

“Covid-19 Miur Rinkawmte kilkhawl Daan”

Covid-19 heh zaitu ii?

Covid-19 heh Corona Virus maanai suakhnak ur hinkhat ii le aisukhai he urhnak heh fuh dun thai din hmun ii sing Tun dinhmunai Corona Virus fuh dun daan dinhmun heh a cak zee maanin zaibangin kilkhawl tuh? Zaibangin urhnak kham thil tuh tihnak heh ling thiam le hlun kin kul fe fo ii.

A tlangpuiin he Corona Virus kin fuh hnua ni (5-6) songin urhnak heh kin tiksaah suak pan de ii le, mi hrekkhatah tu ni (14) hnua lamah lin thilin ur khai um fawn ii. He urhnak fuh/ kaitu a tamsawntu harsahnak tuar cel lo maan sizung kai kul loin lawm leh sal de ii.

Kum upa lam (kum 60 vum pawl) urhnak dang nai (Lung ur, Cuap ur, Zinhlum/ Thi khang, Thau zee le Cancer/ Khensa) tepawl ca he urhnak heh rohsiaa ai tuar thai dinhmun ii.

(1) Urhnak laar dan heh atam sawnah

Urhnak acang tamber pawlah Zanniat chin

- Fawi(ruang sa tehnnakin teh fangin 99.5 degree F/ 37.5 degree C le vum lam um thai ii)
- Khuhkhuh, khuh ro khuh thai
- Cawl liatlo tha bo bangin um thai

Ur rohsia te pawl

- Haihawh sam/ Haihawh kham lo
- So ur/ So vumah thil ritpui kin net bangin tuar
- Pong thil lo/ mer thil lo
- Thin rimsu bik tuar

Mi tlawmlai hnenai urhnak laar daan

- Thil rim ling lo (or) rawngaih kaa ur lo
- Hnar pit, Vaibur
- Mit ur/ Mit song san
- Dangkhun ur
- Lu ur
- Ruangsa fawi(or) ruh fep
- Tiksa ah a san vual um
- Awk paih
- Sawr
- Khuasikin hlawng(or) Lu am



(2) Kin innkuaah hmunkhatai kin umpuite lakah Covid-19 urhnak kai um pang ilesing khaw



- Inkua te thawn nong dun tuh lo/ A khan tum ce in dah tuh le a umhmun heh hlivia lut suak pha hmun i tu seh.
- Inkua heh hmun khat/ khan khatah um tlang ilekhaw (Mask) phaneuin hmang tuh tio.
- Cawl om tuh, mitmuh khamneuin mitmu tuh.
- Cangthil ilekhaw Covid-19 ur kin kai panin ni (14) song tumce neuin um kin kul ii.
- Urhnak kai imur thawn khing dun ilesingkhaw urhnak kin daak lailoinkhai ni (10) song tumce um kin kull ii, ciami ni (10) songah urhnak kin laar ilekhaw a vum lamai kin relhnak bangin um kin kul ii.
- Covid-19 urhnak kai le kai lo hliah thilhnak um ilekhaw bawn pha ii, urhnak kai le kai lo test/ siik thilhnak (Rapid Diagnostic Test/ RDT) hmangin test/ siik ai urhnak um lo (Negative) in khai kin tiksa lamah ur tuar ilesing khaw tumce ai dah dun kul tho tho ii.
- Tumce ai dah dun kilkhawl dun tengin urhnak roh siava deuhin um lekhaw a kilkhawl thiamte (doctor) hnenah relin kilkhawl dun tuh i sing.

(3) Covid-19 urhnak kaiten aihdin pha ai kin kul ii.

- kin tiksa ca kulhnak aihdin pha phun/ group 3 tal kin rawng ai caang telh kin kul ii.
- Kin aihdin songah



1) Fang, Maida, Loti, Arlu le thau pawl heh kin thazaang ca,

2) urhnak lakan kin khamsah tu caah Aanhnah le Thingthai phun caang,



3) kin taksa khangso ruaitu ca, Nga sa le sa dang, Pe phun caang, kawlpaw hnawi, Me hnawi, Arti le thil mu pawl ai kin kul ii.



- Kin hu lamin rawng rial bai tuhin rawng nem nikhatah vel 6 lai ai pha ii.
- Tii, Sa tii, Tihang tii, Tawh tii le Thai tii bang pawl ding tam tuh.
- Hlan suak tam le Sawr tibang kin um lekhaw ORS/ Datsa tii ding tuh.
- Sathau, Cini/ Sugar, Ci le song hnawm thai aihdin sup deuh kin kul ii.

(4) Covid-19 ur kaite tumca ai kin um tengah kin bawn kulhnaq pawl

- Ruang sa teh tuh, 98.6 degree F, 37.5 degree C heh normal ii le ruang sa tlawm lai fawi (low grade fever) 99.5 degree F, 37.5 degree C, an 100.3 degree F, 38.3 degree C karlak heh lau pha um lo ii.
- Thi dawq/ pulse rate teh kul, 60-100 heh normal ii le ruang fawi ca sang deuh/ rang deuh thai ii.
- Thi songai Oxygen um zah teh tu, Pulse Oximeter hmangin teh thil ii le mi nuncak ca 95% le vum lam um thai 95% hnia tlokhaw urhnaq kil khawl thiamte (doctor) rawn tu.
- Thi khang le Zin hlum nai le si nisiar teh dun tu de.



(5) Zaran/ Normal Covid-19 urhnaq tuar te ca inn lamai kil khawl dun tuh daan



- Ruang fawi, ruang ur, lu ur, ti bangin um ile si Paracetamol ai thil ii, upa ca nikhat ah 500 mg heh vel 4 tah tam ai thil lo ii.
- Ruang sa na lawm thil lo ilekhaw ponneu tii beh ruaiin na calah dah tu, ruang fawi na roh zee ilekhaw ponneu tii behin na ruang nawt le takhlu khai thil ii.
- Antibiotic le Steroids ti bang sii sang lam heh urhnaq kilkhawl thiamte rawn hmasa lovin ai mah.
- Urhnaq dang Thii khang le Zin hlum ca na ai dehnaq sii heh ai tu hlen.

(6) Nauniu hnawi fawp lai nuten Covid-19 kin urpang ilekhaw kin fate heh hnawi pe com tuh lo, pe kul tho tho ii.

- Na fa hnawi na pe hlan le pe hnuaah na kut heh satpia le tii thawn second 20 tal som tu/ Alcohool 60% tel kut somhnaq hmangtu.
- Na fa thawn 6 ft danah na hleng veleh, hnawi na fawp ruai tengah na kaa le hnar phatakin tuam tu. Mask hmangtu.
- Nauniu heh a kaa le hnar tuam hrim hrim mah, mask hmang ruai mah.
- Na fa hnawi pe teng le na cawi tengah nau vumah khuh khuh le haihthin tuh hrim hrim lo.
- Nau hnawi na pe maan a bohnaq na thazaang ca tii tam tel aihdin pha ai tuh thupui bik ii.

(7) Covid-19 miur kilkhawltu per vo

- Miur thawn um tlang teng song hmuah mask phatakniuin hmangtu.
- Miur na dai tuh caangin kut ruk/ hand glove hmang tu, kutruk na hmang hlan le hmang hnua kut somtu de.
- Miur na dai ben caang, rawng aih le din na bawn ben caang kut som tu.
- Na thilri hmanghnak hnikpon, bel hleng, kut nuul le ihphah tian miur thawn hlawm tuh lo.
- Miur hmanghnak tohkham, dawngkham kut awh, detmai le thil dangte nisiar puutatsii 0.1% Hypochlorite solution hmangin cianghlim ruai tu.
- Miur le a kilkhawltu hmanghnak hnawmbawrh le mask te hnawmbawrh lon hnaktuh plastic songah dahin lon tu.
- Miur heh a ur roh tete ilekhaw a kilkhawl thiamte (doctor) hnenah rel tu zual.

(8) Covid-19 le Thisan songai Oxygen dinhmun

Covid-19 urhnak kaite thisan songah Oxygen tlawm lekhaw cawl le haihawh sam thai ii ciamaan nikhatah (Pulse Oximeter) hmangin vai 3 tal teh kul ii. Ahmang daan heh a hnialamah dah I sing.

Mi nuncak ca thisan songai Oxygen um zah heh 95% le vum lam ii.

(1) Thisan songah Oxygen 94% le vumlam ilekhaw kin relcia bangin teh sah lek lo kul ii.

(2) Thisan songah Oxygen 90% vum um khal selai 94% tah niam maanin

- Bawkkhup ai it ruaiin maw/ Oxygen pha a hawp thilhnak tuhin mer ruai li kul ii (A bawntuh dan heh a hnialam ah milim thawn dah ii sing.)
- Mi ur kilkhawl thiamten Oxygen petuhin thu ning rawn ilekhaw petuh teng tengin daihsah dun i sing.
- Mi ur kilkhawl thiamten Steroids sii ai tuhin ruai ilekhaw aituh tihnak bangin pelhlonuin ai kul ii, mah thuneuin Steroids sii ai tuh lo.

(3) Thisan songah Oxygen 90% hnia tlok ilekhaw Covid-19 ur sia i hang.

- Urhnak kilkhawltute thawn rel tlangin sizung lamah fehin kilkhawl tu.
- Urhnak kilkhawl thiamte thurawn hnak bangin Oxygen pe tu.
- Urhnak kilkhawl thiamte thu rawn bangin Steroids le sii dang te pe tu.

- Ihmunah khatlam khatlam herin mertuh a bawkkhupin it tuh, zaangthalin, to ben lekhaw cangneuin to tuh tibang heh nazi term in bawn sah kul ii.

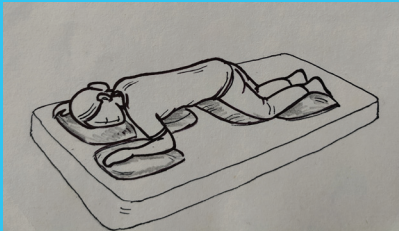
* Thisan songah Oxygen heh zaizahkhai um khalselai, mi ur heh haihawh harsa, tho ben lo, mahneuin ruang nul ben lo, so ur, khuruah har, mitmu sung, zee ngio tibangten um dann diklodeuh i lekhaw mi ur kilkhawl thiamte ko tu zual.

Bawkkhup ai um daan

Lukham 5 dah tu

- Lu hniaah lukham pakhat
- Sohna hniaah pahnih
- Ell hniaah pakhat
- Khuk hniaah pakhat

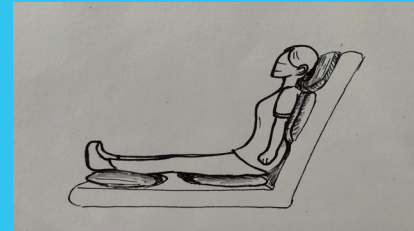
Haihawh nuam thai tuhin mi ur pum hnia deuhah kut dahin a sirin um hmasa tuh le cia ben lukham vumah bawkin um ruai tu, rawng ai ben nazi pakhat songin bawkkhup ruai tuh hrim hrim lo.



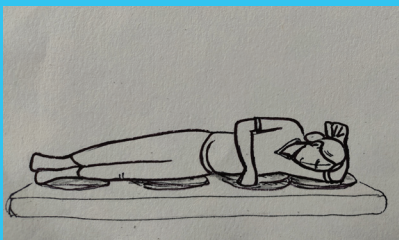
1. Step 1 Khat hnakah a bawkin
(Minutes 30 an nazi 2 song it tu.)



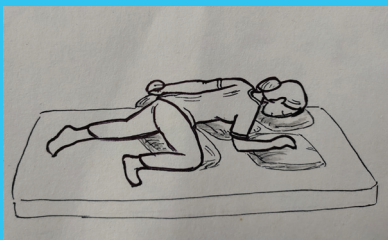
2. Step 2 hnakah hanlam sirin
(Minutes 30 an nazi 2 song dung it tu.)



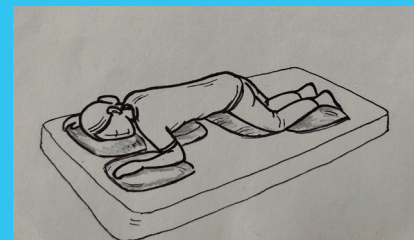
3. Step 3 hnakah degree 30 an 60 karlak azalin
(Minutes 30 an nazi 2 song dung it tu.)



4. Step 4 hnakah kekeh lam sirin
(Minutes 30 an nazi 2 song dung it tu.)



5. Step 5 hnakah nakut kekeh lam lukham hniaah dahin na ruangpui hrekkhat bawkin
(Minutes 30 an nazi 2 song it tu.)



6. Step 6 hnakah nakut hanlam lukham hiangah dahin na ru-angpum hrekkhat bawkin
(Minutes 30 an nazi 2 song dung it tu lai ciabang in aham panin bawn tu tio.)

Pulse Oximeter hmangin Thisan songai Oxygen teh daan

- Machine in thisan songai um Oxygen (SPO2) le thi dawk (PR) ling thil ii.
- 5-10 minute com hnuaah mi ur to ruaiin teh tu sal.
- Kut dam meng teng/ kut tii beh laiin the tuh lo, na the tuhnaak kut zung heh lum ruai tu.
- Machine heh kut zungpui/ zung lai ah cep tu. Kut zung dangah khai bawn thil tho tho ii.
- Machine ai button a hmethnakniu hmetin kut heh mer loniuiin dahtu hlen lao second 30 an 60 dah kul ii.
- Ti lep bang lep thliahthlo com fangin result siik tu.
- Naupangte ca kut merlo ai um hlinhlen thil lo ca ke zungah khai bawn thil ii.
- COvid-19 mi ur te ah urhnaak harsa le haihawh harsa um lo in Oxygen niam heh um thai (Silent hypoxia) maanin the sah tio kul ii.

Thisan songai Oxygen umzah result khelh thai din hmun pawl

- Kut zung hmurah thil zaimaw nawihhnaak umin(Tin san sii nawih, Kut tim atuh bet, Kut zung hmurah Tadoo um pawl, Maihma pot um, Sii nawih pawl le Kuak ek kai maan hang meng pawl)
- Kut zung mer li fangin
- Machine vumah thil tleuin det/ kap meng fangin
- Carbon monoxide poisoning te bang um fangin
- Thazaang nai lo le Thisan ur dang nai fangin ti tebang pawl ii.

References

- WHO
- CDC
- Brief Covid-19 Guidelines from MAM
- FAO – nutrition guidelines