



GOVERNMENT OF MEGHALAYA
DISTRICT DISASTER MANAGEMENT AUTHORITY
SOUTH WEST KHASI HILLS DISTRICT:: MAWKYRWAT

Ki lad jingiada na ka jingshah pom pyrthat/leilieh.

Phi lah ban iada ialade na ka jingma jong ka jingshah pom pyrthat wat lada phi don habar iing.

Kumno ban iada ialade na ka jingshah pom pyrthat:

- Lada don ka jingmaham ba kan don ka eriong, pyrthat/leilieh/slap bad hap phria pynsangeh shi syndon ia ki jingleit jong phi bad ia ki kam jong phi baroh kiba shabar.
- Kynmaw lada kyrhuh/tied u pyrthat rung shapoh iing bad rieh ha ki jaka ba shngain ba lait na ka jingma.
- Lada u shniuh u ieng lane ka sniehdoh ka ring tyrsain, ka leilieh/pyrthat ka lah ban pom hajan jong phi. Mar mar phi dei ban shongkynrong bad tap la ki shkor tangba wat dem pyllup lane buh ki kti ha madan. Ka jingtba leilieh ka pynmih ia ka bor ding elektrik ka ba lah ban par sted haduh kumba 100 phut ha madan.
- Ieng sha jngai lane kiar na ki madan bad ki kynroh dewbilat. Ka bor ding ba mih na ka leilieh ka lah ban par lymba na ki tiar ba shna da ki nar/sainar bad na ki nar ba don hapoh kine ki jingtei.

Kynmaw ba wat lada phi don hapoh ki iing kam mut satia phi lah lait na ka jingma. Bun ki jing mynsaw ki jia hapoh ing ruh.

Ki lad jingjada haba phi don hapoh iing:

- Phet jngai na ki um ha ka por ba khie eriong, kyrhuh pyrthat, pom leilieh. Ki bor ding elektrik ki par na ki paip nar bad sawar um.
- Kiar na ki tiar elektronik baroh. Ka bording na ka leilieh ka par lymba ki tiar elektronik kum ka Radio/ TV.
- Wat pyndonkam ia kino kino ki jait kor ba lah ban ia kren ne iohsngew na jngai ha jngai (Telephone), ba pyndait da ki wire/cable. Hynrei lah ban pyndonkam tang ia ki phone bym don wire (cordless) bad kiba pyndonkam da ki batri.

Leilieh/pyrthat: Kaei ba phi dei ban tip:

- Ym don jaka ba lait na ka jingma ha ka por ba khie eriong/pyrthat/leilieh.
- Lada phi iohsngew ba kyrhuh/tied u pyrthat ka don ka jingma ia ka jingshah ktah ha ka leilieh.
- Haba phi iohsngew ba kyrhuh/tied u pyrthat kynriah sha ki jaka kiba lait na ka jingma bad ba shngain: rung sha ki iing, ki jingtei lane ki kali kiba don ia ki jingtap kiba khlain.
- Shong ha ki jaka kiba shngain haduh kumba 30 minit eiei hadien ba phi iohsngew ia ka jingtied pyrthat.

Lada phi don habar bad ym don jaka rieh phi lah ban leh kine harum ban iada ialade:

- Kynriah pynstet na ki jaka ba kynjang kum ki lum rit bad ki lum bah.
- Wat ju thiah pyllup ha madan.
- Wat ju leit rieh hajan ki dieng ba mih/ don marwei.
- Wat ju ieng/ rieh hajan ki riat ne ki mawsiang.
- Kynriah pynstet na ki jaka ba long um kum ki wah/ wah duid/ duriaw rit/ ki pung um.
- Kiar na ki tiar ba klooi ban par ding elektrik kum ki sainar ba pynmeh ding ne ki kor tylliat ba pyniaid da ka lyer kaba lah ban pynmeh ding.

Kaei kaba phin leh hadien ba pom ka leilieh/pyrthat.

- Ki lanot na ka jingshah pom ha ka leilieh/pyrthat ki dei ban ioh mar mar ia ka CPR (Cardio Pulmonary Resuscitation) kata, ka jingiarap ban pynring mynsiem biang, lada donkam. Kloi kloi phi dei ban wad ki lad jingsumar.


Deputy Commissioner
South West Khasi Hills District,
Mawkyrwat.

Mikka kimpretani/goera goani somoio na-a maiko dakgen?

Na-a nokning-o ong-ode

Telephone aro uandakgipa bijolichi chalaigipa bostu/ostorangko jakkalnabe. Mikka wana aro kimpretna skangan pilak bijolichi chalaigiparangko plug tekchakgipaoniko ok-e donbo.

Veranda, kelki aro do-garangoni chel-e dongbo.

Silni piperangko rim-dapnabe/jakkalnabe. Jakrangko jaksunabe, aunabe, me-dik-sam-dikrangko natnabe-su-galnabe aro ba-rarangko su-nabe.

Na-a a-palo ba bangbanggipa biaprango ong-ode

Changrogipa bolrangko goera gona altubea. Mikka wamiting somoio bol ka-mao chake dongnabe. Sambajolo chugipa aro changrogipa krongrang ba je bosturangba donggenchim ongode uarangoni an-tangko chel-tange rakkibo. Jinma apsan tom-dake dongnabe – saksa sakgipinoni chel-tanggrike dongbo.

Nok ning-ao, building ning-ao ba nokking rakgipa gari ning-ao nape dongbo. Mikka kimpretmiting somoio nangni gariko goera gonaba gngang, indiba na-a a-palo chadenge dongana batede uon naljokaniko man-batgen.

A-palo silni bosturangko jakkalnabe. Silni bosturangoni aroban bike, bijoli ba telephone ni krong, fencing aro machine-rangoni chel-e dongbo.

Naa chi-o onggengchim ong-ode uoni rangsan ong-katbo unbaksana chi-o donenggipa chongipa ringrango gadoe dongnabe. Pokkri, chiring aro jeon chi gngangchim uarangoni ong-katgalgalbo.

Nang-ni kni ba be-enni kmilrang chadengjokode ba nang-ni be-en til-ik dake moode nang-ni sambao goera gonaba gngang. Rang-sanan bamchikko-pe an-tangni nachilrangko rim-tipbo. A-ao tuchikopnabe ba an-tangni jakrangko a-ao donnabe.

Mikka kimpretani/goera goani ja-mano maiko dakna nanga

Mikka kimpretani/goera goani a-selo saknaa man-gipa manderangna, nanga ong-ode, CPR (cardio pulmonary resuscitation) jean banaigipa rang-sitaniko (artificial respiration) on-a nanga. Rang-sanan sana bananiko dakna rimangbo.