

Date: 14-12-2020

Health Bulletin

Time: 06:00 PM

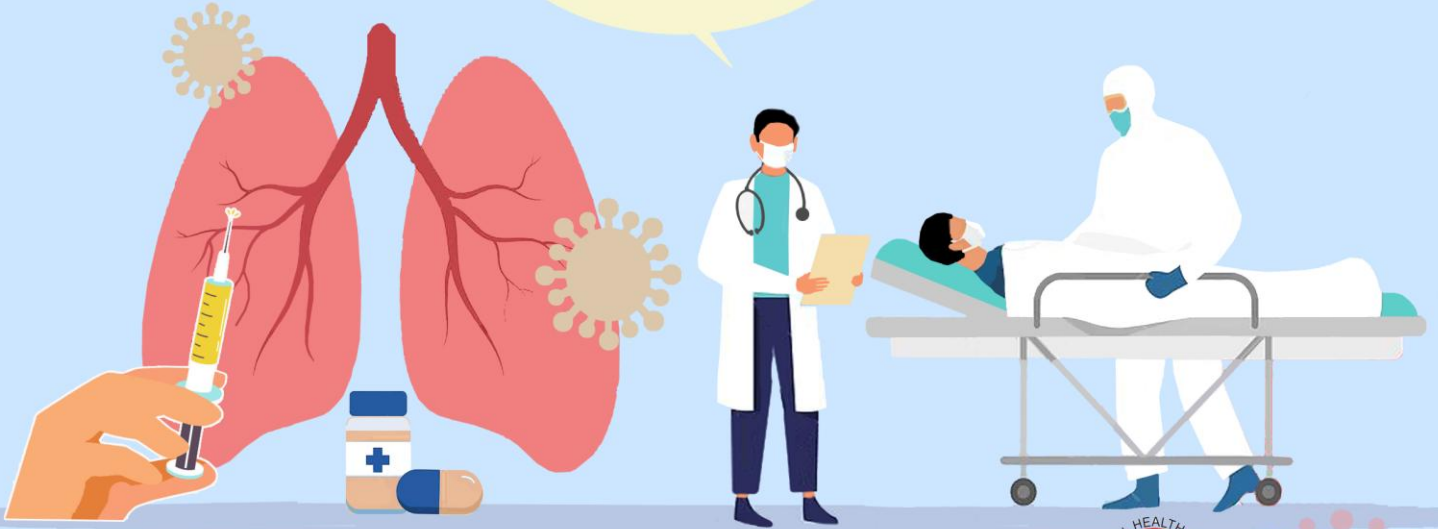
**देरी कभी भी
घातक हो सकती है..**

कोविड कंट्रोल रूम
या टोल फ्री नम्बर 104
से सम्पर्क करें..

पिछले तीन दिनों के बीच
में जो भी लोग पॉजिटिव व्यक्ति
के करीबी सम्पर्क में आये!!
वो भी अपना कोविड
टेस्ट करवायें..

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!



**जब तक दवाई नहीं
तब तक ढिलाई नहीं**



Positive Today: **577**



Recovered Today: **707**



Death Today: **06**



Active Cases: **6144**

S^{+vty}

Sample Positivity: **5.43%**

R%

Recovery Percentage: **89.78%**

- Total cumulative Positive COVID-19 detected: **83006**
- Total Number (%) of COVID-19 Patients Treated/ Cured: **74525 (89.78%)**
- Total Number (%) of COVID-19 patients migrated out of state: **976 (1.18%)**
- Total Number (%) of COVID-19 Deaths: **1361 (1.64%)**
- Number of samples found negative for COVID-19 today: **12837**
- Total number of samples sent for COVID-19 testing today: **14154**
- Total number of cumulative samples found negative: **1444410**
- Total number of samples result awaited: **16227**

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	106	319	69616	28	2721	72337	216
Bageshwar	161	148	43599	16	1367	44966	206
Chamoli	843	204	67327	39	3145	70472	917
Champawat	589	965	72007	7	1514	73521	718
Dehradun	4055	3564	236032	164	24447	260479	4259
Haridwar	2341	2603	246759	39	12814	259573	2652
Nainital	1467	824	129133	88	9646	138779	1596
Pauri Garhwal	467	527	105115	80	4743	109858	698
Pithoragarh	438	626	53794	25	2730	56524	475
Rudraprayag	302	60	40491	11	2054	42545	416
Tehri Garhwal	719	530	78245	24	3872	82117	893
US Nagar	2072	1482	216310	28	10702	227012	2524
Uttarkashi	594	985	85982	28	3251	89233	657
Total	14154	12837	1444410	577	83006	1527416	16227

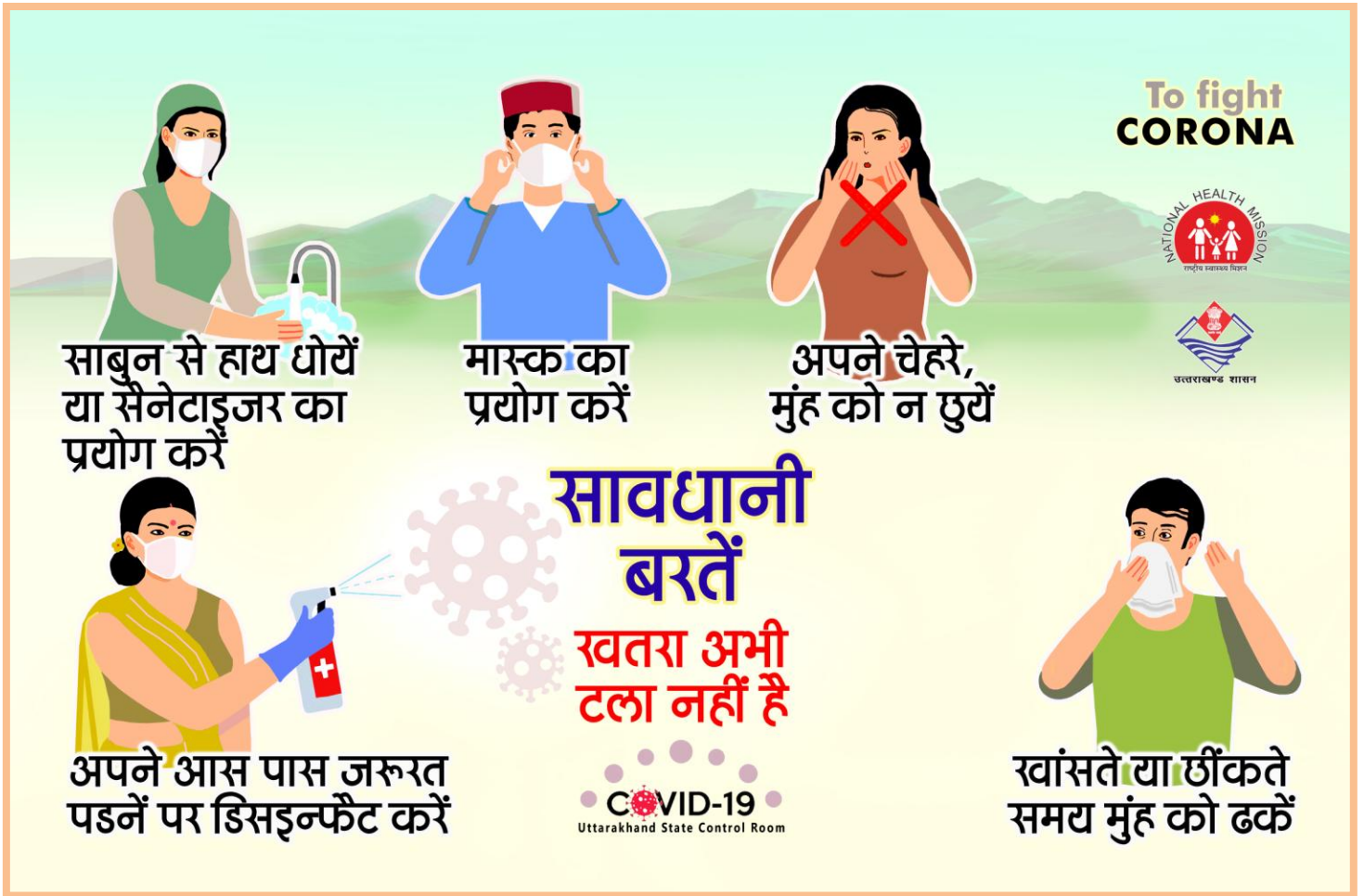
Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	2721	2268	380	21	52
Bageshwar	1367	1168	186	13	0
Chamoli	3145	2766	322	14	43
Champawat	1514	1303	142	7	62
Dehradun	24447	21446	1870	760	371
Haridwar	12814	12,020	560	139	95
Nainital	9646	8598	809	188	51
Pauri Garhwal	4743	4253	412	54	24
Pithoragarh	2730	2270	435	25	0
Rudraprayag	2054	1881	158	9	6
Tehri Garhwal	3872	3440	328	14	90
U.S. Nagar	10702	10191	300	104	107
Uttarkashi	3251	2921	242	13	75
Total	83006	74525	6144	1361	976

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"> 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) Lane no-01, Monal Enclave Banjarawala Maffi (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	02	<p>Mori (1)</p> <ol style="list-style-type: none"> Motard (11-12-2020) <p>Bhatwari (1)</p> <ol style="list-style-type: none"> Gram Malla (13-12-2020)
3	Haridwar	01	<p>Laksar (1)</p> <ol style="list-style-type: none"> Ward No-09, Azad Nagar (3-12-2020)
4	Pauri	04	<p>Chobthta Khal (1)</p> <ol style="list-style-type: none"> Gram Silaith (13-12-2020) <p>Kotdwar (3)</p> <ol style="list-style-type: none"> Vikas Nagar, Gadhighaat (28-11-2020) Jaunpur (04-12-2020) Sitabpur, Devi Road, Patti Sukhro (14-12-2020)
	Total	14	





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:** Seven Hundred Seven (707) patients discharged in different districts (Almora– 04, Bageshwar– 15, Chamoli– 80, Champawat– 00, Dehradun– 217, Haridwar– 85, Nainital– 80, Pauri– 111, Pithoragarh– 48, Rudraprayag– 31, Tehri– 16, U.S. Nagar– 15 & Uttarkashi– 05).
- **Death:** Six (06) 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 46 year old male expired in Govt. Doon Medical College, Dehradun due to Bilateral Pneumonitis, Acute Respiratory Distress Syndrome & Type 1 Respiratory Failure.
 - (2) A 81 year old male expired in Govt. Doon Medical College, Dehradun due to Bilateral Pneumonitis, Type 1 Respiratory Failure, Acute Kidney Injury, Septicemia & Shock.
 - (3) A 53 year old male expired in Shri Mahant Indiresh Hospital, Dehradun due to CardioPulmonary Arrest.
 - (4) A 75 year old male expired in Himalayan Hospital, Dehradun due to COVID-19.
 - (5) A 93 year old male expired in Vinay Vishal Healthcare, Roorkee, Haridwar due to CardioRespiratory Failure secondary to Acute Respiratory Distress Syndrome & with suspected COVID Pneumonitis.
 - (6) A 85 year old male expired in JLN District Hospital, Rudrapur, Udham Singh Nagar due to Acute Respiratory Distress Syndrome & Pneumonitis.



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 लार्यें

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



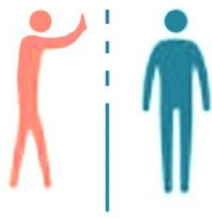
24/7 Call Center Help Live Support

● 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

**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..**

