
**RESTRICTIONS &
ADVISORIES on COVID-19**

**KA JINGPYRKHING *bad* KA JINGKYNTU
halor U COVID-19**

District Task Force & DDMA, SWKH

Headman/Nokma

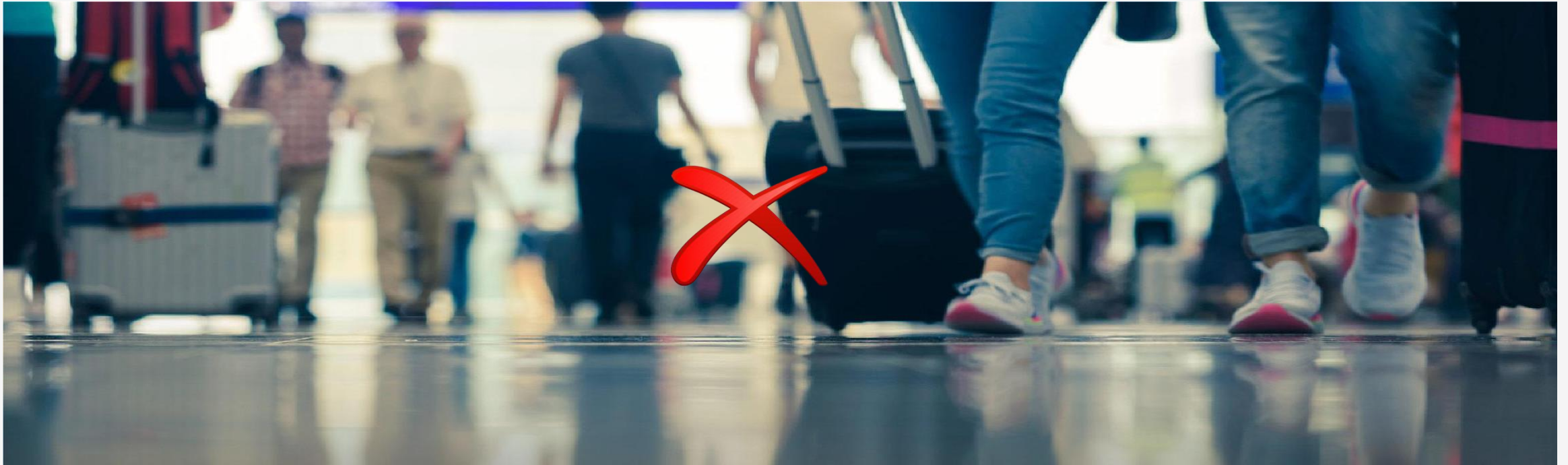
Social distancing by way of seating arrangement ensuring 1 meter space between people is to be followed during all unavoidable meetings/gatherings and any ongoing exams

Dei ban pynjngai kumba 1 meter ia ki rukom shong ha kino kino ki jingialang paidbah bym lah kiar lane ha ki eksamin jong ki khyannah ba dang iaid



Foreign tourists, travellers and students coming from the affected countries/ states are compulsorily to report to the Deputy Commissioner, SWKH through toll-free helpline 108 or the District IDSP helpline **9485395373**

Kino kino ki briew/tourist/student kiba wan na bar Ri lane na ki jylla kiba la shah ktah ha une u jingpang kin hap ban pyntip ia ka jingwan jong ki sha I Deputy Commissioner, South West Khasi Hills District, Mawkyrwat lyngba ki toll-free helpline 108 lane ka District IDSP helpline No. **9485395373**.



Mass gatherings like major sports events, fishing competitions, dorbar shnong meetings, gyms and stadiums, swimming pools, large outdoor church gatherings and such other places where many people assemble are to be cancelled/deferred.

Ki Jingialum paidbah kum haki jingialehkai sport, jingiakob khwai, dorbar shnong meeting, gym bad stadium, jaka iasum paidbah, jingiaseng heh, bad kiwei ki jaka ha kaba ki briew ki ia don paidbah deiban pynsangeh shwa.



All exhibitions, conferences, workshops, public meetings, seminars, training and any other gatherings with involve large number of people are to be postponed or cancelled. Already planned weddings are to be kept to a limited gathering.

Ia baroh ki jait jingialang, workshop, seminar, ki jingai jinghikai bad kiwei kiwei kiba iashim bynta ba bun ngut ki briew, la dei ban pynsangeh shuwa. Ki jingiathoh ba la dep pynbeit lypa bad ym lah ban pynsangeh shuh dei ban pynduna briew katba lah.



Issued by District Task Force & DDMA, SWKH

All public gatherings, fairs, music concerts are to be halted for now

Hap pynkynriah ne pynsangeh ia kino kino ki tamasa, mela ne concert.



Refrain from unnecessary travel to other states or to nearby towns

Ki nongshong shnong kin pynkynriah ne kiar

naka jingleit jingwan bym da donkam eh shabar jylla lane sha sor ruh kumjuh



Avoid tourist places and visit market places only when necessary. Do not linger in market places,

~~Kiar na ki jingleit sha ki jaka shangkai pyrthei bad leit sha iew tang lada donkam eh. Wat ym ialang lane pynlut por ha ki jaka iew lada ym donkam~~



Ka jing jngai na iwei ia wei,

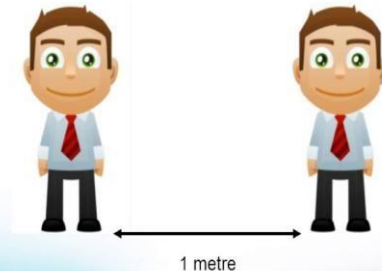
Ka jingleh khuid ia ki kti bad

Ka jing phikir ha por basynriah:

Dei ban leh ia kine ha ki jaka trei, ingmane
bad baroh ki jaka paidbah



Social distancing

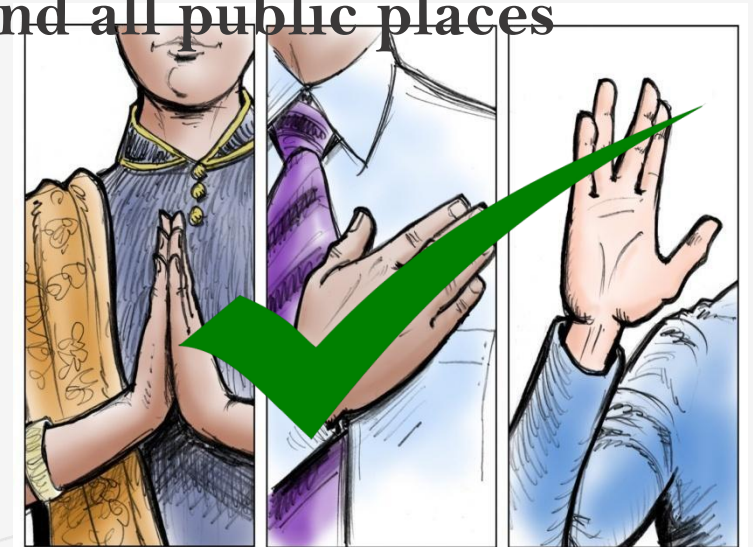


Social Distancing

Regular handwashing

Respiratory etiquette:

Are to be adhered to in workplaces,
churches and all public places



Lada shong kali kum ha ki local taxis/bus/tourist taxis wat ym shong khapngiah, phikir ban ym shong bun ngut khnang ban iada lade.

Peit thuh bha ialade bad bud ia ki kyndon jingiada/jinglekhuid kumba la bthah. Tap ia ka shyntur lada synriah ne jyrhoh hapoh kali.



Sumar ialade bad ia kiwei

Bud ia kine:

Kiei kiba phi dei ban leh



sait ia ki kti barabor.

sait ia ki kti da ka sabon bad ka um,
lane pyndonkam da kano kano ka
sanitizer.

sait ia ki kti, wat la ki khuid



Tap ia ka shyntur da ka
Jaiñ rumal haba phi
jyrhoh ne synriah



Bret ia ki tissue bala
pyndonkam ha ki tin
ñiut ba don jingtap



Lada phi don ia kine:

Jingsuhkhiat, baionghlieh, Jyrhoh
kiar na kiwei bad shong ha iing.

Lada phi wan nabar ka jylla, bad
phi don jingshitom, nalar kine haneng,
leit sha ki Doctor



Lada phi don ia ki dak ki shin
jong kane ka jingpang,
phone ha u nombor jong ka
Disrtict Surveillance Unit, IDSP
94853 95373



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jingialang paidbah.

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Bud ia kine:

Kiei kiba phi dei ban leh



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94853 95373



Kiar ban ialum ha ki
jingialang paidbah.

kiei kiba phim dei ban leh 



pynjan bad kiwei haba
don jyrhoh ne shitmet



ktah ia ki khmat, khmut
bad shyntur



Biah pathar ha ki jaka
paidbah

To ngin ia treilang ban ialeh pyrshah ia u Coronaviros

ia ki jingtip ba kham bniah

Phone ha ka District Surveillance Unit, Helpline Nombor

Phone: +91 94853 95373

email: idsp.wkh-dhs-meg@gov.in



mohfw.gov.in



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[@MoHFW_INDIA](https://twitter.com/MoHFW_INDIA)



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

**La pynmih ia kane na ka bynta ka jingpyntip ia ki paidbah, da ka IDSP, Ophis jong ka District Medical & Health Officer,
South West Khasi Hills, Government of Meghalaya**

Phone ha u **9485395373**, ia kano kano ka jingpyntip

Shong shwa ha iing 14 sngi lada phi dang wan jingwan na shabar jylla laneri.

Lada phi don dak jingpang eiei kum ka jyrhoh, sumar bad kumjuh shong beiti ha iing bad wat iakhleh bad kiwei



Issued by District Task Force & DDMA, SWKH



Thank You