

“COVID-19 natnak anei tih zummi pawl tuamhlawm dan”

COVID-19 cu ziang asi?

COVID-19 cu corona natnak raung iin acangmi natnak a si. Corona natnak hi mi zozo khal kai awk thei natnak a si. Hi natnak hi kai awk pang a awl tuk ruang ah, mizo khal ralring te ih kan um a ttul.

Atam sawn mi Corona an kai hnu ih Ni (5-6) hnuah an natnak alang, mi hrek khat cu ni (14) hnuah a lang. Atam deuh natnak nei pawl cu an zual tuk loh ruang ah sizung feh ih tuam hlawm awk ciamco a ttul lemlo.

Kum upa deuh pawl (kum 60 ihsin a tlunlam) natnak dang nei mi(Lungnatnak, cuap tthalo, thi thlum, zum thlum, natnak dang a nei mi le, a thau tuk mipawl, cancer natnak a neimi pawl) cu COVID-19 natnak an kai pang a si le an tuar daan a naa cuang.

1. Natnak a lan suah dan:

Natnat tam deuh cu

- Natnak (thermometer in the ah cun) a sat lam 99.5`F (or) 37.5`C in a tlun lam a si ding.
- Rai bur
- Thacem

A zual deuh mi natnak a lang dan:

- Thawthawt harsa, thawpit (tang ih lungtonen mi bantuk)
- Tongthei lo (or) Cang thei lo
- Ruahnak mumal lo

A mal deuh natnak a lan dan:

- Rim a si lo le thil thawtnak thei lo
- Hnarpit
- Mitna, Mitsen
- Hrawk na
- Lu na
- Taksa na (Ruh kua)
- Vun ah a senmi asuak
- Luak suak
- Sungdawk
- Khur, Lu – zing



2. Asi lole, hmunkhat ih kan umpii mi in COVID-19 anei tiih kan zum ii (or) a naa tuk lmlu mi natnak a si tiih kan ruah ah cun.



- Midang hlat nak ah um ding. Asi thei ah cun, mate lawng khaan ah um ding (or) a cang thei ah cun thli lut suak tthat nak hmun ah um ding.
 - Midang thawn hmunkhat ih kan um pang ah cun, Mask (hmai huh) hruk ding a si.
 - Dai te ih cawlh.
 - Ih hmu khawp te ii ih ding.
 - COVID-19 natnak a kai nih ih sin ni (14) sung rori anmah te long a dang teih um ter a ttul.
- Natnak a nei mi inn sungsang silo le natnak a nei mi thawn a tlongleng mi pawl hrangah, natnak a lang hrih lo nan ni (10) sung a dangte'n um a ttul. Cumi sung ah natnak a lan ah cun, a tlun lam ih kan tarlan zo bangin, a dang tei um a ttul.
 - COVID-19 natnak hrik nei le nei lo a check tu pawlpi an um ah cun zoh ter ding. A cang thei le cu rang deuh ih nat hrik a hmu thei mi Rapid Diagnostic Test (RDT) in kan test ah cun natnak nei lo (Negative) si khal she la, dam lohnak a nei thothe a si ah cun a dang te ih um ter ding.
 - Adang tei kan um sung ah, a zual deuh mi natnak kan nei a si ah cun, harhdamnak lam hnattuan tu pawl hnenah bawmhnaak dil ih ttuam hlawm awk ding

3. COVID-19 natnak neitu pawl cun Vitamin athami ei in a ttul

- Ei in phun (3) ih atel mi a phunphun pawl kha nitin te ei in ah a si thei tawk in telh ih ei in ding.
- Ei in phun (3) pawl cu:



- (1) Rawl, Sangvut, Alu, Siti tivek pawl thazang a cak ter thei tu ei in ti le rawl.

- (2) Hang hnah hang rah, Natnak a kham thei tu ei in pawl.



- (3) Saa, Nga te, Pe phunphun, Caw hnawi, Arti ti vek pawl, taksa thanlennak hrang ih a tthami pawl ei ding a si.



- Pumpi hrang a rial awl deuh ding mi rawl nem., atu le tu nikhat ah voi (6) ei ding a si.
- Tidai, thei tii thartlam, Saa, Sa ruh hang in ding buhti tivek pawl ei sak ah a ttha.
- Thlan suak tam, sung dawk kan si ah cun, datsa in sak ah a ttha.
- Athau, a thlum, a al le sung ti nem awl ter tu ei in pawl hrial ah a ttha.

4. COVID-19 natnak neitu pawl an si ah cun, a dangte i an um lai caan ah ziang vekin kan teh daan asi pei?

- Khawsik, taksa kan teh awk ding.
- Kan teh awk mi (pung hman) a si ah cun 98.6°F (37.5°C) a si ding.
- Natnak a um a si ah cun (low grade fever) ah cun 99.5°F (37.5°C) in 100.3°F (38.3°C) a si ah cun, thinphan tuk ding a um lo.
- Lungphu teh ding. Pungman kan lungphu cu voi (60-100) tiang a si. Natnah a um ah cun lungtur a rang thei.
- Thi sung ih oxygen umzat cu, oxygen tehna thilri (Pulse Oximeter) in teh thei asi. Adam sam mi pakhat thi sung ih oxygen um zat cu 95% in atlun lam a si. Oxygen um zat 25% hnuai a ttum ah cun harhdam nak lam hnattuan tu pawl theih ter a ttha.
- Kan mah ah thisen sang natnak le zunthlum natnak kan nei asi ah cun kan thithlum dat nitin te tah awk ding.



5. A zual tuk lemlo mi COVID-19 natnak kan nei a si ah cun inn ah ziang tin kan tilkhawi awk dan ding a si pei?



- Khawsik sang, ruhkua-naa, lu na pawl kan tuar a si ah cun parasitamol (si hlum) in theih a si. Kum upa deuh pawl in, voi (1) in ah parasitamol 500mg hlum khat si lo le hlum hnih ei ding.
- Khawsik ahniam lo asi le puan te adai mi thawn kan calah nemsak ding. Khawsik a san ah cun tidai in hruksak ding.
- Anti biotic, steroids le COVID-19 natnak khamnak sii pawl cu harhdam nak lam hnattuan tu pawl siannak tello cun in ding a si lo.
- Natnak dang (thisen sang, zum thlum, adang pawl) neitu pawl hrangah kan in theu mi sii kha a mah keel vek ten in theih a si.

6. Nau hnoi foh lai neitu pawl khal COVID-19 an neih khal ah nau hnoi an foh ter lai thei thocho.

- Nau hnoi foh hnu le foh hlan, nau tham hlan le tham hnu ah kan kut cu satpia thawn second 20 thluk rei hrawng kut kan khawlh ding (or) alcohol 60% telmi kut khawlhna kan hmang ding.
- Nauhak thawn pe 6 dan ih kan um khal ah, hnoi pek lai ah cun hmai kan huh ding asi.
- Nauhak cu hmai huhnak (Mask) hman ter lo ding.
- Hnoi kan pek ih kan tha acem thei mi ah ati dat a nei mi thaw mi ei ah attha.

7. COVID-19 nat nei mi kilkhawi tu ih an thlun ding mi:

- Mi naa thaw hmun khat um tlan caaan ah Mask huh ring ring ding.
- Mi naa tongtham hlanah kut hruh hruh ding. Kut hruh kan hruh hlan le hruh hnuah kan kut thiangten kan khawlh theu ding.
- Mi naa tongtham hnu le ei ding rawl kan pel theh tin te kan kut faiten kan kholh thei ding.
- Mi naa thilri hmanmi (Hnipuan, bungbel, Khuat, kuthnawhnka le ih phah pun) pawl hman ttawn aw lo ding.
- Mi naa ih thil a tham mi example – sangkaa ban le mei khalauih pawl kha potassi in (0.1% hypochloride hang / 0.1% hypochlorite solution) in nitin te khawlhfa ring ring a ttha.
- Mi naa le a kilkhawi tu cun kan hman cia mi thil pawl (Hnawm, Mask, Sii) pawl kha ttha ten hnawmbawm ah hlawn ding a si.
- Mi naa zual deuh bik an um a si le a rang thei patawp ih harhdamnak lam hnatuantu pawl theih ter a ttha.

8. COVID-19 natnak le thi ih Oxygen.

COVID-19 nat neitu pawl thi cung ih oxygen umzat in hniam lam/ tlak lam apan ah cun bang, thawthawt har, thawpit awl te a thlen thei ih ruangah thi tahnak (pulse oximeter) in nikhat ah amal bik voi (3) tal tah theu ding a si.

A damsam mi minung taksa sungih oxygen um zat cu 95% ih tlun lam a si.

(1) Thi oxygen 94% ih a parlam a si ah cun atlun lam ih kan lanter mi bantuk in tthaten kan teh theu ding.

(2) Thi oxygen 90% ih a parlam a si khalah 94% hnuai ih a tum a si ah cun

- Bawk khup ih ihding (or) oxygen ttha ten kan ngahthei nak ding ah kan to dan kan um dan a phunphun ih thlen a ttha.
- Harh dam nak lam hnatuantu pawl in oxygen lak ding ih in ti tik ah (A tul lemlo khal le) oxygen lak theu ding a si.
- Harh dam nak lam hnattuan tu pawl in (Steriod) sii pawl in ding in in fial tik ah tthaten thlun ding a si. (Steriod) sii pawl kha mah thute I in ding a si lo.

3. Thi oxygen 90% hnuailam ih a tum a si ah cun natnak a zualmi COVID-19 nat a si.

- Harh damnak lam hnatuantu pawl thaw tha te be aw in arang lam ih sizung feh ih kil khawi awk ding asi.
- Hardamnak lam hnatuantu pawl fial vek in thaten oxygen lak theu ding.
- Harhdamnak lam hnatuantu pawl sim dan vek in (Steriod) le adang sii pawl kha in ding.
- Ih tik ah, her awk rero ding (keh le orh), bawkkhup ih ih, thal ih ihding, kan to thei le ding te ih to ding, a cang thei a si le Nazi (2) dan ah tuah rero ding.

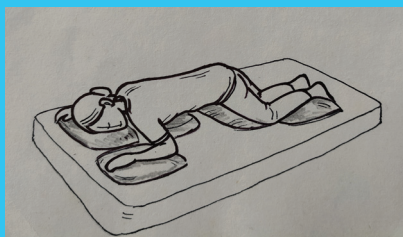
Thi oxygen umzat cu ziangzat khal vasi sehla thawthawt har, ihnak ih sin thawh harsa (or) mahte zut aw theilo, thawpit (or) lungbuai, sing li harhfm thei lo vek ih kan um a si ah cun harhdam nak lam hnatuantu paawl sim ih kilkhawi awk ter ding a si.

Bawh dan ding pawl

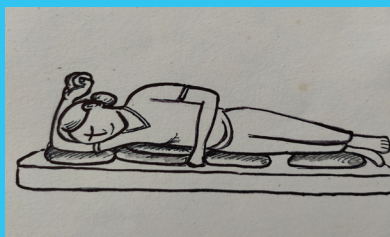
Lukham (4) ret ding

- Lu hnuai ah pakhat
- Thin hnuai ah panih khat
- Kawng hnuai ah panih khat
- Ngal hnuai ah pakhat

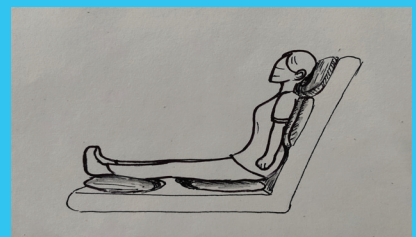
Thaw thaten kan thawt thei nak ding ah kanpum hnuai ah kan kut kan ret thei. Mi naa kan kilkhawi a si ah cun, kan it ter hmai ke cu theh ah lukham paran kan bawhter ding. Rawl khaw hnu nazi (1) liam hlan lo bawh ter ding a si lo.



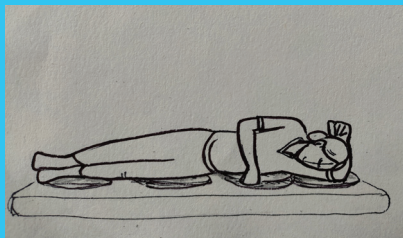
1. Ahmaisa bik ah bawkkhup i ih ding.
(Minutes 30 in Nazi 2 sung)



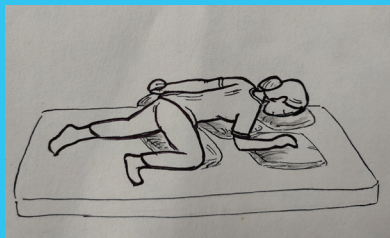
2. Vorh lam hoih ih ding.
(Minutes 30 in Nazi 2 sung)



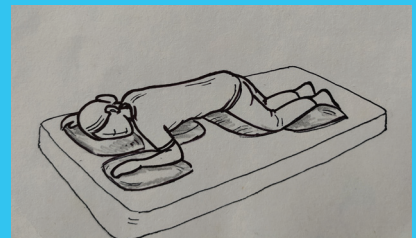
3. 30-60 degree si ding in thut ding.
(Minutes 30 in Nazi 2 sung)



4. Kehlam hoih i ih ding.
(Minutes 30 in Nazi 2 sung)



5. Pum hrek lawng bawkkhup ding.
(Minutes 30 in Nazi 2 sung)



6. Hnute bik ah bawkkhup ding.
(Minutes 30 in Nazi 2 sung)
Cumi theh le apakhat nak i sin tauh piak leh sai ding.

Pluse oximeter hmang in thi chung i um mi oxygen umzat tah hnak. laizo chin

- Chet in kan thi oxygen umzat (SPO2) le lung tur zat (PR) in alanghter.
- Minute 5-10 kan cawlh hnuah kan tawh awk ding.
- Kan kut adai lai (or) kut a ciarlai ah tah loh ding.
- Kan tah hlan ah kan kut kan hlum ter ta tengteng ding.
- Chet in kan kut zung (or) kut laibawi cu kut par ah ret ding. Kut zung dang tla ret a ngah.
- Chet sung ih kut zung kan ret mi in a hmah nak kan hmeh lai ah, kan kut cu, cang lo ten ret ding. Kan kut cu second 30 – minute 1 tiang hrawng ret a ttul.
- Nauhak kut an cangvai tuk a si le kepi (or) ke dang pawl tah khal a theih.
- COVID-19 Nat a lang lo ih bang lo khal ih oxygen tlak (Silent hypoxia) a tam thei ruang ah punghman te ih tah a ttul.

Thi oxygen a lan dan a dik loh thei caan:

- Kut par ah thil rawng pa khatkhat (tin sii hnih, kutlin lem bun, putpar ih tatto suai mipawl,hma nei, kuttin suai (henna), kuak fawp ruang ih a kut a dum mi.)
- Thi tah lai ih rak cang
- Chet sung ih ret lai ih a eng in a sun mi.
- Carbon monoxide poisoning
- Thisen mal le natnak dang nei mi

References

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