

**GOVERNMENT OF MIZORAM  
HEALTH & FAMILY WELFARE DEPARTMENT  
MIZORAM SECRETARIAT BUILDING, MINECO, KHATLA, AIZAWL-  
796001**

**NOTIFICATION**

*Dated Aizawl, the 27<sup>th</sup> August, 2021*

**Subject: Medical Management for Home Isolation in Covid-19 Positive Children in Mizoram.**

**No.D.330/39/2021-HFW(SOP):** Naupang Covid-19 vei Home Isolation a awmte inkaihhraina (Medical Management) chu a hnuai ami ang hian siam a ni a. He thuchhuah atanga thu leh awm hma chuan hman tur a ni.

- 1. Criteria:** Heng a hnuai criteria tling te chauh hi Home Isolation-a enkawl theih an niang:
- 1.1 Symptoms nei lo (asymptomatic) leh symptoms nei nasa lo (mild symptoms)
  - 1.2 Natna benvawn leh khirkhkan a hnuai kan tarlan ang te hi an nei tur ani lo:-
    - 1.2.1 Lung lam natna leh BP sang
    - 1.2.2 Zunthlum
    - 1.2.3 Taksa natna hrik dona tlachham eg. HIV/AIDS
    - 1.2.4 Chuap thalo/chaklo
    - 1.2.5 Kal natna benvawn nei
    - 1.2.6 Thin thalo
    - 1.2.7 Cancer
    - 1.2.8 Thalassemia/Hemophilia-thisen pek reng ngai
    - 1.2.9 Thluak a thisen zam natna nei (cerebrovascular disease)
    - 1.2.10 Thau lutuk (Obesity)
    - 1.2.11 Severe Malnutrition
  - 1.3 Inenkawlna tur pindan a hranpa an nei tur ani, chu pindanah chuan midang tawmpui ve loh tur bathroom leh inthiarna a awm tur ani.
  - 1.4 Mahni in monitor na tur hmanrua- Pulse Oximeter, Digital Thermometer, BP Instrument ( adolescent te tan) an nei tur ani.
  - 1.5 Naupang Home Isolation a in enkawl te buaipui tu tur Care giver an awm tur ani.
    - a) Room chhunga awmpuitu tur-naupang mahni a awm hrang theilo te tan
    - b) Room pawn atanga an mamawh leh ei-in lo pe tu tur.

A enkawltute hian Covid Appropriate Behaviour (mask vuah, kutsil ngun etc) an zawm tur ani. Naupang pawh kum 5 an tlin tawh chuan mask vuah tir tur a ni.

- 1.6 Home Isolation ti tur reng reng ten mahni awmna veng LLTF/VLTF leh Medical team ah an dil tur ani a. Anni remtihna leh hriatpuina chauhin Home Isolation tih tur ani.
- 1.7 Natna benvawn nei, 1.2 a kan tarlan te tan an natna neih te a zual kai loh chuan, Home Isolation in an in enkawl ve thei ang. Inenkawlna an neih sa te an chhonzawm tur ani.
- 1.8 Harsatna khirkhkan bik neite (Behavioural & Mental problem, naupang control harsa, ruihhlo ngai, leh a dangte) tan LLTF/VLTF leh Medical Team ten an chhungte rawn chungin ruahman na an siam thin ang.

## **2. Self Monitoring:**

- 2.1 Naupang te chu an mahni emaw a enkawltu (care giver) ten uluk takin an SpO2, Pulse Rate, Respiratory Rate, Temperature leh BP (adolescent ah) te an en thin tur ani a. Nikhatah vawi thum in monitor in, a reading te hi an bialtu doctor/medical team te hnenah an submit thin tur ani.

## **3. Nutrition:**

- 3.1 Naupang home isolation a enkawl te chu kan hmuh phak ang ang chaw tha kan eitir tur ani
- 3.2 Nidang a ina kan ei-in ang hi a tha tawk a, a dang beisei lovin puar khawpin an ei thin tur ani
- 3.3 Naute hnute hne lai a positive a, a nu a negative si chuan, a nu in a inhuam chuan a in isolate pui ang . Hnute a pe chhonzawm thei ang. A nu a in huam loh chuan, medical duty te be rawnin ruahman na an siam ang. A nu a positive pawhin hnute a pe chhonzawm thei ang

## **4. Home Isolation laia hun hman dan tur:**

Hun hman dan chu a insawisak theih loh nachungin, tlema zawng a ruangam han ziaakila:-

- 4.1 Hunbi neia awm tur ani a. Chaw ei te, mut hun leh thawh hun hi nidanga kan tih anghoin mumal taka vawn tur ani
- 4.2 Zan men rei loh tur ani.

- 4.3 A theih ang ang a taksa che tam thei zawnga infiam pui tur ani
- 4.4 Infiamna bungrua leh toys dang reng reng hi plastic ang chi, awlsam taka silfai theih chi chauh hman tur ani a. Heng kan infiamna bungrua te hi nitin a silfai thin tur ani.
- 4.5 An tui zawng film zirtir nei tha leh music te enpui thin tur ani
- 4.6 Lehkhabu leh thawnthu bu an kum mil tur ang chi te chhiarpui tur ani

## 5. Bawhlhlahw chungchang / Waste Management

- 5.1 Health & Family Welfare Department, Government of Mizoram in Notification **No.D.33011/39/2021-HFW(SOP)/Pt./E** ni 30 July, 2021 Section “ BAWLHHLAWH SAWNGBAWL DAN” a chhuah hi Home Isolation te bawhlhlahw sawngbawl leh paih chungchanga rin tur ani
- 5.2 Naupangte hi a awmpuitu (care giver) ten tha taka enkawl leh thunun in, tukverh leh hmun remchang dangah bawhlhlahw leh an thil eina te an paih mai mai tur ani lo.

## 6. Red Flag Sign

Heng a hnuai mi anga damlo te an awm chuan, natna serious zawk anih theih vangin mahni bialtu doctor/medical team te hrilh vat tur ani.

- 6.1 Khawsik rei: Temperature 100.4F emaw a aia sang ni 4 aia rei a awm chuan
- 6.2 SpO2 hi 94% aia a hniam reng chuan
- 6.3 Thaw rang. Muthilh lai emaw hahdam laia thaw rang alo awmin. Thaw rang kan tih te chu:
  - a) Pianghlim – Thla 2: Minute khatah vawi 60 aia a thaw rang
  - b) Thla 2 atanga kum 1: Minute khatah vawi 50 aia a thaw rang
  - c) Kum 1 atanga kum 5: Minute khatah vawi 40 aia thaw rang
  - d) Kum 5 chunglamah: Minute khatah vawi 30 aia thaw rang
- 6.4 Kawthalo leh luak a lo awm hian taksa a tuiril a kalral teuh thei a, tui tlakchhamna a siam thei ani. Tui tlakchhamna (dehydration) alo nasat chuan a hlauhawm thei a. Chuvang chuan dehydration awm leh awm loh hriat vat nan a hnuai mi te hi naupangin a nei em tih kan en thin tur ani-
  - 6.4.1 Lu dip khuar
  - 6.4.2 Mit khur tla dek
  - 6.4.3 Lei leh ka chhung hul pheh

- 6.4.4 Dul vun sawh (skin pinch) a thlah a, mar leh vat nghal theilo
- 6.4.5 Ni lenga zung lo
- 6.4.6 Chau, zawi, ei in theilo
- 6.4.7 Ei apiang luak chhuak vek zel

- 6.5 Taksa duk
- 6.6 Thaw hah vanga thawk zawnga awm khuar lut
- 6.7 Taksa vual sen nasa emaw hmui leh lei vung
- 6.8 Zawi ngawih ngawih leh harh theilo
- 6.9 Nausen pianghlim bikah kut leh ke hmawr vawt reng

Heng a kan sawi tel loh harsatna te pawh thleng thei ani a. Task force leh Medial team te leh an chhungte in be rawnin, damlo tana tha ber an ngaihtuah vat zel tur ani.

## **7. Case definition:**

- 7.1 **Asymptomatic** : Asymptomatic Case kan tih te chu-
  - 7.1.1 Covid test positive
  - 7.1.2 Insawiselna engmah neilo
- 7.2 **Mild Covid/Mild Symptoms** : Mild Covid kan tih te chu heng a hnuaiia symptoms nasalo/serious lo nei te-
  - 7.2.1 Covid test positive
  - 7.2.2 Khawsik
  - 7.2.3 Kawthalo/Luak
  - 7.2.4 Hrawk thip/na, hnap tui
  - 7.2.5 Khuh
  - 7.2.6 Thawhah lo
  - 7.2.7 SpO2- 94% aia sang

## **8. Management of Covid-19 positive at Home**

- 8.1 **Asymptomatic Case**
  - 8.1.1 Covid damdawi bik a hranpa a pek a tul lo
  - 8.1.2 Natna dang avanga an damdawi ei lai chhunzawm tur ani
  - 8.1.3 Tuiril lam in tam a, hmuh theih ang ang chaw tha pek tur
  - 8.1.4 A tul chuan multivitamin a pek theih
  - 8.1.5 Medical Team te Tele-consultation hmanga a tul changa rawn thin tur ani
  - 8.1.6 Investigation engmah tih a tul lo
- 8.2 **Mild Symptoms/ Mild Covid**
  - 8.2.1 Khawsik atan paracetamol 10-15mg/kg/dose pek tur ani a. A tul dan a zirindarkar 4-6 danah a pek theih ani
  - 8.2.2 Khuh an neih chuan tuilum chi al a hrawk thuah emaw khuh damdawi(cough suppressant) pek tur ani
  - 8.2.3 Kawthalo a awm chuan ORS, Zinc leh Probiotic pek tur ani

- 8.2.4 Multivitamin emaw supplements Vitamin C, Calcium emaw Zinc tel a pek theih
- 8.2.5 Tuiril lam in tam a, hmuh phak tawk ang chaw tha pek tur a ni
- 8.2.6 Antibiotic pek a tul lo
- 8.2.7 Covid damdawi a hranpa a pek a tul lo
- 8.2.8 Investigation engmah tih a tul lo

#### **9. Discharge**

Ni 10 ral hnu a Home Isolation hun a zawh tawh a, harsatna an neih loh chuan in test nawn a ngai lo. Covid Appropriate Behaviour tha taka zawm chung a lo in enkawl/chik chhonzawm tur ani.

#### **10. Miscellaneous.**

- 10.1 Naupang thawk ran zawng en dawn chuan an muthilh lai emaw an awm hahdam laiin an thawk zawnga an awm/dul insep kha chhiar tur ani. Minute khat chhung chhiar tur ani a. Chumi kan chhiar chhuah zat chu an kum tana normal aia a san chuan kan chhiar nawn leh tur ani. Thawk ran zawng chhiar hi an tah lai emaw, hnute an hnek lai leh an infiam hah laiin chhiar loh tur ani
- 10.2 Pulse Oximeter a SpO2 en hian second 30 tal dah thin tur ani. Naupang tē zual te kut hmawr a en theih loh te chu ke zuntang hmawrah a en theih bawk a. Nail polish leh tin chei danglam hian SpO2 reading a ti buai thei

Kan in Home-Isolation reng dawnlo tih hria ila. Naupangte hráwk, kut thlak leh an rilru tina zawng a tawngkam hmang loin, fak leh fuih a thuawih inzirtirna huntha ah I hmang ang u.

**Sd/- R. LALRAMNGHAKA**

Secretary to the Government of Mizoram,  
Health & Family Welfare Department

**MNo.D.33011/39/2021-HFW(SOP) : Dated Aizawl, the 27th Aug., 2021**

Copy to:

- 1. Secretary to the Governor, Govt. of Mizoram.
- 2. P.S to Chief Minister, Govt. of Mizoram.
- 3. P.S. to Deputy Chief Minister, Govt. of Mizoram.
- 4. P.S to Speaker, Ministers, Deputy Speaker, Ministers of State, Deputy Govt. Chief Whip, Vice Chairman, Lunglei HPC, Vice Chairman, State Planning Board.
- 5. P.S to MLA & Vice Chairman, H&FW Board.
- 6. Sr. PPS to Chief Secretary, Government of Mizoram.
- 7. PPS to Secretary, Health & Family Welfare Department.
- 8. PPS to Secretary, Home/DM&R Department
- 9. All Administrative Heads of Department, Govt. of Mizoram.
- 10. All Deputy Commissioners, Mizoram.

11. All Heads of Department.
12. Principal Director, Health & Family Welfare Department.
13. Director, Health services.
14. Director, Hospital & Medical Education.
15. Director, Zoram Medical College, Falkawn.
16. Director, Information & Public Relations for wide circulation.
17. Mission Director, NHM.
18. All Medical Superintendents.
19. All Chief Medical Officers.
20. Controller, Printing & Stationeries with five (5) spare copies for publication in the Official Gazette.
21. Web Manager, IT Section, Directorate of Health Services.
22. Guard file.

  
**(JOSEPHINE ZONUNSANGI)**

Under Secretary to the Govt. of Mizoram,  
Health & Family Welfare Department