

Date: 13-12-2020

Health Bulletin

Time: 06:00 PM



Positive Today: **490**



Recovered Today: **396**



Death Today: **04**



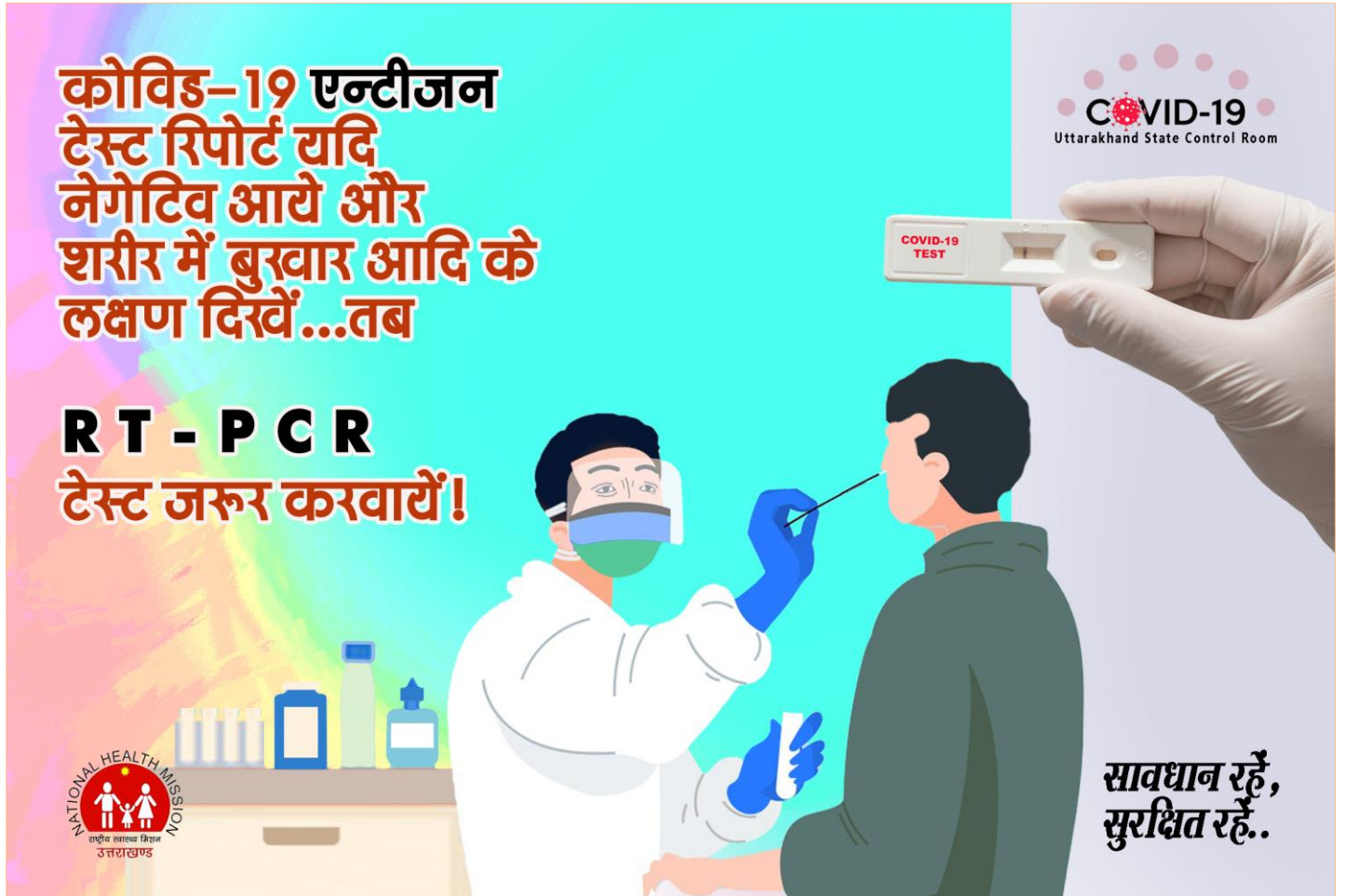
Active Cases: **6293**

S⁺ty

Sample Positivity: **5.44%**

R%

Recovery Percentage: **89.55%**



कोविड-19 एन्टीजन
टेस्ट रिपोर्ट यदि
नेगेटिव आये और
शरीर में बुखार आदि के
लक्षण दिखें...तब

RT - PCR
टेस्ट जरूर करवायें!

COVID-19
Uttarakhand State Control Room

सावधान रहें,
सुरक्षित रहें.

NATIONAL HEALTH MISSION
राष्ट्रीय स्वास्थ्य मिशन
उत्तराखण्ड

1. Total cumulative Positive COVID-19 detected:	82429
2. Total Number (%) of COVID-19 Patients Treated/ Cured:	73818 (89.55%)
3. Total Number (%) of COVID-19 patients migrated out of state:	963 (1.17%)
4. Total Number (%) of COVID-19 Deaths:	1355 (1.64%)
5. Number of samples found negative for COVID-19 today:	9781
6. Total number of samples sent for COVID-19 testing today:	8320
7. Total number of cumulative samples found negative:	1431573
8. Total number of samples result awaited:	11391

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	81	39	69297	1	2693	71990	407
Bageshwar	97	5	43451	0	1351	44802	209
Chamoli	562	401	67123	24	3106	70229	583
Champawat	193	203	71042	6	1507	72549	591
Dehradun	2896	2558	232468	202	24283	256751	3284
Haridwar	1066	2903	244156	46	12775	256931	1279
Nainital	466	562	128309	79	9558	137867	681
Pauri Garhwal	323	491	104588	23	4663	109251	330
Pithoragarh	242	300	53168	25	2705	55873	553
Rudraprayag	150	282	40431	9	2043	42474	185
Tehri Garhwal	312	307	77715	14	3848	81563	551
US Nagar	1398	1117	214828	50	10674	225502	1962
Uttarkashi	534	613	84,997	11	3223	88,220	776
Total	8320	9781	1431573	490	82429	1514002	11391

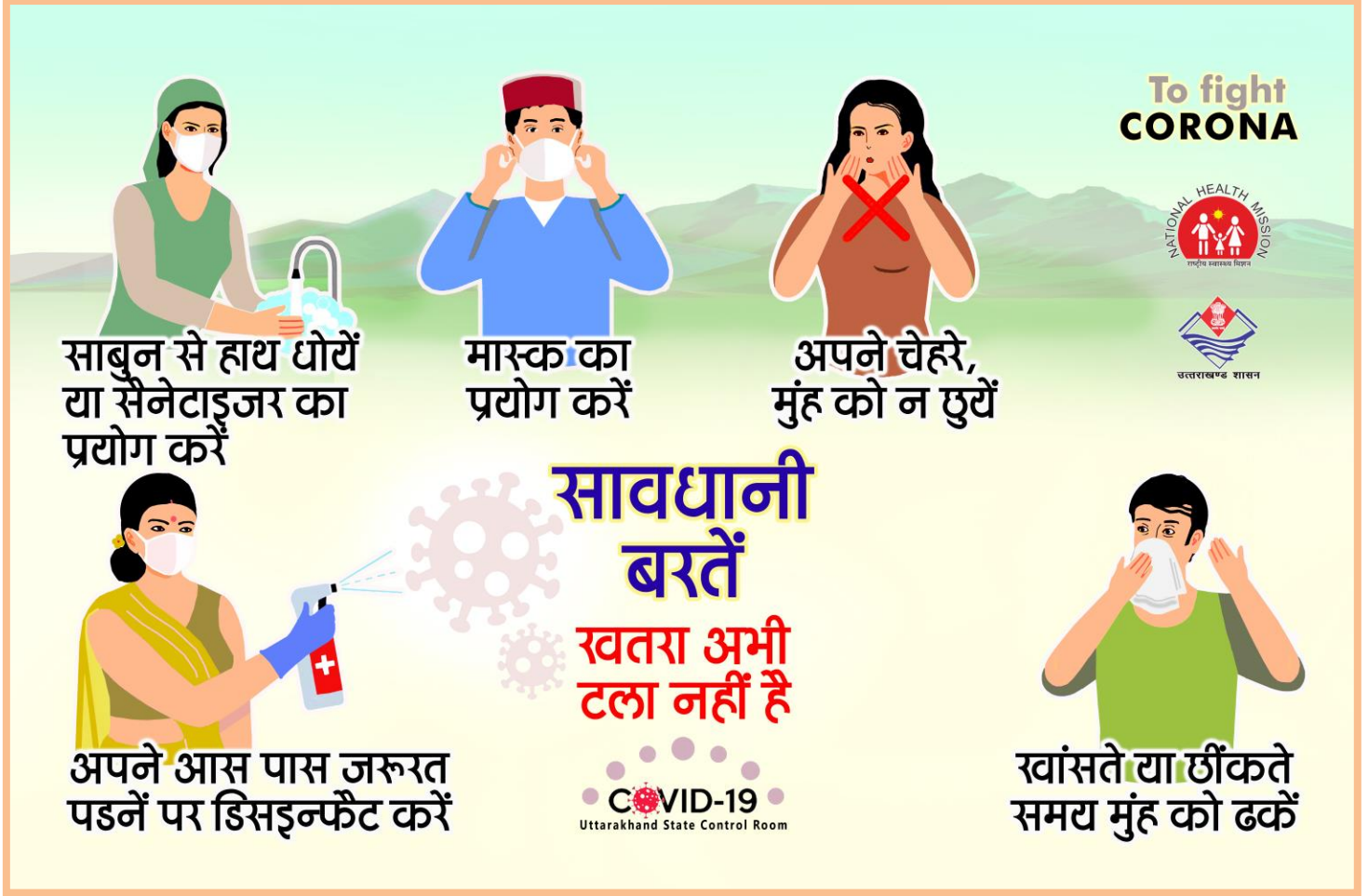
Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	2693	2264	356	21	52
Bageshwar	1351	1153	185	13	0
Chamoli	3106	2686	364	14	42
Champawat	1507	1303	137	7	60
Dehradun	24283	21229	1931	756	367
Haridwar	12775	11,935	609	138	93
Nainital	9558	8518	801	188	51
Pauri Garhwal	4663	4142	443	54	24
Pithoragarh	2705	2222	458	25	0
Rudraprayag	2043	1850	178	9	6
Tehri Garhwal	3848	3424	323	14	87
U.S. Nagar	10674	10,176	288	103	107
Uttarkashi	3223	2,916	220	13	74
Total	82429	73818	6293	1355	963

District-wise Hotspots/ Containment Zones

S.No.	District	Number of Containment Zone	Name of Containment Zone (Date of Start of Containment Zone)
1	Dehradun	06	<p>Dehradun (04)</p> <ol style="list-style-type: none"> 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) 492 Indira Nagar, kanwali. (13-12-2020 to 27-12-2020) <p>Mussoorie (01)</p> <ol style="list-style-type: none"> Green Mount, Landour Cantt (8-12-2020 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	Uttarkashi	01	<p>Mori (1)</p> <ol style="list-style-type: none"> Motard (11-12-2020)
3	Haridwar	01	<p>Laksar (1)</p> <ol style="list-style-type: none"> Ward No-09, Azad Nagar (3-12-2020)
4	Pauri	01	<p>Chobthta Khal (1)</p> <ol style="list-style-type: none"> Gram Silaith (13-12-2020 to 27-12-2020)
	Total	09	





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:** Three Hundred Ninety Six (396) patients discharged in different districts (Almora– 06, Bageshwar– 12, Chamoli– 03, Champawat– 54, Dehradun– 264, Haridwar– 00, Nainital– 15, Pauri– 00, Pithoragarh– 00, Rudrapur– 00, Tehri– 00, U.S. Nagar– 25 & Uttarkashi– 17).
- **Death:** Four (04) 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 72 year old male expired in Govt. Doon Medical College, Dehradun due to Bilateral Pneumonitis, Type 1 Respiratory Failure, Acute Coronary Syndrome & Ventricular Arrhythmia.
 - (2) A 70 year old male expired in Govt. Doon Medical College, Dehradun due to Bilateral Pneumonitis, Type 1 Respiratory Failure & Ventricular Arrhythmia.
 - (3) A 67 year old female expired in Max Hospital, Dehradun due to Refractory Hypoxia, Refractory Shock & COVID Pneumonia.
 - (4) A 60 year old male expired in AIIMS Rishikesh, Dehradun due to Septic Shock, COVID Pneumonia & Severe Acute Respiratory Distress Syndrome.



SOCIAL DISTANCING
is for your own Safety

Covid-19 Vaccination के सम्बन्ध में

प्रदेश के सभी हेल्थ केयर कर्मियों का डेटा लिया जा रहा है ..

सभी चिकित्सा इकाईयों (सरकारी / प्राइवेट) के Facility incharge अपने जनपद के मुख्य चिकित्साधिकारी से सम्पर्क करें

COVID-19
Uttarakhand State Control Room



उत्तराखण्ड शासन



पिछले तीन दिनों के बीच में जो भी लोग कोरोना पॉजिटिव व्यक्ति के करीबी सम्पर्क में आये..

..वो भी अपना कोविड टेस्ट करवायें



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सावधानी बरतें क्योंकि सर्तकता ही बचाव है!

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



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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

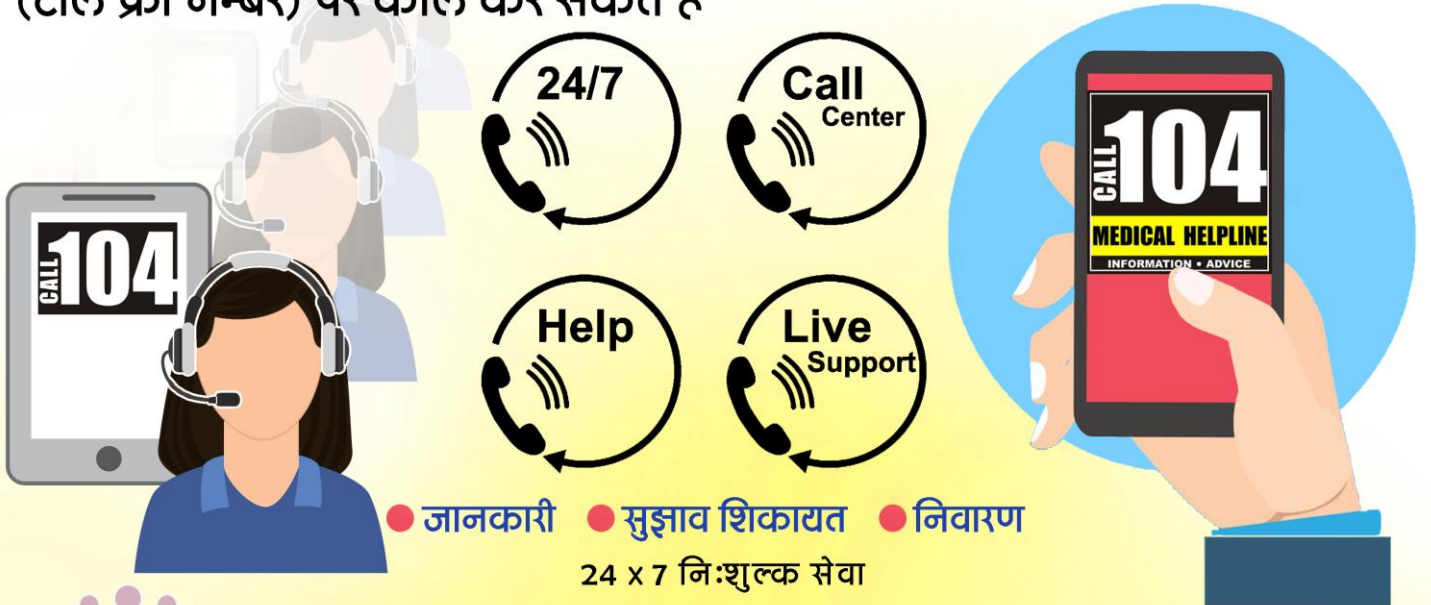
1. All citizens must wear masks whenever venturing outside of their homes.
2. Travelers' and their family members must ensure strict respiratory and hand hygiene.
3. Hand wash by Soap and water up to 40 second must be followed.

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.

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



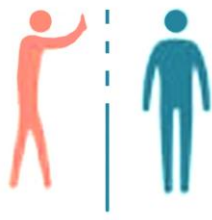
24/7 Call Center Help Live Support

● 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