



Ministry of Health and Family Welfare
Government of India



COVID-19 VACCINATION

Chung chang
Hriat tur pawimawhte

COVID-19
VACCINE

A GUIDE FOR ELIGIBLE BENEFICIARIES



Covid Vaccine pek thawh khatna (phase 1) hian puitling kum 50 chin chunglam a huam a. Kum 50 hnuai lamah chuan dam lohna nei sa heng thisen sang neite/zunthlum/HIV/cancer/lung lam tha lo te a huam a. He information hian engvangin nge vaccine lak hi a pawimawh tih leh la tura in register dan tur a sawifiah a ni.

For more information, call 24x7 National Helpline No. 1075 (Toll Free)
www.mohfw.gov.in | www.cowin.gov.in

A chhunga thu awmte

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The COVID-19 Vaccine



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1. Covid -19 emaw Coronavirus hi enge nge ni?

COVID-19 chu Corona Virus in natna a thlen a ni a. Coronavirus an hmuh chhuah thar a ni a, a hming an vuah chu Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) a ni. He natna hi Wuhan, China atangin December 2019 ah a lo darh tan a, tunah chuan khawvel pumah darhin ram tam takin an tuar mek a ni.

2. Engtin nge COVID-19 hi an inkai darh thin?

COVID-19 hi ka leh hnar atanga boruak leh tuihu kan thawk chhuah atangin a darh thin a. A bik takin kan tawng zawngte, khuh, hahchhiau leh chil chhak atang tein a kai theih a. Hrikin a bawh thil kan khawih hnua kut silfai lova mit, hnar leh ka khawih atangin a kai theih bawk a ni.

3. COVID-19 lan chhuah dan eng nge ni?

COVID-19 lan chhuahna lar ber chu khawsik, khuh ro, thawchham , chauh riaunate a ni a. Mi tam zawk chuan nasa vak loin an tuar a, damdawi ina awm pawh a ngai lo thei a. Amaherawh chu Covid-19 vei 20% lai hian na takin an tuar a, thawklama harsatna an nei a.

A tuarna zualah phei chuan pneumonia te, severe acute respiratory syndrome(thawkna lam natna) te a vei theih a, taksa chhunglam organ pawimawh hnathawk thei loin a siam thei a, thihna hial pawh a thlen thei a ni. Upa lam leh hriselna tha tawk lo heng thisen sang neite, lung leh chuap tha lo te, zunthlum, cancer vei mek ang te hi tuarna bik thei dinhmunah an ding a ni.

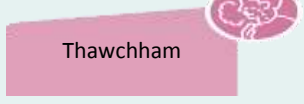
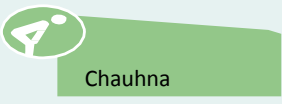
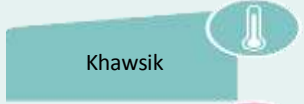
4. Covid-19 symptom ang ka lo neih hian engtin nge ka tih ang?

- Mi tupawhin heng symptom khawsik, khuh ro, thawchham, thawk harsa, chauh em em na a neih chuan Covid-19 vei leh vei loh hriatna turin a in test tir vat tur a ni.
- COVID-19 test a lo positive anih chuan damdawi lam thiam thurawn angin mahni ina in khung hran emaw, an chhungte leh vantlang mipuite an him theihna turin damlo enkawlna hmuna awm tur a ni.
- Mi tupawhin khawsik/ khuh leh thawk harsatna/awm chung na/awm tawt/tawng tha thei lo leh che tha thei lova an awm chuan damdawi lam thiam an rawn vat tur a ni. (Government of India's helpline number 1075 (toll free)ah phone tur a ni).



5. Covid-19 ka vei a ni tih engtin nge ka hriat ang?

Covid-19 symptom pawimawh te chu heng zinga pakhat emaw a aia tam pawh a ni thei:



Mi thenkhat chu an chau thei hle a, thil tuina leh thil rim hriatna te an hlauh thin a, tihrawl na, hrawk thip, thawchham, kawthalo, luak, khawsik leh buai riau tein an awm thei bawk a ni.

Khitiang khian I awm a nih chuan mahni inah lo in khung hrang la, Covid-19 I vei leh vei loh lo in test tir vat ang che. Government of India's helpline number 1075 (toll free) ah hian tanpui I dil thei bawk ang.

6. Covid-19 enkawlina tur hian antibiotics te hi an tha em?

Aih. Antibiotics te hian virus an tihlum thei lova. COVID-19 hi virus a ni a, chuvang chuan invenna tur emaw treatment atan antibiotics hman loh tur a ni.

7. Natna veitu ber ka hriat loh chuan engtin nge kan inven ang?

Virus kai chung pawhin mi tam tak chuan a symptom hi an nei lo thei a, tin, nasa lo te chauh pawhin a langchhuak thei a. Heng mi te hian midang an kai chhawng thei tho a. Chuvang chuan inkaichhawng zel tur venna leh kan him tlanna turin tihdan tha te kha zawm tlat tur a ni. Hengte hi COVID atana chindan tha an ti a, chungte chu:



Pawna i chhuah chuan hmaituamna mask in I hnar leh I ka leh khabe tuam ngei thin ang che.



Midang nen inhnaih taka awm loh tur a ni a, a tlem berah feet 6 kardan talah awm tur a ni.



Sabon leh tuiin fai takin kut sil fo thin tur a ni a, a ni loh pawhin sanitizer hman thin tur a ni.



I mit, I hnar leh ka te kut fai lo chuan khawih loh tur a ni.



Hahchhiau leh khuh laiin I ka hup la, chil chhak mai mai loh tur a ni.



Tul vak lova zin leh mipui tamna hmuna kal pumpelh la.



I dam loh chuan a rang thei anga mahni ingaihtuah tur a ni.



Symptom awmdan a zira in test tir vat te



A Symptom awmdan a zira mahni lo in khung hran te a ni.

8. Tum khatah mi zawng zawngin vaccine lak hi a tul em?

India sorkar laipui chuan a indawta vaccine lak dan tur a ruahmana, dinhmun derthawnga awmte chu thlan chhuaha vaccine pek hmasak turin a ruahman a, chungte chu:

- Health care workers
- Frontline workers
- Kum 50 leh a chunglam chin
- Kum 50 hnuailamah heng natna dang nei, thisen sang/zunthlum/HIV/cancer, etc.

9. Vaccine hi la ta ila Covid-19 lakah ka him angem?

Covid-19 vaccine lak hian Covid-19 vei theihna chance a ti hniam a ni.

10. Vaccine dose eng zat nge lak ngai a, a lak hun inkar hlat dan enge ni?

Vaccine hi dose hnih lak tur a ni a, a karah ni 28 a tla tur a ni.

11. Eng tikah nge antibodies te hi an lo insiam, dose hmasa lak hnuah nge, dose vawi hnihna lak hnuah nge, he mi hnu lamah hian?

Antibodies in min venhim theih hun chu Covid-19 vaccine dose vawi hnihna lak hnu atanga kar hnihnaah a ni.

12. Vaccine lak a hun dawn lai hian Covid-19 hi lo vei ta ila, vaccine ka la thei tho angem?

Covid-19 I lo vei emaw vei ni a i inring a nih chuan vaccine lakna hmunah he hri darh theihna chance hi a sang thei dawn a. Chuvang chuan Covid-19 vei confirm emaw test result nghak lai mek chuan symptom a kian atanga ni 14 talin vaccine lak hi tih tlai tur a ni. An dinhmun chu Health lama thawk anmahni buaipuitute an hriattir tur a ni.



Vaccination lakdantur - Registration



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13. Vaccine hi ei chi nge injection chi?

India rama vaccine chi hnih te hi injection chi an ni.

14. Vaccine hi tute nge la thei?

Covid-19 vei theihna chance nei sang berte leh mi nawlpui zingah kai hlauhawm anga ngaihte hi vaccine pek hmasak tur an ni, chungte chu:

1. **Health Care Workers (HCWs):** Health care providers leh workers te (public leh private), ICDS a thawkte.
2. **Frontline Workers (FLWs):** State leh Central Police Organisation a thawkte, Armed Forces, Home Guards, Prison Staff, Disaster Management Volunteers, Civil Defence Organisation, Municipal Workers leh Revenue Officials, surveillance leh containment lama thawktute.
3. **Puitling kum 50 leh a chunglam chin leh kum 50 hnuailamah chuan** natna dang heng zunthlum, thisen sang, cancer, chuap natna vei te, etc.

He ngaih pawimawh tur bik group te hi a indawta dah a ni lova. Vaccine in a daih chuan a rual pawhin vaccine hi pek mai tur a ni.

15. Eng tin nge ka in register ang?

India sorkar laipui chuan vaccine la turte in register dan tur hi a rawn puang ang a. In register tawhte chu an mobile number register ah vaccine lak hun leh a hmun tur an rawn hriattir dawn a ni.

16. Vaccine lak tan hun hi engtin nge kan hriat theih ang?

I in register hnuah chuan I register mobile number ah SMS message I dawng ang, tiang hian:

- SMS hmasa ber chu registration confirm na turin a lo thleng ang.
- SMS vawi hnihna chu vaccine lak ni tur, a hmun leh a hun leh thil pawimawh dang hriattirna a ni ang.
- SMS vawi thumna chu dose hmasa ber lak zawh hnu, dose vawi hnihna lak la hun hma si in alo thleng ang.

17. Registration ti lovin vaccine a lak theih em?

Theih loh. Vaccine la tur hian in register ngei a ngai a. Tanpui I mamawh a nih chuan I bul hnai bera awm Health /ICDS/Government office ten an lo pui thei ang che. Heng support centres/offices te hi puan zar tur a ni ang.

18. Online in ka in register thei lo a nih chuan a hmuna kalin ka in register in vaccine hi ka la thei em?

Thei lo. A hma lama lo in register tawhte chauhin vaccine hi an dawng thei a ni. A hmuna kala in register chawpa vaccine lak theih a ni lo a ni.

19. Vaccinate la tura in register tur hian eng lehkha pawimawh te nge ngai?

A hnuai ID eng emaw ber thlak chuang tel nen registration tih theih a ni:



Aadhaar Card



Passport



Driving License



MNREGA Job Card



Voter ID



Smart Card issued by the RGI under NPR



PAN Card



Pension document with photograph



Official identity cards issued to MPs/MLAs/MLCs



Passbooks with photograph issued by Bank/Post Office



Health Insurance Smart Card issued under the scheme of Ministry of Labour



Service Identity Cards with photograph issued to employees by Central/State Govt./PSUs/Public Limited Companies

20. Registration ti tur hian thlalak/ID a ngai em?

Ngai e. Registration tih hun laia Photo ID hi vaccine lak dawn hunah ken a endik tur a ni.

21. A hmunah hian photo ID hi keng lo ta ila vaccine hi ka la thei tho angem?

Thei lo. Registration tih lai leh vaccine la tu tur hi a dik ngei a ni tih chianna, verification tih lai hian Photo ID hi ken ngei tur a ni.

22. Vaccine lakna tura ka in register laia ka mobile number hi ka lo thlak a, engtin nge ka tih ang?

I register mobile number ah hian biak pawh I nih dawn avangin Covid-19 vaccine lakna tura I register mobile number hi lo thlak loh tur a ni, vaccine lak hun leh a hmun turte chu chu phone number ah chuan hriattir I ni dawn a ni.

23. Vaccine man hi pek a ngai em?

Ngai lo. Vaccine I lak man hi pek a ngai lo. India sorkar laipuiin vaccine la tura a thlan chhuah, in register te hi a thlawn vekin vaccine a pe dawn a ni.

24. Eng emaw vangin vaccine hi la thei lo ta ila(dam lohna, zin vangtein) eng tin nge ka tih ang?

Vaccine lak hun tawpah hian vaccine la tura ruahman, la lo te chu vaccine petuten an chhinchhiah anga, district thuneitute hnenah an hriattir ang. Mahni lak hun tura vaccine la lo hi lak hun tur dang ruahman sak tur a ni a, vaccine lak hun tur, a hmun leh nite chu phone ah SMS a hriattir leh an ni ang.



Vaccine lak leh a hun lam



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25. Vaccine lak dawn ni hian ka dam lo ta tlat maia vaccine la turin ka kal tho angem?

I dam tha lo a nih chuan I dam that hun nghah a tha a, mahse a theih anga ranga lak tum tur a ni. Mahni I in khung hrang emaw, Covid-19 test tur nghak mek emaw result I nghak emaw, I la chak tha tawk lo ni a I in hriat chuan vaccine hi lak rih loh tur a ni.

26. Vaccine lakna hmunah chuan engtia awm tur nge?



Vaccine lakna hmunah chuan I photo ID endik a ni ang a, I lak hun tur I nghak ang. Nangmah leh midang himna turin Covid laka invenna awmdan tha I zawm anga. Mask vuah hi tih ngei ngei tur a ni. Vaccine lak zawhah chuan awmna hmun tur bika ruatah minute 30 chhung la awm rih tur a hriattir I ni ang.

27. Vaccine lakna centre ah chuan mi tam tak an lo kal dawn si a, ka tan a him angem?

Vaccine lakna hmun chu tih thianghlim vek tur a ni a, Covid laka invenna dang a tul tur ang pawh dah a ni ang. Mask hi vuah ngei ngei tur a ni a, hmun hrang hrang khawih loh tur a ni. Vaccine lakna hmunah inkaichhawn a nih lohna turin Vaccine petute hi a hmun buatsaih dan tur chungchangah tha taka training vek anni bawk.

28. Vaccine lak hnu hian ka dam tha vak lo a nih chuan engtin nge ka tih ang?

Vaccine lak hnuah inngah khawmna rooma I dam tha ta lo anih chuan, vaccination officer duty 3 emaw 4 emaw duty lai hnenah hrilh vat la, damdawi lam thiamin rang takin an lo enkawl nghal dawn che nia.

29. Vaccine dose pahnihna lakdan tur hi engtin nge ka hriat theih ang?

I register mobile phone ah vaccine lak leh hun tur hi SMS I dawng ang.

30. Vaccine lak zawh hnu hian vaccine lak chungchang vel hriattirna ka dawng angem?

Aw. Covid-19 vaccine hi a dose lak kim a nih hnuah a latu chuan a register mobile phone ah SMS a dawng ang a, vaccine a la kim tawh tih hriattirna leh QR code nei certificate a dawng ang.

31. Vaccine lak zawh tawh hnu hian hri darh tur venna ang chi hi la tih chhonzawm zel angai em?

Vaccine hian Covid-19 hri I vei theihna chance a ti hniam a. Amaherawh chu I taksain natna a do theihna ti chak turin hun enge maw chen a mamawh a, chuvang chuan Covid laka invenna dan te I la zawm reng a ngai a ni.

Nagmah leh I chhungkua te, thian leh thawhpuite an him theihna turin hnthawhna hmun leh inahte, pawna I lenchhuah tein thurawn I zawm that a ngai a, chungte chu:

- Face mask hman thin tur a ni
- Midang bul hnai lutuka awm loh tur
- Tui leh sabonin I kut fai takin sil thin la, sanitizer hman thin tur a ni.

32. Vaccine lak zawh hian engtikah nge hna ka chhonzawm leh theih ang?

Vaccine lakna hmun I chhuahsan hnuah hnathawh hi chhonzawm leh theih nghal a ni a. Mahse vaccine lak hnuah I nuam lo riau a nih chuan in enkawl hmasa la, I that hnuah hna chu I chhonzawm leh dawn nia.



