



# St. Edmund's College, Shillong

**MSW 1st SEMESTER**

KA JINGBATAI SHAPHANG  
U KHNIANG



# KI SKER

- Jingbatai lyngkot shaphang u khniang COVID-19
- Ki jingthmu
- Ban leh bad bymdei ban leh ha ka por ba ioh COVID-19
- Ki jingkylli shaphang u COVID-19
- Ki lad jingiada na u khniang jingpang COVID-19
- Ki lad jingiada lada don ba ioh ia u khniang jingpang COVID-19
- Ki number ba phi lah ban phone ban tip kham bniah shaphang une u khniang jingpang COVID-19
- Ka jingbtah na ka sorkar Meghalaya halor ka koit ka khiah.

## JINGBATAI LYNGKOT SHAPHANG U KHNIAH COVID-19

Ka jinglait jong une u khnaing jingpang corona virus ba lah rai da ka Public Health Emergency of International Concern (PHEIC) bad ba ulah pynsaphriang ha baroh ki ri bad ki territory baroh kawei. Katba bun ki bym pat tip ba naei une u jingpang u wan bad u ktah, ngi tipba ngi lah ban ioh lyngba kajingia kynduh pyrhshah na ki respiratorydroplets na ki brieuw ba don une u jingpang (na ba jyrhoh badsynriah). Baroh ki lah ban shah ktah lang tang lada ki ktah ia ki dur khmat (kum ki khamat, khmut badshkor) bad kino short kynjah tiar, kiba lah ktah da uba lah don uta u khniang jingpang. Katba u une ujingpang COVID-19 un dang bteng ban pynsaphriang, ngi donkam ban pynbna lane pyntip sha ki parashnong para thaw ban ngi dei ban shim khia ban lait na kita baroh, ban pynduna bad ban iada na kajingpynsaphriang jong uta khniang jingpang.

## Kiei kidak ki shin jong u khniang COVID-19?

Une u khniang jingpang lah ban tip lyngba ka khie shit, jyrhohrkhang, ymlah ban ringmynsiem, kajingtlot met, less common symptoms, ktha khlieh bad kamet ka phad, sat u pdot, pynhiar kpoh,dait kakhmat, baiong khlieh, ymdon jingmad haka por ba bam kino<sup>2</sup>ki jingbam, dait ki kti phler ka snieh dohjong ki ktibad sla kjat. Ha baroh ki jingpang, ka lah ban ktah pneumonia lane jynjar ban ringbad pynhiarmynsiem, pang ka shadem lane dap shadem, thlun bankren lane ban khh shane shatai. Ka jingma habarohka long ba une u khniang jingpang kaba jur. Une u khniang jingpang u long thik kumka jingpang flulane suh khriat suh kynther ha kaba baroh ki longkum u khniang jingpang Covid 19. Ta kadaw balei ngidonkam ban test khnang ba kin tip ba lah don ne m ba pang na une u khniangjingpang.

## Kumno une u khniang COVID-19 u saphriang?

Une u khniang u saphriang lynba ka jingiajan ne iakren markhmatlyngba ki umbiah ba her na ki brieuwbadon ia u ne u khniangjingpang (bad ruh lyngba ka jyrhoh bad shynriah).

Baroh ki lah banshah ktah lang tang lada ki ktah ia ki dur khmat (kum kikhmat,khmut bad shkor).

U ne u khniang jingpang u lah ban Imhaduh da ki kynta , hynrei u lah ruh ban iap da ka ba pyndonkam iakidawai kum ki hands sanitizer.

## KI JINGTHMU

- Ban pynduna ka jingsaphriang u khniang COVID-19.
- Ban long kiba husair bad ba adkar bad ban sumar ia ka koit ka khiah jong ka shnong ka thaw jong ngi.
- Ban long kiba stad bad ba husiar haba kiew ka jingpang.

**Kumta, ban iada ia u ne u khniang jingpang na ka jing saphriang dei ban bud ryntih ia ki badei bad ki bymdei ban leh ia kiba la kdew harum:**

- **Badei ban leh✓ X**

Pyntikna ban da ia la ki khmut bad shyntur jongphi ha ka por ba phi synriah lane jyrhoh.



Pyntikna ban da ia la ki khmut bad shyntur jongphi ha ka por ba phi synriah lane jyrhoh.



Sait bha ia la ki kti da ka um bad ka sabon.



Lada phi sngewshitom na une u khniang jingpang, phi donkam ban leit klo i klo i sha ki Dispensary, PHC, bad CHC ba ha jan jongphi.



Pyllait ia ka jaka ba hapdeng ban pyniajngai I wei na I wei pat.



Dei ban Bud ryntih ban pyniajngai na kiwei bad ban shong khop ha ing katba lah.



ka jingkilan met ha la ing kadei kaba donkam khnang ban ioh ia ka met kaba koit kaba khiah.



Pyndonkam da ki tissue paper tang shisien bad bret noh ha ki jaka bret niut.



## • Bymdei ban lehx

Kiar na kaba leit sha  
kino kino ki jaka bunbriew.



Kiar na kaba kynduh ia ki  
briew kiba wan  
na kino kino ki jaka.



Kiar na kaba leit shang kai,  
kum ka leit jngoh kai,  
kynduh baha ing ha  
sem bad kiwei kiwei de.



Kiar na kaba ai kylliang  
tiar bad kiwei

Kiar na kaba mih lynti  
syngkieng lait noh tang lada dei  
kaba donkam eh kum ha  
ka por leit thied mabam  
bad dawai

Wat ym leit kynduh ia  
kiba ha  
ing ba lah tymmen lane  
kino kino  
ki nong kitcam shnong  
namar  
ba kidei ki high risk group.



Wat ym tieng ne khuslai  
jingmut,  
tangba phi dei pat  
ban kit khia hi.



Aarogya Setu

ऐसुरक्षित | इस सुरक्षित | भारत सुरक्षित

- **Shaphang u Aerogya Setu app**

Ka Aerogya Setu ka dei ka app  
ka balah ban bud dien ia ki bries  
ki ba lah don ia une u khniang  
jingpang haka pyrthei mynta.

1. Hadien ba lah dep install  
ia ka app,  
kiba pyndonkam ki hap  
ban on ia u  
Bluetooth bad GPS ban  
ioh ia kane ka jingtip..
2. Lyngba ka jingiaid jong u  
Bluetooth, kane ka app ka  
lah banpynithuh ia  
kino kino ki ba  
pyndonkam ia une u  
Arogya Setu.
3. Haka juh ka por, daka ba  
pyndonkam ia u GPS kumba  
15 minutes phi lah ban  
buddien iaki bries ba phi  
ia kynduh..

4. La kine ki jingthoh  
ne records la  
buh ha ki phone  
ki jong phi.  
Wat la katta ruh,  
lyngba kane ka  
app ka pyni ia  
ki bries kiba ioh  
ia ka jingpang  
COVID-19. la kane  
ka data kin sa  
pynmih ha ka ne  
ka app naka bynta  
ban khmih bniah  
da ka Sorkar

**Harum ngi lah ban tip kumno  
ban ioh ia kane ka app..**

**Bynta 1: Download ia une u app.**

**Bynta 5: Pyndap la ka kyrteng,  
snem bad ka kam ba phi trei.**

**Bynta 2: Plie ia une u app bad on  
ia location sharing bad bluetooth.  
Pyniaid ia une u app bad shah  
location sharing  
bad Bluetooth access.**

**Bynta 6: Pyndap bniyah iaki  
jaka  
ba phi lah iaid ha kine ki sngi  
ki  
bnai ba lahdep.**

**Bynta 3: Ha kapor ba phi register  
phin ioh ia u OTP  
ha ka phone ba phi register.**

**Kumta, u  
ne u  
app u lah  
ban iarap ban  
tip ia ki  
briew ba l  
ah  
don ia u ne  
u khniang.**

**Bynta 4: Jied lada phi dei  
shynrang ne kynthei.**

**Bynta 7: Sdang kumba  
20second ban  
tip la ka  
pyni ba phi lah don ki dak  
ki shin jong  
u ne u  
khniangjingpang.**

# Ka puriskam shaphang COVID-19

**1. Tang kiba don ia ki dak ki shin ki dei ban deng ia ka mask.**

Ka jingshisha: Em, baroh ki donkam ban deng ia ka mask. Kiba don ia ki dak ki shin kum ka jyrhoh bad synriah bad kito kiba sumar ia ki nongpang COVID-19 ki hap ban deng iaka mask kynthup lang ia kito kiba shait ba koit.



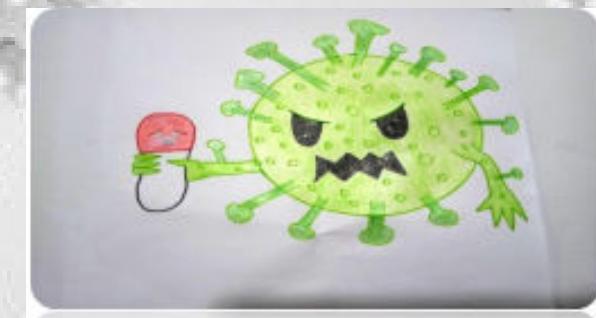
**2. U khñiang jingpang COVID-19 u lah ban saphriang lyngba ki jingri.**

Ka jingshisha: Kam don kano kano ka sabut ba kdew ba ki jingri jong ngi ki pynsaphriang ia une u khñiang jingpang sha ki biew.



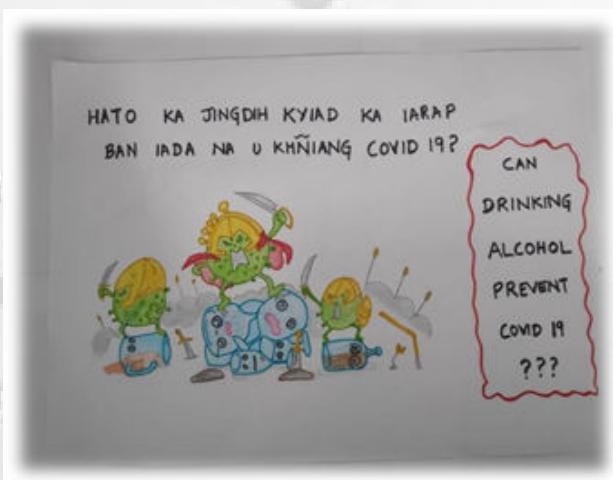
**3. Ki dawai Antibiotics ki long kiba treikam ha ka bansumar ia u khñiang jingpangCOVID-19.**

Ka jingshisha: ki dawai Antibiotics kim treikam satia ban iada ne sumaria une u khñiangjingpang. Ki Antibiotics kim treikam pyrshah iakiviruses.



**4. Ka jingdihkyiad ka ai  
lad jing iada na u  
khñiang jingpang COVID-19.**

Ka jingshisha: Ka jingdihkyiad kam iada satia na u COVID-19.



**5. U COVID-19 u ktah tang kiba la rangbah bad ymdei iakikhynnah samla.**

Ka jingshisha: Ki biew ha baroh ki rta khyllung, khynnah, samla nerangbah ki la ban shah ktahha u COVID-19



**6. Ki biew ki lah ban shah ktah ha u COVID-19 da kaba bam pylleng, dohsyiар bad kiwei pat ki jait doh.**

Ka jingshisha: Ym la ban pynshisha ba u khñiang jingpang COVID-19 u saphriang da kaba bampylleng, dohsyiар ne kynja doh.

Ka long kaba donkam ban bud ia ki aiñ jong ka jingkoit jingkhiah.



**7. Ka jingbam rynsun ka la ban iarap ne iada na ka jingshahktah ha u COVID-19.**

Ka jingshisha: Ym don sabut ban pynshisha ba ka jingbam ia u rynsun kan iada na u khñiang jingpang COVID-19.



**8. Ki jingsong ba wan na China ki la ban pyntsaphriang ia u khñiang jingpang COVID-19.**

Ka jingshisha: U khñiang um la ban im ha ki shithi ne jingsong hadien kato katne por. Watla u khñiang u la ban bit ha kine jingsop hynrei um la ban im bad saphriang lyngba kine ki jingsong ba wan nabar.



**9. Ka jingsaphriang ka la sdang namar ba ki biew ki dih iaka syrwa lambit.**

Ka jingshisha: Ym la ban io sakhi ba kata ka syrwa ka long ka daw jong ka jingsaphriang.



**10. U COVID-19 u long kum ka baiongkhlieh (Flu).**

Ka jingshisha: Ka kham jur ban ia ka baiongkhlieh kaba ju wan ha ki por kylla aiom.



## **11. Baroh kiba ioh COVID-19 ki iap.**

Ka jingshisha: Kane kam dei ka jingshisha, tang kato katne kiba iap na ka daw ba ki don lypa bad kiwei ki jingpang ki ba don ha ka met.



## **12. U COVID-19 um la ban im ha ka por shit.**

Ka jingshisha: U COVID-19 u la ban saphriang ha baroh ki jaka, ha ka por shit ne por khriat.



## **13. U khñiang COVID-19 u dei uba ma tam napdeng ki khñiang jingpang (viruses).**

Ka jingshisha: Um da dei uba ma haduh katta katta kumba long kiwei pat ki khñiang jingpang ba ki briew ki la ioh mad.



## **14. Lah ban iada na u khñiang jingpang COVID-19 da kaba sum da ka um khluid.**

Ka jingshisha: Ka um khluid kam la ban iada na kaba ioh ia u khñiang COVID-19.  
Ka jingshit

kaba don ha ka met jongngi, kata  $36.5^{\circ}$  C, ka neh beit kumjuh lada sum da ka um khluid ruh.



## **15. U COVID-19 u dei u khñiang jingpang jong ka baiongkhlieh (flu).**

Ka jingshisha: Mano mano la ban ioh ia u COVID-19, um peit iakakyrdan u briew. Namar kata, bad kine ki jinglong u la ban mih ha kano kano ka por, bad ki briew ki sheptieng

bad haba kisheptieng, ki pyrkhat bakla.

Ngi dei ban tip ia ka jingshisha shaphang ukhñiang

COVID-19kumno u saphriang ha ki jaka ba ngi shong ngisah bad ng i dei ban wad ki lad jing iada.



## • Ki jingkylli shaphang u COVID-19

FAQ

### 1. U ei u COVID-19?

U COVID-19 u dei u khñiang jingpang ba mih na u khñiang Corona Virus.

### 2. Kiei ki dak ki shin jong u COVID-19?

Ki dak ki shin jong u khñiang COVID-19 ki long ka baiongkhlieh, ka jingsngew thait met, bad ka jyrhoh rkhiang. Don ki nongpang ki ba iong khlieh bad iohsngew ia ki jingpang, set khmut, ka jingtuid eitmut sngur, set ryndang bad ka pynhiar. Kine ki dak ki shin kim da jur than ha kaba nyngkong hynrei lada

ngi kheiñ sting ki lah ban jur hadien.

Ki don pat ki biew kiba ioh ia une u khñiang tangba kim don ia ki dak ki shin bad kim sngew ia ka jingpang.

### 3. Kumno u khñiang jingpang COVID-19 u saphriang?

Ki biew ki lah ban ioh ia kane ka jingpang COVID-19 na kito kiba don ia une u khñiang jingpang. Une u khñiang jingpang u la ban saphriang na uwei u biew sa uwei pat lyngba ki jynhaw kiba mih na ka khmut bad na shyntur jong kito ki biew kiba don ia une ukhñiang jingpang.

### 4. Hato ngi dei ban deng ia ki mask ban iada ialade?

Hoid, ka jingdeng ia ki jingda khmut ka long kaba donkam wat lada ngim shitom lane iakynduh bad ki biew kiba pang COVID-19.

Ka jingdeng ia ki jingda khmut ka iada ialade shimet bad ia kiwei ruh kumjuh.

### 5. Hato don ki lad ki lynti ban iada ialade na u COVID-19?

Ka lad ban iada na une u khñiang jingpang ka long ngi dei ban sait ia ki kti man ka por, deng ia ki mask, bad ieng jngai kumba 2 metre iwei na iwei pat.

**6. Haei ngi lah ban register na ka bynta ban ioh ia ka tika jong u COVID-19?**

Ngi la ban register ialade da kaba plie iaka CO-WIN portal da kaba wad lyngba ka bor i nternet ia kane ka link [www.cowin.gov.in](http://www.cowin.gov.in) bad sa ñion ha ka jaka ba thoh rigistar.

**7. Hato donkam kano kano ka mobile app ban hap install ban registerna ka bynta kane ka tika?**

Em, ngi la ban register beit da kaba leit ha ka CO-WIN portal. Phi lah ruh ban register da kaba install iaka Aerogya Setu App.

**8. Ki ba katno ka rta ki lah ban register na ka bynta ka tika ha ka CO-WIN portal?**

Baroh ki nongshongshnong kiba la dap 18 snem ka rta shaneng ki lah ban register na ka bynta ka jingai tika.

**9. Hato ka long kaba donkam ban shim iaka dose kaba ar jong ka tika?**

Haoid, ka long kaba donkam ban shim iaka dose kaba ar jong ka tika na ka bynta ka jingtreikam kaba bha jong ka tika. Ka dose kabanyngkong bad kaba ar ka dei ban long da kajuh ka jait dawai.

**10. Hato kine ki tika ki long kiba ioh ei ha baroh ki jaka ai tika?**

Em, iakaba mynta tang ha ki hospital sorkar ki lah ban ioh ei. Ha ki hospital shimet pat ki hap ban siew 250/- na ka bynta ki nongshong shnongkiba la 45 snem shaneng.

**11. Balei ngi donkam ban  
ioh syrnot (certificate)  
na ka bynta ka tika?**

Ngi donkam ban  
ioh syrnot  
na ka bynta ka tika namar ka  
long ka sakhi ia  
kino kino ki  
nongshongshnong kiba kwah  
ban leit jingleit  
shabar ban  
pyntikna ba ki la dep ioh tika.  
Ka tika kam dei  
tang ban iada na  
ka jingpang COVID-19 hynrei ka  
pynduna ruh ia ka  
jingsaphriang  
jong u khñiang jingpang  
COVID-19. Nakatakadaw,  
ka donkam ban pyni ia ka  
syrnot ha kano  
kano ka jingialang  
kaba ngi leit khamtam  
shabar ri.

**12. Naei ngi la ban  
ioh iaka syrnot  
(certificate) tika?**

Ngi lah ban ioh iaka syrnot  
tikna na ka CO-WIN portal  
(cowin.gov.in)lane ka  
Aarogya setu app  
lane da ka  
Degi-locker da  
kaba bud ia ki  
kyndon ba la buh.

# KI LAD JINGIADA NA U KHNIAHG JINGPANG COVID-19

1. Kiar na ki ba shitom bad pynjngai ialade kumba 3 mitar na kiba jyrhoh bad synriah.



2. Ialeh ban nym ktah ia ki khmat, khmut bad shyntur.



3. Pynkhuid ia ka phone shi sien shi sngi.



4. Da ia ka jyrhoh bad ka jingsynriah jong phi ha ki tymbuit kti lane pyndonkam da ka Jain rumal.



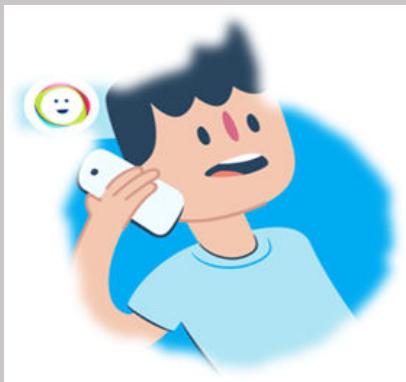
5. Sait bha ia ki kti jong phi da ka um bad ka sabon, khamtam eh daphi ladep wan na painkhana, shuwa ban bam, bad hadien ba philah dep sur ne niadkhmut, hadien ba la dep jyrhoh ne synriah.



6. Lada phi don ha ki jaka bym ioh sait sa ka um bad ka sabon , pyndonkam da ki hand sanitizer ba la shna kyrpang. Kan kham bha ban sait beit ia ka kti da ka um bad ka sabon tang shu iohi ba ki jaboh.



7. Lada phi don ka jingshit met,  
jyrhoh bad jynjar  
ka jingringpynhiar  
mynsiem,pynsted  
kloi kloi ban leit pyni doctor  
katba kloi eh.



8. Buh ha ki jingmut jingpyrkhat  
jong phi shaphang ki kyndon  
ba ka sorkar kmie ba dei  
khmih ia ka oit ka khiah.

9. Shong ha ing lada sngewpang.



10. Dei ban pynkhuid bha khah  
khah ia ki lor jong kino kino  
ki jaka ba don hajan jong phi kum  
ki lor miej, u tiar jingplie  
jingkhang,ki light switch ha  
iing,ki jaka buh tiar shalor,  
ki jingbat jingkhang, ki miej ki  
shuki, kiphone  
(landline bad mobile),  
ki jingkhnion  
jong ka komputor, ki jaka  
leit painkhana.

11. Lada don mano mano ba ioh  
pang lane ba lah  
shem ba ki don  
ia u khñiang jingpang  
COVID-19,synreit  
dawai ia ki jaka ba  
ju ktah barabor.

12. Husiar lada ioh ia kine ki  
dak ki shin jingpang  
kum kishitmet  
.jyrhoh,jingjynjar ha kaba  
ring bad pynhiar  
mynsiem bad kiwei  
kiwei de ki dak ki shin .

13. Khamtam eh haba leit sha  
ki iew ki hat, ki jaka treikam  
lane ha kinokino  
kijaka bym lah ban  
ieng jngai iwei na iwei.



14. Thew ia ka jingshit jong phi  
lada iohi ia kitei ki dak  
ki shin. Watthew ia  
kajingshet jongphi  
hapoh 30 minit lada phi dang  
shu depkilan met lane  
depdih dawai kiba pynhiar  
ia ka jingshit jong  
phi kum u acetaminophen.

15. Sait bha ia la  
ki kti man la ka por.



16. Ymdei ban ia khublei kti lane  
ia kdup bad kiwei ha  
kum kine kipor bamynta.



17. Shim khia ha ka ban  
pynjngai ialade na ki wei.



18. Ym dei ban ialum paitbah.



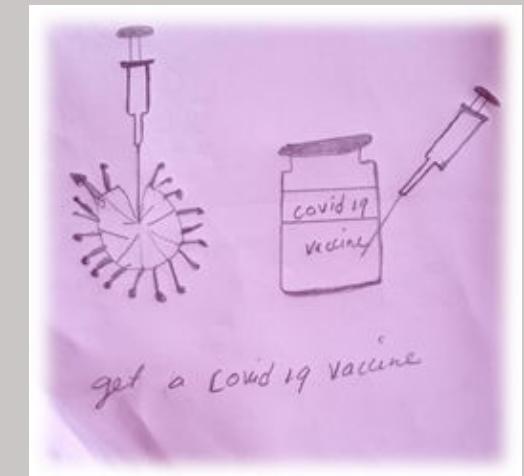
19. Sait khuid ia ki jingthied  
jong phi kum ki  
jhur bad kiwei kiwei.



20. Sngewbha wat ai pateng ia  
kino kino ki tiar kiba  
dei ki jngphiia  
kiwei kibrief bad la kyntu  
ruh ba phi dei ban  
pyndonkamtang ki tiar  
kiba dei jongphi hi.



21. Deng ia ka mask haba  
phi mih ne leit jngleit.



22. Kiar na kaba leit bam  
ne dih ha ki jaka paidbah.



23. Sumar ialade haba  
phi shem ne  
sngew ba phi do  
n kano kano ka  
jingthud ha ka met lade.

24. Leit jingleit tang  
Lada donkam kyrkieh.

25. Ka dawai  
kaba lah pynthikna  
da ka sorkar kan  
sa iada ia phi  
naka khlam COVID-19.

26. Shim ia ka tika COVID-19.

# KI LAD JINGIADA LADA DON BA IOH IA U KHNIAH JINGPANG COVID-19

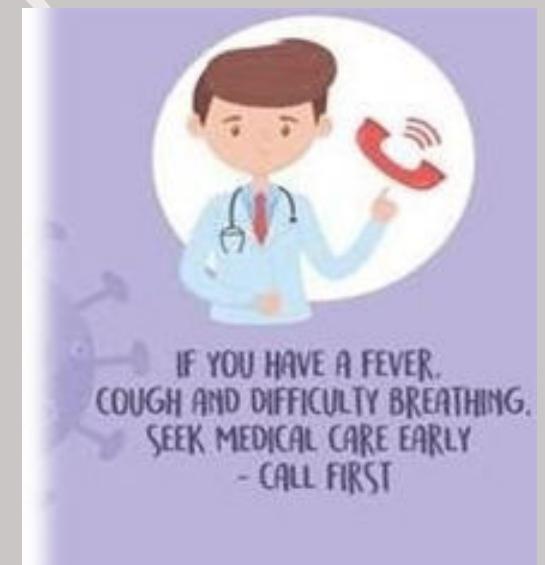
1. Peit ba ka jingshit ha ka met jong phi kan long kumba 97°F haduh 99°F, bad ka lyer oxygen ha ka met jong phi kan long kumba 95°F.

2. Peit bha ia kine ki dak ki shin kiba long kumne, kum ka jingsngew shitom ban ring mynsiem, ka jingshit met kumba 100°F, ba don ka jingjyrhoh, ka jingduna ban sma ne bym don jingmad haba iadei bad ka bam ka dih, ba don ka jingktha khlieh, baiongkhlieh bad ka shoh tlot.

Iwei pa iwei kiba ki  
dei ban  
phah pyni kham kloi lada lap  
ba don kine ki dak  
ki shin, bad  
ada lap ba dei negative,  
donkam ban phah test biang  
hadien 5-7 sngi hadien  
ba lah ioh  
report lane lada  
ki dak ki  
shin  
ki paw ha ka por ba shong  
quarantine.  
4. Ka long kaba donkam  
bad kongsan ban pyntip ia  
kiwei ba phi la iakynduh  
bad kito ki brieuw kiba la don ia  
ka khniang jingpang COVID-19,  
wat lada phim pat  
paw ia kita ki dak ki shin haphi.



3. Shong ha iing, wat  
nym mih ban  
leit sha jingtrei,  
leit skul, lane  
ban leit sha ki  
jaka paitbah, lait noh  
ha ki kam ba kyrkieh  
bad bym lait  
kiar, lane lada  
hap ban  
mih ban leit sha hospital.



4. Dei ban peit bniah bha ia ki dak ki shin jong phi bad leit kynduh ia ki doctor lada phi sngewshitom.  
Dei ban phone shwa ba phi ioh ia ka jingsumar.

5. Deng iaka mask bad tap bha iaka shyntur bad khmut jong phi lada phi leit hajan ki bahaiing hasem ne hajan kiwei, khnang ba kan iada ia ki na ka jingioh iaka jyrhoh bad shynriahkhmut.



Everyone must wear a mask

6. Kiar na ka jing pyndonkam ia ki juh ki tiar ki tar, klat um, pela sha, ki tiarbam (kum ki pliang), ka jaiñniad khmat, jingsiang thiah bad ki bahaiing hasem jong phi ha iing. Sait bha iakine ki tiar hadien ba lah deppyndonkam.  
Pynkhuid bad siat bha ia ka jaka khlieng tiar ne jaka sait jaiñ (lane ka sink), microwave, fridge, painkhana, jaka sum bad kiwei kiwei de hadien ba la dep pyndonkam.



7. Ialeh ban dih shibun ka um, ban thiah bha, ban pynsyaid bha alade, ban sum da ka um basyaid, ban bam ki jingbam kiba tei ia ka met.

8. Dei ban sait man ki por ia ki kti jong phi da u sabon bad ka um, bad ban pyndonkam da ka hand sanitizer.





KI PHONE NUMBER BAN WAD  
BNIAH SHAPHANG U COVID-19  
U EMERGENCY NUMBERS  
BYM DONKAM BAN SIEW PISA

Health (Ka koit ka khiah) - 108  
Baroh haba iadei bad  
ka jingpang ba kyrkieh

Police (Shillong) - 100  
Kiwei ki jingdonkam ba kyrkieh  
lait noh haba iadei  
bad ka pang ka shitom

State Emergency  
operation centre - 1070  
Ka jingdonkam jingtib ba  
kyrkieh haba iadei  
ba u COVID -19

## CONTROL ROOM HELPLINE NUMBER (COVID-19) INTEGRATED DISEASE SURVEILLANCE PROGRAMME

Ka jingiarap na ka bynta  
ki ba shong quarantine ha ing.

STATE SURVEILLANCE UNIT  
-9366090748

EAST KHASI HILLS - 7085281316

WEST KHASI HILLS &  
SOUTH WEST KHASI HILLS  
- 9485395373

Ka jingai report kyllum haba  
iadei bad ki ba shong  
quarantine ha ki  
district bapher bapher..

WEST JIANTIA HILLS &  
EAST JIANTIA HILLS  
- 6009693315/03655230605  
/ 7628075990

WEST GARO HILLS &  
SOUTH WEST GARO HILLS  
- 9864939334

RI-BHOI 8787520449

# Help Line

Ban registar ia ki  
nongtrei ka koit ka khiah.

EAST GARO HILLS &  
NORTH GARO HILLS  
- 9485113132

SOUTH GARO HILLS  
- 7085100406

## Ki nombor phone jong ki sub-centres ha ka por ba donkam kyrkieh:

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

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

Help Line

**KI PHONE NUMBER BA LAH  
BAN IARAP HA KA BOR PYRKHAT**

East Khasi Hills Dr. Paswett  
- 7005504373

East Khasi Hills Dr Raaj Konwar  
- 9612117669

East Khasi hills  
Dr Aeron  
- 9485124785

West khasi hills  
Nongstoin Civil Hospital  
- 8787559808

**KI PHONE NUMBER  
BA NGI LAH  
BAN IOH IA KA SNENG  
KA KRAW HABA  
DON JINGARTATIEN.**

Smt. I.Shadap - 8974637257

Smt Naphisabeth  
- 9774915764

Smt Jane Rymbai  
- 9863472949

Smt Dorene Thabah  
- 8259950299

Smt Daina Roy Tongper  
- 9612105355

Smt Vanessa Kharlukhi  
- 8794969746

Smt Simchi Ch Marak  
- 8787346956

Smt M.B.Marak  
- 9862422302

Smt Christy Najiar  
- 8259950299

Smt Narbecca G. Momin  
952109766

Shri Truman Basaiamoit  
- 8794201588

**Help Line**

# **KA JINGBTAH HALOR KA KOIT KA KHIAH NA KA SORKAR MEGHALAYA**

Katkum ka jingbthah  
na ka sorkar  
meghalaya halor ka koit ka  
khiah ha ka 27 tarik  
Jymmang 2021.

A. Na ki 340 ngut kiba iap ha  
ka jylla, 60 ngut na ki, ki dei  
kiba lah khlad lypa ha ka  
por wanlam sha  
ki jaka ai jingsumar.  
Kadaw jong ki jingiap ka  
long namar ba kine ki  
briew kiba  
don ia ki dak ki shin ki jied ban  
shong ha iiing bad ka  
pynjlan ban ioh ia ka  
jing sumar ha ka por ka  
babiang

i. Ki nongshong shnong  
khamtam  
ki nongpang kidei ban  
don ka  
jingshemphang  
halor ki dak  
ki shin ba paw  
hapdeng  
kine ki phra sngi bad  
ban khein bad niew  
naduh ba lah lap ia ki dak  
jingshitom.Ka long  
kaba donkam  
ba baroh ki briew ki  
dei ban shah  
ai jinghikai kumno  
ban ithuh shai  
bad ban nang ban  
buh dak naduh  
ka sngi ba nyngkong  
haba don ia kine  
ki dak ki shin.

ii. Ki dak ki shin jong kane ka  
jingpang kaba lah ban paw  
ha ka sngi ba phra  
ki long kumne harum-

1. Ka jingthait klo ne  
jinglot kynsan jong ka met.
2. Ka jingsdang bad jingjur  
kynsan ki dak ki shin  
ba paw hashwa.
3. Ka jingmih jong ki  
dak jingshitom ba  
thymmai bym pat  
ju don ha shuwa.
4. Ka jingsdangbiang ne  
ka jingkiew jong  
ka jingshit met.
5. Ka jingjur ka jing jyrhoh.
6. Ka jingpang shadem.

7. Ki dak jingjynjar ban ring  
bad pynhiar mysiem ki  
bym paw kham hashwa.

Ha kum kine ki jingjia, la  
bthah ia ki nongpang ban  
pyntip mar mar sha ki  
doctor ne ki ophisar ka koit  
ka khiah ki badon hajan  
namar ka lah ban dei na ka  
daw jong ka jingtyrha jong  
kane ka jingpang. Dei ban ai  
ka jingsumar kaba kyrkieh  
haba don kum kine ki  
jingjia.

iii. Ki nongpang bad ki nongsumar  
ki dei ban long kiba phikir  
bad husiar da kaba pynkynmaw  
bha ialade shaphang  
kine ki dak ki  
shin. Lada ki ioh jingiarap  
ha ka por kaba biang,  
ynnym donkam  
ban shah sumar ha ki  
hospital da kaba ai oxygen lane  
thiah ha ICU. Da kaba bud ia ki  
jingbthah haneng, ka lah ban  
pynduna ia ka jingiap jong  
ki biew na kane ka jingpang.

B. Ban pynthikna ba kan ym don  
ka jingkhein sting halor kitei ki  
jingbthah haneng kiba long  
shibynta katkum ka kyndon badei  
ban leh khnang ban lait na  
ka jingsaphriang,  
Kine harum ki dei ban bud ryntih.

i. Baroh ki nongtrei  
ba hakhmat ne  
ki frontline workers kiba don  
duty ha ki jaka bapher bapher  
bad kito rung ha ki  
ing ki sem ki dei  
ban ioh ka jingbthah  
kaba biang  
halor kane mat. Ki dei ban ai  
jing hikai ia ki  
nongpang jong ki  
ban peitthuh ia ki dak ki shin  
jong ka jingpang bad ka  
jingdonkam ban  
wad ia ki lad bad  
jingiada bad  
jingsumar ha ka por ka  
babiang. Hooid lehse bun na ki  
nongpang ki donkam ki jingsumar  
ba malu mala ka

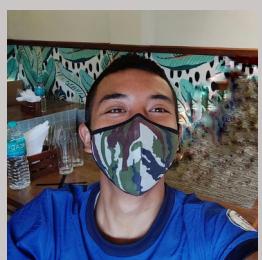
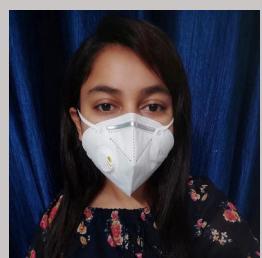
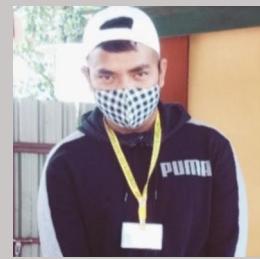
ba lang ban paw  
ha ka sngi ka ba  
hynniew, hynrei ka  
jingbthah haneng  
haba iadei bad  
ka jingtyrha ka lah ba  
n wan ha ka sngi ka ba phra  
hadien ba la bit ia u ne  
u khniang jingpang.

ii. Baroh ki Doktor  
ha ki jaka ai  
jingsumar ba  
shimet ne private  
clinics ki dei ban  
peit bniah ia ki dak ki  
shin jong une u  
khniang jingpang  
lada don jingsuba  
eiei kumba la  
batai haneng bad  
ban bud ryntih  
katkum ka  
kyndon ba ka bthah.

iii. Ia kane ka jingshem dei ban  
shim kum ki kyndon ban iada  
bad sumar ha ka  
por babiang.

## Ban tip kham bniah phi lah ban peit na kine harum

- <http://www.medlife.com/blog/covid-19-dos-and-donts/>
- Ministry of health and family welfare.
- [https://m.timesofindia.com/life-style/health-fitness/health-news/covid-19-what-is-arogya-setu-app-and-how-does-it-work/amp\\_articleshow/75135623.cms#aoh=16214361286226&referrer=https%3A%2F%2Fwww.google.com&tf=From%20%251%24s](https://m.timesofindia.com/life-style/health-fitness/health-news/covid-19-what-is-arogya-setu-app-and-how-does-it-work/amp_articleshow/75135623.cms#aoh=16214361286226&referrer=https%3A%2F%2Fwww.google.com&tf=From%20%251%24s)
- <http://www.webmd.com/lung/news/20200228/preparing-for-coronavirus-dos-and-donts>.
- <http://www.who.int/>
- <https://www.9healthfair.org/blog/advice-from-a-doctor-coronavirus-dos-and-donts/>
- The George institute for global health India {novel corona virus (covid-19): Myths and facts} (better treatment. Better care. Healthier societies), 308-309, third floor, elegance tower, plot no.8, Josola district centre, New Delhi, 110025, India.
- Medical News today {Coronavirus myths explored} medically revived by joseph vinetz, MD- written by Tim Newman on January 19, 2021.
- [www.who.in](http://www.who.in) (World Health Organization)
- [www.cdc.gov.in](http://www.cdc.gov.in) (Centres for Disease Control and Prevention)





**"STAY SAFE & STAY HEALTHY"**