

Katkum ka 5 tarik u June.

Ki jingtip ba la pynthymmai kat ha ka 5 tarik u bnai Jylliew 2021. Da ka jingkylla stet ha ki jinglong jingman jong ka jingpang Covid 19, la pynkhreh ia kane ka kot lyngkdop ban ai ia ki jingtip kiba la pynthymmai kat ba kum ki jingkylla.



**Ka jingsumar ia ka jingpang
Covid 19
ha la iing-Ka Kot
Ai Jingtip 1.0**

Kane ka kot ai jingtip ia ki lad jingsumar bad ki lad ki lynti:

1. Ka jingsumar ia ka jingpang Covid 19 lyngba ki jingpynkhreh ha iing.
2. Ki dawai ba kongsan bad ki rukom sumar ialade na ka jingpang Covid 19.
3. Ki dak ki shin jong ka jingpang bad ki dak jingma kiba donkam ban peitngor.
4. Ka Directory ne ka Bui ka ba don ia ka thup ki phone nombar ban ioh jingiarap.

**Ka Tnad Health and Family Welfare kaba dei khmih ia ka
koit ka khiah jong ka Sorkar Meghalaya.**



3

tylli ki jingtip ba donkam shaphang u Covid 19 ha Meghalaya.

1

Ka jingsaphriang ka jingiabit ia une u khniang jingpang ka kham palat bun shah ban ia kaei kaba la ioh jing-khein.

Kham bunsien, ia ka jingpang Covid 19 la ju sngewthuh bakla ba ka dei ka jingpang baionghkhlieh ne Flu.

Na ka bynta 1 (iwei) i nongpang ba la ioh jingtip ba i don ia kane ka jingpang, ki lah ban don sa 25 ngut kiwei pat kiba la iabit ia ka jingpang kiba khlem ioh jingtip.

2

Jan 20% jong ki jingiap na u Covid 19 ki jia na ka daw ka jingdier ha ka por ba lap ia ki dak ki shin ka jingpang bad na ka jingslem ban wad ia ki lad jingsumar na ki bor ka koit ka khiah.

Ka jinglap ba kloï ia ki dak ki shin ka jingpang bad ka jingsumar ba biangpor ka iarap shibun eh ban pynduna ia ka jingma na ka jingshitom kaba jur.

3

la ka jingsaphriang jong une u khniang jingpang lah ban teh lakam lyngba ki kyndon sienjam kiba suk – hynrei tang lada ngi iatreilang ryngkat.

Watla u/ka briew kim pyni ne paw ki dak jingpang, ki lah ban long ki nongkit jingpang (Asymtomatic) ne ki nongpynphriang ba jar jar ia u khniang jingpang Covid 19.

Ngil lah ban jop ia u Covid 19

Da kaba shimkhia ryntih lang da ka jingkitkhlieh bad ban ithuh ne shim ialade kum iwei na kine harum:

Lada phi sngew ia ki dak jingpang kiba long kum ka jingpang baiongkhlieh ne don jingshitmet, jyrhoh, ktha met ne sngewtlot, shim ialade ba phi dei iba la don ia ka jingpang Covid 19	Na ka bynta kiwei kiwei kiba ym sngew ne don ia ki dak ki shin ka jingpang, shim ialade ba phi long i nongkit jingpang ba jar jar bad ba phi don ia u khniang jingpang Covid 19 ha phi.
Kiar bad pynkyrpang noh ialade.	Kiar pynkyrpang noh ialade.
Sdang noh mar mar ia ki jingsumar ba donkam.	Ia jngai hapdeng iwei na iwei pat para briew watla phi don ha la iing.
Pynbeit por ban leit phah leh ia ka Test.	Sait khuid bha ia ki kti jong phi.

Kane ka Kot ai jingtip kan ialam lynti ia phi ha ka ban leh bad ia id lyngba ia baroh ki rukom sumar ba da ki dawai bad da ki sienjam ba leh hi kiba long kiba donkam ban ai jingsumar ia ka jingpang Covid 19 ha la iing.

Ka Jingsumar ia ka Jingpang Covid ha iing.

Kane ka Kot ai jingtip kan ai jubab halor baroh ki jingkylli jong phi shaphang:

- Ki 2 bynta jong ka samoi ba ktah ka jingpang Covid 19 bad halor kumno ban teh lakam ia ki: Ka Viral Phase ne ba u khniang jingpang u sdang ban ktah ia ka met & Ka Hypersensitivity Phase ne haba ka met ka la shah ktah jur ha ka jingpang.***
- Kiei ki jingsumar ba donkam ban bud ha la iing haba la pynthikna lyngba ka Test ba phi don ia u khniang jingpang Covid 19 lane haba phi sngew ia kino kino ki dak ki shin jong ka jingpang.***
- Ki sienjam sumar ia ka jingpang Covid 19 ha la iing kiba donkam ban leh bad bud katkum ka rukom kaba dei kum kaba thew ia ka Oxygen (O2) ha ka met bad ha ka rukom pynthiah ne buh ia ka met ban pynsuk ia ka jingring mynsiem kaba la tip kum ka Proning.***
- Ha kano ka por donkam ban wad ia ki lad jingsumar ba kyrkieh na ki bor ka koit ka khiah bad ki dak jingma kiba donkam ban peitngor.***
- Ka bui ne Directory ka ba don ia ka thup ki phone nombar ban ioh jingiarap.***

Ka Bha Ban Kynmaw!

Lada phi sngew ia ki dak jingpang kiba long kum ka jingpang baionghlieh, kum ka jingshitmet, Jyrhoh, Sat ryndang ne Ktha met.

**PHAH TEST IALADE BAD SDANG IA KA JINGSUMAR
WAT LADA PHIM PAT IOH IA KA KAIPHOD JONG KA TEST**



Kiar bad pynkyrpang ialade na kiwei pat ki dkhot ka longing jong phi bad sdang noh ia ka jingsumar.



Phah Test ialade bad khmihthuh ia ki dak bad rukom ktah ka jingpang kiba phi donkam ban ioh ia ka jingsumar ba kyrkieh.

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Ka Bynta 1



**Ki 2 bynta jong ka
samoi ba ktah ka
jingpang Covid 19.
Kumno yn leh ban ai
jingsumar ha iing.**

Ki jingktah ka jingsang Covid 19 ki long ha ki 2 bynta.

Ka bynta kaba ka met ka la shah ktah jur ha u khniang jingsang – (Hyperinflammatory & Hypersensitivity Phase)

naduh ka sngi ba 6 haduh ka sngi ba 8 (kham bunsien ha ka sngi ba 8)

Ka bynta kaba u khniang jingsang u sdang ban ktah ia ka met naduh ka sngi 1 haduh sngi 7 (Viral Phase)

Ka jingkoit ne jingduh bor noh ka jingsang – hadien ka sngi ba 7.

BUH JINGKYNMAW ia ka sngi ba nyngkong eh ba phi sngew ia kano kano ka dak jong ka jingsang

Khmih bad sngewthuh ia kino kino ki jingkylli ba thymmai ha ka met ne ki dak jingsang kiba la nang kham jur 6-8 sngi hadien ba la sdang ktah ka jingsang.

Lada jia kumne, pyntip sha I doctor jong phi ne I ASHA lane phone mar mar ha u phone nombar 14410.



Sngi 1

Hato nga sngew shitom mynta ka sngi?



Sngi 2 – sngi 6

Haba u khniang jingsang u sdang ban ktah ia ka met (bun na ki briew ki sdang ban koit noh ha kaba kut jong kane ka bynta ba nyngkong jong ka samoi jingsang).



Sngi 6 – sngi 8

Ka bynta kaba 2, haba ka met ka la shah ktah jur ha ka jingsang (Bun na ki briew ki lah ban sdang sngew ia ka jingshitom ba kham jur ha kane ka bynta jong ka samoi jingsang).

La pynthikna lyngba ka Test ba la iabit ia u khniang jingsang Covid 19 Lane Ba sngew ia ki dak ki shin ka jingsang Covid 19 ha ka met.

Kaei pat kaba nga donkam ban leh?

Lada phi dang shu dep Test bad ba la pynshisha ba phi la don ia ka jingsang Covid 19 lane phi sngew ia ki dak jingsang kiba sdang ktah ia ka met kum ka jingsang baionghlieh, kiba kynthup ia ka jingshitmet, Jyrhoh rykhiang, Pynhiar kpoh, Sngew tlot, sat ka ryndang phi la don ha ka bynta kaba nyngkong jong ka samoi jingsang Covid 19 kaba u khniang jingsang u sdang ban ktah ia ka met.

Lada ka la iaid 6-7 sngi naduh ba phi la thikna na ka Test ba phi la don ia kane ka jingsang ne ba phi sngew ia ki dak jingshitom kum ka jingsang baionghlieh bad ba jingshitmet bad jyrhoh ki la nang jur ne shitom ban ring mynsiem, lehse phi la don ha ka bynta ba 2 jong ka jingtah u khniang jingsang kaba la tip kum ka Hypersensitivity Phase.

Sngi 2 – sngi 6
Bun ki brier ki sdang ban koit noh hadien ba kut kane ka bynta-1 jong ka samoi ka jingsang ne Viral Phase.

Sngi 7-sngi10
Don ki brier kiba ki dak ki shin ka jingshitom ka la nang jur.

Khmiha sha ka Sla-6: na ka bynta ki jingtíp kiba iadei bad ki jingtuklar da ka jingsumar ki bor ka koit ka khiah.

Khmiha sha ka Sla – 17:
Ki dak jingma kiba pyni ba donkam ban wad jingiarap na ki jaka sumar ki bor ka koit ka khiah.

Ka Sla 7 – 14: ki rukom sumar ba lah ban leh lade khlem ka jingtuklar ki nongsumar na ka tnad ka koit ka khiah.

Ki jingbynráp Sla – 59: na ka bynta ki jingtíp ba bniah halor ki jingtuklar da ki bor ka koit ka khiah ha kaba ai jingsumar.

Sla 16: ha kano ka por donkam ban wad ia ka jingiarap sumar ba kyrkieh.

Ka Bynta-1 ha ka samoi jong ka jingtah ka jingsang (Viral Phase).

Phi dei ban kynmaw ia ka sngi ba nyngkong ba phi sdang ban sngew ia ki dak ki shin ka jingsang khnang ba phin nang ban khein lano ka dei ka sngi ba 8.

KI JINGTUKLAR DA KI JINGSUMAR NA KI BOR KA KOIT KA KHIAH NE KI DAWAI

• Paracetamol	(500mg tds na ka bynta shi taiew)
• Ivermectin	(12mg na ka bynta 5 sngi ia kiba la san la rangbah)
• Vitamin C	(500mg 2 sien shi sngi na ka bynta 5 sngi)
• Multi-Vitamin	(1 kuli shi sien shi sngi)
• Vitamin D3 2000 ne 4000 I.u	(1 tds shi sien shi sngi)
• Zinc	(50mg shi sien shi sngi)
• Betadine Gargle	(tds haduh shi taiew)

Dih ia ki dawai tang kat kumba la bthah da I Doktor ba sumar ia phi

Ka Bynta-1 Haba U Khniang Jingsang U Sdang Ban Ktah Ia Ka Met (Viral Phase).

Phi dei ban khmihthuh bad thew ia ka jingshitmet bad ia ka Oxygen (O2 level) ha ka met la kumno kumno 4 sien shi sngi.

KI JINGSUMAR BYM DONKAM IA KI DAWAI NE JINGTUKLAR KI BOR KA KOIT KA KHIAH

- Kaba thew ia ka Oxygen ha ka met da u tiar thew Oximeter ne kaba thew ia ka rukom ring mynsiem da kaba niew ia ka jingstet ha ka shi minit.***
- Kaba pynthiah ne buh ia ka met ha ki rukom ban pynsuk ia ka jingring bad pynhiar mynsiem kaba la tip kum ka Proning.***
- Kaba thew ia ka jingshit jong ka met.***
- Ka jingkongsan jong ka jingpynbiang ia ka um hapoh ka met.***
- Kaba ring mynsiem ia ka jynhaw umthnam.***

Kine ki rukom sumar ryngkat bad ka jingsumar da ki dawai bad ki bor ka koit ka khiah ki long kiba bhatam na ka bynta ban teh lakam ia ka jingsang Covid 19 ha la iing.

**Ka Bynta-1 Haba U Khniang Jingsang U Sdang Ban Ktah
Ia Ka Met (Viral Phase).**

Ka Oxygen Level

Qs. Kaei ka Oxygen Level?

Ka Oxygen Level ka dei ka jingthew ba katno ka Oxygen ka don ha ki Red Blood Cells jong phi ki lah ban kit.

Ka Oxygen kaba don ha ka snam kaba ka jingthew ka dei kaba biang ka long hapdeng 95 haduh 100.

Qs. Kumno ban thew ia ka Oxygen Level da kaba pyndonkam da u tiar thew Oximeter?



Kyndon – 1

Sait bad pynkhuid ia ka kti jong phi da ka Hand Sanitizer bad sa thep ia I shympriah 'ti pdeng da kaba khnap pyndait ha u Oximeter.



Kyndon – 2

Pynmeh ia u tiar thew Pulse Oximeter bad ap 30 sekhon ba un pynmih ia ka jingthew.



Kyndon – 3

Khmih bad buh jingthoh ia ka jingthew SpO2 ba la paw ha u Oximeter.



Oxygen Level

Ka jingthew ia ka jingtied jong u klongsnam

U budam pynmeh / pynlip

***Ka Bynta-1 Haba U Khniang Jingsang U Sdang Ban Ktah
Ia Ka Met (Viral Phase)***

Ka Oxygen Level

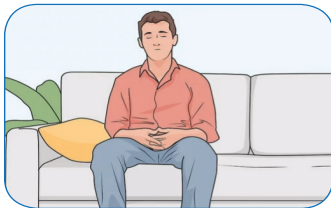
***Ki symboloh jingtíp kumno ban thew ha ka rukom
kaba dei ia ka Oxygen ha ka met.***

- Don ki por ba u tiar thew u pynmih ia ka jingthew
ba bakla. Lada phi shem ba ka jingthew kaba paw
ka hiar ne duna, thew kumjuh ha iwei pat i briew ba
koit ba khiah ban khmih Ia ka jingthew ka paw biang
kumjuh ba ka duna.***
- Pynthikna ba ka shympriah kti ba phi pyndonkam
ban thew ia ka Oxygen Level kam dei ban don ia ka
jingtah rong ha ka tyrsim, ba kynthup ruh ia ka tattoo
ne henna.***
- Wat ym shim ia ka jingthew tang mar iadep leh ia
kano kano ka kam bor met.***
- Shim jingthew ha ka por ba jahthait bad ha ba shong.***

Ka Bynta-1 Haba U Khniang Jingsang U Sdang Ban Ktah Ia Ka Met (Viral Phase)

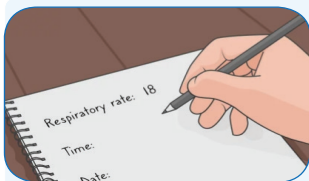
Ka Oxygen Level

Ka Bynta-1 Haba U Khniang Jingsang U Sdang Ban Ktah Ia Ka Met (Viral Phase)



Kyndon 1 – Pynthikna ba phi sngew jahthait bad jai jai. Phi lah ban shim jingthew ia ka jingring bad pynhiar mynsiem haba shong ne haba ieng ne da thiah.

Kyndon 2 – Buh por 60 sekhon ha u tiar thew bad sa khmih. Niew katno sien ba phi iohi ia ka jingkiew jong ka shadem. Pynthikna ban niew tang ia kawei, kata ia ka jingring mynsiem ne pynhiar mynsiem.



Kyndon 3 – Thoh ia ka jingkheñ katno sien ba ring ne pynhiar mynsiem bad ia ka por ba shim. Kumba ka dei ban long, ha ki rangbah briew ha ka ba shong jahthait, ha ka shi minit ka jingring ne pynhiar mynsiem ka long 12 haduh 20 sien.

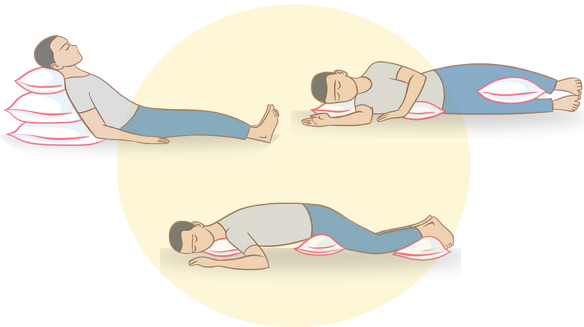
Lada ka jingthew jong ka jingring bad pynhiar mynsiem ka palat ia ka 24 sien ha ka shi minit, leit mar mar sha ki nongai jingsumar ban ioh jingiarap.

Ka Bynta-1 Haba U Khniang Jingsang U Sdang Ban Ktah Ia Ka Met (Viral Phase).

Proning

QS. Kaei ka Proning?

Ka Proning ka dei kaba buh ne pynthiah ia ka met ha kata ka rukom ka ban pynsuk ia ka jingring bad pynhiar mynsiem.



Qs. Ha kano ka por donkam ia ka Proning?

Donkam ban leh ia ka Proning haba ka jingthew ia ka Oxygen Level ka hiar duna ia ka 94.

Leh ia ka Proning tang ha ka por ba i nongpang i khlem ioththiah.

Qs. Mano bym dei ban leh ia ka Proning?

- *ki longkmie ba armet*
- *ki briew kiba don ia ka jingsang klongsnam ba kham jur*
- *ki briew kiba don jingthut ha u shyieng budlum lane ha ka shyieng khohwah lane ha ka skhep bad syngkai.*
- *Ki briew kiba ioh ia ka jingsang venous thrombosis*

Ka Bynta-1 Haba U Khniang Jingsang U Sdang Ban Ktah la Ka Met (Viral Phase)

Proning

Pyndonkam ia kine ki 3 tylli ki rukom pynthiah da kaba kyliang man ka 30 sekhon bad pyrshang katba lah ban pynlong ia ka karma kaba ioh Iyer ba iaid laitulid.

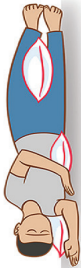
Qs. KAEI KA PRONING?

Ka Proning ne ka rukom pynthiah bad buh ia ka met jong u nongpang ha ka rukom ban pynsuk ia ka jingring bad pynhiar mynsiem bad ia ka Oxygen Level jong u ka long ka rukom sumar kaba la ioh jingmynjur na ki bor khmih ka koit ka khiah.

Position 1



Position 2



Position 3



Pyndonkam ia kine ki 3 tylli ki rukom pynthiah da kaba kyliang man ka 30 sekhon.

Every
30 minutes

Jingmaham: Kiar na kaba leh ia ka Proning haduh 1 kynta hadien ba dep bam. Kiar na kaba leh ia ka Proning ia ki longkmie ba armet, lada u nongpang u don ia ki jait jingsang kum ka jingsang klongsnam, u shyieng budlum ba don jingthut, bad lada ka la don ka jingkhein shyieng ha ki bynta ka skhep bad khohwah.

Ka Bynta-1 Haba U Khniang Jingsang U Sdang Ban Ktah la Ka Met (Viral Phase).

Kumno ban thew jingshit da kaba pyndonkam da u Thermometer

KI RUKOM PYNDONKAM IA U DIGITAL THERMOMETER:

- Sei ia u Thermometer na ka jingsop ba thep ia u. KI RUKOM PYNDONKAM IA U DIGITAL THERMOMETER:
- Sait ia u khmut tduh jong u Thermometer da ka umsyaid bad ka sabon da kaba kyrjaw bad ka Alcohol. Nangta sa phler khuid da ka um pjah shwa ban pyndonkam.
- Ang ia ka shyntur bad buh ia u tduh ba rit jong u thermometer hapoh u thylliej bad sa kbum noh ia ka shyntur.
- leh ia u Thermometer kumne hapoh ka shyntur da kaba syrtap da u thylliej haduh ba une u Digital Thermometer un da pynmih ia i sur sawa
- Khmih bad pule ia ki dak jingkheñ kiba paw ha i jingkhangiit iba don ha ka lymmen jong u Thermometer. Kane ka dei ka jingkhein ha ka jingthew jingshit ia phi.
- Buh jingthoh ia ka jingthew ba phi ioh ha kawei ka Chart man ka sien ba phi thew.
- Sait pynkhuid ia u tduh jong u Thermometer bad sop biang hapoh ka jingsop jong u.
- Wat ym pyndonkam lang ia u Thermometer jong phi bad kiwei pat ki bahaiing ha ka iing jong phi.



KA JINGPYNSHA: la kane ka kot lyngk Dop la lah ban pynmih lyngba ka jingnoh synniang ba kylluid jong ki nongshong shnong ka America lyngba ka United States Agency for International Development (USAID).

Ki jingthoh ha kane ka kot ki dei ha ka jingkitkhlieh jong ka jhpiego bad kam donkam ban pynpaw ei ei ruh ia ki jingsngew ne jingiohi jong ka USAID lane jong ka sorkar United States.

TYLLONG KHUBOR: MoHFW, Jong ka sorkar India halor ki sienjam lamlynti ba la pynthymmai na ka bynta ka jingpynkyrpang ha la iing na ka bynta ki nongpang Covid 19 ki bym da shitom jur ne bym don ki dak jingsang (asymptomatic).

Ka Bynta-1 Haba U Khniang Jingsang U Sdang Ban Ktah Ia Ka Met (Viral Phase).

Ka jingpyngbiang ia ka um hapoh ka met ne Hydration

Ka jingdonkam ba kongsan ban pyntngen ia ka met da kaba dih bun ka um.

Qs. Balei ka long kaba donkam ban dih ia shibun ka um?

Haba shah ktah ha u Covid 19, ka met jong ngi ka lah ban duh stet ia shibun ka um na ka daw ka jingshit met. Bun na kiba kum ki ne ki khép ha Meghalaya, Ia hap ban pynkit mar mar ia i nongpang sha Hospital na ka daw ka jingduna um ha ka met. Phi lah ban pynduna ia ka jingma ba hap leit sha Hospital da kaba pyntngen ia ka met da kaba dih jingdih.

Qs. Ki dak ki shin jong ka jingduna um?

- ka rong jong ka umpynjhieh ka la kylla stem jlah.
- Ka jingmih duna jong ka umpynjhieh.
- Ka shyntur ka tyrkhong.
- Ka jingtied stet jong u klongsnam.
- Ka jingthait, jinglot bad lynga.

Qs. Kumno ban lait na ka jingsngew tyrkhong ne jingduna um ha ka met haba iohpang Covid 19?

- Da kaba dih la kumno kumno 10 haduh 12 klat ka um ha ka shi sngi.
- Dih ia bun jait ki jingdih tngen ban lait na ka jingsngew ngiah ia tang kawei ka jingmad. Ka syrwa ruh ka long kaba iarap shibun ban pynbiang ia ka jingdonkam um jong ka met bad ka lah ruh ban tei bad pyndap ia ka jingdonkam mluh ha ka met.
- Lada phi prie ne pynhiar kpoh, pynthikna ban dih lang ia u Oral Rehydration Salt ne ORS nador ka umdih.

Ka Bynta-1 Haba U Khniang Jingsang U Sdang Ban Ktah la Ka Met (Viral Phase).

Ka Pasoh Jingtíp na ka bynta ki nongpang Covid-19

Shim ia kine ki sienjam iada:

- Shong khop ha iing, deng mask bad kiar jngai na kiwei kiwei ki dkhot jong ka longing jong phi
- Dih ia shibun ka umkhfluid bad kiwei kiwei de ki jingdih kum ka syrwa bad ki umsoh
- Ring mynsiem ia ki jynhaw umthnam
- Leh ia ka Proning lada ka Oxygen (Spo2) ka hiar kham duna ia 94%
- Bam ia ki jingbam kiba tei met

Ka jingsumar da ki dawai

1. Paracetamol: lada phi don jingshit.
2. Ivermectin: Dih ia u dawai ha ka por ba bam ne tang shu dep bam na ka bynta 5 sngi:
 - la kiba la san: u kuli ba 12mg, shi kuli shisien shi sngi.
 - la ki khynnah (6-12 snem ka rta): U kuli ba 6mg shi kuli shisien shi sngi.
3. Vitamin C : Dih ia u dawai hadien ba dep bam na ka bynta 5 sngi.
 - la kiba la san: U kuli ba 500mg, uwei uwei 2 sien shi sngi
 - la ki khynnah (6-12 snem ka rta): U kuli ba 500mg, shi kuli shi sien shi sngi
4. Anti-Biotics: Lah ban dih lang ruh ia kine ki dawai katkum ka jingbatai bad jingbthah jong ki doctor.

Khmihthuh ia ki dak ki shin da kaba thew la kumno kumno 4 sien shi sngi.

Ka Bynta-1 Haba U Khniang Jingsang U Sdang Ban Ktah Ia Ka Met (Viral Phase).

Ha kano ka por nga donkam ban wad ia ka jingsumar ba kyrkieh?

Kine Ki Dak Ki Shin Harum Ki Pyni Ba I Nongpang I La Don Jingma Ban Shitom Jur Bad I Donkam Kyrkieh Ia Ka Jinghmih Na Ki Bor Ai Jingsumar Ka Tnad Ka Koit Ka Khiah

- Ka jingshitom ban ring mynsiem
- Ka jinghiar ha ka Oxygen Level (Spo2) duna ia ka 94%
- Ka jingpynhiar mynsiem kaba palat ia ka 24 sien ha ka shi minit
- Ka jingsang ha ka shadem kaba ym duna.
- Ka jingsngew kulmar bad lynga ha ka jingmut jingpyrkhat.
- Ka jingshit kaba khlem hiar palat ia ka 7 sngi.

Kumno ban wad ia ki lad jingsumar ba kyrkieh

- Iathuh ha i doctor jong phi ne pyntip sha i ASHA ne Rangbah shnong jong phi.
- Phone ha u HelpLine nombar 14410 u bym donkam siew pisa ban ioh jingiarap.
- Khmih ia ki phone nombar ba donkam na ka Directory kaba don ha ka sla kaba khatduh jong kane ka Kot Ai Jingtíp ban ioh jingiarap na ka jaka sumar ba jan tam.

Ka Bynta-2: Haba Ka Met Ka La Shah Ktah Jur Ha Ka Jingsang

(Hypersensitivity/Hyper inflammatory Phase).

Ha kano ka por nga donkam ban wad ia ka jingsumar ba kham khlain na ki bor sumar ka tnad ka koit ka khiah?

Hapdeng ka sngi 6 bad ba 10, naduh ba sdang paw ki dak ki shin jong ka jingsang Covid 19,

Kine ki dak ki shin harum ki pyni ba i nongpang i la kham shitom jur bad i la donkam kyrkieh ban ioh ia ka jingiarap sumar na ki bor ba dei khmih ia ka koit ka khiah:

- Ka jingsngew shitom ban ring mynsiem haba leh ia kino kino ki kam kiba ju leh barabor.
- Ka jingsdang ban kiew jingshit lane ka jingshitmet kaba nang jur.
- Ka jingsdang ban dait jyrhoh.

Kumno ban wad ia ki lad jingsumar ba kyrkieh

- Iathuh ha I doctor jong phi ne pyntip sha I ASHA ne Rangbah shnong jong phi.
- Phone ha u HelpLine nombar 14410 u bym donkam siew pisa ban ioh jingiarap.
- Khmih ia ki phone nombar ba donkam na ka Directory kaba don ha ka sla kaba khatduh jong kane ka Kot Ai Jingtíp ban ioh jingiarap na ka jaka sumar ba jan tam.

Ka Bha ban Tip!

Ka jingai tika ka long ka atiar ka ban iaineh jong ngi ba ngin lah ban ialeh pyrshah ia ka jingsang Covid 19.

Ka pynduna ia ka jingma ban shitom jur ne ban poi haduh ka bynta ba 2 kaba u khniang jingsang u la ktah jur ia ka met, na ka jinghap sah hospital bad ruh na ka jingiap.



Ki jingtah ki long kiba ju jia haba dep ai ia kano kano ka tika kaba shu injek bad kine ki jah noh tang hadien khyndiat por. Kine ki jingtah ki kynthup ia ka jingat ha ka jaka ba dung thyrnia, ka jingshitmet ba malu mala, ka jingktha met bad kiwei kiwei. Lada kine ki jia, dih shi kuli u Paracetamol ban lah teh lakam ia kine ki jingshitom ha la iing.

Ka bynta 2



Ka jinglam lynti ia nga halor kumno ban sumaria ka jingpang Covid 19 ha iing.

Kaei ka Home Isolation ne jingpynkyrpang ialade la ka jong ha la iing

KA Home Isolation ne Jingpynkyrpang ialade la ka jong ka dei haba ia u/ka briew kiba la pynthikna lyngba ka test ba ki la don ia ka jingsang Covid 19 la shah ia ki ban bteng ia ka jingsumar ha la iing.

- la ki nongpang kiba ym don kino kino ki dak ki shin lane kiba don ia ki dak jingshitom ba malu mala kum ka jingshitmet ka bym jur, ym don jingshitom ha ka jingring ne pynhiar mynsiem, pynhiar kpoh, sat ryndang, mih eitmut sngur, jyrhoh rykhiang ne ba ka Oxygen Level (Spo2) kam hiar ne duna ia ka 94% khlem da pyndonkam tyndong Iyer Oxygen ki lah ban kiar pynkyrpang ialade ha la iing.
- Lada long kaba lah shong pynkyrpang ha ka kamra ba ioh ia ka Iyer kaba khuid bad kaba don ruh ia ka kamra sum bad kamra leitbar ba kyrpang la ka jong khnang ban lah kiar pura bad iajngai na kiwei pat ki dkhot ka longing.

Sngewbha iakren bad I Doktor jong phi ne I ASHA ba kin pynthikna la phi lah ne em ban sumar ia ka jingsang Covid 19 ha la iing.

Ki nongpang Covid 19 kiba la shong pynkyrpang ialade ki lah ban sangeh noh ia ka jingpynkyrpang hadien 14 sngi haba khein naduh ka sngi kaba nyngkong ba ki sngew ia ki dak ki shin ka jingsang bad haba kim don jingshit 3 sngi lynter. Ym donkam shuh ban phah test biang hadien 14 sngi jong ka jingshong kyrpang ha la iing bad haba ym don ne sngew ia kino kino ki dak ki shin jong ka jingsang.

Ha kano ka por donkam ban kiar pyngkypang noh ialade?

Lada phi sah ha ka jaka ba la Khang Kut ne Containment Zone lane haba la pynthikna lyngba ka Test ba phi la iabit ia ka jingsang Covid 19 ne lada phi sngew ia kino kino ki dak ki shin jong ka jingsang, kiar pyngkypang bad pyngjai noh ialade na kiwei pat ki bahaiing kiba don ha iing jong phi.

- Lada long kaba lah, sah noh marwei ha kawei ka kamra kaba kyrpang ban lait na ka jingiakynduh bad kiwei pat ki briew.
- Lym kumta, plie ia ki jingkhangiit jong ka kamra ba phi don bad deng ia ki Mask.
- Sait iala ki kti bunsien bad pyngkhuid ia ki jaka kiba phi kham ktah barabor da ka Sanitizer.
- Buh kyrpang ia ki pliang bad ki pela ba phi pyndonkam bad wat ym pyngkheh ne bam lang bad kiwei pat ki dkhot ka longiing jong phi.

Kiar Na Ki Lai Tylli Ki Jaka

Long kiba tip ia ki jingma bapher bapher kiba ka jingsang ka lah ban iabit katkum ka jaka ba phi don.



Ki don katto katne ki jaka kiba ka jingsang Covid 19 ka saphriang laituluid da kaba suk.



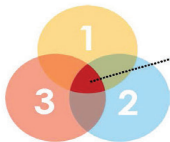
1
Jaka ba bun briew:
Haba bun ki paidbah kiba ia don markhap.



2
Ki jaka ba ia shong marjan ne markhap bad kiwei pat ki briew
Khamtam haba ki briew ki shong iakren marjan.



3
Ki jaka kiba long hapoh ka iing ne ba kdup
Kiba ym biang ka jaka ioh lyer khuid na shabar.



Ka jingma ka kham jur ha ki jaka kiba kitei ki lai tylli ki kyndon ki ia syrtap. Watla la weng noh ia ki kyndon pyrkhing ia ka leit ka wan, da pyrkhah bad phikir ha kano ka jaka phi leit bad long kiba shngain da kaba kiar na kitei ki 3 tylli ki jaka.a

Ka jingioh Iyer khuid hapoh iing

Da ka jingkylla ba thymmai ha ki jingktah jong une u khniang jingsang, ka iing ka sem kaba biang ha ka jingioh ia ka Iyer ba khuid ka long u shabi ban iada na ka jingiabit ia une u khniang jingsang.

Ka jingpynioh Iyer khuid ka lah ban pynduna ia ka bor jong ka jingiabit bad ka jingshah set kut ki khniang jingsang hapoh ka kamra kaba kdup.

Ka jingpynioh Iyer kaba kham bha = ka jinbgiabit ba kham duna.

***BYMBIANG HA KA JINGPYNIOH IA KA LYER KHUID:
Ym don ki khalkiljingskhangit kiba plie, ym don ki kor ne pangkha kjit Iyer.***

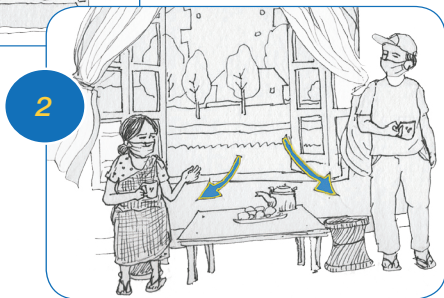


Ka jingjoh Iyer khuid ha iing

laleh katba lah ban ai lad ia ka Iyer khuid ba kan ioh rung shapoh ka iing jong phi

- Ka jingailad ia ka Iyer khuid kaba na shabar ba kan rung laitluid shapoh ka iing jong phi kan iarap ban pynpra bad pynmih noh ia ki khniang jingsang kiba don bad ba lang hapoh ka iing.***
- Lada long ka ba lah plie ryngang ia bun tylli ki jingkhambah bad jingkhangiit / khalki khnang ban ailad ia kham bun ka Iyer khuid ba kan ioh rung shapoh iing.***
- Pyndonkam da ka Pangkha kjit Iyer hajan ka jingkhang iit lada phi don. Pynthikna ba phi pyndait skhem ia kane ka Pangkha ha ka jingkhangiit ha ka rukom kaba shngain.***
- Sa kawei pat kaba phi lah ban leh ka long da kaba phi buh ia ka Pangkha pyrsut Iyer markhap bad ka jingkhangiit ba plie ha kata ka rukom ba ka Pangkha kan beh bad khynñiat ia ka Iyer shabar.***

Ka rukom pynioh lyer khuid kaba bha hapoh iing

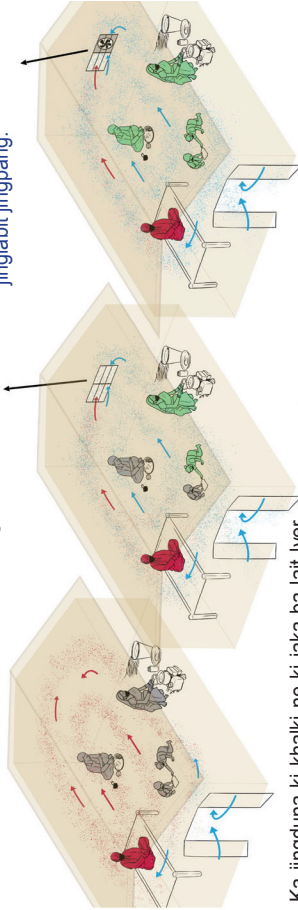


Ka jingioh Iyer kaba khuid: Ha ki lingtrep

3. Kaba pyndait da ki pangkha kjit Iyer ha markhap ka thliw ba Ia tap jamar ka kham pynbha shuh shuh ia ka rukom Iaid Iaitluid ka Iyer bad kane kan pynduna ia ka jingma jong ka jingiabit jingpang.

2. Kaba pyndait da ki jarnar ne kino kino ki thliw pyllait Iyer ia ka Iing ka iarap ban pynioh ia ka Iyer ba rung ba mih bad ka pynduna ia ka jinglang ki khniang jingpang hapoh Iing.

1. Ka jingioh Iyer bym biang (ka Iyer kam lah ban mih ban rung Iaitluid)



Ka jingduna ki khalki ne ki jaka ba Iait Iyer ha ka Iing ka pynlong ia ki khniang jingpang ban lang kham bun hapoh bad ka kyntiew ia ka jingma jong ka jingiabit jingpang hapdeng ki briew kiba don hapoh kiba kum kine ki Iing.

*La ai jingmut ba ia ka jingpyndait jarnar bad jingpyndait ia ki pangkha kjit Iyer dei ban leh da ki bor pyniaid shnong ha ki Iing kiba ym don ia ki Iad ban pyniaid tawiar Iaitluid ia ka Iyer napoh Iing shabar bad nabar shapoh Iing.



Deng Mask ha iing, ban iada na ka jingsaphriang ka jingsang u Covid 19

Q: Balei nga donkam ban deng mask?

Ka jingdeng ia ki mask ka lah ban pynduna ia ka jingsaphriang u khniang jingsang da 95% (Katkum ka jingwad bniah ba la leh da ka Centre for Disease Control & Prevention (CDC, USA) kaba shem ba da kaba deng ia ar tylli ki mask ka pynduna ia ka jingpyنشah khlem iada na u khniang jingsang COVID-19 da 95%.)

Q: Ka mask ba kumno ngan deng?

Phi dei ban deng: Ar tylli ki Mask: ka Surgical Mask + ka mask ba suh da ka jain
LANE Kawei ka N95 Mask.

Kum l nongpang Covid 19 deng ia ka mask jong phi haba phi don ha iing bad pynthikna ba kiwei ki dkhót ka longing jong phi ruh ki deng mask ban iada na ka jingsaphriang u khniang jingsang.

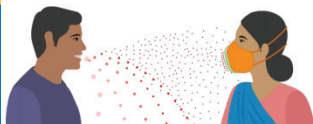
Ka long ruh kaba kongsan ba phin deng ia ka mask haba phi mih na la iing lane haba phi iakynduh bad kiwei pat ki briew.

Deng Mask

Ki kyndon PSA ha kaba iadei bad ka jingdeng mask



Ka jingma ba jur palat



Ka jingma ba jur



Ka jingma ba duna

- **Ka mask jain ba ar syrtap kaba la suh hi ha iing ka kham bha ban ia kaba ym deng eiei.**
- **Ki mask N95 ki ai ia ka jingiada ba biang tam.**

Ka mask ka dei ban long:

- **Kaba shong bha bad skhem ha ka dur khmat, kaba ym lait lyer na shakiar jong u khmut bad ka tmoh.**
- **Deng mask haba mih na iing bad haba don ha iing bad ki briew ba nabar.**

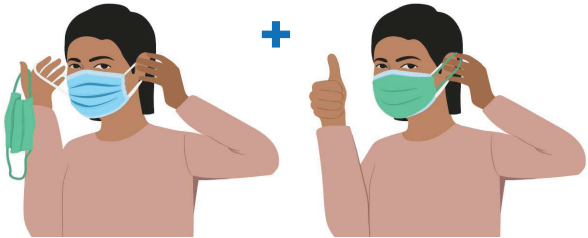
Na ka bynta ban deng ar tylli ki mask

- Deng shwa ia ka surgical mask, nangta deng sa ka mask jain kaba skhem ban bat baroh sawdong nalor jong ka.
- Lada phim don Surgical Mask deng 2 tylli ki Mask ba la suh da ka jain
- Ka kham bha ban deng tang shisien pyndonkam ia ki Surgical Mask, hynrei lada phi deng syrtap 2 tylli phi lah ban
- pyndonkam ia ka haduh 5 sien da kaba buh pynrkhiang ia ka haduh 7 sngi man ba dep pyndonkam (ka kham bha ba phi thad ha ka sngi bad deng biang kum ka syrtap ba napoh.)

Phim dei ban sait ia ki Surgical Mask lano lano ruh.

Pynryntih ar syrtap ia ki ar tylli ki mask

Ka khambha ba deng ar tylli ki mask



Ar tylli ki Mask: Kawei ka Surgical Mask + kawei ka Mask ba suh da ka jain



LANE

Kawei ka Mask: N95 Mask



Ka Jinglyndonkam Biang la Ki Mask Ba La Dep Deng

Ka jinglyndonkam biang ia ka Mask N95

- Phi dei ban don la kumno kumno ruh saw (4) tylli ki mask N95 kiba phi lah ban pyndonkam bad ban bujli.
- Thep ia kawei ka mask hapoh kawei ka plakot bad da thoh ia kawei pa kawei ka plakot kum '1,2,3,4'
- Ha ka sngi ba nyngkong, deng ia ka Mask 1. Hadien ba wanphai iing, thep noh ia kane ka mask ha ka Plakot 1 bad ieh pynrkhiang 4 sngi. Ha ka sngi kaba bud deng ia ka Mask 2 bad leh kumjuh da kaba bujli kawei hadien kawei man ka sngi.

Ka jinglyndonkam biang ia ki mask jain

- Bujli ia ka mask jong phi man la ka sngi (da kaba kylliang kawei hadien kawei). Pynkhuid ia ka mask jain man ka sngi kumba la batai harum::
 - Hadien ba wanphai iing, sait ia ka mask jain jong phi da ka um kor bad ka sabon ne powder sait jain.
 - Phler bha da ka um khuid ban khuid ka sabon na ka jain.
 - Thad ia ka mask jong phi ha ka jaka ba dei sngi bha khnang ba kan ioh rkhiang pura. Lada phim lah ban thad ha ka sngi, wah ne phriang ia ka haduh ba kan da rkhiang tikna.

Ka Bynta 2a



**Ka kot buh jingthoh (Checklist)
jong nga haba sumar ia ka
jingsang Covid 19**

Kyrfeng: Kyrfeng i ASHA: Ka Test ba la leh (jied tang ia kawei): RAT/RTPCR Phi don ne em ia kine ki jingsang: Jingsang Shini (Diabetes), Jingsang Khyllai, Jingsang Sahiaw (Asthma), Jingsang Bampong (Cancer) jingsang BP (Hypertention).					
Ka Thup Buh Jingthoh (Checklist) Ba Man Ka Sngi: Sngi 1 Kynmaw ban khimithuh bha ia ki dak jingma ba lah ban shitom jur (Hypersensitivity) kum ka jingshit kaba nangjur, ka jingsdang syndet ka jyrhoh bad ka jingsngew shitom ban ring mynsiem haba leh ia kano kano ka kam hapdeng ka sngi kaba 6 haduh ba 8.					
Ka Por jong ka sngi	Ka Jingshit (Katsum ka Jingthew)	Ka Oxygen Level (SpO2%) LANE Ka Jingkhein ia ka jingring mynsiem	Ka Jingsang ha ka shadem lane jingshitom haba ring bad pynhiar mynsiem	Ki dawai ba dih (Paracetamol/ Ivermectin/ Vitamin C)	Ki Sienjam Jingsumar (Proning/Jingring Mynsiem ia ka Jynhaw Umkhuit)
Mynstep					
Nohphai sngi					
Mymniet					

- Hato phi deng 2 tylli ki mask ne da ka mask N-95? (Hooiid/Em)
- Hato phi dih la kumno kumno 8 klat ka um ha ka shi sngi? (Hooiid/Em)

Kyrfeng: Kyrfeng iASHA: Ka Test ba la leh (jied tang ia kawei): RAT/RTPCR Phi don ne em ia kine ki jingsang: Jingsang Shini (Diabetes), Jingsang Khyllai, Jingsang Sahiaw (Asthma), Jingsang Bampong (Cancer) jingsang BP (Hypertention).					
Ka Thup Buh Jingthoh (Checklist) Ba Man Ka Sngi: Sngi 2 Kynmaw ban khmithuh bha ia ki dak jingma ba lah ban shitom jur (Hypersensitivity) kum ka jingshit kaba nangjur, ka jingsdang syndet ka jyrhoh bad ka jingsngew shitom ban ring mynsiem haba leh ia kano kano ka kam hapdeng ka sngi kaba 6 haduh ba 8.					
Ka Por jong ka sngi	Ka Jingshit (Katsum ka Jingthew)	Ka Oxygen Level (SpO2%) LANE Ka Jingkhein ia ka jingring mynsiem	Ka Jingsang ha ka shadem lane jingshitom haba ring bad pynhiar mynsiem	Ki dawai ba dih (Paracetamol/ Ivermectin/ Vitamin C)	Ki Sienjam Jingsumar (Proning/Jingring Mynsiem ia ka Jynhaw Umkhluit)
Mynstep					
Nohphai sngi					
Mynmiet					

- Hato phi deng 2 tylli ki mask ne da ka mask N-95? (Hooiid/Em)
- Hato phi dih la kumno kumno 8 klat ka um ha ka shi sngi? (Hooiid/Em)

Kyrfeng: Kyrfeng iASHA: Ka Test ba la leh (jied tang ia kawei): RAT/RTPCR Phi don ne em ia kine ki jingsang: Jingsang Shini (Diabetes), Jingsang Khyllai, Jingsang Sahiaw (Asthma), Jingsang Bampong (Cancer) jingsang BP (Hypertention).					
Ka Thup Buh Jingthoh (Checklist) Ba Man Ka Sngi: Sngi 3 Kynmaw ban khmithuh bha ia ki dak jingma ba lah ban shitom jur (Hypersensitivity) kum ka jingshit kaba nangjur, ka jingsdang syndet ka jyrhoh bad ka jingsngew shitom ban ring mynsiem haba leh ia kano kano ka kam hapdeng ka sngi kaba 6 haduh ba 8.					
Ka Por jong ka sngi	Ka Jingshit (Katsum ka Jingthew)	Ka Oxygen Level (SpO2%) LANE Ka Jingkhein ia ka jingring mynsiem	Ka Jingsang ha ka shadem lane jingshitom haba ring bad pynhiar mynsiem	Ki dawai ba dih (Paracetamol/ Ivermectin/ Vitamin C)	Ki Sienjam Jingsumar (Proning/Jingring Mynsiem ia ka Jynhaw Umkhluit)
Mynstep					
Nohphai sngi					
Mynmiet					

- Hato phi deng 2 tylli ki mask ne da ka mask N-95? (Hooiid/Em)
- Hato phi dih ia kumno kumno 8 klat ka um ha ka shi sngi? (Hooiid/Em)

Kyrfeng: Kyrfeng iASHA: Ka Test ba la leh (jied tang ia kawei): RAT/RTPCR Phi don ne em ia kine ki jingsang: Jingsang Shini (Diabetes), Jingsang Khyllai, Jingsang Sahiaw (Asthma), Jingsang Bampong (Cancer) jingsang BP (Hypertention).					
Ka Thup Buh Jingthoh (Checklist) Ba Man Ka Sngi: Sngi 4 Kynmaw ban khmithuh bha ia ki dak jingma ba lah ban shitom jur (Hypersensitivity) kum ka jingshit kaba nangjur, ka jingsdang syndet ka jyrhoh bad ka jingsngew shitom ban ring mynsiem haba leh ia kano kano ka kam hapdeng ka sngi kaba 6 haduh ba 8.					
Ka Por jong ka sngi	Ka Jingshit (Katsum ka Jingthew)	Ka Oxygen Level (SpO2%) LANE Ka Jingkhein ia ka jingring mynsiem	Ka Jingsang ha ka shadem lane jingshitom haba ring bad pynhiar mynsiem	Ki dawai ba dih (Paracetamol/ Ivermectin/ Vitamin C)	Ki Sienjam Jingsumar (Proning/Jingring Mynsiem ia ka Jynhaw Umkhluit)
Mynstep					
Nohphai sngi					
Mymniet					

- Hato phi deng 2 tylli ki mask ne da ka mask N-95? (Hooiid/Em)
- Hato phi dih ia kumno kumno 8 klat ka um ha ka shi sngi? (Hooiid/Em)

Kyrfeng: Kyrfeng iASHA: Ka Test ba la leh (jied tang ia kawei): RAT/RTPCR Phi don ne em ia kine ki jingsang: Jingsang Shini (Diabetes), Jingsang Khyllai, Jingsang Sahiaw (Asthma), Jingsang Bampong (Cancer) jingsang BP (Hypertention).					
Ka Thup Buh Jingthoh (Checklist) Ba Man Ka Sngi: Sngi 5 Kynmaw ban khmithuh bha ia ki dak jingma ba lah ban shitom jur (Hypersensitivity) kum ka jingshit kaba nangjur, ka jingsdang syndet ka jyrhoh bad ka jingsngew shitom ban ring mynsiem haba leh ia kano kano ka kam hapdeng ka sngi kaba 6 haduh ba 8.					
Ka Por jong ka sngi	Ka Jingshit (Katsum ka Jingthew)	Ka Oxygen Level (SpO2%) LANE Ka Jingkhein ia ka jingring mynsiem	Ka Jingsang ha ka shadem lane jingshitom haba ring bad pynhiar mynsiem	Ki dawai ba dih (Paracetamol/ Ivermectin/ Vitamin C)	Ki Sienjam Jingsumar (Proning/Jingring Mynsiem ia ka Jynhaw Umkhluit)
Mynstep					
Nohphai sngi					
Mymniet					

- Hato phi deng 2 tylli ki mask ne da ka mask N-95? (Hooiid/Em)
- Hato phi dih ia kumno kumno 8 klat ka um ha ka shi sngi? (Hooiid/Em)

Kyrfteng: Kyrfteng iASHA: Ka Test ba la leh (jied tang ia kawei): RAT/RTPCR Phi don ne em ia kine ki jingsang: Jingsang Shini (Diabetes), Jingsang Khyllai, Jingsang Sahiaw (Asthma), Jingsang Bampong (Cancer), Jingsang BP (Hypertention).							
Ka Thup Buh Jingthoh (Checklist) Ba Man Ka Sngi: Sngi 6 Kynmaw ban khmithuh bha ia ki dak jingma ba lah ban shitom jur (Hypersensitivity) kum ka jingshit kaba nangjur, ka jingsdang syndet ka jyrhoh bad ka jingsngew shitom ban ring mynsiem haba leh ia kano kano ka kam hapdeng ka sngi kaba 6 haduh ba 8.							
Ka Por jong ka sngi	Ka Jingshit (Katkum ka Jingshit) - don jingshit kaba la nang jur naduh ka sngi ba nyngkong	Ka Oxygen Level (SpO2%) LANE Ka Jingkhein ia ka jingring mynsiem – jingshitom ban ring mynsiem haba leh ia kano kano ka kam	Ka jing-ktha met	Ka jings-dang ba syndet ka jyrhoh	Ka jings-dang ba syndet ka jyrhoh	Ki dawai ba dih (Paracem-tamol/ Ivermectin/ Vitamin C)	Ki Sienjam Jingsumar (Proning/ Jingring Mynslem ia ka Jynhaw Umkhluit)
Mynstep							
Nohphai sngi							
Mynmiet							
1. Hato phi deng 2 tylli ki mask ne da ka mask N-95? (Hooiid/Em)							
2. Hato phi dih la kumno kummo 8 klat ka um ha ka shi sngi? (Hooiid/Em)							

Kyrfteng: Kyrfteng iASHA: Ka Test ba la leh (jied tang ia kawei): RAT/RTPCR Phi don ne em ia kine ki jingsang: Jingsang Shini (Diabetes), Jingsang Khyllai, Jingsang Sahiaw (Asthma), Jingsang Bampong (Cancer), Jingsang BP (Hypertention).							
Ka Thup Buh Jingthoh (Checklist) Ba Man Ka Sngi: Sngi 7 Kynmaw ban khmithuh bha ia ki dak jingma ba lah ban shitom jur (Hypersensitivity) kum ka jingshit kaba nangjur, ka jingsdang syndet ka jyrhoh bad ka jingsngew shitom ban ring mynsiem haba leh ia kano kano ka kam hapdeng ka sngi kaba 6 haduh ba 8.							
Ka Por jong ka sngi	Ka Jingshit (Katkum ka Jingshit) - don jingshit kaba la nang jur naduh ka sngi ba nyngkong	Ka Oxygen Level (SpO2%) LANE Ka Jingkhein ia ka jingring mynsiem – jingshitom ban ring mynsiem haba leh ia kano kano ka kam	Ka jing-ktha met	Ka jings-dang ba syndet ka jyrhoh	Ka jings-dang ba syndet ka jyrhoh	Ki dawai ba dih (Paracem-tamol/ Ivermectin/ Vitamin C)	Ki Sienjam Jingsumar (Proning/ Jingring Mynstem ia ka Jynhaw Umkhluit)
Mynstep							
Nohphai sngi							
Mynmiet							
1. Hato phi deng 2 tylli ki mask ne da ka mask N-95? 2. Hato phi dih la kumno kumno 8 klat ka um ha ka shi sngi? (Hood/Em) (Hood/Em)							

<p>Kyrteng: Kyrteng iASHA: Ka Test ba la leh (jied tang ia kawei): RAT/RTPCR Phi don ne em ia kine ki jingsang: Jingsang Shini (Diabetes), Jingsang Khyllai, Jingsang Sahiaw (Asthma), Jingsang Bampong (Cancer), Jingsang BP (Hypertention).</p>							
<p>Ka Thup Buh Jingthoh (Checklist) Ba Man Ka Sngi: Sngi 8 Kynmaw ban khmithuh bha ia ki dak jingma ba lah ban shitom jur (Hypersensitivity) kum ka jingshit kaba nangjur, ka jingsdang syndet ka jyrhoh bad ka jingsngew shitom ban ring mynsiem haba leh ia kano kano ka kam hapdeng ka sngi kaba 6 haduh ba 8.</p>							
Ka Por jong ka sngi	Ka Jingshit (Katkum ka Jingshit) - don jingshit kaba la nang jur naduh ka sngi ba nyngkong	Ka Oxygen Level (SpO2%) LANE Ka Jingkhein ia ka jingring mynsiem – jingshitom ban ring mynsiem haba leh ia kano kano ka kam	Ka jing-ktha met	Ka jings-dang ba syndet ka jyrhoh	Ka jings-dang ba syndet ka jyrhoh	Ki dawai ba dih (Paracetamol/Ivermectin/Vitamin C)	Ki Sienjam Jingsumar (Proning/Jingring Mynslem ia ka Jynhaw Umkhluit)
Mynstep							
Nohphai sngi							
Mynmiet							
<ol style="list-style-type: none"> Hato phi deng 2 tylli ki mask ne da ka mask N-95? Hato phi dih ia kumno kumno 8 klat ka um ha ka shi sngi? 							(Hooiid/Em) (Hooiid/Em)

Kyrfeng: Kyrfeng iASHA: Ka Test ba la leh (jied tang ia kawei): RAT/RTPCR Phi don ne em ia kine ki jingsang: Jingsang Shini (Diabetes), Jingsang Khyllai, Jingsang Sahiaw (Asthma), Jingsang Bampong (Cancer), Jingsang BP (Hypertention).					
Ka Thup Buh Jingthoh (Checklist) Ba Man Ka Sngi: Sngi 9 Kynmaw ban khmithuh bha ia ki dak jingma ba lah ban shitom jur (Hypersensitivity) kum ka jingshit kaba nangjur, ka jingsdang syndet ka jyrhoh bad ka jingsngew shitom ban ring mynsiem haba leh ia kano kano ka kam hapdeng ka sngi kaba 6 haduh ba 8.					
Ka Por jong ka sngi	Ka Jingshit (Katsum ka Jingthew)	Ka Oxygen Level (SpO2%) LANE Ka Jingkhein ia ka jingring mynsiem	Ka Jingsang ha ka shadem lane jingshitom haba ring bad pynhiar mynsiem	Ki dawai ba dih (Paracetamol/ Ivermectin/ Vitamin C)	Ki Sienjam Jingsumar (Proning/Jingring Mynsiem ia ka Jynhaw Umkhluit)
Mynstep					
Nohphai sngi					
Mymniet					

- Hato phi deng 2 tylli ki mask ne da ka mask N-95? (Hooiid/Em)
- Hato phi dih la kumno kumno 8 klat ka um ha ka shi sngi? (Hooiid/Em)

Kyrteng:

Kyrteng i ASHA:

Ka Test ba la leh (jied tang ia kawei): RAT/RTPCR

Phi don ne em ia kano kano na kine ki jingsang: Jingsang Shini (Diabetes), Jingsang Khyllai, Jingsang Sahiaw(Asthma), Jingsang Bampong (Cancer), jingsang BP (Hypertention).

Ka Thup Buh Jingthoh (Checklist) Ba Man Ka Sngi: Sngi 10

Kynmaw ban khimithuh bha ia ki dak jingma ba lah ban shitom jur (Hypersensitivity) kum ka jingshit kaba nangjur, ka jingsdang syndet ka jyrhoh bad ka jingsngew shitom ban ring mynsiem haba leh ia kano kano ka kam hapdeng ka sngi kaba 6 haduh ba 8.

Ka Por jong ka sngi	Ka Jingshit (Katsum ka Jingthew)	Ka Oxygen Level (SpO2%) LANE Ka Jingkhein ia ka jingring mynsiem	Ka Jingsang ha ka shadem lane jingshitom haba ring bad pynhiar mynsiem	Ki dawai ba dih (Paracetamol/ Ivermectin/ Vitamin C)	Ki Sienjam Jingsumar (Proning/Jingring Mynsiem ia ka Jynhaw Umkhluit)
Mynstep					
Nohphai sngi					
Mymmiet					

1. Hato phi deng 2 tylli ki mask ne da ka mask N-95?

(Hooiid/Em)

2. Hato phi dih la kumno kumno 8 klat ka um ha ka shi sngi?

(Hooiid/Em)

Kyrfeng: Kyrfeng iASHA: Ka Test ba la leh (jied tang ia kawei): RAT/RTPCR Phi don ne em ia kano kano na kine ki jingsang: Jingsang Shini (Diabetes), Jingsang Khyllai, Jingsang Sahiaw(Asthma), Jingsang Bampong (Cancer), Jingsang BP (Hypertention).					
Ka Thup Buh Jingthoh (Checklist) Ba Man Ka Sngi: Sngi 11 Kynmaw ban khmithuh bha ia ki dak jingma ba lah ban shitom jur (Hypersensitivity) kum ka jingshit kaba nangjur, ka jingsdang syndet ka jyrhoh bad ka jingsngew shitom ban ring mynsiem haba leh ia kano kano ka kam hapdeng ka sngi kaba 6 haduh ba 8.					
Ka Por jong ka sngi	Ka Jingshit (Katsum ka Jingthew)	Ka Oxygen Level (SpO2%) LANE Ka Jingkhein ia ka jingring mynsiem	Ka Jingsang ha ka shadem lane jingshitom haba ring bad pynhiar mynsiem	Ki dawai ba dih (Paracetamol/ Ivermectin/ Vitamin C)	Ki Sienjam Jingsumar (Proning/Jingring Mynsiem ia ka Jynhaw Umkhluit)
Mynstep					
Nohphai sngi					
Mynmiet					

- Hato phi deng 2 tylli ki mask ne da ka mask N-95? (Hooiid/Em)
- Hato phi dih la kumno kumno 8 klat ka um ha ka shi sngi? (Hooiid/Em)

Kyrteng:

Kyrteng i ASHA:

Ka Test ba la leh (jied tang ia kawei): RAT/RTPCR

Phi don ne em ia kano kano na kine ki jingpang: Jingpang Shini (Diabetes), Jingpang Khyllai, Jingpang Sahiaw(Asthma), Jingpang Bampong (Cancer), jingpang BP (Hypertention).

Ka Thup Buh Jingthoh (Checklist) Ba Man Ka Sngi: Sngi 12

Kynmaw ban khimithuh bha ia ki dak jingma ba lah ban shitom jur (Hypersensitivity) kum ka jingshit kaba nangjur, ka jingsdang syndet ka jyrhoh bad ka jingsngew shitom ban ring mynsiem haba leh ia kano kano ka kam hapdeng ka sngi kaba 6 haduh ba 8.

Ka Por jong ka sngi	Ka Jingshit (Katsum ka Jingthew)	Ka Oxygen Level (SpO2%) LANE Ka Jingkhein ia ka jingring mynsiem	Ka Jingpang ha ka shadem lane jingshitom haba ring bad pynhiar mynsiem	Ki dawai ba dih (Paracetamol/ Ivermectin/ Vitamin C)	Ki Sienjam Jingsumar (Proning/Jingring Mynsiem ia ka Jynhaw Umkhuit)
Mynstep					
Nohphai sngi					
Mymmiet					

1. Hato phi deng 2 tylli ki mask ne da ka mask N-95?

(Hooiid/Em)

2. Hato phi dih la kumno kumno 8 klat ka um ha ka shi sngi?

(Hooiid/Em)

Kyrfeng: Kyrfeng iASHA: Ka Test ba la leh (jied tang ia kawei): RAT/RTPCR Phi don ne em ia kano kano na kine ki jingpang: Jingpang Shini (Diabetes), Jingpang Khyllai, Jingpang Sahiaw(Asthma), Jingpang Bampong (Cancer), Jingpang BP (Hypertention).					
Ka Thup Buh Jingthoh (Checklist) Ba Man Ka Sngi: Sngi 13 Kynmaw ban khmithuh bha ia ki dak jingma ba lah ban shitom jur (Hypersensitivity) kum ka jingshit kaba nangjur, ka jingsdang syndet ka jyrhoh bad ka jingsngew shitom ban ring mynsiem haba leh ia kano kano ka kam hapdeng ka sngi kaba 6 haduh ba 8.					
Ka Por jong ka sngi	Ka Jingshit (Katsum ka Jingthew)	Ka Oxygen Level (SpO2%) LANE Ka Jingkhein ia ka jingring mynsiem	Ka Jingpang ha ka shadem lane jingshitom haba ring bad pynhiar mynsiem	Ki dawai ba dih (Paracetamol/ Ivermectin/ Vitamin C)	Ki Sienjam Jingsumar (Proning/Jingring Mynsiem ia ka Jynhaw Umkhluit)
Mynstep					
Nohphai sngi					
Mymniet					

- Hato phi deng 2 tylli ki mask ne da ka mask N-95? (Hooiid/Em)
- Hato phi dih la kumno kumno 8 klat ka um ha ka shi sngi? (Hooiid/Em)

Kyrfeng: Kyrfeng i ASHA: Ka Test ba la leh (jied tang ia kawei): RAT/RTPCR Phi don ne em ia kano kano na kine ki jingsang: Jingsang Shini (Diabetes), Jingsang Khyllai, Jingsang Sahiaw(Asthma), Jingsang Bampong (Cancer), jingsang BP (Hypertention).					
Ka Thup Buh Jingthoh (Checklist) Ba Man Ka Sngi: Sngi 14 Kynmaw ban khimithuh bha ia ki dak jingma ba lah ban shitom jur (Hypersensitivity) kum ka jingshit kaba nangjur, ka jingsdang syndet ka jyrhoh bad ka jingsngew shitom ban ring mynsiem haba leh ia kano kano ka kam hapdeng ka sngi kaba 6 haduh ba 8.					
Ka Por jong ka sngi	Ka Jingshit (Katsum ka Jingthew)	Ka Oxygen Level (SpO2%) LANE Ka Jingkhein ia ka jingring mynsiem	Ka Jingsang ha ka shadem lane jingshitom haba ring bad pynhiar mynsiem	Ki dawai ba dih (Paracetamol/ Ivermectin/ Vitamin C)	Ki Sienjam Jingsumar (Proning/Jingring Mynsiem ia ka Jynhaw Umkhluit)
Mynstep					
Nohphai sngi					
Mymmiet					

- Hato phi deng 2 tylli ki mask ne da ka mask N-95? (Hooiid/Em)
- Hato phi dih la kumno kumno 8 klat ka um ha ka shi sngi? (Hooiid/Em)

Ki Sienjam Ba Donkam Ban Tip Na Ka Bynta Ki Nongsumar la Ki Nongpang COVID 19

Ka jingsumar ha iing ia ki biew kiba suba ne ba la pynthkna ba ki don ia ka jingpang Covid 19.

1



Pynthkna ba i nongpang i thiah jahthait, i dih bun ki jingdih bad ba i bam ia ki jait jingbam ba tei ia ka met.

2



Deng ia ka mask haba phi don ha kajuha ka kamra bad i nongpang. Wat ym ktah ia ka mask lane ia ka dur khmat katba phi dang donkam bad sa bret noh syndon tang shu dep pyndonkam.

4



Pyndonkam kyrpang ia ki tiar bam, ki Pela, ki tiar ba pyndonkam ha kaba bam jingbam, jain niad kti bad ki jainkup thiah na ka bynta l nongpang. Sait ia ki pliang, ki Pela, ki tiar ba pyndonkam ha

kaba bam jingbam, jain niad kti bad ki jainkup thiah na ka bynta l nongpang da ka sabon bad ka um.

3



Khmihthuh ia ki jaka ba i nongpang i ktah kham bunsien, sait pynkhuud bad synreit dawai ia ki man ka sngi.

5



Sait bunsien iala ki kti da ka sabon bad ka um lane da ka dawai sait kti ba la

shna kyrpang:

- Haden ba phi ktah ia i nongpang ne ia kano kano ka bynta ha ka kamra thiah i nongpang.
- Ha shwa ne ha ka por ba phi pynkreh bam.
- Ha shwa ban bam.
- Haden ba wan na ka jaka leit bar.

6



Pyntip ne phone mar mar ia ki bor ai jingsumar lada l nongpang l shitom jur lane lada l shitom ban ring mynsiem.

Ka Bynta 3

**Ka Directory
ne ka bui
kaba don ia ka
thup ki phone
nombar ban ioh
jingiarap**



1. State Emergency Helpline: 14410
2. EKH Block-War Room Numbers

KYRTENG JONG KA CNRD BLOCK	PHONE NOMBAR BAN IOH JINGIARAP
Mylliem Block	60093 11109
Mawphlang Block	60093 11120
Khatarshnong-Laitkroh Block	60093 11121
Shella-Bholaganj Block	60093 11123
Mawsynram Block	60093 11124
Mawryngkneng Block	60093 11125
Sohiong Block	60093 11126
Pynursla Block	60093 11127
Mawkynrew Block	60093 11128

Control Room jong ki Deputy Commissioner **2502094/2225289**

Phi lah ruh ban phone ha u nombar **14410** - na ka bynta kino kino ki jingshakri kiba ia dei bad ka jingsang Covid 19.

Phone ha u nombar **108** na ka bynta ki jingshakri ban ioh ia ki Kali kit nongpang ne Ambulance.

KYRTENG JONG KA ZONE/JAKA JONG KA THAIN (Thain Sor Shillong)	Phone Nombar Ban Ioh Jingiarap
Zone 1: Ki jaka kiba hap hapoh ka Laitumkhrah P.S	60093 11101
Zone 2: Ki jaka kiba hap hapoh ka Laban P.S	60093 11102
Zone 3A: Jaka kiba hap hapoh Sadar P.S	60093 11103
Zone 3B: Jaka kiba hap hapoh ka Pasteur Beat House	60093 11104
Zone 4: Jaka kiba hap hapoh ka Lumdiengjri P.S	60093 11105
Zone 5: Ki jaka kiba hap hapoh ka Rynjah P.S & Mawpat Block	60093 11106
Zone 6: Jaka kiba hap hapoh ka Madanrting P.S	60093 11107
Zone 7: Ki jaka kiba hap hapoh ka Mawlai P.S & Mawlai block	60093 11108

Ki jingtíp ba bñiah halor ki Nombor Phone bad ki kyrteng jong ki Hospital jomg ki District kiba kynthup ia ki Hospital Sorkar bad ia ki Hospital jong ki riwshimet ne bym dei jong ka Sorkar kiba ha Meghalaya. Hospital Sorkar GH: Government Hospitals/Hospital jong ka Sorkar pdeng: Central Ministry Hospital/ Hospital jong ki riw shimet ne bym dei jong ka Sorkar PH Private Hospital.

Thup non-gkyntü	Kyrteng jong ka jaka sumar	District	Nodal Officer	Mobile Nombor
GH	Williamnagar Civil Hospital	Esat Garo Hills	Dr. Jimmy Carter CH Marak	9366560239
GH	Khliehriat Civil Hospita	East Jaintia Hills	Dr. Pahoh	7005208253
CMH	Composite Hospital	East Khasi Hills	Dr. Dakji Dulom	9436040314
CMH	Military Hospital	East Khasi Hills	Col. S. Bhattacharya	8486561501
CMH	NEIGRIHMS	East Khasi Hills	Dr. Vijay Noel Nongpiur	9968941365
GH	BSF Composite Hospital	East Khasi Hills	Dr. Wilson K	9402131810
GH	Shilling Civil Hospital	East Khasi Hills	Dr. Andreas dkhar	9436103945
PH	Bethany Hospital	East Khasi Hills	Dr. Kyntiewliang Sanmiet	8974881870
PH	Doctor H.Gordon Robert Hospital	East Khasi Hills	Dr. Banhiam Carey Kharrngi	8974570660
PH	Super Care Hospital	East Khasi Hills	Dr. Kuneey	8731021418
PH	Nazareth Hospital	East Khasi Hills	Dr. Santanu Deb	7005357037
PH	Woodland Hospital	East Khasi Hills	Dr. Papia Chakravorty	9774760713

Thup non-gkynti	Kyrteng jong ka jaka sumar	District	Nodal Officer	Mobile Nombar
GH	Resubelpara CHC	North Garo Hills	Dr. Rezia K. Sangma	9436541708
GH	Nongpoh Cili Hospital	Ri Bhoi	Dr.D. Blah	9366442652
GH	Mawkyrwat Civil Hospital	South-west Khasi Hills	Dr. W. Narry	7005168115
GH	Baghmara Cilvil Hospital	South Garo Hills	Dr. Elvina A Sangma	9089402609
GH	Ampati Civil Hospital	South West Garo Hills	Dr.Janupribalas Momin	9436306079
GH	Tura Civil Hospital	West Garo Hills	Dr. Aaron K Sangma	9366294185
GH	MCH Jowai	West Jaintia Hills	Dr. Arlangki Hinge	9615018278
GH	Tirot Sing Mairang Civil Hospital	West khasi Hills	Dr. L Mylliem Umlong	8837367750
GH	Nongstoin Civil Hospital	west Khasi Hills	Dr. J. Khankongor	9856084064

Ka Bynta 4

**Ki FAQ ne KI
JINGKYLLI BA
HAKHMAT DUH
KIBA JU KHAM BUH
BARABOR**

Ki FAQ ne Ki Jingkylli Ba Hakhmat Duh Kiba Ju Kham Buh Barabor

Qs. Kumno ngan tip ba nga long Asymptomatic ne u/ka nongkit jingpang haba ym don ki dak ki shin kiba paw?

Lada jia ba phim sngew ia kino kino ki dak ki shin jong ka jingpang, tang ka Test kaba lah ban ai ia ka rai halor ka jinglong jingman jong ka koit ka khiah jong phi ha kaba iadei bad u COVID 19. Dei na kane ka daw ba ka bha shibun ban shim ne ñiew ialade ba baroh ngi long ki nongkit jingpang bad ngi donkam ban bud ia ki kyndon jingiada baroh.

Qs. Nga lah ne em ban pyndonkam biang ia ka Surgical/N95 Mask ne sait ia ka Mask ba suh da ka jain kaba nga lah dep pyndonkam ?

Phi lah ban pyndonkam biang ia ki N95 Mask da kaba thep ia ki ha la ki plakot hadien ba la dep pyndonkam. Pynthikna ba phim dei ban pyndonkam ia kajuh ka Mask N95 2 sngi lynter. Phi dei ban sait ia ka Mask jain jong phi man la ka sngi bad pynthikna ba ka la thad sngi rkhiang bha ia ka. Kiar na ka ba pyndonkam 2 sien ia ka Surgical Mask lane lada phi hap ban pyndonkam biang ia kajuh leh ia kata da kaba bujli ne kylliang kawei hadien kawei da kaba thad rkhiang bha ha ka sngi man ka sien ba dep pyndonkam.

Qs. Hato ki jingtah jong ka dawai tika ki lah ne em ban pynjutor ne pyn-troin syndon ia ka koit ka khiah?

Kumba long lem kiwei kiwei ki dawai tika, ki briew ki ju ioh mad ia ki jingtah hadien ba dep ai tika kum ka jingshitmet, ka jingpang ha ka jaka ba dung thyrnia injek, ka jingsngewtlot ne kynroi prie. Kine ki jingtah ki long tang shipor – ha kiba bun ki briew kiba kum kine ki jingtah ki jah noh tang hadien shi sngi.

Qs. Nga dei ka longkmie kaba dang aibuñ khun, nga lah ne em ban shim ia ka tika Covid 19?

Katkum ki kyndon ba thymmai ba la pynmih da ka sorkar India, ki longkmie ba aibuñ khun, mynta, ki la lah ban shim ia ka tika Covid 19. Ki longkmie ki lah ban ai buñ da kaba shngain ia la i khun ha shwa bad hadien ba la dep ai tika.

Qs. Hato ka tika Covid 19 ka pynduna ne khanglad ia nga ban ioh khun?

Ym don kino kino ki jingshem ne jingpynshisha ki ban pynpaw ba ki tika Covid 19 ki ktah ia ka kha ka pun. Bun na ki longkmie kiba thmu ban armet hadien ba ki la ioh ia ka tika, mynta ki la pun khun.

Ki FAQ ne Ki Jingkylli Ba Hakhmat Duh Kiba Ju Kham Buh Barabor

Qs. Kiei ki jinglong jingman ha ka koit ka khiah kiba khanglad ia nga ban shim ia ka dawai tika Covid 19?

Ki brierw kiba don ia kiwei de ki jait jingsang ha ka met kum ka jingsang shini ne Diabetes, ka jingsang BP ne Hypertension, jingsang sahiaw bad ki jingsang ba ktah ia ki khyllai KI LAH ban shim ia ka kane ka tika. Tang kito kiba don ka jingduna ha ka bor iada jingsang ha ka met lane kiba don ia kino kino ki jait jingsang mihsnam ki dei ban da phylliew jingmut shwa bad ki Doktor ha shwa ban shim ia kane ka tika.

Qs. Lada nga don ne sngew ia kino kino ki dak ki shin jong ka jingsang Covid 19 ne ba la pynthikna lyngba ka Test ba nga don ia kane ka jingsang lane ba nga dang shu koit shen na ka jingsang Covid 19 haduh katno nga hap ban ap shwa ban ioh ia ka tika?

Katkm ki kyndon jong ka Sorkar India, kino kino ki brierw kiba sngew ne mad ia ki dak ki shin jong ka jingsang Covid 19 ne ba la pynthikna lyngba ka Test ba ki don ia kane ka jingsang ne kiba dang shu koit shen na ka jingsang Covid 19, ki dei ban ap 3 bnai hadien ba ki la koit na ka bynta ban ioh shim ia ka dawai tika.

Qs. Kaei ka jingsang Black Fungus, bad kumno ka don ka jingiadei bad ka jingsang Covid 19?

Ka jingsang Mucormycosis ne Black Fungus, ka dei ka jingsang kaba pynjngem ne pynkylla rong ha ki bynta jong u khmut, ka jingiohi ba byrngut ne bym shai bha ki khmat, ka jingsang ha ka shadem, ka jingshitom ban ring mynsiem bad ka jingjyrhoh da ka snam.

Kane ka jingsang ka don ka jingiadei kaba jan bha bad ka jingsang shini ne Diabetes kumjuh ruh bad kiwei de ki jait jingsang kiba ktah ia ka bor iada jingsang jong ka met. Ki riew shemphang ki ong ba ka jingpyndonkam ba la kham palat pud ia ki katto katne ki dawai ha ka jingsumar na ka khlam Covid 19, kiba bankhia ia ki jingtreikam jong ka met ha kaba iada na ki khniang jingsang, ka lah ban long ka daw kaba la kyntiew ia ka jingdon jong ki brierw kiba ioh ia kane ka jingsang.

Bynta 5

Ki Jingbynrap (Appendix)

Ka Bynta-2: Ha ka samoi jong ka jingtah ka jingsang, haba ka met ka la shah ktah jur ha u khniang jingsang (Hypersensitivity).

Lada phi sngew ia kino kino ki dak jingsang kiba thymmai ne kiba nangjur kum ka jingshitmet, ka jingsdang ka jyrhoh lane ka jingshitom ban ring mynsiem haba leh ia kino kino ki kam kiba ju leh barabor, wad ia ka jingiarap ba kyrkieh kaba kham khlain na ki bor sumar ka koit ka khiah.

Ka jingpynshai:

Dih ia kine ki dawai TANG katba kum ka jingbthah ki doktor

<ul style="list-style-type: none"> • Steroid eg. Prednisone Lane • Steroid – Methylprednisolone Injection 	(u dawai ba 80mg shi sien shisngi na ka bynta shi taiew) (40 mg 1haduh 2 sien shi sngi na ka bynta 5 sngi)
<ul style="list-style-type: none"> • Antihistamine 	Promethazine: (25mg tds x 5 sngi) -Levocetirizine: (10mg Shi sien shi sngi)
<ul style="list-style-type: none"> • Ka dawai jyrhoh ne Bronchodilator eg Montelukast 	(10mg bd x 5 sngi hadien kata shi sien shi sngi haduh 1 bnai)
<ul style="list-style-type: none"> • Ban pynstang ia ka snam ne Blood thinner eg. aspirin 	(325mg shi sien shi sngi haduh 1 bnai)
<ul style="list-style-type: none"> • ivermectin 	Dih lang 12mg shi sien shi sngi na ka bynta 5 sngi ia kito kiba don jyrhoh, shitom ban ring mynsiem ne ba hiar ka jingthew ha ka Oxygen.
<ul style="list-style-type: none"> • Ban iada na ka jinglang ka snam ne Coagulation eg. Rivaroxaban (Xeralto) 	15mg bd lada ka D-dimer ka kiew bad sa pynduna sha ka 15mg shi sien shi sngi x 1bnai, shi sien ba ka D-dimer ka la biang kum ba ka dei ban long.
<ul style="list-style-type: none"> • Antibiotics eg. Azithromicin na ka bynta ka jingshitmet, ka Bacterial co-infection lane haba kiew ka Procalcitonin 	500mg – shi sien shi sngi na ka bynta 5 sngi.

La pynmih da: ka Tnad Ka Koit Ka Khiah jong ka Sorkar Meghalaya



2021