



**COVID-19 OUTBREAK CONTROL AND PREVENTION STATE CELL
HEALTH & FAMILY WELFARE DEPARTMENT
GOVT. OF KERALA**

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The daily COVID-19 bulletin of the Department of Health and Family Welfare, Government of Kerala summarizes the COVID-19 situation in Kerala. The bulletin also contains links to various important documents, guidelines, and websites for references.

GENERAL GUIDELINES

- Maintain SMS (Social Distancing, Mask and Sanitize) and remain in ventilated environment
- Protect the elderly and the vulnerable- Observe reverse quarantine
- COVID-19 vaccines protect people from getting infected and becoming severely ill and significantly reduce the likelihood of hospitalization and death.
- All those eligible for COVID vaccination should take the appropriate dose of the vaccine without delay
- Come forward for vaccination for the age group of 15-17 years .
- Additional precautionary dose is available for those who have taken 2 doses and completed nine months since 2nd dose for >60 yrs, Health Care Workers, and people with comorbidities.
- Non-vaccinated people with comorbidities have higher chances of severe illness and death. Hence people with comorbidities should receive vaccination and always follow COVID appropriate behaviour. Avoid social gathering. Remain in reverse quarantine to the extend possible.
- Antigen testing should be resorted for emergency purposes. Non vaccinated people with comorbidities in case of developing symptoms should preferably do RTPCR testing and consult a doctor.

Home Isolation Mandates

- Over the past two years, it has been seen globally that majority of cases of COVID-19 are either asymptomatic or have very mild symptoms. Such patients usually recover with minimal interventions and accordingly can be managed at home under proper medical guidance and monitoring
- A caregiver (ideally someone who has completed his COVID-19 vaccination schedule) should be available to provide care on a 24 x7 basis to Covid Positive Patients under Home Isolation. A communication link between the caregiver and a Medical Officer is a prerequisite for the entire duration of home isolation.
- The patient must isolate himself from other household members, stay in the identified room and be away from other people at home, especially the elderly and those with co-morbid conditions like hypertension, cardiovascular disease and renal diseases. The room selected for isolation should preferably be a well-ventilated room with cross ventilation, and windows should be kept open to allow fresh air
- People with co-morbidities once detected with covid infection should visit Health institution.

When to seek medical attention?

- Immediate medical attention must be sought if severe signs or symptoms develop. These could include. Unresolved High-grade fever (more than 100° F for more than three days) ii. Difficulty in breathing, iii. Dip in oxygen saturation ($SpO_2 \leq 93\%$ on room air at least three readings within 1 hour) or respiratory rate $>24/$ min iv. Persistent pain/pressure in the chest, v. Mental confusion or inability to arouse, vi. Severe fatigue and myalgia

Covid 19 status- Analytical Note

- Kerala is the state with the highest rate of vaccination- 1488603 Vaccination/Million
- 100% of the eligible population vaccinated with a single dose of vaccine (2,69,27,578) and 87% with a double dose (2,32,68,912) till March 21. 79% of the 15-17 age group vaccinated with a single dose of vaccine (12,05,618) and 46% with a double dose (6,99,196). The state has vaccinated more than 97% of people aged over 45 years with a single dose and 86% with a double dose.
- During March 14 – March 20, the average active cases were 7014 out of them, an average of 2.5% only were admitted in oxygen beds, and 2.1% were in ICU.
- Out of the total 5433 cases, only 11% of the active cases are admitted either in hospital/Field hospitals. [Non-KASP hospital occupancy too included]

PART- 1 SUMMARY OF COVID CASES AND DEATH

Table 1. Summary of COVID-19 cases till 20/03/2022

Positive cases	Recovered patients	New persons in Quarantine/ Isolation	New Persons in Home, Institution quarantine	New persons in Hospital Isolation	Total no of Deaths reported	No of deaths declared as per appeal cases filed G.O.(Rt) No.2110/2021/H&FWD
6527150	6453172	809	736	73	67339	27815

Table 2. Summary of new COVID-19 cases (last 24 hours)

Positive cases	Recovered patients	New persons in Quarantine / Isolation	New Persons in Home, Institution quarantine	New persons in Hospital Isolation	No. Of Deaths in Last 24 Hrs	Deaths declared in the last 24 hrs but of previous days because of late receiving of documents	No of deaths declared as per appeal G.O.(Rt) No.2110/2021/H&FWD (Appeal Cases Filed)
495	850	527	463	64	0	2	22

Table 3. Cumulative summary as on 21/03/2022

Total Positive cases	Active cases	Total Recovered	Total persons in Quarantine/ Isolation	Persons in Home/Insti tution quarantine	Persons in Hospital Isolation	Total No of Deaths	Total No of deaths declared as per appeal cases filed G.O.(Rt) No.2110/2021/H&FWD
6527645	5433	6454022	18024	17399	625	67363	27837

Table 4. District wise summary of Cumulative cases, Active cases, and New positive cases

District	Positive Cases declared today	Declared Negative today	Positive cases admitted in the district
Thiruvananthapuram	79	111	933
Kollam	31	98	92
Pathanamthitta	13	38	156
Alappuzha	18	42	30
Kottayam	68	117	880
Idukki	33	68	542
Ernakulam	117	146	1313
Thrissur	30	58	417
Palakkad	12	20	35
Malappuram	17	33	251
Kozhikode	45	53	475
Wayanad	13	21	203
Kannur	15	36	82
Kasaragod	4	9	24
Total	495	850	5433

Table 5. District wise Death Cases through online and offline mode - post scrutiny status

District	No of Deaths reported daily (A)	No of deaths declared through appeal G.O.(Rt) No.2110/2021/H&FWD Dated 29 September (B)	Death Cases approved today (A+B)
Thiruvananthapuram	0	0	0
Kollam	1	0	1
Pathanamthitta	0	0	0
Alappuzha	0	0	0
Kottayam	0	0	0
Idukki	0	5	5
Ernakulam	0	3	3
Thrissur	0	0	0
Palakkad	0	4	4
Malappuram	1	9	10
Kozhikode	0	0	0
Wayanad	0	1	1
Kannur	0	0	0
Kasaragod	0	0	0
Total	2	22	24

- The list of Track A is mentioned in the Bulletin
- The list of Track B and Track C will be very long as we are declaring cumulative cases. These lists are available with the DMO and can be verified on online portal.
- <https://covid19.kerala.gov.in/deathinfo/covidDeathDeclarationList.jsp>

Table 6. Summary of contact or travel history of COVID-19 cases since 4th May 2020

Total cases	6527146
Cases with history of International/Interstate travel	74868
Cases with history of contact	6452278

Table 7. Summary of contact/travel history of new COVID-19 cases reported in last 24 hours

Total cases	495
Cases with history of International/Interstate travel	0
Cases with history of contact	467
Cases with no history of travel or contact	28

Table 8. Details of COVID-19 positive deaths in the last 24 hours

Sl no.	District	Name	Place	Age	Gender	Death Date
1	Kottayam	Abdul Latheef	Kottayam	64	Male	17-03-2022
2	Malappuram	Aboobacker	Malappuram	82	Male	18-03-2022

*Deaths in last 24 hours : 0

*Deaths declared in the last 24 hours but of previous days due to late receiving of documents : 2

*Deaths declared through appeal process (Appeal cases filed) in the last 24 hours : 22

Detailed list is available with the respective District Medical office (Health)

Table 9. Summary of critical patients

Patients in ICUs	120
Patients on Ventilator support	30

**The data shown contains ICU and Ventilator data from both government and private hospitals*

PART- II COVID-19 TESTING

Table 10. Cumulative number of samples tested

Cumulative Samples Sent	Cumulative routine + Sentinel samples	Airport surveillance	CB NAAT	True NAT	POCT PCR	RT LAMP	Antigen Assay
46539325	20585906	77321	142922	910425	202874	54993	24564911

Table 11. Details of new COVID-19 samples in the last 24 hours

Samples Sent	Routine + Sentinel Samples (PCR)	CB NAAT	True NAT	POCT PCR	RT LAMP	Antigen Assay
15561	7157	54	336	281	46	7687

PART-III SURVEILLANCE**Table 12. District wise distribution of persons under quarantine and isolation**

District	Persons under observation as on today	Persons under home/institutional quarantine as on today	Total persons under hospital Isolation as on today	Persons hospitalized today
Thiruvananthapuram	1996	1946	50	7
Kollam	1073	1049	24	3
Pathanamthitta	351	323	28	26
Alappuzha	279	272	7	0
Kottayam	813	700	113	0
Idukki	2512	2485	27	2
Ernakulam	1829	1747	82	1
Thrissur	4414	4391	23	6
Palakkad	2673	2655	18	3
Malappuram	464	430	34	7
Kozhikode	859	764	95	3
Wayanad	191	176	15	0
Kannur	356	326	30	6
Kasaragod	214	135	79	0
Total	18024	17399	625	64

Table 13. Summary of Travel surveillance 21/03/2022

Mode of Travel	Cumulative number of Passengers
International airport	3370366
Total	3370366

PART-IV PSYCHOSOCIAL SUPPORT

'Ottakalla Oppamundu' is a program for providing Psychosocial support to the people in quarantine, isolation, school children and other categories of population as well as to the community in general. **1049** Mental Health Personnel including Psychiatrists, Psychiatric Social Workers, Clinical Psychologists, and Counsellors are working and have given psychosocial support.

Table.14. Psychosocial support provided through the program "Ottakalla Oppamundu"

No. of Psychosocial workers	1049
Total Psychosocial support calls made to persons in quarantine/ isolation.	80,53,501
Total psychosocial support follow-up calls made	32,12,102
Total Post COVID calls	11,33,087
Total calls made to persons under treatment for mental illnesses, migrant labourers, differently abled children, elderly persons staying alone	3,48,860
Total Psychosocial support calls to school children	10,10,657
Total psychosocial support calls to health care workers	64,194
Total Psychosocial support calls received in helpline numbers	95,255
Total calls to all categories of Persons	1,39,17,656

PART-V ANNEXURES

Annexure-1: District Covid 19 Control Room Numbers Oxygen War Room Numbers

District	Covid 19 Control Room Numbers	Oxygen War Room Numbers
Thiruvananthapuram	9188610100, 1077, 0471 277 9000	7592939426, 7592949448
Kollam	0474 2797609, 2794006, 8589015556	75920 03857
Alappuzha	0477 2239999, 2238642, 2238651	7594041555
Pathanamthitta	0468 2222515, 0468 2228220	1077, 8547715558
Idukki	18004255640, 0486 2232220, 2233118	18004255640, 04862233118
Kottayam	9188610014, 9188610016, 0481 2304800, 0481 2583200, 0481 2566100, 0481 2566700, 0481 2561300	0481 256 7390
Ernakulam	0484 2368702, 0484 2368802, 0484 2368902 Guest Control Room 9072303275, 9072303276 WhatsApp Number 9400021077	75940 46167
Thrissur	9400066921, 9400066922, 9400066923	9400063430, 7034099935
Palakkad	0491 251 0580, 04912510583 0491 251 0575, 0491 251 0576, 251 0574	0491251 0577, 8848902376
Malappuram	0483 2737858, 0483 2737857,0483 2733251, 0483 2733252, 2733253	0483 2952950
Calicut	0495 2371471, 0495 2376063 Collectorate 0495 2371002	75940-01419, 7594001485
Kannur	0497 2700194, 2713437, 9400066062, 9400066616	8281899687
Wayanad	04936 202343, 04936 202375	9526831678
Kasaragod	9946000493, 9946000293	9645002811

Annexure-2: Table of links to documents, guidelines, and websites

Dashboard	https://dashboard.kerala.gov.in/
Daily Bulletin	http://dhs.kerala.gov.in/ഡെയിലി-ബുള്ളറ്റിന്%E2%80%8D/
Guidelines and Advisories	http://dhs.kerala.gov.in/ജാഗ്രത-നിര്%E2%80%8Dദേശങ്ങളു%E2%80%8D/
Awareness materials	https://www.dropbox.com/sh/l2h2n9hu737lea3/AAD43CHbedUZa_8PUY9v3m0Wa?dl=0
Posters	http://dhs.kerala.gov.in/photo-gallery/
COVID-19 Jagratha	https://covid19jagratha.kerala.nic.in/
E Sanjeevani	https://esanjeevaniopd.in

NHM Kerala	https://aogyakeralam.gov.in/
Directorate of Health Services	https://dhs.kerala.gov.in/
Directorate of Medical Education	http://www.dme.kerala.gov.in/
Department of Health and Family Welfare	https://health.kerala.gov.in/
Training and IEC videos	https://www.youtube.com/c/keralahealthonlinetraining

Annexure-3: District Psychosocial support Helpline numbers

District	COVID help line numbers
Thiruvananthapuram	9846854844
Kollam	0474 2740166, 8281086130
Pathanamthitta	8281113911
Alappuzha	4792344474
Kottayam	9539355724
Idukki	04862226929, 9496886418
Ernakulam	04842351185, 9846996516
Thrissur	04872383155, 8281100729, 8086007999
Palakkad	04912533323
Malappuram	7593843617, 7593843625
Kozhikode	9495002270
Wayanad	9400348670
Kannur	04972734343, 9495142091
Kasaragod	9072574748, 9447447888

- District Helpline Numbers will be available from 9am to 4 pm.
- *State Helpline Numbers DISHA 0471-2552056 and 1056 (Toll Free Number) will be available 24x7*