



## **Covid-19 thawn pehpar ih a tamthei mi thusuhnak**

**1. Covid-19 rai khamnak  
si thawن kaihhnawih in  
thusuhnak**

## Covid-19 rai khamnak si thawn kaihhnawih in thusuhnak

Covid-19 rai khamnak thawn pehpar in thu suh nak pawl

### 1. Covid-19 rai khamnak si dawtawk kan tum tik ah ziang vek pawl kan theih hmaisat a tul.

Ziangvek Covid-19 rai khamnak si kan dawt aw ding ti theih hmaisa a tul. Leilungtlun Harhdannak Pawlpi (WHO) pawl ih an theih pimi pawl lawng kan dawtawk a tha. Cu pawl cu...

- (1) Britis/India chuak Covishield.
- (2) Britis suak astrazenaca.
- (3) Amarica ram suak Feizen,moderna,janssan.
- (4) China suak sinopharm (Benjing Institute of biological poduct co \_ltd), Coronavac (sinovac) tiih theih tam mi pawl an si.

Sinopharm (BIBP) leh sinovac si pawl cuLeilungtlun harhdamnak pawlpi (WHO) in ruahlopin a cangsuak mi thil ah hman thei a si tiah 2021/may leh Jun thla ah an thanh. **China suak sinopharm (Wuhan Institute of Biological products coltd lehIndia suak covaxin covic khanak si cu Leilingtlun Harhdamnak Pawlpi (WHO) in an hawl rero lai ih pompinak a um hrih lo.**

Cui hlei ah si ih a that leh that lo, Thaten retthata si maw si lo, Si dawhnak ah thaten tawlrel a simaw si lo, a dawttu tu pawl ih thiamnak pawl teh rinhtlak a si maw si lo ti vekpawl theih ta a tul.

### 2. Covic-19 rai khamnak kan dawhawk mi in ziangtluk tiang a kham thei. Leilungtlun harhdamnak pawlpi.

(WHO) ih theih pi mi Covid-19 rai khamnak si pawl in a kham thei dan pawl cu.....

	<b>Covid-19 dannak si</b>	<b>Covid adan khawhning</b>	<b>Covid afakdeuhmi adan khawhning</b>
1.	Pfizer by BioNtech Comirnaty	91.3 %	95.3 %
2.	AstraZeneca-University of Oxford by SK Bio	76 %	85 %
3.	Covishield by SII	66.7 %	92 %
4.	Janssen by Johnson & Johnson	72 %	86 %
5.	Moderna	>90 %	>95 %

	<b>Covid-19 dannak si</b>	<b>Covid adan khawhning</b>	<b>Covid afakdeuhmi adan khawhning</b>
6.	Sinopharm by Beijing Bio-Institute of Biological Products Co Ltd	79 %	Hlathlainak in hmuh-khawhmi um rih lo
7.	CoronaVac (Sinovac) by Sinovac Biotech Ltd.	51 %	100 %

\* A dannak si in azualtuk mi Covid-19 naknak ihsin ziangtluk tiang a khamthei hman ah naknak suanawk thei lo ding tiang a kham thei lo ruangah a khamnak si dawt hnu khalah Covid-19 rai khamnak thlunding ih an tuah mi hmaihup, satpia leh tidai thawn minute 20 sung kutkhawlh, miburpi ih um hrial thei ringring a tha.

### 3. Covid-19 rai khamnak si hi ziangvek mi pawlin dawhawk ding a si?

Covid-19 rai khamnak si cu kum 18 ih a tlumlam pawlin dawhawk a theih konan

- Natnak suanawk a tam thei bik nak hmun harhdannak lam hna tuan pawl leh
- Covid-19 an kai tik ih a zualthei ding mi upa pawl/natnak dang a neicia mi pawl hi a thupi in a hmaisa ih dawhding ah mi fim/thiam mi pawl ih an simmi a si.
- Thisensang, zumthlum, khuhnak a nei mi hlei ah natnak tha lo nei ko nan a zualtuk lemlo mi (tahthimnak ah (HIV) hrik nei mi (ART) in mi tvp) pawl in rai khamnak si dawhawk ding a si.

### 4. Covid-19 rai khamnak si hi mi ziangvekpawl in dawhawk ding a si lo?

- A tu Covid-19 rai in a na lai mi pawl (silbole) Covid-19 a si ko tiih zummi.
- Kum 12 hnuailem nauhak (Pfizer Covid-19) rai khamnak si ti lo cu a dang Covid-19 rai khamnak tivekpawl kum 18 hnuailem dawhding a silo.
- Rai khamnak si sungih a tel mi datthilri thawn a remawlo mi natnak a neimi.
- Nidangah a dang rai khamnak a rak dawtaw ih a remae lomi pawl.
- Favun a dang rai khamnak dingah Covid-19 rai khamnak si dawhawk ding a silo.
- Datthawn a remawlo mi natnak a nei mi pawl cu Covid-19 rai khamnak dawtawk hlan ah si dawttu pawl than thaten ruahawk hmaisa ta ding a si.
- Favunmi nupawl cu Covid-19 naknak a kai a sile a natnak a zualthei hleiah favun naknak thalo dang a suah sal thei ruangah thupi deuhin dawh a tul konan rai khamnak si pawl Favun hrangah a tha taktak tiih pomthei a si rih lo ruangah favun mi pawl dawh tikah rai khamnak si ih a thatnak leh thatlonak pawn zoh tain a thiam mi pawl damnak lam hnatiuan tu pawl thawn ruahawk in dawhding a si.

## **5. Covid-19 rai khamnak dawhawk tikah kanngah theimi a thatnak leh a siatnak theih kan duh.**

Hmuh tonmi vek a si ah cun....Hmuh tonmi vek a si ah cun Covid-19 rai khamnak in a tanglam vekpawl hi a suah pi.

- ✓ Covid-19 rai in napi ih natnak leh thihnak pawl a malter.
- ✓ Covid-19 rai kai theinak leh midang suantheinak a malter.
- ✓ Covid-19 ih a suak mi natnak lak ihsin a kham.

Cu ruangah ziangvek rai khamnak si a si hmanah ( zaahza )100% a khamthei cuanglo ruangah, minung kum/ naknak tuarthei leh theilo,thazang pawl thlun in khamthei nak hleuin natnak suanawk (breakthrough infection) a um thei. Khamawknak si kimten dawtawk khalle mihrek cu an na thei thotho.Cucu khamawknak si ih a kham theinak luanin natnak a kai (vaccine breakthrough cases) tiah kawha si.

Curuanah kimten si dawhawk hnu khalah kham awknak a si mi hmai hup, kut a tu le tu tawlawk, a hlat thei sung ih hlatawk pe 6' dan ih um, mibur ih umlo tivekpawl zulh ringring a tul. Taksa na, si dawhnak hmunna, asen, athling tivekpawl tuar thei a si. A tam deuh cu natuk lo in nihnih hnu ah an dam sal mi an um ko.

Taksa na,si dawhnak hmunna,asen,athling tivekpawl tuar thei a si.sA tam deuh cu natuk lo in nihnih hnu ah an dam sal mi an um ko.

## **6. Rai khamnak si dawhawk tikah tuahding asimi theih kan duh**

Rai khamnak si dawhawk hlan.

- Thaten cawlh ih damten um a tul (kan nat a si ah cun rai khamnak si kan dawhawk ding a si lo).
- A tlangpi thu in kan natnak hrang ih kan in theumi si pawl rai khamnak si kan dawtawk hlanah in loin kan um ding a si lo.
- Thazaang a tum ter tu cancer si (satirise) si pawl a in mi an um a si ah cun hnatauantu sibawi pawl thawn a hlan deuhin rawnawk ding a si.
- Natnak nei cia a si khalle thlahlo ih si in mi nei a si khal ah rai khamnak si in dawt tupawl in tuamhlawm tu pawl sim cia ding.

## Rai khamnak si dawt hlan leh dawt theh hnu ah

- Thazang a pek mi rawltha,thingthei,thlaihnah,thlairah pawl bangrep ten eisak.
- Zudin hrial ding a si (tidai dah a kan ter hleiah luakluak ti vekpawl a zual ter) ruang ah a si.
- Vawikhat hmanh ei dahlo mi rawl tep,hman dahlo mi ceiawknak thilri hmansin hrial ding asi. (dat aa huatawk tik ah ziangmi ruangah a si ti theih a har) cu ruang ah a si.

## Rai khamnak dawt theh hnu

- Si dawtawknak hmun ah minute 30 hrawng tota a tul (rai khamnak si dat a huatawk ruang ah a cangthei mi thi niam, lungtur rang, thawhah, takthak, taksa ah a sen in bol, hmaithling, tvp, a rungsuah ah cun a rannak in tuamhlawmawk a tul).
- Rai khamnak dawhawknak hmun thlinter lo nak ding ah a nat tuklo nak dingah tikhal hmehsak ding a si. A tul ah cun nihnih a silole nithum maw inn ah tha ten cawl ih ihhmutkhop ten ihthah ding a si.
- Na tukih cangvaih (thuthimnakah Ti leuh, tlan, thirleng to, thilrit cawi, arhmul beng, bawling sit, bawling beng leh tha suah tul mi hna pawl rai khamnak dawthnu ni 7 tiang hrialding a si.

## **7. Covid-19 rai kham nak si khuitawkah kan kan dawhawk ding a si pei**

Rai khamnak si ih tuahtheimi zumhtlak a si nak hmun ah.

- A dikmi Covid-19 rai khamnak lakluh mi a si ti a fiang mi company/pawlpi.
- Rai khamnak hrang ih tuahmi a satnak thawn thate leh felfai ten ret mi.
- Thaté leh Felfai teih phurhmi leh zohmi.
- Si dawhlai ih raikhamnak si zohdanding tha ten a thlun mi pawl. Rai khamnak si thawn pehpar ih tuah ding mi trining a kai mi pawl a thiammi hnen ah.
- Rai khamnak si thawn pehpar ih tuah ding mi trining a kai mi pawl a thiammi hnen ah.
- Rai khamnak dawttu ding, tuamhlawm tu pawl zumhtlak a si nak hmun ah dawhawk ding a si.

## **8. Covid-19 rai khamnak si in ziangtluk tiang hna a tuan thei?**

Covid-19 rai khamnak si pawl hi a thar ih hmuh suahmi a si ruangah a hnatiuan theimi hi sim thei a si hrihlo ih hawl rero lai a si.

**9. China suak Sinopharmi Coronavac (sinovac) India suak (covishield) Covid-19 rai khamnak si thuhla theih kan duh.**

	<b>Sinopharm (BBIBP-CorV)</b>	<b>CoronaVac (Sinovac)</b>	<b>Covishield</b>
Suahnak pawlpi (company)	Beijing Institute of Biological Products Co-Ltd	Sinovac Life Sciences Co., Ltd	Serum Institute of India pvt,ltd (Astrazeneca company leh oxford university komaw ih tuah)
Rai khamnaksi a phun	Natnak hrik cangtheilo dingin (Inactivated virus) tuahih dawt	Naknak hrik cangtheilo ding in (Inactivated virus) tuahih dawt	Natnakhrik a phurtu pangang (viralvector) in tuah
Retnak hmun ih a satdanding	2° in 8°C karlak, thawlsungah chungah a satdan tahnak a um	2° in 8°C karlak	2° in 8°C karlak
Vawiziangzet dawh ding asi	Vawihnih (2) vawikhatnak dawh hnu zarhhnih (3) in zarhli (4) hnuah vawihnih (2) nak dawhding	Vawihnih (2) vawikhatnak dawh hnu zarhhnih (2) in zarhli (4) hnuah vawihnih (2) nak dawhding	Vawihnih (2) vawikhatnak dawh hnu zarhli (4) in zarhruk (6) rei hnu (silole) zarhriat (8) in (12) hnuah vawihnihnak dawhsal ding
A kham thei dan	75% (Vawihnih hnak dawh hnu ni 14)	51% (Vawinih hnak dawh hnu ni 14)	66.7 %
A zualmi covid a kham thei dan	Hmuhtheimi a um rihlo	100 %	92 %

	<b>Sinopharm (BBIBP-CorV)</b>	<b>CoronaVac (Sinovac)</b>	<b>Covishield</b>
Leilungtlun harhdamnak pawlpi (WHO) in ruahlopiin a hungsuakmi thilah hmanthei a si tiah a pompi mi	Sianmi (May, 7, 2021)	Sianmi (Jun, 1, 2021)	Sianmi (Feb, 16, 2021)
A dang theih tulmi pawl	<ul style="list-style-type: none"> <li>• Kum 18 tlunlam lawng in dawdawk ding</li> <li>• Nau hnawi a fawhlai pawl dawtthei</li> <li>• Favun pawl hrangah hmuhsuahmi a um hrihlo ruangah favunpawl dawh tikah rai khamnak dawhnak ih a siatnak leh thatnak cuaitlai in dawtthei</li> </ul>		

Sinopharm rai khamnak hi vawikhatnak dawhtheh in zarhthum (3) a kimhlan ah vawihnih (2) nak dawhthei a si ah cun a neta vawikhat dawhsal a tul nawnlo. A silole vawihnih (2) dawnak zarhli (4) hnaktam a si ah dawh ngahnak hmun a nainak hmun ah zamrangten dawhding asi. Rai khamnak si hi kimtein vawihnih (2) dawhding a si tiah athiamsangmi pawl in ruahnak an pekmi a si.

\* Atlunlamih rai khamnaksi dawh tik ah ziangtluk hlat in dawh a thabik tihi an hawlih an zohrero lai a si. Zarhriat (8) in zarh hleihnih (12) tiang hlat aw in dawhthei asi tiah an ti. A si nant zarh hleihnih (12) a luan hnu khal ah a hramthok ih dawhsal tul nawnloin vawihnih dawh thei a si tiah anti.kan mah kan umnak hmun ih zirin rai khamnak ngahthei leh si dawttu pawlih tawlrel nak vekin dawhawk thei a si

## **10. Covid-19 natnak ih dam hnu ah raikhamnak dawt lo in umding a si maw?**

Covid natnak kaizomi a si khalle rai khamnak si dawt loin um ding asilo, Ziaruangah ti a si ah cun dam zohnu khalah ziangtikiang naknak a khamthei ti kan theihlo tiah mifimmi pawl in anti. Asi theinak amal khalle natnak ih a damzo tu pawl khalin Covid-19 natnak an kai thei thotho. Kan theih danvek a siah cun Covid-19 ih a dam zomipawl rai khamnak dawt tikah an ngahmi tha a cakdeuh ti kan hmu thei.

**11. Covid-19 a kai zomi ziangtluk a rei hnuah Covid-19 rai khamnak dawhding a si?**

Covid-19 natnak ih a nazo mipawl natnak ih an dam hnuah midang hnenah ziang cantiang suantheilo in an um ti a si ah cun.

- Natnak a zual lemlomi a si ah cun natnak a thok ih sin nihra (10), a dam hnu in nikhat
- Natnak a zual deuhmi a si ah cun natnak a thok in nikul (20) a kim tik ah rai khahnak si dawhthei a si.
- Thi a fimmi thawn tuamhlawm mi an si ah cun ni sawmkua (90) hnuah rai khamnak dawhthei a si.

**12. Covid-19 rai khamnak kim ten a dawhhnu ah natnak khamnak thazaang a suak maw suaklo theihtheinak a zohnak thilri (Antibody test kit) in zoh thei a si maw?**

Zohthei a silo. Rai khamnak dawthnuin neihdingmi a simi thazaang theihtheinak dingah a zoh nak thilri thawn zihding a si tiah a thiamsangmi pawlin an simlo. Cuih a zohnak pawl cu a hlan ah cun Covid-19 natnak a ngahzomaw ngahhrihlo ti zohnak lawng ah an hman mi a rak si.

**13. Covid-19 rai khamnak vawikhat dawhawk hnu in a vawihnihnak dawhawk can a thlen tik ah Covid-19 natnak a si mi (thuthimnakah taksa, raibur, khu) ih um a sile dawhding a si maw?**

Natnak kan neihlai a si ah cun Covid-19 rai khamnak si kan dawt ding a si lo, natnak kan neih nawnlo hnu lawng ah Covid-19 rai khamnak si kan dawt awding a si. Covid-19 ih a dam lo mi pawl rai khamnak si daeh a ngah dan thusuhnak No.11 ah khan siaraw.

**14. Covid-19 rai khamnak vawikhaknak (1<sup>st</sup> dose) dawh hnu ah a kaisal ih a dam sal tik ah vawihnihnak (2<sup>nd</sup> dose) dawt a ngah maw?**

Rai khannak vawihnihnak (2<sup>nd</sup> dose) dawhthei a si. A sinan kan mah ah Covid-19 natnak kan neihrih a si ah cun rai khamnak dawhawk danding ih tuahmi thusuhnak No.11 ah siaraw.

**15. Kum sawmruk (60) tlunlam thin natnak,lung,thisen sang,zumthlum natnak a neimipawl a dang natnak a nei mi pawl Covid-19 rai khamnak an dawtawk tik ah ziangvek natnak thalo (side effect) a suakthei. Rai khamnak si dawhding a si leh silo theih kan duh?**

Thin natnak, lung, thisensang, zunthlum, kal na pawl lawng si lo in kum sawmruk (60) tlunlam pawl Covid-19 in an nat tikah neta ah a thatlo nak napin tuar thei a si ruang ah covid rai khamnak a hmaisa lam ah dawhding a si tiah leilungtlun harhdannak pawlpi (WHO) in

an sim. Cutin a si ruang ah rai khamnak si dawtnak can aum a si ah cun a si theitawp in va dawhawk ih a dawttu a tuamhlawm tu pawl hnenah natnak dang kan neih thu sim ding a si. Rai khamnak kan dawtawk tik ah a rak suakmi thatlonak pawl (si dawhnak hmun a na, a thling, taksa, tvp) midang vekin an tong thei.

**16. (HIV) hrik a nei mi leh (ART) si a in lai mipawl Covid-19 rai khamnak si dawh a ngah le nhanlo theih kan duh.**

Covid-19 rai khamnak a tam deuh cu (HIV) hrik a nei mi mi malte hnen lawngah zohthim a si ih hmuhsuah mi ngaingai a um rih lo nan a tu ih Leilungtlun Harhdamnak Palpi (WHO) ih an pommi rai khamnak si pawl cu (HIV) hrik a neimi hrang khalah that lo nak a um lo an ti. Cu lawngsilo in Covid-19 rai khamnak pawl hi covid hrik a nungmi hman a silo ruangah ah thazang a mal mi hrangk halahah rai khamnak si ruangah natnak a kai theinak lamzin a umlo tiah an sim. Covid-19 natnak rai khamnak si leh (ART) si pawl karlak ah thil thalo a suak mi a um lo ruang ah rai khamnak dawhawk hnu khalah (ART) si pawl in thei ringring a si. Thuthim nak ah (CD4 count) a malmi thazang a mal deuh mi pawl cu Covid-19 natnak tlun ah taksa cahnak ih a rak leh nak a malter an ti ko nan cu thawn pehpar aw in hmuh mi a um rih lo. Ram hrekkhat pawl ah cun (CD4 count) 200 kmb meter hnuailam a si mi pawl cu rai khamnak a hmaisa ih dawhding a simi pawl hmin pawlhnenah an ret. Cu tivek ih thazaang a malmi pawl leh natnak dang a nei mi pawl Covid-19 natnak an neih tik ah a zualthei ruangah Covid-19 rai khamnak si a hmaisa ah dawt hmaisa uh tiah mithiamsang pawlin an sim.

**17. Nau kangnak si din ah teh Covid-19 rai khamnak si dawhawk thei a si maw? Si dawhhnu in ziangtikah nau kannak si in sal thei a si dingdin?**

A tlangpi thu in nau kannak si in mi nu pawl pawl in Covid-19 rai khamnak si an dawtaw thei tiah a thiamsang mi pawlin an sim. A sinan Nau kannak si a inmi nupawl in si dawhawk hlanah rai khamnak si ih a thatnak leh siatnak si dawttu a hnatuantu pawlthawn ruahawk hmaisa a tul tiah ruahnak ka lo pek. A hrek rai khamnak si pawl ah cun thisen a khal ter theimithil aum tiah a a hawlnak ih a hmuh mi a um. UK ram pawl ih a hawl ih an hmuh dan ah cun minung (tankul) rai khamnak a dawtawmi pawl sungin minung 79 pawl in thisen khalnak an tong ih cu pawl lak ah minung 19 an thi ti an hmuh.

A hrek rai khamnak si pawl ah cun thisen a khal ter theimithil aum tiah a a hawlnak ih a hmuh mi a um. UK ram pawl ih a hawl ih an hmuh dan ah cun minung (tankul) rai khamnak a dawtawmi pawl sungin minung 79 pawl in thisen khalnak an tong ih cu pawl lak ah minung 19 an thi ti an hmuh.

Nau kannak si thawn a pehpar lomi nau kannak si hlum a inmi Nu pawlkhal in thikhalknak tihnung malte a um thei ti an hmu. Nau kannak si a inlomi Nu pawl ah thikhalk a um theinak cu minung (thawngnghra) ah minung (pahnih) an um ih nau kannak si a inmi pawl ah minung (thawngnghra) ah minung pa (5) in (10) tiang a um tiah an hmu. Cu hawlnak pawl cu Covid-19 natnak ih an hmu mi a si lo

**18. Covid-19 rai khamnak si dawtawk ah cun favun thei a silo an ti mi a si maw?**

Asilo mi a si. Atuih Leilungtlun Harhdamnak Pawlpi (WHO) ih theihpimi Covid-19 rai khamnak si pawl cu Fa neihnak lamthil a siatsuah theilo.

**19. Covid-19 rai khamnak si dawhawk hnu ah Favun thei a si maw?**

Vunthei a si. Covid-19 rai khamnak si pawl hi Favun theinak lamah a siatsuah thei tiah simtheinak umlo. Rai khamnak dawtawk hnuah a that lo nak a suak pangding tiah favun theilo ding in hrial a tullo. Autilia ram ih an hawlnak vek a si ah cun tuni tiang Covid-19 rai khamnak ruang ah Naute leh cithlahnak thil pawl a siatsuah thei ti simtheinak an hmu hrihlo thu an sim. Cu hleiah naupawi hnu ih a chuak mi zawtnak hna a can ter khotu an hmuhriloh nuak kong an chimh pinah Nau dannak si ii chunh ruangah Covid-19 natnak ruangih a suaktheimi Naute thicia ih hrinnak a malter tiah anti.

**20. Favunmi Nupawl Covid-19 rai khamnak si dawhthei a si maw? Favunmi pawl in ziangvek Covid-19 rai khamnak si an dawhawk ding a si pei.**

Favunmi Nu pawl covid in an nat tikah a zual deuhmi leh Favun nak thawn pehpar ih a raksuak sal mi thatlonak an tuar thei ruang ah a hmaisa ih dawtding a si tiah mifim mi pawlin ruahnak an suah. Curuangah rai khamnak a tam deuh ah cun Nu favun hrangah zumh tlak hawlnak hmuhsuahmi a um hrihlo ruang ah favun mipawl dawttikah rai khamnak si dawhnak ih a thatnak leh thatlonak leh covid in nat tikah a suak thei mi thatlonak pawl zohsun in a thiammi harhdamnak lam tuamhlaumtu pawl thawn rawnawin dawh ding a si pei.

**21. Nau hnawifawh lai pawl Covid-19 rai khamnak si hi dawhthei a si pei maw?**

Covid-19 rai khamnak si cu midang Upa pawl vek in nau hnawifawh pawl in an dawtaw thei ih rai khamnak si dawhawk hnu khal ah naute cu Nu hnawi inter thei a si tiah Leilungtlun Harhdamnak Pawlpi (WHO) in an sim. Vawikhat a dawtawmipawl khal in an ti ni ah vawihnih va dawh sal ding a si.

**22. Raibur khuhkhuh tlangrai (common cold/seasonal flu) kai hnu ah Covid-19 rai khamnak dawhthei a si mawraibur khuhkhuh raikhamnak si dawthnu ni ziangzet a rei hnu ah Covid-19 rai khamnak si dawhthei a si?.**

Raibur khuhkhuh tlangrai (common cold/seasonal flu) in kan um a si ah cun Covid-19 rai khamnak kan dawh awk ding a si lo. Natnak pawl a dam hnu lawng ah a dam Covid-19 rai khamnak kan va dawhawk ding a si. Raibur khuhkhuh rai khamnak si dawtmi a si ah cun a malbik ni sarih (7) hnu lawngah Covid-19 rai khamnak si dawhding a si tiah mifim pawl inruahnak an suahmi a si.

**23. Raibur khuhkhuh tlangrai khamnak si dawhhnu in Covid-19 rai khamnak si dawt lo ah a ngah maw?**

Raibur khuhkhuh tlangrai khamnak (flu vaccine) cu raibur khuhkhuh rai lawng a kham thei ih Covid-19 natnak cu a kham theilo ding. Curuangah Covid-19 rai khamnak si dawt a tul.raibur khuhkhuh tlangrai si leh Covid-19 rai khamnak si cu a malbik zarhkhat ni (7) hlat aw in dawhawk ding a si tiah mifim pawlin an sim.

**24. Covid-19 rai khamnak si vawikhak dawthnu khal ah vawihnih nak ah a danglam mi a bang aw lomi Covid-19 rai khamnak si lawng kan ngah thei a si le teh rai khamnak si cu kan dawt aw dingmaw?**

Leilungtlun Harhdannak Pawlpi (WHO) in a bangawmi rai dannak pakhat lawng kimten dawhding a si tiah an simmi a si .A bangaw lomi a dang rai khamnak dawhawk thawn pehpar in phun ailo lomi a dang rai dannak he pehpar in ram hrekhat khat ah an hawl redo nan a dinghnetmi ziang hmanh hmuh mi an nei rih lo. A si nan a bangawmi rai khamnak kan hmuh thei nawnlo a si ah cun lelungtlun harhdannak pawlpi (WHO) ruahlo pin a hungsuakmi thil ah hman thei a si tiah an than mi a dang zumhtlak rai khamnak si cu Harhdannak lam kilkhawitu pawlthawn rawnaw in dawt thei a si tiah an ti.

**25. Covid-19 rai khamnak vawihnihnak dawhawk a cut tik ih kan dawhawk manlo asile a bangaw mi ziangtikah kandawt awsal ding? Asilo le a bangawlomi rai khamnak si cu ziangtik ah ah vawiziangzet kan dawtaw sal ding?**

Rai khamnak si ih a cahnaknak kim ten kan ngahtheinak dingah a dawhawk can an tuahmi sungah kan dawhawk ringring a tul .Vawihnihnak dawhawk can an tuah mi ah si phun pakhat leh pakhat an bang awlo.A hrekhat cu ni (21) dan ah an dawt ih a hrekhat cu ni (28) in ni (42) kar ah an dawt. Can an tuahmi sung ih dawtawk ah cun rai a khamdan tha tein kan nhah thei ding. Thil phunphun ruangah dawhcan a luan tiang vawihnihnak rai khamnak si dawhtheilo a si ahcun rai khamnak si kimten dawhawk theinak ding ah tawl rel a

tul. Anmah harhdamnak lam tuamhlawmtu pawlthawn rawnawin a nainak bik/ azamrangten vawihnihnak dawt thei dingah mithiam pawl in an sim mi a si. Hawlnak ih a hngetmi hmuh suah mi a um hrih lo khalle rai khamnak vawikhat dawhhnu ih dawhawk sallo lo hnak cun rai khamnak vawihnih nak dawhmi in tuar theinak thazaang tam deuh a ngahter ding tiah mi fimpawl in an ruat.

**26. Covid-19 rai khamnak vawinh (2) a dawtzo pawl khal in Covid in an natsal theimi hi ziangruangah a si si?**

Covid-19 rai khamnak si tlahi a dang rai khamnak si pawlthawn a bangaw ko. Rai khamnak dawhawk hnu ah a khamthei thlang ti thei asi tiang a malbik zarhhnih (2) a hlat teu. Cutikah minung pakhat in rai khamnak si a dawt hlan a si lo le a dawhhnu hnu zarhhnih (2) sung ah zawtnak hrik a kai a si ah cun rai dannak si aa chunh cang zong ah a zaw khoko. Zei bantuk rai dan nak si zong hi zawtnak zaahza (100%) a damh khawh hleilo bantuk in minung kum/zawtnak a ngeicia leh cialo kan taksa thawnnak cung ah ii hngat in a dankhawh mi cu lonh ih a hrik tampi a kai mi (breakthrough infection) hmuh khawh a si tawn. Mah cu rai dannak si ih a dan khawh mi cu lonh ih a hrik a kai mi (vaccine breakthrough cases) tiah auh a si.

**27. Covid-19 rai khamnak vawihnih a dawtzomi pawl Covid-19 in a naih an damsal hnu ah rai khamnak si an dawhawk sal a tul sal maw?**

Rai khamnak si kimten a dawawk khal le a hrekkhat pawl cu an na thei ko. Cucu rai khamnak si in a khamtheimi luan in natnak hrik a kai mi(vaccine breakthrough cases) tiah kawh a si. Cu lawng silo in natnak hrik a tek mi phun ruang khalah natnak hrik kai thei a si. Khuahlan vek in rai khamnak ruang ah dohnak thazaang pakhatkhat a umthei khal ah natnak hrik a rak lut mi a zate a khamtheilo ruangah a tu vekin a kai theinak a si thei. Cuti a si caah cun rai khamnak si a dawtawzo pawlin a zualzet ih a nat lamzin a mal tiah hmuhthei asi.

**28. CCovid-19 rai khamnak vawihnih kimten dawhawkhnu reilote ah dawhawk sal a ngah maw?**

Covid-19 rai khamnak kim ten dawhawk hnu ah dawhsal a tulmaw tullo ti thawn pehpar aw in leilungtlin harhdamnak pawlpi (WHO) ih sim mi a um rih lo. Dawhawk sal thei a si ko. A sinan lam hmuhsakmi a um sal asi le harhdamnaklam tuamhlawmtu pawl ih an theihter ih an suahding.

## **29. Covid-19 rai khamnak vawihnih kimten a dawtaw mi pawlin Covid-19 rai khamnak si a phundang dawhsal a ngahlaimaw?**

Covid-19 khamnak a phun a tek mi pawl hrangah natnak a zul tukmi leh thihnak lak in khamnak hrangah ti ih an pomzomi Covid-19 rai khamnak pawl hi dawhding a si tiah leilungtlun harhdamnak pawlpi (WHO) in an sim. Rai khamnak si phunkhat hi can tuahmi sungah kimten dawhawk thei ahcun a dang rai khamnak si pawl dawhsal ding a si lo. A tul lomi rai khamnak si dawhsal ruang ah rai khamnak si a tul tuk mi pawl an canthi hmuu nak an sungthei rai khamnak si ih a khuh theinak a mal ter, natnak a karhmi hremnak lamkhal ah dawnkhamtu a si thei ruangah rai khamnak kimten dawhawk hnuah dawhsal cu a hrial ding a si.

Rai khamnak vawihnih dawhawk hnu ah a phun dangmi rai khamnak si phunkhatin thazaang betsal nakah leilungtlun harhdamnak pawlpi (WHO) ruahnak pekmi a um rih lo. A tu hi ram kip ah an hawlhero lai a si hrih. Vawithum (3) nak rai khamnak si dawhsalnak thawn pehpar aw in Ram tawn a kaihin he rai khannak si lam thlunding a phunphun a si theinan rai khamnak a ngah hrih lo mi rethei mi ramih ummi pawl cu rai khamnak a hmaisa dawhsak theinak dingah vawithumnak rai khamnak si dawhawk cu tuah rih lo ding a si tiah leilungtlun harhdamnak pawlpi (WHO) in zangfah dilnak an tuah mi a si.

### **Mahta laika**

WHO: Novel Coronavirus-2019 - Questions and Answers

CDC: Coronavirus – Frequently Asked Questions (FAQ)

UNICEF: Novel Coronavirus – FAQ

UK National Health Service – COVID Vaccine

Serum Institute: FAQ – Covishield

SOP of AstraZeneca\_Storage and Thawing Use