

Date: 10-12-2020

Health Bulletin

Time: 06:00 PM



Positive Today: **830**



Recovered Today: **513**



Death Today: **12**



Active Cases: **5742**

S⁺vty

Sample Positivity: **5.45%**

R%

Recovery Percentage: **90.05%**

1. Total cumulative Positive COVID-19 detected: **80486**
2. Total Number (%) of COVID-19 Patients Treated/ Cured: **72479 (90.05%)**
3. Total Number (%) of COVID-19 patients migrated out of state: **933 (1.16%)**
4. Total Number (%) of COVID-19 Deaths: **1332 (1.65%)**
5. Number of samples found negative for COVID-19 today: **10249**
6. Total number of samples sent for COVID-19 testing today: **12618**
7. Total number of cumulative samples found negative: **1395450**
8. Total number of samples result awaited: **16661**



पिछले तीन दिनों के बीच में जो भी लोग
कोरोना पॉजिटिव व्यक्ति
के करीबी सम्पर्क में आरें..
..वो भी अपना
कोविड टेस्ट करवारें

सावधानी बरतें क्योंकि सर्तकता ही बचाव है!

उत्तराखण्ड शासन
NATIONAL HEALTH MISSION
राष्ट्रीय स्वास्थ्य मिशन
COVID-19
Uttarakhand State Control Room

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	207	307	68766	53	2631	71397	259
Bageshwar	136	196	43082	24	1312	44394	195
Chamoli	543	895	65126	51	2997	68123	568
Champawat	649	763	70060	17	1491	71551	662
Dehradun	3367	2312	222754	273	23579	246333	3899
Haridwar	1999	1492	235765	63	12614	248379	2935
Nainital	1456	1409	125454	105	9232	134686	1474
Pauri Garhwal	504	216	102181	37	4524	106705	963
Pithoragarh	458	292	52022	61	2593	54615	639
Rudraprayag	207	422	39680	55	1991	41671	214
Tehri Garhwal	743	461	75826	44	3795	79621	954
US Nagar	1791	1000	211614	37	10562	222176	2941
Uttarkashi	558	484	83,120	10	3165	86,285	958
Total	12618	10249	1395450	830	80486	1475936	16661

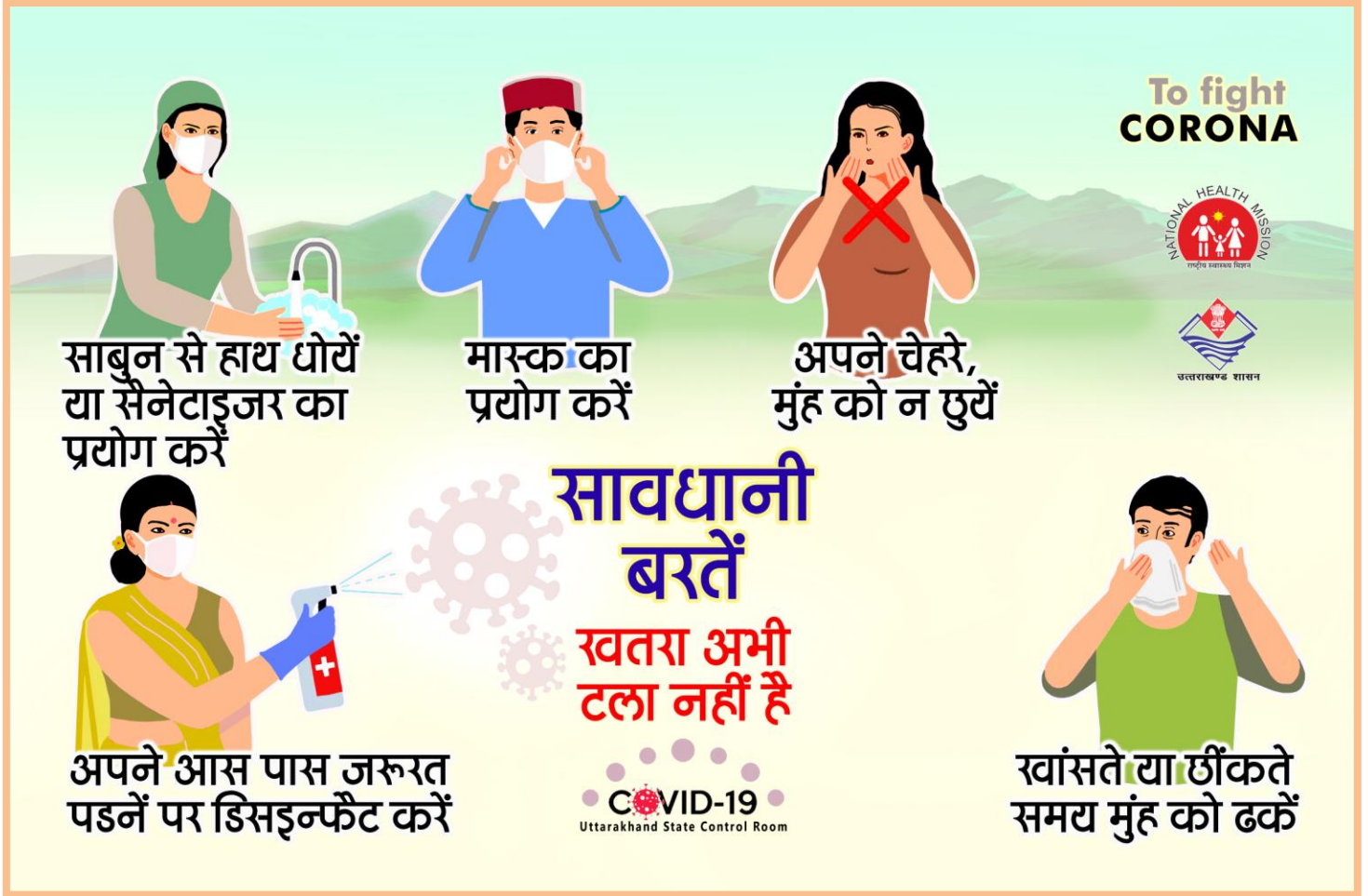
Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	2631	2236	327	18	50
Bageshwar	1312	1116	183	13	0
Chamoli	2997	2580	362	13	42
Champawat	1491	1240	185	7	59
Dehradun	23579	20605	1878	745	351
Haridwar	12614	11,827	557	138	92
Nainital	9232	8486	512	185	49
Pauri Garhwal	4524	4030	418	52	24
Pithoragarh	2593	2194	375	24	0
Rudraprayag	1991	1839	137	9	6
Tehri Garhwal	3795	3384	315	13	83
U.S. Nagar	10562	10,058	294	103	107
Uttarkashi	3165	2,884	199	12	70
Total	80486	72479	5742	1332	933

District-wise Hotspots/ Containment Zones

S.No.	District	Number of Containment Zone	Name of Containment Zone (Date of Start of Containment Zone)
1	Dehradun	07	<p>Dehradun (05)</p> <ol style="list-style-type: none"> 198, Chukkuwala (27-11-2020 to 10-12-2020) Ravindrapuri, Hathibadkala (27-11-2020 to 10-12-2020) 1056 - Indra Nagar, Kanwali, Near Seemadwar (02-12-2020 – 15-12-2020) 55 Divya Vihar, F Block, Dharampur (07-12-2020 to 21 -12-2020) 11 Sewak Ashram Road (07-12-2020 to 21-12-2020) <p>Mussoorie (01)</p> <ol style="list-style-type: none"> Green Mount, Landour (08-12-2020 to 22-12-2020) <p>Vikasnagar (1)</p> <ol style="list-style-type: none"> AWHO, Dhulkot, block x,y,z (07-12-2020 to 21-12-2020)
2	Pauri Garhwal	01	<p>Srinagar (01)</p> <ol style="list-style-type: none"> Hotel Daisy, Srikot Ganaga Nali (25-11-2020)
3	Tehri Garhwal	01	<p>Kirtinagar (1)</p> <ol style="list-style-type: none"> Kilkilleshwar, Kirtinagar (30-11-2020)
4	Haridwar	01	<p>Laksar (1)</p> <ol style="list-style-type: none"> Ward No-09, Azad Nagar (3-12-2020)
	Total	10	





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:** Five Hundred Thirteen (513) patients discharged in different districts (Almora– 00, Bageshwar– 05, Chamoli– 58, Champawat– 03, Dehradun– 205, Haridwar– 34, Nainital– 48, Pauri– 70, Pithoragarh– 70, Rudraprayag– 00, Tehri– 14, U.S. Nagar– 00 & Uttarkashi– 06).
- **Death:** Twelve (12) 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 59 year old male expired in Kailash Hospital, Dehradun due to Acute Respiratory Distress Syndrome, Sepsis & Septic Shock.
 - (2) A 63 year old male expired in Himalayan Hospital, Dehradun due to Acute Respiratory Distress Syndrome.
 - (3) A 56 year old male expired in AIIMS Rishikesh, Dehradun due to Cardiogenic Shock, COVID Acute Respiratory Distress Syndrome & Septic Shock.
 - (4) A 54 year old female expired in Govt. Doon Medical College, Dehradun due to Bilateral Pneumonitis.
 - (5) A 67 year old male expired in Kailash Hospital, Dehradun due to COVID Pneumonia, Acute Respiratory Distress Syndrome & Shock.
 - (6) A 34 year old female expired in Govt. Doon Medical College, Dehradun due to type 1 Respiratory Failure & Metabolic Acidosis.
 - (7) A 80 year old male expired in MH, Dehradun due to Severe Acute Respiratory Infections & Type 1 Respiratory Failure.
 - (8) A 84 year old male expired in MH, Dehradun due to Septicemia & Diabetic Ketoacidosis.
 - (9) A 56 year old female expired in Jaya Maxwell, Bahadarabad, Haridwar due to Cardiac Arrest.
 - (10) A 75 year old male expired in HNB Base Hospital, Srinagar due to Type 1 Respiratory Failure followed by CardioPulmonary Arrest.
 - (11) A 88 year old male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden CardioPulmonary Arrest, Severe Acute Respiratory Illness, Acute Respiratory Distress Syndrome & Type 1 Respiratory Failure.
 - (12) A 60 year old male expired in DH, Bageshwar due due to Type 1 Respiratory Failure, MultiOrgan Dysfunction & Sepsis.



SOCIAL DISTANCING
is for your own Safety

सकारात्मक रहें, अपने काम और जीवन में सन्तुलन बनाकर रखें



च्यवनप्राश



- 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 रोग प्रोटोकाल का अभ्यास करें.
- धूम्रपान, तम्बाकू, गुटका, शराब आदि का पूर्णतः परित्याग करें।



COVID-19
Uttarakhand State Control Room

खान पान में सुधार लार्थे

अपनी रोग प्रतिरोधक क्षमता को कमजोर न होने दें



COVID-19
Uttarakhand State Control Room

To fight
CORONA

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.

हम प्रतिबद्ध हैं आपकी मदद के लिये.. 24 X 7

आप राज्य सरकार द्वारा संचालित सभी स्वास्थ्य सेवाओं के बारे में जानकारी सुझाव अथवा शिकायतों के निवारण हेतु 104 इन्टिग्रेटिड हैल्पलाइन (टोल फ्री नम्बर) पर कॉल कर सकते हैं



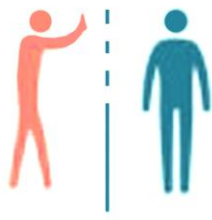
24/7 Call Center Help Live Support

● जानकारी ● सुझाव शिकायत ● निवारण
24 x 7 निःशुल्क सेवा

अगर आप कोविड-19 से संक्रमित हैं...



घर में रहें



दूसरों के सम्पर्क में न आर्यें



खांसते समय अपने मुंह व नाक को ढकें

इस्तेमाल के बाद व्यर्थ सामग्री को कूड़ेदान में डालें और हाथों को अच्छी तरह साफ करें।



सरफेस एरिया को साफ रखें



Uttarakhand State Control Room
COVID-19

ये कोई औपचारिकता नहीं है...



“सही से मास्क न पहनना खतरनाक हो सकता है”

COVID-19
Uttarakhand State Control Room

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	01334-239920, 01334-223999
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



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**

