

COVID-19 MIZORAM DAILY BULLETIN

Task Group on Media & Publicity



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Issue No : 149

Time : 13th September, 2020 @ 7:00 PM

Mizoram COVID-19 Helpline no. 102(toll free)/ 0389 2323336/0389 2318336

01.09.2020 LEH 30.09.2020 INKARA MIZORAM CHHUNGA INKAIHHRUAINA KALPUI
DAN TUR THUPEK For details [Click here](#)

1. September ni 13, 2020 tlaidar 5:30 a khawvel COVID-19 dinhmun (source: WHO)

Confirmed cases - 2,85,84,158
Confirmed deaths - 9,16,955

COVID-19 natna vei hmuh chhuah tamna ram te

USA - 63,86,832	India - 47,54,356	Brazil - 42,82,164
Russia - 10,57,362	Peru - 7,16,670	Colombia - 7,02,088
Mexico - 6,58,299	South Africa - 6,46,398	Spain - 5,54,143
Argentina - 5,35,705	Chile - 4,32,666	Iran - 3,99,940

COVID-19 natna thihpui tamna ram te

USA - 1,91,809	Brazil - 1,30,396	India - 78,586
Mexico - 70,183	U.K. - 41,614	Italy - 35,597
France - 30,734	Peru - 30,470	Spain - 29,699
Iran - 23,029	Colombia - 22,518	Russia - 18,484

Darkar 24 chhunga COVID-19 natna hmuhchhuah tam zualna ram te

India - 94,372	USA - 45,523	Brazil - 43,718
Argentina - 11,507	France - 9,260	Colombia - 7,424
Peru - 6,603	Mexico - 5,935	Russia - 5,488
Philippines - 4,899	Iraq - 4,106	Indonesia - 3,806

Darkar 24 chhunga COVID-19 natna thihpui tam zualna ram te

India - 1,114	USA - 1,022	Brazil - 874
Mexico - 534	Colombia - 243	Argentina - 212
Philippines - 184	Peru - 126	Russia - 119
Iran - 116	South Africa - 113	Indonesia - 106

WHO in region a then dan a COVID-19 vei zat

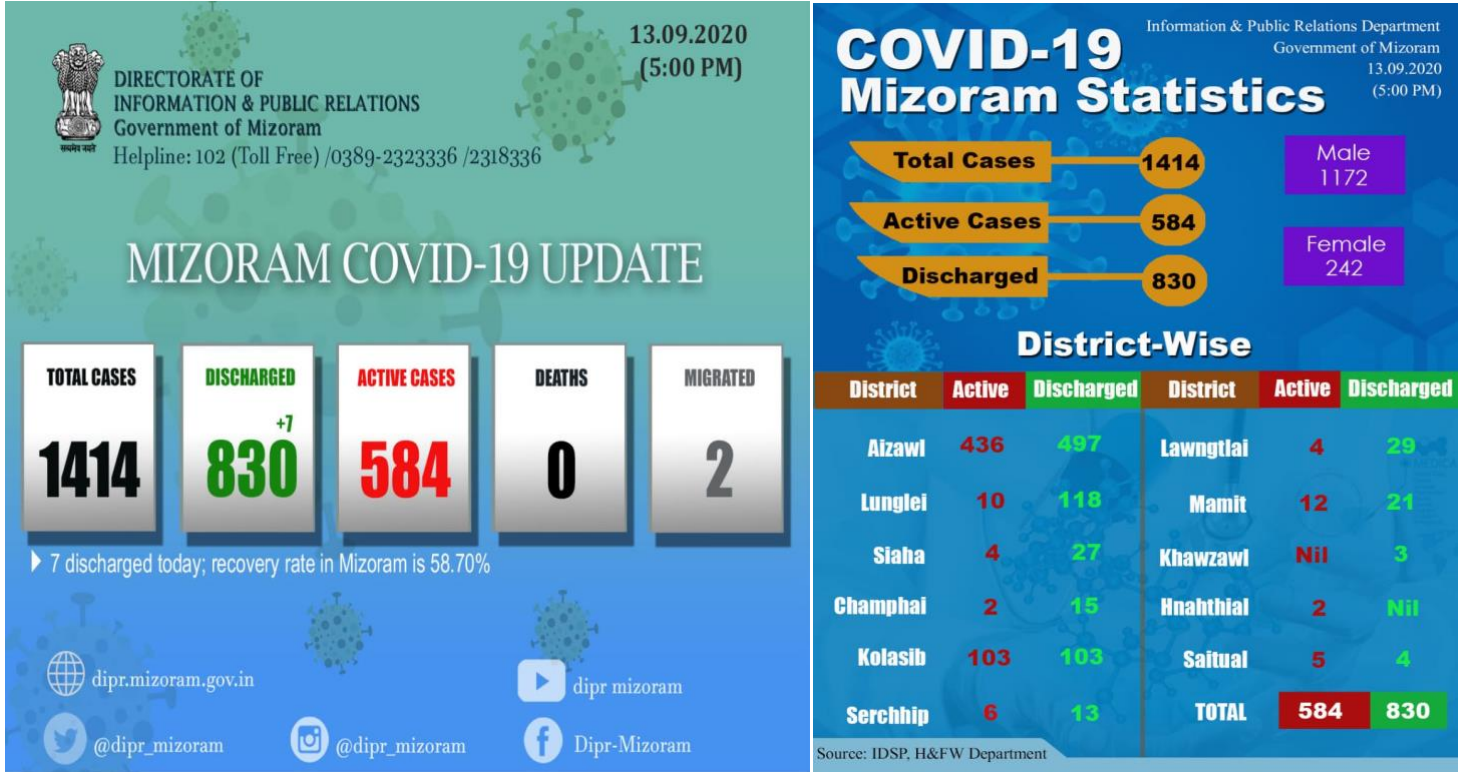
Americas - 1,46,99,174	South-East Asia - 53,77,062	Europe - 47,47,273
Eastern Mediterranean - 21,01,676	Africa - 11,11,680	Western Pacific - 5,46,552

Darkar 24 chhungin positive thar **2,97,489** an awm a; **5,698** in an thihpui.

2. September ni 13, 2020 zing dar 8:00 a India ram COVID-19 dinhmun (source : MoHFW, GOI)
COVID-19 vei hmuhchhuah tawh zat : 47,54,356 Tuna vei mek zat: 9,73,175

Sl.	State/UT	Vei mek	Damch hu ak	Thi	Sl.	State/UT	Vei mek	Damchh uak	Thi
1	Andaman & Nicobar Islands	268	3202	51	19	Madhya Pradesh	19840	64398	1728
2	Andhra Pradesh	95733	457008	4846	20	Maharashtra	280138	728512	29115
3	Arunachal Pradesh	1712	4253	10	21	Manipur	1584	6102	45
4	Assam	29133	110885	453	22	Meghalaya	1570	2020	25
5	Bihar	14396	141499	808	23	Mizoram	591	823	0
6	Chandigarh	2586	4864	92	24	Nagaland	1215	3839	10
7	Chhattisgarh	33246	27978	539	25	Odisha	30999	115279	616
8	Dadra Nagar Haveli, Daman & Diu	279	2444	2	26	Puducherry	4847	14228	370
9	Delhi	28059	181295	4715	27	Punjab	19384	55385	2288
10	Goa	5323	18576	286	28	Rajasthan	16582	82902	1221
11	Gujarat	16301	92678	3195	29	Sikkim	541	1503	11
12	Haryana	19446	70713	956	30	Tamil Nadu	47110	441649	8307
13	Himachal Pradesh	3194	5962	73	31	Telangana	31607	124528	961
14	Jammu & Kashmir	16261	35285	864	32	Tripura	7584	11132	194
15	Jharkhand	14844	45074	542	33	Uttarakhand	9781	20153	402
16	Karnataka	97834	344556	7161	34	Uttar Pradesh	67955	233527	4349
17	Kerala	28870	75844	425	35	West Bengal	23521	172085	3887
18	Ladakh	841	2414	39		TOTAL	973175	3702595	78586

- *Darkar 24 chhungin sample 10,71,702 test niin positive thar 94,372 hmuh a ni a, mi 78,399 dam (cured) a puan niin 1,114 in an thihpui a ni.
- * ICMR chhinchhiah dan chuan India rama sample test tawh zawng zawng zat chu 5,62,60,928 a ni.
- *India ram COVID-19 recovery rate - 77.87%
- *Test atanga positive hmuhchhuah zat % - 8.45%
- *Darkar 24 chhunga sample test zat atanga positive hmuhchhuah zat % - 8.80%





DEPARTMENT OF
INFORMATION & PUBLIC RELATIONS
Government of Mizoram

13th September, 2020
(5:00 PM)

MIZORAM COVID-19 CASES REPORT

Categories	Cumulative	Discharged	Active	% from total active cases
Assam Rifles	108	94	14	21.92%
NDRF	32	32	0	
BSF	298	218	80	
CRPF	4	3	1	
Indian Army & CIJWS	20	5	15	
BRO/BRTF	18	0	18	16.27%
Truckers	179	84	95	
Civilians/ Others	755	394	361	
TOTAL	1414	830	584	61.81%

Source: IDSP, DHS:H&FW Department, Mizoram

HOME QUARANTINE A AWMTE HRIATTUR

ZAWM NGEI NGEI TURTE:

- Mahni In chhuahsan phal a ni lo.
- Chhungte nen in awmfin phal a ni lo. Room hranah mahni in awm a, tumahin tlawh pawh loh tur a ni.
- Face mask hi ngaipawimawh a taima taka vuah tur ani. (Mask hi thlak thin tur a ni)
- Chaw eina hmanrua leh thil eina chi reng reng in hman tawm loh tur a ni
- I hriselna ngaipawimawh la, I taksa vawngfai ang che.
- Inleng neih phal a ni lo. Chhungkua in kawm khawmte tih loh tur a ni.
- Quarantine chhungin chhungkaw member ten inchhung ah pheikhawk /slippers/chappal, bun luh lo tur.
- Chhungkua-ah kum upa, naupai leh natna nei an awm chuan an bul hnaia kal leh awm phal a ni lo.

TIH MIAH LOH TURTE:

- Chhungte nen feet ruk (6) aia hnaiah awmloh tur a ni.
- Kutlawngin mit, ka leh hnarte khawih loh tur a ni.
- Khawi hmunah mah chilchhak loh tur a ni.
- Bedsheet, thawmhnaw, mobile Phone, leh thil dang te in hmantawmloh tur a ni.
- Kan thil hman thinte midang pekchhawn loh tur a ni.
- Ran kawl (ui, zawhte) nei chuan in atanga chhuah tir loh tur.

In sawiselna - khuh, khawsik, thawhah, hah rukna, etc. i neih chuan Duty-te hriattir nghal vat ang che.

Mizoram COVID-19 Helpline No. 24x7
102 (toll free) / 0389-2323336 / 0389-2318336

HEALTH & FAMILY WELFARE DEPARTMENT
GOVERNMENT OF MIZORAM

3. Quarantine Centre a senso leh thlen dan chungchanga sawrkar thuchhuak

Mizoram Sawrkar Chief Secretary hova Meeting Minute Dt.27.7.2020 zulzuiin Notification hmasa No.C.16011/298/2020-DC(A) / Dated,23rd July, 2020 chu a hnuaia mi ang hian tih danglam a ni

. A : Quarantine Center thlen man:

Sl. No	Name of Quarantine Center	Chawitur (Mipakhat tan)
1	Deluxe ; i)Tourist Lodge, Chaltlang (a vaiin) ii)State Guest House (a vaiin) iii)Tourist Lodge, Beraw(Room No-102,104,105,107,202,204,205 & 207& Cottage No - 2,3,4,5,6 &7)	Hengah te hian mi pakhatin zankhatah Rs.500/- zel a chawi ang.
2	Standard : i)SIRD Hostel (Hall leh Dormitory tellovin) ii)Tourist, Lodge Lengpui iii) FRCDR, Farmer Rest House, Bethlehem Vengthlang iv)RAY Housing, Falkland v)Forest Training School Hostel, Bethlehem Vengthlang vi)Sericulture Training Centre, Zemabawk-	Hengahte hian mi pakhatin zankhatah Rs.200/- zel a chawiang.
3	Ordinarv : (I)leh (2) lo zawng	Hengahtehian mi pakhatin zankhatah Rs. 100/- zel a chawi ang.

NB : Thlen man hi nu leh pate bula la mu naupangte hnen atangin lak loh tur a ni. Puitling bikah chuan khum an lo intawm a nih pawhin khum khat zelin (per bed) lak thin tur a ni. Mutbu (mattress, blanket, bed linen) an intum a nih chuan thlen man lak loh tur a ni.

For details [Click here](#)

Quarantine chungchanga hriattur pawimawh
 For details [Click here](#)

4. Standard Operating Procedure for Social Distancing
For details [Click here](#)

5. Mizoram chhunga commercial passenger phur motor ten an zawm tur Standard Operating Procedure

For details [Click here](#)

6. Health and Family Welfare Department-in hriattirna 30.7.2020-a a lo tihchhuah tawh, COVID-19 test-na man bithliah chungchang chu ni 24.8.2020 khan thuchhuah thar siamin a tidanglam.

Sawrkhar hospital/facility-a RT-PCR leh TrueNat test-na man chu hetiang hian siam that a ni

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🚧 Construction Works Hnathawktu Migrant Workers Chhawr/Chhawrtu Online Report-na

For details [Click here](#)

7. Report (Covid-19) on Law & Order and Facilitation of Essential Goods & Services (13th September, 2020 @ 9:00am)

For details [Click here](#)

8. Report (Covid-19) on Law & Order and Facilitation of Essential Goods & Services (13th September, 2020 @ 3:00pm)

For details [Click here](#)

9. COVID-19 Positive thar 35 hmuhchhuah a ni.

September ni 12, 2020 khan ZMC RT-PCR laboratory-ah sample 802 test a ni a, COVID-19 positive thar 28 hmuhchhuah a ni. District hrang hrang TrueNAT laboratory-ah COVID-19 positive 5 hmuhchhuah a ni bawk a. Rapid Antigen Test hmangin COVID-19 positive 2 hmuhchhuah an ni.

ZMC Laboratory-a positive hmuhchhuah tharte

An vaiin Aizawl district-a sample lak sakte an ni a, mipa 23, hmeichhia 6, kum 7 - 75 inkara upa an ni.

Positive Contact

Chanmari : mipa 1, kum 23 a upa

Upper Republic : mipa 2 (kum 38 & 46) hmeichhia - 2 (kum 41 & 75)

Republic Veng : mipa 2 (kum 33 & 43) hmeichhia 1, kum 2

Tuikhuahtlang : mipa 3 (kum 23, 33 & 46)

Khatla : hmeichhia, kum 21 a upa

Home Quarantine lai vek an ni

Quarantine Facility a awm positive-te:

SAI QF, Mission Vengthlang: mi 14 (mipa 12, hmeichhia 2), kum 7 - 59 inkar an ni a. An zinga 6 hi SGI Pvt Ltd. hnuai thawk State danga cheng niin midang zawng hi Mizorama cheng an ni.

YHAI QF, Luangmual: mipa 2, kum 24&28, Assam atanga lo lut an ni.

RAT positive hmuhchhuahte

Kolasib district: Mipa 2 (kum 25 & 30), truck driver, Punjab & Assam a cheng, Vairengte checkgate a test an ni.

District hrang hrang TrueNAT Laboratory-a COVID-19 positive hmuhchhuahte

Lunglei district : 4 (mipa 2 leh hmeichhia 2) Kum 27-30 inkar an ni a, Telangana, Pune, J&K, UP atanga lo kir, Quarantine Centre a awm lai an ni a. Hmeichhia pakhat tih loh hian COVID-19 symptoms an nei vek a ni.

Kolasib district : mipa 1, kum 40 a upa, Tinsukia, Assam atanga lo haw, Quanrantine Centre a awm lai niin, COVID-19 symptoms nei lo a ni.

ZMC Laboratory-a sample test zat

Aizawl district	- 755 (Mipa - 459, Hmeichhia - 296)
Kolasib district	- 45 (Mipa - 43, Hmeichhia - 2)
Mamit district	- 2 (Hmeichhia ve ve)
TOTAL	- 802(Mipa - 502, Hmeichhia - 300)

Rapid Antigen Test zat

Champhai district	- 3 (Mipa vek)
Mamit district	- 12 (Mipa - 9, Hmeichhia - 3)
Kolasib district	- 302 (Mipa vek)
Hnahthial district	- 4 (Mipa - 2, Hmeichhia - 2)
TOTAL	- 321 (Mipa - 316, Hmeichhia - 5)

District hrang hrang TrueNAT laboratory-a sample test zat

Lunglei district	- 14 (Mipa - 12, Hmeichhia - 2)
Siaha district	- 12 (Mipa - 8, Hmeichhia - 4)
Kolasib district	- 13 (Mipa - 9, Hmeichhia - 4)
Hnahthial district	- 1 (Mipa)
Total	- 40 (Mipa - 30, Hmeichhia - 10)

 COVID-19 vei enkawl na hmun atang mi 7 chhuahtir an ni.

Vawiin September ni 13, 2020-a COVID-19 positive enkawl na CCC/DCHC hrang hrang atanga chhuahtirte:

- | | | |
|----------------------|-----|--|
| 1) SRHF-ZMC | - 4 | (civil – mipa vek) |
| 2) DCHC, Kolasib | - 1 | (Civil- mipa, health frontline worker) |
| 3) SIRD CCC, Kolasib | - 2 | (civil – mipa ve ve) |

10. Lengpui Airport-a thlawhtheihna tum chungchanga Disaster Management & Rehabilitation Department Thuchhuah

Ni 19.08.2020 a sawrkar thuchhuah tih danglam niin, Ni 11.09.2020 atangin September thla chhung, Lengpui Airport chu Thawhtan, Nilai, Nilaithawhtan, Inrinni ah te thu leh awm hma chu hawn a ni ang.
Nilai leh Nilaithawhtan-ah Air India Flight a awm ang a, Thawhtan leh Inrinni-ah Indigo Airlines Flight a awm ang. He sawrkar thuchhuah No.B. 13021/101/2020-DMR hian Cargo Flights a huam lo ang.

11. Covid-19 Task Group on Quarantine Facilities daily report (as on 12th September, 2020)

FORM A				QUARANTINE FACILITY AS ON TODAY				AS ON TODAY	
Sl.No	District	No of Facilities	Capacity	No of pax admitted in Home Q	No of pax admitted in Hotel Q	No of pax admitted in CQF	No of pax admitted in GQF	No of pax shifted to Isolation	TOTAL PAX IN QF
	1	2	3	4	5	6	7	8	10
1	Aizawl	40	2253	16	31	18	320	65	450
2	Champhai	7	334	7	0	0	27	2	36
3	Hnahthial	22	333	13	0	0	13	2	28
4	Khawzawl	26	530	0	0	0	3	0	3
5	Kolasib	21	908	0	0	0	222	105	327
6	Lawngtlai	23	715	53	0	0	49	0	102
7	Lunglei	24	791	0	0	0	169	6	175
8	Mamit	25	768	9	0	0	18	11	38
9	Saitual	44	704	0	0	0	22	5	27
10	Serchhip	33	552	44	0	0	145	71	260
11	Siaha	36	1469	9	0	0	27	4	40
TOTAL		301	9357	151	31	18	1015	271	1486

Sl.No	Name of Facilities	No of Capacity in all QF*	No of Pax admitted to QF on reporting date	Progressive No of Pax admitted to QF	No of Pax discharged from QF as on reporting date	Progressive No of Pax discharged from QF	No of Pax shifted to Isolation as on reporting date	Progressive No of Pax shifted to Isolation	No of Pax in QF as on reporting date (Col 4-6-8)**
	2	2A	3	4	5	6	7	8	9
1	Government QF	9357	62	15137	94	13772	5	350	1015
2	Isolation Facilities	-	5	1411	3	1140	0	0	271
3	Community QF	7760	0	3996	0	3966	1	12	18
4	Home Quarantine	-	54	1788	0	1634	0	3	151
5	Hotel/Paid QF	69	0	262	0	230	0	1	31
TOTAL		17186	121	22594	97	20742	6	366	1486

For details [Click here](#)

12. Military Quarantine Report on 12th September, 2020 (Covid-19 Task Group on Quarantine Facilities)

Sl. No.	District	No. of military personnel quarantined
1	Aizawl	204
2	Champhai	0
3	Hnahthial	0
4	Khawzawl	0
5	Kolasib	148
6	Lawngtlai	0
7	Lunglei	111
8	Mamit	0
9	Saitual	0
10	Serchhip	34
11	Siaha	0
Total		497

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LLTF / VLTF-te hnena ngenna

- 1) Insawiselna nei ZMC-a admit tur chuan Screening room 9436743459-ah phone hmasak a, Referral Form nen ngei pan theih hram nise.
- 2) Insawiselna (symptom) neilo, positive contact vang emaw chhan dang engemaw vanga test ngaite erawh chu an quarantine-na hmun theuhah sample la tura IDSP team phone tur a ni.
- 3) Quarantine Facility-a naupai awm zawng zawng chu emergency a sample test nghal vek tur a ni.
- 4) Quarantine Facility-a naupai, nau nei hnai an nih chuan an pasal emaw an rawn hawpui-ten kalpui tur a ni a, midang rawn hruai tel loh tur.
- 5) Damlo, Covid-19 vei rinhlelh, mahni insaseng thei lo tan awmpuitu pakhat chauh rawn neih tur a ni. (ZMC bulletin)

13. Status of Mizoram Surveillance of COVID-19 (Time: 12.9.2020 5:00pm – 13.9.2020 5:00 pm) –
input from IDSP, H&FW department

S.No	Category	Newly added on Date: 13.9.2020	Cumulative till Date: 13.9.2020
1	Number of persons screened	593	1,69,021
2	COVID-19 SAMPLE TESTED		
	Outside Mizoram	-	58
	Rapid Antigen Test	321	13,308
	Truenat – PCR, Mizoram	40	2184
	Zoram Medical College(ZMC)	807	34,710
	Total no. of Samples tested	1168	50,259
3	Number of patients/suspects admitted at DCH	6	74
4	Number of patients/suspects admitted at DCHC	0	1
5	Number of patients/suspects admitted at CCC	26	495
6	NUMBER OF CONFIRMED POSITIVE CASES		
	Guwahati Medical College	-	1
	Rapid Antigen Test	2	224
	Truenat – PCR, Mizoram	5	90
	RT-PCR, ZMC, Falkawn	28	1099
	Total no. of COVID-19 Confirmed positive	35	1414
7	Number of positive cases Hospitalized	35	1414
8	Number of persons cured/discharged	7	830
9	Migrated	0	2
10	Number of active cases	35	583
11	Number of death due to COVID-19	0	0

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14. District hrang hrang Covid Care Centre (CCC) leh Dedicated Covid Health Centre (DCHC) a enkawl
mek zat. – 13th September, 2020 (input from IDSP, H&FW department)

NAME OF DISTRICT	DCH		DCHC		CCC	
	Newly added on 13.9.2020	Cumulative	Newly added on 13.9.2020	No. of Presently Isolated	Newly added on 13.9.2020	No. of Presently Isolated
Aizawl West	6	74	0	0	11	137
Aizawl East			0	0	6	142
Lunglei			0	0	4	10
Siaha			0	0	1	4
Champhai			0	0	0	2
Kolasib			0	1	3	107
Serchhip			0	0	0	71
Lawngtlai			0	0	2	4
Mamit			0	0	0	11
Saitual			0	0	0	5
Khawzawl			0	0	0	0
Hnahthial			0	0	0	2
TOTAL	6	74	0	1	26	495

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15. Vawiin hian ZMC, Falkawn-a Covid-19 laboratory-ah test neih leh mek a ni a, result hi zan lamah chhuak tura beisei a ni. Nimin lama sample test 802-ah 28 an positive. Covid-19 positive hmuhchhuah tharte hi mipa 22 leh hmeichhia 6, kum 7 leh 75 inkar, mizo 18 leh hnamdang 10, Aizawl District mi vek niin State dang atanga rawn haw ni lo, Positive Contact atanga kai mi 12 an tel.

Nimin khan Rapid Antigen Test hmangin Kolasib District-ah Covid-19 positive hnamdang mipa 2, kum 24 leh 28, truck driver ve ve hmuhchhuah an ni.

Nimin khan TrueNat hmangin Covid-19 positive Lunglei District-ah mi 4, mipa 2 leh hmeichhia 2..kum 27 leh 30 inkar hmuhchhuah niin Kolasib District-ah mipa 1 kum 40 mi hmuhchhuah a ni bawk.

Vawiin khan ZMC-ah Covid-19 positive mi 12 admit thar an ni a, dam chhuak mipa 4, civilian vek discharged an ni bawk. ICU-a enkawl mek 1 in hma a sawn hret a, Isolation Ward-a awmten harsatna em em an nei lova, dam taka an chhuah vat beisei a ni. **(ZMC bulletin)**

16. Existing number of inmates at all designated Quarantine Facilities in Mizoram on September 13, 2020(as reported by Mizoram State Control on COVID-19, DM&R)

Name of State : Mizoram								
		ADMITTED		DISCHARGED				
I	II	III	IV	V	VI	VII	VIII	IX
Sl.no	Name of Facilities	No.of persons admitted (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Total of persons admitted	No.of persons discharged (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Total of persons discharged	No.of person shifted to Isolation (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Numbers shifted to Isolation	No. of persons in the quarantine facility on the date of report (=IV-VI-VIII)
1	Government Quarantine Facilities	59	15196	41	13813	5	355	1028
2	Isolation Facilities	8	1419	1	1141			278
3	Community Quarantine Facilities	0	3996	0	3966	0	12	18
4	Home Quarantine	0	1788	1	1635	0	3	150
5	Hotel/Paid Quarantine Facilities	0	262	0	230	0	1	31
	Total	67	22661	43	20785	5	371	1505

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17. Daily Report on Military and Para-military Status at Quarantine Facilities in various Districts on September 13, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)

ABSTRACT OF DAILY REPORT ON MILITARY AND PARA MILITARY STATUS AT QUARANTINE FACILITIES AS ON										13-09-20
Name of State : Mizoram				MIZORAM STATE CONTROL ROOM ON COVID-19						TIME: 4:00pm
FORM 'F'				Quarantine Facility				ISOLATION STATUS		CURRENT STATUS
FACILITY STATUS				Admitted		Discharged				
	I	II	III	IV	V	VI	VII	VIII	IX	X
Sl.no	District	No of Facilities	Capacity	No.of persons admitted (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Total of persons admitted	No.of persons discharged (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Total of persons discharged	No.of person shifted to Isolation (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Total of person shifted to Isolation	No. of persons in the quarantine facility on the date of report {V- (VII+ IX)}
1	Aizawl	5	430	0	506	0	167	0	135	204
2	Champhai	1	150	0	0	0	0	0	0	0
3	Hnahthial	1	0	0	0	0	0	0	0	0
4	Khawzawl	1	0	0	0	0	0	0	0	0
5	Kolasib	2	135	13	413	1	253	0	0	160
6	Lawngtlai	1	20	0	0	0	0	0	0	0
7	Lunglei	2	136	0	149	0	38	0	0	111
8	Mamit	1	10	0	0	0	0	0	0	0
9	Saitual	1	0	0	0	0	0	0	0	0
10	Serchhip	1	60	0	81	0	46	0	1	34
11	Siaha	1	20	0	0	0	0	0	0	0
	TOTAL	17	961	13	1149	1	504	0	136	509

For details [Click here](#)

18. Daily Report on Status at Government Quarantine Facilities in various Districts on September 13, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)

DISTRICT - DAILY REPORT ON STATUS OF GOVERNMENT QUARANTINE FACILITIES AS ON										13-9-2020
Name of State : Mizoram				MIZORAM STATE CONTROL ROOM ON COVID-19					TIME: 4:00pm	
FORM 'A'				Quarantine Facility				ISOLATION STATUS		CURRENT STATUS
FACILITY STATUS				Admitted		Discharged				
	1	II	III	IV	V	VI	VII	VIII	IX	X
Sl.no	District	No of Facilities	Capacity	No.of persons admitted (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Total of persons admitted	No.of persons discharged (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Total of persons discharged	No.of person shifted to Isolation (between 6:00 AM the previous Day and 6:00 AM on the date of report)	Progressive Total of person shifted to Isolation	No. of persons in the quarantine facility on the date of report {V- (VII+ IX)}
1	Aizawl	40	2338	22	5128	14	4669	0	131	328
2	Champhai	7	334	0	596	0	569	0	0	27
3	Hnahthial	22	333	0	229	0	213	0	3	13
4	Khawzawl	26	530	2	335	0	319	0	11	5
5	Kolasib	21	908	27	2211	10	1948	0	24	239
6	Lawngtlai	23	715	0	1397	5	1353	0	0	44
7	Lunglei	24	791	5	1651	0	1409	4	72	170
8	Mamit	25	768	0	721	0	662	0	41	18
9	Saitual	44	704	0	522	0	494	0	6	22
10	Serchhip	33	622	3	892	1	721	0	24	147
11	Siaha	36	1469	0	1514	11	1456	1	43	15
TOTAL		301	9512	59	15196	41	13813	5	355	1028

For details [Click here](#)

19. The Mizoram (Containment and Prevention of COVID-19) Ordinance, 2020 in a sawi angin vantlang hmuna chilchhak, tuibur pik, Sahdah hmuam hnu paih leh a nih dan tur lo anga Mask vuah, leh quarantine center atanga tlanchhuah te hi dan anga hrem theih a ni. Quarantine Center a awm ten awmdan tur duansa te tha taka zawmin vantlang pawikhawih thei turin an khawsa tur a ni lo.
- COVID-19 chungchanga hriat duh neite leh khawsik, khuh, hrawkna leh thawhah neite chuan Mizoram COVID-19 Helpline no. 102(toll free), 0389 2323336, 0389 2318336 – ah phone tur a ni.

20. Daily Report on Status at Isolation Facilities in various Districts on September 13, 2020(as reported by Mizoram State Control on COVID-19, DM&R)

DISTRICT - DAILY REPORT ON STATUS AT ISOLATION FACILITIES AS ON							13-09-20
Name of State : Mizoram		MIZORAM STATE CONTROL ROOM ON COVID-19				TIME : 4:00pm	
FORM 'B'		FACILITY FOR ISOLATION				CURRENT STATUS	
		ADMITTED		DISCHARGED			
I	II	III	IV	V	VI	VII	
Sl.no	Name of District	No.of persons admitted to isolation on the date of report (shifted from Quarantine facilities	Progressive Total of persons admitted to isolation	No.of persons discharged from isolation on the date of report	Progressive Total of persons discharged from isolation	No. of persons in Isolation facility on the date of report (IV Minus VI)	
1	Aizawl	0	648	0	583	65	
2	Champhai	0	27	0	25	2	
3	Hnahthial	0	4	0	2	2	
4	Khawzawl	0	18	0	18	0	
5	Kolasib	3	271	0	163	108	
6	Lawngtlai	0	0	0	0	0	
7	Lunglei	4	119	0	109	10	
8	Mamit	0	44	0	33	11	
9	Saitual	0	7	0	2	5	
10	Serchhip	0	219	0	148	71	
11	Siaha	1	62	1	58	4	
TOTAL		8	1419	1	1141	278	

For details [Click here](#)

21. Daily Report on Status at Community Quarantine Facilities in various Districts on September 13, 2020(as reported by Mizoram State Control on COVID-19, DM&R)

DISTRICT - DAILY REPORT ON STATUS AT COMMUNITY QUARANTINE FACILITIES AS ON 13-09-20										
Name of State : Mizoram			MIZORAM STATE CONTROL ON COVID-19						TIME: 4:00pm	
FORM 'C'			QUARANTINE FACILITY				ISOLATION STATUS		CURRENT STATUS	
FACILITY STATUS			ADMITTED		DISCHARGED					
Sl.no	I	II	III	IV	V	VI	VII	VIII	IX	
	District	No of Facilities	Capacity	No.of persons admitted on the date of report	Progressive Total of persons admitted	No.of persons discharged on the date of report	Progressive Total of persons discharged	No.of person shifted to Isolation on the date of report	Progressive Total of person shifted to Isolation	No. of persons in the quarantine facility on the date of report (IV-(VI+ VIII))
1	Aizawl	348	3581	0	2966	0	2946	0	2	18
2	Champhai	15	414	0	318	0	318			0
3	Hnahthial	2	16	0	11	0	11			0
4	Khawzawl									0
5	Kolasib									0
6	Lawngtlai	4	99	0	96	0	96			0
7	Lunglei	21	314	0	222	0	218	0	4	0
8	Mamit	8	220	0	123	0	123			0
9	Saitual	4	45	0	28	0	28			0
10	Serchhip	7	280	0	168	0	162	0	6	0
11	Siaha	5	0	0	64		64	0	0	0
	TOTAL	414	4969	0	3996	0	3966	0	12	18

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🇲🇲 COVID-19 hrileng dona-a hmalakna kal zelah Mizoram Sawrkar chuan Health & Family Welfare Department hnuaiah COVID-19 do tur mi tlawmngai inpe te buaipuitu tur team a din a. COVID-19 dona-a mi tlawmngai inpe duhte chuan - Hming, Pa hming, Veng/khua, Phone number leh Qualification-te tarlangin **email - mzcvolunteers@gmail.com ah emaw**
COVID-19 helpline 102, 0389-232336/2318336-ah te in report theih a ni.
 Heng mi tlawmngai inpe te hi a tul dan a zirin an tih tur duan sak an ni ang.

22. Daily Report on Status of Home Quarantine in various Districts on September 13, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)

DISTRICT - DAILY REPORT ON STATUS AT HOME QUARANTINE AS ON 13-09-20								
Name of State : Mizoram			MIZORAM STATE CONTROL ROOM ON COVID-19				TIME: 4:00pm	
FORM 'D'			QUARANTINE FACILITY			ISOLATION STATUS		CURRENT STATUS
			ADMITTED		DISCHARGED			
Sl.no	I	II	III	IV	V	VI	VII	VIII
	District	No.of persons admitted on the date of report	Progressive Total of persons admitted	No.of persons discharged on the date of report	Progressive Total of persons discharged	No.of person shifted to Isolation on the date of report	Progressive Total of person shifted to Isolation	No. of persons in the quarantine facility on the date of report (III-(VI+ VII))
1	Aizawl	0	978	0	962			16
2	Champhai	0	54	0	47			7
3	Hnahthial	0	61	1	49			12
4	Khawzawl	0	2	0	2			0
5	Kolasib	0	39	0	39			0
6	Lawngtlai	0	157	0	104			53
7	Lunglei	0	123	0	123			0
8	Mamit	0	19	0	10			9
9	Saitual	0	9	0	9			0
10	Serchhip	0	268	0	221	0	3	44
11	Siaha	0	78	0	69			9
	TOTAL	0	1788	1	1635	0	3	150

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23. Daily Report on Status at Hotel/Paid Quarantine Facilities in various Districts on September 13, 2020 (as reported by Mizoram State Control on COVID-19, DM&R)

DISTRICT - DAILY REPORT ON STATUS AT HOTEL/PAID QUARANTINE FACILITIES AS ON 13-09-20										
Name of State : Mizoram				MIZORAM STATE CONTROL ROOM ON COVID-19				TIME: 4:00pm		
FORM 'E'				QUARANTINE FACILITY				ISOLATION STATUS		CURRENT STATUS
				ADMITTED		DISCHARGED				
Sl.no	I			II	III	IV	V	VI	VII	VIII
	District	No.of Facility	Capacity	No.of persons admitted on the date of report	Progressive Total of persons admitted	No.of persons discharged on the date of report	Progressive Total of persons discharged	No.of person shifted to isolation on the date of report	Progressive Total of person shifted to isolation	No. of persons in the quarantine facility on the date of report (III-(V+ VII))
1	Aizawl	8	59	0	262	0	230	0	1	31
2	Champhai									0
3	Hnahthial									0
4	Khawzawl									0
5	Kolasib									0
6	Lawngtlai									0
7	Lunglei									0
8	Mamit									0
9	Saitual									0
10	Serchhip									0
11	Siaha									0
	TOTAL	8	59	0	262	0	230	0	1	31

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24. Lawngtlai District-ah khung hran mek mi 96 an awm (13.09.2020 @ 5:00 PM)

Lawngtlai District mi leh sa state pawn atanga lo haw, government quarantine facility leh home quarantine-a khung hran mek zat chu vawiin tlai dar 5:00 thleng khan mi 96 a ni a. Lawngtlai District-a COVID-19 positive enkawl lai mi 4 te chu Lawngtlai Covid Care Centre (CCC)-ah an hriselna dinhmun vil reng niin, ngaihtuahawm an awm lo.

71 RCC-a hna thawk (worker) lo thlen belh mi 45 chu anmahni Camp-ah home quarantine an ni a. Khung hran hun bi hmang zo mi 2 (Tourist Lodge leh PWD Inspection Bungalow atangin pakhat ve ve) chhuahtir an ni thung.

For details [Click here](#)

25. Mamit District-ah khung hran mek mi 37 an awm (13.09.2020 @ 5:00 PM)

India ram hmun hrang hrang atanga lo hawte awmna tura buatsaih Mamit District chhunga Quarantine Facility leh CCC bakah Home Quarantine-ah mi 37 an awm mek a. Vawiin bikah dah luh thar leh chhuah an awmlo a ni.

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26. Champhai District Quarantine Facility hrang hrang dinhmun (September 13, 2020 @ 5:00 pm)

- 1) DPRC Institutional Quarantine Centre

- 22 (16 Male + 6 Female)
- 2) Tourist Lodge Institutional Quarantine Centre

- 5 (3 Male + 2 Female)
- 3) Dedicated Covid Health Centre (Nursing School Building Top Floor)

- 2 (Male)
- TOTAL

- 29 (21 Male + 8 Female)

27. Khawzawl District Quarantine Facility hrang hrang dinhmun (September 13, 2020 @ 5:00 pm)

- 1) DC's Rest House, Darngawn Veng

- 4 (Male)
- 2) Forest Rest House, Hermon Veng

- 1 (Female)
- Total

- 5 (4 Male + 1 Female)

28. Kolasib District Quarantine Facility hrang hrang dinhmun (September 13, 2020 @ 6:00 pm)

- a) Vawiinah Govt Quarantine Facilities atangin mi 9 an chhuak (Hmarveng HS-6, Nursing- 3). Quarantine Centre-ah lut thar mi 2 an awm (Hmarveng HS-2).
- b) Lailapur Garrison, CIJWS ah mi 13 an lut a, mi 1 a chhuak bawk. Pratap Hall, CIJWS-ah lut leh chhuak an awm lo.
- c) Tun dinhmunah District Chhunga Quarantine Facility hrang hrangah mi 231 an awm mek a, Quarantine Facility pangngaiah mi 80 leh CIJWS Quarantine Facilities ah mi 151 an awm mek a ni.
- d) RSTC atangin Positive pakhat Thingdawl Polytechnic CCC-ah dah luh a ni a. Driver/Handyman lut thar an awm lo.
- e) SIRD CCC atangin mi 2 leh DCHC atangin mi 1 te chu an result a negative tawh avangin chhuah anni. Tun dinhmunah Polytechnic CCC ah Positive mi 95 leh SIRD CCC ah positive mi 4 an awm mek a ni.

29. State Summary - Daily Report on Imposition of Fines for Violation of Mizoram (Containment and Prevention of COVID-19) Ordinance, 2020 (as on 13th September, 2020)

S / N	Nature of offence	Nos of Offenders (last 24 hours 12.9.2020 9:00AM – 13.9.2020 9:00AM) imposed by				Amount of fines imposed (last 24 hours 12.9.2020 9:00AM – 13.9.2020 9:00AM) imposed by				Cumulative nos of Offenders since 4.5.2020		Cumulative amount of fines imposed since 4.5.2020			
		Police		LTF	Total	Police		LTF	Total	Police		LTF	Police		LTF
		Other Police	Flying Squad			Other Police	Flying Squad			Other Police	Flying Squad (w.e.f 3.6.2020)		Other Police	Flying Squad (w.e.f 3.6.2020)	
1	Entering or staying at any public place without the use of mask (Section 4(1))	14	73	1	88	1400	7300	100	8800	18164	20370	1696	4448000	2613200	225400
2	Failing to maintain social distancing protocol/guidelines in public places (Section 4(2))	5			5	1000			1000						
3	Spitting in public places (Section 4(3))	2			2	600			600						
4	Crossing borders by exiting and /or entering the Sate without permission from the competent authority (Section 4(4))														
5	Crossing borders by exiting and /or entering the Sate without permission from the competent authority (Section 4(5))														
6	Leaving or escaping the designated quarantine/isolation facility before completion of the stipulated time (Section 4(7))														
7	Failing to follow instructions/guidelines and endangering the safety of others while staying at designated quarantine facility (Section 4(8))														
8	Failing to comply with any other regulations, guidelines or instructions made by the Central or State Government for containment and prevention of the spread of Covid-19 including lockdown guidelines issued by the State Government from time to time (Section 4(9))	5	5		10	5000	5000		10000						
TOTAL		26	78	1	105	8000	12300	100	20400	40230			Rs.7286600		

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SRHF-ZMC-a admit turte ken tur

- 1) Blanket pan (paih emaw disinfect pawilo tur)

2) Toothbrush, Toothpaste

4) Thawmhnaw

6) Sahbawn, Shampoo, Detergent

7) Towel

9) Flask

11) Pawisa Rs. 3000 - Rs 5000 a tul awm huna hman tur (Contaminate loh)
- 3) Mobile charger

5) Mug

8) Bottle, No , Spoon

10) Samkhuieh

30. Daily Report on Imposition of Fines for Violation of Mizoram (Containment and Prevention of COVID-19) Ordinance, 2020 (district-wise) (as on 13th September, 2020)

S/ N	District	Nature of offence	Nos of Offenders (last 24 hours 12.9.2020 9:00AM – 13.9.2020 9:00AM) imposed by				Amount (in Rs.) of fines imposed (last 24 hours 12.9.2020 9:00AM – 13.9.2020 9:00AM) imposed by				Cumulative nos of Offenders since 4.5.2020				Cumulative amount (in Rs.) of fines imposed since 4.5.2020			
			Police		LTF	Total	Police		LTF	Total	Police		LTF	Total	Police		LTF	Total
			Other Police	Flying Squad			Other Police	Flying Squad			Other Police	Flying Squad (w.e.f 3.6.2020)			Other Police	Flying Squad (w.e.f 3.6.2020)		
1	Kolasib	4(1)		6		6		600		600	130	1166	8	1304	13200	127400	800	141400
		Sub Total				6	Sub Total											
2	Mamit	4(1)									775	224	22	1021	112200	23400	2200	137800
		Sub Total					Sub Total											
3	Aizawl	4(1)	10			10	1000			1000	11443	10581	487	22511	2519300	1441900	71200	4032400
		4(2)	5			5	1000			1000								
		4(3)	2			2	600			600								
		4(9)	4			4	4000			4000								
		Sub Total				21	Sub Total											
4	Saitual	4(1)		4		4		400		400	318	354	45	717	92900	71900	6500	171300
		4(9)		5		5		5000		5000								
		Sub Total				9	Sub Total											
5	Champhai	4(1)		5		5		500		500	392	772	200	1364	120800	99500	32000	252300
		Sub Total				5	Sub Total											
6	Khawzawl	4(1)			1	1			1	100	144	1159	185	1488	14400	116800	19500	150700
		Sub Total				1	Sub Total											
7	Serchhip	4(1)		17		17		1700		1700	1021	1223	57	2301	140300	142100	5700	288100
		Sub Total				17	Sub Total											
8	Hnahthial	4(1)		5		5		500		500	469	263	74	806	47900	36600	7400	91900
		Sub Total				5	Sub Total											
9	Lunglei	4(1)		18		18		1800		1800	907	2186	171	3264	339600	249900	22500	612000
		Sub Total				18	Sub Total											
10	Lawngtlai	4(1)	4	8		12	400	800		1200	1271	2106	122	3499	225500	249400	12800	487700
		Sub Total				12	Sub Total											
11	Siaha	4(1)		10		10		1000		1000	162	336	325	823	37600	54300	44800	136700
		Sub Total				10	Sub Total											
12	SP Traffic Aizawl	4(9)	1			1	1000			1000	1132	-	-	1132	784300	-	-	784300
		Sub Total				1	Sub Total											
GRAND TOTAL						105				20400	18164	20370	1696	40230	4448000	2613200	225400	7286600

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31. Food Corporation of India (FCI), District Office, Aizawl report (12th September, 2020)
(Mizoram chungba FCI Godown hrang hranga buhfai awm zat)

Food Supply Depot (FSD)	Rice Raw Grade A	RiceCommon	Wheat	Belhkhawm	% of utilization
AIZAWL	2993.344860MT	0.00	0.000	2993.344860MT	65.21
KOLASIB	3130.919840MT	411.996140MT	334.045775MT	3876.960960MT	77.54
BUALPUI	3312.770102MT	256.240800MT	0.000	3569.010900MT	76.92
LUNGLEI	2739.652524MT	0.000	0.000	2739. 652524MT	93.82
BAIRABI	4004.999280MT	487.109400MT	251.064780MT	4743.173460MT	94.86
LAWNGTLAI	2431.938149MT	0.00	0.000	2431.938149MT	72.81

Belhkhawm	18613.476895MT	1155.34634MT	585.110555MT	20354.0808500MT	79.85
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32. Mental Health Professionals (Mizoram) Helpline Call report (11th September, 2020 @ 9:00 PM)

Sl no	Name of MH Professional	Substance related	Anxiety related	Depression related	Psychosis & Others	12 th Sept 2020	Within state Cumulative	Other states Cumulative	Cumulative both Within & outside state
1	Dr Zonunmawii Pachuau Lunglei	0	0	0	0	0	0	4	4
2	Dr C Lalhrekima AZL	2	2	1	3	8	1298	0	1298
3	Dr Ruth Lalmuanpuui AZL	0	0	0	0	0	60	19	79
4	Dr Vanlaidiki Ralte AZL	1	2	1	0	4	389	26	415
5	Dr Lalduhawmi Chawngthu AZL	0	0	0	0	0	18	6	24
6	Dr Robert L Khawhring SNO	0	0	0	1	1	290	76	366
7	Dr Rajesh Rongpi ZMC	0	0	0	0	0	0	71	71
8	Dr Lalhriatpuia ZMC	2	2	0	0	4	644	9	653
9	Dr Lalengmawii AZL	0	0	0	0	0	63	9	72
10	Biakhluzuali Chenkual AZL	0	0	0	0	0	92	9	101
11	Jane Lalduhchhungi Vanchhawng AZL	0	0	0	0	0	61	10	71
12	Jane Zodingliani Lailung Serchhip	0	0	0	0	0	89	22	111
13	Helen Lalnunmawii Sailo Kolasib	0	0	0	0	0	45	10	55
14	Jacob Challiandinga Lawngtlai	0	0	0	0	0	41	13	54
15	Vanlalmuani Champhai	0	0	0	0	0	47	4	51
16	Lalawmpuii Siaha	0	0	0	0	0	66	17	83
17	Vanlalzari Mamit	0	0	0	0	0	45	0	45
18	Dr Elizabeth Niang Tawi Mang Champhai	0	0	0	0	0	14	26	40
19	K. Lalmuanpuui AZL	0	0	0	0	0	2	0	2
20	VanlalpariAZL	0	0	0	0	0	1	4	5
21	Angochhachhai Siaha	0	0	0	0	0	23	5	28
22	Lalmuanpuui Hauhnar AZL	0	0	0	0	0	1	5	6
23	Ngaihawmi Khenglawt Kolsaib	0	0	0	0	0	3	18	21
24	Vanlalruati Lawngtlai	0	0	0	0	0	17	4	21
25	Lalnunruati Lunglei	0	0	0	0	0	26	0	26
26	ZD Lalhmangaihzuai Serchhip	0	0	0	0	0	2	8	10
Total		5	6	2	4	17	3337	375	3712

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THURAWN

Kan him tlanna tura sawrkar thuchhuah reng reng ngaipawimawh thin ang che.

Vanduai vanga kai palh theih ani, chumi avang chuan i inchhir leh mai loh nan thu awih la, fimkhur la, invawng uluk ang che.

Covid-19 hri leng mek nen hian inbihruk siak ang mai kan ni. A chang leh mi a barakhaih thut a, phut zawk theih ani. Chumi avang chuan Covid-19 hian mi a chenchilh mek ta tih a hriat a, barakhaih a i awmloh nan inveng fimkhur la, pawnah inlan tam lo la, hri kai lohna tura tih te zawmin in hliahkhuh tlat ang che.

Midang himna thlentu niin nang malsawmna lo ni ang che.

Directorate of Health Services (Food & Drugs Administration Wing) thuchhuah

Covid-19 hri leng chuan khawvel ram tinah buaina leh manganna a thlen mek a, mi tam tak an thi a, tam takin hri vei mek bawk a ni. Mizoram pawh kan buai hle a, invenna nasa zawka kaipui zel a tul tak meuh meuh a ni.

Covid-19 hri leng hi kai nachhan rinhleleh tur nei lo tan pawh kai palh theih a ni a. Chung mite chuan khawsik, awmna leh khuh avanga awm nuamlo an neihin, ngaih that lohna nei chuang lovin an mamawh damdawi an lamve mai thei reng a ni.

Chuvangin, khawsik damdawi leh hritlang awmna/khuh damdawi lei tura lo kal, doctor prescription pawh neilote chu damdawi kan lei tir pahin an hming, kum leh contact number lo lak zel ni se. Chung

chhinchhiahte list chu nitin tlai dar 5 - 6 inkarah a hnuaia mobile number tarlanahte hian Whatsapp- a thawn thin ni se tih a ni, Mizorama damdawi zuar zawng zawngte hemi kawnga thawhpui tur hian Mizoram FDA chuan a sawm tak meuh meuhva, thawhhona tha kaltlangin hri leng darh zei tur kan veng thei a ni tih i hre reng ang u.

Thawwna tur number : 9436152192 / 7005084957 / 9436196515

CHIEF MINISTER’S RELIEF FUND PEK THEIHNATE

○ **State Bank of India**

Account No.: 39278398200
IFSC: SBIN0004809
SWIFT: SBININBB447
UPI: cmrfmizoram@sbi
Branch: Dawrpui
Branch Code: 004809

HDFC:

Account No.: 18141450000025
IFSC: HDFC0001814
UPI: cmrfmizoram@hdfcbank
Branch: Aizawl
Branch Code: 001814



**NANG LEH MIDANGTE COVID-19 LAKA KAN LO HIM
ZAWK THEIH NAN HENG **TIH TUR** LEH **TIH LOH** TUR TE HI
ZAWM ANG CHE**

TIH TUR TE



Tui leh sahbawn hmanga zing taka kutsil emaw alcohol hmanga kut tih fai reng



I khuh leh hahchhiau in rawmawl/tissue paper-in emaw, i ban thlep hmangin emaw i hnar leh i ka hup rawh



Tissue paper i hman zawh veleh bawihlawh bawmah tha takin paih rawh



I nawmsam loh a, Doctor i rawn dawn anih chuan i ka leh i hnar khuh chungin kal ngei ang che.



Vantlang hmunah i kalin facemask vuah dan dakin vuah thin ang che.



Inah tawm la, puipunna hmunah ah kal suh ang che

TIH LOH TUR TE



Inchibai, inkuah tih rih loh tur

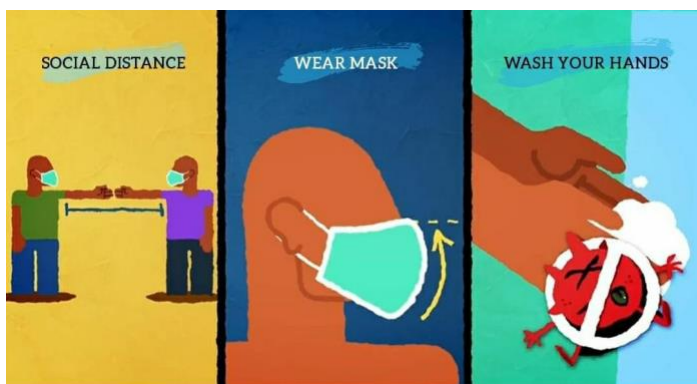


I kutin i ka, hnar leh mit khawih suh.



Khawlai/puipunna hmunah i chil chhak suh

COVID-19 HI HNEH NGEI TURIN I TANGHO ANG U



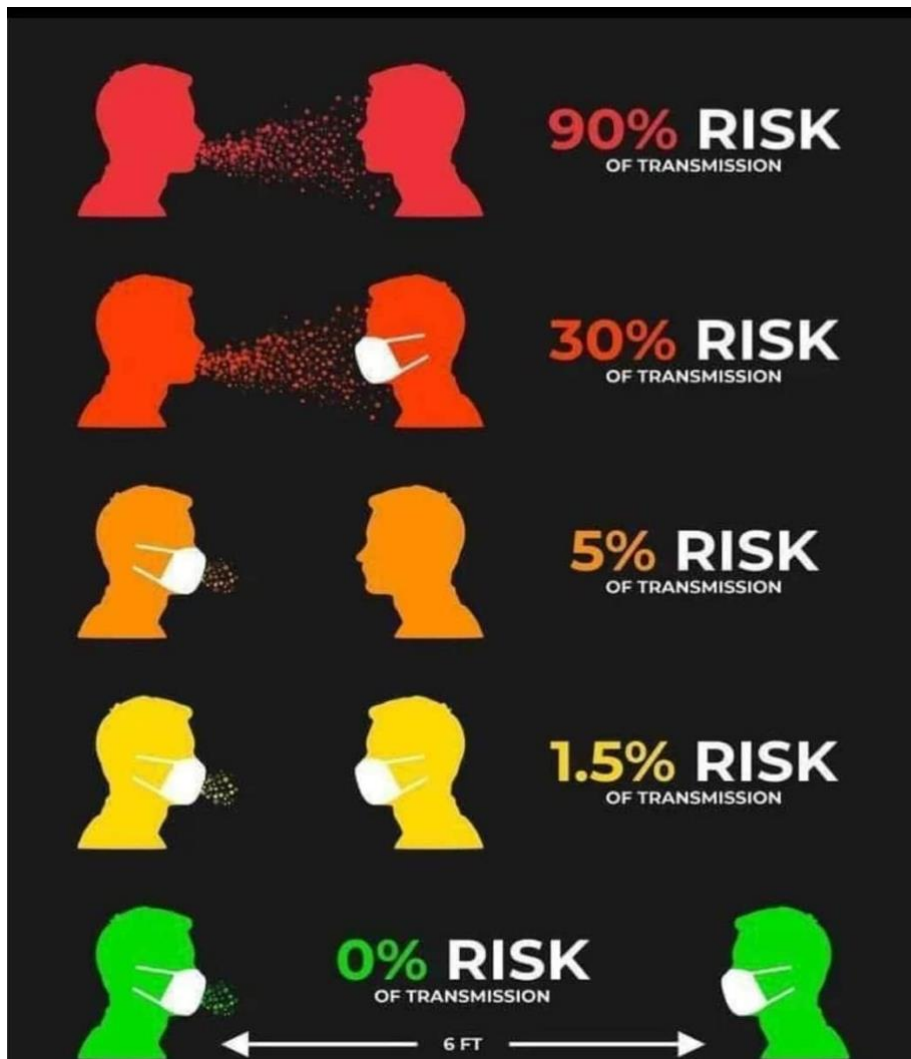
PROTECT YOURSELF THROUGH
A SIMPLE

ACT

Thank you for being a

HERO





Let's Fight Against
CORONAVIRUS?

**CHHUNGTE NIH LEH HMELHRIAT
THA NIH HI COVID-19 HIAN
A THLIAR HRANGLO,
I TAN AN HLAUH AWM TING MAI.
CHUVANGIN, MI ZAWNG ZAWNG
LAKAH INVENG FIMKHUR ANG
CHE AW...**

**COVID-19 KIAN HMA CHUAN,
CHHUNGTE VA TLAWH HRIH
SUH, AN HLAU ANG CHE.
TAWM HRAM HRAM RAWH.
A REI TAWH LO ANG.**

**COMMITTEE ON COVID-19
PSYCHOLOGICAL AND SOCIAL GUIDANCE, GOM**

Issued by
Covid-19 Committee on
Psychological and Social Guidance,
Govt of Mizoram

Ventilator vuah aiin hmai khuh
a nuam zawk e

Mamawh zualpui leh
Nunna atana pawimawh
chauh lei ang aw

Thing leh thlai i phun ang aw...
Malsawm dawn nan

ISSUED BY COVID-19 COMMITTEE ON PSYCHOLOGICAL AND SOCIAL GUIDANCE, GOVT OF MIZORAM

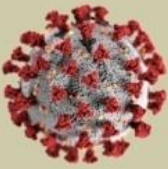
RAM ROREL KHAWL, SAWRKAR HNATHAWK, KOHHRAN LEH TLAWMNGAI PAWL, RAM LEH HNAM HMANGAIHTUTEN TIHTAK ZETA NUN CHHAN TUMA AN TANGRUAL HI CHUNG PATHIAN DUHZAWNG, AMAH BIAK DAN DIK A NI NGEI ANG.

Unau, nang pawh hmingthatna leh hamthatna khel rih lovin...

I thiam I finna nen raldo hmatawngah rawn intlar ve rawh aw...

LALPA KAN RAM LEH HNAM HRERENG ANG CHE

ISSUED BY COVID-19 COMMITTEE ON PSYCHOLOGICAL AND SOCIAL GUIDANCE, GOVT OF MIZORAM



Covid-19 hi natna pakhat ve mai a ni a, in ven theih a ni. Vei te tan pawh a dam leh theih natna a ni.



I himnan leh i lo dam leh theih nan mi tam tak an tawngtai reng bawk e



Sawrkhar, Kohhran, Tlawmngai pawl leh mi tha tam takin in him nan leh dam nan hna an thawk reng e.



Tihbai awm natna ni mahse..a hnai zawk 'Chhandamtun' thlamuang rawh min ti'...

What is Social Distancing?

Social distancing means avoiding close contact with others to prevent the spread of COVID-19 and can include:



Avoiding non-essential trips in the community



Limiting, postponing, or cancelling gatherings



Working from home, where possible



Conducting meetings virtually



Keeping kids away from group settings



Avoiding visits to long-term care homes and other care settings

It's not

CURFEW

It's

CARE FOR U

