



Global update

38.7 million confirmed cases and 1.09 million deaths have been reported around the globe. The USA has the highest number of confirmed cases followed by India. The European region reported the highest increase in the past week since the beginning of the pandemic showing. Africa and South East Asia reported a slow decline in the past week. **With over 2.4 million cases in the past week, this is the highest number of cases reported in a single week, as scientists around the world warns of aggravated COVID-19 spread during the winter months.**

SUPER-SPREADER EVENTS & SUPER-SPREADERS

Super-spreader events are non-technical terms used to describe **persons and events where the spread of COVID-19 is much than under normal circumstances.** It is generally agreed that 10-20% of positive cases are responsible for 80 % of transmissions, a term referred to as super-spreaders. **Normally one COVID-19 case will infect only one or two more people but super spreader events are where more than 10, 15 cases or even hundreds are infected in a single event.** It has been documented in settings like an Indoor hockey game, cruise ships, church events, choir practice sessions, workplaces, households, meetings, trainings, night clubs, bars, birthday parties, weddings, funerals and recent events like at the White House, where President of the USA was infected. A super spreader in a super spreader event will be very disastrous. **All these super spreader events are related to the 3 C's** (Crowded places, Closed/ enclosed spaces and Close contact settings), where distancing, crowding, ventilation and other safety measures are compromised. Responsible citizens should avoid social events and activities which falls under the 3C's. **Super- spreader events will easily lead to community transmission.**

Global | National | Regional | State

| Covid 19 Cases | Confirmed cases | Deaths | Death Rate |
|----------------|-----------------|-----------|------------|
| World | 3,87,89,204 | 10,95,097 | 2.82% |
| India | 73,70,468 | 1,12,161 | 1.52% |
| N.E. India | 2,77,021 | 1,449 | 0.52% |
| Nagaland | 7,604 | 17 | 0.22% |

As of 16th October 2020

In the past week:

India: 4,64,317 cases and 5,671 deaths

World: 2.42 million cases and 38,911 deaths

North Eastern States

| State | Total Cases | No of Deaths | Death Rate |
|-------------------|-------------|--------------|------------|
| Assam | 1,98,982 | 843 | 0.42 % |
| Tripura | 29,193 | 323 | 1.11 % |
| Manipur | 14,378 | 104 | 0.72 % |
| Meghalaya | 8164 | 73 | 0.89 % |
| Sikkim | 3,500 | 59 | 1.69 % |
| Arunachal Pradesh | 12,971 | 30 | 0.23 % |
| Nagaland | 7,604 | 17 | 0.22 % |
| Mizoram | 2,229 | 0 | 0.00 % |
| Total | 2,77,021t | 1,449 | 0.52 % |

As of 16th October 2020

Epidemiology

The virus, SARS-CoV-2 is spread by the viral load present in the respiratory droplets. The incubation period varies from 2-14 days with an average of 5-6 days. More than 80% of infected people will have very mild to no symptoms at all. Infections mostly spread in closed, crowded and poorly ventilated spaces. Person to person transmission through droplets is the main mode of transmission.



Major updates from the week: Summary

- Positivity rate among office goers (27%) and household contacts (26%) continue to increase. The positivity rate among students also remain high at 16%. SOP for prevention of infection in work places and schools should be implemented urgently.
- We continue to see uncontrolled spread in closed settings like restaurants, bakery, religious communities, thereby increasing risk of spread in the community. These are settings where super spreader events happen. The 3Ws should be followed vigorously. Social events and gatherings should be avoided. Dine in at restaurants should be avoided and takeaways should be the new norm. Unavoidable social events should be held with maximum precautions as per laid down SOP.
- The 716 samples reported this week is the second highest number of confirmed cases till date with a positivity rate of 16%.
- The percentage of traced contacts among confirmed cases has increased from 7% in July to 56 % by mid-October. **This indicates shift of cases towards the community.**
- The Sample Positivity Rate of 8.5 % is higher than the national average (7.9%)
- The highest positive cases among traced contacts is in the 21-40-year-old age group at 53 %. It is again reiterated that infection in the old and high-risk groups immediately follow after infection in the young.
- Symptomatic cases have increased to 4% and positives among people with comorbidities have also increased to 0.4 %. We expect more hospitalizations and severe cases in the coming days.
- Positivity of Patients coming to Flu clinics is 4% which keeps on increasing every week.
- A total of 22,859 quarantine violations have been received from the PHQ through digital monitoring. One must quarantine mandatorily for 14 days once someone falls under high risk category / if you are a traveler, so that you do not risk people around you.

SCIENTIFIC UPDATES FROM AROUND THE WORLD:

Airborne Transmission of COVID-19 under Special circumstances

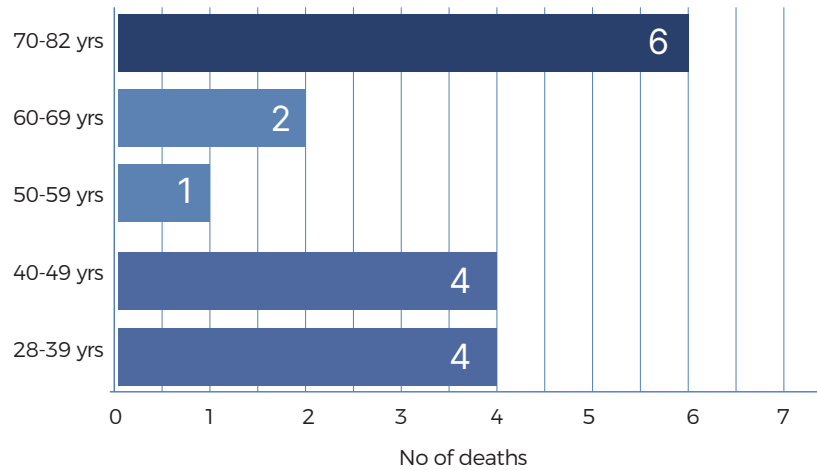
In the past week, Center for Disease Control and Prevention, USA has reported that airborne transmission is observed in some special circumstance and conditions. In enclosed crowded spaces with poor ventilation where people are shouting, singing etc (Bars, lounges, clubs), infection is possible beyond 6 feet distance and droplets containing virus can remain suspended in air for longer time and travel beyond 6 feet.

Post COVID-19 'Long Haulers' are an increasing group of patients who experiences symptoms like fatigue, breathlessness, headache, difficulty in sleeping etc., after recovering from COVID-19, weeks to months later.

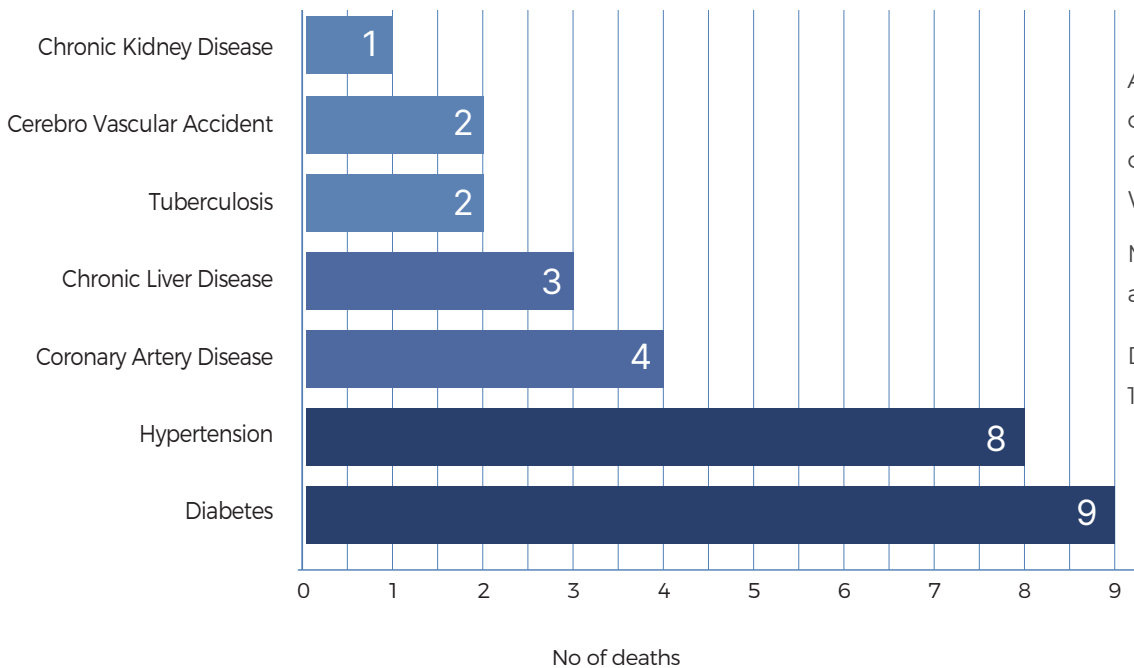
COVID DEATHS

COVID-19 DEATHS BY AGE GROUP

- Total Deaths: 17
- Median Age: 56 yrs
- Range: 28 - 82 yrs
- Sex: Male 88%



COMORBIDITIES ASSOCIATED WITH COVID-19 DEATHS



All COVID-19 deaths are certified by the state death committee as per ICMR and WHO ICD 10 guideline.

Multiple comorbidities are associated with a single patient.

Deaths with comorbidities: 14/17 (82%)

District wise deaths:

- Dimapur (13)
- Kohima (2)
- Mon (1)
- Mokokchung (1)

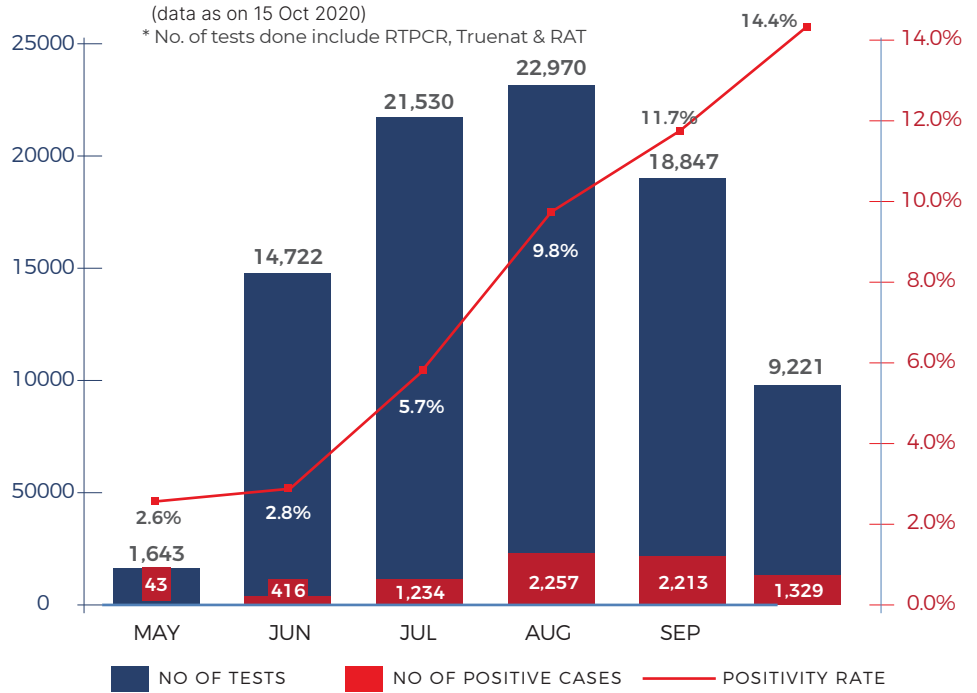
5 covid-19 deaths have been confirmed by the state death committee in the past week.

Most common comorbidities: Hypertension and Diabetes Mellitus

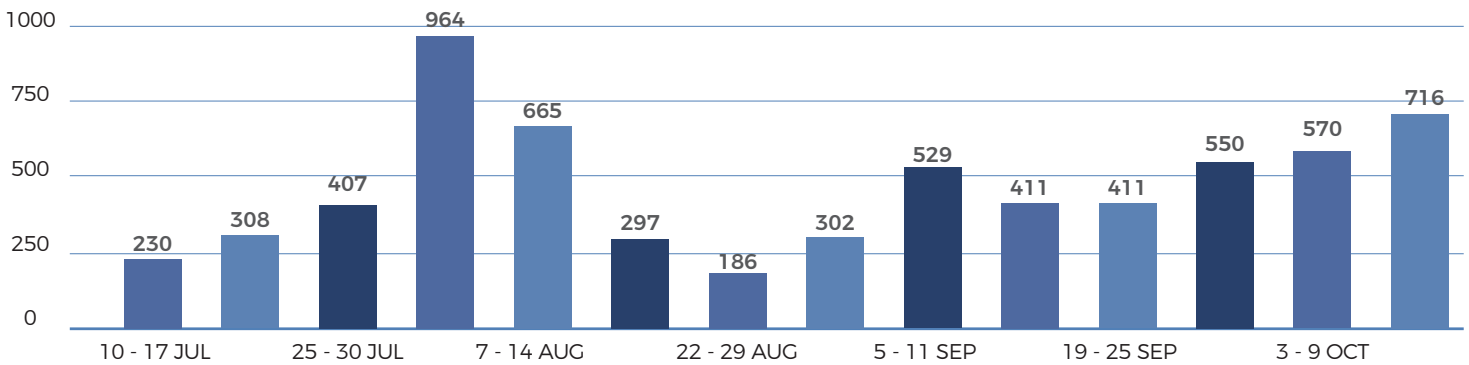
COVID TESTS, POSITIVE CASES & POSITIVITY RATE

The 716 cases reported this week is the second highest number of cases reported in a single week. There has been a gradual increase in cases after the 3rd week of September.

The week also reported the highest number of traced contacts till date.



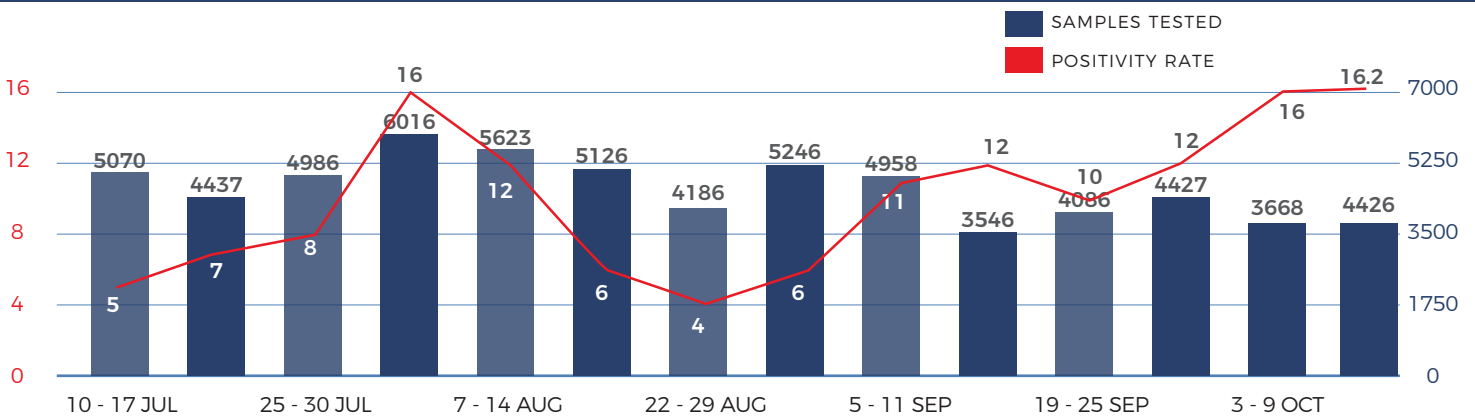
WEEKLY DATA OF CONFIRMED CASES



570 cases reported in the past week are:

- Traced contacts (402)
- Armed forces (249)
- Returns/travellers (48)
- Frontline workers (17)

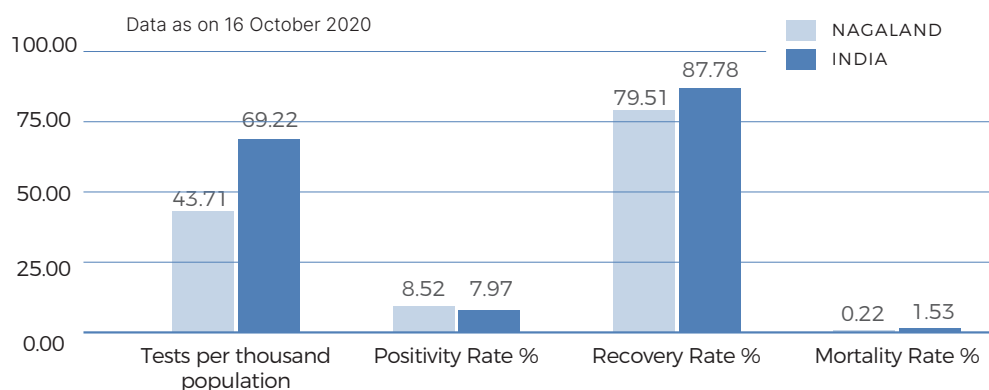
WEEKLY DATA ON SAMPLE TESTING & SAMPLE POSITIVITY RATE



- The positivity rate for the past week is 16.2% which is the highest as of date.
- In Nagaland, 97% of all tests have been done by RT-PCR (BSL-2/3 and Truenat) which is the gold standard test in the world.

| TEST TYPE | NO OF TESTS | PERCENTAGE |
|-----------|-------------|------------|
| BSL 2-3 | 55,381 | 62% |
| Truenat | 31,088 | 35% |
| RAT | 2,734 | 3% |
| Total | 89,203 | 100% |

TESTING, POSITIVITY, RECOVERY AND MORTALITY RATES



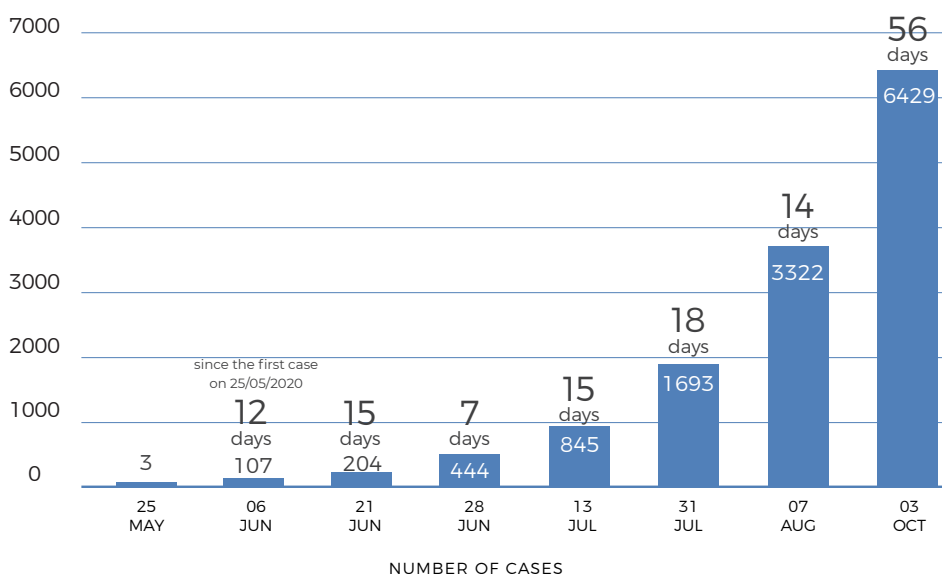
For the first time, the state's sample positivity rate is higher than that of the country.

Mortality rate has increased to 0.22 %

DOUBLING TIME OF CASES

Doubling time increased to 56 days (3rd October 2020).

Last doubling time was 14 days on 7th August 2020.



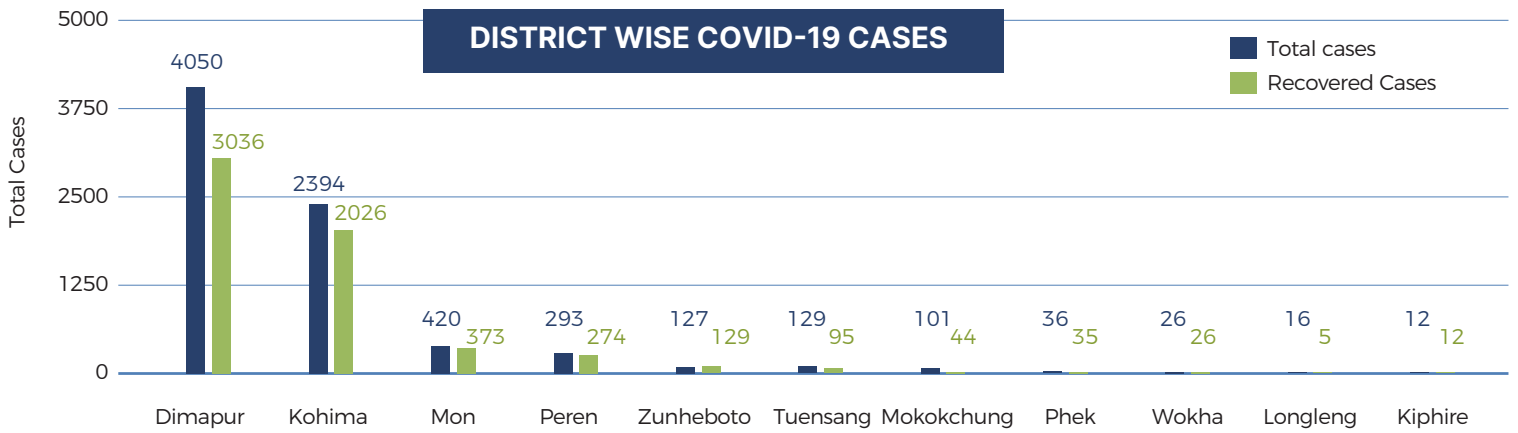
BED OCCUPANCY RATE IN COVID HOSPITALS AND COVID CARE CENTERS (CCC)

| DISTRICT | COVID HOSPITAL | | COVID CARE CENTERS | | HOME ISOLATION |
|--------------|----------------------------|--------------------|----------------------------|------------------------|-----------------------|
| | Total admissions till date | Bed occupancy Rate | Total admissions till date | Current Occupancy Rate | Total cases till date |
| Dimapur | 614 | 27 % | 1365 | 43 % | 333 |
| Kiphire | 1 | 0 % | 11 | 0 % | 0 |
| Kohima | 268 | 10 % | 1797 | 21 % | 325 |
| Longleng | 0 | 0 % | 10 | 20 % | 0 |
| Mokokchung | 2 | 0 % | 83 | 100 % | 0 |
| Mon | 80 | 9 % | 390 | 20 % | 19 |
| Peren | 44 | 8 % | 256 | 63 % | 6 |
| Phek | 31 | 4 % | 6 | 4 % | 0 |
| Tuensang | 44 | 3 % | 126 | 100 % | 3 |
| Wokha | 5 | 1 % | 26 | 0 % | 0 |
| Zunheboto | 81 | 6 % | 107 | 2 % | 1 |
| TOTAL | 1,170 | 8 % | 4,177 | 28 % | 687 |

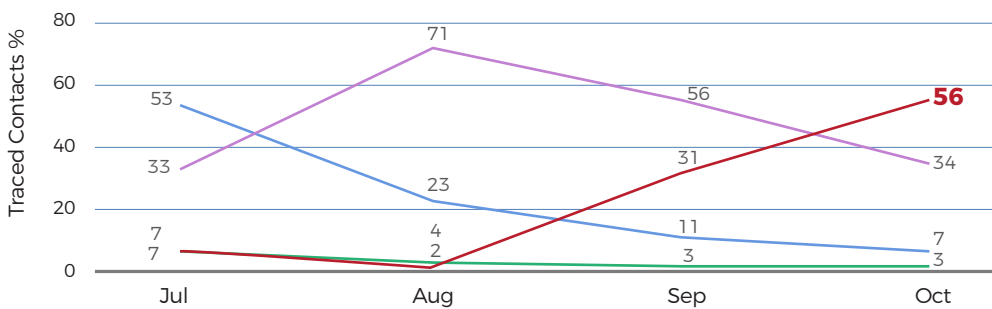
Bed occupancy rate is calculated with ALOS of 14 days.
Military and paramilitary facilities are not included

9% of total confirmed cases have been put in home isolation till date.

CATEGORIZATION OF TOTAL CONFIRMED CASES



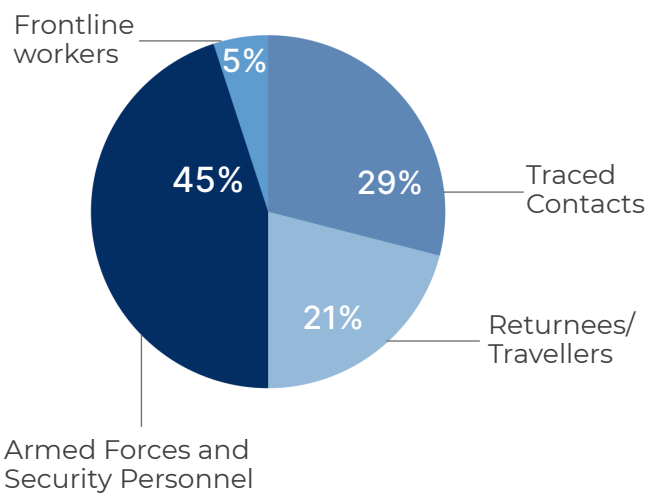
CATEGORY OF CONFIRMED CASES



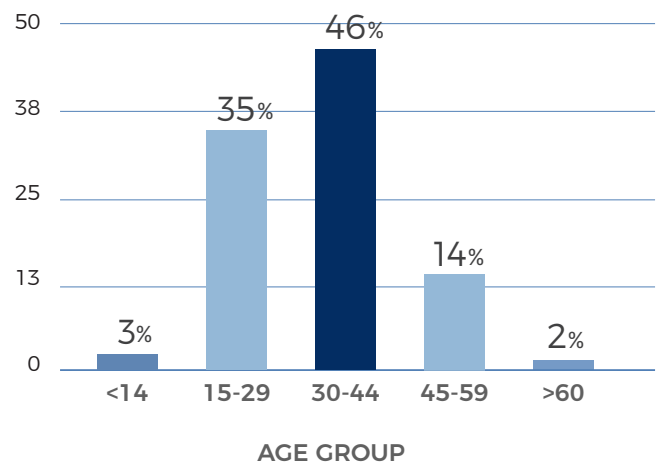
The percentage of TRACED CONTACTS among confirmed cases increased from 7% in July to 56% by mid-October.

- TRACED CONTACTS
- RETURNEES/TRAVELLERS
- FRONTLINE WORKERS
- ARMED FORCES

GENERAL CATEGORIZATION OF CASES



AGE DISTRIBUTION OF COVID-19 CASES



DESCRIPTIVE EPIDEMIOLOGY

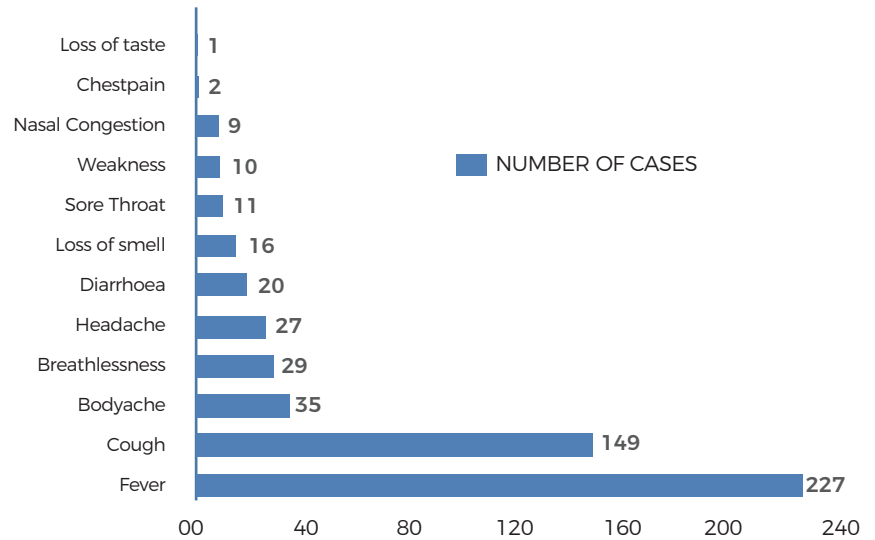
| | | | |
|------------------------|--------------------|-------------------|---------------|
| Median Age | 32 years | Gender | Males (83%) |
| Range (Age) | 1 month - 93 years | Symptomatic Cases | 4% (280/7604) |
| Cases with comorbidity | 0.4 % (33/7604) | | |

CLINICAL PRESENTATION OF SYMPTOMATIC CASES

Fever (81%) and cough (53%) are the most common reported symptoms in the state among COVID-19 cases.

Both symptomatic and asymptomatic cases can transmit the disease even though symptomatic cases transmit more.

All citizens are advised to contact the state helpline (1800-345-0019) and quarantine themselves immediately if any symptoms develop.



DATA AS ON 16 OCTOBER 2020

ACTIVE CASES

DISTRICT DISTRIBUTION OF ACTIVE CASES AND SAMPLING

(as on 09 October 2020)

| District | Active Cases | Samples Tested | Tests per thousand population | Positivity Rate |
|------------|--------------|----------------|-------------------------------|-----------------|
| Dimapur | 953 | 35,794 | 91 | 11.2 % |
| Kiphire | 0 | 729 | 10 | 2.1 % |
| Kohima | 358 | 25,314 | 91 | 9.4 % |
| Longleng | 4 | 1,060 | 20 | 1.5 % |
| Mokokchung | 56 | 3,163 | 16 | 3.2 % |
| Mon | 37 | 10,359 | 40 | 4.1 % |
| Peren | 19 | 4,326 | 44 | 7.5 % |
| Phek | 1 | 2,309 | 14 | 1.6 % |
| Tuensang | 34 | 3,238 | 16 | 4.0 % |
| Wokha | 0 | 1,130 | 7 | 2.3 % |
| Zunheboto | 4 | 1,781 | 12 | 7.1 % |
| NAGALAND | 1,466 | 89,203 | 44 | 8.5 % |

How do we stay safe during the pandemic?

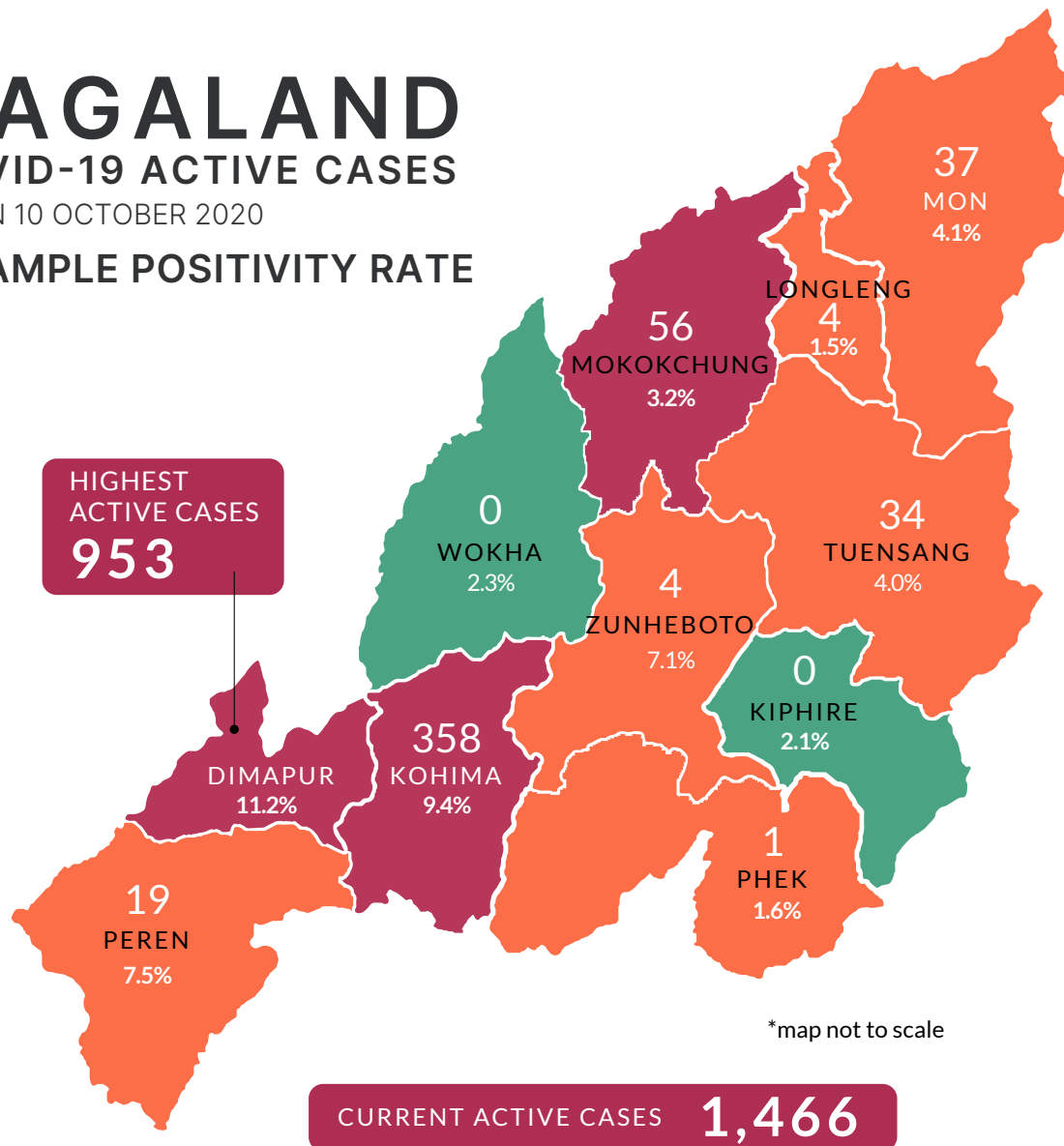
The main mode of transmission is from Person to person. Everyone should strictly follow the 3 W's (Wash Hands, Watch Distance and Wear Mask) and AVOID the 3 C's (Crowded places, Close Contact Setting and Confined settings). This is the only proven preventive measure till date.

NAGALAND

COVID-19 ACTIVE CASES

AS ON 10 OCTOBER 2020

& SAMPLE POSITIVITY RATE



DISTRIBUTION OF CURRENT ACTIVE CASES IN FACILITIES & HOME

| | Covid Hospital | Covid Care Center | Home Isolation | Military Establishments | Total |
|-------|----------------|-------------------|----------------|-------------------------|-------|
| Total | 60 | 534 | 297 | 575 | 1466 |
| % | 4% | 36% | 20% | 39% | 100% |

CONTACT TRACING

A total of 25,887 contacts have been traced by surveillance teams including 10,742 primary contacts.

DISTRIBUTION OF POSITIVE TRACED CONTACTS BY AGE-GROUP & OCCUPATION

Positivity rate among office goers 27% (600/2204) and household contacts 26% (572/2204) continue to increase.

The positivity rate among students also remain high at 16% (361/2204)

Positivity of Patients coming to Flu clinics is 4% (84/2204).

We continue to see uncontrolled spread in closed settings like offices, restaurants, bakery, religious communities, increasing risk in the community.

In many closed settings, we have seen a disregard of basic principles of keeping themselves and people around them safe. Because of that, they have clusters

Yet again, the 21-40 age group is the most affected among traced contacts.

| Age Group | Cases | Percentage |
|--------------|--------------|-------------|
| 0.1 - 10 yrs | 156 | 7 |
| 11 - 20 yrs | 257 | 12 |
| 21 - 30 yrs | 605 | 27 |
| 31 - 40 yrs | 575 | 26 |
| 41 - 50 yrs | 329 | 15 |
| 51 - 60 yrs | 191 | 9 |
| 61 - 93 yrs | 91 | 4 |
| TOTAL | 2,204 | 100% |

| Age Group | Cases | Percentage |
|--------------|--------------|-------------|
| Female | 732 | 33 |
| Male | 1,472 | 67 |
| TOTAL | 2,204 | 100% |

| Occupation | Cases | Percentage |
|----------------------------|--------------|-------------|
| Government employees | 600 | 27 |
| Household contacts | 572 | 26 |
| Students | 361 | 16 |
| Self employed | 300 | 14 |
| Prison contacts | 88 | 4 |
| Flu Clinic attendee | 84 | 4 |
| Unemployed | 67 | 3 |
| Migrant workers | 52 | 2 |
| Convent contacts | 19 | 1 |
| Church contacts | 20 | 1 |
| Bakery/Restaurant employee | 23 | 1 |
| Teachers | 17 | 1 |
| TOTAL | 2,204 | 100% |

SAFETY GUIDE DURING THE PANDEMIC

KEEP YOURSELF AND YOUR FAMILY SAFE DURING THIS PANDEMIC.

Till a vaccine is available, this guide is your best defence against the COVID-19 virus.

KNOW HOW THE VIRUS SPREADS!

THE VIRUS SPREADS MAINLY FROM PERSON TO PERSON:

- **Between people who are in close contact** within 6 feet (2 arm's length approximately)
- Virus spread **through respiratory droplets** produced when an infected person coughs, sneezes, talks, sings etc. These droplets land on the mouth, nose, face of persons nearby and may be inhaled into the lungs causing disease.
- **Our hands are prone to touch infected people and infected surfaces.** When we touch our face (mouth, nose, eyes) the virus can be inhaled into our lungs.
- **Even asymptomatic patients spread the virus** if standard precautions are NOT taken.

LET US LEARN TO LIVE WITH COVID-19 SAFELY.

LET US BE RESPONSIBLE CITIZENS.

THE GOLDEN RULE

Assume **EVERYONE** is a **POTENTIAL CARRIER** of the virus (including you).

All **TRAVELLERS** and **CONTACTS UNDER QUARANTINE** should strictly observe the quarantine norms for everyone's safety.

FOLLOW THE 3W's

| | WHY | WHEN | HOW |
|----------------|---|---|--|
| WASH HANDS | <p>Washing hands with SOAP and WATER is the best way to get rid of germs/virus.</p> <p>Apart from COVID-19, many diseases like diarrhoea, other respiratory illness can be prevented.</p> <p>Soap destroys the outer fatty layer of the virus and kills it.</p> <p>An alcohol-based sanitizer can be used in situations where hand washing is not feasible.</p> | <ul style="list-style-type: none"> ▪ Before/after food ▪ Before/after preparing food ▪ Before/after caring for patient ▪ After using the toilet ▪ After returning home from outside ▪ Before/after putting on mask ▪ After touching pets/ animals ▪ After touching garbage ▪ Anytime hands are dirty ▪ Before/after marketing | <p>Wash hands with soap and water for at least 20-40 seconds and dry with a clean tissue or air dry.</p> <p>Place hand washing stations with running water at points of entry to schools, offices, markets, churches, homes etc</p> <p>Always carry an alcohol based hand sanitizer.</p> |
| WEAR MASK | <p>The main mode of transmission is through droplets from an infected person. A mask will prevent infected droplets to spread to others during talking, coughing, sneezing etc.</p> <p>A mask protects you and people around you.</p> <p>Wearing mask is a social responsibility.</p> | <ul style="list-style-type: none"> ▪ Every time you're in a public place with other people around (day or night) ▪ In any close contact settings (market places, offices, trainings, schools, churches, banks, unavoidable social gatherings etc.) ▪ Wear at home if anyone is sick in the household, or in quarantine /isolation. | <p>Mask should be worn correctly and should be clean</p> <p>Do not remove mask while talking, coughing, sneezing etc.</p> <p>Mask is effective only when used in combination with handwashing or hand sanitizers</p> |
| WATCH DISTANCE | <p>If a person is infected and you are within 6 feet distance, droplets from the infected person may get you infected.</p> <p>The main mode of transmission is from person to person through droplets.</p> | <p>Anytime you are outside your own household.</p> | <p>Keep 6 feet distance or two arms length distance away from others.</p> |

IMPORTANT!

ANYONE WITH COVID-19 LIKE SYMPTOMS LIKE FEVER, COUGH AND DIFFICULTY IN BREATHING SHOULD ISOLATE THEMSELVES IMMEDIATELY AND CONTACT THE STATE HELPLINE 1800-345-0019.

AVOID THE 3C's

CROWDED PLACES

WHY

The chances of someone carrying the virus in a crowd is much higher and it is difficult to maintain physical distancing in such settings.

Most cases are asymptomatic carriers and transmit COVID-19 unaware.

Anyone in a crowd is a potential carrier of the virus.

HOW

Avoid big crowded markets. Buy essential items from smaller colony markets/ standalone shops.

Postpone weddings, birthday **celebrations, social events** if possible, for the coming years. If unavoidable, limit number of guests as per sop with strict safety measures

Funerals should be observed with limited visitors and strict safety measures. **Ensure there is no mixture of people from different places.** Staggering of visitors can be planned.

Young people should strictly avoid **parties and gatherings** (indoors or outdoors) as these are super spreader events.

CLOSE CONTACT SETTINGS

WHY

If you're **within 6 feet of an infected person for 15 minutes** or more you are a high-risk contact.

The more the people, the higher are the chances of infection.

HOW

Maintain 6 feet distance and use mask in any close contact setting

Trainings/meetings should be held on digital platforms. If physical gatherings are unavoidable, strictly follow the 3Ws. Group photo sessions after trainings without social distancing and masks should be avoided strictly.

Safety measures should not be compromised among circle of friends, relatives or family.

CONFINED OR ENCLOSED SPACES

WHY

Closed spaces/ indoors with poor ventilation are the main places where infections happen. In Nagaland, offices and same household (both confined spaces) are where maximum infections have taken place.

Virus linger longer in the air in closed spaces. A study in Japan found that **the spread of COVID-19 is 20 times more in a closed environment than open spaces.**

Closed spaces like bars and clubs with poor ventilation and where people are talking, singing and shouting without masks are ideal conditions for virus spread. In such conditions, virus remains suspended in the air for longer periods of time and beyond 6 feet- similar to airborne transmission.

HOW

Keep windows, doors open for natural ventilation when possible at offices & other enclosed spaces

Wear masks at all times

Physical distancing should be ensured in workplaces.

Stay home if you have fever, cold, runny nose/ any covid-19 like symptoms.

Handwashing points / hand sanitizers should be available for frequent use.

SOP for High Risk settings (Directorate of Health & Family Welfare, Nagaland) should be enforced strictly.

If you develop any signs and symptoms of
COUGH, FEVER OR DIFFICULTY IN BREATHING

Call the State Health Helpline Number immediately: **1800-345-0019**

**THE PUBLIC IS THE FIRST LINE OF DEFENSE!
ADHERE TO GOVERNMENT ADVISORIES AND STAY UPDATED.**

AVOID the 3 C's



CROWDED PLACES



**CLOSE-CONTACT
SETTINGS**



**CONFINED OR
ENCLOSED SPACES**

FOLLOW the 3 W's



WEAR MASK




WASH HANDS




WATCH DISTANCE

Contact us: nlssu.idsp@nic.in, pddhfw@gmail.com, warroomnagaland@gmail.com

 www.nagahealth.nagaland.gov.in

 [@MyGovNagaland](https://twitter.com/MyGovNagaland)

 www.covid19.nagaland.gov.in

 [@HealthNagaland](https://twitter.com/HealthNagaland)

 www.nsdma.nagaland.gov.in

 [Coronaga](#)



Principal Director
Department of Health and Family Welfare
Kohima: Nagaland