

No. DM&HO/EJHD/NHM/COVID-19/107/2019-20/6193

Dated Khliehriat, the 19/3/20

**KA JINGKYNTU HALOR KA JINGPANG CORONAVIRUS / COVID-19 NA KA  
BYNTA KI RANGBAH / WAHEH SHNONG HAPOH EAST JAINTIA HILLS  
DISTRICT**

Ka World Health Organization (WHO) ka lah pyntip ba ka jingpang Coronavirus/COVID-19 ka dei ka pandemic lane ka jingpang ba lah saphret kylleng sawdong ka pyrthei bad ka buh ia ka jingma ia ki paidbah ha ki shnong ki thaw jong ngi.

Kumta na ka office jong ka District Health Society, East Jaintia Hills District, Khliehriat ka lah pynmih ia ki kyndon "ban leh" bad "ym dei ban leh" ban iada na ka jingpang Coronavirus lane ka COVID-19 kumba kdew harum.

**Ban Leh:**


1. Sait khuid ia ki kti jong phi man ka por da ka um bad sabon.
2. Pyndonkam da ki tissue paper haba phi jyrhoh bad saithkuid ia ki kti jong phi da ka um bad sabon.
3. Bret bha ia ki tissue paper ba la pyndonkam ha ki jaka bret nuit.
4. Lada phi don jingshit, jyrhoh bad jynjar pynhiar mynsiem leit klois sha ki jaka ai jingsumar.
5. Lada phi don ia kine ki dak ki shin sngewbha ban phone ha une u District Control Room Helpline Number 24x7 IDSP, West & East Jaintia Hills, **6009693315** ne leit mih ha kino kino ki jaka sumar sorkar ba don hajan ka shnong jong phi.
6. Kiar na ka jingiashim bynta ha ki jingialang paidbah.
7. Ban ia jngai kumba 1 metre na uwei u briew sha uwei pat.

**Ban Ym Leh:**

1. Ban ym ia jan bad kiwei kiwei pat lada don jingshit ne jyrhoh.
2. Ban ym ktah ia ki khmat, u khmut bad ka shyntur.
3. Ban ym biah pathar ha ki jaka paidbah.
4. Ban ym pynlong kino kino ki prokram, fete lane seminar ba iashim bynta bun ngut ki briew.
5. Ban ym iajan ha ki jaka kamai kali lane kali kamai.
6. Ban ym ia leit jingleit shabar state lane hapoh state, kiba ym donkam than ban leit haduh katta katta.

Da kaba iasnohkti lang ban sumar ialade ngi lah ban iada na une u khniang jingpang Coronavirus.

Lada phi donkam jingiarap phone ha une u helpline number 6009693315 lane ha ka GVK EMRI helpline number 108.

  
Deputy Commissioner,  
Cum Chairman District Health Society,  
East Jaintia Hills District, Khliehriat.