ai jingmut ruh da ki stad sumar pang ban iarap ha ka rukom ring mynsiem bad pynkiew ia ka oxygen

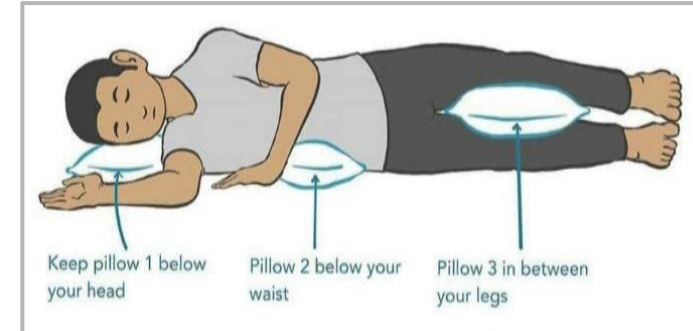
**Rukom thiah 1**



**Rukom thiah 2**



**Rukom thiah 3**



**Jingmaham: Kiar na ka jingkylla rukom thiah shikynta hadien ba la dep bam**

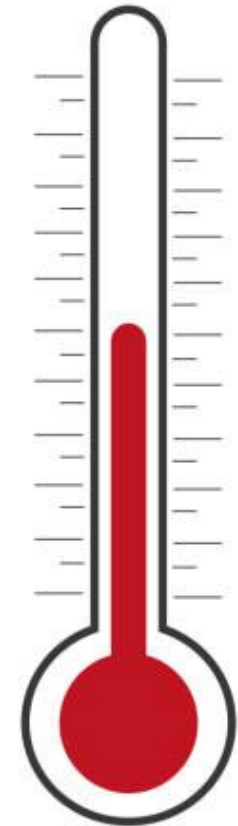
**Kiar na ka kylla thiah lada armet, shitom klongsnam bad shitom budlum, shyieng ne pait ki shyieng shyorkait**

## Thew jingshit da u thermometer

- **Rukom pyndonkam ia u digital thermometer**

- Sei ia u thermometer na ka jaka ba thep
- Pynkhuid ia u khmut thermometer da ka sabon bad umsyaid lane da kaba niad da ka alcohol. Phler da ka umpjah shwa ban pyndonkam
- Ang ia ka shyntur, buh ia u khmut jong u thermometer shapoh jong u thylliej bad kbum ia ka shyntur
- Buh beit ia u thermometer shapoh jong u thylliej haduh ba u digital thermometer un da pah
- Peit ia ka nombar ha i jaka ba pyni jingthew. Kane ka pyni ia ka jingshit jong phi
- Thoh ia ka jingshit jong phi ha ka chart
- Pynkhuid ia u khmut thermometer bad thep biang ia u
- Wat ju pyndonkam lang ia u thermometer bad kiwei ki dkhot ka longiing

## ***Kyrdan 1: Kyrdan paw jingpang***



## ***Ka jingpynum ialade***

## ***Kyrdan 1: Kyrdan paw jingpang***

J. Ka jingdonkam jong ka jingpynum ialade

Haba pang COVID-19, ka met jong ngi ka duh bun ka um namar ka jingpang shit. Bun ki nongpang ha Meghalaya ki hap ban poi hospital namar ka jingtyrkhong palat ka met. Phi lah ban kiar na kaba leit hospital tang lada phi lah ban pynum ialade.

J. Ki dak jong ka jingtyrkhong ka met

Ka umpynjhieh ka kylla rong stem

Ka jingmih ka umpynjhieh ka duna bha

Ka jingtyrkhong shyntur

Ka jingtied stet u klongsnam

Ka jingthait bad jingkulmar jingmut

J. Kumno ban pynum ialade haba ioh COVID-19?

Dih kumba 10-12 klat ka um shisngi.

Pyndonkam bun jait ki kynja um ban nym ngiah ban dih ia kajuh shi kajuh. Ka umsyrrwa ruh ka iarap ban pynum ia ka met bad ka iarap ban pyndap biang ia ka mluh bad calories ba don ha ka met u briew

Lada phi prie ne pynhiar, dih da u ORS nalor kaba dih um

## **Kyrdan 1: Kyrdan paw jingpang**

### ***Ha kano ka por yn wad jingsumar kloi?***

Ha ki 6-8 sngi naduh ba paw jingpang

*Kine ki dak ki pyni ba ki nongpang ki kham don  
jingma bad ki donkam jingsumar:*

- Shitom ban ring mynsiem
- Hiar ka oxygen (SpO2) duna ia ka 94%
- Ka jingring mynsiem palat ia ka 24 sien  
ring/min
- Ka jingpang shadem
- Ka jingkulmar jingmut
- Ka jingshit kaba neh palat ia ka 7 sngi

*Kumno ban wad jingsumar kyrkieh*

- Iasyllok bad ki doktor ne phone ia i ASHA ne  
u Rangbah Shnong
- Phone 14410, u nombar iarap bym donkam  
siew

Peit ia ka directory haba kut jong kane ka kot lyngkdop  
ban phone sha ki jaka sumar ba don hajan

## **Kyrdan 2: Kyrdan Jur Jingpang**

### ***Ha kano ka por ban wad jingsumar kloi?***

Ha ki 6-10 sngi naduh ba paw ki dak shitom  
COVID,

*kine ki dak ki pyni ba ki nongpang kiba kham don  
jingma ki donkam jingsumar:*

- Shitom ban ring mynsiem haba trei ia ki kam  
ba man ka sngi
- Ka jingpang shit kaba thymmai ne kaba  
nang jur
- Ka jingioh ia ka jyrhoh

Kumno ban wad jingsumar kyrkieh

- Iasyllok bad ki doktor ne phone ia i ASHA ne  
u Rangbah Shnong
- Phone 14410, u nombar iarap bym donkam  
siew
- Peit ia ka directory haba kut jong kane ka  
kot lyngkdop ban phone sha ki jaka sumar ba  
don hajan

**Balei donkam ban ai tika?**



# Balei donkam ban ai tika?

1

Ka jingai tika ka lah **ban pynduna ia ka jingma jong ka jingiabit** ia ka jingpang Covid-19.

2

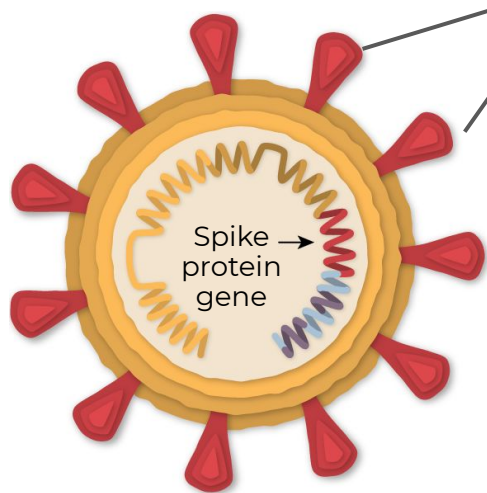
Ka jingai tika ka lah **ban iada na ka jingiap lane ka jingktah ba jur** jong ka jingpang watla u briew u iabit ia ka jingpang Covid-19.

3

Da kaba shim ia ka tika phi lah ban pynduna ia ka jingsaphriang jong une u khniang jingpang bad **kan iarap iada ia ka longiing bad ka shnong ka thaw jong phi.**

Kumno ka tika iada na u COVID  
ka treikam?

1

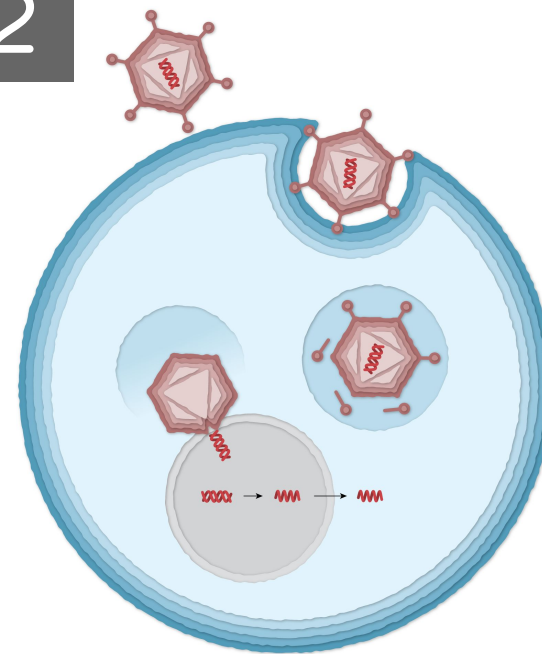


CORONAVIRUS

**ki speh**

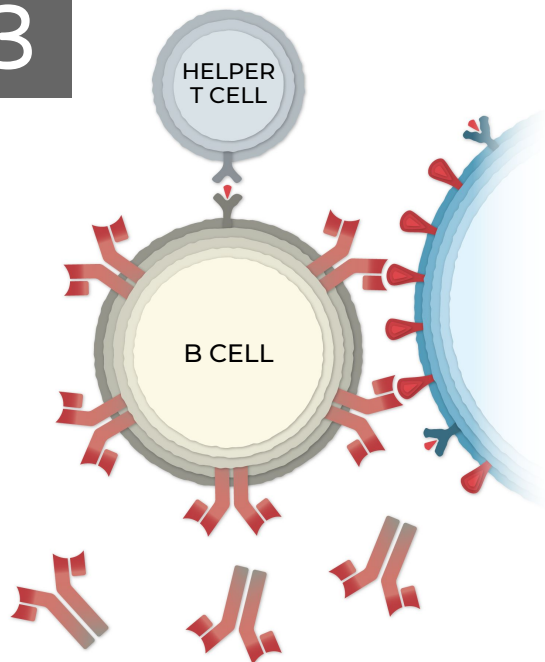
une u khniang jingpang u pyndonkam da ki speh ban rung shapoh ki cell kiba don hapoh ka met jong ngi. Ki stad saians ki pyndonkam da ka dur jong une u khniang jingpang ban saindur ia ka dawai tika kaba long thik kum une u khniang jingpang.

2

**ka tika**

Ka dawai tika ka pyndonkam da ki speh ban rung shapoh ki cell. Kane ka ailad ia ka met jong ngi ban ioh hikai kumno ban ithuh bad ialeh pyrshah ia u coronavirus

3

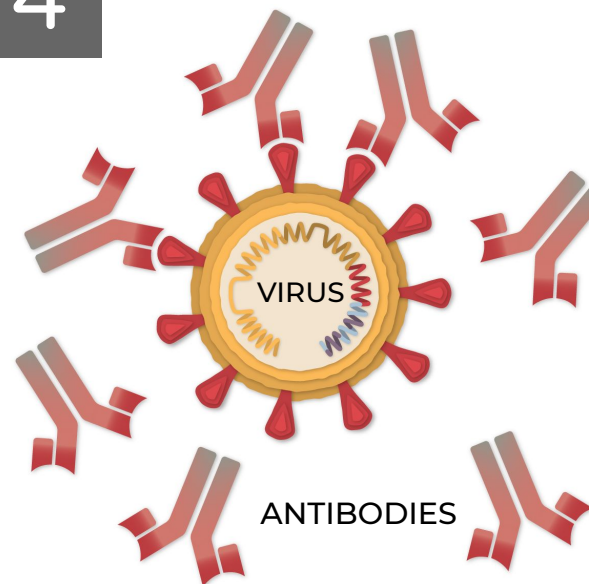


ANTIBODIES

**ki antibodies**

Lyngba ka dawai tika, ka met jong ngi ka saindur ia ki antibodies kiba lah ban pyntroin ia ki speh kiba don ha u khniang jingpang.

4

**ka bor iada**

Mynta haba u khniang jingpang u rung ha ka met jong ngi, ki antibodies ki la lah ban ithuh bad ki khanglad ia u

**Ki longkmie kiba dang lung  
khun/dang ai buiñ khun, ki lah  
lah ban shim ia u tika covid-19**

Mano ban ioh inje kiada?

# Mano ban ioh injekiada?

**Nga lah palat 45  
snem ka rta.**

Phi lah dei hok ban ban ioh  
inje kiada. Wad kloi ia ka jaka ai  
injek kaba jan tam

**Nga don hapdeng  
ka rta kaba 18 bad  
45 snem.**

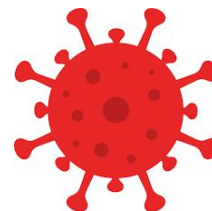
Ka sorkarIndia(GOI) ka lah plie ia ka  
lad na ka bynta ki 18-45 snem ka rta  
ba phinpynrung kyrteng ha  
<https://www.cowin.gov.in/home>  
sngewbha ban pynrung kyrteng bad  
wad ia ka jaka ai injek kaba jan tam  
bad phi.

---

**Mano pat ki bym lah ban ioh  
inje kiada.**



Kiba hapoh 18  
snem ka rta.



Kiba dang pang  
Kovid lane kiba la  
don ki dak ki shin.

Kumno ban ioh ai injek?

# Kumno ban ioh ai injek?

Step  
1

***Wad ia ka jaka ai injek ba jan tam.***

Phun ia u 14410 lane kylli na I ASHA jong phi ne ki jaka ai jingsumar ba leit ai hangno.

Step  
2

Rah kawei na kine harum ban pynshisha ia ka jinglong traishnong jong phi

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

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

Step  
3

Ha ka jaka ai injekphin ioh shwa ka dawai ba nyngkong. Phi dei ban ioh ruh ka sertiphiket ba la dep ai. Peitbha ka Tarik lano phi hap ai biang ia ka dawai ba ar.

Step  
4

Leh biangkumbamynshwa, kata, ki kyndon 1, 2 bad 3 ban ioh ai pat ia ka dawai kaba ar hapteng 12 haduh 16 taiewnaduh ka por ba phi dep ai ia ka dawai ba nyngkong. Wat pep ban ai ia ka dawai kaba ar. Donkam ban ai baroh ar khanang ba phin ioh ka jingiada ba pur

Step  
5

Ban rat dyngkhong ia u kobid , baroh ngi donkam ban ai injekiada. Khotlang bad pynshlur ia ki lok ki jor kiba ha iing ha sem ban ai ia kane ka injeiada.



Kaei kaba phi lah ban khmih lynti  
hadien ba phi la ioh ia ka injek iada?

# Kaei kaba phi lah ban khmih lynti hadien ba phi la ioh ia ka injek iada

## Nga lah ne em ban ioh jingthlia met hadien ba la ai injek iada?

Ki injek iada Covid ki long kiba bha. Tangba phi lah ban ioh **jingshit, jingktha met ne khlieh** lada phi ioh ia kine dih da u dawai Paracetamol.

**Kine ki jingshit, jingktha met ne khlieh kin sa jah hadien katto katne sngi.**

## Kaei kaba nga dei ban leh hadien ba nga la dep ioh baroh arsien ka injek iada?

Ki injek iada ki iada ia phi ban nym ioh pang jur , tangba phi dang lah ban pynsaphriang pat sha kiwei. **Na kata ka daw ngi dei ban dang iai deng mask bad ban pynjngai na kiwei.**

Ka long kaba kongsan ba ngin long kiba lah ioh ia ka injek iada. **Ngi dei ruh ban pynshlur ia ki bahaing bahasem bad ki nongshong shnong ban leit ai injek iada kham kloi.**

Ki ei de ki jingtip ba phi iohsngew  
shaphang ka tika COVID-19?

# Ki khubor hamsaia ba kham phriang paidbah halor ka tika COVID-19

**Hamsaia 1: Haba phi dang lah ban iohpang COVID-19 wat hadien ba ai tika ka mut ba ka tika kam long kaba treikam.**

**Jingshisha:** Kane ka tika kam lah ban khang na ka jingktah u COVID-19 hynrei ka long pat kaba treikam bha ha ka ba pynduna ia ka jingma lada jia ba shah ktah ha u khniang jingpang COVID-19 bad la pynshisha ruh ba ka tika ka lah ban iada na ka jingiap ne jingktah jur jong ka jingpang.

**Hamsaia 2: Wat leit ai tika ha ka por ba poi bnai.**

**Jingshisha:** Kane ka tika ka long kaba shngain ban ai ha ka por ba poi bnai.

**Hamsaia 3: Hadien ba nga la dep ai tika, ngam donkam shuh ban deng mask.**

**Jingshisha:** Phi dang lah hi ban ioh COVID wat hadien ba la ai tika bad phi dang lah ruh ban pyniabit ia kane ka jingpang ia kiwei pat. Namar kata, phi donkam ban iai deng ia ka mask bad bud ryntih ia kiwei kiwei ruh ki kyndon jingiada.

# Ki khubor hamsaia ba kham phriang paidbah halor ka tika COVID-19

**Hamsaia 4: Ia kane ka tika ia test bad pyntreikam kloi eh tang ha ka por ba lyngkot.**

**Jingshisha:** Ka jingshna bad jingsain dur ia ki tika haduh ban da long ban pyntreikam ka hap ia id lyngba bun tylli ki kyndon, ki ba bunsien ka shim por kham slem. Na ka bynta u COVID-19 ki stad saians bad ki nongpyniaid ki ia iatreilang ban pynstet ia ka jingpynkhreh bad ban lait na kino kino ki jingpynslem na ki bor synshar ban ioh pyntreikam. **Kim shym khein sting halor ka jingshngain.**

**Hamsaia 5: Nga ia dep ioh ia ka tika kaba nyngkong bad ngam donkam shuh ba ngan leit shim ia kaba ar.**

**Jingshisha:** Ia mynta ki tika COVID-19 ha ri India, dei ban ai ar sien khnang ban ioh ia ka jingiada ba pura. Ka tika ba nyngkong ka sdang ia ka kam ban pynmih ia ki antibodies ki ban ai ka jingiada ia ka met bad ka tika kaba ar ka pynkhlain bad pynskhem shuh shuh ia kata ka bor iada.

# Husiar ia ki khubor hamsaia kiba saphriang na ka social media

## KIBA IALAM BAKLA

**Hamsaia:** Bam da u rynsun kan iarap iada na ka jingshahktah ha u COVID-19.

**Jingshisha:** Ym don kino kino ruh ki sabut ban pynshisha ba u rynsun u don ia ka bor pyniap khniang jingpang ne antibiotic.

## KA JINGMA

**Hamsaia:** Kaba deng mask kan kyntiew ia ka jingdon ka jynhaw carbon dioxide haba nga ring mynsiem bad ngan sa iohpang

**Jingshisha:** Ka jingbym deng ia ka mask ka buh jingma shibun eh ia phi ba phin ioh ia u COVID-19 uba lah ban pyniap ia phi.

## KA JINGPYNDONKAM DA KA JINGPYNTIEN BAN RIAM IA KI PAIDBAH

**Hamsaia:** Ka tika COVID-19 kan pynlong lyngki noh iaphi.

**Jingshisha:** Kane ka dawai tika kam ktah eiei ruh ia ka kha ka pun Jong ka met. Bun na ki longkmie ha Meghalaya ki la pun khun wat hadien ba ioh tika

## Iada ialade na ki khubor lamler

- **Da wad ia ka tyllong:** Husiar na ki khubor bym don nongrim kiba ym tip ia ka tyllong kum 'I ong I paralok jong nga ba I paralok jong i i ba long doktor' lane 'ba ong ki stad saians' khlem da don pat ki jingbatai ba bniah
- **Hato kiwei ki tyllong khubor pat ki ong ia kajuh?** Khmih ban shem la kiwei ki kot khubor ne ki lad pathaai khubor lyngba ki television lane ki thymmei khubor ba lah ban shaniah ki kren ne em ia kajuh.

# Ki thymmei ba phi lah ban ioh jingtip

## Ki thymmei ai jingtip kiba bha:



### **NHM Meghalaya**

- [www.nhmmeghalaya.nic.in](http://www.nhmmeghalaya.nic.in)
- NHM Meghalaya Facebook Page
- NHM Meghalaya Instagram
- NHM Meghalaya Youtube Channel



### **World Health Organization**

- [www.who.in](http://www.who.in)
- WHO Facebook Page
- WHO Instagram



### **Meghalaya Covid-19 Response Team**

- Facebook
- Instagram

## Ki thymmei ai jingtip kiba sniew:



### **WhatsApp**

- Ba phah da ki bahaiing ne ki paralok
- Ki message ne ki phone number bym tip
- Ki jingtip na ki tyllong khubor ba khlem tip ia ka thymmei kiba ia phah ha ki WhatsApp group



**Ki Facebook bad ki Instagram Page jong ki tyllong bym don jingithuh da ka sorkar.**