Date: 08-12-2020   ## Health Bulletin   **Time: 06:00 PM**

Positive Today: **632**   Recovered Today: **436**

Death Today: **12**   Active Cases: **5399**

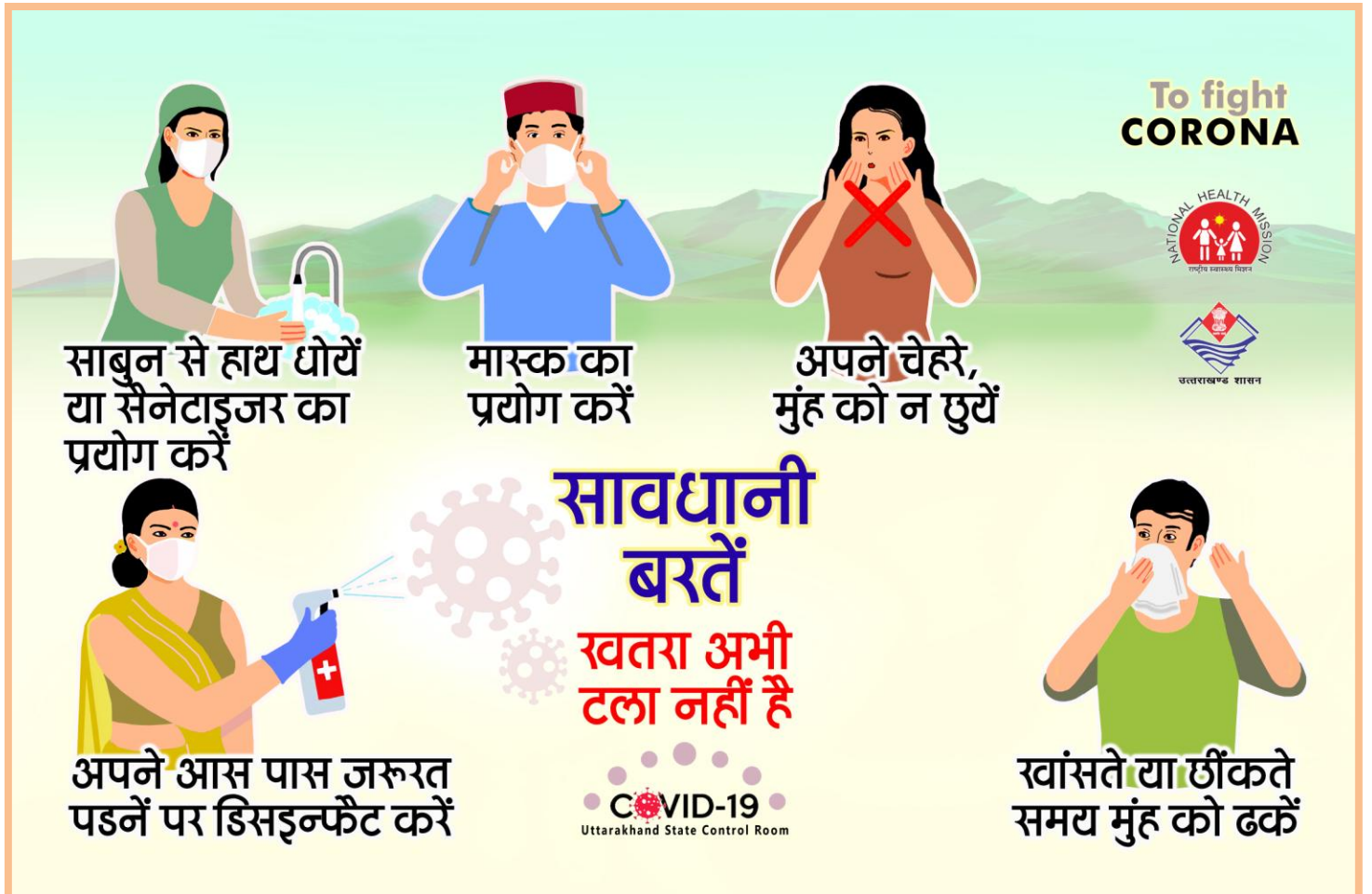S^{+vty} Sample Positivity: **5.44%** $R\%$ Recovery Percentage: **90.40%**

1. Total cumulative Positive COVID-19 detected: **79141**
2. Total Number (%) of COVID-19 Patients Treated/ Cured: **71541 (90.40%)**
3. Total Number (%) of COVID-19 patients migrated out of state: **894 (1.13%)**
4. Total Number (%) of COVID-19 Deaths: **1307 (1.65%)**
5. Number of samples found negative for COVID-19 today: **15501**
6. Total number of samples sent for COVID-19 testing today: **12816**
7. Total number of cumulative samples found negative: **1374530**
8. Total number of samples result awaited: **15270**

To fight CORONA

साबुन से हाथ धोयें या सैनेटाइजर का प्रयोग करें

मास्क का प्रयोग करें

अपने चेहरे, मुंह को न छुयें

अपने आस पास जरूरत पडनें पर डिसइन्फैक्ट करें

सावधानी बरतें

खतरा अभी टला नहीं है

COVID-19 Uttarakhand State Control Room

खांसते या छींकते समय मुंह को ढकें

1

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	289	165	68383	22	2574	70957	389
Bageshwar	70	184	42477	14	1264	43741	300
Chamoli	797	743	63692	17	2916	66608	812
Champawat	603	1056	68747	11	1467	70214	678
Dehradun	3473	3423	217531	279	23135	240666	3752
Haridwar	1548	2855	232504	54	12506	245010	1878
Nainital	1485	1635	122905	92	9071	131976	1497
Pauri Garhwal	659	1413	101358	15	4435	105793	816
Pithoragarh	486	436	51225	44	2484	53709	627
Rudraprayag	192	152	39037	9	1920	40957	303
Tehri Garhwal	657	434	74755	30	3730	78485	962
US Nagar	1936	2384	209480	27	10507	219987	2365
Uttarkashi	621	621	82,436	18	3132	85,568	891
Total	**12816**	**15501**	**1374530**	**632**	**79141**	**1453671**	**15270**

Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	2574	2235	271	18	50
Bageshwar	1264	1088	165	11	0
Chamoli	2916	2486	376	13	41
Champawat	1467	1237	166	7	57
Dehradun	23135	20231	1850	728	326
Haridwar	12506	11,757	523	137	89
Nainital	9071	8353	488	182	48
Pauri Garhwal	4435	3957	404	50	24
Pithoragarh	2484	2121	339	24	0
Rudraprayag	1920	1834	71	9	6
Tehri Garhwal	3730	3359	280	13	78
U.S. Nagar	10507	10,013	284	103	107
Uttarkashi	3132	2,870	182	12	68
Total	**79141**	**71541**	**5399**	**1307**	**894**

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	**Dehradun (05)** 1. 198, Chukkuwala (27-11-2020 to 10-12-2020) 2. Ravindrapuri, Hathibadkala (27-11-2020 to 10-12-2020) 3. 1056 - Indra Nagar, Kanwali, Near Seemadwar (02-12-2020 – 15-12-2020) 4. 55 Divya Vihar, F Block, Dharampur (07-12-2020 to 21 -12-2020) 5. 11 Sewak Ashram Road (07-12-2020 to 21-12-2020) **Mussoorie (01)** 1. Indra Colony, Kempty Road (26-11-2020 to 9-12-2020) **Vikasnagar (1)** 1. AWHO, Dhulkot, block x,y,z (07-12-2020 to 21-12-2020)
2	Pauri Garhwal	01	**Srinagar (01)** 1. Hotel Daisy, Srikot Ganaga Nali (25-11-2020)
3	Tehri Garhwal	02	**Tehri (1)** 1. C block, Type 3 (26-11-2020) **Kirtinagar (1)** 1. Kilkileshwar, Kirtinagar (30-11-2020)
4	Haridwar	01	**Laksar (1)** 1. Ward No-09, Azad Nagar (3-12-2020)
	Total	**11**	

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 Thirty Six (436) patients discharged in different districts (Almora– 39, Bageshwar– 00, Chamoli– 11, Champawat– 08, Dehradun– 149, Haridwar– 34, Nainital– 88, Pauri– 04, Pithoragarh– 45, Rudraprayag– 23, Tehri– 25, U.S. Nagar– 00 & Uttarkashi– 10).

- **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 68 year old male expired in Govt. Doon Medical College, Dehradun due to Type 1 Respiratory Failure, Repiratory Acidosis, Sepsis & Shock (Septic/Cardiogenic).
  - (2) A 44 year old female expired in Kailash Hospital, Dehradun due to Acute Respiratory Distress Syndrome, Bilateral Pneumonitis & Sepsis.
  - (3) A 56 year old female expired in Kailash Hospital, Dehradun due to Viral Pneumonia & CardioRespiratory Arrest.
  - (4) A 73 year old female expired in Kailash Hospital, Dehradun due to Viral Pneumonia, Acute Respiratory Distress Syndrome, Acute Kidney Injury & Refractory Shock.
  - (5) A 63 year old male expired in Kailash Hospital, Dehradun due to Viral Pneumonia.
  - (6) A 23 year old male expired in Himalayan Hospital, Dehradun due to Septic Shock.
  - (7) A 58 year old male expired in Synergy Hospital Dehradun due to Bilateral Pneumonitis & Coronary Artery Disease.
  - (8) A 75 year old female expired in Shri Mahant Indiresh Hospital, Dehradun due to CardioPulmonary Arrest.
  - (9) A 53 year old male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Severe Acute Respiratory Illness, Bilateral Pneumonitis, Severe Acute Respiratory Distress Syndrome, Sudden Cardiac Arrest & Shock.
  - (10) A 40 year old male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Bilateral Pneumonitis, Acute Respiratory Distress Syndrome & Shock.
  - (11) A 75 year old female expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden CardioPulmonary Arrest.
  - (12) A 75 year old male expired in DH, Bageshwar due to CardioPulmonary Arrest.

6 FEET

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

NATIONAL HEALTH MISSION
राष्ट्रीय स्वास्थ्य मिशन

COVID-19
Uttarakhand State Control Room

खान पान में सुधार लायें

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.

अगर आप कोविड-19 से संक्रमित हैं...

घर में रहें
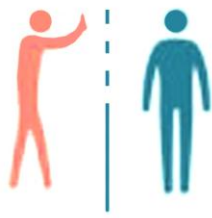
दूसरों के सम्पर्क में न आयें

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