

**No.B.13021/101/2020-DMR/Vol-IV**  
**GOVERNMENT OF MIZORAM**  
**DISASTER MANAGEMENT & REHABILITATION DEPARTMENT**

\*\*\*

*Aizawl, the 12<sup>th</sup> of June, 2021.*

**ORDER**

Whereas an order for the continuation of lockdown had been issued vide Order of even No. dated 05.06.2021;

And whereas, new COVID-19 cases continue to remain high, it has been decided to continue with the current restrictions imposed to prevent further escalation of COVID-19 cases.

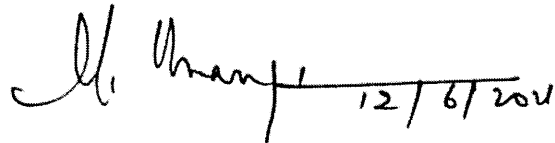
Therefore, the undersigned in his capacity as Chairman, State Executive Committee, and in exercise of the powers conferred under Section 22(2)(h) & 24 (l) of the Disaster Management Act, 2005 hereby orders that guidelines appended hereto shall be scrupulously implemented with effect from 4:00 AM of 14.06.2021 till 4:00 AM of 21.06.2021.

**Sd/- LALNUNMAWIA CHUAUNGO**  
Chief Secretary, Mizoram & Chairman,  
State Executive Committee,  
State Disaster Management Authority, Mizoram.

**Memo No.B.13021/101/2020-DMR/Vol-IV:Aizawl, the 12<sup>th</sup> of June, 2020**

Copy to:

1. Secretary to the Governor, Mizoram.
2. P.S. to Chief Minister, Mizoram for information.
3. P.S. to Deputy Chief Minister, Mizoram
4. P.S. to Speaker, Mizoram
5. P.S. to all Ministers/ Ministers of State/Deputy Speaker/ Vice-Chairman/Deputy Govt. Chief Whip, Mizoram.
6. Home Secretary, Government of India, North Block, New Delhi-110001.
7. Sr. P.P.S to Chief Secretary, Govt. of Mizoram.
8. P.S. to Addl. Chief Secretary to Chief Minister, Govt. of Mizoram.
9. All Principal Secretaries/Commissioner/Secretaries/Special Secretaries, Govt. of Mizoram.
10. Director General of Police, Mizoram.
11. Commissioner & Secretary, Mizoram Legislative Assembly.
12. All Administrative Heads of Departments, Government of Mizoram.
13. Secretary of all Constitutional & Statutory Bodies, Mizoram.
14. All Deputy Commissioners, Mizoram.
15. All Superintendent of Police, Mizoram.
16. All Head of Departments, Government of Mizoram.
17. Director, I&PR for wide publicity.
18. Controller, Printing & Stationery with 5 (five) spare copies for publication in the Mizoram Gazette.
19. Guard File.



**(Dr. MALSAWMTLUANGA FANCHUN)**

Under Secretary to the Govt. of Mizoram,

Disaster Management & Rehabilitation Department.

**LOCKDOWN ORDER FOR THE CONTAINMENT OF COVID-19 TO BE IMPLEMENTED DURING 14.06.2021 - 21.06.2021**

*Lockdown measures imposed in the State does not led to declining trend in the number of new cases of covid-19, since the majority of cases detected in the recent days have been from Aizawl city area and considering the problems faced by businessman, traders, church and society, imposition of lockdown is necessary for the safety of public; Therefore, measures contained in the 'Total Lockdown' order issued vide Order No. B. 13021/101/2020-DMR/Vol-IV dated 22.05.2021, with slight modification (**TOTAL LOCKDOWN Guidelines**), shall be implemented from **4:00 AM of 14.06.2021 till 4:00 AM of 21.06.2021**, and this Order shall supersede all previous regulatory orders issued in connection with COVID-19.*

**A. REGULATION TO BE IMPOSED ALL OVER MIZORAM****1. Entry to Mizoram**

Persons desirous of entering the State shall enter only via entry points which are currently opened. For all persons entering Mizoram, prior registration on mPASS is mandatory. Police and VLTF shall be on strict duty at the Entry points and other Inter-State and International borders under the guidelines laid down by Deputy Commissioner and Superintendent of Police

**1.1. Screening.**

Persons entering Mizoram from other parts of the country shall mandatorily undergo Rapid Antigen Test (RAgT) at their point of entry to Mizoram. RAgT positive persons shall be attended to as per the protocols in place. This provision shall also apply to residents of Mizoram travelling outside Mizoram and returning to the State.

**1.2. Quarantine.**

- 1) RAgT negative persons shall carefully monitor and isolate themselves for 10 days at home (home quarantine). They shall be tested with RT-PCR/TrueNat after 10 days, and if a negative result is obtained, further quarantining will not be required.
- 2) Persons to undergo self-monitoring/home quarantine should have separate bedroom and toilet facilities. If such facilities are available, his/her family members are not required to be quarantined. However, if person(s) without separate bedroom or toilet facilities are permitted to undergo home quarantine under extenuating circumstances, his/her family members shall not go outside nor shall they have contact with others for 10 days.
- 3) Persons not having proper facilities for home quarantine shall observe self-monitoring at hotel/homestay (paid quarantine) or Community/Government Quarantine Facility (CQF/GQF) at their own

expense. Quarantined persons shall be tested using RT-PCR/TrueNat before they leave the quarantine facilities.

- 4) Persons undergoing home quarantine shall strictly follow the protocols for home quarantine issued by Health & Family Welfare Department. The compliance of such protocols by the persons under home quarantine shall be monitored and enforced by the concerned LLTFs/VLTFs.
- 5) Persons entering Mizoram for short stay (for a duration of not longer than 96 hours) having negative test results of RT-PCR/TrueNat/CBNAT with SRF-ID from ICMR-recognized laboratories not older than **72 hours** prior to their arrival as well as having tested negative by RAgtT at the point of entry will not be required to undergo quarantine. Their sponsors/colleagues/employers/employees shall make proper arrangements so as to maintain minimum contact with other persons during their stay, movement and performance of their duty within the State.
- 6) Persons entering Mizoram by flight shall utilize only vehicles empanelled by Transport Department (vide Order No.G.28016/2/2020-TRP dt.16.04.2021) for the purpose of transporting quarantine bound passengers. Own vehicles may also be used if proper partitioning is made between the driver's and the passenger's seats. They shall proceed directly to their destination without halting anywhere. Also, persons travelling to Mizoram by motor vehicles and persons entering Mizoram bound for districts other than Aizawl should proceed directly to their place of quarantine without halting anywhere. However, if under certain circumstances vehicles need to be changed; only private vehicles with proper partitioning or vehicles empanelled by Transport Department shall be used to proceed to their destination.
- 7) Persons entering Mizoram irrespective of flights or by road will not be exempted from the requirement as per provision of Clause A.5. Mpass registration shall be treated as a valid pass to travel upto their destination and not for any detour. However, prior intimation regarding their arrival should be given by the person(s) to their destination VLTF/LLTF.
- 8) For all persons entering Mizoram, prior registration on mPASS-flight or mPASS-road in mCOVID-19 mobile application before arrival is necessary to enable proper arrangements for screening and quarantine. Home quarantine and Hotel quarantine can be applied online at <https://mcovid19.mizoram.gov.in>
- 9) The protocols and guidelines issued by Health & Family Welfare Department for quarantining persons entering Mizoram, COVID-19 testing, management of COVID Care Centre/ Dedicated Covid Health Centre/ Dedicated COVID Hospital and care, isolation and treatment of COVID-19 patient (asymptomatic, mild and severe case) shall be scrupulously followed. Cost of accommodation, food and medical test will be governed by notification

No.B13021/187/2020-DMR/Vol-I dated 26.04.2021 issued by Disaster Management & Rehabilitation Department.

### **1.3. Testing.**

COVID-19 testing fees shall be paid as per the rate prescribed by H&FW Department. The following rates shall be applied for various tests, until further notice.

- a) RT-PCR: Rs. 1,200/-
- b) TrueNat: Rs. 1,000/-
- c) RAgT : Rs. 200/-

### **1.4. Isolation**

- 1) Persons tested positive at entry points by RAgT, and any other persons tested positive for COVID-19 shall be carefully examined to ascertain their health status. Asymptomatic patients without co-morbidities and other complications will be allowed home isolation if proper facilities (separate bedroom and attached toilet) are available.
- 2) Persons undergoing home isolation shall strictly follow the protocols for home isolation issued by Health & Family Welfare Department. The compliance of such protocols by the persons under home quarantine shall be monitored and enforced by the concerned LLTFs/VLTFs.
- 3) Health & Family Welfare Department will closely monitor the home isolated persons.
- 4) In case of medical emergency home isolated COVID-19 patients may contact COVID-19 (Medical) helpline number (Toll free 102, landline 0389- 2323336, 0389-2322336 and 0389-2318336) for medical assistance.

## **2. Containment Zones**

Depending upon the local situation and requirement, Deputy Commissioners may declare Containment Zones within their districts, and the orders imposed by Deputy Commissioner in the Containment Zone shall be scrupulously complied with.

## **3. Transportation of goods and commodities**

- 1) Goods and commodities can be transported into the state without obtaining separate permission. However, registration through mCOVID-19 is mandatory.
- 2) Thorough screening of transporters (driver and handyman) of goods and commodities shall resume. No passengers except handymen shall be allowed in goods carriers.

- 3) Transporters (driver and handyman) of goods and commodities from outside the state shall, as per standing practice, prepare their own food on the outskirts of settlement area, and they shall leave immediately without contacting/mingling anyone after they have finished unloading their transported goods. During unloading of goods, they shall maintain a distance of at least 6 feet.
- 4) Drivers and handymen of goods carriers coming from outside the State shall not roam around for backload.
- 5) There shall be no restriction for transportation of goods outside AMC Area
- 6) Transportation of Goods and materials requisite for the purpose of preventing disasters and those having work permit within AMC Area are permitted with prior permission of Deputy Commissioner or Incident Commander. However, Drivers and handymen of goods carriers are not permitted to roam around and shall proceed directly to their destination without halting anywhere.
- 7) Public carriers engaged by FCS& CA for transportation of ration, foodgrains, oils, etc are allowed free movement for the purpose they are engaged. However, they should invariably possess delivery order/dispatch challan issued by the department authorities.
- 8) In case of emergency, the above mentioned Drivers and handymen may contact State Control Room (Toll free 10100, 0389- 2342520, mobile 1062901021085 and WhatsApp 9366331931) and COVID-19 (Medical) helpline number (Toll free 102, landline 0389- 2323336, 0389- 2322336 and 0389-2318336) for conveying their problems.

#### **4. Academic Institutions, Religious Institutions and Public Gathering Locations**

- 1) Public parks, picnic spots, movie theatres, gyms, football/futsal grounds, community halls, restaurants, shopping complexes, malls, shops & establishments not specifically allowed and recreational venues shall remain closed.
- 2) All academic institutions and religious centres shall also remain closed.
- 3) Board Exams, All India level Exams, ongoing recruitment exams etc. will be allowed with special permission only. The adherence of guidelines (SoPs) laid down by the Govt. shall be the responsibility of the organizers.
- 4) Not more than 30 (thirty) persons shall be allowed to gather at wedding and reception.
- 5) Not more than 30 (thirty) persons shall be allowed to gather at funeral.
- 6) No refreshments/feasts are allowed at wedding/funeral gatherings and other gatherings.
- 7) Public gatherings such as birthday and anniversary celebrations,

games and sports, book release function, erection of memorial stone and all recreations, etc. are prohibited during this period.

## 5. Travelling

1) Travelling outside one's town of residence is strictly prohibited. However if travelling is necessitated by unavoidable circumstances such as death or medical emergency, an endorsement letter issued by LLTF/VLTF of their place of residence should be obtained. Such letters should clearly state the starting place of the journey, their final destination, date and time of journey, etc. Besides these, Deputy Commissioner/SDO (civil)/BDO may give permission to inevitable travels.

2) College/University students who need to go to other village/place where better internet connections are available for online examination shall be exempted from this restriction. However these students shall carry College/University Identity Card and Examination Admit Card for production before the police/ Executive duty/VLTF/LLTF.

## 6. Outings and leisure activities

Leisure activities – picnic, hunting, fishing (lui kal), hiking and adventure sports which are not related to livelihood activities are prohibited. Violators of this provision will be penalised as per relevant provisions of *The Mizoram (Containment & Prevention of the spread of COVID-19) Act, 2020*.

## 7. Other restrictions

- 1) During this period, non-essential errands including casual visits and loitering which are not related to livelihood activities and emergency matters are strictly prohibited.
- 2) Government offices/establishments, banks, etc situated outside AMC area shall function with strict adherence to COVID-19 appropriate Behaviour (CAB).
- 3) Persons going outside shall mandatorily cover their faces (with face mask or other materials).
- 4) At least 6 (six) feet distance shall be maintained in public places.
- 5) Concerned VLTFs/LLTFs shall make proper arrangements with regard to opening of shops and markets so as to prevent overcrowding and congestion at one place and in one occasion.
- 6) Livelihood and trade which are being permitted shall be carried out with strict adherence to CAB at such site and location where the activities are being carried out.
- 7) All LLTF/VLTF are expected and requested to resume their initiatives in connection with the implementation of this regulatory order within their respective areas.

- 8) Works under MGNREGA, MPLADS, MLALADS are permitted. Workers shall maintain physical distancing with strict adherence to COVID-19 appropriate Behaviour (CAB).

## **B. REGULATIONS TO BE OBSERVED IN AIZAWL MUNICIPAL AREA**

**The following restrictions shall be strictly imposed within AMC Area by the Deputy Commissioner/District Disaster Management Authority**

### **1. Restrictions for the General Public In Addition to Clause A.7(2,3,4,5 &7)**

- 1) **During this regulatory period, no one shall leave his/ her house/ compound. Households at the same building shall also avoid contact with each other.**
- 2) In case of fetching of medicine, essential commodities and for medical checkups, the permission of the VLTFs/LLTFs should be obtained. Those going out for buying daily commodities should strictly follow the local protocols laid down by the concerned VLTF/LLTF.
- 3) During this period, Vehicular movement is prohibited. However, this shall exempt those mentioned at Clause A.5, B.2, B.4 (1, 2, 5,6 & 7) and those who are given permission/ approval by the LLTFs/VLTFs as per Clause B.1(2) and B.3.

**NOTE:** Night Curfew (7:00 PM to 4:00 AM) shall be imposed by the District Magistrate under Section 144 of the CrPC.

### **2. This restriction shall exempt the following places/services as well as persons working in such places or giving such services.**

#### **2.1. Places/Vehicles**

- 1) Hospital, nursing home, clinic, laboratory, OST centre, **OSC**, ART centre, blood bank and pharmacies.
- 2) Veterinary hospital, dispensary, clinic, zoo and hatchery.
- 3) Bank, non-banking financial institutions, insurance, ATM and post office. These establishments shall prepare their own SoPs/Guidelines so that only the minimal staff is deployed to provide essential services and ensure that public interactions are minimized.
- 4) Petrol/Diesel filling station, LPG storehouse.
- 5) Fair Price Shop/ration retailer and FCS&CA Department/FCI godowns.
- 6) Taxis and rental vehicles used by COVID-19 personnel on duty.
- 7) Feed mill/ Animal feeds shops and AH & Vety slaughter house.



**Note:** Persons going to establishments mentioned in B 2.1 must obtain movement permits from LLTF/VLTF of their respective areas.

## 2.2. Services:

- 1) COVID-19 vaccination & other immunization programme and ambulance service.
- 2) Animal disease control programme.
- 3) Postal service and blood donation camp/service, **child and women helpline services.**
- 4) Church office workers and church leaders on essential errands.
- 5) Providing nutrition to pregnant women, lactating mothers and children including opening of ICDS nutrition godowns and transportation for distribution.
- 6) Milk distribution and collection.
- 7) Power & electricity, water supply (including private water supplier), sanitation & solid waste management (including sweepers and garbage dumpers), telecommunication, internet service, broadcasting and cable service, **septic tank service.**
- 8) Print and electronic media and newspaper distributors.
- 9) Loading and unloading of goods (between 8:00 PM and 4:00 AM). **Persons employed for loading and unloading of goods shall not be required to obtain separate movement permits if they carry with them endorsement letters written on letter heads or letters stamped with seals or identity cards issued by their employees/shop or godown owners.**
- 10) Private security service.
- 11) Medical emergency and persons having endorsement letters from LLTF/ VLTF due to death and related issues.
- 12) LPG delivery service.
- 13) Courier service, e-commerce and home delivery. **This includes home delivery of goods by businesses located outside the State and within the State and goods produced or harvested in the State** which are ordered online or via phone; opening of shops for essential works related to e-commerce or home delivery service is also permitted. However, goods must be delivered without entering the house with strict adherence to CAB.
- 14) **Persons required for repairing vehicles which have broken down in transit. This shall include employees of automobile dealers and workshops. Such persons shall carry with them Identity Cards issued by the automobile dealer/workshop.**

### 3. Opening of shops

- 1) Shops selling daily household essentials will be opened every morning till 8:00 AM with arrangement from LLTF, these shops shall mandatorily close at 8:00 AM. Distributor/Wholesaler shall distribute their goods to these retailer/shops between 8 PM and 4 AM with the knowledge of the LLTFs
- 2) Shops selling vegetables and meats will be opened on Friday between 5 AM and 5 PM. Distributor/Agent shall distribute their items/goods to these retailer/shops on Thursday between 8 PM and 4 AM with the knowledge of the LLTFs
- 3) **The following shops shall be permitted to be opened between 5 AM and 5 PM.** Those going out to these shops must obtained movement permit from their respective LLTF.
  - a) **Shops selling seeds, manure, animal feeds & agricultural/horticultural materials.** - Daily
  - b) Bookstore - Tuesday
  - c) Essential stores for goods transport vehicles, oil & spare parts shops and workshops/puncture works. for repairing of goods transport vehicles. - Tuesday
  - d) Shops selling Computer & Mobile phone and Repairing centre - Friday
  - e) Shops selling materials required for various construction works – iron rod, steel, cement, brick, sand and other building construction materials. - Friday
  - f) **All other shops shall be permitted to open on any 2 (two) days in order to clean and organize their products as per the arrangements made by the Deputy Commissioner and LLTF**
- 4) Using of vehicles for marketing on the designated market days is strictly prohibited. LLTF/VLTF shall identify suitable locations and make arrangements for selling of fruits, vegetables, etc. within their respective localities so as to avoid unwanted inter-locality movement for buying of essential needs.
- 5) LLTF/VLTF shall make proper arrangement for seating of vegetables/fruit vendors etc. so as to maintain social distancing and each vendors are seated at an optimum distance at least 6 feet apart.
- 6) Depending upon the local situation and need convenient public places such as parks, streets, school compound of the locality maybe utilized for market.
- 7) All shops and vendors shall close before 5:00 PM. Further outing for buying of vegetables, fruits etc. are strictly prohibited.
- 8) **In order to minimize movement for buying essential needs and to reduce overcrowding, the above mentioned shops shall undertake home delivery as permitted under Clause B2.2(13) where ever feasible extent.**

#### **4. Government Office**

- 1) All offices under the Government of Mizoram shall be closed. However, DM&R, H&FW, Home (Police, Fire & Emergency Services, Home Guard & Civil Defense, Prisons, FSL), Excise & Narcotics Forces, Finance & Treasury, District Administration, Civil Aviation I&PR, Transport Department and NIC are permitted to attend offices in order to perform work related to Covid-19 and other crucial activities.
- 2) Secretary, Head of Department and Head of office of other Government offices may appoint by name the least numbers of persons possible to attend Office only in circumstances where time bound/emergency matters arise. Persons so appointed shall carry with them their detailment orders for scrutiny of the police/ COVID-19 Executive duty/VLTF/LLTF.
- 3) Government employees who are not requisitioned for office and COVID-19 duty should work from home and shall assist the LLTF/VLTF wherever possible.
- 4) Government employees and those drawing salary from Government's financial resources shall be deployed for COVID-19 duty as necessary. Those deployed for COVID-19 duty should reach their duty post before 9:30 am.
- 5) Mizoram Legislative Assembly shall make their own arrangements.
- 6) Employees of Judiciary/Court shall function as per the instructions given by High Court
- 7) Central Government offices and organizations shall strictly adhere to "COVID-19 Appropriate Behaviour". Minimum number of employees should be detailed to attend to only important office works. Such employees shall carry Identity Card and detailment orders for production before the police/ COVID-19 Executive duty/VLTF/LLTF.
- 8) All Heads of Offices shall enforce strict adherence to "COVID-19 Appropriate Behaviour".
- 9) No visitors shall be allowed in any offices without obtaining prior permission. Prior permission/appointment, through phone, shall be obtained from the persons they want to meet.
- 10) Heads of Department and Heads of Office shall put in place hand washing facility or hand sanitizers at the entry of office building.
- 11) Heads of Offices shall be responsible for proper sanitization and cleanliness, and they shall mandatorily put in place hand washing facility (water, soap/handwash) in the office.
- 12) Convening of meetings should be avoided unless it is extremely required. In case there is a need for consultation and discussion, telephonic consultation or other IT application (WhatsApp, E-mail, etc.)

should be propagated.

- 13) All departments shall endeavour to make use of email and other electronic media for communicating with other departments.
- 14) All departments shall endeavour to create IT/web-based platform to enable citizens to have distance business with the department for service delivery.

## **5. Works related to Development Infrastructure**

- 1) Home-based works with labours already present at the site and without engaging outsiders and procuring raw materials from outside will be allowed to resume.
- 2) Developmental works, farming, quarrying, construction works, etc., are permitted without restrictions outside AMC area and District Headquarters including overnight stay in their farm. However, they shall not return to the city/town within lockdown period.
- 3) Developmental works for the purpose of preventing any threatening disasters if present within AMC Area shall be carried out with prior permission and spot verification by the Deputy Commissioner and their representatives along with the LLTF
- 4) Farmers and gardeners, livestock farmers, fish rearers and labourers are permitted to carry out their livelihood activities including overnight stay in their farm. The number of workers at such place of activities shall not exceed five (5). However, they should possess movement permit from their respective LLTF or document proof (LSC, periodic patta, etc.) showing their engagement in such trade/profession. Such farmers shall leave city/town area before 8:00 AM and shall return from their farm after 5:00 PM only.
- 5) Home based industry - carpentry workshop, steel fabrication workshop, bakery, tailoring, weaving, and other similar work places with workers residing at their workplace shall be permitted to be opened with the knowledge of the LLTF. However, employing workers outside the locality/area are not permitted.

## **C. RESTRICTIONS OUTSIDE AMC AREA**

In areas outside Aizawl Municipal Corporation, the Deputy Commissioner/DDMA after thorough study of the situation of their District, shall issue restrictions in line with the provisions in Clause B. The Deputy Commissioner shall monitor the village/area within the District and shall make necessary arrangements and restrictions for containment of COVID-19.

**D. LOCAL RESTRICTIONS**

If a need is felt to impose stricter restrictions within a particular locality, a written application clearly stating the justifications shall be submitted by the LLTF/VLTF to the concerned Deputy Commissioner. LLTFs/VLTFs shall not impose any other restrictions or announce **curfews/ lockdowns**/Containment Area/ Restricted Area within their locality or villages in excess of what is contained in this Order.

**E. PENAL PROVISION**

Violation of these measures will be liable for prosecution as per the provisions of Section 51 to Section 60 of the *Disaster Management Act, 2005*, Section 5 of *The Mizoram (Containment & Prevention of the spread of COVID-19) Act, 2020* besides legal action under Section 188 of the IPC and other legal provisions as applicable.

The Government may revise and modify these provisions, if necessary.



**(LALNUNMAWIA CHUAUNGO)**  
Chief Secretary & Chairman,  
State Executive Committee.

Annexure-I

**COVID APPROPRIATE BEHAVIOUR (CAB)**

**COVID-19 laka him tlanna tura kan zawm tur nunphung te:**

- 1. Intawk kher lovin inchibai thin tur a ni.**
- 2. Khawiah pawh inhnaihchilh lova feet 6 tal inkarhlata awm zel tur a ni.**
- 3. Hmaituamna hmanga hmui-hmai tuam reng tur a ni.**
- 4. Mit, Hnâr leh Kâ te khawih loh tur a ni.**
- 5. Respiratory Hygiene vawng la – Khuh leh hahchhiauvn hmai hup/tuam rawh.**
- 6. A khât tawkin sahbawn nen fai taka kut sil fo tur a ni.**
- 7. Khawih fo thin hmunhmate tihthianglim fo thin tur a ni.**
- 8. Chil chhak/pik mai mai loh tur a ni.**
- 9. Tul tak lovah zin/veivah pumpelh rawh.**
- 10. Mi tute mah thlei hrang lo la, Covid-19 veite thinhrik loh tur a ni.**
- 11. Mipui punkhawmna pumpelh la, hri lakah him rawh.**
- 12. Social media-a thu veivak nazawng, a dik tih fiah lovin thehdarh ve ngawt suh.**
- 13. Covid-19 lam hawi thu Sawrkara mawhphurtute hnen atanga chhuak a ni em tih ngaichang hmasa thin rawh.**
- 14. Hriat duh leh mamawh reng reng chu National Help-Line 1075-ah emaw State Helpline 1070-ah emaw Health Department Helpline 102-ah zawtfiah thin ang che.**
- 15. Hripui leng vanga rilru thlabar/phili/chiai te tan rilru lama mithiam rawn thin ang che.**

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**Annexure - II**

# A set of 15 promises, we need to follow, as part of COVID Appropriate Behaviours

