

လူတိုင်း ခရီးစဉ်ခြင်း တတ်မြောက်ရမည်။



# Red Cross Newsletter



## Activities of Myanmar Red Cross Society facilitated by MRCS branches and community based Red Cross volunteers

### Local Activities

#### Distribution Aids to Internally Displaced People



In partnership with WFP, MRCS have distributed, for the third time, basic food ration such as rice, edible oil, salt, beans and (nutrition packs for under 5 years children and pregnant women/ breast-feeding mothers) to internally displaced people in Southern Shan state. The distributions were possible due to the tireless effort of Myanmar Red Cross Society staffs and volunteers led by Daw Moe Thida Win, deputy director of Disaster Management Department, MRCS.

“Before I became a permanent staff, I had worked as a Red Cross volunteer for 21 years in Magway region. I started to join the Red Cross when I was a fourth-grade student after I completed summer first aid course in 1984. I was selected as an Outstanding Red Cross volunteer representing Magway University in 1995 and achieved an Outstanding Red Cross award in the whole region of Magway in 2005,” Daw Moe Thida Win proudly said about how she has joined the Red Cross.

MRCS has been distributed basic food ration and nutrition packs to 4,370 internally displaced households that temporarily residing in Taungyi, Nyaung Shwe, and Pindaya townships of southern

Shan state. “We have made these kind of distribution two times in Yangon, two times in Mandalay and three times in Southern Shan. There were operational challenges we had to deal such as Covid-19 restrictions, travel security, and harsh weather conditions. However, everyone was grateful and appreciate the Red Cross Society for helping them. The distributions were really helpful to them during this hard time.”

“I am glad we could have a chance to help the needy people. We will work our best to give humanitarian support for the community. We expect to implement more raising awareness activities on natural disaster and environmental conservation, child and women protection, providing support to the migrant workers, and vocational activities”, continued Daw Moe Thida Win.

#### Helping the victims of disasters



Mandalay

Severe flood was occurred due to the heavy rain in Pyin Oo Lwin township, Pyin Oo Lwin district on July, 31st. The Red Cross Volunteers led by Dr. Thein Tun Aung, the chairman of Regional Red Cross Supervisory Committee, supported (200) personal hygiene items, (150) women hygiene items, (100) men hygiene items and (50) household items to 200 households who were the victims of the flood, on August 1st. Township Red Cross volunteers helped the victims for temporary relocation, and distributed foods and drinking water on the 31st of July.



Kayin

With the collaboration with Hpa-an Orthopaedic Rehabilitation Center (HORC), Myawaddy Township Red Cross Branch provided mobile prosthetic services at the branch office on August 1st.

75 local residences from Myawaddy township were received prosthetic related treatment from the technicians from Hpa-an Orthopaedic Rehabilitation Center (HORC) and some were received referral to Hpa-an center.



Mon

Emergency relief for the victims of disasters



Eastern Shan

Supporting vaccination activities



Mon

Earthquake Drill



Ayeyarwaddy

Blood Donation



Mon

First Aid Training



Tanintharyi

Dengue Fever Prevention Activity



သဘာဝပတ်ဝန်းကျင်ထိမ်းသိမ်းခြင်း နည်းလမ်းများ။



#1 ကိုယ်လက်လှုပ်ရှားမှု ပြုလုပ်ပါ။



#4 ပလတ်စတစ်သုံးစွဲခြင်းသတိပြုပါ။



#7 ပြန်လည်သုံးစွဲမှုပြုပါ။



#2 ပြည်တွင်းဖြစ်ကို အားပေးပါ။



#5 ရေကိုချွတ်သုံးစွဲပါ။



#8 အသီးအရွက်စားပါ။



#3 ဈေးသွားသည့်အခါ အိတ်ယူသွားပါ။



#6 ပတ်ဝန်းကျင်သန့်ရှင်းရေးလုပ်ပါ။



#9 အစီအစဉ်များ ရေးဆွဲပါ။



Providing humanitarian aids to internally displaced people



Myanmar Red Cross Society has been providing humanitarian aids to needy people across Myanmar in accordance with Red Cross fundamental principles. From 27th to 30th July, MRCS distributed foods and emergency items, supported by MPT Telecommunication company, to 1000 internally displaced households in Taungyi, Hsihseng, Nyaung Shwe, Pinlaung and Lawksawk, Shan State (South).



Southern Shan

Staffs from MRCS headquarter, volunteers from regional MRCS and officials from MPT facilitate and participated in distribution of (1,000) blankets, (1,050) raincoats, (2,194) bottles of edible oil, (2,000) packages of instant noodles, and (2,000) cans of ready meal to 1,000 internally displaced households.

Health Care Awareness

**မျောက်ကျောက်ရောဂါ သိကောင်းစရာ**

ရောဂါကူးစက်နိုင်ခြေရှိသည့် နည်းလမ်းများ

- ၁။ မျောက်ကျောက်ရောဂါပိုးကူးစက်သောရေသင့်ထားသည့် ထောင့်ပိတ်အိုးများ (သို့မဟုတ်) လှေအိုးများ၊ အညစ်အကြေးများနှင့် တိုက်ရိုက်ထိတွေ့ရာမှ ကူးစက်ခြင်း။
- ၂။ ရောဂါပိုးရှိသည့်မျက်နှာအိုးဆိုင်အိမ်အောက်ကြော့ထိတွေ့ခြင်း။
- ၃။ ရောဂါပိုးများကပ်တင်ကုန်နေသည့်အသုံးအဆောင်ပစ္စည်းများကို လက်ဖြင့်ကိုင်တွယ်ရာမှ တစ်ဆင့်ကူးစက်ခြင်း။

**ရောဂါပိုးရက်**

"ရောဂါပိုးတောင်စောက်ပြီး (၅)ရက်မှ (၂၁)ရက်အတွင်း ရောဂါလက္ခဏာများ တောင်ခြေပွားနိုင်ပါသည်။"

**သံသယဖြစ်မှတ်ရောဂါလက္ခဏာများ**  
(အထူးသဖြင့်ရောဂါပိုးတွေ့ရှိရာ နိုင်ငံ/ဒေသများမှ လွန်ခဲ့သည့် ၂၁-ရက်အတွင်း ပြန်လည်ဝင်ရောက်လာသူများတွင်)

- ၁။ လက်တလောများခြင်း (>38.5 C)
- ၂။ အနီစက်များနှင့် အရည်ကြည်ဖုများတွက်ခြင်း။
- ၃။ မြန်ရည်ကြိတ်ဖုများကြွမှုခြင်း။
- ၄။ မိခင်းကိုက်ခြင်း။
- ၅။ ကြွက်သားများနာကျင်ခြင်း၊ ကျောအောင့်ခြင်း။
- ၆။ ဖောပန်းနွမ်းနယ်ခြင်း။





Mon

Red Cross volunteers from Mawlamyine township red cross branch took one session to share First Aid theories and practices at the Early Childhood (From 6 months to 3 years) Care and Development basic training for 30 teachers in Mawlamyine township on 29th July.



Magway

First Aid (Basic) training completion ceremony was conducted on the 1st Aug in the University of Magway and 80 students were awarded training completion certificates. Also at the ceremony, Magway University Red Cross branch received emergency medicine packages and stretchers.



Kayin

On 23rd and 27th July respectively, mine and explosive devices risk education sessions and poster hanging activities were conducted in Ward No.1 of Kawkareik and Kyungalay village of Kyodoe townships. There were also practical sessions on how to install and use Oxygen.



Eastern Shan

Mongyawng township red cross branch helped to transfer an unconscious patient from Mongyawng Public Hospital to Keng Tung Public Hospital with Mongyawng Red Cross Society branch's ambulance.



Rakhine

First Aid (Basic) training (4/2022) was conducted by Kyauk Tau township red cross branch in which (30) participants from 17 IDPs camps from the township received the training.



Mandalay

Volunteers from Mogok township red cross branch contributed and supported the Covid-19 vaccination activities that local people get vaccination at their nearest spots in Mogok township.



Yangon

On 26th July, at about 9:30 PM, a local residency who injured in the accident on Pyay road, Sawbwaryigone ward, was received first aid treatment and was sent to North Okkalapa hospital later.



Tanintharyi

Mine/explosive devices risk education session was conducted in the monastic school at the Painedaw ward, Dawei township on 31st July.

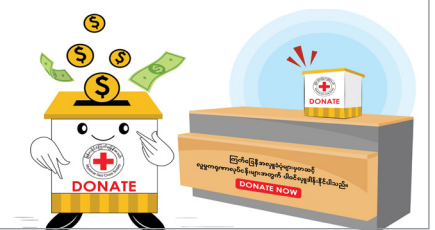


Nothern Shan

On 22nd July, local residents who injured in the accident between motorbike and car, were received first aid treatment and sent to Naung Mon local hospital by Naung Mon Red Cross volunteers and Naung Mon Charity Team.

**Acknowledgments:** The activities of the Myanmar Red Cross Society are supported by the township Red Cross branches, The International Committee of the Red Cross, The International Federation of Red Cross and Red Crescent Societies, Partner National Societies, Partners in the private and public sector from Regional, National and International and also humanitarian organization.

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Head Quarter

Opening ceremony of Capacity Building for Emergency Response Training was held at the State Red Cross Supervision Committee office hall, Lashio, Northern Shan State on 28th July, 2022. The training was conducted in collaboration between Myanmar Red Cross Society (MRCS), International Committee of the Red Cross (ICRC) and Northern Shan State Red Cross Supervision Committee.

U Zaw Zaw, chairman of Township Red Cross Supervision Committee, Dr. Tin Tun Aung, Deputy Secretary General, MRCS headquarter, Daw Shwesin Kyaw Soe, Director of Humanitarian Values and Communication department, training tutors and Red Cross volunteers from 10 townships of Northern Shan State attended the opening ceremony.

The training intends to empower the Red Cross volunteers to serve better in emergency response activities. It is a 6 day training that started on 28 July, 2022 and will be ended on 2 August, 2022. Thirty Red Cross volunteers from Lashio, Muse, Namhkan, Nawnghkio, Namtu, Kunlong, Tangyan, Kyaukme, Hsipaw and Manton townships from Northern Shan State has been attending the training.



Sagaing

First Aid (Basic) Training was conducted for 30 technology college students by Shwebo township red cross branch from 27 July to 1 August.



Bago

Pyay District Red Cross Brigade Officer and Red Cross Volunteers distributed vegetables to 200 households in 8th Street, Shwe Dagar ward on 25th July. Those were donated by Patigon Township Red Cross Brigade Officer U Moe Win.



Ayeyarwaddy

Three local residents who injured from motorbike accident near Ngetchawkwin village, Kyaung Kone township, were received first aid treatment and referred to Kyaung Kone Public hospital with Red Cross ambulance and Thitsarshin Charity ambulances on 2nd August.



Kachin

Red Cross Volunteers from village sub branch distributed emergency foods and items to 115 displaced households that temporarily relocated at Tamakhan village, Hpakan township, Monyin district, Kachin State on 1st August.

Edutainment Video


Covid-19 Vaccination is needed worldwide to prevent from Global pandemic. Let's get vaccinated together to protect our world from pandemic!





#vaccine #COVID19



ကာကွယ်ဆေးဟာ ဘာကြောင့် ဒီလောက်အရေးကြီးတယ်ဆိုတာ အသိပညာပေးရပါမယ်

ကြက်ခြေနီစေတနာ့လုပ်အားရှင်အဖြစ် ဆောင်ရွက်ရသည့် အကြောင်းအရင်း ၁၀ ချက်



-  အစိုးရတို့အတွက် အကျိုးများရရှိနိုင်ခြင်း။
-  ရပ်ရွာလူထုအတွင်း ပိုမိုအားကောင်းအောင် ဆောင်ရွက်နိုင်ခြင်း။
-  မိမိစိတ်ဝင်စားသည့် နယ်ပယ်အား စူးစမ်းလေ့လာနိုင်ခြင်း။
-  ကျွမ်းကျင်မှုအသစ်များအား လေ့လာသင်ယူနိုင်ခြင်း။
-  မိမိကိုယ်ကိုယ်ကြည့်မှု ရှိလာနိုင်ခြင်း။
-  အပြုအမူကောင်းများပိုမို လုပ်ဆောင်နိုင်ခြင်း။
-  ပိုမိုကျန်းမာလာခြင်း။
-  ပိုမိုပျော်ရွှင်လာနိုင်ခြင်း။
-  စိတ်ဆွေသစ်များနှင့် တွေ့ဆုံနိုင်ခြင်း။
-  ကမ္ဘာကြီးအတွက်ပိုမိုကောင်းမွန်အောင်ဆောင်ရွက်နိုင်ခြင်း။

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