



COVID-19 HRILENG KAIHNAWIHA

**POLICE DUTY TE TANA
HRIATTUR PAWIMAWH**

31 MARCH 2020





Kum 2019 kumtawp lam atanga intan COVID-19 Coronavirus avanga hrileng chu khawvel pum ah a darh chak in World Health Organization (WHO) chuan khawvel pum huap hrileng '*pandemic*' ah a puang hial a. A darh zel tur venna kawng ah te, mipui him zawkna tur kawnga Sorkar thuchuah te kenkawhna kawng ah Police hnathawk ten hna leh tihtur pawimawh tak tak kan nei a ni.

Mizoram Police chuan Sorkar leh mithiam zawkten invenna tura thuchuah pawimawh tak tak an siam zulzui in keini dan leh thup-pek kengkawh tuten kan zawm ngei tur *guidelines* - '*COVID-19 HRILENG KAIHHNAWIHA POLICE DUTY TE TANA HRIATTUR PAWIMAWH*' tih hi a buatsaih a ni.



1

COVID-19 NATNA CHUNGCHANG

1.1 NATNA LANCHHUAH DAN

- ⇒ COVID-19 natna lanchhuah dan tlang-lawn ber chu khawsik, chauh ngawih ngawihna leh khuh ro a ni a.
- ⇒ Mi thenkhatah chuan taksa kham leh na, hnarping, hnaptui, hrawk thip leh kawthalo ang te pawhin a langchhuak thin.

1.2 NATNA KAI AWLSAM BIK MIHRING TE

- ⇒ He natna hi kum lama upa te,
- ⇒ BP sang nei te
- ⇒ Thawk lama harsatna nei te
- ⇒ Lung thalo te
- ⇒ Zunthlum nei te leh
- ⇒ Taksa natna do khawl nei thalo te tan kai a awlsam mai bakah an tuar na bik a ni.



1.3 NATNA INKAICHHAWN DAN

- ⇒ He natna vei mek khuh, hahchhiau, chilper, ka leh hnar atanga tuiril (droplets) per te hipluh atangin.
- ⇒ A natna vei mek te nena taksa inkhawih leh natna hrik awmna thil khawih hnua kut silfai lo a ka, mit leh hnar khawih atangin.



KHUH / THAWKCHHUAH



NATNA HRIK AWMNA THIL ENCPAWH



TAKSA INTAWH



MIT, HNDAR LEH KA KUT A KHAWIH



2 | COVID-19 LAKA INVEN DAN TUR

2.1 DUTY LAIA INVEN DAN TUR PAWIMAWH TE



Sahbawn nen kut fai taka sil fo thin tur a ni a, hand sanitizer a kut tihfai fo thin tur a ni.



Kut silfai hmasa lo in hmai khawih miahloh tur a ni.



Duty pui te nen awmkhawm loh tur a ni a, 1 metre (3 feet) aia hnai lo a awm tur a ni.



Kan duty na a kan hmanraw hman hrang hrang te natna hrik thahna hlo a hruk fai fo thin tur a ni.



Kan duty na ah hian hmai tuamna (face mask) vuah a, kutkawr bun ngei tur a ni.

Video ▶

Note: Invenna hmanrua (PPEs - Personal protective equipment) te hian a hmandan diktaka i hman chauh in a veng thei che.

More information ▶



He natna lanchhuah dan sawi ang te hi i nei anih chuan damdawi lam thiam te rawn vat ang che.



2.2 DUTY ZAWH HNU A FIMKHUR NA TUR TE

Duty zawh hnu ah chhungte bula kan awm hma in a hnuaia mi te hi tih tur a ni :

- ⇒ Kan hnathawhna hmanraw chi hrang hrang tihfai a, tihthianghlim hmasak vek phawt tur a ni.
- ⇒ Kan hnathawhna thawmhnaw te phelhin sahbawn nen fai taka suk nghal vek tur a ni. Kan thawmhnaw a natna hrik awm palh thei te kan mit, ka leh hnara a luh loh nan fimkhur tur a ni a, thawmhnaw hi thin miah loh tur a ni.
- ⇒ Fai taka inbual nghal tur a ni.
- ⇒ A natna lanchhuah dan tlawnglawn te kan neilo ngei a ni tih chian hmasak tur a ni.



**POLICE DUTY TE HNA
LEH TIHTUR PAWIMAWH**



3 POLICE DUTY TE HNA LEH TIHTUR PAWIMAWH

3.1 POLICE DUTY TE'N AN TIHTUR HNA PAWIMAWH HRANG HRANG TE

- ⇒ Hriselna vawnthat leh natna kai tur invenna atana inkaihhruaina hrang hrang te uluk taka zawm thin tur a ni a, inkaihhruaina thar chhuak zel pawh hma taka hriat tum zel tur a ni. Kan duty na hmuna khawtlang mi te pawh zirtir thin tur a ni.
- ⇒ Law and Order kenkawh tlat tur a ni. Mipui chhuahvah leh punkhawm khapna dan kenkawh that tur a ni a, khapna thupek avanga lungawilo te'n buaina an siam tur pawh ven tlat tur a ni.
- ⇒ COVID-19 vei hmuhchhuah an awm in, midang an lo kai theih tur zawng zawng rang taka chhuichhuak turin *contact tracing* tih vat tur a ni.
- ⇒ Sawrkar leh mipui mamawh chakkhai hrang hrang - ei leh bar, damdawi leh hmanrua phurtu te venhim tur a ni.



3.2 COVID-19 HRILENG REMCHANGA LA A SUALNA AWM THEI TE:

A) Duty te tihbuai leh natna kaidarh luih tumna

Misual leh thuawihlo thenkhat ten duty lai tibuaiin chil te chhakin, an khuh khum thei a. Natna kai thenkhat ten midang kaidarh tumin hmun hrang hrang a lo vahkual an tum thei bawk. Heng mite lakah hian fimkhur tur a ni a. Hetiang misual chu fimkhur tak chung a man zel tur a ni.

B) Thil lem (fake products) zawrh leh hralh

He hrileng vanga mipui chiaih leh manganna te remchanga la in misual thenkhat, damdawi leh invenna hmanraw lem (fake products) hrang hrang- surgical mask, hand sanitizer, damdawi, vaccine, test kit etc. zuar khawvel hmun dangah chuan an hluar hle a, hengte hi kan rama a thlen lohna turin hetiang ti leh rinhlelh te chu man zel tur a ni. Hetiang lakah hian mipuite pawh fimkhur tura zirtir tur a ni.



C) Internet leh Phone hmanga inbumna

- ⇒ Damdawi company lian leh lar hming chhalin misual thenkhatin internet ah damdawi lem an zuar nasa.
- ⇒ Phone leh message hmangin misual thenkhat chuan an duh duh bia in, an chhungte COVID-19 avanga damdawiin a an awm thu leh online a bill pe turin an bum thin tih hriat a ni bawk.
- ⇒ Misual thenkhat chuan Health Deptt. lama thawk ni a insawiin lehkha leh email te midang hnenah an thawn chhuak a, website an siamchawpah an email account hmanga luh tirin, an account detail hmang hian thil pawimawh leh pawisa te an ruksak thin a ni.
- ⇒ Hetiang sualna do tur hian mipui ah awareness nasa pek tur a ni a. Cybercrime investigation unit te pawn hetiang tih ching te hi chhuichhuah a man ngei tum tur a ni.

D) Cybercrime

Hrileng inkaidarh tur ven nan in lam atanga hnathawh a tul avangin internet hmangtu an lo pung ta a. Hei hi cybercriminal ten remchangah la in cyber- infrastructure beih nan leh virus leh malware hrang hrang thedarh na remchang ah an hmang mek a ni. Email leh web links rinhlelhawm deuh te chu hawng miahlo tur leh fimkhur taka internet hman dan mipui ah awareness pek tur a ni.



COVID-19 HELPLINE NUMBERS :

HEALTH DEPARTMENT HELPLINE : 102 / 0389-2318336

POLICE CONTROL ROOM HELPLINE : 0389-2322375
8794747291

DISTRICT POLICE HELPLINES :

KOLASIB : 03837220948
7005135239

MAMIT : 9366241855
9862366440

CHAMPHAI : 8974924728

SAITUAL : 8257006442

KHAWZAWL : 8413935622
9436143491

SERCHHIP : 03838222528

LUNGLEI : 9485414441

HNAHTHIAL : 9378044189

LAWNGTLAI : 03835232245
9612540471

SIAHA : 03835225052

ISSUED BY MIZORAM POLICE MEDIA CELL
POLICE HEADQUARTERS (PHQ), AIZAWL



Mizoram Police



mizorampolice



mizorampolice



Mizoram Police