

“COVID-19 aki ummawh cina te inn ah kepdan khoi dan ding lamlahna”

COVID-19 ih cih in banghiam?

COVID-19 ih cihpen Coronavirus lungno hang aa hongpiang natna ahihi. Mi khempeuh tung ah hih natna kilawh thei hi. Tulaitak aa hongpiang ahi COVID-19 lungno pen kilawh na manlang lua a hihman in kidal na ding ngeina te hoihtak in ih zuih pelmawh ding hong thupi mahmah hi.

Atam zaw in ah COVID-19 natna ih ngahzawh ni(5-6) kikalsung in natna hongkilang khia aa pawlkhat te ahih leh ni(14)khitchiang in natna langkhia pan zong om veve hi. Natna anghah atamzaw te in natgual bangdan ahih kei leh gimlua lo cih bang in thuak uh aa Zato lupkul lo(Zato kahkul lo) uhhi.

Puteek Piteek Kum(60)pan atungsiah/ natna gil nei(lungtang natna, Tuap natna, zumkhum sikhum natna, si khang natna cih te, thau lua te, Cancer natna nei te) tua te in COVID-19 natna anghah leh nasiatak in gim mahmah in thuaklah phadeuh uh hi.

(1) Natna ki latkhiat dan te

Natna akilatkhiaat theih dan phadeuh te Natna nasia lua te akilatkhiaat dan

- Cisa (tamometre tawh cisa tehleng 99.9F` ahih lei leh 37.5C` atungsiah om te)
- Khuh
- Tha tawl ngeungau
- Huieh diik haksa sa, huieh khamlo
- Awmbing ahih lei leh awm tungah agikvan koihbang dan in thuak akithei
- Paukhia zo lo ahih kei leh gamtang khia zolo
- Lungsim buai cip (Na ngong cip)

Natna akilatkhiaat dan tamlo te

- Gimnam zalo ahih lei leh ankam limlo
- Nakbing/ Naptui
- Mit na/ mai vun tung ah a sansihseih suak
- Gawl na
- Lutang na
- Taksa leh guh leh tang na
- Vuntung ah asan sihseih suak
- Lua
- Sungpai
- Khua dam sa leh lung am (lung vai)



(2) A zenzen in ei leh ei hita leh ih ompih te tungah COVID-19 natna om hi ci in ih upmawh zenzen aa natna nasia lo leh akilang lo alaihawl pawl dan in natna hongpian khiat a leh.



- Midang tawh akigamla simpian in om in. A hih theih leh khantuam ah om in. Ahih kei leh Innsung ah huihsiangtho ngahna mun ah tuam om in.
- Midang tawh khan khatsung ah na omkhop ahih leh muktuam (Mask) pen hoihtak in thuah in.
- Tawlnga hithiat in. Ih mut cimsak mahmah in.
- COVID-19 natna ngah ni akipan ni (14) sungpeuhmah tuam om ding kism hi.
- Natna nei khat ii innkuan pih ahih kei leh natna neikhat tawh kisukkha te in natna akilatkhia loh hang in ni (10) sung tuam om ding kulhi. Tua ni hunsung in natna hongsuah leh atung aa ih gendan mahbang in tuam om ding kism hi.
- COVID-19 neih leh neih loh kisitna kician aom leh sepkhiat theih hi. A zenzen in amanlang theipen aa ki etna (Rapid Diagnostic Test/RDT) tawh sit leng natna om lo (Negative) hongsuah hang in natna nei dan in ih om leh tuam om ding kul to veve hi.
- Ih tuam om sung in natna thuaklah na hongpian leh Cidam na lam ahuh apanpih vaisai tekiang ah manlang theipen in huhna ngen in kibawl in

(3) COVID-19 natna nei te in tha omtheithe nek ding thupi hi.

- Nek leh dawn akikhen namthum sung ah akihel nek leh dawn namtuamtuam te nisim in aki helkim thei pen in ne in.
- Nek leh dawn nam thum in



(1) Buh, Mangbuh, Vaimin, Alu, Sathau akipan tha om thei te.

(2) Mehteh mehghah, Singgah namtuamtuam akipan natna dal nek leh dawn te.



(3) Sa, Ngasa, Be nam tuamtuam, Nawizu, Aktui, ahawngnei be nam tuamtuam akipan pumpi khanglian sak nek leh dawn te ahihi.



- Gilpi in angawi baih asak an neem nam te sawt ki hal lua lo in (nikhat in 6 vei) nek huai hi.
- Tui, a siangtho singgah tui, saguh tui, meh tui, an tui akipan dawn zel in.
- Khua ul pai luat na, sungpai cih te hong om leh Datsa tui ki dawn thei hi.
- A thau, A khum, A al leh sungpaisak thei nek leh dawn te neksiam in.

(4) COVID-19 natna nei te in atuam omsung in bangteng ki tehding hoih hiam?

- Cisa teh in. Pongman asat na 98.6F` (37.5C`) ahihi. Cisa tawmtawm om pen (low grade fever) ah 99.9F` (37.5C`) hi in patauh ding om lo hi.
- Si teh in. Pongman si tehciang in minute khat ah 60-100 kisai den hi. Cisa aom leh sisan kisai manlang thei hi.
- Si sunga om Oxygen akihel zah pen Oxygen tehna (Pulse Oximeter) tawh ki tehthei hi. Cidam mikhat ii si sung aom Oxygen phazah pen 95% pan atunglam ahihi. A zenzen in Oxygen phazah 95%nuai lam ah akiat leh Cidam na lam vaisai te kiang ah genpah in.
- Sikhang natna, Zumkhum natna na neih leh si khum bangzah pha cih teh den in.



(5) A nasia lo, alai hawl ciang COVID-19 natna ngah leh inn sung ah koi ci kikep ding?



- Cisa, Ci leh sa na, Lutang na cihbandan na thuak leh natdawn ne thei hi. (piicing sa te khatvei nek in paracetamol 500 tha te tang khat abih kei leh tang nih, nikhat in li vei val ne loding.)
 - Cisa akiam theih kei leh taltang tung ah puansiangtho kawt khat belh in koih in. Ci alim satluat leh tuivot tawh cisa la in, ki sil tawh zong cisa kikiam sak thei hi.
 - Antibiotics, Steroids zatui tawh COVID-19 natna kibawl ding pen cidam na lam thunei ten agen kei leh mawk nek kei in.
- A dang natna gil te (Si khang, Zun khum akipan) ading in aki zang zatui te pongman in ne thei den hi.

(6) Naunawi pia Nupi te in COVID-19 natna aneih uh hang in nau nawi pia thei veve uhi.

- Naunawi piak ma, naunawi piak khit, naupang na tawi ma leh na tawi khitsim in khut te satpiang tawh second 20 sungawt in hoihtak in silsiang den in. A hih kei leh Alcohol 60% akihel khutsiangthosak na Hand sanitizer gel te zang den in.
- Naupang te tawh pi (6) kigamla lo in leh Naunawi piak laitak in naupang ii nu in muktuum (Mask) thuah in.
- Naupang pen muktuum (Mask) thuahtsak vetkei in.
- Naunawi piaklai tak, Naupang tawi laitak in naupang tung ah namnit na, khuh na cih te zangvet kei in.
- Naunawi piak ciang in tha beitheh ahih man in tha dimkik na ding in tuidat atam theih na ding tha om theitheh an leh tui nek ding thupi mahmah hi.

(7) COVID-19 natna nei te acingkem ding te sepding dan te

- Cina tawh khankhat sung ah na omkhop hun sialsial in na muk leh na nak hoihtak in muktuum (Mask) tawh tuambikbek in.
- Cina na khoih ding ciang in ahihtheih leh khatvei zat khuttuumna te zang in. Khut tuamna na zat ma leh na zatkhit sim in na khut silsiang sitset den in.
- Cina na khoih khit ciang leh nek leh dawn na bawl khitsim in na khut silsiang den in.
- Vanzat te (nik ten puansilh, an kuang, hai, khut nul na, delhphah akipan) avek in cina tawh zangkhawm kei in.
- Cina te ii let na mun te (Gentehna: Kongkhak letna, Mei honna) lungno thahna (0.1% Hypochlorite solution) tawh nisim siangtho sak den in.
- Cina leh Cina kem te vanzat khitsa te (Niin, muktuum, zatui van) pen hoihtak in pai (bua khia) sitset in.
- Cina pen hong gimsim pian leh Cidam na lam vaisai te kiang ah thu zasak pah in.

(8) COVID-19 leh sisung aa om Oxygen

COVID-19 cina te ii sisung aa om oxygen akiam leh tawlding, nak haksa ding, huih kham lo ding cihte piang nuam aa sisung oxygen tehna (Pulse Oximeter) tawh nisim in (3) vei tehden ding hoih hi.

A cidam mi khat ii si sung ah aom Oxygen aphazah pen 95% pan atungsiyah ah om den hi.

1. Si sung ah Oxygen 94% pan atungsiah ah aom leh atungaa ih genbang in akizom in tehden in.

2. Si sung Oxygen 90% pan atungsiah om na pi in 94% pan anuai lam ah aom leh

- Bokkhup in lum in ahih kei leh Oxygen hoihtak in ngahtheih na ding in omdan atuamtuam laih kawikawi in om in. (Koici bawlding cih pen alim ah en in)
- Cidamna lam hong kem te in Oxygen dikding hong gen leh (akizam nai keizong in) Oxygen diik lel in.
- Cidamna lam hongkem te in Steroid zatui nek ding hong gen leh honggenna bang in hoihtak in zui pah in. Steroid zatui te pen ei ut thutawh mawknek kha kei in.

3. Sisung oxygen 90% anuailam ah aom leh COVID-19 natna nasia mahmah cih na ahihi.

- Cidam na lam hong kem te tawh hoihtak kikum in Zato lam ah manlang thei in kilak pah in.
- Cidam na lam hong kem te ii hong sawl bang in Oxygen diik in.
- Cidam na lam hongkem te ii hong hilh bang in Steroid zatui leh adang zatui te ne in.
- Lupna tung ah hilam vua lam (vei leh tak), khuplup sa in lup na, thal lupna, tut zawh leh tangtak in tutna cih te nai (2) halta in laihzelzel in om in.

* Sisung ah Oxygen bangzahbangzah aom zong in nak haksatna, lupna tungpan thawhzawh lohna leh pumpi siangtho na ei leh ei ih hih zawhloh na, awmbin na leh lungsim zin na, ih mutsua na, lungsim mawk na cihte aom leh Cidam na lam hong kem te kiang ah amanlang theipen in huhna ngen pahin.

Bawkkhup sa in lup na.

Lukham (6) koih in.

- Lu ah khapding lukham(1)
- Awm ah dap ding lukham(2)
- Kawngnuai ah dap ding lukham(2)
- Khuk nuai ah dap ding lukham (1)

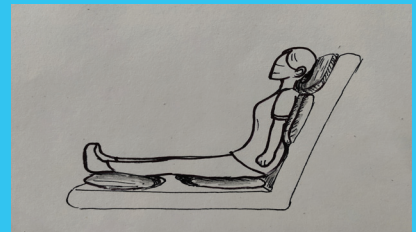
Huihdik alem nading in gilpi nuai ah khuttum ta dingcia vangsak ding. Cina pen panglup sak sa in lumsak masa ding aa tua khitteh lukham te tung ah boksak in. An nek khit nai(1)sung in lumsak lo ding.



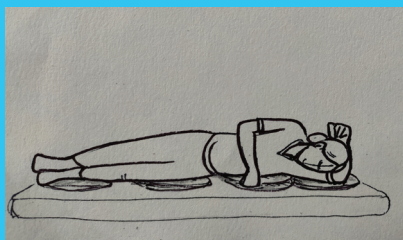
1. A masa pen in Khuplup in.
(Minutes 30 pan Nai 2)



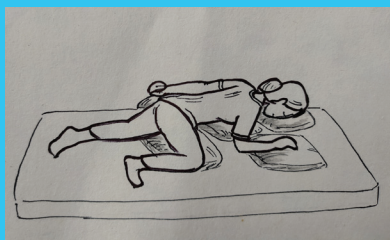
2. Na taklam ah siklup in.
(Minutes 30 pan Nai 2)



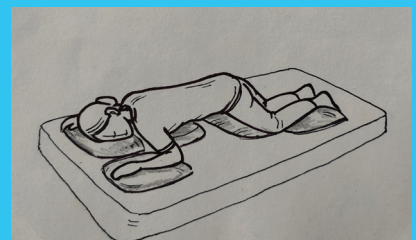
3. 30-60 degree sawi in tu in.
(Minutes 30 pan Nai 2)



4. Na veilam ah siklup in.
(Minutes 30 pan Nai 2)



5. Lang bawk sa in lum in.
(Minutes 30 pan Nai 2)



6. Atawp na ah khuplup siang in.
(Minutes 30 pan Nai 2)
Tua Khitciang a (1) na pan in ki pan kik in.

Pulse Oximeter zang in sisung aa om oxygen phazah teh na

- Set in sisung aa om oxygen phazah(SPO2) leh si hat na (PR) hong lakkhia thei hi.
- 5-10 minute ciangbang khawlkhit teh tusak in tehin.
- Khut avot laitak leh khut akawt laitak in tehkei in. Nateh na ding khut pen alumma teng meksak masa phot in.
- Set pen khutpi ahih keileh khutme lai te ah khut medawn ah thuah in. Adang khutme te ah zong ki thuahthei hi.
- Set tung aom ahonna mek in la khut pen tangtang sak lo in koih hithiat in. Khut me tung ah second sawmthum pan minute khat sung peuhmah koih ding kism hi.
- Tuihual bang dan in alim hong om pen adaih khitciang in aphi(result) en pan in.
- Naupang te akhut atattat leh kheme te tung ah zong kitehthei hi.
- COVID-19 natna kilang keimah tase leh tawlselo gim se lo in (silent hypoxia) omthei ahih man in pongman tehding kism hi.

Sisung ah Oxygen omzah hong khial thei sakzel te

- Khutme tung ah amel khatpeuhpeuh kizut om te (cinsanza zut na, khutcin atuh thuahna, khutme dawn ah tattoo suaihna, cipawn om te, kham theih zatui kism te, zatep na hang aa akhutme dawn vom te)
- Ki tehlayitak in tattat na
- Set tung ah khuavak in kap luat na
- Carbon monoxide gu om na
- Si tawm natna leh adang si tawhkisai natna te

References

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