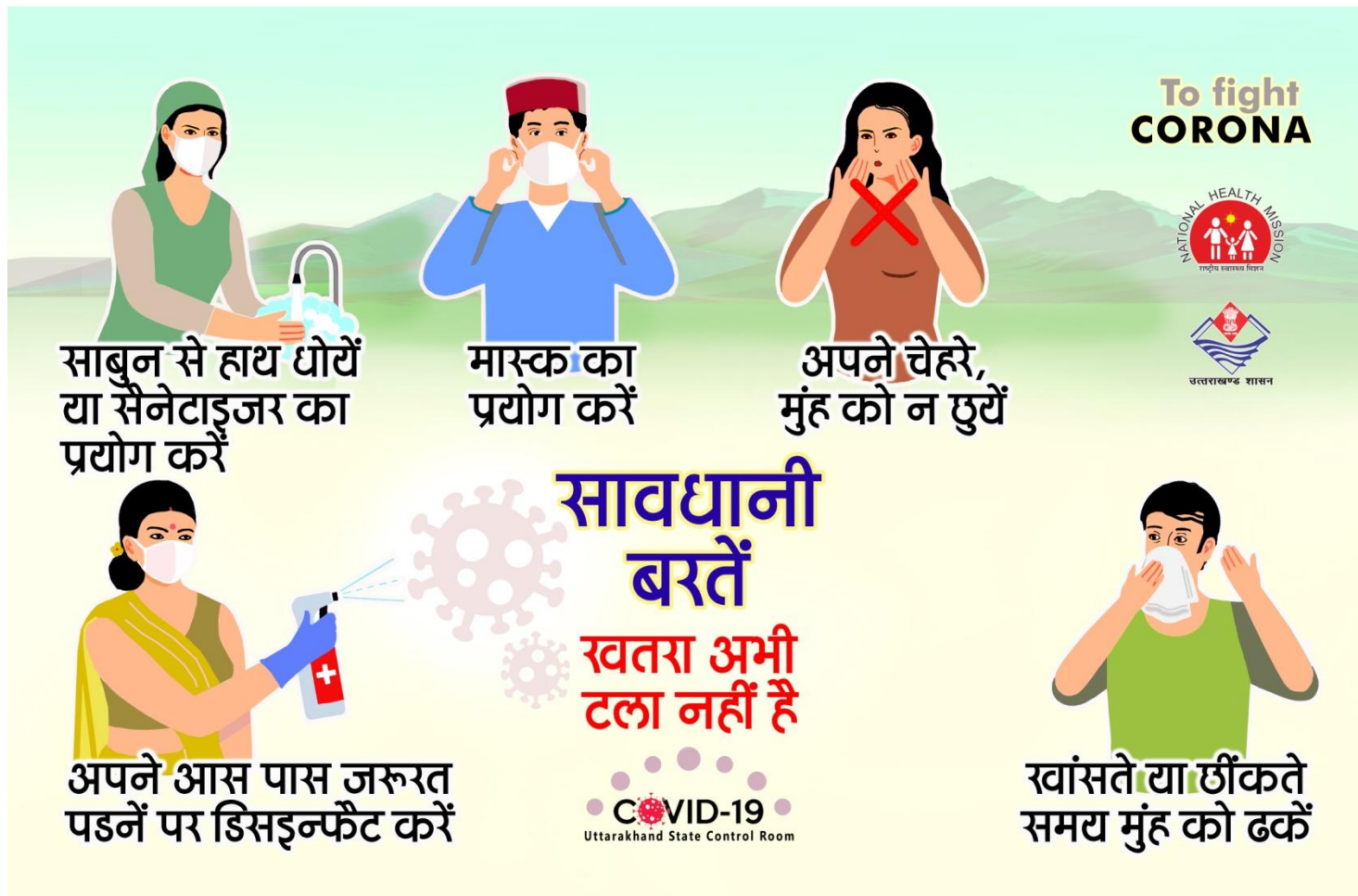


Date: 30-12-2020

Health Bulletin

Time: 06:00 PM



Positive Today: **449**



Recovered Today: **724**



Death Today: **09**



Active Cases: **4963**

S⁺ty

Sample Positivity: **5.13%**

R%

Recovery Percentage: **91.56%**

1.	Total cumulative Positive COVID-19 detected:	90616
2.	Total Number (%) of COVID-19 Patients Treated/ Cured:	82967 (91.56%)
3.	Total Number (%) of COVID-19 patients migrated out of state:	1182 (1.30%)
4.	Total Number (%) of COVID-19 Deaths:	1504 (1.66%)
5.	Number of samples found negative for COVID-19 today:	14634
6.	Total number of samples sent for COVID-19 testing today:	13573
7.	Total number of cumulative samples found negative:	1674376
8.	Total number of samples result awaited:	14316

Detailed Status of Sample Tested

Districts	Samples Sent to Labs Today	Negative		Positive		Cumulative Samples Tested	Results Awaited (including sample sent to labs today)
		Negative in last 24 hours	Negative Cumulative (including Pvt. Lab)	Positive in last 24 hours	Positive Cumulative (including Pvt. Lab)		
Almora	321	665	76802	17	3050	79852	323
Bageshwar	424	422	47353	8	1494	48847	474
Chamoli	375	334	77653	11	3374	81027	378
Champawat	558	474	81184	11	1712	82896	626
Dehradun	3723	3112	283097	157	27174	310271	3766
Haridwar	2575	2062	287833	38	13363	301196	2737
Nainital	1408	2252	154490	108	11216	165706	1444
Pauri Garhwal	623	682	116239	9	4982	121221	671
Pithoragarh	275	684	62706	38	3204	65910	285
Rudraprayag	124	269	46107	8	2199	48306	215
Tehri Garhwal	678	607	88148	8	4123	92271	878
US Nagar	1951	2365	254292	22	11076	265368	1956
Uttarkashi	538	706	98,472	14	3649	102,121	563
Total	13573	14634	1674376	449	90616	1764992	14316

Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	3050	2744	189	24	93
Bageshwar	1494	1322	154	18	0
Chamoli	3374	3143	151	15	65
Champawat	1712	1521	109	8	74
Dehradun	27174	24366	1556	843	409
Haridwar	13363	12,687	404	147	125
Nainital	11216	9998	956	204	58
Pauri Garhwal	4982	4680	221	57	24
Pithoragarh	3204	2736	431	37	0
Rudraprayag	2199	2091	92	10	6
Tehri Garhwal	4123	3717	263	16	127
U.S. Nagar	11076	10,697	160	109	110
Uttarkashi	3649	3,265	277	16	91
Total	90616	82967	4963	1504	1182

District-wise Hotspots/ Containment Zones

S.No.	District	Number of Containment Zone	Name of Containment Zone (Date of Start of Containment Zone)
1	Dehradun	03	<u>Dehradun (01)</u> 1. Shakti Enclave , GMS Road, Kanwali (15-12-2020) 2. 35 Panchsheel Park , Kanwali (19-12-2020) <u>Doiwala (01)</u> 1. Ward N-01, Lachhiwala (19-12-2020) <u>Mussorrie (01)</u> 1- Kempty Road (28-12-2020)
2	Uttarkashi	05	<u>Mori (2)</u> 1. Motard (11-12-2020) 2. Raju Gaon (17-12-2020) <u>Bhatwari (2)</u> 1. Gram Malla (13-12-2020) 2. Gram Gyanja (16-12-2020) <u>Barkot (1)</u> 1. Gram Badhiya (21-12-2020)
3	Pauri	02	<u>Chobthta Khal (1)</u> 1. Gram Silaith (13-12-2020) <u>Kotdwar (1)</u> 1. Sitabpur, Devi Road, Patti Sukhro (14-12-2020)
4	Nainital	08	<u>Haldwani (8)</u> 1. Ganga Enclave Nawabi Road (21-12-2020) 2. Ekta Vihar, RK Tent House Road, Kusumkheda (21-12-2020) 3. Shyan Singh Mehra Marg, Madhuban Colony Unchapul (21-12-2020) 4. 8/430, Heera Nagar (21-12-2020) 5. SR Puram Near Amrit Ashram Bithoriya No.1 (23-12-2020) 6. Shiv Mandir ke Samane, Gitanjali Tent House Wali Gali , Sheeshmahal (23-12-2020) 7. Bithoriya No.1, Gair Vaishali , Hari Colony (23-12-2020) 8. Bank Colony Gas Godam Road , Kusumkheda (23-12-2020)
	Total	18	



Disinfection

कोरोना काल में तन और मन से रहें मजबूत ..



सकारात्मक रहें, अपने काम एवं जीवन में सन्तुलन बना कर रखें



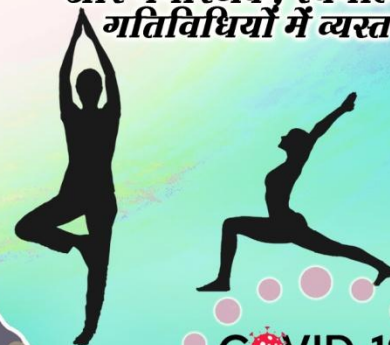
योग, ध्यान, निद्रा एवं उचित आहार समय पर है जरूरी



सक्रिय, उर्जावान रहें और मनोरंजक, रचनात्मक गतिविधियों में व्यस्त रहें



बड़े बुर्जगों, आश्रितों और बच्चों का ध्यान रखें .. उनके प्रति अपनी भावनाओं को साझा करें



COVID-19
Uttarakhand State Control Room

Situation Update, Uttarakhand: Today

WHO has declared the Novel Corona Virus (COVID-19) epidemic as Public Health Emergency of International Concern (PHEIC) under IHR (International Health Regulation). In this context, Uttarakhand Government has strengthened the surveillance and control measures against the disease. Isolation and Institutional Quarantine facilities are operational in all districts. To combat the pandemic, the Government has operationalized 38 dedicated COVID Hospitals and 422 COVID Care Centres (CCC).

Public Health Action Taken

- To further increase the COVID-19 testing, the Government has lowered down the testing charges for both RT-PCR and Rapid Antigen COVID-19 test.
- To combat the pandemic situation, the State Government has commenced **Home Isolation** strategy for self isolation of asymptomatic COVID-19 positive patient.
- The Government has decided the user charges/cost of treatment for private hospitals to treat COVID-19 patients.

Details of Patients Treated & Cured and Death summary:

- **Treated & Cured:** Seven Hundred Twenty Four (724) patients discharged in different districts (Almora– 47, Bageshwar– 07, Chamoli– 04, Champawat– 85, Dehradun– 231, Haridwar– 49, Nainital– 139, Pauri– 02, Pithoragarh– 06, Rudrapur– 07, Tehri– 13, U.S. Nagar– 33 & Uttarkashi– 101).
- **Death:** Nine (09) COVID-19 positive patients expired in the state in last 24 hours. As per information provided by the respective hospitals, the death summary is as below:
 1. A 24 year old Female expired in AIIMS Rishikesh, Dehradun due to Type 1 Respiratory Failure, COVID Pneumonia & Fungal Pneumonia.
 2. A 60 year old Male expired in Synergy Institute of Medical Sciences, Dehradun due to Cardiac Arrest, Bilateral Pneumonitis, Acute Respiratory Distress Syndrome & Septic Shock.
 3. A 51 year old Male expired in Himalayan Hospital, Dehradun due to Severe COVID & Acute Kidney Injury.
 4. A 55 year old Male expired in Shri Mahant Indresh Hospital, Dehradun due to CardioPulmonary Arrest, Bilateral Pneumonia, Type 1 Respiratory Failure & Acute Kidney Injury.
 5. A 75 year old Female expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden Cardiopulmonary Arrest, Severe Acute Respiratory Infections, Severe Metabolic Acidosis & Shock.
 6. A 69 year old Male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden Cardiopulmonary Arrest, Severe Acute Respiratory Infections, Bilateral Pneumonitis, Severe Acute Respiratory Distress Syndrome.
 7. A 45 year old Male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden Cardiopulmonary Arrest, Bilateral Pneumonitis, Septicemia, Acute Kidney Injury & Septic Shock.
 8. A 67 year old Male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden Cardiopulmonary Arrest, Severe Acute Respiratory Infections, Bilateral Pneumonitis, Severe Acute Respiratory Distress Syndrome & Type 1 Respiratory Failure.
 9. A 55 year old Male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden Cardiopulmonary Arrest, Severe Acute Respiratory Infections, Bilateral Pneumonitis & Septicemia.



SOCIAL DISTANCING
is for your own Safety

Preventive measures

1. All citizens must wear masks whenever venturing outside of their homes.
2. Travelers' and their family members must ensure strict respiratory and hand hygiene.
3. Hand wash by Soap and water up to 40 second must be followed.

APPEAL

- Department of Health and Family Welfare, Uttarakhand appeal to every citizens of the state to exercise abundant caution by adopting COVID-19 appropriate behaviour in their daily routine.
- The Government of Uttarakhand appeal to all the recovered/treated COVID-19 Positive patients for voluntary plasma donation at nearest Government Blood Bank. The plasma donation facility is existing in Doon Medical College Dehradun, Government Medical College Haldwani & Government Medical College Srinagar Garhwal.

Covid-19 Vaccination के सम्बन्ध में प्रदेश के सभी हेल्थ केयर कर्मियों का डेटा लिया जा रहा है ..

**सभी चिकित्सा इकाईयों (सरकारी / प्राइवेट)
के Facility incharge अपने जनपद के
मुख्य चिकित्साधिकारी से सम्पर्क करें**



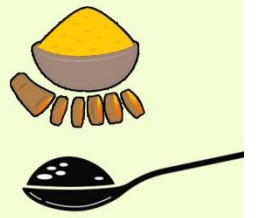
Health Care
workers
DATA

अधिक जानकारी के लिये टोल फ्री नं० 104 पर काल करें



कोविड को हराने के लिये सावधान रहने के अलावा शरीर की रोग प्रतिरोधकता को बढ़ाना भी जरूरी है-

- + ताजा, गर्म, शीघ्र पचने वाला हल्का भोजन करें.
- + यथासंभव गर्म पानी का सेवन करें.
- + चीनी से बने पदार्थों का सेवन कम से कम करें.
- + प्रतिदिन एक चम्मच च्यवनप्राश का प्रयोग करें.
- + तुलसी, दालचीनी, कालीमिर्च व सौंठ 1/2 चम्मच मुनक्का से निर्मित आयुष पेय/हर्बल चाय का स्वादानुसार नींबू/गुड़ आदि को मिलाकर दिन में 1-2 बार सेवन करें.
- + हल्दी, धनिया, जीरा, लहसुन आदि व अन्य मसालों का भोजन में नियमित प्रयोग करें.
- + प्रतिदिन 10 से 45 मिनट कार्मन योग प्रोटोकाल का अभ्यास करें.
- + धूम्रपान, तम्बाकू, गुटका, शराब आदि का पूर्णतः परित्याग करें।



च्यवनप्राश



होम आइसोलेशन में अचानक सांस लेने में तकलीफ हो या अन्य कोई और खतरे के लक्षण हो...

ऐसी स्थिति में सावधान रहें व तत्काल स्वयं को अस्पताल में भर्ती करवायें!



To fight
CORONA

Details of State Control Room

e-mail: covid19statewarroomuk@gmail.com Toll free No: 104/0135 2609500.

email Id: idsputtarakhand@gmail.com WhatsApp No. 9412080544

Details of District Control Rooms

Districts	District Control Room Number
Almora	05962-237875, 05962-237874
Bageshwar	05963-220197
Chamoli	01372-252187, 01372-251437
Champawat	05965-230312 05965-230943, 05965-230819
Dehradun	0135-2724506, 0135-2724506
Haridwar	01334-239072
Paurigarhwal	01368-222213, 01368-221840
Pithoragarh	05964-225142, 05964-226326
Nainital	05942- 231178, 231179, 231181 05946- 281234, 297722, 253850 (Haldwani)
TehriGarhwal	01376-232093, 01376-232831
Rudraprayag	01364-233946, 01364-233727
U.S. Nagar	05944-246590, 05944-250250
Uttarkashi	01374-222641, 01374-222722, 7310913129

**कोविड-19 परीक्षण रिपोर्ट को घर बैठे
वेब लिंक के द्वारा प्राप्त करें**
covid19.uk.gov.in

परीक्षण के समय आपके रजिस्टर्ड मोबाईल नम्बर पर एस. एम. एस के द्वारा **SRF ID** नम्बर भेजा जाता है जिसको उपरोक्त लिंक पर जाकर दर्ज करने पर रिपोर्ट डाउनलोड की जा सकती है

