

No. B. 13021/101/2020-DMR/Vol-VI
GOVERNMENT OF MIZORAM
DISASTER MANAGEMENT & REHABILITATION DEPARTMENT

Aizawl, the 18th February, 2022

ORDER

Mizoram-a COVID-19 hri leng mek dinhmun thlirlet a ni a, Covid-19 dinhmun hian ziaawm lam a pan hret hret niin hriat a ni a. Tin, Ministry of Health & Family Welfare, Govt. of India dt. 15.02.2022-ah chuan India ramah Covid-19 dinhmun alo ziaawm zel thu leh inkhuahkhirhna te ti kiam hret hret turin State Sawrkar te hriattir kan ni a. Chubakah, Covid-19 dona kawngah hian mihring eizawna leh mihring nunphung nghawng nasa lo zawng a kalpui tura hriattir kan ni bawk a. Chuvangin, Mizoram chhungah COVID-19 hri darh zel tur venna inkhuahkhirhna awm mek hi tlem a inthlahdul hret tul a hriat a ni a;

Chuvangin, kei J.C Ramthanga hian Chairman, State Executive Committee ka nihna ang leh Disaster Management Act, 2005 hnuai Section 22(2)(h) & 24 (l)-in thuneihna min pèk angin a hnuai inkaihhraina tarlante hi thuleh awm hma atana hman nghal turin ka chhuah e:

A. AMC AREA CHHUNGA INKAIHHRUAINA

1. Hemi hun chhúng hian loh theih loh thilah lo chuan pawn chhuah leh inlenpawh loh tur a ni. Building khata in hrang hrang luahte pawh intlawhpawh loh tur a ni.
2. Deputy Commisioner chuan *Health & Family Welfare Department*-in Covid-19 hrileng laka invenna tur inkaihhraina '*Operational Guideline for Containment and Surveillance Plan of Covid-19*' a chhuah thin te chu uluk taka kenkawh a nih theih nan hma a la tur a ni.
3. Hemi hun chhunga inkaihhraina chu a hnuai tarlan ang hian kalpui tur a ni.

Sl. No.	Activities	Kalpui dan tur
1	1. Zirna In	Class X leh XII board exam turte chu School Education Department thuchhuak angin CAB òha taka zawm chungin school leh hostel hawn phal a ni. Hemi atana hman tur SOP chu School Education Department-in a ruahman ang a, zirtirtu leh sikula hnathawkte chu COVID-19 vaccine full dose la vek turin hma a la bawk ang. Class I aṅanga class IX leh pawl XI zirlai te tan sikul leh hostel khar a ni ang a, online-in class lak chhunzawm a ni ang. Higher education Institute, College leh University te chu online a kal chhunzawm tur a ni.

Sl. No.	Activities	Kalpui dan tur
	2. Training Institutes	A hmuna leng zat chanve (50% seating capacity) luah khatin hawn phal a ni.
2	Board Exam, recruitment exam, adt.	CAB uluk taka zawm chungin neih phal a ni.
3	Sakhaw Biak In leh Inkhawm	<ol style="list-style-type: none"> 1. Biak In-a leng zat chanve (50% seating capacity) aia tam lovin chhun leh zanah Kohhran Inkhawm pangngai neih phal a ni a, zing ṭawngṭai inkhawm pawh phal a ni. 2. Kohhran Inkhawmpui chu chhun lamah chauh neih phal a ni: <ol style="list-style-type: none"> a) Inkhawmpui neihna hmun Biak In-a leng zat chanve (50% seating capacity) tel phal a ni. b) COVID-19 symptoms neite chu Inkhawmpui-ah hian tel loh tur a ni. c) Inkhawmpui-ah hian natna benvawn nei leh kum upa hriselna chak tawh lote a theih chin chinah awl ni se. 3. Hripui darh theihna tur ven nan, a theih chin chinah, hla/ rimawi thun (record) sa te play tur a ni a, zaikhawm, zaiho leh zaipawl hla sakho te khap a ni. 4. CAB khauh taka kenkawh leh zawm tur a ni. Kohhran-in LLTF te phungbawma sawmin CAB/ SOP Implementation Committee an din ang. 5. Inkhawmna leh Inkhawmpuiah te hian ei leh in sem phal a ni lo.
4	Inneih inkhawm leh Mitthi Vuina	Phal a ni. Inkhawm neihna hmun-a leng zat chanve (50% seating capacity) aia tam lovin phal a ni Ei leh in sem phal a ni lo.
5	1) Picnic spot	Hawn phal a ni.
	2) Movie Theatre	A hmuna leng zat chanve (50% seating capacity) aia tam lovin hawn phal a ni.
6	Public park, Swimming pool leh Sahuan (Zoo)	Hawn phal loh.

Sl. No.	Activities	Kalpui dan tur
7	Sports practice (indoor & outdoor)	Phal a ni. Indoor-ah mi 20 aia tam lo leh outdoor-ah mi 50 aia tam lo. Sports practice-ah COVID-19 symptom neite an tel tur a ni lo.
8	Zing/Tlai walking leh cycling exercise	1. Phal a ni. Amaherawhchu. mi panga (5) aia tam walking/cycling-a chhuahho phal a ni lo. 2. Aizawl khawpui chhunga Open gymnasium te chu khar tur a ni.
9	Sports inelna, tournament, adt. (indoor & outdoor)	Entu awm lovin phal a ni.
10	1. Beauty parlour leh Spa	Hawn phal a ni. A dawrtu tur ten appointment an la hmasa tur a ni. Dawr chhungah inngahkhawm phal a ni lo
	2. Gym	Heng kaihhruaina zawm hian hawn phal a ni: a) Hmanrua leh equipment uluk taka tihthianglim (sanitize) reng tur a ni.
	3. Lu mehna dawr (Hair cutting salons/ Barber shops)	b) Heng hmunah te hian tum khatah mi leng zat chanve aia tam awm phal a ni lo. c) Customer ten CAB uluk taka an zawm theih nan a neitu/nghaktu ten ruahmanna an siam tur a ni.
11	Mipui punkhawm-anniversary, birthday, adt.	Khap a ni. Amaherawhchu, sawrkar phalna la-a National/ State level programme pawimawh te chu huaihawt phalsak a ni thei ang a, a hmuna leng zat chanve (50% capacity) emaw mi 50 aia tam lo (a tlem zawk zawk) tum khata punkhawm phal a ni. Hripui darh theihna tur ven nan, a theih chin chinah, hla/ rimawi thun (record) sa te play tur a ni a; zaikhawm, zaiho leh zaipawl hla sakho te khap a ni.
12	Lui kal, trekking, hiking, adventure sports, adt.	Phal a ni.
13	Construction works (mimal, leh sawrkar hnathawh)	Phal a ni.

Sl. No.	Activities	Kalpui dan tur
14	MGNREGA, MPLAD, MLALAD, SIPMIU, Smart City	Phal a ni.
15	Quarry, kawng laih, lei dawh, adt.	Phal a ni.
16	Huan, lo, sangha dil, ran vulh, adt.	Phal a ni.
17	Hospital, nursing home, clinic, laboratory, Blood donation leh blood bank	Phal a ni.
18	Child and women helpline service, OST center, OSC, ART centre	Phal a ni.
19	Nau pai, nausen pawmlai leh naupang te hna nutrition (chaw ṭha) sem bakah nutrition sem tur godown aṭanga phurh chhuah leh sem darh	Phal a ni.
20	COVID-19 vaccination leh immunization programme dangte, ambulance service	Phal a ni.
21	Animal disease control programme, Veterinary hospital, dispensary, clinic, AI, Zoo, hatchery, Feed mill/Ran chaw leh Slaughter House	Phal a ni.
22	Bank, Non-banking financial institutions, insurance, ATM, post office leh postal services	Phal a ni.
23	Petrol/Diesel filling station leh LPG distribution/ godown	Phal a ni.
24	Dawr bungrua leh zawrh thil dahkhawmna/godown	Phal a ni.
25	1. FCS&CA Department/FCI hnuai godown	Phal a ni.
	2. Fair Price Shop (ration dawr)	FPS (ration dawr) te chu LLTF ten ruahmanna an siam angin hawn a ni ang.
26	Bawnghnute sem leh lakkhawm, chanchinbu sem	Phal a ni.
27	Private security service	Phal a ni.
28	Print & electronic media, telecommunication, internet service, broadcasting leh cable service	Phal a ni.

Sl. No.	Activities	Kalpui dan tur
29	Sanitation & solid waste management (hmunphiat leh bawlhhlawh paih te huamin), septic tank service (ek paih)	Phal a ni.
30	PWD, P&E leh PHE hnuai operation & maintenance hna leh mimal tui chawite	Phal a ni.
31	Bungraw load leh unload hna	Phal a ni.
32	Kawng laka lirthei chhia siamtute. (Hei hian automobile dealer leh workshop hnathawkte a huam ang).	Phal a ni.
33	Courier service, e-commerce leh home delivery. State pawn leh State chhunga dawrkai leh sumdawngte bungrua, State chhunga thar/siam chhuah tiamin, online emaw phone hmanga order lawk sa te pek (home delivery) leh e-commerce	Phal a ni. Dawr leh sumdawanna te hi a tam thei ang ber online service leh home delivery kalpui tura beisei an ni.
34	Ina thil siam (home based industry) -carpentry, steel fabrication, bakery, puan thui, puan tahna, adt.	Phal a ni.
35	Damdawi Dawr	Hawn phal a ni.
36	Hawkers stall	Hawn phal a ni.
37	Thlai chi/ thlai ñiak leh Agriculture/ Horticulture kaihnawih bungraw zawrhna	Hawn phal a ni.
38	Tourist Lodge, Hotel, Homestay leh khualbuk dangte	Hawn phal a ni.
39	Restaurants	A hmuna leng zat chanve (50% seating capacity) aia tam lovin hawn phal a ni.
40	Eichawp dawr	Hawn phal a ni
41	Bazar leh Dawr	Hawn phal a ni

Sl. No.	Activities	Kalpui dan tur
42	Mizoram Sawrkar Office-te	<ol style="list-style-type: none"> 1. <u>Group A & B Officers</u> – Head of Department/Head of Office ten hripui leng kara CAB leh social distancing kenkawh a nih theih dan tur hre reng chungin office kai dan tur an ruahman ang. 2. Group C leh D staff te chu a chanve (50% attendance) zelin an inkalchhawk ang a, a kal lo zawng chu in lam aṭangin online mode-in hna an thawk ang. Hei hian essential duty leh emergency services lama officer leh staff te a huam lo ang. An kal dan tur ruahmanna chu Department Secretary tin ten an siam ang. 3. Pianphunga rualbanlo te leh nu nau pai te chu office kai lo tura ngaihhnatthiam an ni ang a, amaherawhchu, a ṭul dan azirin in lam aṭangin office hna an thawk ṭhin ang (work from home). 4. Phalna / dilna la lawk lovin office tlawh/ dawr phal a ni lo. 5. Thuleh awm hma chu Minister te public interview khar hrih a ni. 6. Department hotu ten office kawtkai kut silna tur leh tihthianglimna (sanitizer) tur an dah tur a ni. 7. Department / Office hotute chu an office leh a chhehvel tihthianglim leh faina kawngah mawh an phur ang. 8. Office kai lote chu Deputy Commissioner-in Executive Duty turin a ruat thei ang. 9. A theih chin chinah meeting reng reng chu VC mode a tih thin tur a ni. <p><i>NOTE: Essential duties/ emergency services te chuan heng Department te hi a huam ang –</i></p> <p><i>Home, H&FW, Police, Home Guards & Civil Defense, Fire & Emergency Services, Disaster Management, District Administration, Civil Aviation, Prisons, Excise & Narcotics, Municipal Services, Forest Field Works, PHE, I&PR, P&E, FCS&CA, IF&SL, ICT leh NIC.</i></p>

Sl. No.	Activities	Kalpui dan tur
43	Office dangte	1) Mizoram Legislative Assembly Secretariat chuan an kal dan tur an ruahman ang. 2) Central Sawrkar office te leh Central PSU te chu Central Sawrkar thuchhuak angina ang kal ang.
44	Court leh Judiciary	Gauhati High Court (Aizawl Bench) leh a hnuai Court te chu High Court-in ruahmanna a siam angin an kal ang.
45	Kohhran/sakhaw hrang hrang office	Hawn phal a ni.
46	Private company/ office - consultancy services, adt.	A chanve (50% attendance) zela inkal chhawkin phal a ni. Office leh a chhehvel tihthianghlim leh faina kawngah mawh an phur ang.
47	Lirthei tlân dan	Aizawl khawpuia intlanchhawk thin dan pangngai a hnuai tarlan ang hian kal tur a ni ang a, SP (Traffic)-in Order a chhuah ang. 1. Public Transport Vehicle (City Bus, Taxi, 2-wheeler taxi leh adt.) leh Bungraw phur motor te chu a ngai angin an tlan ang. 2. Sawrkar leh Mimal lirthei (two wheeler telin) tlan dan tur chu hetiang hi a ni ang: a) Thawhtanni: 1&2-a tawp tlan phal loh. b) Thawhlehi: 3&4-a tawp tlan phal loh. c) Nilaini: 5&6-a tawp tlan phal loh. d) Ningani: 7&8-a tawp tlan phal loh. e) Zirtawpni: 9&0-a tawp tlan phal loh. f) Inrinni, Pathianni leh public holiday-ah chuan lirthei zawng zawng tlan phal vek a ni. 3. Commercial vehicle (City Bus, Taxi, 2-wheeler taxi leh adt.) driver leh handyman ten heng inkaihhruainate hi uluk takin an zawm tur a ni: a) Lirthei thutphah leh a chungte tihthianghlim zin tur a ni a, lirthei chu fai taka vawn reng tur a ni. Hnathawhna hmunah mask/ hmai tuamna an vuah reng tur a ni. Passenger-te hman tur hand sanitizer an pai reng tur a ni. b) COVID-19 vaccine full dose la tura ngen leh beisei an ni.

47	Lirthei tlân dan	c) Lirtheiah te hian registration-a seating capacity tarlan bak chuan phal a ni lo. d) Bus-ah ding an awm tur a ni lo.
----	------------------	---

4. A chungah activities hrang hrang tarlanah te hian hrileng laka kan him theih nan hmun tinah CAB/SOP uluk taka zawm tur a ni a. A kenkawh lamah mawhphurtuten uluk takin hma an la ang.

B. AMC AREA PAWN INKAIHHRUAINA

1. Local Restrictions:

- 1) Deputy Commissioner chuan *Health & Family Welfare Department*-in Covid-19 hrileng laka invenna tur inkaihhruaina '*Operational Guideline for Containment and Surveillance Plan of Covid-19*' a chhuah thin te chu uluk taka kenkawh a nih theih nan hma a la tur a ni.
- 2) Thil tul dang a awm chuan, Deputy Commissioner (DC) ten an District chhunga COVID-19 hri len dan dinhmun azirin inkaihhruaina an siam ang a, a tul a nih chuan CrPC 144 hmangin curfew an puang thin ang.

2. Zirna in hawn chungchang

Class X leh XII board exam turte chu School Education Department thuchhuak angin CAB tha taka zawm chungin school leh hostel hawn phal a ni. Hemi atana hman tur SOP chu School Education Department-in a ruahman ang a, zirtirtu leh sikula hnathawkte chu COVID-19 vaccine full dose la vek turin hma a la bawk ang.

Class I atanga class IX leh class XI zirlai te tan sikul leh hostel khar a ni ang a, online-in class lak chhonzawm a ni ang.

Zirna sang zawk (Higher education) kaina rûn (Institute), College leh University te chu online a kal chhonzawm tur a ni.

3. Sakhaw Biak In-a inkhawm leh Inkhawmpui chungchang

- 1) Biak In-a leng zat chanve (50% seating capacity) aia tam lovin chhun leh zana Kohhran Inkhawm pangngai neih phal a ni a, zing tawngtai inkhawm pawh phal a ni.
- 2) Kohhran Inkhawmpui chu chhun lamah chauh neih phal a ni:
 - a) Inkhawmpui neihna hmun Biak In-a leng zat chanve (50% seating capacity) tel phal a ni.
 - b) COVID-19 symptoms neite chu Inkhawmpui-ah hian tel loh tur a ni.
 - c) Inkhawmpui-ah hian natna benvawn nei leh kum upa hriselna chak tawh lote a theih chin chinah awl ni se.
- 3) Hripui darh theihna tur ven nan, a theih chin chinah, hla/ rimawi thun (record) sa te play tur a ni a, zaikhawm, zaiho leh zaipawl hla sakho te khap a ni.
- 4) CAB khauh taka kenkawh leh zawm tur a ni. A thlengtu kohhran-in LLTF te phungbawma sawmin CAB/ SOP Implementation Committee an din ang.

4. District Headquarters-a Bazar leh Dawr te chu hawn phal a ni
5. Restaurant te chu a hmuna leng zat chanve (50% seating capacity) chin luakhatin hawn phal a ni. Tui emaw tuiril lam chi hrim hrim emaw in inṭawm tur ven nan a neitu ten dispo no emaw no pangngai emaw tui bottle emaw mi tin tan a hran ṭheuh an chhawp ṭhin tur a ni.

A neitu ten uluk takin chaw ei dawhkan leh ṭhutthleng te zing takin an tithianghlim (sanitize) ṭhin tur a ni a, an dawr leh a chhehvel te engtiklai pawha fai taka vawn kawngah mawh an phur baw ang.
6. Commercial vehicle (City Bus, Taxi, 2-wheeler taxi leh adt.) driver leh handyman ten heng inkaihhruainate hi uluk takin an zawm tur a ni:
 - 1) Lirthei ṭhutphah leh a chhungte tihthianghlim zin tur a ni a, lirthei chu fai taka vawn reng tur a ni. Hnathawhna hmunah mask/ hmai tuamna an vuah reng tur a ni. Passenger-te hman tur hand sanitizer an pai reng tur a ni.
 - 2) COVID-19 vaccine full dose la tura ngen leh beisei an ni.
 - 3) Lirtheiah te hian registration-a seating capacity tarlan bak chuan phal a ni lo.
 - 4) Bus-ah ding an awm tur a ni lo.

C. MIZORAM PUMA HMAN TUR INKHUAHKHIRHNA DANGTE

1. Vaccination

Mipui vantlang kan lo him zawk nan COVID-19 vaccine la la lo zawng zawng (target group)-te chu Sawrkar-in a thlawna vaccine lakna a ruatah te a hma thei ang bera vaccine la tura ngen leh beisei an ni. Deputy Commissioner ten an District theuhvah mipui ten vaccine dose hnih an lak ngei theihna turin theihtawpin hma an la ang.

2. Zin veivah chungchang

- 1) Zin veivah chungchanga inkaihhruaina leh airport-a screening chungchanga zawm tur Health & Family Welfare Department, Government of Mizoram-in thuchhuah thar a siam apiangte chu thuneitu ten tha takin an zawm tur a ni.
- 2) Ṭul bikah chuan zin veivah phal a ni. Zin veivah nan hian mimal lirthei leh passenger phur lirthei (commercial passenger vehicle) te hman phal a ni.
- 3) Lirtheiah te hian registration-a seating capacity tarlan bak chuan phal a ni lo. Lirthei khalhtute leh an phurh ten mask/ hmai tuamna an vuah vek tur a ni. Passenger-te hman tur hand sanitizer an pai reng tur a ni.

3. Veng/Khaw Bil Inkhuahkhirhna

- 1) He order/inkaihhruaina-in a huam baka veng/khaw bil bik tana inkhuahkhirhna khauh zawk neih tul tihna a awm chuan, a chhan leh vang chiang taka ziakin LLTF/VLTF ten an awmna District Deputy Commissioner hnenah rawtna an siam thei ang.
- 2) LLTF/VLTF ten he Order-ina inkhuahkhirhna a siam bak pelin anmahni thuin veng/khaw bil inkhuahkhirhna hranpa curfew/ lockdown/ Containment Area/ Restricted Area an puang tur a ni lo.

- 3) Kawngpuiin a paltlang khua/veng ten an khaw/veng kaltlanga khaw/veng danga kal tur zin veivak te leh an lirthei an dang tur a ni lo.

4. Bungraw Chawkluh Leh State chhunga Thiar Chungchang

- 1) State pawn aṅanga bungraw lakluh nan phalna hranpa lak ngai lovin lakluh theih a ni ang. Amaherawhchu, mCOVID-19-ah an in-register vek tur a ni.
 - 2) Bungraw lak luh phurtute (driver leh handyman) hi entry point-ah uluk takin screening kalpui chhonzawm a ni ang. Bungraw phur motor-ah reng reng hian midang (passenger) an chuang tur a ni lo.
 - 3) State pawn aṅanga bungraw lak luh phurtu (driver leh handyman) te chu an kalphung pangngai angin khaw dâiah anmahniin eirawng an inbawl ang a, khaw chhungah midang nen inchiahpiah lovin an bungrua an unload zawh veleh an let leh nghal ang. An bungrua unload chhung hian midang te aṅanga feet ruk (6) tala hla-ah an awm tur a ni.
 - 4) State pawn aṅanga bungraw lak luh phurtu (driver leh handyman) te chu backload lak tur zawngin Mizoram hmun dangah an kal kual tur a ni lo.
 - 5) AMC Area pawnah chuan Mizoram-a bungraw awmsa emaw siam chhuah/tharte thiar chungchangah inkhuahkhirhna a awm lovang.
 - 6) Public Distribution System (PDS) hnuai a ration dawr/retailer-a pek chhuah tur buhfai, chini leh khawnvartui phur motor te chu FCS&CA Department in Delivery Order/Despatch Challan a pek chhuah, la nung mek an ken chuan phalna hranpa ngai lovin Mizoram chhungah bungrua an thiar thei ang.
 - 7) A chung a tarlan driver leh handyman-te hian kawng laka harsatna an tawh thulhah State Control Room (Toll free 1070, landline 0389-2342520, mobile 7628072785 leh whatsapp 9366331931) leh COVID-19 (Medical) helpline number (Toll free 102, landline 0389-2323336, 0389- 2322336 leh 0389-2318336)-ah telephone-in an harsatnate an thlen thei ang.
5. Covid-19 hri laka kan himna tur atan mitin hian tih tur pawimawh tak kan nei ṭheuh va. Chung tih tur leh zawm tur COVID Appropriate Behaviour (CAB) te chu Annexure-ah tarlan a ni a, mitinin zawm ṭheuh tur a ni.
 6. Thil ṭul dang a awm chuan, Deputy Commissioner (DC) ten an District chhunga COVID-19 hri len dan dinhmun azirin inkaihhruaina an siam ang a, a tul a nih chuan CrPC 144 hmangin curfew an puang thin ang.
 7. Mizorama lo lu, quarantine, adt. chungchanga inkaihhruaina chu Health & Family Welfare Department-in thuchhuah thar an siam ang zelin kalpui tur a ni ang.
 8. State Level Expert Team on COVID-19 Management-in a rawt angin mipui nghawng tam lo thei ang berin Deputy Commissioner ten an District chhungah Micro Containment Zone emaw inkhuahkhirhna dang a ṭul dan azirin colony/ building/ apartment chauh huamin an puang thei ang a, Micro Containment Zone emaw inkhuahkhirhna dang emaw puanah te chuan Deputy Commissioner-in thupek a siamte khauh taka zawm tur a ni.

9. He thupek zawm lote chu Disaster Management Act, 2005, Section 51 atanga 60 leh the Mizoram (Containment & Prevention of the spread of COVID-19) Act, 2020 leh IPC Section 188 hmangin hrem theih an ni.

Sd/- J.C. RAMTHANGA
Chief Secretary, Mizoram & Chairman,
State Executive Committee,
State Disaster Management Authority, Mizoram.

Memo No.B.13021/101/2020-DMR/Vol-VI : Aizawl, the 18th February, 2022

Copy to:

1. Secretary to the Governor, Mizoram.
2. Secretary to the Chief Minister, Mizoram for information.
3. P.S. to Deputy Chief Minister, Mizoram.
4. P.S. to Speaker/ Ministers/ Ministers of State/Deputy Speaker/ Vice-Chairman, SPB/Deputy Govt. Chief Whip, Mizoram.
5. Home Secretary, Government of India, North Block, New Delhi-110001.
6. Sr. P.P.S to Chief Secretary, Govt. of Mizoram.
7. All Administrative Heads of Departments, Government of Mizoram.
8. Director General of Police, Mizoram.
9. Commissioner & Secretary, Mizoram Legislative Assembly.
10. Secretary of all Constitutional & Statutory Bodies, Mizoram.
11. All Deputy Commissioners, Mizoram.
12. All Superintendents of Police, Mizoram.
13. Director, I&PR for wide publicity.
14. All Chairpersons, LLTF/VLTF.
15. Controller, Printing & Stationery with 5 (five) spare copies for publication in the Mizoram Gazette.
16. Guard Files.



(LALTANPUIA HNAMTE)

Deputy Secretary to the Govt. of Mizoram,
Disaster Management & Rehabilitation Department.

COVID APPROPRIATE BEHAVIOUR (CAB)

COVID-19 laka him tlanna tura kan zawm tur nunphung tha te:

- 1. Intawk kher lovin in chibai thin tawh ila.*
- 2. Khawiah pawh inhnaihchilh lova feet 6 tal inkarhlat a awm zel ni se.*
- 3. Hmaituamna hmanga hmui-hmai tuam reng ni se.*
- 4. Mit, Hnar leh Ka te khawih loh tur a ni.*
- 5. Respiratory Hygiene vawng la – Khuh leh hahchhiau in hmai hup/tuam rawh.*
- 6. A khat tawkin sahbawn nen fai taka kut sil fo tur a ni.*
- 7. Khawih fo thin hmunhmate tih thianghlim fo thin tur a ni.*
- 8. Chil chhak/pik mai mai loh tur a ni.*
- 9. Tul tak lovah zin/veivah pumpelh rawh.*
- 10. Mi tute mah thlei hrang lo la, Covid-19 vei te thinhrik suh.*
- 11. Mipui punkhawmna pumpelh la, hri lakah him rawh.*
- 12. Social media-a thu veivak nazawng, a dik tih fiah lovin thehdarh ve ngawt suh.*
- 13. Covid-19 lam hawi thu Sawrkara mawhphurtute hnen atanga chhuak ani em tih ngaichang hmasa thin rawh.*
- 14. Hriat duh leh mamawh reng reng chu National Help Line 1075-ah emaw State Helpline 1070-ah emaw Health Department Helpline 102-ah zawtfiah thin ang che.*
- 15. Hripui leng vanga rilru thlabar/phili/chiai te tan rilru lama mithiam rawn ang che.*