

# “COVID-19 Zawtnak Lunghrinh Mipawl Inn ah I Zohkhen Dan”

## COVID-19 zawtnak cu zeidah asi?

COVID-19 Cu Corona zawtnak ruang ah asi mi zawtnak asi. Ahopoh corona zawtnak i chawnh kho mi kan si. Atulio in aphan mi corona hi i chawnh khoh aran tuk caah ralring ten (pelhlo te in ) kan i rungveng ding ah a herh tuk mi asi.

Atam u cu corona zawtnak an kai in (5-6) Ni hnu ah an zawk na a lang, micheu chu ni 14 hnu ah an zawt na a lang. Atam deuh zawtnak a nei mi cu an zual tuk lo caah siizung vakal i va i zohkhenh zong ahau lem lo.

Kum upa deuh mi (Kum 60 a cunglei) adang zawtnak arak neimi (Lungzawtnak, Cuap thalo, thithlum , Zunthlum zawtnak anei mi le athlau tuk mipawl, cancer zawtnak a nei mi pawl ) cu COVID-19 zawtnak an kai vesual ahcun fak khun in an zual cu a fawi deuh.

## 1. Zawtnak alanghning

### Zawtnak a tam u cu

- Zawtnak (thermometre in taahcun asat 99.5 deegre fardrenheit (or) 37.5 degree centigrade in a cunglei asi lai.
- Cumpit
- Thadih

### A zual deuh mi zawtnak alanghning

- Thaw chuah har, thaw dop har
- Thaw pih (or) Kan tang cunghlah thilrit nih nenhmi bantuk in tuar.
- Holh kho Lo ( or) Cawlcang khol lo
- Ruahnak buai

### Atlawm deuh zawtnak alanghning

- Rim (or) a thaw nam theih lo
- Hnarpi , Cumpi
- Mitfak, Mit a rangmi avan sen
- Hrawmfak,
- Lu fak
- Ruhkhua fak (taksa fak)
- Vun ah a sen mi a chuak
- Luak chuak
- Chungthlet
- Thirh, Lungmit



## 2. Asiloah hmunkhat ah kanmah he umtii mi COVID-19 Zawtnak anei in lunghrinh nak kan neih ahcun (or) a zualhma lo mi zawtnak asi tiah kan ruak ahun



- Midang he hmun khat kan um sual ahcun Mask(hmai huh) i bunh ding.
- I dinh zirziar, mitkhuh vuai te it ding.
- COVID -19 zawtnak an kai ni thok in mi (14) chungbak an mah te lawng a dang te um ter a herh.
- Zawtnak a nei mi innchungkhar (or) zawtnak a nei mi he a tongtham mipawl caah zawtnak a lang rih lo naten ni (10) chung a dang ten um a herh. Kha chung i zawtnak a van langh ahcun a cunglei kan langh ter bantuk in adang te in um a herh.
- COVID -19 zawtnak a hrik neih leh neih loh a chek tu bu an um ahcun i zoh ter ding. Asi khoh cun rang deuh in zawtnak ahmu kho mi( Rapid Diagnostic Test/RDT) in kan test ahcun zawtnak nei lo (negative) si hmanse zawtnak an neih ko hcun a dang te in um ter rih ding.
- A dang te in kan um chungah a zualhma mi zawtnak kan neih a si ahcun ngamdam nak lei zohkhenh tu sin ah khulrang in bomhal ii zohkhenh ding.

## 3. COVID -19 zawtnak anei mi pawl caah a thawnam mi (vitamin) ei an herh

- Eidin phunthum ah a tel mi a phunphun pawl kha nifatin eidin ah tel in asi khoh chung in eiding.
- Eiding phunthum na cu



(1) rawl changvut khawm aalu, le chiti, etc.... thazang a that ter tu eiding ti le rawl

(2) anhringso, thingthei zawtnak a kham kho tu eiding



(3) Sa, Nga, pe phunphun chawknuk, arti etc..... taksa thangnak caah atha mi eiding pawl an si.



- Pawpi nih a rial fawi mi rawl nem mi a tu le tu (ni 1 ah voi 6) ei ding asi.
- Ti, a tharham mi theiti sa/ sarah hang dinhang buhhang tibantuk pawl ei piak ah atha.
- Thlan chuak tam, chungthlet hna kansi ahcun(datsa) ding piak ah a ttha.
- Athau, athlum, a al le chungthlet fawi nak ei ding mipawl hrial ah atha

#### 4. COVID-19 zawtnak a nei mi ansi ahcun a dang te an um lio caan ah ze i bantuk indah kan i taah ning asi lai.

- Tak linh (khuasik) i taah. Kan i taah mi pungman asi lo ahcun 98.6 degree fahrenheit(37.5 degree centigrade) asi. Zawtnak a um si ahcun (low grade fever) ahcun 99.5 degree fahrenheit(37.5 degree centigrade) in 100.3 degree fahrenheit(38.3 degree centigrade) asi caah thinpang tuk ding a um lo.
- Lungtur ning i tah ding. Pungman kan lung tur cu voi 60-100 tiang asi. Zawtnak a um ahcun lungtur a rang kho.
- Thi chung i oxygen a um zat cu oxygen i tah nak thilri (pulse oxymeter) in i tah koh asi. Angamdan liomi mipakhat cu thicung i oxygen a um zat cu 95% in a cunglei asi. Oxygen a um zat 95% tang a tum ahcun ngamdang nak lei zohkhenhtu he i chimh ah atha.
- Kanmah ah thikai zawtnak leh zunthlum zawtnak kannei asi ahcun kan thi thlumdat nifatin i tah ding.



#### 5. A zualhma lemlomi COVID-19 zawtnak kan neih asi ahcun inn ah zeitin kan i thlobul dan asi lai.



- Khuasik sang, ruakhua fak, lufak pawl kan tuar asi ahcun (paracetamol) sii ding piak khoh asi. Kum upa deuh pawl nih vawi khat dingah (paracetamol) sii 500 meligram tlangnih dingpiak ding. Nikhat ah voili cung ding piak lo ding.
- Khuasik a tum lo ahcun puante kikmi(Towel) in kan cal ah denhpiak ding, zawtnak asang ahcun tii kik mi in hnawh piak ding, kholhpiak ah atha.

- Antibiotic, Steroids le COVID-19 zawtnak khamnak pawl cu ngamdawm nak lei zohkhenh tu nawl lo in ding lo ding.
- Adang zawtnak a neimi (thikai, tunthlum, etc....) pawl caah kan ding tawn mi sii kha punghman ten ding khoh asi.

## **6. Nauhnuak a dinh lio mipawl COVID-19 zawtnak an neih ko zongah anfale cu hnuk pek khothotho asi.**

- Hnuk dinh hlan le dinh hnu, hngakchia tonghthan hlan le tonghtham hnu ah kan kut kha ti le satpia in seconds 20 tluk rau tthate in i tawlding (or) alcohol 60% atelmi kuttawl nak hang hmangpiak ding.
- Hngakchia he pe 6 dan ahlat nak ah kan um asizong ah hnuk kan dinh hna lio zongah hmai i huh ding.
- Hngakchia kha hmaihuh (Mask) huh ter lo ding.
- Hnuk dinh lio hngakchia kan tonghtham hna lio ah hngakchia cungah hathio, khuh lo ding.
- Hnuk kan dinh i kan tha adihmi kha ti dat atel mi a thawnam mipawl ei piak than a herh.

## **7. COVID-19 in a zawmi a zohkhenh tu nih an zuluh ding mi.**

- Mizaw he hmunkhat um ti caan ah Mask i huhpeng ding.
- Mizaw tonghtham hlan ah kuthruk i hruh ding. Kut hruk kan i hruk hlan le kan i phoih hnu ah kut thiangte in i ttawl peng ding.
- Mizaw tonghtham hnu le eiding rawl kan pek khoh hna poi ah kut thiangte in i ttawl peng ding.
- Thilri hman mi (Hnipuan, belkheng, hrai, kuthnawh nak, itphah puan) pawl kha mizaw mi he hman tti lo ding.
- Mizaw nih a tonghtham mi thilri pawl (exam- Inn ka tung, mei khalauh pawl kha potassi in (0.1% hypochloride hang/ 0.1% hypochlorite solution) in nifatin ttawl piak a herh.
- Mizaw le a zohkhenh tu nih kan hman cia mi thil pawl ( hnawm, mask, sii) pawl kha ttha ten hnawmbawm ah peih ding.
- A zualhma deuh mi azaw a siahcun ngandam hnak lei zohkhenh tu sin ah rianrang in chimchawnh ding.

## 8. COVID-19 zawtnak le thi chung oxygen

COVID-19 a zaw mi pawl an thichung oxygen umzat a tlak ahcun thabat, thawchuah har, thawpit a fawi caah thichung oxygen tahnak (pulse oximeter) in nikhat ah a tlawm bik voi 3 tel i tah peng ding.

Ngandam mi pakhat cu a thichung oxygen umzat cu 95% in acunglei asi.

**(1) Thichung oxygen 94% in a cung asi ah cun acunglei kan langhter mi bantuk in tthaten i tah piak ding.**

**(2) Thi chung oxygen 90% in acungle asi zong ah 94% tanglei attum ah cun-**

- Bawhbu it (or) oxygen thaten kan ngah khohnak hnga umto ning a phunphun in thlenpiak ah attha
- Ngandam nak zohkhenh tu nih oxygen dop ding akan ti sicun ( a herh lo zongah) oxygen lak (dop) piak ding.
- Ngandam nak zohkhenh tu nih ( steroid) sii pawl ding ding a kan ti si cun tthaten zuluh ding. ( Steriod) sii pawl kha mah thu in ding lo ding.

**(3) Thichung oxygen 90% tang attum cun a zaalhma mi COVID-19 zawt asi.**

- Ngandam nak zohkhenh tu he i chimchawnh i khulrang in siizung ah zohkhenh ding.
- Ngandam nak lei zohkhenh tu nih an kan titer ning in oxygen lakpiak ding.
- Ngandam nak lei zohkhenh tu nih an kan chimh mi (steriod) te adang sii pawl ding ding.
- It tik ah ii mer lengmang ding( keh le orh), bawhbu in it, zakpathal it, kan thut khoh asi cun ding te in thut ding Nazi(2) dan ah tuahpiak lengmang ding.

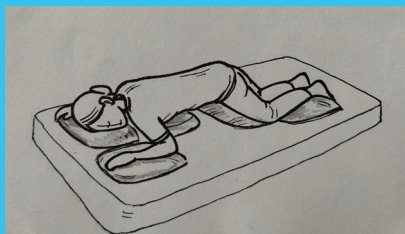
\*Thi chung oxygen umzat zeizat ploh siseh thawchuah har, itnak in thoh khoh lo (or) mahten ii kholhtawl khoh lo, thawpit (or) lungbuai, ngut, piangpar lo bantuk kan um ahcun ngandam nak lei zohkhenh tu sin ah khulrang in ii zoh khenh ding.

## Bawh dan ding pawl

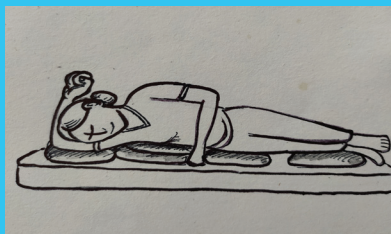
### Chantlinh (5) chiah piak ding

- Lu tang ah pakhat (1)
- Thin tang ah pakhat (2)
- Phei tang ah pakhat (1)
- Ngal tang ah pakhat (1)

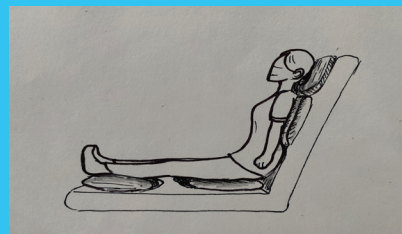
Kan thaw tthaten kan chuah khoh nak hnga kan paw tang ah kan kut kan chiah khoh. Mizaw kan zohkhenh hna cun kan it ter hmasa hna lai ii cuhnu ah chantlinh cung ah bawk ter ding. Rawl khim hnu nazi (1) liam hlan ah bawk ter lo ding.



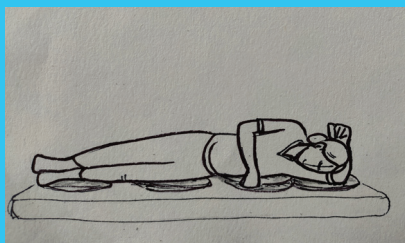
**1. Hmasabik ah bawktakhup in it ding**  
(Minutes 30 in Nazi 2 chung it piak ding.)



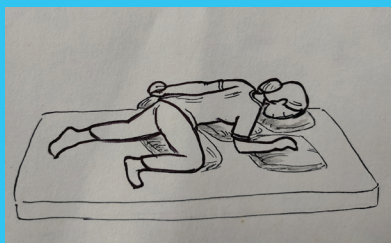
**2. Orh lei hoih in it piak ding**  
(Minutes 30 in Nazi 2 chung it piak ding.)



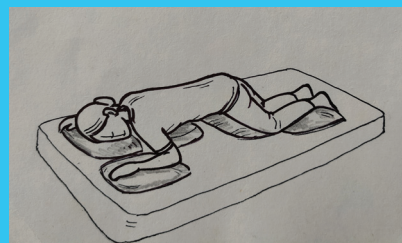
**3. 30-60 degree siding in thut piak ding**  
(Minutes 30 in Nazi 2 chung it piak ding.)



**4. Keleih hoih in it piak ding**  
(Minutes 30 in Nazi 2 chung it piak ding.)



**5. Pum cheu lawng bawktakhup it piak ding**  
(Minutes 30 in Nazi 2 chung it piak ding.)



**6. Ahnu bik ah bawktakhup in it piak ding**  
(Minutes 30 in Nazi 2 chung it piak ding.)  
**Tuah dih hnu ah apakhat bak in tuah piak than ding.**

## **Pluse Oximeter hmang in Si chung um mi Oxygen umzat tehna**

- Seh nih kan thichung oxygen umzat (5PO2)le lung tur zat(PR) in a langhter.
- 5-10 minutes kan ii dinh hnu ah i tah ding.
- Kan kut akik lio (or) kutcin lio ah i tah lo ding.
- Kan i tah nak ding kan kut kha lumter ta ding.
- Seh in kan kut dong (or) kut laibawi kutpar ah chiah ding. A dang kut zong chiah ngah.
- Seh cung i a hmet nak kha hmet lio cun kan kut kha daiten (cawl lo ten) chiah ding. Kan kut second 30 in minute 1 tiang chiah piak a herh.
- Tisuar bantu in akir mi adaih tik ah a phichuak kha rel ding.
- Hngakchia pawl an kut a cawltuk ahcun kepi (or) ke dong pawl tah piak khoih asi.
- COVID-19 zawt nak a langh lo i thabat lo bu in oxygen tlak (silent hypoxia) a tam caah punghman i tah a herh.

## **Thi chung ah oxygen alanghning a hman lo khoh caan**

- Kutpar ah thil rawng pa khatkhat (Tin sensi i thuh, kut tin thuh i banh, kutpar ah tatto a suai mipawl, Hmape a nei mi, kut tin suai mi( henna), kuakzuk ruang a kut adum mi.
- I tah lio ah cawlcang.
- Seh cung ah a ceu mi nih kah (ceuh).
- Carbon monoxide poisoning.
- Thisen tlawmzawt nak le a dang zawt nak.

## **References**

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