

“Covid-19 Natna nei dia Ginchat ho Inmun’a Jenje ding dan Lamhilna”

COVID-19 kiti ipi ham?

COVID-19 hi Corona Virus kiti hise jeh a hung pengdoh natna ahi. Mijouse hi Corona hise kilah kaito theiya um ahi. Tua hunglang Corona hise hi kilo bailam tah ahi jeh in kiventup jedan ho pellouva juisoh ding apoimo lleh in ahi.

Alhangpin, Corona hise kilahson jou ni (5-6) sunga natna limso ho kilang ding ahin, mi konkhat vang chun ni (14) jouva alimso ahet pan ahi. Natna kilahson atamjo hin a-oldom (hll) thohgimna behseh lou limso bou aheuvn, lou-in kaiya kijen ngai beh lou ahi.

Kumtam tehse ho (kum 60 a pat chunglam), natna chomkhat neisa ho (lungchangnat, chopnat, thisan khao/ junlhum vei ho, athaoval ho, cancer veipo ho) hin COVID-19 akilahson khah uleh thohgimna sangtah anei thei diuvin aum e.

(1) Natna Limso ho

Alhangpia Natna Limso ho

- Titah nat (Thermometer’a akite teng tizat dan 99.5 Degree Fahrenheit (hll) 37.5 Degree Centigrade chunglam umding)
- Khahso jao louva khut
- Thachol bai

Thohhahsa Natna Limso ho

- Hai theilou, hai khoplou
- Omphang nat (hll) Dip chung a thilgih kidelkhum tobanga het
- Paopoh joulou (hll) changle theilou
- Lung navah theilou

Akikhat jep Natna Limso ho

- Thilnam jah louna (hll) atui-a-al thei louna
- Nah bin, naptwi lon
- Mitnat/ mitlai vel akanglai hung san
- Lolbuh nat
- Luchang nat
- Thasa (hll) guchin-changchin nat
- Tivun chung a abeh-beh a hung san
- Loh
- Oilhai/sungche
- Khosih a kithing (hll) lungvai



(2) Eima tah (hll) i-um bompi hon COVID-19 anei tai, tia naginchat teng (hll) a-oldom/ thohgimna behseh lou natna limso ho anei teng



- Midang toh kilat'in um in. Ahitheileh, room (sungden) chom'in um in. Ahilouleh, in'a hui lutle theina mun ah achom'in um in.
- Midang toh thakhat'a naumkhom teng muh-le-nah tom (mask) bitkeiyin kitho in.
- Phatah in kicholdon. ihmud chim'in ihmud.
- COVID-19 natna limso nahet pan'a pat ni (14) jen achom'a um ding angaiye.

- Nat limso nei ho' insung mite (hll) nat limso nei toh kitimat khah ho din alimso vetsah hih lai jongle ni (10) sung chom-um ding ahi. Hiche sunga alimso ahin vetsah leh chungah kisei banga chom-um tei ding angaiye.
- COVID-19 natna aum le umlou hetchet le kholdoh theina dia bolthei dang aum jongle bol in. Tekahnan, aganga natkholna manchah (Rapid Diagnostic Test – RDT)'a nakhol leh "hise umlou" (negative) tin vetsah jongle natna limso ho nanei leh chom-um boljom in.
- Nachom-um sunga thohhahsa natna limso ho nahin het khah leh damdoilam venkolna peho hengah tuletun kithopi ngeh inlang lou kijen in.

(3) COVID-19 nat limso nei hon vitamin lhingsel'a nehding angaiye.

- Basic Diet Groups (3) sunga jao neh-le-chah ajatjat hi nitin ankhoh ho sunga ahithei chana ajaona din nen.
- Diet Group (3) ho chu:



1) anchang, wheat- suhlou chang, kolbu, ahlu, nehthao tiho banga thape thei neh-le-chah ho,

2) anche-louhing, theiga tiho banga natna doudal thei neh-le-chah ho,



3) sa, nga, be jat chomchom, bongnoi/kelnoi, theimu-theichang tiho banga tahsa khantou sah thei neh-le-chah ho ahiue.



- Anneh goibong theina dinga an nem dihdeh chomle chom'a (nikhat'a 6 vei bang) neh jing ding ahi.
- Twi, theitwi thengsel, satwi/sagutwi, metwi, butwi tiho don in.
- Ulsa potval, oilhai ho nanei leh dat-sa twi (Oral Rehydration Salts) don thei ahi.
- Athao, alhum, a-al chule sungche baina thei neh-le-chah ho chingthei tah in nen.

(4) COVID-19 nat limso nei hon achom-um pet'uva itobang test (tena) ho abol diu ngai ham?

- Titah satdan kite'n. Titah satngai dan chu 98.6 Degree Fahrenheit (37.5 Degree Centigrade) ahi. Titah nat neokhat (low grade fever) nanei leh 99.5 DF (37.5 DC)'a pat 103.3 DF (38.3 DC) changei um ding ahin, lunggim angai poi.
- Souphut dan (pulse-rate) kite'n. Souphut ganggai dan chu minute khat'a vei (60-100) ahi. Titah nat nanei leh nasouphu gangthei ahi.
- Thisan sunga um Oxygen jat hi Oxygen tena (Pulse Oximeter)'a kikholdoh thei ahi. Midam theitah khat thisan sunga jao Oxygen jat hi 95% le chunglam ahi. Chulouva Oxygen jat 95% noi akhehsuh leh damdoilam kivenkolna peho jah ah seiyin.
- Thisan khaonat (hypertension), junlhum vei (diabetes) nanei leh nisim'in thisan khaodan (blood pressure), thisan lhumdan kite jingin.



(5) A-oldom/ thohgimna behseh lou COVID-19 natna limso ho nanei teng immun'a iti kijan them ding ham?



- Titah nat, tipum nat chetchut, luchang nat ho nanei leh Paracetamol nadon thei ahi. (Milen ho dia khatvei don'a Paracetamol 500 mg changkhat (hll) changni, nikhat (4) vei kalval donlou ding ahi.)
- Nati akhin louleh nachalpang ah pon ache (hll) avot koiyin. Naha nat leh twidap'a kinot, kisel tiho bolthei ahi.
- Lung thana lou (Antibiotics), tahsa'a kon hormone le vitamin ho sodoh sah thei lou (Steroids) hoa COVID-19 jendam thei ahi, tia kisei lou ho hi damdoilam venkolna peho thu louvin don hih in.
- Aumsa natna dang (thisan khao, junlhum tiho) dia nahin don lou ho chu angai banga nadom jom thei ahi.

(6) Nao noivah minu hon COVID-19 limso ho nei jongle naosen chu nunoi chep jomsah thei ahi.

- Noivah masang le noivah jou, naosen tham masang le thamjou tintangin nakhut chu twi le savon'in second (20) phatah in kisil in. Ahiloule, alcohol (jua kibol) 60% jao khutsilna hand-gel/ hand-sanitizer ho mangchan kisilngim in.
- Naosen toh feet (6) kilatnaa naum hihen, naonoi navah pet hijongle minun muh-le-nah tom kitho ding ahi.
- Naosen chu muh-le-nah tom thopeh hihbeh in.
- Noivah pet, naosin pet leh naosen chung a chitkhum, khutkhum bol hihbeh in.
- Noivah naa potdoh tha-le-jung ho nung dipna dia tahsa'a twi dippeh thei ding ho le tha-le-jung dippeh thei ding ho neh ding athupin ahi.

(7) COVID-19 natna nei ho jenje ding dan

- Mina toh room khat sunga naum khom tintangin muh-le-nah tom bitkeiyin kitho'n.
- Mina natham ding teng ahitheh leh khatvei seh kimang khuttom ho kibu'n. Khuttom nabu masang le nasut jousen nakhut sil in.
- Mina natham, najen jou teng, neh-le-chah nahon, nasem jou teng nakhut sil jingin.
- Manchah thilkeo (vsn, von-le-chah, bukong-mekong, twikhon, khuttheh, lupna ponpha tiho) hi mina toh kikop'in mang hih in.
- Mina in amanchahna mun (vsn, kot-bil, meivah mehhongna) ho hi hi-thana loutwi (0.1% hypochlorite solution) in nisim'in sutheng in.
- Mina le mina-ngah ho manchahsa paiding thil (vsn, munchu, muhlenah tom, lou thilkeo) ho jong kituptah in paimang in.
- Mina chun thohhahsa natna limso ho ahin nei khah leh damdoilam venkolna peho gangtah in kihoumat pi'n.

(8) COVID-19 le thisan'a um Oxygen

COVID-19 mina ho chu thisan'a um Oxygen jat ahung lhom'a ahileh thachol, hai theilou, hai khoplou ho anei thei jeh chun thisan'a Oxygen jat tena (Pulse Oximeter)'in nikhat leh alhom penin (3) vei te din apha.

Midam theitah ho thisan'a Oxygen jat hi 95% a pat chunglam aum e.

1. Thisan'a um Oxygen jat hi 94% a pat chunglam ahileh akiseisa bangin tejom jingin.

2. Thisan'a um Oxygen jat hi 90% a pat chunglam hijongle 94% noiya akhehsuh leh

- Khupboh a lup (hll) Oxygen hoitah a kinga theina din tahsa um jedan chomchom bol in. (Iti bolding ti chu lim ah ven.)
- Damdoilam venkolna pehon oxygen hop dinga nalamhil uleh (vat lou dia naginchat hijongle) oxygen hop'in.
- Damdoilam venkolna pehon Steroid kiti tahsa'a kon hormone le vitamin ho sodoh sah thei lou ho nedia aseiyu leh jui chamkim in. Steroid lou ho hi eima thua neh lou ding ahi.

3. Thisan sunga Oxygen 90 percent noi ahileh thohhahsa COVID-19 natna ahi.

- Damdoilam venkolna peho toh kihoutoh inlang agang penin lou-in cheng in.
- Damdoilam venkolna peho lamhilna dungjuiyin Oxygen hop'in.
- Damdoilam venkolna peho lamhilna dungjuiyin Steroid le lou dangdang ho ne'n.
- Lupna chung a khulang-hilang (jet le veiya) kihei, khupboh a lup, thalnga'a lup, natou jouleh jangpet'a tou tiho hi pung (2) in khatvei bang bol'in.

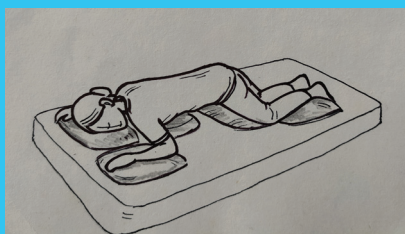
* Thisan sungah Oxygen ijat um jongle haithei lou, lupnaa kon thoudoh joulou (hll) eile ei kisutheng jou talou, omphang nat (hll) lung navah theilou/ lulhu/ ngil jenjun tiho ahileh damdoilam venkolna peho hengah agang penin kithopi ngeh leiyin.

Khupboh a lup dan

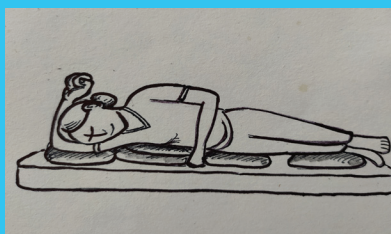
Lukhap (5) koiyin.

- Lu noiya (1)
- Dip noiya (2)
- Phei noiya (1)
- Khup noiya (1)

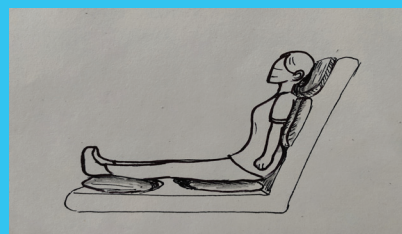
Hainopna dia oipoh noi laitah a khut tholna thei khop ding mun onсах in. Mina chu sihlup sah masat'a, chua kon lukhap ho chung a bohkhup'a lupsah ding ahi. Anneh jou pung (1) sunga bohlp sah lou ding ahi.



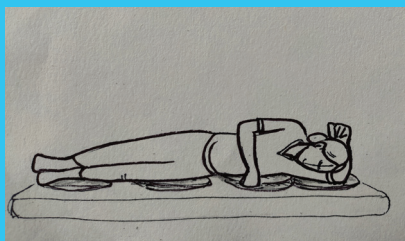
1. Amasa penin bohlp'in
(minutes 30 a pat pung 2 sung)



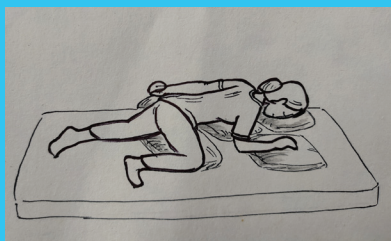
2. Najet lam nga'n sihlup'in
(minutes 30 a pat pung 2 sung)



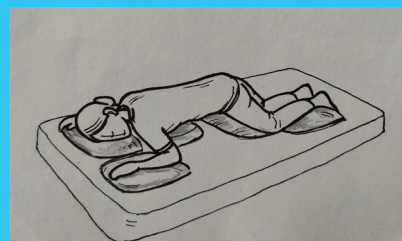
3. 30-60 degree kon'in thal-touvin
(minutes 30 a pat pung 2 sung)



4. Navei lam nga'n sihlup'in
(minutes 30 a pat pung 2 sung)



5. Natahsa kehleng khat bohlp sah in
(minutes 30 a pat pung 2 sung)



6. Anukhah penin bohlp'in
(minutes 30 a pat pung 2 sung)
(Chujou teng number khat'a kon kithahpat kit'in.)

Souphu tena (Pulse Oximeter) mangchaa thisan'a um Oxygen jat te jedan

- Souphu tena hin thisan'a um Oxygen jat (SPO2) le souphut dan (PR) avetsah ahi.
- Minutes 5-10 bang khongai inlang, toumun'in tepeh in.
- Khutjung ho avot pet (hll) khut twichet pet'in te hih in. Nate ding khutjung chu alumna din noi masan.
- Souphu tena chu khutpi (hll) khutlai jung chungvum ah chep'in. Khutjung dang hoa jong chethei ahinai.
- Ahonna ding aboh cha chu meh inlang, khut changsah hih in. Khutjunga chu second (30)'a pat minute (1) bang cheden ding angaiye.
- Twinong banga kidil ditdet ho athip tengle bou a-result chu sim bep'in.
- Chapang ho chu akhut'u achangle leh kengkhopi (hll) kengjung hoa tethei ahi.
- Nat limso ho kilang lou, thachol louva Oxygen khehsuhna (silent hypoxia)'a hi COVID-19 natna kiha kholdoh thei ahi jeh in aphatsim'a te jing ngai ahi.

Thisan'a um Oxygen tekhel theina dinmun ho

- Khutjung chungvum'a arong (color) chomchom nei ho (vsn, tinsanlou kinu, tin kismethu- artificial nail, khutjung chungvum'a tatoo kijempol, tina-pon le penpi melchihna um, damdoi dia loutwi khat penpen kinu, jachep jeh a jakhu king ho)
- Souphu kite pet'a umthim lou, chang lele
- Souphu tena manchah chungah vah kikho kha
- Isunga carbon monoxide kiti anam-amel umlou gu changkha
- Thisan lhom natna le thisan natna dangdang kinei

Abbreviations (Lekha kisuchom)

(hll) = ahilouleh

vsn = vetsahnan,

References

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