



**NIKRONGGIJAGIPA GITAL
CORONAVIRUS (COVID – 19)
JINMANA MAN·GOPE UJEATANI**

2019-ni nikronggijagipa gital coronavirus (COVID–19), Wuhan coronavirus, uan batrikrikgipa virus (sabisiko man·atgipa jo·ong) jean rang·sitram ramako sabisi man·atgipa, mandeskaoni mandeskaona batrikrikna man·gipa ong·a.

Sabisiko Uieani Chol:

- Fever ong·ani
- Rang·sitna neng·nikani
- Gusuani
- Cheltong rakani
- Soldi man·ani

People with recent travel history to China, South Korea, Japan, Iran, Italy, Hong Kong, Macau, Vietnam, Malaysia, Indonesia, Nepal, Thailand, Singapore and Taiwan should invariably report to State Health Department through 108 toll free

Sakgipinona batani rokomrang:

- Mandeni Coronavirus (COVID–19) mongsongbate sabisiko man·gipa mandeoni sakgipinona iandake batna man·a: -
- Balwagita, gusu aro atchingachi batna man·a.
 - Sakgipinko sambae grongachi, jekai dangtapa ba salam ka·grikachi.
 - Virus gnunggipa bostu ba kosako virus ma·bagiminko dangtapachi, aro ua jakchin jaksuchenggija ku·sik, gingting aro mikronrangko dangtapachi.

Maidake Coronavirus (COVID-19) sabisiko komiatna man·gen?

- Sabon aro chi ba alcohol gnunggipa jak rikpakanichi rongtale jakko jaksuanichi.
- Gusumiting aro atchingmitingo gingting aro ku·sikko tissue·chi ba jaksukoko kom·e rim·tipachi.
- Gusu soldi man·gipa mandeko sambachapchap gronganiko gelanichi.
- Sabisiko man·gipa mandeko komibeoba sal 14-na mande donggijao donani.

3 Key Messages:

1. **Frequently Wash Hands with soap**
2. **Observe Respiratory etiquette**
3. **Practice Home based quarantine if suffering from flu like symptoms (fever with cough & cold)**

Dakgnirang:

- Gusumiting aro atchingmitingo gingting aro ku·sikko tissue ba rumalchi rim·tipbo.
- Sabon aro chi·chi jakko rongtale jaksurongbo.
- Mande bang·gipa biaprangko gelbo.
- Influenza gita sabisiko man·e sagipa mandeko noko donna nanga
- Miksana bate soldi gusu man·e sagipa mandeoni chel·tange dongbo.
- Chu·onga gita tubo aro neng·takbo.
- Bang·e chi/ringanirangko ringbo aro be·enna namgnigipa cha·anirangko cha·bo.
- Influenza gita dakgipa sabisirangko man·gipa mande doctor·o sing·sandiebo.

Gelanirang: -

- Jaksugijagipa jakchi mikron, gingting ba ku·sikko dangtapani.
- Mandeskako grongo gipakani, ku·dimani aro salam ka·grikani.
- Mande jinmani biaprago stuani.
- Doctorko grongchenggija sam ringani.
- Jakkalgimin napkin ba tissue lekkako bangbanggipa biaprago galani.
- Manderangni jakkalgiminrangko (Jak rim·chake re·ani, do·ga, gate, uandakgiparang) dangtapani.



Shri AL Hek
Health Minister Meghalaya

**Together we can fight Corona Virus
Don't Panic, follow the above advisory**
Issued in Public Interest by Integrated Disease Surveillance Programme,
Health & Family Welfare Department,
Government of Meghalaya



Shri Conrad K. Sangma
Chief Minister Meghalaya

**CALL 24X7 TOLL FREE HELPLINE NUMBER 108
FOR ANY ASSISTANCE**