

Date: 09-12-2020

Health Bulletin

Time: 06:00 PM



Positive Today: **515**



Recovered Today: **425**



Death Today: **13**



Active Cases: **5456**

**S<sup>+</sup>ty**

Sample Positivity: **5.44%**

**R%**

Recovery Percentage: **90.35%**

1. Total cumulative Positive COVID-19 detected:	<b>79656</b>
2. Total Number (%) of COVID-19 Patients Treated/ Cured:	<b>71966 (90.35%)</b>
3. Total Number (%) of COVID-19 patients migrated out of state:	<b>914 (1.15%)</b>
4. Total Number (%) of COVID-19 Deaths:	<b>1320 (1.66%)</b>
5. Number of samples found negative for COVID-19 today:	<b>10671</b>
6. Total number of samples sent for COVID-19 testing today:	<b>14714</b>
7. Total number of cumulative samples found negative:	<b>1385201</b>
8. Total number of samples result awaited:	<b>17634</b>



**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!**



## 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	193	76	68459	4	2578	71037	412
Bageshwar	211	409	42886	24	1288	44174	279
Chamoli	853	539	64231	30	2946	67177	923
Champawat	642	550	69297	7	1474	70771	764
Dehradun	3834	2911	220442	171	23306	243748	4117
Haridwar	2427	1769	234273	45	12551	246824	2991
Nainital	1310	1140	124045	56	9127	133172	1511
Pauri Garhwal	991	607	101965	52	4487	106452	1012
Pithoragarh	660	505	51730	48	2532	54262	734
Rudraprayag	228	221	39258	16	1936	41194	294
Tehri Garhwal	585	610	75365	21	3751	79116	916
US Nagar	1974	1134	210614	18	10525	221139	2687
Uttarkashi	806	200	82,636	23	3155	85,791	994
<b>Total</b>	<b>14714</b>	<b>10671</b>	<b>1385201</b>	<b>515</b>	<b>79656</b>	<b>1464857</b>	<b>17634</b>

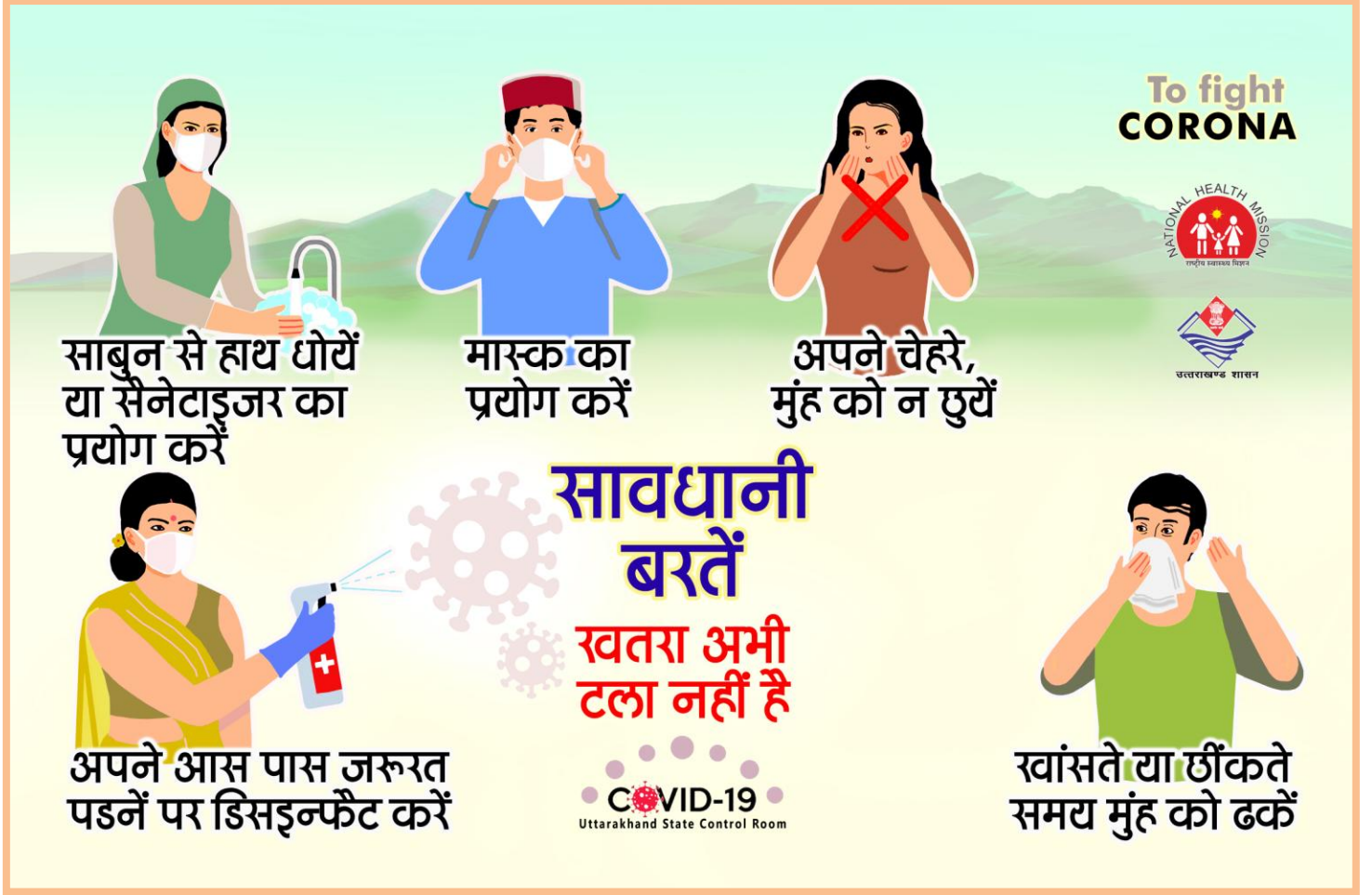
## Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	2578	2236	274	18	50
Bageshwar	1288	1111	165	12	0
Chamoli	2946	2522	370	13	41
Champawat	1474	1237	171	7	59
Dehradun	23306	20400	1830	737	339
Haridwar	12551	11,793	529	137	92
Nainital	9127	8438	457	184	48
Pauri Garhwal	4487	3960	452	51	24
Pithoragarh	2532	2124	384	24	0
Rudraprayag	1936	1839	82	9	6
Tehri Garhwal	3751	3370	288	13	80
U.S. Nagar	10525	10,058	257	103	107
Uttarkashi	3155	2,878	197	12	68
<b>Total</b>	<b>79656</b>	<b>71966</b>	<b>5456</b>	<b>1320</b>	<b>914</b>

## 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><b>Dehradun (05)</b></p> <ol style="list-style-type: none"> <li>198, Chukkuwala (27-11-2020 to 10-12-2020)</li> <li>Ravindrapuri, Hathibadkala (27-11-2020 to 10-12-2020)</li> <li>1056 - Indra Nagar, Kanwali, Near Seemadwar (02-12-2020 – 15-12-2020)</li> <li>55 Divya Vihar, F Block, Dharampur (07-12-2020 to 21 -12-2020)</li> <li>11 Sewak Ashram Road (07-12-2020 to 21-12-2020)</li> </ol> <p><b>Mussoorie (01)</b></p> <ol style="list-style-type: none"> <li>Indra Colony, Kempty Road (26-11-2020 to 9-12-2020)</li> </ol> <p><b>Vikasnagar (1)</b></p> <ol style="list-style-type: none"> <li>AWHO, Dhulkot, block x,y,z (07-12-2020 to 21-12-2020)</li> </ol>
2	Pauri Garhwal	01	<p><b>Srinagar (01)</b></p> <ol style="list-style-type: none"> <li>Hotel Daisy, Srikot Ganaga Nali (25-11-2020)</li> </ol>
3	Tehri Garhwal	01	<p><b>Kirtinagar (1)</b></p> <ol style="list-style-type: none"> <li>Kilkilleshwar, Kirtinagar (30-11-2020)</li> </ol>
4	Haridwar	01	<p><b>Laksar (1)</b></p> <ol style="list-style-type: none"> <li>Ward No-09, Azad Nagar (3-12-2020)</li> </ol>
	<b>Total</b>	<b>10</b>	





## 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 Twenty Five (425) patients discharged in different districts (Almora– 01, Bageshwar– 23, Chamoli– 36, Champawat– 00, Dehradun– 169, Haridwar– 36, Nainital– 85, Pauri– 03, Pithoragarh– 03, Rudraprayag– 05, Tehri– 11, U.S. Nagar– 45 & Uttarkashi– 08).
- **Death:** Thirteen (13) 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 75 year old female expired in AIIMS Rishikesh, Dehradun due to Type 1 Respiratory Failure with Refractory Septic Shock & COVID Pneumonia.
  - (2) A 56 year old male expired in AIIMS Rishikesh, Dehradun due to Ventricular Tachycardia, Sudden Cardiac Arrest & COVID Pneumonia.
  - (3) A 52 year old male expired in AIIMS Rishikesh, Dehradun due to Refractory Septic Shock, Severe COVID Pneumonia, Acute Respiratory Distress Syndrome & Acute Kidney Injury.
  - (4) A 68 year old male expired in Kailash Hospital, Dehradun due to Refractory Shock, VIRAL Pneumonia & Acute Kidney Injury.
  - (5) A 53 year old male expired in Kailash Hospital, Dehradun due to Refractory Shock, Acute Kidney Injury & Atrial Fibrillation.
  - (6) A 64 year old female expired in Himalayan Hospital, Dehradun due to Severe Respiratory Acidosis.
  - (7) A 76 year old male expired in Himalayan Hospital, Dehradun due to Severe Acute Respiratory Distress Syndrome.
  - (8) A 59 year old male expired in Himalayan Hospital, Dehradun due to Sudden Cardiac Arrest.
  - (9) A 68 year old male expired in Shri Mahant Indiresht Hospital, Dehradun due to CardioPulmonary Arrest.
  - (10) A 68 year old male expired in HNB Base Hospital, Srinagar due to CardioPulmonary Arrest.
  - (11) A 65 year old female expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden CardioPulmonary Arrest.
  - (12) A 81 year old male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden CardioPulmonary Arrest.
  - (13) A 72 year old female expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden CardioPulmonary Arrest.



**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



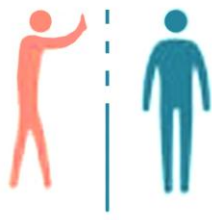
24/7  
Call Center  
Help  
Live Support

● 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](mailto:covid19statewarroomuk@gmail.com) Toll free No: 104/0135 2609500

email Id: [idsputtarakhand@gmail.com](mailto: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 !!

SpO<sub>2</sub> 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।