



# St. Edmund's College, Shillong

**MSW 1st SEMESTER**

**E-PAMPHLETS  
ON**



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# ABBREVIATIONS

- PHEIC : Public Health Emergency of International Concern.
- PHC : Primary Health Centre.
- CHC : Community Health Centres.
- GPS : Global Positioning System.

# Covid-19 Ni Gimin Kandike Janapani

Corona virus ( COVID-19 ) ni sabisi ong'katani ko Public Health Emergency of International Concern(PHEIC) ine parakataha aro ia sabisiari agilsak gimikon gipaha.

COVID-19 sabisini gimin  
bang'akon rongtale  
ma'sikujaoba, sabisiko man'mangimin  
mandeni gusumitingo  
ba atchingmitingo ku'ba baksa  
ong'katchapgipa chimisi  
sakgipin mando ga'okdapon  
ua mandeona  
sabisiko sokata ine ma'sia.  
Sabisiko ong'atgipa jo'ong ba  
virusko maibaka'e jakchi dangtapmane,  
apsan jakchin ku'sik,  
ginting aro mikronranga ko  
dangtapachiba sabisiko manaia.  
COVID-19 sabisi giprorogenihimoba, iako  
champengna manderangba  
ku'cholsan kamko ka'na nanga .

## COVID-19 sabisi ni saa rokom rangara maia?

Been dingani, ranne gusuani aro rangsitna nengnikani,  
been nengkani, ara ia sabisini  
saa rokom  
rang onga. Una agre  
nikbregijagipa rokom  
rangara sadikanirang , gitok saanirang,  
ok reani,  
mikkron gitchakke sadikani  
, sko saani, chao toa  
tojako uigijani aro biba ko ugijani, been  
rango kakitani ba naani ba jasi  
aro jaksi o anchi  
komie bokdelgapani .  
Una batte saani  
rokom rangara rangsitna mangijani,  
chel sadikani aro pressure, kusik aganarango  
siksakna mangijanirang onga.  
Bangbatta somoi on ia sabisi ara  
nisiani onga. Ta sabisini rokom  
rangarabangbatta somoion  
sordi ba : lu( Influenza ) ni sabisini  
rokom rangming apsana.  
Uni gimin mande COVID-19  
sabisiko saenga ine name  
uina gitade test ko dakna nanga.

## COVID-19 sabisi ara maike batroroa?

Je mandean is sabisiko sagenchimode, uani  
gusua aro atchingani ongkatgipa  
tingtotrang mande ansengipao  
nanggen chimode ua  
sabisini joong rangara  
batroroa .

Sabisi dongimin biap rangko  
dangtapani jaman, antang mikkang  
( jekai mikkron, gingting, kusik )  
ko rimrok mangenchimode,  
sabisi ara uagitaba  
batna manna. Sabisini joong  
rangara apalni bostu rango  
konta rangna tangna gita  
manna , indiba uako  
rangtalatani samchi bikkan  
sootna ba gimatna manna.

Uani gimin ia  
sabisini batroraoniko komiatna  
aro dongtongna gita  
Dakna nanganirang  
aro Dakna nangijarangko  
jarikna gita nanga .

## Dakna nanganirang: ( Do's )

Antangni gusua aro atchingani somoio pangnan antangni kusik aro gingtingko pingropna nanga .



Manderangoni meter 2 chelgrikke dongma nanga .



Jaktangko name dakke sabon aro chichi sugaljringna nanga .



Sabisini rokom rang  
sagenchimode,  
ua mandeko sanani ona  
ringmanga nanga.



Jatchio donggipa  
asonganiko bangbang  
watna nanga jedakode  
manderangoni chelgrikani  
onggen.



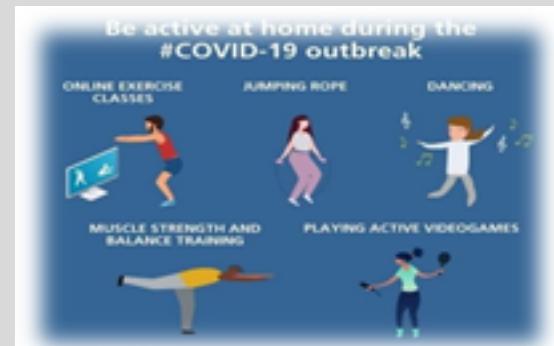
Manderangoni chele  
dongbo aro mana dipet  
noktangko dongbo.



Tissue lekka ko changsa  
mangmangsa jakalani  
nanga, aro jekalani  
jaman pindapani gnang  
gipao galna nanga.



Noktangko exercise kaani  
ara beentangko  
bilakke aro ansenge  
donani onga.



# Dakna nangijarong (Don't's)



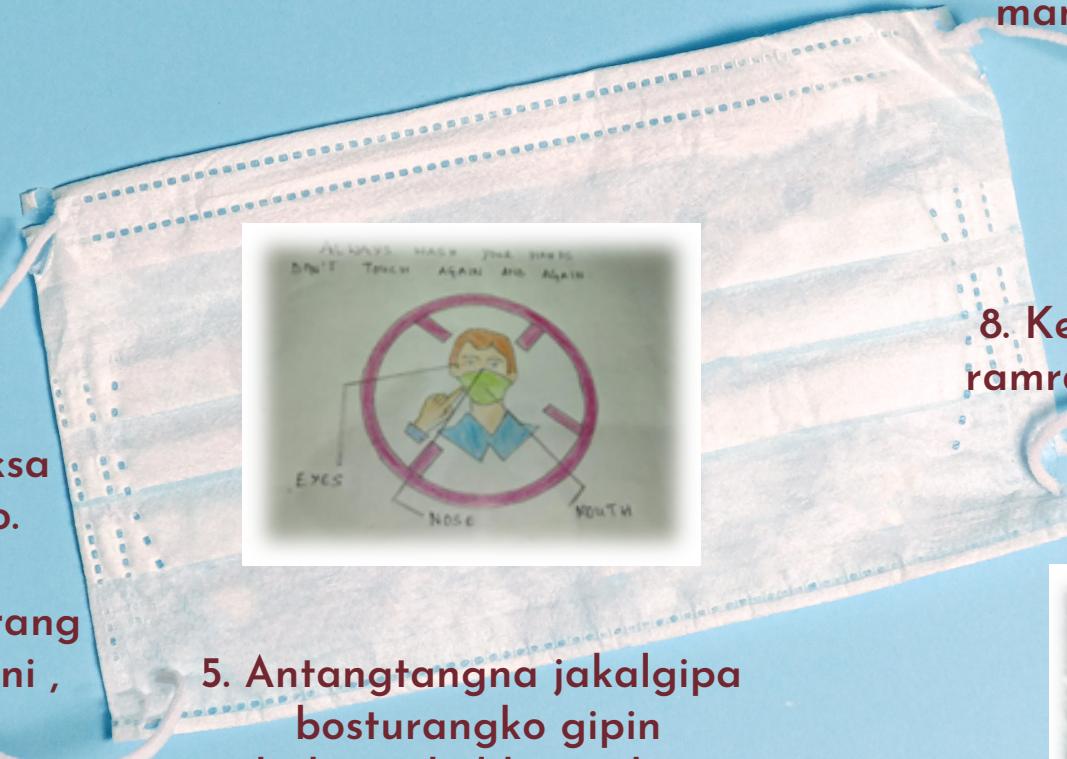
1. Mande bange  
tombimanganirangko gelbo.



2. Apalni manderang baks  
chapchap roaniko gelbo.



3. Nangchomotgija roanirang  
jekai biap nina roramani ,  
nokdang rangko  
gronganirangko gelbo.



5. Antangtangna jakalgipa  
bosturangko gipin  
baks jakaldrimnabe.

6. Nangchongmotana  
agre jekai chaani  
brena aro saani  
nanganirangna ongkatana  
agre nokko dongbo.

7. Angtangni butchuma - budepa  
ongipa  
nokdangrangkogrongsabe  
maina uamang ia sabisini ko  
manna gita altua.



8. Kenjagoknabe indiba  
ramram ongeba ranabe .



**Aarogya Setu**

मुर्हित | स मुर्हित | भारत मुर्हित

- **Arogya Setup app ni gimin talatani**

Arogya setu app ara Covid-19 sabisi mangipa manderangko agitalo niksamsona mangipa app onga .

1. App ko install kaani jaman, uko jakalgipa Bluetooth aro GPS ko ON kana nanga .
2. Bluetooth ko On kaanichi , ia app ara nangni sambao dongiparango ia apsan app ko jakalgipa rangko uia .
3. Uan dake , GPS ko ON kaanichi , minute 15 ni ningao nangni sambao donggipa ia apsan app ko jakalgipako name tik onge uina gita manna .
4. Ia record rangara nangni phone o chumonge dongtokka .Indiba ,nangni ia app ko jakalanichi nangko COVID-19 sabisi ko manna krae nikode' ia uiataniko Sorkar ni nirokani aro jakalanina server o upload ongskagen.

# Lara step-by-step ia app ko abachenje jalakani onga

1. Ia app ko download kachengbo .

2. Ia app ko phone o ON kae donbo aro locaPonn aro Bluetooth koba ON kabo.

3. Jakalgipa phone tango number jean OTP ko bisongni ngimin phone number man'sogen aro ua man'sogimin numberko tik ong'e gapatne nanggen .

4. Antangni mea mechik organiko gapatbo ..

5. Nangni bimung , bilsi aro kam ko gapatbo.

6. Antangni plak songreanirangko jasa skang na'a a'songni apalchi songregenchimode uako gapatbo .

7. Antangko COVID-19 sabisi saengama sajaengako uina gita second 20 ni singe nianikodake nibo. landake ia app ara anchinko saengipa mandeko ko uina gita manna .

# Covid-19 Sabisi ni gimintalatani.

## 1. Sabisini chinrang gnanggipa manderangsan masko gana nanga.

Nangchongmotgipa: Gimikande mask ganagita nangja ong ' ja. Indiba An.chingo chinrang jekai at 'chingani gusu.ani dongja.oba maskode gana nang.aia Mask ganamangmangchide an'chingna chelchakaniko on'agita manja. Jekai anchingra maikai mask ko jakalna nanga aro maikai galna nanga uko masie ra'nagita nanga. Anching masko gana baksanaba pangnan jakrangko chi aro sabonchi susrangjringna nang'a aro masko maikai jakalna nangna aro maikai galna nanga uko masina nanga.



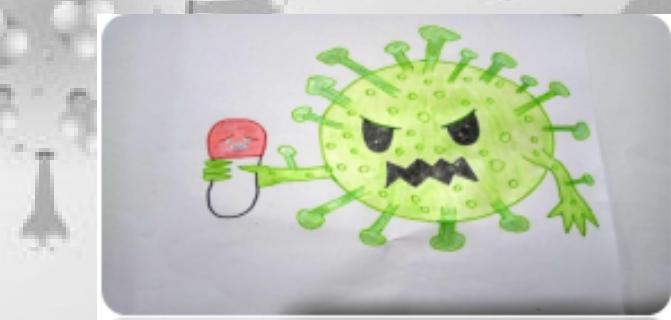
## 2. Covid -19 Sa' bisi ra matburingrangoniba batnagita man'a.

Nangchongmotgipa: Da'on dipet a'chingni jakalenggipa a'chak mengo oni sabisirang bat'rikrikani kode on'agita mankuja.



## 3. Samrangko ja' kalanian an'chingna chel' chakani aro corona virus sabisiko sana ni chol ong'a.

Nangchongmotgipa: Samrangko ja' kale a'ching chel.chakna aro covid-19 ko sanagita manja aro samrang sabisina kam kaja.



**4. Churangko ja' kalanichi  
covid-19 sabisi man'gnioni  
champengna man'a**

**Nangchongmotgipa:  
Churing'anichi sa'bisiko  
nam'atnagita ma'ja.**



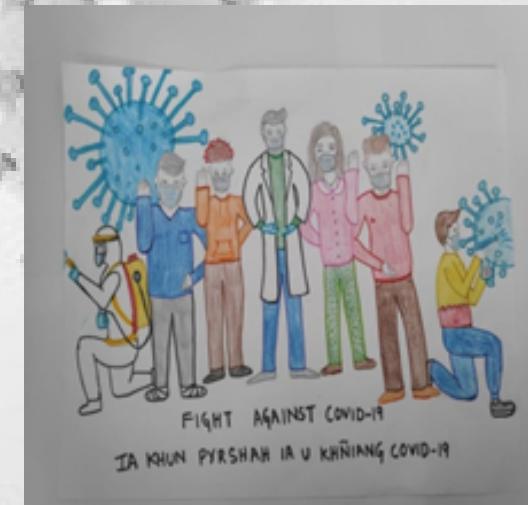
**5. Covid-19 Bil' si  
brigiparangkosan  
sa' ata indiba  
chadamberangkode ong' ja.**

**Nangchongmotgipa: Covid-19  
sa'bisira  
gimik dakgipa  
bilsini Manderangko  
sa'ata.**



**6. Do'ochi , do'o , aro be'enrangko  
cha'anichi mandeko sa'ata.**

**Nangchongmotgipa: Da'ondipe  
do' o do'chi aro  
be'enrangko cha'ani a'sel covid19  
sa'bisi  
batrikrika ine sakki dongja.  
An'ching pangnan namgipa rongtal  
an'talaniko jarikna nanga.**



**7. Ra'sin gipbok cha.anichi anching covid-19 sa'bisioni chapengnagita mana.**

**Nangchongmotgipa: Ra'sin gipbok cha.anichi covid-19 sa'bisioniko chapengnagita man'ja.**



**8. Chinani bosturangoni corona virus batrikrika.**

**Nangchongmotgipa: Jo'on grangara le'ka o aro katomgipa bostuo ru.uta somaina tangnagita man'ja indiba ia jo.ong badiaba bi.aprangode dikdiksa somaina tangnagita man'a, indake virus ara gittimrango ba apalarangona lekaranggita katomgipa bosturangona batnagita man'a.**



**9. Sa'bisini**

**giproro'ani 'abachenga'ara manderang dobakni be'enko rite cha'ani 'asel ong'aha.**

**Nangchongmotgipa: Soup ring'anichi giproro'anide sakki dong'ja.**



**10.Covid-19 ara sa'bewalgitan soldi gusu aro sine sa'anian ong'a.**

**Nangchongmotgipa: la sa'biske sa'rongbe'walna bate ba'dita chang'na batda .**



**11. Covid19 sa'bisiko man'gipa  
gimikan si'a.**

Nangchongmotgipa: landake ong'ja  
maina covid-19 ara banggija  
manderangsan si'a jerangankon  
namatnagita man'ja .



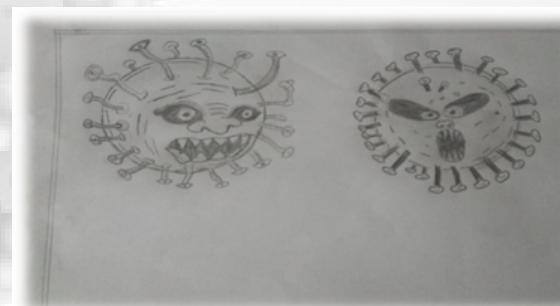
**12. Covid-19 ara dinggipa  
somai'ode tangna manja.**

Nangchongmotgipa: Covid-19 gimik  
dakgipa bi'apon batrikriknagita  
man'a, sin'gipa aro ding'gipa  
somai'oba.



**13. Corona virus ra  
manderangna si'atgipa  
virus ong'a.**

Nangchongmotgipa: la viruschi  
si'atbataniko Manderang  
cha'grongja.



**14. Covid-19 chi ding'a auachi  
covid19 sa'bisioniko  
champing'a.**

Nangchongmotgipa: Chi ding'a auachi  
covid-19  
mabakaoni chelchaknagita  
man'ja. Chi ding'a aro  
ka'sinachi au'oba pangnan Mandeni  
dinganira 36,5 degree Celsius ong'a



**15. Covid19 sa'bisini  
bat'rikrikani.**

Saksa sakgipinonni cheltangrike  
dong.aniko ra'kijagenchim ong'ode  
sakantian covid-19 sabisiko  
man'gen.Tole tole agananichi corona  
virus ni gimin katta ko agananichi  
manderangko kenata aro namgija  
kenanichi kupatianichi katta  
jangatgen. Covid -19ni gimin an'ching  
name tale masina nangen, maidake  
batrikrika aro maidake ia  
batrikrikaniko champengna nangen  
antangtang name simsake rakinagita  
aro songsalkoba name rakina nanga.



# FAQs on covid-19

## 1. Covid-19 maia?

Covid-19 ara batrikrikgipa sa'bisi ong'a jekon corona virus chi aba'chengaha ine agana ia sabisi ko wuhan china o December 2019 o aba'chenga jamansa ui'na aba'chengani onga.

## 2. Maidake covid-19 saenga ine ma'sigen?

Jensalo covid-19 sine sa'aniko mana, gusu soldi be'en nengani gitok sadikani ok re'ani iarangan covid sa'ani abachengani ong'a. Saobarang sa'aniko mangenchimoba iarangko niknagita man'ja.



## 3. Maidake covid-19 batrikrikna man'a?

la sa'bisiko mangipa mandeonin sakgipin ona batna gita man'a kusikoni ba gintingoni ong'katenggipa chiko dangtapjokon ba rangsitpaon iako dangtapaon managita man'a.

## 4. Ia sa'bisini naljoknagita mask ko gana nangama?

An'ching sajagenchim ongode ba sagipako nitimjainga ongode an'ching gana nangja ongjaode indin mask ko bon'gramaigen.

## 5. Maiba dintang ba nambata chol dongama ia sabisioni naljoknagita?

Nambatgipa de jaksuani rongtale rakiani mask rangko ganani aro meter-1 chele saksa sakgipin oni chadenganin ong'a

**6. Covid-19 biji su'nagita bano maidke register kana nanga?**

CO-WIN portal  
ingipao login kabo  
[www.cow.gov.in](http://www.cow.gov.in) ia website ko jakaleming uni jaman register o sikdepbo.

**8. Baita bilsi rangoni vaccination biji sunagita mangen?**

Bilsi 18 ba una batgiparang mangen.

**9. Vaccination 2ndgipa dose ko suna nangtelama?**

Hoe gegni dose kon sunagita nangen unosa vaccination chu'soknagita mangen.

**10. Vaccinationkora gimikon centre on free onaiama?**

Sorkarini hospital rangosan free onaia gipin hospital ode on'ja tangka gong 250 ko gam'e sunagita nangen.

**11..Maina vaccinaton certificate nang.a?**

Ia certificate an saki ong'gen aro re'a doa songreanio dakchakgipa ongen aroba virus ko batrikrikaoni ko rebainggaipa sal somai rango sandinaba donga uni gimin certificate dongo nambata.

**12.Vaccination certificate ko maidake mangen ba maidake download kagen?**

Certificate ko CO-WIN portal o ba Aarogyasetu app ba Degi locker ingipao mangen iako man'agita mobile numberko on'agita nangen jekon registration ni somaio on'achim.

**7. Vaccination biji sunagita register kana mobile app rangko install kana nangama?**

Indiao maming dintang app dongja indiba aarogyasetu app ingipa donga ianoba register ka'anagita mangen mobile onigita.

# Precautionary : Covid-19 ko chelchakkani dakanirang

1. ·Sagipa manderang oni chele dongbo. Je manderangan gusu ba atchingengachim, uarangoni komibeoba feet gittam chele dongbo.



2. Nangni mikkron, ginting aro kusik man'a dipet dangtapnabe.



3. ·Naa sagen chimode noktango dongbo.



4. ·Nangni gusu aro atchingako nangni jakpong ba tissue lekka chi pindapbo, uni jaman tissue lekka ko name galbo.



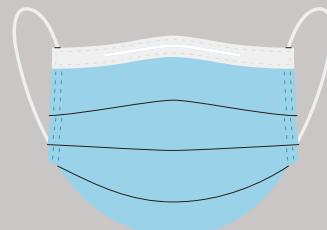
5. Jaktangko sabon aro chichi sugaljringbo, mangsongbatte apal reani jaman, chana skang aro antangni gingko galani jaman, ba gusuani aro atchingani jaman.



6. Sabon aro chi sambao dongjagenchimode, jaktangko rakgipa sanitizer chi sugalbo. Jaktang agre mitchiode pangan sabon aro chichi sa sugalbo.

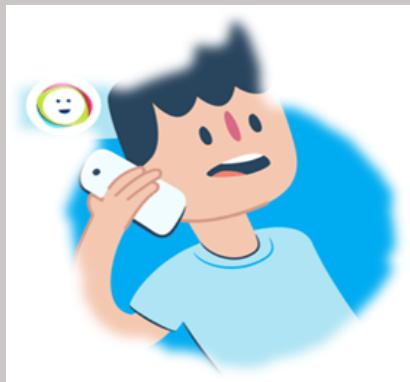


## 9. Songreon Health and Welfare Sorkar ni niam ko jarikbo .



Saoba sagenchimode ba  
Covid-19 sabisi ko  
mangenchimode, jringnan  
rimrokgipa bosturangko  
rongtalatjringbo. Nokko  
rongtalatgipachi sugalbo.

7. Naa been dinggenchimode,  
gusu ba rangsitna nengnikaniko  
mangenchimode tarake sananiko  
dakbo.



Clean : Sugalani aro rongtalatani

- Rimrokrongipa bosti rangko  
rongtalatjringbo. Jekai table,  
doga handle, bijoli  
ni switch, babilsi  
kosakrang, rimanirang,  
phone, keyboards,  
latrine, tap aro rachakanirang.



8. Songreon Health And Welfare  
Sorkar ni niam ko jarikbo

**Monitor : Antangni been  
ansenganiko nijringbo.**

Sabisini rokom rangna  
simsake dongbo.

Been dingani, gusu,  
rangsitsokgijani aro gipin  
Covid-19 sabisi ni rokom  
rangko nisamsobo.

• Nokna nangchongmotgipa  
bostu ko breanio,  
kamtang chi reani  
aro biap jeon feet  
dok chelgrikke donga  
nengnikalao iarangko  
namen nisamsona nangna.

• Sabisi ni rokom rangko  
mangenchimode  
antangni been  
dinganiko ame nibo. Been  
dinganikonion,  
been ni kam kaani jaman  
minute 30 ni ningo ranabe, ba  
been dinganiko komiatgipa sam  
jekai acetaminophen ko raani  
jamande ninabe.

## PREVENTIVE

- Jaktangko name dake  
aro jringnan sugalbo.



- Maderangoni chelgrikke  
onganiko rakken manibo.



- Tombimangoniko gelbo.



- Gital mesu rangko name sugalbo.



Antangtangi  
jakalgipabosturangko  
jakaldrimnabe.



- Apalchi ongkatode maskko ganjringbo.



- Public biap rango chana ba ringaniko gelbo.



- Sagenchimode antangko saksa donganiko dakbo.
- Nangchonngmottana agre songrenabe.

## Vaccination ba biji suaniko rabo.

- Nama sorkar ni rachakgimin Covid-19 bijisuani nangko Covid-19 oni naljokatna manna.

- Mangenchimode Covid-19 biji suaniko rabo.



# COVID MAN'ENGON MAIKAI AN'TANGKO SIMSAKANI

1. Nang be'en ni ding'a 97° F oni 99°F jolo ong'na nanga aro be'en-o donggipa oxygen 95% na komina nangja.

2. Antangni name rangsitna am'a ma mangija ko name nie nibo (oxygen saturation 95% na agre komina nangja), fever saa nirangko (100°F o ong.ode ba una bariode), gusu simsimaniko, biba man'gija, toa toja ma'sigijaniko, sko saanirangko aro ok re'anirangko.

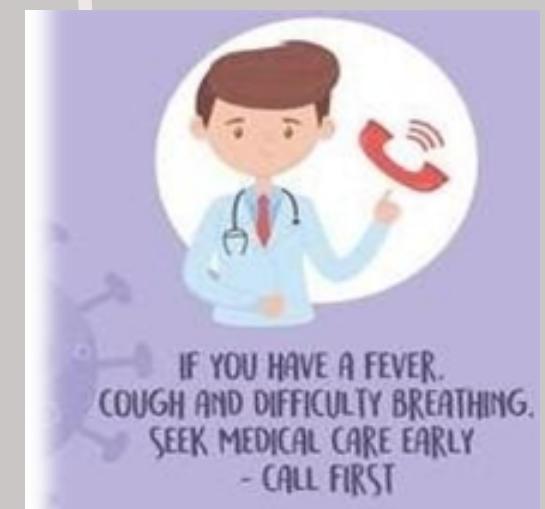


3. An'tangko covid man'a ine chanchiode bak an porika ra'e nibo aro uno virus ko man.jaode quarantine ka'e sal 5-7 rangni ja'man ka'taibo.

4. Saoba saa man'gipaming na'a maibakai robrin man'ode na'a gipinrangnaba an'tangni ong'a obosta ko senggnang parakatbo.

5. Nokoni ong'katgija dongbo, na'a saa ding'o check-up na re'ana agre.

6. Na'a konta 72 na fever dongjahana kingking aro covid ni symptoms jekai gusua ba rangsitna neng'nikanirang namkaljana kingking an'tangko gipinrangoni chel'ate dongbo.



7. An'tangko nirokrokbo aro sanenggipa doctor rang baksa kober ra'grikjringbo aro bilonge sana skangan doctor-rangna kober on'bo.

8. Nokdangni manderangoni aro jilenggipa ragoniba an'tangko chel'ate dongbo aro kuturi ge'sano sakgipinrangming dongdimako gelbo.



9. Sakgipinrangona sabisi-ko gusuachi ba atchingachi batatjana gita mask-ko ganjringbo.

10. Cha'brin ringbrinako noko daknabe, aro cha'chak ringchakgipako sakgipinrang baksa apsanko jakkaldimnabe aro tale nate su'srange donbo.

11. ·Babilisini bostu natchakram, auchakram, ki'chakram ba letrin-ko jakkalani ja'man name susrangbo aro rongtale rakibo.



Everyone must wear a mask



12. Chu'onga gita neng'takbo, chi ding.bomako ringbo, nama cha'aniko cha'jringbo, chi ding'chi aubo, sabon chi jaksujringbo aro 60% alchohol based handsanitizer ko jakkalbo.



Handwashing & use of hand sanitizer



**COVID-19 NA DAKCHAKANI NUMBER  
TANGARI PHONE KA-NA MAGNIPA  
NUMBER RANG**

**IA NO'ONA CALL KA-ATE  
DAKCHAKANI  
NUMBER SABISI KO MAIKAI UINA  
GITA MANGEN SKIE ONANI**

Sa-bisi- 108

**Sanna Banna Niko Kam Kagipa  
Pilakon Nangchongmota**

**RI-BHOI 8787520449**

**EAST KHASI HILLS - 7085281316**

**WEST KHASI HILLS &  
SOUTH WEST KHASI HILLS  
- 9485395373**

**EAST GARO HILLS &  
NORTH GARO HILLS  
- 9485113132**

**WEST JAITIA HILLS &  
EAST JAITIA HILLS  
- 6009693315/03655230605  
/ 7628075990**

**SOUTH GARO HILLS  
- 7085100406**

**WEST GARO HILLS &  
SOUTH WEST GARO HILLS  
- 9864939334**

**Help Line**

**DINGTANG SUB-CENTRE RANGNI  
PHONE NUMBER RANG**

East Khasi Hills Phc  
Mawlaingut PHC -  
+918837429904

West Khasi HillsRiangdo PHC  
-9774449833.

West Khasi Hills  
Shallang PhC +91  
7972843609

West Khasi Hills  
Nonglang PHC + 91  
8837267413

West Khasi Hills  
Mairang civil hospital -  
9436706852

West khasi hills  
Nongstoin Civil Hospital  
- 8787559808

South west khasi hills  
Ranikor CHC- 7436265337

Ri-Bhoi District  
Nongpoh Civil Hospital -  
9436110561

Jaintia Hills District  
Khliehriat Civil Hospital  
- 9856019406

Garo Hills District  
Williamnagar Civil Hospital  
- 8414055904

Garo Hills  
District Baghmara  
-7085918868

Garo Hills  
District Ampati 8837001912

**NAMBATE MA'SINA  
SKODE, KA'SAPAE IA KA'MOA  
ON'GIPA NUMBER RANGONA CALL  
KA'ATBO**

Smt. I. Shadap - 8974637257

Smt. Jane Rymbai  
- 9863472949

Smt Naphisabeth  
- 9774915764

Smt Dorene Thabah  
- 8259950299

**Help Line**

## **PSYCHIATRIST CONTACT NUMBER**

**Smt. Daina Roy Tongper**  
- 9612105355

**Smt. Hanna Mary R Marak**  
-9863939922

**Smt. Vanessa Kharlukhi**  
- 8794969746

**Smt. Simchi Ch Marak**  
- 8787346956

**Smt. Christy Najiar**  
- 8259950299

**Smt. Narbecca G. Momin**  
952109766

**Smt. M.B.Marak**  
- 9862422302

**Shri Truman Basaiamoit**  
- 8794201588

## **EAST KHASI HILLS CONTACT NUMBERS**

**Dr. Jasmine M Lyngdoh**  
-9436307269

**Dr. Pynhun Pakma**  
-8974285852

**Dr. Zebalda Restia Dkhar**  
-8794793526

**Dr. B. Sohhlet**  
-9436766840

## **WEST KHASI HILLS CONTACT NUMBERS**

**Civil Nongstoin**  
-7642008817, 8974037257,  
6909035773

# Help Line

**BISA KO NALJOKANI  
COVID-19 NI SOMOIO**

**East Khasi Hills**

-6009132798 / 8794707520

**West Khasi Hills**

-8258076014

**South West Khasi Hills**

-6033184459 / 8794864386

**West Jaintia Hills**

- 8257849027 / 9436335020

**East Jaintia Hills**

-89747449226

**Ri-Bhoi**

-7085550820 / 7005607547

**West Garo Hills**

-9862112746

**South West Garo Hills**

-6009917846 / 7005939314

**East Garo Hills**

-9436155604 / 7642909148

**North Garo Hills**

-8731910344 / 8575447006

**South Garo Hills**

- 8413082320

**Help Line**

# AN'SENG BALJOKANINA MEGHALAYA SORKARINI KU'PATIATINI

2021 bilsini May jani 27 tariko  
Meghalaya sorkarini Health aro  
Family Welfareni Departmentni  
uiatani gita a'dok gimik osak  
340 mande sigiparangoni sak  
60 de hospital rangona sigimin  
manderangkosa sokbaataha.

A. State (a'doko) manderangni  
siani mongsongbatgipa a'selde  
sabisiko man'gipa manderangoni  
sana-bananiko seng'gnang  
amgia noktangtango  
dongtokani ong'a .

1. Pilak manderangan,  
mongsongbatede  
sabisiko man'giparang ,sabisiko  
man'ani sal 8 mang ong'ahaon  
be'eno saani  
dingtang chin rangko  
ba bewalrangko  
ma.sie ra'na nanga.  
Sabisiko man'gipa sakantian  
sachengani chin ba  
bewalrangko nameka'en  
u'ie ra'na nangchongmota.

2. Sabisiko man'ani  
sal 8 ni gisepo  
sabisiko man'ahaniko  
u'iat samsonai chinrangara
- A. Rang'gitik be'en jimani ko  
ba nengnikaniko ma'siani
- B. Sana a'bachengmitingo  
ma'sichenggipa saanirangni  
bilongbatroroani
- C. Be'eno dingtang dingtang  
sadapanirang ba  
neng'nikdapanirang.

Indonga sakamanirang ba  
nengnikanirang ong'genode ,  
sakamdingkamgipa mande  
an'tangni u'igipa ba ma'sigipa  
ba songtangni joltango  
donggipa doctorna  
ta'raken koborko on'na  
nanga maina be.enni  
ning'ao ong'siataniko  
ong'atengnoba gnang- aro  
indake ong.on saenggipa  
mandena sanabananiko  
ta'raken on'na man'a nanga.

3. Sabisiko man'gipa manderang  
an'tangtangba aro uamang  
ko nirokenggiparang  
saenggiparangni  
bilongbatroroani chinrangko  
simsake nirikrikna nanga aro  
uarangko ma.siode ba nikode  
ta'raken ba bikan namabta sana  
banani cholko am'na nanga .  
Main asana'bananiko somoi  
gita mana'anichin saenggipa  
rimange ICU rango  
donpile oxygen  
rangko on'na nangpilarangoniko  
galna man'gen .  
Pilakna bateba sabisiko  
man'gipa  
manderangni janggi jama  
gimaanikoba komibatatgen.

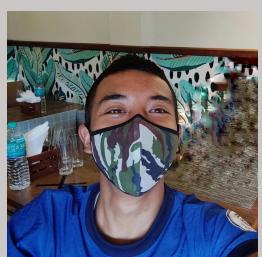
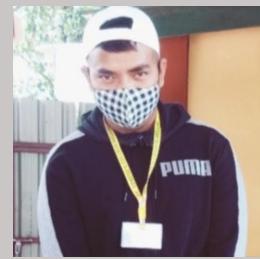
B. Kosako janappgimin  
ku'patianirangko nengrae  
ba namrenge ra'jana gita ,  
aroba COVID sabisioniko  
champengna cholrangko ba  
dakbewalrangko ra'gatna,  
ka'mao janappgiparangni  
gimin pilaknan  
ma'siatna nanggen.

1. Pilak mikkangchake ba  
on'pae kamko ka'enggipa  
aro nokantiona re.roroe  
sabisiko man'e noktangtango  
sae dongenggiparangko  
seng'sandilenggipa  
dolrangnaba namedake  
skieba ma'siate on'anirangko  
on'na nanggen. Uamangan  
sabisni gimin aro sabisiko  
man'e saani aro uarangni  
bilggribatroroani chinrang ba  
bewalrangni gimin saenggipa  
manderangna ma'siate  
on'na nanggen.  
Saa bilongbatangegon  
somoi gita seng'gnang  
nambata sana-bananiko  
man'ani namgnirangni gimin  
ma'siate on'na nanggen .  
Sabisiko man'ani a'bachenggipa  
sal 7 mangnade saani obostani  
kri nanga git asana'bananiko  
on'na nanganinaba gnang indiba  
sal 8 mangni ja'amano  
sagiparangoni saobarangde  
saa bilongbatnaba gnang.  
Ian saenggipa mandena  
nengnikbatani ba jajrengna  
nangbatgipa somoirang  
ong'naba gnang.

2. COVID sabisiko  
man'giparang  
gita chacha dake  
saeggiparangni  
saa bilongbatroroani chin  
ba bewalrangkoba name  
simsake nirikkichina pilak  
sana bananiko  
on.nenggiparangnan  
ku'patianiko on'na .  
lako dakna  
nangchongmotgipa  
kamrangoni  
mongsongbatgipa kam  
gita ra'pabo

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**"STAY SAFE & STAY HEALTHY"**