

KHAWVAWT HMACHHAWN DAN TUR THUCHHUAH

Public Health Advisory: Cold Wave/Frost

Health & Family Welfare Department hnuiaia National Programme on Climate Change and Human Health (NPCCHH), National Health Mission chuan khaw vâwt chho meka mipuite kan him tlanna tur leh zawm tur a hnuiaia mi ang hian thuchhuah a siam.

Mipuite tâna hriat tur pawimawh: Khawvawh zual laiin

Khawvawh zual hma in

- Khua a vawt zual dawn em tih hre lawk thei turin radio te ngaihthlak ngun a, TV te en in chanchinbute pawh chhiar thin tur ani.
- Khawchin hre turin heng website te hi tlawh thin tur ani: India Meteriological Department: <https://mausam.imd.gov.in/>
Realtime temperature update: <https://bit.ly/IMDcoldwave>
- Thlasik lai a hak tur thawmhnaw lum tha kawl theuh tur ani.

Khawvawh zual laiin

Tih turte

- Khawchin chungchanga thuchhuah leh thu thar te ngaihchan a, rikrum thil a tih tur pawimawh an sawi te chik taka ngaihchan a, zawm ngai te zawm tur.
- Thli vawt laka him nan a tam thei ang ber inchhungah awm tur.
- Thawmhnaw lum thâwl lam deuh hak thuah a, zâng lam deuh leh windproof, wool lum tha tak hak tur. Thawmhnaw tawt lutuk hak loh tur.
- Taksa huh leh hnâwnga dah loh tur, lu, nghawng, kut leh ke te kim taka khuh that tur.
- Kut tuam lum that tur ani a. Lukhum leh muffler te hman that tur. Pheikhawk lum leh waterproof bun tur.
- Chaw tha leh hrisel lam ei uar tur.
- Natna dotu khawl tichak thei tur thei leh thlai hring lam Vitamin-C tamna ei tur.
- In tur sa (hot drinks) lam leh tuilum in that tur.
- Vun leh taksa te a ro loh nan oil, body cream leh lotion te hnawih that tur.
- Tar leh kum upa lamte ngaihsak tur. Thenawm khawvengah kum upa lam leh mahni a khawsa te an hriselna a tha em tih te en in tlawh thin tur.
- Nitin mamawh leh tul thil dangte chhekkhawl tur. Tui hman tur khawlsa neih tur.



Khawvawh zual laiin

Tih turte

- Khawvawt lutuk hmun a awm rei hian taksa lang thei lai ah duk, khawng leh chawmawlh leh duk durh te a awm thei a. Hetiang hunah hian doctor te pan vat tur.
- Khawvawta awm rei lutuk avanga vâwtin taksa peng a hmeh hik (Frostbite) avanga natna lang chhuak thei taksa chawmawlh, var leh duk te hi kut leh ke, bengkawm leh hnar ah te awm em tih en chian tur.
- Khawvawt lutuk hmun a awm hian Hypothermia a neih theih a- taksa temperature te lo tla hniam in khur nasa, tawng tha theilo, mutchhuak, tihrawl khawng, thawk harsa, chauhna leh nikhaw hrelo a awmna te a thlen thei ani. Hypothermia hi natna hlawhawm tak anih avangin damdawi a inenkawl hmanhmawh a tul thin.
- Tupawhin Hypothermia emaw Frostbite a neih in damdawiinah inentir vat tur ani.
- NDMA mobile application: First Aid for Students and Teachers (FAST) hi first aid chungchanga thu hriat tur chhiar nan a download theih ani.
- Ran vulh te inchhungah awm tir theih nise. Khaw vawt laka an lo him nan inchhunga suan luh tur ani.

Tih loh tur te

- Hun rei tak chhung khawvawt hnuia a awm loh tur.
- Vawt tih vanga taksa a khurhin ngaihthah loh tur. Inchchung lumah awm tur.
- Zu in loh tur. Taksa lumna temperature a tihnam belh theih avang leh hypothermia neih theihna a tisang thei.
- Khawvawtin taksa a hmeh pilh/chawmawlh (Frostbite) lai hi massage loh tur, a nat zual belh thei.
- Vawtin a hmeh avanga damlo chu a harhfim tha anih loh chuan tui in tir loh tur.
- Thuk leh meituah te vil loh a kalsan loh tur.
- Room phui leh ventilation awm lohna hmunah mombati, sikri, meihawl leh mei tuah loh tur. Hei hian Carbon Monoxide mihring tana tha lo a pe chhuak thei.

Hriat belh duh nei te tan heng a hnuia website tarlan te hi a tlawh theih ang:

<https://ndma.gov.in/Governance/Guidelines>

https://ndma.gov.in/Resources/awareness/Cold_Wave

Issued by

Health and Family Welfare Department

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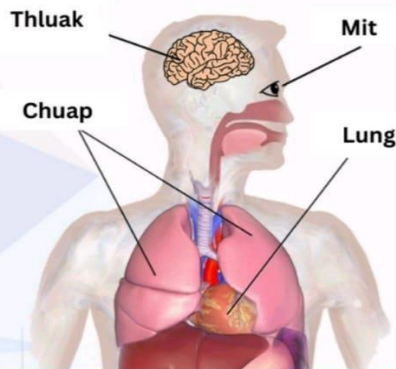




National Programme
on Climate Change
and Human Health



Ministry of Health
and Family Welfare
Government of India



Air Pollution

I hriselna véng tha
rawh

**Boruak thianglim lo hip luh hian
taksa ah natna a thlen thei**

Tih loh tur te

- x Halmawi, thing ro, thing hnah, thlawhhma zawh na hnu leh bawlhhlawh te hal loh tur.
- x Motor tam na hmun leh thil siam chhuah na hmunpui ah te kal loh tur.
- x Zing hma tak leh zan tlai tawh ah exercise la tur a kal chhuah loh tur.
- x Zing hma tak leh zan tlai tawh ah tukverh leh kawngkhar hawn loh tur, chhun ah ventilation hawn thawt tur (12 to 4 PM).
- x Cigarette, bidis leh vaihlo zuk loh tur.

Tih tur te

- ✓ Inehchung ah awm tam tur. Pawn chhuah dawn in ruahman lawk thin tur.
- ✓ Thawkna dawt, chuap leh lungtha lo nei tan damdawi ei tur kawh sa neih tur.
- ✓ Thawk lam a harsatna, luhai, khuh, thawk nuam lo leh na, mit men nuam lo neih in Doctor rawn vat tur.
- ✓ Boruak khu pe chhuak tam lo chi gas emaw electric hmang thuk hman uar tur.

www.mohfw.nic.in
www.mygov.in
www.pmindia.gov.in

YouTube [mohfwindia](https://www.youtube.com/mohfwindia)
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