



# NOVEL CORONA VIRUS (COVID-19)

## KA JINGPYNTIP PAIDBAH

U Coronavirus (COVID-19) u dei u khniang jingpang ba iabit bha bad ktah ia ka jing ring bad pynhiar mynsiem, uba lah ban saphriang na uwei u briew sha uwei pat

### KI DAK KI SHIN

- KHIE SHIT
- JYNJAR BAN RING BAD
- PYNHIAR MYNSIEM
- JYRHOH
- DAP SHADEM
- JINGMIH UMMUT

**Ki briew kiba wan jingwan na China, South Korea, Japan, Iran, Italy, Hong Kong, Macau, Vietnam, Malaysia, Indonesia, Nepal, Thailand, Singapore bad Taiwan ki dei ban pyntip ia ka State Health Department da kaba phone ia u number 108**

### KUMNO KA JINGPANG KA IABIT

U Coronavirus (COVID-19) Une u khniang jingpang u saphriang na ki briew ba la don lypa ia une u khniang jingpang sha kiwei pat lyngba:

- Ka lyer kaba mih na u nongpang haba u jyrhoh ne synriah
- Haba ia don lang hajan u nongpang kumba khublei kti ne ia doh.
- Lada kum ktah ia kino kino ki tiar ne jaka ba la bit da une u khniang jingpang bad ktah pat ia ki shyntur, khmut ne khmat khlem da sait bha ia ki kti.

### Kynmaw ia kine ki lai tylli ki kyndon:

1. Sait khuid ia ki kti jong phi man ka por da ka um bad sabon
2. Bud ia ki rukom jyrhoh kumba la kdew haneng
3. Kiar na ka leit jingleit bad shong ha ing lada phi don jingshit met ne baiong khlieh.

### KUMNO BAN PYNDUNA IA KA JINGIABIT JONG U KHNIANG JINGPANG CORONA VIRUS INFECTOIN (COVID-19)

- Sait khuit ia ki kti jong phi man ka por da ka um bad sabon ne da kaba pyndonkam da ki hand sanitizer
- Tap bha ia ka khmut bad shyntur haba jyrhoh ne synriah da ki jain rumal, tissue paper ne ha ki tymbuit, bad bret ia ki tissue ha ki jaka bret nuit ba paka kum ki dustbin.
- Kiar na ka jingiadonlang bad kiba don jingpang ba iasyriem bad ka shit met ne baiong khlieh.
- Lada phi ioh jyrhoh ne shit met hapoh 28 sngi ba phi mih na ki ri ba la shah ktah ha une u Khniang Jingpang Corona-Virus ne phi la iadon lang bad ki briew ba la ioh ia une u khniang jingpang phi dei ban leh ia kine ba lah kdew harum;
  - Kiar na ka leit jingleit.
  - Shong ha ing ha kawei ka karma bad kiar na kiba ia sahang bad ki para marjan bad bud ia ki rukom jyrhoh bad sait kti kumba lah kdew haneng.
  - Phone ia u GVK EMRI helpline number 108. U nongshim ia ka phone un sa batai ia phi kaei ba phi dei ban leh bad kumno ba phin ioh jingsumar ne lada donkam ban leh test.

### INFECTION CONTROL

#### BA DEI BAN LEH

- Tap ia ki khmut, shyntur da ki tissue paper lane jain rumal, lada jyrhoh ne synriah.
- Sait khuit ia ki kti jong phi man ka por da ka um bad sabon ne da kaba pyndonkam da ki hand sanitizer khamtam hashwa ba phin ktah ia ki khmat, khmut bad shyntur.
- Kiar na ki jaka ba bun briew khnang ba phin lait na ka jing iadonlang bad ki briew kiba phim tip lehse ba ki don ia une u khniang jingpang.
- Lada phi don iaki dak ki shin ba phi don jingpang ba iong khlieh ne shit met phi dei ban shong Shong ha ing ha kawei ka karma bad kiar na kiba ia sahang bad ki para marjan bad bud ia ki rukom jyrhoh bad sait kti kumba lah kdew haneng.
- lalah ban jngai kumba shi meter na ki briew ba don jingpang baiong khlieh ne shit met.
- lalah ban thiah kham bun kynta bad dih um shibun bad bam ia ki jingbam ba tei ia ka met kum ki rynsun, sying, shynrai kiban iarap ia phi ban ialah pyrshah ia une u khniang jingpang.
- Lada phi ioh jyrhoh ne shit met hapoh 28 sngi ba phi mih na ki ri ba la shah ktah ha une u Khniang Jingpang Corona-Virus ne phi la iadon lang bad ki briew ba la ioh ia une u khniang jingpang phone ia u number 108.

#### BYM DEI BAN LEH

- Wat ktah ia ki khmat, khmut ne shyntur da ki kti bym pat dep sait.
- Wat ia khublei kti, doh ne kdup iano iano lada phi baiong khlieh ne lada phim pat sait ia ki kti.
- Wat biah pathar ha ki jaka paidbah.
- Wat dih dawai khlem da ioh jingbit na ki Doktor.
- Wat bret kulmar ia ki tissue paper ha ki jaka paidbah.
- Wat ktah ia kiei kiei ba pyndonkam paidbah kum ki khyrdop, jingkhang, railing bad kiwei kiwei.
- Wat shong haki kali paidbah ne leit sha ki jingialang paidbah khlem da tap ia ka khmut lada phi baiong khlieh.



Shri AL Hek  
Health Minister Meghalaya

**Together we can fight Corona Virus  
Don't Panic, follow the above advisory**

Issued in Public Interest by Integrated Disease Surveillance Programme,  
Health & Family Welfare Department,  
Government of Meghalaya

**CALL 24X7 TOLL FREE HELPLINE NUMBER 108  
FOR ANY ASSISTANCE**



Shri Conrad K. Sangma  
Chief Minister Meghalaya