

Date: 07-12-2020

Health Bulletin

Time: 06:00 PM



Positive Today: **512**



Recovered Today: **471**



Death Today: **10**



Active Cases: **5234**

S⁺vt_y

Sample Positivity: **5.46%**

R%

Recovery Percentage: **90.57%**

- Total cumulative Positive COVID-19 detected: **78509**
- Total Number of COVID-19 Patients Treated/ Cured: **71105**
- Total COVID-19 patients migrated out of state: **875**
- Total COVID-19 Deaths: **1295**
- Number of samples found negative for COVID-19 today: **12637**
- Total number of samples sent for COVID-19 testing today: **13660**
- Total number of cumulative samples found negative: **1359029**
- Total number of samples result awaited: **16931**

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



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	48	34	68218	18	2552	70770	101
Bageshwar	387	100	42293	1	1250	43543	428
Chamoli	697	259	62949	37	2899	65848	775
Champawat	394	666	67691	12	1456	69147	468
Dehradun	3824	2804	214108	229	22856	236964	3981
Haridwar	2141	3093	229649	60	12452	242101	2806
Nainital	1354	1272	121270	53	8979	130249	1625
Pauri Garhwal	755	696	99945	25	4420	104365	905
Pithoragarh	467	107	50789	15	2440	53229	621
Rudraprayag	280	66	38885	4	1911	40796	603
Tehri Garhwal	605	601	74321	20	3700	78021	869
US Nagar	2094	2132	207096	19	10480	217576	2840
Uttarkashi	614	807	81,815	19	3114	84,929	909
Total	13660	12637	1359029	512	78509	1437538	16931

Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	2552	2196	289	17	50
Bageshwar	1250	1088	152	10	0
Chamoli	2899	2475	370	13	41
Champawat	1456	1229	165	7	55
Dehradun	22856	20082	1738	721	315
Haridwar	12452	11,723	505	136	88
Nainital	8979	8265	486	180	48
Pauri Garhwal	4420	3953	393	50	24
Pithoragarh	2440	2076	340	24	0
Rudraprayag	1911	1811	85	9	6
Tehri Garhwal	3700	3334	278	13	75
U.S. Nagar	10480	10,013	257	103	107
Uttarkashi	3114	2,860	176	12	66
Total	78509	71105	5234	1295	875

District-wise Hotspots/ Containment Zones

S.No.	District	Number of Containment Zone	Name of Containment Zone (Date of Start of Containment Zone)
1	Dehradun	05	<p>Dehradun (04)</p> <ol style="list-style-type: none"> Lane No-01, Vivekanand Gram, Loharanthanpur (24-11-2020 to 07-12-2020) 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) <p>Mussoorie (01)</p> <ol style="list-style-type: none"> Indra Colony, Kempty Road (26-11-2020 to 9-12-2020)
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	02	<p>Tehri (1)</p> <ol style="list-style-type: none"> C block, Type 3 (26-11-2020) <p>Kirtinagar (1)</p> <ol style="list-style-type: none"> Kilkileshwar, 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	09	



WASH YOUR HANDS

00:00:40
TIME"



WEAR MASK



SOCIAL DISTANCE



6 feet

कोरोना से बचने के लिये
तीन सावधानियां बरतें-

- हाथ धोयें बार बार
- मास्क पहनें
- दूसरे से 6 फीट दूरी

To fight
CORONA



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:** Four Hundred Seventy-One (471) patients discharged in different districts (Almora– 17, Bageshwar– 00, Chamoli– 17, Champawat– 00, Dehradun– 145, Haridwar– 118, Nainital– 70, Pauri– 02, Pithoragarh– 62, Rudrapur– 09, Tehri– 03, U.S. Nagar– 27 & Uttarkashi– 01).
- **Death:** Ten (10) 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 55-year-old female expired in Shri Mahant Indiresht Hospital, Dehradun due to Cardio-Pulmonary Arrest & Acute Ischaemic Stroke.
 - (2) A 56-year-old male expired in AIIMS Rishikesh, Dehradun due to Acute Respiratory Distress Syndrome & Septic Shock.
 - (3) A 57-year-old male expired in Govt. Doon Medical College, Dehradun due to Cardiac Arrest.
 - (4) A 63-year-old male expired in Govt. Doon Medical College, Dehradun due to Bilateral Pneumonitis, Type 1 Respiratory Failure & Stroke.
 - (5) A 48-year-old female expired in Shri Mahant Indiresht Hospital, Dehradun due to Cardio-Pulmonary Arrest, Bilateral Pneumonitis, Acute Respiratory Distress Syndrome & Sepsis.
 - (6) An 81-year-old male expired in Shri Mahant Indiresht Hospital, Dehradun due to Cardio-Pulmonary Arrest.
 - (7) A 49-year-old male expired in Shri Mahant Indiresht Hospital, Dehradun due to Cardio-Pulmonary Arrest, Bilateral Pneumonia & Type 2 Respiratory Failure.
 - (8) A 70-year-old male expired in Shri Mahant Indiresht Hospital, Dehradun due to CardioPulmonary Arrest.
 - (9) A 70-year-old male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Type 1 Respiratory Failure, Severe Acute Respiratory Illness, Bilateral Pneumonitis, Acute Respiratory Distress Syndrome, Septicemia & Shock
 - (10) A 48-year-old male expired in Shri Mahant Indiresht Hospital, Dehradun due to CardioPulmonary Arrest.



SOCIAL DISTANCING
is for your own Safety

Preventive measures

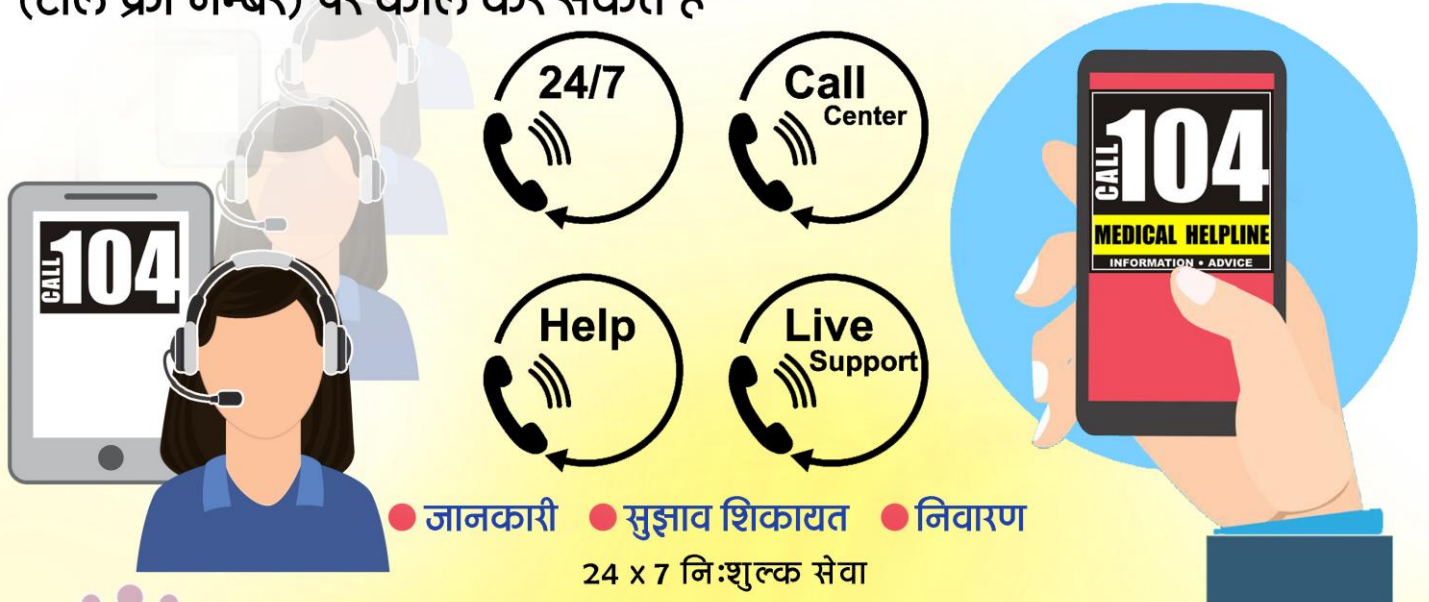
1. All citizens must wear masks whenever venturing outside of their homes.
2. Travelers' and their family members must ensure strict respiratory and hand hygiene.
3. Hand wash by Soap and water up to 40 second must be followed.

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.

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 इन्टग्रेटिड हैल्पलाइन (टोल फ्री नम्बर) पर कॉल कर सकते हैं



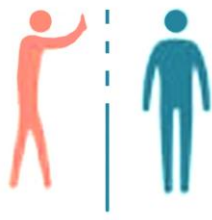
24/7 Call Center Help Live Support

● 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 आईसोलेशन में उपचार प्राप्त कर रहे मरीज अपने रक्त में ऑक्सीजन के घटते हुये स्तर के प्रति रहें सावधान !!

SpO₂ यदि 95% से कम है तो तत्काल चिकित्सकीय परामर्श लें



पल्स ऑक्सीमीटर

होम आईसोलेशन में उपचार प्राप्त कर रहे प्रत्येक मरीज को जनपद की स्वास्थ्य टीम के द्वारा उपलब्ध कराया जा रहा है..

पल्स ऑक्सीमीटर प्राप्त न होने की स्थिति में जनपद के कन्ट्रोल रूम/104 हैल्पलाइन पर सम्पर्क करें ।

पल्स ऑक्सीमीटर के द्वारा आप स्वयं घर में ही अपने ऑक्सीजन स्तर को जांच सकते हैं।

