

Updated as of 5th June 2021

Given the fast-changing nature of Covid-19 virus, this handbook may be revised accordingly



Covid-19 **Noktango Simsakani** **chongipa kitap 1.0**

Ia chongipa kitap nang-ko:

1. Noktangan Covid-19 ko sanna
2. Covid-19 ko sanna samrangko ringani aro an-tang simsakaniko dakna
3. Saani chinrangko aro simsakna nanganirangko nirokna
4. Helpline Number-rangko nina, dakchakgen

Meghalaya Sorkarini Health and
Family Welfare Department



3

Meghalaya-o Covid-19 ni gimin uina nanganirang

1

An·chingni masiana bate ia sabisi gipani ta·rakbata.

Bang·a changon, Covid-19 ko ramram sordi gusu dake ra·a.

Saksao sabisi man·ahaode, sak 25 rang uigija sae dongenggipa ong·naba gngang.

2

Covid-19 sae sigipa bang·bata 20% an saako ru·ute masia aro sanna gita ja·man chakani a·sel ong·ronga

Seng·nang saaniko ma·sie uko sanchakatanian jamanchi bilongroroaniko komiata.

3

Sabisi giproroaniko altugipa cholrangchi chelchakna man·gen – indiba an·ching uko kucholsan ka·osa

***Mandeo saani chinrangko nikjagenoba,
Uamang saenggiparang aro jripjrip Covid-19
sabisiko gipatgiparang ong-na man-a***

***An-ching Covid-19 ko chebadena man-gen
larangko daito ra-achi aro iarangoni an-tangko
saksa ong-paa ine chanchiode:***

Nang-o sordi gusu, sin-a ding-a, be-en sadika ba neng-ani dongengode an-tango COVID-19 POSITIVE donga ine chanchiboha.	Gimikan, an-tango mam-ing saani chin dongjao-ba, chin gri sagipa Aro COVID-19 POSITIVE ine chanchibo.
1. An-tangko ma-eke dongbo	Kiar pynkyrpang noh ialade.
2. Taraken sananiko a-bachengbo	2. Noktangoba chel-tan-grikesa dongbo
3. Porikka ra-e Nibo	3.Nangni jakrangko jak-sujringbo!

***la chongipa kitap noktango Covid-19 saaniko
sanna gimik nanggipa samrang aro dakna
nanganirangko uina dakchakgen***

Noktango Covid-19 ko Sanani

la kitapo nang-ni gimik sing-anina aganchakaniko man-gen:

- *Covid-19 ni 2-gipa phase Aro maikai chelchakna man-gen:*

Viral Phase & Hypersensitivity Phase

- *Jensalo na-a Covid-19 positive ong-aha noktango mai dakgipa sananiko dakna nanggen*
- *Noktangan O2 level-ko niroka aro tuchikipe ranta ka-anirangchi Covid-19 ko sanani*
- *Basako sanchakataniko am-gen aro kenbegni chinrangko nirokna nangani*
- *Directory of helpline numbers*

Gisik Ra-na Nangani!

Nang-o sordi gusu, sin-a ding-a, be-en sadika ba neng-anirangko nikengode-

**PORIKKA RA-E NIBO ARO SANCHAKATBO
NA-A NANGNI TEST RESULTS-KO MAN-A SKANGBA**



Noko gipinrangoni



**an-tangko ma-ekate sanna
a-bachengatbo**

**Porikka ra-eming saani chinrangko
nichengbo**

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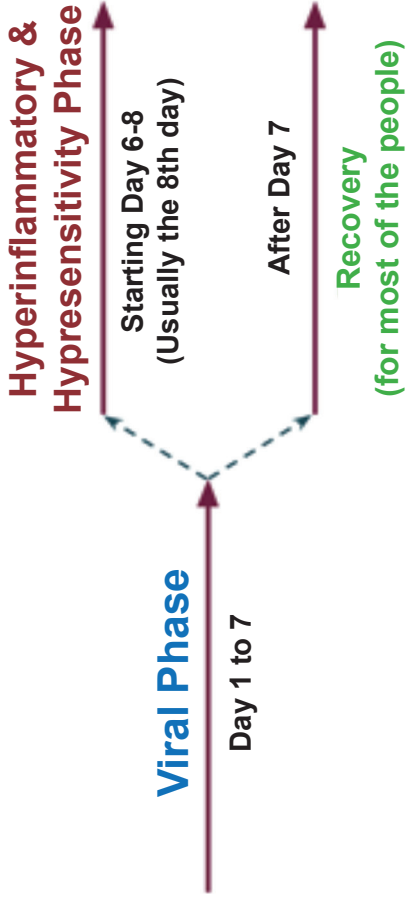
SECTION 1	Covid-19 ni 2-gipa Phase-rang Aro uarangko maikai Noko Chelchakna gita man-gen	1
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Bak 1



**Covid-19 ni 2-gipa
Phase-rang Aro
uarangko maikai
Noko Chelchakna gita
man-gen**

Covid-19 - o phase 2 danga



Pangna uibo Nang-ni skanggipa salo saaniko

Saa a·bachengaoni sal 6-8 jamanonin

***Indake ong·ode, inform your doctor /
ASHA/14410 immediately***



***Sal 1
Angada·alan·sengjaengama?***



***Sal 2 - sal 6
Viral Phase
(la phase-ni bon·ao bang·bata
mandean ansengpiltoka phase)***



***Sal 6 – sal 8
Bilonge Sabeani Somoi
(la somoirango Badiaba
manderangde bilonggipa
chinrangko man·a ama)***

Covid-19 Sanapaha? Ma Saani chinrang ong-baenga?

Anga maiko dakna nanggen?

<p>Na-a sanapaha ong-ode ba sordi gusu gnanng sin-a ding-a dake sana,ran-e gusuna,ok re-a, bilgria aro gitok sadikengode VIRAL PHASE gipao ong-engaha. BATNINGGIPA SOMOI</p>	<p>Na-a sanapaoni sal 6-7 ongengode/sordid gusu ong-engode Aro sin-a ding-a daka, gusua aro rang-sitna neng-aniko man-engode na-a bilongbee saaniko man-engaha ine uibo</p>
<p>Sal 2- Sal 6 la phase-ni bon-angao bang-bata mandean Saoni an-sengpila</p>	<p>Sal 7-Sal 10 Badiaba mande bilongbee saani chinrangko man-a</p>
<p>Sananiko ra-na Pg 6: gipako Nigrikbo Pg 7-14: Sanani ong-gijagipa kamrang Pg 16: Nangitikani Cholko basako ra-na Nanga</p>	<p>Sananiko am-na nang-gipa uiatanina Pg 17: ko Nibo Appendix: Pg 59: Samrang jakkalani bidingo uianirangna</p>

PHASE 1: VIRAL PHASE

***Sal 8-gipako uina gita basakoni
sabaengachim ua salko tik ma-sina nanggen***

SAMRANGKO RA-ANIRANG

• Paracetamol	(antisa na 500 mg)
• Ivermectin	(dalgiminrang sal 5 na 12 mg)
• Vitamin C	(salo chang 2 sal 5 na 500 mg)
• Multi-Vitamin	(salo rong 1 tablet)
• Vitamin D3 2000 ne 4000 I.u	(salo rong 1)
• Zinc	(salo 50 mg)
• Betadine Gargle	Antio (rong 1 tbs)

Nang-ni doctor-ni aganaosa samrangko ringbo.

PHASE 1: VIRAL PHASE

Komioba salo chang 4 na temperature aro oxygen (O2 levels)ko nirokbo

SAMRANGCHI NA AGRE BA SANANI

- **Nang-ni Oxygen (O2 levels)-ko pulse oximeter ba rang-sitachi nirokbo**
- **Tugitila**
- **Nang-ni Temperature ko Niroka**
- **Hydration-ni Gamchata**
- **Biba ding-ako rang-sita**

la samrang aro ja-rikna nanggiparang noko Covid-19 ko warachakna nambatgipa chol ong-a

PHASE 1: VIRAL PHASE

Oxygen Levels

Q. Oxygen Level ra Maia?

Oxygen level ine aganon nangni an-chio baditana king red blood cells donga.

Normal Oxygen Level 95 oni 100 ona ong-ronga

Q. Oximeter ko jakkale maikai oxygen level-ko nina man-gen?



Step 1
Nang-ni jakko jaksue
Oximeter ni ning-o
jatchigipa jaksiko donatbo



Step 2
Maia ong-a uko masina
gita oximeter ko 30
seconds on ka-e donbo



Step 3
Oximeter-o mesokgipa
SpO2 ko segate donbo.



Oxygen
Level

Heart
Rate

Power
Button

PHASE 1: VIRAL PHASE

Oxygen Levels

Tik dake Niani

- *Device basakobade ong-gija mesoknaba gnanq. Indake nika ong-ode, an-senggipa mandeo ia device-ko jakkale nitaibo uno maiko mesoka.*
- *Je jaksion oxygen level-ko nigen uani jaksikilo rong, tattoo ba henna dongna nangjawa.*
- *Be-enno maikoba daka bakan iako dakatnabe.*
- *Neng-taka aro asonga somoiko ra-bo*

PHASE 1: VIRAL PHASE

Oxygen Levels

Q. Rangsitachi maikai oxygen-ko nina man-gen



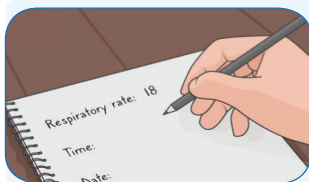
STEP 1: Na'a an-tangko olgroatna aro tom-tomatna nanggen. Na'a asonge, chadenge ba tusieba nangni oxygenko nina man-gen.

STEP 2: 60s na somoiko tik dake donbo. Nang chel ra-doa changantin somoiko chanbo. Rang-sita BA Rang-sitgala ko mangmansan chanaibo.



STEP 3: Rang-sita baditana aro baita somoi uko segate donbo.

Dalgimin mande neng-takon uni rang-sita minute prako chang 12-20 rang ong-a.



Mandeni rangsita minute prako chang 24-na batode ta-raken sananiko ra-boha!

PHASE 1: VIRAL PHASE

Proning

Q. Maiko Tugitilani ine minga?

A. Tugitilani

is a process of holding the body in specific positions so as to improve breathing.



Q. Basako tugitilna nanga?

A. Nangni oxygen level 94% na komie tangona ongede tugitilbo

Q. Sawarang tugitilna nangja?

- *An-o donggipa*
- *Katong bilonge sagiparang*
- *Jemangan janggil bolgro saani gnang*
- *Jemangan an-chi tope saani gnang*

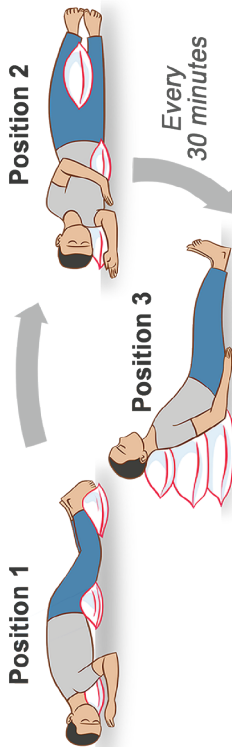
PHASE 1: VIRAL PHASE

Proning

Switch between these three positions every 30 minutes.
And try to keep the room well ventilated.

* WHAT IS PRONING?

Proning is a medically approved technique to help improve breathing comfort and oxygen levels



Caution: Avoid proning for an hour after meals

Avoid proning in conditions like pregnancy, major cardiac conditions and unstable spine, femur or pelvic fracture

PHASE 1: VIRAL PHASE

Thermometer-ko jakkale nang-ni temperature-ko niani



USE OF DIGITAL THERMOMETER

- Take the thermometer out of its holder
- Clean the pointed end (probe) with soap and warm water or by rubbing alcohol. Rinse it with cool water before use
- With your mouth open, put the covered tip under your tongue and gently close your mouth
- Keep the thermometer under your tongue until the digital thermometer beeps
- Read the numbers in the 'window'. This reading indicates your temperature
- Record your temperature in a monitoring chart
- Clean the probe of thermometer and place it back in the holder
- Do not share the thermometer with any other member of the household



DISCLAIMER: This brochure is made possible by the generous support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of Jhpiego and do not necessarily reflect the views of USAID or the United States Government.

SOURCE: MoHFW, Gov revised guidelines for home isolation of mild/asymptomatic COVID-19 cases

PHASE 1: BATNINGGIPA SOMOI

Chirangko ringe dongna Nangani

Q. Be-eni chijima Nangchongmota

COVID-19 sanapode, fever-ni a-sel anchingni be-enoni chi tarake ran-a. Meghalaya-o bang-a sagiparangkon be-en ran-ani a-sel hospitalona watatronga. Na-a an-tangni be-enko chijime rakkiachi hospitalona re-aoni gelna man-gen.

Q. Be-enno chi donggijako mesokani

- Su-buni rong namen rimitgen.
- Su-bua komigen.
- Kusik ran-a
- Katong moani baria
- Neng-a aro gisik bingbranga

Q. Covid-19 na chiko ringjringbo

- Salo komibeoba glass 10-12 rang ringbo.
- Mingsanko ringna sikjaode gipin gipin ringanirangkoba ringbo. Soup ban be-en chi ran-anio dakchaka aro be-enni kari aro calory ko tangatpilna dakchaka
- Na-a chigalenga ba ok re-engode, oral rehydration solution (ORS) ko chi-ni pal ringskabo

PHASE 1: VIRAL PHASE

Covid-19 Sagipana Talatani

Nanggipa ja-rikna Nanganirang:

- Nokon dongbo, mask-ko ganbo, aro nokni gipin manderangoni chel-tange dongbo.
- Soup aro juice dakgipa ringanirangko ringbo.
- Biba dingako rang-sitbo
- SpO2 ni re-ani 94% na komiode tugitilbo
- Namgipa cha-anirangko cha-bo

Samrang

1. Saengode Paracetamol ringbo
2. Ivermectin: Ringna nangani: sal 5 na cha-ani jaman tablet ringbo
Dalgimin: Salprako 12 mg tablet
Bi-sarang (6-12 bilsa): salsao 6 mg tablet
3. Vitamin C
Ringna nanga: sal 10 na cha-a jaman tablet ringbo
Dalgimin: salo chang 2 ka-e 500 mg tablet
Bi-sarang (bilsa 6-12): salo changsa 500 mg tablet
4. Doctor-ni aganachi Antibiotics ko ringchapna man-gen

Salo chang 4 rang saani chinrangko nirokbo

PHASE 1: VIRAL PHASE

Basako nangchongmotgipa sananiko ra-na nanggen?

Bilonge saenggipa mandeo ia chinrangko nikgen aro bakan sananiko ra-na gita nanggen:

- Rang-sitna neng-nika
- 94 na komie oxygen levels (SpO2) tang-ona
- Rang-sitani minute prako chang 24 na bata
- Katong sae dongkama
- Gisik bingbranga
- Sal 7 na bate sin-a ding-a dake saa

Maikai Ta-rakgipa Sananiko am-gen?

- Nangni doctor Ba ASHA ba nangni songni Nokmaona uiatbo
- Toll-free Helpline 14410-ona call ka-atbo
- Nang-ni sepangbatgipa sanram biapko uina sikgenode ia ki-tapni bon-kamao donggipa directory-oniko nibo

PHASE 2:

Hypersensitivity | Hyperinflammatory phase

When the seek step-up medical treatment?

Covid-19 saani chinko man-chengaoni sal 6-10 rangoni,

iano janapatgipa chinrang bilonge sagipako mesoka aro sananiko nanggipa ong-a:

- Ramram kamrangko kaengon rang-sitna neng-nika
- Gital ba fever baridapa
- Gusuna a-bachenga

Maikai rang-gitik sananiko am-gen?

- Nangni doctor Ba ASHA ba nangni songni Nokmaona uiatbo
- Toll-free Helpline 14410-ona call ka-atbo
- Nang-ni sepangbatgipa sanram biapko uina sikgenode ia ki-tapni bon-kamao donggipa directory-oniko nibo

Uina Nanggipa

Biji su-anian an-chingna Covid-19 na bakrogipa namatani chol ong-a.

Ian nang-ko bilongbee sanapaoniko, hospitalona sanna re-anganiko aro siaoniko champenggen.



Jeba biji su-ani jaman saanirang taraken nampilaia. Uarang biji su-gipa biapo sadikani, adita fever ong-a, be-en sadika. Uako nokon namatna gita paracetamol ringbo.

Bak 2



***Covid-19 na
Noko simsakna
nanganiko uiatgipa***

Noko ma·eke donganira maia

Noko Ma·eke

Dongani inon jensalo mande sanapa aro nokon sananiko dakna nokchaka.

- Manderang maming saani chin gri ba adita saani gnang jekai adita sin·a dinga daka, rang·sitao neng·nika, ok re·a, gitok sa·dika, sordid ong·a, ran·e gusua, SPO2 > 94% ong·a ong·ode noktango an·tango ma·eke dongna nanggen
- Ong·na amode gipinoni dingtang kuturio dongbo Aro nokni gipin manderangoni an·tango chel·tange rakkibo

Na·a nokon Covid-19 ko chelchakna man·genode uina gita doctor/ASHA ko sing·atbo

Manderang sal 14 na noktango ma·eke dongani ja·man sal 3 na kingking maming saaniko man·dapjagenode daktajana manaigen. ***Sal 14 na ma·eke dongani jaman maming saaniko man·jaode test ka·taina nangjawa.***

Basako Noko Ma-eke Dongbo?

Na-a Containment Zone-o ong-e sanapaha ba saani chinrangko man-enga ongode, gipinrangoni an-tangko chel-e rakkibo

- Ong-na amode gipinoni dingtang kuturio dongbo
- Ong-jaode kelkirangko oe donbo aro mask-ko ganbo
- Jakko jakdujringbo aro Dangtapjringgipa bosturangko samchi rongtalatjringbo.
- Cha-chak ringchakaniko dingtang jakkalbo, aro gipin baksa cha-rimnabe.

Avoid the Three Cs

Be aware of different levels of risk in different settings.



There are certain places where COVID-19 spreads more easily:



1 Crowded places

with many people nearby



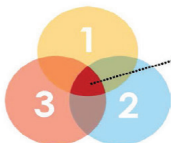
2 Close-contact settings

Especially where people have close-range conversations



3 Confined and enclosed spaces

with poor ventilation



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

Ventilation at Home

Balwa name jokna aro napna man-gipa nok jo-ongni batrikrikaniko champengani chol ong-a

Name balwa jokna man-gipa nok chipgripgipa kuturio tom-dakgipa jo-ongchi saa man-aoniko komiata.

Name balwa jokgipa = Sabisi batrikrikaniko Komiata

***BALWA JOKGIJAGIPA:
Kelki grigipa aro pangka gri***

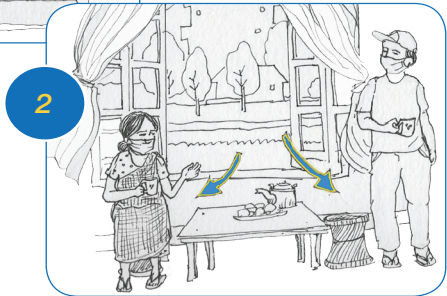
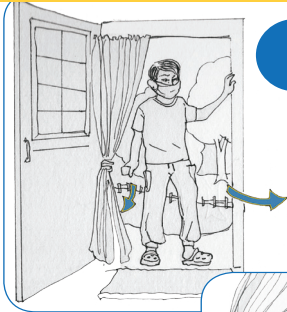


Ventilation at Home

Nang nokko man-a dipat balwa nangatbo.

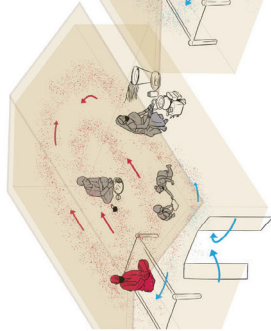
- *Nang-ni nokona a-palni namgipa balwako napatachi jo-ongrangni tom-dake donganiko chel-ata.*
- *Na-a man-ode, gimik do-ga aro kelkirangkon kulie nokningona namgipa balwako napatbo*
- *Balwa onkatna tarigipa pangka dongode uko jakkalbo. Ua kelkio name simsake dongipa ong-na nanggen.*
- *Minggipinra, oe dongipa kelki ba do-ga sepango a-palchina balwa jokangna gita dona nanggen.*

Noko Namgipa Balwa Jokchakani

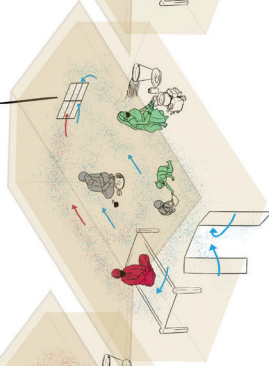


Ventilation: Hutments

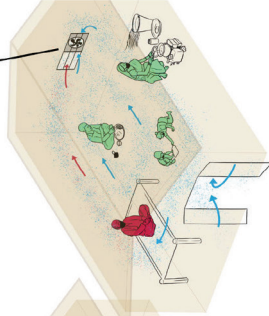
1. Poor Ventilation
(no air circulation).



2. Adding jaali or another simple air outlet improves directional air flow and reduces viral load.



3. Installing exhaust fans next to the jaali/ air outlet further improves directional air flow to lower the risk of transmission.



Lack of window/cross ventilation creates excessive viral load and increases chances of infection inside poorly ventilated spaces.



*It is advised that jaali / air outlets with exhaust fans are installed by villagers in homes where there is no cross-ventilation

Covid-19 ni giproroaniko champengna noko mask-ko ganani

Q. Anga maina mask gana nanggen?

A. Mask-ko ganachi 95% ni gita sabisi giproroaniko komiata.

(Centres for Disease Control & Prevention (CDC, USA)-o pangchake aro sandie nianio nikani gita mask king gni ganachi Covid-19 jo-ongni batrikrikako 95% champenga.)

Q. Maidakgipa mask-ko gangen?

A. Na-a rokom gni mask-ko gana mangel:

King gni Mask:

a Surgical Mask + ba-rani Mask

Ba

Gesa N95 Mask

Covid-19 saengode,

***Nokoba mask-ko ganbo aro sabisi batrikrikaoni
champengna gita nokni manderangba mask
gantokna nanggen.***

***Na-a apalchina re-angon ba gipin mande baksa
ong-enggon mask gana nangchongmota.***

Mask-ko Ganbo

Mask-ni bidingo PSA Ja-rikna nanganirang:
<https://static.psa.gov.in/psa-prod/publication/ManualonHomemadeCover.pdf>



Very High Risk



High Risk



Low Risk

- ✓ Noko tarigipa mitap gni mask-an gimikna bate nambata.
- ✓ N95 mask bang-bate naljokaniko on-a.

Mask indake ong-na nanga:

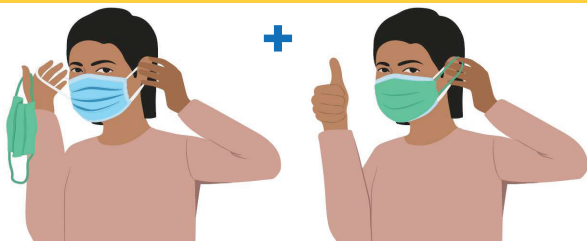
- ⊙ Nangni gingting ba ku-dipeko pindape maming balwa a-kol dongna nangjawa.
- ⊙ Ba-rani mask-ko pangnan su-e salo ramna nanggen.
- * A-palona ong-katon aro gipinrangming ong-on mask-ko ganbo

Mask king gni ganengon:

- Surgical mask-ko ganbo, un baksa tight onggiipa ba-rani mask-ko gandapbo.
 - Nang-o surgical mask dongjaode, ba-rani mask-ko king gni apsan ganbo.
 - Surgical mask-kode changsasan jakkalna man-aia, indina gipinming ganchapode uko sal 7 na ran-ate doneba chang 5 na jakkaltaina man-gen (sal ding-ao ran-atbo) aro uko king gni ganao jakkalna man-gen.
- Surgical mask-ko pangnaba su-srangnabe.

Mask king gni Ganchapani

#King gni mask gana ku-patiata



Mask-ko Jakkaltaia

N95 Mask-ko Jakkaltaia

- Salsa bodol dake gana gita nango king bri (4) N95 mask dongna nanggen
- Mask-rangko chongipa paper bag-rango donbo aro ua paper bag-ko 1, 2, 3, aro 4 dake chin dakbo.
- Skanggipa salo Mask 1ko ganbo. Nokona sokbaon, mask-ko apsan paper bag-o donpile sal 4 na rambo. Sal gipino Mask 2 ko ganbo aro indake sulsul ganangaibo.

Ba-rani Mask-ko jakkaltaiani

- Nang-ni mask-ko salantin bodoljringbo. Ka-mao janapa gita salantin jakkalman-e mask-ko su-galbo:
- Nokona sokahaon pipe-ni chio sabon nonge nang mask-ko su-galbo
- Sabonko talatna gita rongtala chio nangni mask-ko jingjange su-srangbo
- Nangni mask-ko sal ding-ao namedake rambo. Na-a salo ramna gita man-jaode, uko dingdeate chu-gimik ran-china on-bo.

Bak 2a



Covid-19 na Angni Noko Simsakani

Biming:					
ASHA ni Biming:					
Test Ra-ni (Gesako seokbo): RAT / RTPCR					
Nang-o ianoni minga saani dongama: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Salantio Nirokani: Sal 1					
Bilongbee saani chinrangko nirokbo jedake bilonge sin-a ding-a daka, rang-san gusuna a-bachenga aro Sal 6-8 rango ramram kam ka-ani somoirango rang-sitna neng-nikani					
Salsani Somoi	Fever (temperature)	Oxygen (SpO2%) Ba Rang-sitani gadang	Ka-tong saa Ba rang-sitna neng-a	Samrang (Paracetamol/ Ivermectin/ Vitamin C)	Dakbewalrang (Tugitila/ Biba ding-ako ringopa)
Pringo					
Salo					
Walo					

Na-a mask king gni Ba N-95 mask-ko ganengama?

Na-a salo glass 8 chiko ringengama?

(Gana/Ganja)
(Ringa/Ringja)

Biming: ASHA ni Biming: Test Ra-ani (Gesako seokbo): RAT / RTPCR Nang-o ianoni mingasa saani dongama: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Salantio Nirokani: Sal 2 Bilongbee saani chinrangko nirokbo jedake bilonge sin-a ding-a daka, rang-san gusuna a-bachenga aro Sal 6-8 rango ramram kam ka-ani somoirango rang-sitna neng-nikani					
Salsani Somoi	Fever (temperature)	Oxygen (SpO2%) Ba Rang-sitani gadang	Ka-tong saa Ba rang-sitna neng-a	Samrang (Paracetamol/ Ivermectin/ Vitamin C)	Dakbewalrang (Tugitila/ Biba ding-ako ringopa)
Pringo					
Salo					
Walo					

Na-a mask king gni Ba N-95 mask-ko ganengama?

Na-a salo glass 8 chiko ringengama?

(Gana/Ganja)
(Ringa/Ringja)

Biming: ASHA ni Biming: Test Ra'ani (Gesako seokbo): RAT / RTPCR Nang-o ianoni mingasa saani dongama: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Salantio Nirokani: Sal 3 Bilongbee saani chinrangko nirokbo jedake bilonge sin-a ding-a daka, rang-san gusuna a-bachenga aro Sal 6-8 rango ramram kam ka'ani somoirango rang-sitna neng-nikani					
Salsani Somoi	Fever (temperature)	Oxygen (SpO2%) Ba Rang-sitani gadang	Ka'tong saa Ba rang-sitna neng-a	Samrang (Paracetamol/ Ivermectin/ Vitamin C)	Dakbawalrang (Tugitila/ Biba ding-ako ringopa)
Pringo					
Salo					
Walo					

Na-a mask king gni Ba N-95 mask-ko ganengama?

Na-a salo glass 8 chiko ringengama?

(Gana/Ganja)
(Ringa/Ringja)

Biming: ASHA ni Biming: Test Ra-ni (Gesako seokbo): RAT / RTPCR Nang-o ianoni minga saani dongama: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Salantio Nirokani: Sal 4 Bilongbee saani chinrangko nirokbo jedake bilonge sin-a ding-a daka, rang-san gusuna a-bachenga aro Sal 6-8 rango ramram kam ka-ani somoirango rang-sitna neng-nikani					
Salsani Somoi	Fever (temperature)	Oxygen (SpO2%) Ba Rang-sitani gadang	Ka-tong saa Ba rang-sitna neng-a	Samrang (Paracetamol/ Ivermectin/ Vitamin C)	Dakbewalrang (Tugitila/ Biba ding-ako ringopa)
Pringo					
Salo					
Walo					

Na-a mask king gni Ba N-95 mask-ko ganengama?

Na-a salo glass 8 chiko ringengama?

(Gana/Ganja)
(Ringa/Ringja)

Biming: ASHA ni Biming: Test Ra'ani (Gesako seokbo): RAT / RTPCR Nang-o ianoni mingasa saani dongama: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Salantio Nirokani: Sal 5 Bilongbee saani chinrangko nirokbo jedake bilonge sin-a ding-a daka, rang-san gusuna a-bachenga aro Sal 6-8 rango ramram kam ka'ani somoirango rang-sitna neng-nikani					
Salsani Somoi	Fever (temperature)	Oxygen (SpO2%) Ba Rang-sitani gadang	Ka-tong saa Ba rang-sitna neng-a	Samrang (Paracetamol/ Ivermectin/ Vitamin C)	Dakbawalrang (Tugitila/ Biba ding-ako ringopa)
Pringo					
Salo					
Walo					

Na-a mask king gni Ba N-95 mask-ko ganengama?

Na-a salo glass 8 chiko ringengama?

(Gana/Ganja)
(Ringa/Ringja)

Bilongbee Saanina Simsakbo							
Biming: ASHA ni Biming:							
Test Ra-ani (Gesako seokbo): RAT / RTPCR							
Nang-o ianoni mingasa saani dongama: Diabetes / Kidney problems / Asthma / Cancer / Hypertension							
Salantio Nirokani: Sal 6							
Bilongbee saani chinrangko nirokbo jedake bilonge sin-a ding-a daka, rang-san gusuna a-bachenga aro Sal 6-8 rango ramram kam ka-ani somoirango rang-sitna neng-nikani							
Salsani Somo	Fever (temperature) -Sal 1 ni jaman fever bilongama?	Oxygen (SpO2%) Or Rang-sitani -Kamrangko ka-mitingo rangsitna neng-nikan-iko man-ama?	Be-en Sadi-ka	Rang-san gusuna a-bachenga	Katong saa Ba rangsitna neng-a	Samrang (Paracetamol Ivermectin Vitamin C)	Ranta ka-anirang (Tugitia/ Biba ding-ako rang-sita)
Pringo							
Salo							
Walo							
Na-a mask king gni Ba N-95 mask-ko ganengama? (Gana/Ganja)							
Na-a salo glass 8 chiko ringengama? (Ringa/Ringja)							

Bilongbee Saanina Simsakbo							
Biming: ASHA ni Biming:							
Test Ra-ani (Gesako seokbo): RAT / RTPCR							
Nang-o ianoni mingasa saani dongama: Diabetes / Kidney problems / Asthma / Cancer / Hypertension							
Salantio Nirokani: Sal 7							
Bilongbee saani chinrangko nirokbo jedake bilonge sin-a ding-a daka, rang-san gusuna a-bachenga aro Sal 6-8 rango ramram kam ka-ani somoirango rang-sitna neng-nikani							
Salsani Somo	Fever (temperature) -Sal 1 ni jaman fever bilongama?	Oxygen (SpO2%) Or Rang-sitani -Kamrangko ka-mitingo rangsitna neng-nikan-iko man-ama?	Be-en Sadi-ka	Rang-san gusuna a-bachenga	Katong saa Ba rangsitna neng-a	Samrang (Paracetamol Ivermectin Vitamin C)	Ranta ka-anirang (Tugitia/ Biba ding-ako rang-sita)
Pringo							
Salo							
Walo							
Na-a mask king gni Ba N-95 mask-ko ganengama? (Gana/Ganja)							
Na-a salo glass 8 chiko ringengama? (Ringal/Ringja)							

Bilongbee Saanina Simsakbo							
Biming: ASHA ni Biming:							
Test Ra-ani (Gesako seokbo): RAT / RTPCR							
Nang-o ianoni mingasa saani dongama: Diabetes / Kidney problems / Asthma / Cancer / Hypertension							
Salantio Nirokani: Sal 8							
Bilongbee saani chinrangko nirokbo jedake bilonge sin-a ding-a daka, rang-san gusuna a-bachenga aro Sal 6-8 rango ramram kam ka-ani somoirango rang-sitna neng-nikani							
Salsani Somo	Fever (temperature) -Sal 1 ni jaman fever bilongama?	Oxygen (SpO2%) Or Rang-sitani -Kamrangko ka-mitingo rangsitna neng-nikan-iko man-ama?	Be-en Sadi-ka	Rang-san gusuna a-bachenga	Katong saa Ba rangsitna neng-a	Samrang (Paracetamol Ivermectin Vitamin C)	Ranta ka-anirang (Tugitila/ Biba ding-ako rang-sita)
Pringo							
Salo							
Walo							
Na-a mask king gni Ba N-95 mask-ko ganengama? (Gana/Ganja)							
Na-a salo glass 8 chiko ringengama? (Ringa/Ringja)							

Biming:					
ASHA ni Biming:					
Test Ra:ani (Gesako seokbo): RAT / RTPCR					
Nang:o ianoni mingasa saani dongama: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Salantio Nirokani: Sal 9					
Bilongbee saani chinrangko nirokbo jedake bilonge sin:a ding:a daka, rang:san gusuna a:bachenga aro Sal 6-8 rango ramram kam ka:ani somoirango rang:sitna neng:nikani					
Salsani So-moi	Fever (temperature)	Oxygen (SpO2%) Ba Rang:sitani gadang	Ka:tong saa Ba rang:sitna neng:a	Samrang (Paracetamol/ Ivermectin/ Vitamin C)	Dakbwalrang (Tugitila/ Biba ding:ako ringopa)
Pringo					
Salo					
Walo					

Na:a mask king gni Ba N-95 mask-ko ganengama? (Gana/ Ganja)
 Na:a salo glass 8 chiko ringengama? (Ringa/Ringja)

Biming: ASHA ni Biming: Test Ra·ani (Gesako seokbo): RAT / RTPCR Nang·o ianoni mingasa saani dongama: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Salantio Nirokani: Sal 10 Bilongbee saani chinrangko nirokbo jedake bilonge sin·a ding·a daka, rang·san gusuna a·bachenga aro Sal 6-8 rango ramram kam ka·ani somoirango rang·sitna neng·nikani					
Salsani So·moi	Fever (temperature)	Oxygen (SpO2%) Ba Rang·sitani gadang	Ka·tong saa Ba rang·sitna neng·a	Samrang (Paracetamol/ Ivermectin/ Vitamin C)	Dakbwalrang (Tugitila/ Biba ding·ako ringopa)
Pringo					
Salo					
Walo					

Na·a mask king gni Ba N-95 mask·ko ganengama? (Gana/ Ganja)
 Na·a salo glass & chiko ringengama? (Ringa/Ringja)

<p>Biming: ASHA ni Biming: Test Ra·ani (Gesako seokbo): RAT / RTPCR Nang·o ianoni mingasa saani dongama: Diabetes / Kidney problems / Asthma / Cancer / Hypertension</p>					
<p>Salantio Nirokani: Sal 11 Bilongbee saani chinrangko nirokbo jedake bilonge sin·a ding·a daka, rang·san gusuna a·bachenga aro Sal 6-8 rango ramram kam ka·ani somoirango rang·sitna neng·nikani</p>					
Salsani So·moi	Fever (temperature)	Oxygen (SpO2%) Ba Rang·sitani gadang	Ka·tong saa Ba rang·sitna neng·a	Samrang (Paracetamol/ Ivermectin/ Vitamin C)	Dakbwalrang (Tugitila/ Biba ding·ako ringopa)
Pringo					
Salo					
Walo					

Na·a mask king gni Ba N-95 mask·ko ganengama? (Gana/ Ganja)
 Na·a salo glass & chiko ringengama? (Ringa/Ringja)

Biming:					
ASHA ni Biming:					
Test Ra·ani (Gesako seokbo): RAT / RTPCR					
Nang·o ianoni mingasa saani dongama: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Salantio Nirokani: Sal 12					
Bilongbee saani chinrangko nirokbo jedake bilonge sin·a ding·a daka, rang·san gusuna a·bachenga aro Sal 6-8 rango ramram kam ka·ani somoirango rang·sitna neng·nikani					
Salsani So·moi	Fever (temperature)	Oxygen (SpO2%) Ba Rang·sitani gadang	Ka·tong saa Ba rang·sitna neng·a	Samrang (Paracetamol/ Ivermectin/ Vitamin C)	Dakbwalrang (Tugitila/ Biba ding·ako ringopa)
Pringo					
Salo					
Walo					

Na·a mask king gni Ba N-95 mask·ko ganengama? (Gana/ Ganja)
 Na·a salo glass & chiko ringengama? (Ringa/Ringja)

Biming: ASHA ni Biming: Test Ra·ani (Gesako seokbo): RAT / RTPCR Nang·o ianoni mingso saani dongama: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Salantio Nirokani: Sal 13 Bilongbee saani chinrangko nirokbo jedake bilonge sin·a ding·a daka, rang·san gusuna a·bachenga aro Sal 6-8 rango ramram kam ka·ani somoirango rang·sitna neng·nikani					
Salsani So·moi	Fever (temperature)	Oxygen (SpO2%) Ba Rang·sitani gadang	Ka·tong saa Ba rang·sitna neng·a	Samrang (Paracetamol/ Ivermectin/ Vitamin C)	Dakbawalrang (Tugitila/ Biba ding·ako ringopa)
Pringo					
Salo					
Walo					

Na·a mask king gni Ba N-95 mask·ko ganengama? (Gana/ Ganja)
 Na·a salo glass & chiko ringengama? (Ringa/Ringja)

<p>Biming: ASHA ni Biming: Test Ra·ani (Gesako seokbo): RAT / RTPCR Nang·o ianoni mingasa saani dongama: Diabetes / Kidney problems / Asthma / Cancer / Hypertension</p>					
<p>Salantio Nirokani: Sal 14 Bilongbee saani chinrangko nirokbo jedake bilonge sin·a ding·a daka, rang·san gusuna a·bachenga aro Sal 6-8 rango ramram kam ka·ani somoirango rang·sitna neng·nikani</p>					
Salsani So·moi	Fever (temperature)	Oxygen (SpO2%) Ba Rang·sitani gadang	Ka·tong saa Ba rang·sitna neng·a	Samrang (Paracetamol/ Ivermectin/ Vitamin C)	Dakbwalrang (Tugitila/ Biba ding·ako ringopa)
Pringo					
Salo					
Walo					

Na·a mask king gni Ba N-95 mask·ko ganengama? (Gana/ Ganja)
 Na·a salo glass & chiko ringengama? (Ringa/Ringja)

Covid-19 Sanaggipana Simsakgiparang

1



Ensure the ill person **rests, drinks plenty of fluids and eats nutritious food.**

2



Wear a medical mask when in the same room with an ill person. **Do not touch the mask or face** during use and discard it afterward.

4



Use dedicated dishes, cups, eating utensils, towels and bedlines for the ill person. **Wash dishes, cups, eating utensils, towels, or bedlines** used by the ill person with soap and water.

3



Identify frequently touched surfaces by the ill person and clean and disinfect them daily.

5



Frequently clean hands with soap and water or alcohol-based rub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet

6



Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.

Bak 3

Helpline Number- rangni Directory



1. State Emergency Helpline: 14410
2. EKH Block-War Room Numbers

C&RD BLOCK-ni BIMING	HELPLINE
Mylliem Block	6009311109
Mawphlang Block	6009311120
Khatarshnong - Laitkroh Block	6009311121
Sheila - Bholaganj Block	6009311123
Mawsynram Block	6009311124
Mawrykneng Block	6009311125
Sohiong Block	6009311126
Pynursla Block	6009311127
Mawkynrew Block	6009311128

DEPUTY COMMISSIONER'S CONTROL ROOM | 2502094 / 2225289
 COVIDNI BIDINGO MASINA: 14410 NOMBOR-ONA CALL KA-ATBO
 108 - AMBULANCE SERVICE-NA

ZONE / AREA NI BIMING (Shillong Urban Area)	HELPLINE
Zone I: under Laitumkhrah P.S.	6009311101
Zone II: under Laban P.S.	6009311102
Zone III (A): under Sadar P.S.	6009311103
Zone III (B): under Pasteur Beat House	6009311104
Zone IV: under Lumdiengjri P.S.	6009311105
Zone V: under Rynjah P.S. & Mawpat Block	6009311106
Zone VI: under Madanrtng P.S.	6009311107
Zone VII: Areas under Mawlai P.S & Mawlai Block	6009311108

Meghalaya-o donggipa Public aro Private District Hospital-rangni Contact Nombor-rang

**GH: Government Hospitals

CMH: Central Ministry Hospital

PH: Private Hospitals

Cat.	Hospital/ini Biming	District	Nodal Officer	Mobile No
GH	Williamnagar Civil Hospital	East Garo Hills	Dr. Jimmy Carter CH Marak	9366560239
GH	Khliehriat Civil Hospital	East Jaintia Hills	Dr Pahoh	7005208253
CMH	Composite Hospital		Dr Dakji Dulom	9436040314
CMH	Military Hospital		Col S Bhattacharya	8486561501
CMH	NEIGRIHMS		Dr. Vijay Noel Nongpiur	9968941365
GH	BSF Composite Hospital		Dr. Wilson K	9402131810
GH	Shillong Civil Hospital		Dr. Andreas Dkhar	9436103945
PH	Bethany Hospital	East Khasi Hills	Dr. Kyntiewlang Sanmiet	8974881870
PH	Dr H Gordon Robert Hospital		Dr. Banhiam Carey Kharrngi	8974570660
PH	Supercare Hospital		Dr. Kune	8731021418
PH	Nazareth Hospital		Dr. Santanu Deb	7005357037
PH	Woodland Hospital		Dr. Papia Chakraborty	9774760713

Cat.	Hospital/Ini Biming	District	Nodal Officer	Mobile No
GH	Resubelpara CHC	North Garo Hills	Dr. Rezia K. Sangma	9436541709
GH	Nongpoh Civil Hospital	Ri Bhoi	Dr. D Blah	9366442652
GH	Mawkyrwat Civil Hospital	South West Khasi Hills	Dr. W Narry	7005168115
GH	Baghmara Civil Hospital	South Garo Hills	Dr Elvina A Sangma	9089402609
GH	Ampati Civil Hospital	South West Garo Hills	Dr Janupribalas Momin	9436306079
GH	Tura Civil Hospital	West Garo Hills	Dr. Aaron K. Sangma	9366294185
GH	MCH Jowai	West Jaintia Hills	Dr Arlangki Hinge	9615018278
GH	Tirot Singh Mairang Civil Hospital	West Khasi Hills	Dr.L.Mylliemumlong	8837367750
GH	Nongstoin Civil Hospital	West Khasi Hills	Dr.J.Kharkongor	9856084064

Bak 4

Nangbatgipa Sing-ani Aro Aganchakanirang

Top FAQs

Q. Anga maikai chin gri saenga ine masigen?

A: Na·a maming saani chinrangkoba nikjaode Covid-19 test ka·achisan masina man·aigen. Uni gimin an·ching gimikan chin grie sagiparang ine chanchie nanggipa naljokani cholrangko ja·rikna nangtoka.

Q. Anga angni surgical/N-95 mask su·galbo ma ba·rani mask·ko?

A: Na·a nangni N-95 mask·ko jakkala jaman paper bag·o done jakkaltaina man·gen. Na·a sal gni joljol nangni apsan N-95 mask·ko jakkalnabe. Na·a ba·rani mask·ko salantin su·gale salo name ran·atna nanggen. Na·a surgical (medical) mask·ko jakkaltainabe. Ba jakkaltaioaba, salo namedake ran·atesa bodolgrike uko jakkalbo.

Q. Tikka su·aniara bakroe saaniko ba nosto ka·aniko on·genma?

A: Gimik tikka rang gitan, su·gipa manderang adita sin·a·ding·a dake saa, biji su·gipao sa·dika, neng·a aro ka·reka daknaba gngang. Indiba iarang adita salrangnasan aro bang·bata manderango ia chinrang sal 1-3 rangnasan dongaia

Q. Anga sok kangipa ma·gipa, indide anga Covid-19 tikkako su·na man·aigenma?

A: GOI ni sokatgipa niamrango gita sok kan·gipa magiparangba Covid-19 tikkako su·na man·aigen. Sok kangipa ma·giparang tikka su·a jamanoba bi·sana namen sok kanna man·gen.

Q. Covid-19 tikka su·achi anga bi·sa man·ani chol komigenma?

A. COVID tikkani a·sel bi·sa man·jawa ine maming sakki dongja. Bang·a me·chik bi·sa tarina sikgiparang tikka su·a jamanoba an·o dongtokenga.

Ki FAQ ne Ki Jingkylli Ba Hakhmat Duh Kiba Ju Kham Buh Barabor

Q. Mai daggipa saanirang angko Covid tikka su-aniko champenga?

A: Be-eno gipin saani donggiparang jekai diabetes, hypertension, asthma aro kidney sagiparangba ia tikkako su-na gita man-a. Indiba jemangan bilgria ghang ba an-chi pake sagipa ghang uamang tikka su-na skang doctor baksa golpogrikna nanggen.

Q. Anga Covid-19 saani chinrangko man-enga, sanapaha ba mejamang Covid-19 saani an-sengpila, indide baita ru-ute anga tikka su-na sengna gita nanggen?

A: GOI ni sokatgipa niamrango gita jemangan Covid-19 saaniko man-engachim, sanapaha ba adita salrangna skang Covid-19 saani an-sengpila ong-ode tikka su-na skang ja 3 na sengna nanggen.

Q.Black-fungus sabisira mai aro iara maidake Covid-19 baksa nangchapa?

A: Mucormycosis (black-fungus) ian me-gimu daggipa jo-ongoniko man-gipa sabisi jean gingting aro uni sepango gisimata, mikron nikatja ba dimele nika, milmale nika ba ge-gni dakerang nikani, katong saa, rang-sitna neng-ani aro an-chi baksa gusua.

Ia sabisi diabetes baksa nangchapa jean be-enko bilgriata. Sandie uigiparangni aganani gitade Covid-19 ni somoio je samrangkoba bang-e ringdugaani a-sel be-enko bilgriatachi ia sabisi bilongdapa.

Bak 5

Appendix

PHASE 2:

BILONGBEE SAANI SOMOI

Na-a gital dake ba bilonge saani chinrang jekai sin-a ding-a daka, gusuna a-bachenga ba ramram kamko ka-engon rang-sitna nengnika ong-ode, ta-raken sananiko am-bo:

***Maming Dabiani Dongja:
Ia Samrangko doctor-chi sing-chengesa Ringbo***

<ul style="list-style-type: none"> • Steroid eg. prednisone Or • Steroid - Methylprednisolone injection 	<p>(antisana salanti 80mg)</p> <p>(sal 5 na salo chang 1 ba 2 na 40 mg)</p>
<ul style="list-style-type: none"> • Antihistamine 	<p>-Promethazine: (sal 5 na 25mg tds)</p> <p>-Levocetirizine: (salo chang-sa10mg)</p>
<ul style="list-style-type: none"> • Bronchodilator eg Montelukast 	<p>(sal 5 na 10mg uni jaman salanti ja sa na)</p>
<ul style="list-style-type: none"> • Blood thinner eg. aspirin 	<p>(ja 1 na salanti 325mg)</p>
<ul style="list-style-type: none"> • Ivermectin 	<p>Gusua, rang-sitna mancja ba oxygen komia ong-ode sal 5 na 12mg salanti ringbo</p>
<ul style="list-style-type: none"> • Prevention of coagulation eg. Rivaroxaban (Xeralto) 	<p>D-dimer baridapa ongode mi cha-a jaman15mg aro komia ongode ja 1 na salo changprak dake D-dimer</p>
<ul style="list-style-type: none"> • Antibiotics eg. azithromycin for fever, bacterial co-infection or raised procalcitonin levels 	<p>Sal 5 na salo chang prak 500 mg</p>

Health and Family Welfare Department-oni sokatgipa



2021