

**No.B.13018/119/2020**  
**OFFICE OF THE DEPUTY COMMISSIONER**  
**LUNGLEI DISTRICT, MIZORAM**

Dated Lunglei, the 19<sup>th</sup> June, 2020

**HRIATTIRNA**

Mizoram Sorkar Lehkha No.D.33011/21/2020-HFW(nCOV)/Vol-I Dt.18.6.2020 in a sawi behchhanin Government Quarantine Facility, Community Quarantine Centre leh Home Quarantine-a awm chungchanga inkaihhraina a hnuai ami ang hian siam a ni.

**A: Quarantine-naa awm hun chhung**

- 1) Govt Quarantine Facility (GQF) / Community Quarantine Centre (CQC)-a awmte chu an awm tan atanga **ni 14 a ral tawh a, RT-PCR result a negative chuan** Quarantine Facility/Centre atangin an chhuak thei ang. RT-PCR result a chhuah loh emaw, a negative loh chuan chhuah phal a ni lo.
- 2) GQF leh CQC-a an awmna room ami mi pakhat chauh pawh RT-PCR result a positive chuan chumi room-a awmte chu test nawn leh vek tur an ni a, test nawn lehna result hi a chhuah hma leh test result a negative loh chuan an chhuak thei lovang.
- 3) Home Quarantine-a awm pawh a chung a sawi ang khian awm tan atanga ni 14 a ral a, RT-PCR result a negative bawk chuan Home Quarantine hun hi a zo anga, Quarantine zo tawhte tih tur a hnuai a tarlante hi a chhunzawm ang.

**B: RT-PCR Test hun**

RT-PCR test tur sample chu Quarantine Facility/Centre luh atanga ni 5 ral hnuah lak tur a ni. Covid-19 positive te nena in contact hnaite chu positive-te nena an in contact atanga chhiara ni 5-10 inkarah RT-PCR test tura sample lak tur a ni. Home Quarantine-a awmte chu ni 5-10 inkarah sample lak tur a ni.

**C: Quarantine-na hmun atanga chhuah dan:**

GQC/CQC-a Quarantine hun hmang zo tawh, RT-PCR test-a negative, Quarantine na hmun chhuahsan theite chu an chhungten an hruai haw emaw mahni chenna veng VLTF te ruahmanna siam dan angin Quarantine-na hmun atangin an haw thei ang.


**D: Quarantine zo tawhte awmdan tur:**

Quarantine zo tawhte chu Health & Family Welfare Department- a bialtu ten Quarantine period completion certificate an pe thin ang. An chhuah atanga ni 7 chhung chu mahni uluk taka invawn (self-monitoring) tur a ni. Hemi chhung hian a hnuai amite hi tha taka zawm tur a ni:-

- 1) Covid-19 laka mahni, chhungkua leh khawtlang him nana zawm tur hrang hrang te- mask tha taka vuah, social distancing tha taka zawm leh kut silfai fo te bakah hriselna kawngah mahni theuh invawn uluk zui zel tur a ni.
- 2) Tuallaiah an leng chhuak tur a ni lova, in lamah inleng an kawm tur a ni lo.
- 3) Natna kai awl bik ho- kum upa, naupai, naupang, lung natna vei, zunthlum, cancer, HIV etc vei te bulah awm lo thei se.
- 4) Ram lama hna thawka kal chhuah leh thlama ram riah phal a ni.

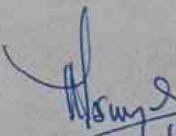
Hriselna lama harsatna nei chuan heng contact no-ah te hian thu thlen theih reng a ni e:

**State-ah** : 102 (Toll free)/ 0389-2323336, 0389-2322336, 0389-2318336  
**District-ah** : 6033151202/ 7629072340.

  
(V. LALSANGLIANA)  
Deputy Commissioner  
Lunglei District, Mizoram.

Memo No.B.13018/119/2020 : Dated Lunglei the 19<sup>th</sup> June, 2020.  
Copy to :

1. The Superintendent of Police, Lunglei.
2. The Chief Medical Officer, Lunglei
3. The Medical Superintendent, Lunglei
4. SDO(C), Tlabung.
5. DIPRO, Lunglei.
6. Overall-in-Charge, GQF Lunglei
7. Officers-in-Charge, CQC, Lunglei
8. Contact Persons, GQF/CQC Lunglei
9. Chairmen, All VLTF, Lunglei District.

  
Deputy Commissioner  
Lunglei District, Mizoram