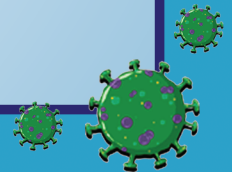




HEALTH CARE WORKER'S MANUAL

COVID-19 NA RANG·SAN KAM
KA·ANI ARO NIROKANINA

(CHAMPENGANI, NOKKO DONGANI ARO TIKKA SU·ANI)



Bak 1: COVID-ARA MAIA? COVID-ARA MAIDAKE BATRIKRIKA?

Bak 2: ASHA, AF, AWW NI KAMRANG

Bak 3: CHAMPENGANI CHOLRANG

- ✓ Jakrangko jaksuani
- ✓ Mask ganani
- ✓ Saksa sakgipinoni chel-tanggrike dongani
- ✓ Seng-gnang porikka ra-ani aro sana bananiko ra-ani

Bak 4: NOKKO DONGE COVID NA NIROK-SIMSAKANI

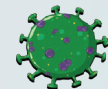
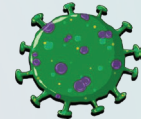
- ✓ Home Isolation ka-enggiparangna ku-pattianirang
- ✓ Saani chin donggija Home Isolation ka-enggiparangna sana-bananina ku-pattianirang
- ✓ Pulse Oximeter aro be-enni ding-a-ding-gijaniko nianiko jakkalenba oxygen level ko niani
- ✓ Rang-sitaniko nambatatna tugitile dongani bewalrang (proning positions)
- ✓ Nirop-simsakgiparang aro gipin nokni manderangna ku-pattianirang
- ✓ Maidaka somoio sana-banani cholrangko ra-na nanga
- ✓ Basako Nokko Donge Sananiko dontongna nanga?
- ✓ Home Isolation Kit – ASHA-rangna on-ani

Bak 5: TIKKA SU-CHINA MANDERANGNA DIDIANIKO ON-ANI

- ✓ Covid vaccine ni gamchatani
- ✓ Sawarang tikka su-na man-gen
- ✓ Da-o man-gipa tikkarangni rokkomrang
- ✓ Anga maikai tikka su-na man-gen
- ✓ Anga bano tikkako su-na mangan
- ✓ Tikka su-manani ja-mano angni be-enna mai ong-gen – sokronggipa chinrang
- ✓ Covid Vaccination ni bidingo tole janganirang

Bak 6: FLW-RANG MAI DAKGIPA CHEL-CHAKANIRANGKO DAKNA NANGA

Bak 7: BEEN ANSENGE ARO MANGRAKE DONGANI



BAK – I

COVID-19 NI BIDINGO HAI U·IE RA·NA

1a. COVID ARA MAIA?

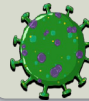
- 1.** COVID-19 ARA GITOK ARO KA·SOPONA DOGIPA SABISI ONG·A ARO INDAKEN IA KAMAO ON·GIPA SAANI CHINRANGKO MAN·AONA SOKATA:



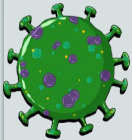
- Fever
- Gitok sa·dika
- Ran·e gusua
- Be·en sa·dika
- Ok re·a
- Gingsiko ba cha·toto ma·sija

2.

SAGIPARANGONI 90%
MANGKODE NOKKON
NENGRAE NAMATNA
MAN·AIA



- 3.** INDIOBA, MITTAMRANGDE
BILONGROROBATA:

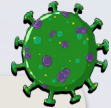


- Ka·soprang ripomanichi, oxygenko chu·onga gita ra·na man·ja
- Be·enni mongsonggipa bakrangni ning·achi sokangjokkon, ia sabisiko champengna gita an·chingni be·en “cytokines” ingipako ong·katata. Be·eno cytokines bang·dugaskaode ka·sop nosto ong·aona, be·enni mongsonggipa bakrang kam k·agijaona aro high blood pressure ong·aona sokatskaa.
- Mongsonggipa be·enni bakrangona oxygen sokani komiroroangachi bon·chotaode janggi galaona soka.

4.

SAWARANG BILONGBEE SANA
ALTUA?

Bilsi brigimin manderang, aro be·enno gipin saani donggiparang bilongbee saaniko man·a altua, indiba da·ode ian dambe manderangoba apsan ong·engaha. Je mandeba bilongbee sana altubea.

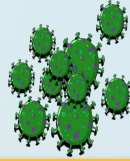


1b. COVID-ARA MAIDAKE BATRIKRIKA?

COVID-19 indake batrikrika



SABISI MAN-GIPA MANDENI
ATCHINGA/GUSUAONI



ATCHINGA/GUSUAONI
TINGTOTA



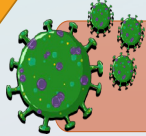
TINGTOTGIPA NANG-NI
JAKRANGO MA-BAKA



ARO JE BOSTUKOBA BA
MANDEKOBA DANGTAJOKKON



SABISI BATA



Na-a saani chin dongjagenchimoba n-aa sabisiko batrikrikatna man-a

Bang-bata COVID-19 sabisi man-gipa manderangan, saani chin man-a skang sal 5-7 ranga-na sakgipinrangna sabisiko batrikrikatna man-a

AN-CHINGNI SONGSALO MAIKAI COVID-19 BA-TRIKRIKENGGA



JINMA
TOM-DAKANIRANG



BALWA JOKSALGIJA ARO
CHAKGIJA BIAPRANGO
MANDE BANG-E DONGANI



MANDE BANG-GIPA
BIAPRANG



NOKTANGTANGO

BAK – II

ANM, ASHA, AF ARO AWW NI KAMRANG (CHAMPENGANI, NOKKO DONGANI ARO TIKKA SU·ANI)

2a. ANM NI KAMRANG ARO DAKNA NANGGNIRANG

- COVID sagiparanko sana gita COVID Hospitalrangni bidingo aro maiba rang·gitik sana banani cholrangni (CHO/MO/Ambulance) bidingo ASHA/AF/songni manderangna u·iataniko on·bo.
- ASHA/AF-rangna COVID-19 sabisi man·giparanko seng·gnang sandina gita dakchakaniko on·bo aro sabisi man·a ine chanchichipenggipa/positive man·gipa manderangna sana bananiko nangenggipani, jekai rang·sitna neng·nikani, bilongbee fever man·ani/sal 5 na bilongbee gusuani aro gisik jajaaniranko man·enggiparangni bidingo MO/CHO na u·iatani.
- Sabisi mangiparanko COVID na porikka rana dakchakaniko onani.
- MOH&FW/A·dokni Sorkarini on·gimin SOP-rango pangchakenba COVID-19 sabisi man·giparanko sandina gita ASHA-na dakchakaniko on·ani.
- Manderangna namgipa an·senge dongani bewalrangko ja·rikchina aro be·enrangko mangrake dongani cholrang jekai yoga, ning·tue rang·sitani bewalrang, chu·onga gita aro somoi gita tusiani aro gisiko an·senge rakkianirangni bidingo aganku·pattianiranko on·ani.
- Saenba nokko dongenggiparanko somoi gita nirokani aro uamangni be·enni ding·anirang, ka·tong su·anirang aro SpO2 ko nibo. Rang·gitik nanggitika ong·ode MO/CHO na call ka·e u·iatbo.
- Be·en ding·ani, oxygen saturation, jakrangko rongtale rakkiani aro nokko aro dongchakgipa biapko rongtalan bidingo nokko donge sanenggipa manderang aro uko nirokenggipa manderangna skie aro agantalate on·bo.
- Rang·sitano nambatna/be·enno oxygen level ko nambatna gita ong·a bewalo tuanirangni bidingo agantalate on·bo.
- COVID positive man·e nokko dongenggiparangna somoi matchotani ja·mano watani bidingo talate on·bo, mongsongde, chin man·chengani sal 10 ja·mande nokko dongani matchotnok aro sal gittamna fever man·jagenchim ong·ode; aro nokko dongani sal somoi matchotman·jokkode porikka ra·taina nangjawaha.
- COVID ni bidingo kam ka·anirangna songsalo ong·atgiparang baksa jekai VHSNC/MAS/JAS·o ASHA na dakchakaniko on·bo.
- COVID Vaccination site-rangna chanchisamsoanirangko dakbo aro tikka su·na man·giparanko su·na re·bachina gita ASHA-rang/AF/AWW na u·iatbo.
- COVID tikkako su·china manderangna didianiko on·a gita ASHA/AWW na dakchakaniko on·bo.

2b. ASHA FACILITATOR-RANG KAMRANG

- COVID sagiparangko sana gita COVID Hospitalrangni, Vaccination site-rangni bidingo aro maiba rang-gitik sana banani cholrangni (ANM/CHO/MO/Ambulance) bidingo ASHA/AWW rangna u-iataniko on-bo.
- ASHA-rangna COVID-19 sabisi man-giparangko seng-gnang sandina gita dakchakaniko on-bo aro sabisi man-a ine chanchichipenggipa/positive man-gipa manderangna sana bananiko nangengani bidingo ANM/CHO/MO na u-iatani.
- SOP-rango pangchakenba COVID-19 sabisi man-giparangko sandina gita ASHA-na dakchakaniko on-ani.
- Saenba nokko dongenggiparangko somoi gita nirokani aro uamangni an-seng baljokaniko nina ASHA na dakchakaniko on-ani aro rang-gitik nanggitika ong-ode ANM/CHO/MO na call ka-e u-iatbo.
- COVID ni bidingo kam ka-anirangna songsalo donggiparang jekai VHSNC/MAS/JAS ni gita ASHA na dakchakaniko on-bo.
- COVID tikkako su-china manderangna didianiko on-a gita ASHA na dakchakaniko on-bo.
- Songo nokchi re-e nianirangko dakna skang ASHA o chu-onga gita PPE rang jekai Mask, Gloves, face shield, Hand sanitizer/Handwash rang donganiko nibo.
- Samrang, bosturang, home isolation kits, talate on-gipa lekkrang jerangkon saenggipa manderang/nokrangna sualna nangachim uarang ASHA o chu-onga gita donganiko nibo.
- COVID Positive man-giparang, saenba nokko dongenggiparang, tikka su-anirang, nokchi re-e nianirangko ASHA oniko antiprakon ra-enba ANM na kam ka-angchina gita on-ena nanga.
- COVID ni bidingo u-iatanirang, Jarikna nanggnirang aro Sorkarini Protocol rangko ASHA aro AWW na on-bo.
- ASHA aro AWW ni bakrime kam ka-aniko namdapatna gita WCD department ni Lady Supervisor rang baksa bakrime kamko ka-bo.
- ASHA/AWW COVID-19 na positive man-genchim ong-ode ANM na u-iatbo.
- ASHA/AWW na skie on-anirangko nangdapenga ong-ode dakchakaniko on-ani.

2c. ASHA NI KAMRANG

- COVID-19 ko Champengani aro Nirok-Simsakani bidingo jinmana u-iatani
- Saani chinrango pangchake seng-gnang saaniko u-ie ra-ani
- Porikka ra-na watatgipa manderangko nipiltaiani aro didianiko on-ani
- COVID Positive man-e nokko dongenggiparangi list ko tariani
- Sabisi man-e nokko dongna man-giparangi bidingo songsalni manderangna u-iatani
- Sabisi man-e nokko donggiparangna ramram man-gipa chinrangna ba chin man-gijagiparangna sana banani cholrangni bidingo agantalate on-ani
- Ramram chinrang ba chin man-gijagiparangna sana banani aro simsa-nirokani bidingo Simsak-Nirokaniko on-giparangna agantalate on-ani
- Protocol o pangchake pilak nokdangni manderangkon aro gronggipa manderangko nirokani aro porikka ra-ani
- COVID positive man-e nokko dongenggiparangna nanggipa samrangko ra-ange on-ani
- Sabisi man-e nokko dongenggiparangona somoi gita re-ange nieani
- Songsalo donggiparang jekai VHSNC/JAS/MAS ni gita songsalni manderangna miknenge ra-anirangko dakjachina aro uamangko COVID na tikka su-china didianiko on-ani
- Tikka su-na man-giparangna Tikka su-ani gamchatani aro tikka su-na gita maimaiko dakna nanga uarangni bidingo songni manderangna u-iatani
- Tikka su-na man-giparangna tikka su-ani sal, somoi, tarik aro biapko u-iatbo.
- An-tangtangna chel-chakaniko on-a aro songsalo sabisini batrikrikaniko champengna gita Tikka su-manjokoba COVID na namgipa bewalrangko ja-rikangkuchina manderangna u-iataniko on-bo
- Tikka su-manani ja-mano maiba chinrang gnanggipa manderangko sandienba sepangbatgipa sanchakani biapona somoi gita sananiko ra-china watatbo
- Tikka su-mangimin manderangni namgipa aganpilanirangko manderangna u-iatpilbo aro dakchakgipa dolrangni dakchakaniko ra-enba COVID vaccine ni bidingo ong-gija katta janganirang aro miknenganirangko komiatbo

2d. AWW NI KAMRANG

- COVID-19 ko Champengani aro Nirok-Simsakani bidingo jinmana u-iatna gita ASHA na dakchakaniko on-ani
- Sabisi man-a ine chanchichippgipa manderangko sandiano ASHA na dakchakaniko on-ani ANM/CHO/Medical Officer na rang-san u-iatani
- COVID na porikka ra-na watatgipa manderangko nipiltaiani aro didianiko on-ano ASHA na dakchakaniko on-ani
- Nokko Dongani aro Sanani aro Nirokani bidingo songni manderangna agantalate on-ani
- Protocol o pangchake ASHA baksa bakrimenba pilak nokdangni manderangkon aro gronggipa manderangko nirokani aro porikka ra-ani
- Sabisi man-e nokko dongenggiparangona somoi gita ASHA baksa re-ange nieani
- Nokko dongenggiparang jemangan oxygen nangengachim, nambate simsakaniko nangengachim aro ventilator ko on-a nangengachim uamangko nambata sanchakani biapona watatna ASHA na dakchakaniko on-bo aro ANM/Medical Officer na dakchakaniko on-bo
- Tikka su-na man-giparangna Tikka su-ani gamchatani aro tikka su-na gita maimaiko dakna nangachim uarangni bidingo songni manderangna u-iatani
- Tikka su-na man-giparangna tikka su-ani sal, somoi, tarik aro biapko u-iatbo
- Songsalo donggiparang jekai VHSNC/JAS/MAS/SHG ni gita songsalni manderangna miknenge ra-anirangko dakjachina aro uamangko COVID na tikka su-china didianiko on-ani
- An-tangtangna chel-chakaniko on-a aro songsalo sabisini batrikrikaniko champengna gita Tikka su-manjokoba COVID na namgipa bewalrangko ja-rikangkuchina manderangna u-iataniko on-bo
- Tikka su-mangimin manderangni namgipa aganpilanirangko manderangna u-iatpilbo aro dakchakgipa dolrangni dakchakaniko ra-enba COVID vaccine ni bidingo ong-gija katta janganirang aro miknenganirangko komiatbo
- Anganwadi centre-rango chu-onga gita sanitizerang aro jakrangko rongtalanirang donganiko nibo

BAK – III

BATRIKRIKANIKO CHAMPENGANI

- Jakrangko Rongtale Rakkiani
- Mask ganani
- Saksa sakgipinoni chel-tanggrrike dongani
- Porikka ra·ani

3a. JAKRANGKO RONGTALE RAKKIANI

ANGA ANGI JAKRANGKO MAINA JAKSUNA NANGA?

Jakrangko sabonchi jaksuanichi sabisi ong·atna amgipa virusko gimaata aro sabisi batrikrikaniko komiata

ANGA MAIDAKA SOMOIO JAKRANGKO JAKSUNA NANGA?

- Cha·aniko cha·na skang aro cha·mano.
- Nokko sakamenggipa mandena simsak-nirokna skang aro ja·mano.
- Ging etani, gusuani ba atchingani ja·mano.
- Gipin biaponi nokkona sokani ja·mano.

MAIDAKE JAKRANGKO JAKSUNA NANGA?

- Jakrangko chi-chi sosiatchengbo.
- Sabonko jakrango ka·spu ong·e nongnongbo.
- Second 20 mangna jakrangko rop rope dongbo.
- Rongtala chi-chi jakrangko jaksue galbo.
- Towelchi jakrangko ran·atbo.



JAKSUGIJAGIPA JAKRANGCHI
NAN·GNI GINGTING ARO
KU·SIKKO RIMDAPNABE



DO·GA RIM·CHAKANI ARO DOOR
BELL DAKGIPARANGKO
RIM·DAPNABE



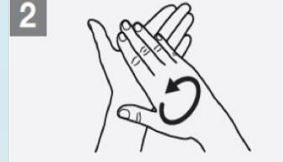
3b. JAKRANGKO JAKSUANI BEWAL



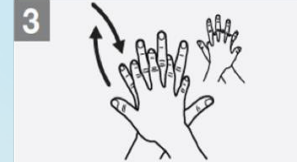
0
Jakrangko
sosiato



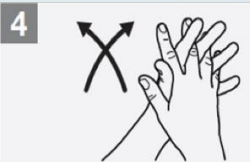
1
Chu·onga gita
sabonko joko
nongnongbo



2
Jakpako
nongnongbo



3
Jakpa janggil gita
jaksi gisepprikko
natsiksikbo



4
Jakpa rim·grike
jaksirangko natsiksikbo



5
Jaksirangko rim·grike
nongnongbo



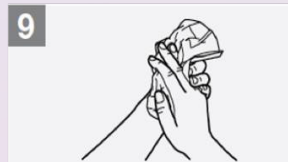
6
Jaksi mong·mako
nongnongbo



7
Jakasini jakpako jakasini
jaksichi nongnongbo
aro apsan daken jakrani
jakpakoba dakangbo



8
Chi·chi jakrangko
su·galbo



9
Chang·sa jakkalaigipa
towelchi jakrangko
ran·atbo



10
Towelko jakkale
jokenggipa chi·ko bon
ka·bo



11
Nang·ni jakrang
da·o rongtalaha

3c. MASK KO GANANI



Mask ko gananichi gusua aro atchinga gita sabisi batrikrikaniko champengna man-a

1

Sakintian mask ko gana nanga



2

Mask Kinggni Ganbo



Surgical Mask

+



Cloth Mask

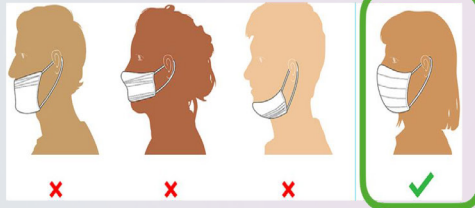
=



Double Mask

3

Nang-ni mask ko name ganbo



SAKGIPIN MANDENI SAMBAO MASK GANANIKO RANTA KA-BO

- Mask ko gana skang, mask ko okna skang aro okani ja-manoba aro mask ko dangtapa chang-antian jakrangko rongtalatchengbo.
- Mask ko okani ja-mano rongtala plastic ni bag o donbo, aro ba-rani mask ong-ode salantian su-galbo ba medical mask ong-ode jabol galchakgipao donatbo.
- Rangsitna kol dongipa mask ko jakkalnabe.

3d. CHEL·TANGGRIKE DONGANI

CHEL·TANGGRIKE DONGANIARA MAIA?

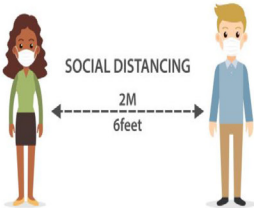
Mandeskaoni an·tangko chel·tange donganikon chel·tanggrike dongani ine miksonga

MAINA CHEL·TANGGRIKE DONGANIKO JA·RIKNA NANGA?

- COVID-19 virus ni mandeoni mandeskaona batrikrikaniko komiatna, maina ian sambao donggipa sabisi man·gipa mandeoni gusu ba atchingaoni tingtotgipaoni sambao donggipa mandeona batenba kasop, ku·sik ba gingting gita napanga.
- Saksa sakgipinoni chel·tange donganichi COVID-19 virus man·aniko komiata.



MAIKAI CHEL·TANGE DONGNA NANGA?



Saksa sakgipinoni komibeoba meter 2 mang chel·tange dongna nanga



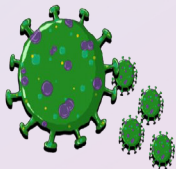
Sakgipin manderang baksa chakgijagipa aro balwa jokgijagipa biapo donggija – jekai nokningo ba gari ning·ao



Mande bang·gipa biaprangko gelachi – jekai bajar anti, jinma tom·dakanirang



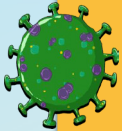
Jinma gadogipa garirango ba public transport rango gadogija



Porikka ra·enba positive man·gipa manderangko ba saani chin man·gipa manderangko na·a ma·sigenchim ong·ode, rang·sanan ANM ba Medical officer na u·iatbo.

3e(i). SENG·GNANG SAANI CHINRANGKO MA·SIANI ARO PORIKKA RA·ANI

1. MAINA PORIKKA RA·NA NANGA?



- Covid na porikka ra-anichi mandeko aro uni nokdangni manderangko aro songsalni manderangko sabisi batrikrikanioni champengna gita dakchakgen.
- Somoi gita chel-chake donganirangko dakna man-gen.
- Porikka ra-o positive man-gipana seng-gnang sana banani cholrangko dakna man-gen.



2. SAWARANG PORIKKA RA·NA NANGA?

- Saani chin donggiparang jekai fever, gitok sa-dika, be-en sa-dika, chatoto aro gingsiko ma-sija ba gusua.
- Porikka ra-o positive man-gipa mandeko gronggiparang.
- Bang-bee positive man-gipa biapo donggiparang.
- Songreangemung re-bapilgiparang.

ANM

1. Sepangjolo porikka ra-gipa pilak centre-rangni list nango donganiko nibo.
Nang-ni biapni pilak AF, ASHA rang, AWW na ia list ko on-bo.
2. Pilak High risk dolrang / list o donggipa manderang aro ASHA ni rimbagiparangko porikka ra-na dakchakaniko on-bo.
3. Porikka ra-e result man-anio pangchake dakna nanggni kamrangko ka-angbo.

ASHA FACILITATOR:

1. Pilak ASHA rang aro AWW rang sepangjolo porikka ra-ani pilak centre-rang baksa phone nomborrangko man-aniko nibo.
2. Porikka ra-na list o dongimin manderangko ANM baksa golpobo.
3. Segatgimin pilak manderangko aro ASHA ni rimbagiparangko porikka ra-atna dakchakbo.

ASHA aro AWW:

1. Sepangjolo porikka ra-ani pilak centre-rang aro Medical officer-rangni/ANM/AF ni phone nomborrang nango dongna nanggen.
2. AWW ni dakchakanichi nang-ni jolo donggipa pilak High risk manderang aro sabisi man-a kragipa manderangko ma-sie ra-bo.
3. Pilaknan porikka ra-ani tarik, sal, somoi aro biapko u-iatbo.
4. Tarik, sal, somoi aro biapni kri porikka ra-na dongimin manderangko ASHA aro AWW nirokgen.
5. Porikka ra-na segatgimin manderangko ANM/AF/MO na salantian u-iatbo.

3e(ii). SENG·GNANG SAANI CHINRANGKO MA·SIANI ARO PORIKKA RA·ANI

GRONGGIPA MANDERANGNA AGANKU·PATTIANI

PORIKKA RA·AHA

POSITIVE

1. Ramram Chin Donga
2. Chin Dongja

Nokko dongchina ku·pattianiko on·a aro Home-Care Treatment Protocol rangko ja·rikna nanggen

1. Chin dongkala aro Oxygen nangenga
2. Bilongbee chinrang gnang aro nambata simsak-nirokaniko aro ventilator support ko nangenga.

Medical officer na rang·sanan u·iatbo

NEGATIVE

Chel·chake dongani bewalrangko ja·rikangkuchina

AGANKU·PATTIANIKO ON·BO

Maiba saani chinrang donggenchim ong·ode an·tangko chel·tangate dingtang dongchina

U·IATBO

aro

RANG·SANAN

ASHA/MO na u·iatbo ba State Helpline no. 14410 ona call ka·atbo

PORIKKAKO RA·TAIBO TEST BIANG.

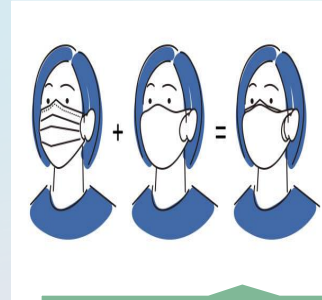
4a. SABISI MAN·E NOKKO DONGENGGIPARANGNI DAKNA NANGGNIRANG



Saenggipa mande nokni sakgipin manderangoni chel-tange dongna nanga, kuturi dingtango dongbo aro nokko sakgipinrangoni chel-tange dongbo



Saenggipa mandeko balwa jokgipa kuturio dona nanga aro balwa ka-sin napbana man-a gita kelkirangko oprange dona nanga



Saenggipa mande panganan gadang gittam medical mask ko jakkalna nanga / ba mask kinggni gana nanga



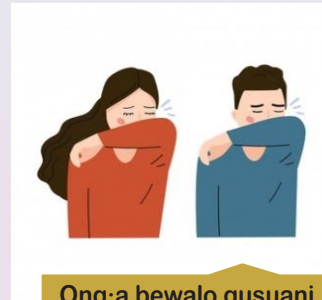
Konta 8 na jakkalani ja-mano ba una skangba mask sosijokkode ba chijimjokode galbo. Mask ko name sam satmanani ja-manosa galbo



Saenggipa mande neng-takna nanga aro chi aro mechi rara dagkipa ringanirangko bang-e ringe dongna nanga



Nang-ni jakkalgipa bosturangko sakgipin mandena jakkalna on-abe



Ong-a bewalo gusuani aro atchinganiko ja-rikbo



Second 40 na jakrangko sabon aro chi-chi jaksujringbo ba alcohol-based hand sanitizer chi rongtalatbo.

4b. NOKKO DONGE SANENGGIPARANGNI DAKNA NANGGNIRANG

1. Saenggipa mande sanenggipa doctor na u-iatanirangko on-a nanggen aro saanirang namrorojaode rang-sanan u-iatna nanggen.
2. Doctor ni ku-pattianiko ra-ani ja-mano be-enni gipin saanirangna samrangko jakkalangkubo

CHINRANG DONGA INDIBA PORIKKA RA-KUJA	POSITIVE MAN-A INDIBA CHINRANG DONGJA	POSITIVE MANA ARO ALAMALA CHINRANG DONGA
<p>Dakna Nanggnirang: Porikka Ra-bo aro Simsakbo:</p> <ul style="list-style-type: none"> • Nokko dongbo, mask ko ganbo, nokni manderangoni chel-tange dongbo. • Chi bo-omako aro me-chi rara dagkipa ringanirang jekai soup aro biteni bitchirangko bang'e ringbo. • Chi-ni bibako gingsikbo (steam inhalation). • Sp02 94% na bate komiangjokkode ong-a bewalo tugitalaniko dakbo (Annex 1 ko nibo) • Be-enna mangraggniko ra-bagipa cha-anirangko cha-bo. <p>Samrang</p> <ol style="list-style-type: none"> 1. Fever ong-ode Paracetamol 2. Ivermectin <p>Ringani: Sal 5 na cha-ani baksa ba cha-ani ja-mano tablet ko ringbo. Dal-gimin: 12 mg tablet ko salo chang-sa Bi-sarang (bilsa 6-12): 6 mg tablet ko salo chang-sa</p> <ol style="list-style-type: none"> 3. Vitamin C <p>Ringani: Sal 10 na cha-ani ja-mano tablet ko ringbo. Dal-gimin: 500 mg tablet ko salo chang-gni Bi-sarang (bilsa 6-12): 500 mg tablet ko salo chang-sa</p> <ol style="list-style-type: none"> 4. Sanenggipa doctor ni aganku-pattianiko on-anio Antibiotics ko on-chapna man-gen <p>Nirokani Fever ko thermometer chi aro oxygen level ko pulse oximeter chi salo chang-bri nirongbo. <i>Nang-ni oxygen level 94% na bate komiangjokkode ba rang-sitna neng-ni-kengode nang-ni doctor na u-iatbo ba 14410 ona call ka-atbo.</i></p>	<p>Dakna Nanggnirang: Simsakbo:</p> <ul style="list-style-type: none"> • Nokko dongbo, mask ko ganbo, nokni manderangoni chel-tange dongbo. • Chi bo-omako aro me-chi rara dagkipa ringanirang jekai soup aro biteni bitchirangko bang'e ringbo. • Chi-ni bibako gingsikbo (steam inhalation). • Ning-tue rang-sitanirangko dakjringbo. • Be-enna mangraggniko ra-bagipa cha-anirangko cha-bo. <p>Samrang</p> <p>Vitamin C</p> <p>Ringani: Sal 10 na cha-ani jamano tablet ko ringbo.</p> <p>Dal-gimin: 500 mg tablet ko salo chang-gni Bi-sarang (bilsa 6-12): 500 mg tablet ko salo chang-sa</p> <p>Nirokani Chinrang jekai fever ba be-enni neng-anirangko nirongbo <i>Maiba saani chinrang dongode nang-ni doctor na u-iatbo ba 14410 ona call ka-atbo.</i></p>	<p>Dakna Nanggnirang: Porikka Ra-bo aro Simsakbo:</p> <ul style="list-style-type: none"> • Nokko dongbo, mask ko ganbo, nokni manderangoni chel-tange dongbo. • Chi bo-omako aro me-chi rara dagkipa ringanirang jekai soup aro biteni bitchirangko bang'e ringbo. • Chi-ni bibako gingsikbo (steam inhalation). • Sp02 94% na bate komiangjokkode ong-a bewalo tugitalaniko dakbo (Annex 1 ko nibo) • Be-enna mangraggniko ra-bagipa cha-anirangko cha-bo. <p>Samrang</p> <ol style="list-style-type: none"> 1. Fever ong-ode Paracetamol 2. Ivermectin <p>Ringani: Sal 5 na cha-ani baksa ba cha-ani ja-mano tablet ko ringbo. Dal-gimin: 12 mg tablet ko salo chang-sa Bi-sarang (bilsa 6-12): 6 mg tablet ko salo chang-sa</p> <ol style="list-style-type: none"> 3. Vitamin C <p>Ringani: Sal 10 na cha-ani ja-mano tablet ko ringbo. Dal-gimin: 500 mg tablet ko salo chang-gni Bisarang (bilsa 6-12): 500 mg tablet ko salo chang-sa</p> <ol style="list-style-type: none"> 4. Sanenggipa doctor ni aganku-pattianiko on-anio Antibiotics ko on-chapna man-gen <p>Nirokani Fever ko thermometer chi aro oxygen level ko pulse oximeter chi salo chang-bri nirongbo <i>Nang-ni oxygen level 94% na bate komiangjokkode ba rang-sitna neng-ni-kengode nang-ni doctor na u-iatbo ba 14410 ona call ka-atbo.</i></p>

4b(i). SAEMUNG NOKKO DONGENGGIPARANGNA MONITORING CHART

Ministry of Health & Family Welfare
Government of India

REVISED GUIDELINES FOR
HOME ISOLATION OF
MILD/ASYMPTOMATIC COVID-19 CASES

MONITORING CHART

Chin man·ani sal aro somoi (konta 4 prako)	Temp.	Ka·tong suani (pulse oximeter oni)	SpO2 % (pulse oximeter oni)	Be·en an·sengani (namkalbata/ apsanaia/ namjabatroroa)	Rang·sitani (namkalbata/ apsanaia/ namjabatroroa)

4b(ii). PULSE OXIMETER-CHI OXYGEN LEVEL KO NIANI

Oxygen Level ara maia?

- Oxygen level-ara nan·gni red blood cells-o oxygen-ko baida ra·bitenga uko mesokgipa ong·a.



Pulse oximeter-chi an·tangni blood oxygen saturation-ko nichina gita ku·pattianiko on·enga

Oxygen level-ko maikai nina nanga?



Skanggipao: Jakko rongtalatchengenba nang·ni jatchigipa jaksiko Oximeter-o donatbo



Gnigipao: Pulse oximeter-ko on ka·enba result-na second 30 sengbo



Gittamgipao: Oximeter-o SpO2 reading mesokgipako nibo

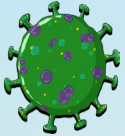


Oxygen Level Ka-tong Su-ani Power Button

GUALANI GRI TIKTAK ONG·E TOANI

- IA BOSTU BASAKOBADE KAKKET ONG·GIJA MESOKNABA GNANG. KOMIE MESOKA ONG·ODE, KOMIE MESOKTAIAMA MESOKTAIJA UKO NINA GITA AN·SENGGIPA MANDEO TOE NIBO.
- OXYGEN LEVEL-KO TONA JAKKALGIPA JAKSIO NAIL POLISH, TATTOO BA HENNA DONGNA NANGJA.
- KAM KA·ANI JA·MAN JOLJOLDE TOE NINA NANGJA. NANG·NI TOM·TOME DONGE ASONGMITINGOSA TONA NANGA.

4b(iii). THERMAL SCANNER/GUN-CHI BE·ENNI DING·A DING·GIJANIKO NIANI



Saenggipa mandeko an·tangni be·enni ding·a ding·gijaniko nichina aro saani chinrang nakatgenchim ong·ode rang·sanan u·iatchina didianiko on·bo



FEVER: 100.4 F (38° Celsius) temperature ba una batgipakode fever ine chana.



THERMAL SCANNER/GUN-KO MAIKAI JAKKALNA NANGA?

1

THERMAL GUN-ko on ka·enba ong·e temperature mesokaniko nibo

2

THERMAL GUN-ko inch 6 mang mikkingoni chel·tange done button-ko sikdepenba temperature ko nibo

3

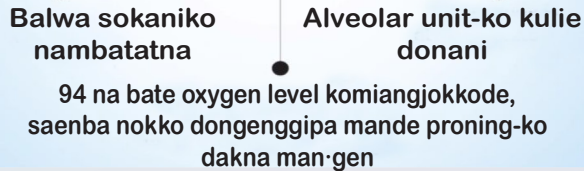
“Screen-o nakatgipa Nomborko” nienba monitoring sheet-o gate donbo. Apsan daken nokdangni pilak manderangnikoba serike rakkibo.

4

THERMAL GUN-ko sakgipin mandena on·genchim ong·ode, uko sanitizer ba alcohol-based wipe-chi name rongtalatbo

4b(iv). PRONING (RANG·SITANIKO NAMBATATNA GITA ONG·A BEWALO TUGITILANI)

1 Covid-19 ko man·genchim ong·ode nang·ni Oxygen Saturation Level-ko nambatata gita Proning-ko dakbo



2

Proning ara maia?

Tuchikipe donganikon proning minga aro iako dakanichi be·enna dongtoani aro oxygen-ko be·enona chu·onga gita sokata.



Proning-ko dakna na·a maiko nanggen?

Na·a ge 4-5 balisrangko nanggen.

Gitok ka·mao balis ge·sa

Ge 1-2 balisko ka·bak ka·mao

Ge 2 balisko ja·sku ka·mao ja·rikingo

larangko nibo

- Nang·ni ok ka·mao bangbangani dongna nanga.
- Nang·ni jakko uno nengraen sikatna man·a nanga.

3

Maikai Proning-ko an·tang dakna nanga?



Minit 30 – konta 2 ona: Tuchikipa gngang

Minit 30 – konta 2 ona: Jakrachipakna gitchinge tugitilani



Minit 30 – konta 2 ona: Dan·dane dongani

Minit 30 – konta 2 ona: Jakasichipakna tugitile dongani



4

Proning-ko maidaka obostarango dakna nangja?



Ka·tongo saanirang gngang



Okngnanga



Janggil bolgro mangrakja, ja·pingni greng ba ki·singkop be·sria



Cha·aniko cha·manani kontasanade dakna nangja



Ja·dilo an·chi topaniko (venous thrombosis) sanmanani konta 48 na komikuenga

4c. SIMSAK-NIROKANIKO ON·GIPARANG ARO NOKDANGNI MANDERANGNA AGANKU·PATTIANI



World Health Organization

COVID-19 na chanchichippgipa ba saaniko man·gipa manderangko nokko simsak-nirokani An·tango aro an·tangni nokdangni manderangna simsakbo

Simsak-nirokenggiparangna



Sakamenggipa mandeko neng·takchina on·bo aro me·chi gnanggipa ringanirang aro be·enna mangrakngigipa cha·anirangko on·bo



Saenggipa mande baksa apsan kuturio ong·ode medical mask·ko ganbo. Mask·ko ganmitingo mask·ko ba mikkangko dangtapnabe aro jakkalman·jokko galatbo

Jakrangko sabon aro chi·chi jaksujringbo ba alcohol·based rub·chi rongtalatbo, mongsongbate iarangko dako:

- Saenggipa mandeko ba ua kuturio donggipa bosturangko dangtapode
- Cha·anirangko tarina skang, tarimitingo aro tariman·jokko
- Paikana jakkalani ja·mano
- Hadien ba pyndonkam ia ka jaka leit bar.



Saenggipa mandena cha·chak·ringchakani, sam·dik·me·dik, towel aro palango andapanirangko dingtangmancha done jakkalbo. Saenggipa mandeni cha·chak·ringchakani, sam·dik·me·dik, towel aro palango andapanirangko sabon aro chi·chi name su·galbo.



Saenggipa mandeni rim·dapronggipa bosturangko salantian rongtalatjringbo



Saenggipa mande namroroangjaode ba rang·sitna neng·nikaniko chagrongode rang·sanana aneng baljokani cholrangko on·gipana call ka·atbo.



World Health Organization

COVID-19 na chanchichippgipa ba saaniko man·gipa manderangko nokko simsak-nirokani An·tango aro an·tangni nokdangni manderangna simsakbo

Nokdangni manderangna

Jakrangko sabon aro chi·chi name jaksujringbo, mongsongbate iarangko dako:

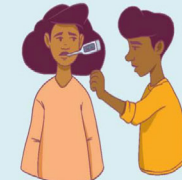
- Gusuani ba atchingani ja·mano
- Chaanirangko tarina skang, tarimitingo aro tariman·jokko
- Cha·aniko cha·na skang
- Paikana jakkalani ja·mano
- Saenggipa mandena simsak-nirokaniko on·a skang aro on·manani ja·mano
- Jakrang mitchijokko



Nangchongmotana agrede saenggipa mandeni sambao dongdamnabe aro bosturang jekai cha·chakanirang, ringanirang aro towelrangko jakkaldrimnabe.

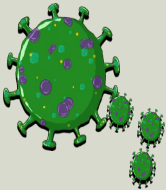


Gusumitingo ba atchingo, nang·ni jakpungko tem·enbe ku·sikko aro gingtingko pindapbo ba disposable tissue ko jakkalena jakkalman·ani ja·mano galbo.



Sakantikon fever aro gusu man·aniko nirokrokbo. Saoba rang·sitna neng·nikanirangko chagrongode, rang·sanana an·seng baljokani cholko on·gipana call ka·atbo.

4d. MAIDAKA SOMOIO SANA BANANIKO RA·NA NANGA?



Senggipa mande/Simsak-nirokaniko on·gipa nokko donge sanenggipa mandeni be·enni an·senganiko niroke donggen. Kenbegnigipa chinrang dongjokode rang·sanan an·seng baljokani cholko on·gipani dakchakaniko ra·na nanggen.

Ia saani chinrang donggenchim ong·ode rang·sanan sana banani cholko ra·na nanga



Rang·sitna neng·nikani



Oxygen saturation komianga (SpO2 < 94%)



Dontonggija sa·dikani (ka·bako sinjetaniko man·ani)

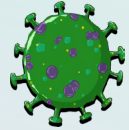


Gisiko jajaani

Kenbegnigipa chinrang dongode, saenggipa mande aro simsak-nirokaniko on·gipako ASHA/ANM/MO na u·iatchina aganbo BA
State helpline no. 14410 ona call ka·atbo

4e. BASAKO NOKKO DONGE SANANIKO DONTONGNA NANGA?

Komibeoba chin man·aoni sal 10 ong·jokko (ba porikka ra·o chin man·jani saloni) aro sal 3 na fever man·jajokode saenggipa mande nokko donge sananiko dontongna man·a. Dongimin nokko donge sanani somoi matchotani ja·manode porikkako ra·taina nangjaha.



4f (i). HOME ISOLATION KIT – ASHA-RANGNA ON·ANI



ASHA-NA ON·A NANGGIPA BOSTURANG
(SEPANGBATGIPA SANCHAKANI BIAPO REFILL KA·NA
MAN·GEN)

1. BOSTURANG

1. Pulse Oximeter
2. Thermometer
3. Battery-rangko gitchea onani

3.

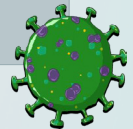
PPE-RANG (COVID ARO COVID
ONG·GIJA KAMRANGNA JAKKALNA)

1. Barani Mask king 2
2. Surgical Mask – King 25 donggipa set 1
3. Face Shield
4. Hand wash/Sanitizer
5. Gloves jora 2 (nangchongmotade ongja)



2. SAMRANG

1. ORS
2. Paracetamol Syrup
3. Paracetamol Tablet
4. Vitamin C
5. Saline Nazal Drop
6. Rane gusuana Cough Syrup
7. Zinc syrup
8. Zinc Tablets
9. Multi Vitamin tablet
10. Multi Vitamin Syrup
11. Antacid gel



4f(ii). HOME ISOLATION KIT HOME ISOLATION KIT-O DONGGIPA BOSTURANG

COVID-19 postive man·gipa manderangna home isolation care kit-o ia ka·mao on·giparang dongna nanga:

An·tangko nirokani bosturang

1. Thermometer (Digital ba Infrared)
2. Pulse oximeter

An·tangni rongtal-an·talanina jakkale galna man·gipa bosturang

1. 3 ply mask-rang aro gloves
2. Tissue paper
3. Disposable waste bag-rang



Samrang

1. Paracetamol
2. Ivermectin
3. Inhalational Budesonide
4. Doctor ni ongipa samrang

Salanti jakkalani bosturang


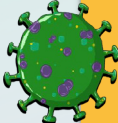
1. An·tangna mangmang jakkalna palango andapani, towelrang
2. Jakkale galna man·gipa song·chak·cha·chakanirang

Jakrangko rongtalatani aro ripake rongtalatani bosturang



1. Alcohol based hand sanitizer
2. Surface disinfectants

5a(i). COVID VACCINATION-NI BIDINGO?

1. COVID VACCINE NI GAMCHATANI
Tikka su-anichi nang-ni be-eno sabisirangko warachakani bilko bariata. Iako su-anichi nang-ko COVID-19 sabisiko man-aonide champengjawa. Indiba na-a sabisi man-bebegenchim ong-oba, ia tikkako su-anichi nang-ko kenbegnigipa obostaona sokaoni naljoke rakkigen.







2. SAWARANG TIKKA SU·NA MAN·GEN?
March 1 tarikoni, bilsi 60 na batgipa aro bilsi 45 aro 59 ni gisepni ong-gipa be-enni dingtang saanirang donggipa manderangna Ma-mong Sorkari vaccination drive ko a-bachengataha. Bilsi 18-45 ong-giparangna biming segatna gita da-o on-engaha.



3. SAWARANG TIKKAKO SU·NA MAN·JAWA?



- Bilsi 18 ni ning-ao ong-giparang.
- COVID-19 vaccine skanggipa biji pongko su-chengo be-eno chinrang gngangiparang.
- Okgnangenggipa aro bi-sana sok kanenggipa aro okgnanganiko ma-sigijagiparang me-chikrang.
- Maiba saanina hospital-o sana bananiko ra-na donggipa mande. Da-oba an-sengbrekuja aro / ba COVID-19 ni chinrangko mesokenga (uamang be-en an-sengpilani ja-man anti 4-8 o tikkako su-na man-gen)



4. INDIA-O DA-O MAN·ENGGIPA TIKKANI ROKKOMRANG

COVISHIELD: Tikka ponggniko su-ani somoi dingtangrikani anti 12-16 ong-a.

COVAXIN: Tikka ponggniko su-ani somoi dingtangrikani anti 4-6 onga.



5 a(ii). SHAPHANG KA KA TIKA COVID19?



ANGA MAIKAI TIKKAKO SU·NA MANGEN?

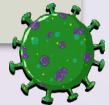


- Skanggipa: <https://www.cowin.gov.in/home>. website gita co-Win portal ona re·angbo.
- Gnigipa: Nang·ni mobile nomborko gapatani ja·mano nang·na OTP ge·sa sokgen.
- Gittamgipa: Nang·na sokgipa OTP ko gapatani ja·mano, ge·sa page nakatgen jeon na·a nang·ni biming, bilsa, me·a/me·chik ongani, aro dongchakenggipa biapko gapatna nanggen.
- Brigipa: Kakket ong·ani sakkina, photo ID ko nanggen, ian nang·ni Aadhaar card, driving license, passport, Voter ID, PAN Card, Bank/Post Office Passbook, Ministry of Labour ni on·gipa Health Insurance Smart Card, MGNREGA Job card, NPR ni ning·ao RGI ni on·gipa Smart card, Pension ni lekkarang.
- Bongagipa: Nang·ni dongchakenggipa biapko aro pin code·ko gapatani ja·mano, nang·na nang·ni biapni sambao donggipa hospital rangni bimingko ko mesokgen aro na·a iarangoniko tikkako su·na basena man·gen. Unbaksanaba tikkako su·na gita nang·na government hospitalrang baksanaba private hospitalrangkoba basena gita on·chapa.



Tikkako su·na mangiparang
ASHA/ANM/
AWW na contact
ka·enba tikka
su·ani tarik, sal,
somo aro biapni
bidingo tale
ra·china gita

U·IATBO



5b. TIKKA SU·MANANI JA·MANO ANGNI BE·ENNA MAI ONG·GEN – SOKRONGGIPA CHINRANG



Tikka su·ani a·selo ang·ni beenna maiba nangchakeanirangko mangelma?

COVID vaccine kenani grigipa ong·a. Indiba ia tikkako su·anichi be·enno bang·gija chinrang ong·katnaba gnang jekai: fever, be·en sa·dikani ba sko saani. Ia chinrangko man·genchim ong·ode paracetamol ko ringatbo.

Ia chinrang soakanina jajrengna nangja aro adita salrangan be·en an·sengpilaigen.



TIKKA PONGGNIKO SU·MANJOKKO ANGA MAIKO DAKNA NANGKUA?

Tikkako su·anichi nang·ko bilongbee saaoni chel·chakaniko on·a indiomangba na·a sakgipinrangna sabisiko batatna man·kuaia. Unigimin, chel·chakani bewalrang jekai mask ganani aro saksa sakgipinoni chel·tange donganiko ja·rikangkubo.

An·ching SAKANTIAN tikkako su·na nangchongmota. Na·simang an·tangtangni nokdangni aro songni manderangko COVID vaccine ko ta·raken su·china gita didianiko on·bo



5c(i). COVID VACCINATION NI BIDINGO KAKKET ONG·GIJA TOL·E JANGANIRANG

Kakket Ong·ja 1: COVID-19 vaccine chel·chakaniko on·ja aro tikkako su·ani ja·mano be·enna ma·manti neng·nikanirangko ra·baa.

Kakket Ong·a: Ia tikkako su·anichi sabisi man·e janggi galaoni aro bilongbee saoniko komiatna dakchaka. Bang·bata tikkarangko su·ani ja·mano man·a gitan manderang man·ronggipa chinrangko man·aba gnanng jekai, fever, biji su·gipa be·enni bako sa·dikani, neng·ani aro ka·rekaniko chagrongnaba gnanng. Bang·bata manderangon ia chinrang sal 3 na batede dongkamja.

Kakket Ong·ja 2: Jaanti somoi nikmitingo tikkako su·na nangja maina unomiting nang·ni immunity bilongen komia.

Kakket Ong·a: Jaanti somoi nikmitingo mandeni immunity komija. Aro jaanti somoi nikmitingo tikka su·na gita maming jajrengani dongja aro kenani grigipa ong·a.

Kakket Ong·ja 3: Na·a COVID-19 ko chang·sa man·jokkode, tikkako su·na nangjajok.

Kakket Ong·a: Na·a COVID-19 ko man·tainaba gnanng. Unigimin, na·a COVID-19 sabisiko batanggimin somoio man·aha ong·oban tikkakode su·na nangchongmota.

Kakket Ong·ja 4: Anga tikkako su·manjokode mask ko gana nangjajok.

Kakket Ong·a: Tikka su·manjokoba na·a COVID-19 sabisiko man·taiani chol gnanng aro na·a sakgipinonaba ia sabisiko batatnaba gnanng. Unigimin, mask·kode gana nangchongmota aro gipin chel·chakani cholrangkoba dakangkuna aro ja·rikangkuna nangchongmota.

5c(ii). COVID VACCINATION NI BIDINGO KAKKET ONG-GIJA TOL-E JANGANIRANG

Kakket Ong-ja 5: COVID-19 vaccine nang-ni bi-sa ba-atani bilko gimaata aro diabetes sagiparangnaba namja.

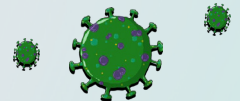
Kakket Ong-a: COVID-19 vaccine bi-sa ba-atani bilko komiata ba sugar level-o nangchakea ingipa maming sakkiba dongja. Bang-bata me-chikmarang jemangan ia tikkako su-ahachim uamang maming neng-nikani grian oko bi-sa keaha.

Kakket Ong-ja 6: Ia tikka chel-chakani gri ong-a maina iako porikka ra-e dikdiksa somoion ta-rake bikotataha.

Kakket Ong-a: Tikkako tarianio dingtang dingtang gadangrang gita re-na nanga jekai pre-clinical trials aro clinical trials jeon somoi bilongen ru-ute nanga. Indiba, COVID-19 na, scientist rang salgimik walgimik kam ka-enba ia kamko seng-gnang matchotataha. Scientist aro regulator rang apsan bakrimenba protocol rang aro chel-chakani cholrangko aro ja-rikna nanggnirangko pe-gija ia tikkako tariaha.

Kakket Ong-ja 7: Anga tikka pongsako su-ahani gimin anga kena nangjaha aro chel-chakani gnang ong-aha aro anga tikka pong gnigipako su-na nangjawaha.

Kakket Ong-a: Ia somoimiting, India-o man-gipa pilak tikkarangoniko chu-gimik chel-chakani man-a gitade tikka pong gnikon su-na nangchongmota. Skanggipa tikka su-gipa nang-ni be-enni antibodiesko bikotata aro nang-na chel-chakaniko on-aniko a-bachengata, gnigipa tikka ua chel-chake rakkiani bilrangko mangrake rakkina gita kam ka-angskaa. Ian nang-ni immunity ko bilakbatata.



5d(i). SOCIAL MEDIA-O JANGGIPA KAKKET ONG-GIJAGIPA KOBORRANGONI GELBO

ONG-GIJA AGANANI

Kakket Ong-ja: Rasin gipokko cha-anichi COVID-19 sabisiko champengna man-a.

Kakket Ong-a: Rasin gipoko ia sabisiko champengani bil donga ine maming sakki dongja.



KENBEGNIGIPA

Kakket Ong-ja: Mask-ko gananichi ang-a bang-bee carbon dioxide ko rang-sitenba angko sakamatgen.

Kakket Ong-a: Mask-ko gangijanichi na-a COVID-19 sabisiko man-aniko altubatata, aro indaken nang-ni janggiko gimaataonaba sokatgen.



MANDERANGKO KENATE TOL-A

Kakket Ong-ja: COVID-19 nang-ni bi-sa ba-atani bilko gimaata.

Kakket Ong-a: Tikkako su-anichi nang-ni bi-sa ba-atani bilko komiatja. Meghalaya a-dokni bang-bata me-chikmarangan ia tikkako su-manoba oko bi-sa ketokaha.



Tolgipa Koborrongoni An-tangko Chel-chake Rakkibo

- **BANONI KOBOR SOKBAA UKO NICHENGBO:** Jajaani gnanggipa, kakket ong-aniko sandina man-gijagipa koborrongna simsakbo. 'Angni ripengni ripeng doctor' ba 'Scientist-rang agana..' jeon maming talatanirang dongdapja.
- **GIPINRANGOBA INDAKEN APSANKON AGANENGAMA?** Gipin songbadrang/news channel rang/ka-dongna man-giparangoba apsankon aganengama uko name nichengbo.



FAKE NEWS
**TOL-GIPA
KOBOR**

5d(ii) KOBOR ARO UIANIRANGKO MAN-ANI CHOLRANG

KAKKETGIPA KOBORKO MAN-ANI



NHM Meghalaya

- www.nhmmeghalaya.nic.in
- NHM Meghalaya Facebook Page, Instagram, Youtube Channel.
- Behaviour Change Management App (BCM)
- ArogyaSetu App
- COWIN.gov.in



World Health Organisation

- www.who.in
- WHO Facebook Page
- WHO Instagram



Meghalaya COVID-19 Response Team

- Facebook
- Instagram

KAKKET ONG-GIJAGIPA KOBORKO MAN-ANI



WhatsApp

- Nokdangni manderang ba ripengrangni watrikrikgipa
- Nombor ma-sigijagiparangoni sokgipa message rang
- Kakket ong-aniko u-ina man-gijagipa group-rango watgipa kobor



Tol-e tarigipa Facebook aro Instagram page-rang

6a. FLW-RANG SONGRANGCHI RE·E NIANIO MAIDAKGIPA CHEL·CHAKANIRANGKO DAKNA NANGA



GISIK RA·BO

- Nang·ni jakrangko su·galna aro rongtalatna gita sanitizer/sabonko ra·bitbo.
- Nang·ni tarigiminrangko ra·bitbo.
- Seani aro sechakanirang jekai kolom, lekbarangko ra·bitbo.
- Nang·ni mask·ko aro nanggenchim ong·ode gitichae mask·rangko ra·bitchapbo



1

Manderangoni meter 2 mang chel·tange dongbo aro golpomiting somoio sepange golponabe.

2

Nang·ni mikkangko gadang gittam gnanggipa mask·chi pindapbo. Namedake mask·ko ganbo.

3

Pilak somoion nang·ni mikkangko (mikkron, gingting, ku·sik) rim·dapnabe.

4

Second 40 na nang·ni jakrangko sabon aro chi·chi jaksubo ba 70% alcohol based hand rub ko jakkalbo.

5

Manderangni rim·dapronggipa jekai door bell, do·ga kuliani·chipani, rim·e re·ani·gadoanirangko rim·dapnabe.

6b. NOKKO SOKANI JA·MANO DAKNA NANGGNIRANG



Simsakbee nang-ni face mask aro gloves-rangko okbo, janggalchipak kagipako engbo aro mask-ko gitoko dingdetna on·abe.



Chipgripani donggipa jabol galchakanio jakkalginin mask aro gloves-ko galbo.



Na·a nang-ni bag/register-ko ra·bitanga ong·ode, disinfectant solution-chi name ripake rongtalatbo.



Maming bostuko dangtapna skang second 40 na nang-ni jakrangko sabon ar chi-chi jaksubo ba 70% alcohol based hand-sanitizerko jakkalbo.



Na·a sordi, gusu, fever dakgipa chinrangko man·ode doctor/ANM/CHO na rang·sanang u·iatbo

7a(i) BE·ENNA MANGRAKNIKO RA·BAGIPA CHA·ANIRANGKO CHA·ANI



1. Dingtang dingtang rokkomni cha·anirang, biterang aro me·surangko cha·bo

Saenggipa mande gom, me·rakku, mi, dal, nakap, ka·rek dakgiparangko, bolni biterang aro me·surang aro unbaksanaba matburingoniko man·gipa cha·anirang (be·en, na·tok, do·chi aro dud)



2. Kari aro chini ko komiatbo

- Salo gram 5 (chamos 1) karikosan cha·aibo.
- Chi·gipa cha·anirang aro chi·gipa ringanirang jekai fizzy drink·rangko komiatbo.
- Chi·gipa cha·anirang jekai cookies, cake aro chocolate·rangko cha·ana batede bolni biterangko cha·batbo.



3. Mitim aro to·rangko komie cha·bo

- Mitim gnanggiparang jekai butter, ghee aro wak mitim ko song·anio jakkalgija olive, soy, sunflower ba corn oil dakgiparangko jakkalskabo. Mitim komigipa dud aro dudniko tarigipa cha·anirangko basee jakkalbo.
- Processed ka·gimin cha·anirang aro jogimin cha·anirangko cha·na nangja.

7a(ii) BE·ENNA MANGRAKNIKO RA·BAGIPA CHA·ANIRANGKO CHA·ANI



4. Be·eno chu·onga gita chi dongatani: Nanga aro chu·onga gita chi-ko ringbo

- Be·eno chu·onga gita chi dongna gita saenggipa manderang chi-ko (bang·bata dal·gimin manderangna glass 6-8) chu·onga gita ringna nanga



5. Chu aro ta·makkurangko jakkalnabe

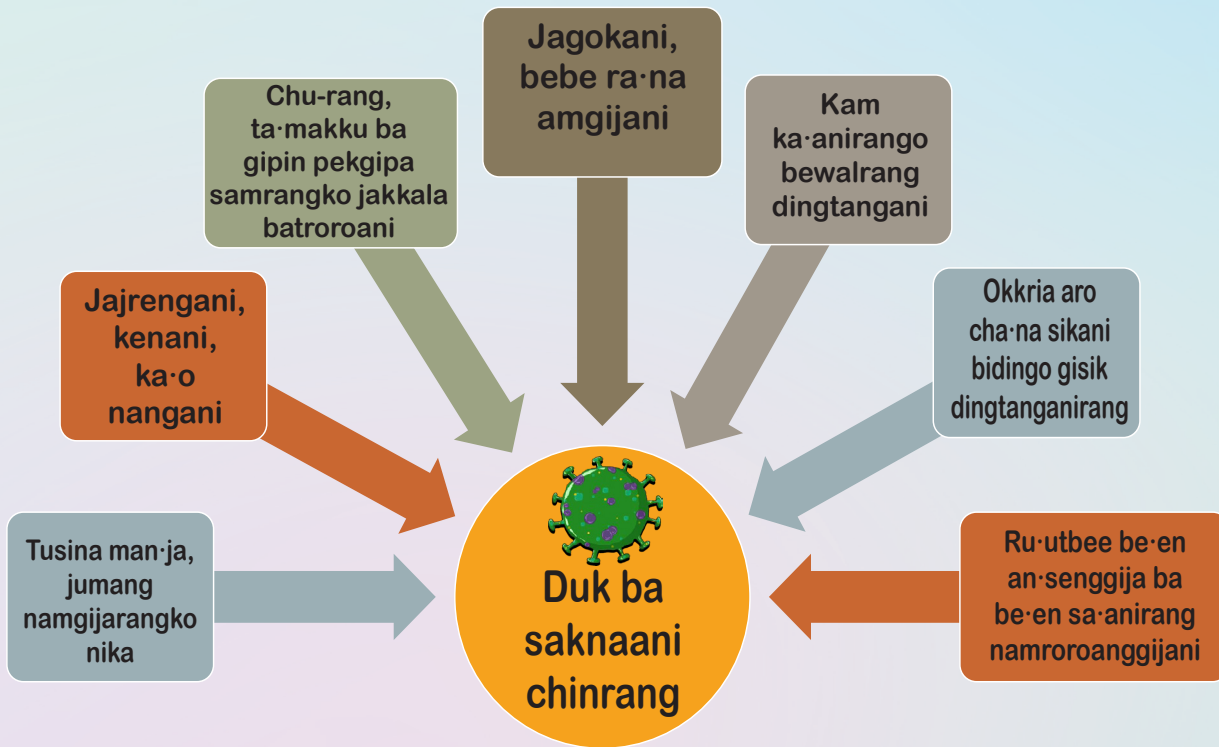
- Saenggipa mande samiting somoio chu aro ta·makkuko jakkalna nangja. Salanti bilongbee chu-ko ringanichi bika nosto ong·aona, cancer, ka·tongni sabisi aro sko tik ong·gija saaona sokata.



6. Bakgitchakrang aro dal·baenggipa bi·sarangna sok kanani

- COVID-19 man·gipa me·chikmarang an·tangtangni bi·sana sokko kana man·gen, indiba sabisi batrikrikaniko champenganirang aro COVID na gipin ja·rikna nanggnirangko ong·a bewalo ja·rikna nanggen.

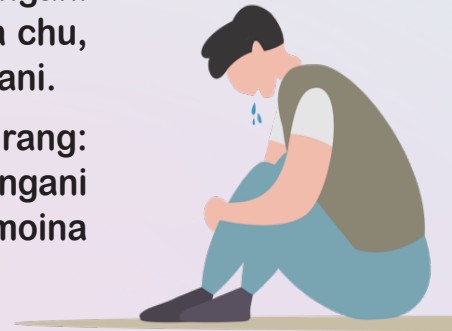
7b(i). COVID-19 NI SOMOIO GISIKO SINJETANIRANGNA KA·DIMEANIKO ON·ANI



7b(ii). HOME ISOLATION KAMITING SOMOIO GISIKO SINJETANIRANG ARO DUK ONG·ANIRANGKO MA·SIE RA·ANI

Be·eno saani chinrangko man·an baksanaba, COVID-19 mandeni gisikkoba nangchaktea. Sabisina kenani, nokdangni manderang aro ripengskarangoni chel·tangatako man·anichi gisikona sinjetanirang aro duk ong·anirangona sokata:

- Be·enni chinrang: chel ba ka·bak sa·dikani, ta·rakprete ka·tong su·ani, ka·rekani, miksulani, ok dongtogijanirang.
- Gisikni chinrang: gisik rang·san dingtangani ba ka·o nangani, gisiko kusi ong·gijani, saksan sikdikdik dake duk ong·ani.
- Cholon·bewalni chinrang: Nangana batpile tusirongani ba somoi bang·gija tusiani, gisik tom·tomatna gita chu, ta·makku ba gipin pekgipa samrangko bang·e ringani.
- Gisikni ba u·ianio pangchake ong·katgipa chinrang: Chanchisokgijani ba u·ianio neng·nikani, gisik jajrengani ba dongsiksakani, mikkangchi re·baenggipa somoina chanchisoe kenani.



7b(iii). HOME ISOLATION KA·MITING SOMOIO GISIKNI AN·SENGE DONGANINA SIMSAK-NIROKANI

Be·enni chinrangko nirokan baksanaba saenggipa mande an·tang gisikni an·senge donganinaba simsak-nirokna nangchongmota.

- An·seng·baljokaniko mongsonge ra·bo: Be·eno chu·onga gita chi dongatbo. Somoio gita be·enna mangrakgniko ra·bagipa cha·anirangko cha·rongbo aro chu·onga gita tusina somoiko ra·bo aro salo neng·takbo.
- Rongtale dongbo: Rongtal·antalaniko jarikbo.
- Be·enko mangrakate rakkibo: Be·enko mangrakatna ranta ka·rongbo. Meditation ka·anichi gisiko dongsiksakani aro jajrenganiko komiata.
- Dakchakgniko on·gijagipa cholrangko daknabe: Ta·makku, chu ba gipin pekgipa samrang.
- Kakketgipa u·ianirangko sandibo: Ka·dongna man·gipa u·ianirangko on·gipako sandibo. Ka·dongna man·gipa aro kakket u·ianirangko on·giparangara World Health Organization (WHO), A·songni aro A·dokni health department·rang ong·a.



7b(iv). HOME ISOLATION KA·MITING SOMOIO GISIKNI AN·SENGE DONGANINA SIMSAK-NIROKANI

- Golpoani ba agangrikani: Saenggipa manderang phone, text message aro social media-rang gita an·tangni nokdangni manderang aro ripengskarang baksa golpo-agangrikna nanga.
- Salanti Dakna Nanggnirangko Tarie Donani: Saenggipa mande salanti dakna nanggnirangko tarie donbo. Be·enna an·sengpilaniko ra·bana gita kamrangko aro dakna nanggnirangko tarie dona nanggen. larangko dakanichi be·enni arataniko gimaatna dakchakbegen.
- Gisik suk ong·gijani aro arataniko warachakani: An·tangko aratatna somoiko on·a nangja – ki·tap poraia noksa sala, lekkarango sea-jota, film rangko nia, gitrangko knatima, video game rangko kal·e roanichi dakchakaniko man·gen.
- Dakchakaniko man·a gita call ka·atbo: Dongimin helpline nombor-ona call ka·atbo - home isolation-o dongmitingo gisiko duk ong·ani aro sinjetaniko man·anina dakchakaniko ra·na gita call ka·ate aganatbo.



7c. BE·ENKO MANGRAKATANI

- Home isolation ka·mitingo salantian minit 30 na Yoga aro Pranayama ko dakbo.
- Salo konta 3-4 prako minit 20 na ning·tue rang·sitani bewalrangko dake nang·ni gisikrangko tom·tomatna nanga.
- **Mittam gisiko tom·tomatanirangara:** Mindfulness meditation, transcendental meditation, yoga-nidra, progressive relaxation, quick relaxation, deep relaxation.
- Rang·sitani ranta ka·ani bewalrang aro meditation-ni bidingo talbate u·ina gita Gol-ni 'Common Yoga Protocol'ko nibo.
- Salantian minit 30 na be·enko mangrakatna ranta ka·ani/r·ee roramani (be·enni ama gita).



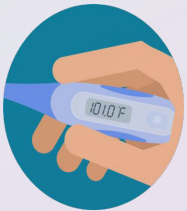
7d. COVID NI JA·MANO SIMAK-NIROKANI

COVID NI JA·MANO AN·TANGNA SIMSAKANI

- COVID na namgipa bewalrangko ja·rikangkubo
 - Mask-ko ganbo
 - Jakrangko rongtalatjringbo aro ong·a bewalo gusu·atchinganiko ja·rikbo
 - Saksa sakgipinoni chel·tange dongbo
- Chu·onga gita chi ding·bomako ringbo (mandena maming neng·nikaniko ra·baja ong·ode)
- AYUSH doctor-ni janapgipa immunity-ko bariatani AYUSH samrangko ringbo
- Be·en an·senga ong·ode, noko ka·ronggipa kamrangko ka·na man·aigen. Changgipa-sapgipa kamrangkode gadangni kri a·bachengna nanga.
- Be·enko mangrakatna ranta ka·anirang:
 - Be·en an·senganio pangchake ba ka·na-dakna ku·pattianio pangchake salantian Yogasana, Pranayama aro Meditation-ko ka·ani
 - Sanenggipa doctor-ni aganku·pattianio pangchake rang·sitani bewalrangko ranta ka·ani
 - An·tangni ama gita pringanti aro attamantio re·e roramani



COVID NI JA·MANO AN·TANGNA SIMSAKANI



- Namgipa aro okningo jrongningaigipa song·daldalgipa cha·anirangko cha·bo.
- Seng·gnang be·en an·sengpilna aro nampilna gita chu·onga gita tusiani aro neng·takani.
- Ta·makku aro chu·ko jakkalnabe.
- COVID na aro be·enno dingtang saanirangna on·gipa samrangko somoi gita ringani.
- Noko an·tangni beenna simsak-nirokani – be·enni ding·a·ding·gijani, blood pressure, blood sugar (diabetic ong·ode), pulse oximetry. (sana bananiko on·giparang aganku·pattianiko on·a ong·ode).
- Ran·e gusukame dongode/gitok sa·dikode, chi bo·omao kari sike gitok aro ku·sikko su·srangbo ba ku·sripbo aro bo·omgipa chi·ni bibako gingsikbo.
- Kenbegnigipa chinrangna simsakbo jekai bilongbee be·en ding·ani, rang·sisokgijani, SpO2 <95%, agana man·gija chel ba ka·bak sa·dikani, jajaanirang sokani, janggil bolgro, ja·dil ba taning kam ka·anggijani ba bilgriangani.

COVID NI JA-MANO NIPILTAIE SIMSAK-NIROKANIKO ON-ANI

- Saani chinrang dongkuenga ong-ode saenggipa mandeko sepangbatgipa sanchakani biapona re-angchina ku-pattianiko on-bo.
- Sanpiltanianiko/nipiltanianiko daknade sepangbatgipa allopathic/AYUSH doctor/dingtang bakni samrango pangchakgipa sanchakani biapo dakna nanga.
- Poly-therapy kode dakna nangja, iachi Serious Adverse Events (SAE) ba Adverse Effects (AE) ona sokangna chol gnang.

RESOURCE

Common Yoga Protocol:

<http://mea.gov.in/images/pdf/common-yoga-protocol-english.pdf>

Home Isolation Video:

<https://www.youtube.com/watch?v=ZndoALSgT4Q>



HAI AN·CHING KU·CHOLSAN ONG·E IA SABISIKO DAKGRIKE CHENA
MITELA

