

Date: 15-12-2020

Health Bulletin

Time: 06:00 PM

## क्योंकि खतरा अभी टला नहीं है ..

अपना फेस कवर / मास्क  
हर समय पहने चाहे  
बाजार में हों या अपने  
आफिस परिसर में !!



COVID-19  
Uttarakhand State Control Room



Positive Today: **496**



Recovered Today: **524**



Death Today: **11**



Active Cases: **6089**

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

Sample Positivity: **5.42%**

**R%**

Recovery Percentage: **89.88%**

- Total cumulative Positive COVID-19 detected: **83502**
- Total Number (%) of COVID-19 Patients Treated/ Cured: **75049 (89.88%)**
- Total Number (%) of COVID-19 patients migrated out of state: **992 (1.19%)**
- Total Number (%) of COVID-19 Deaths: **1372 (1.64%)**
- Number of samples found negative for COVID-19 today: **12205**
- Total number of samples sent for COVID-19 testing today: **14902**
- Total number of cumulative samples found negative: **1456615**
- Total number of samples result awaited: **17974**

## 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	150	259	69875	16	2737	72612	191
Bageshwar	345	173	43772	8	1375	45147	370
Chamoli	625	796	68123	17	3162	71285	659
Champawat	542	432	72439	13	1527	73966	715
Dehradun	3143	2283	238315	177	24624	262939	3842
Haridwar	3190	1974	248733	18	12832	261565	3850
Nainital	1859	1251	130384	104	9750	140134	2100
Pauri Garhwal	708	780	105895	17	4760	110655	785
Pithoragarh	276	820	54614	60	2790	57404	321
Rudraprayag	286	104	40595	4	2058	42653	494
Tehri Garhwal	762	880	79125	13	3885	83010	852
US Nagar	2392	1922	218232	25	10727	228959	2969
Uttarkashi	624	531	86513	24	3275	89788	826
<b>Total</b>	<b>14902</b>	<b>12205</b>	<b>1456615</b>	<b>496</b>	<b>83502</b>	<b>1540117</b>	<b>17974</b>

## Details of Districts having Positive COVID-19 Cases

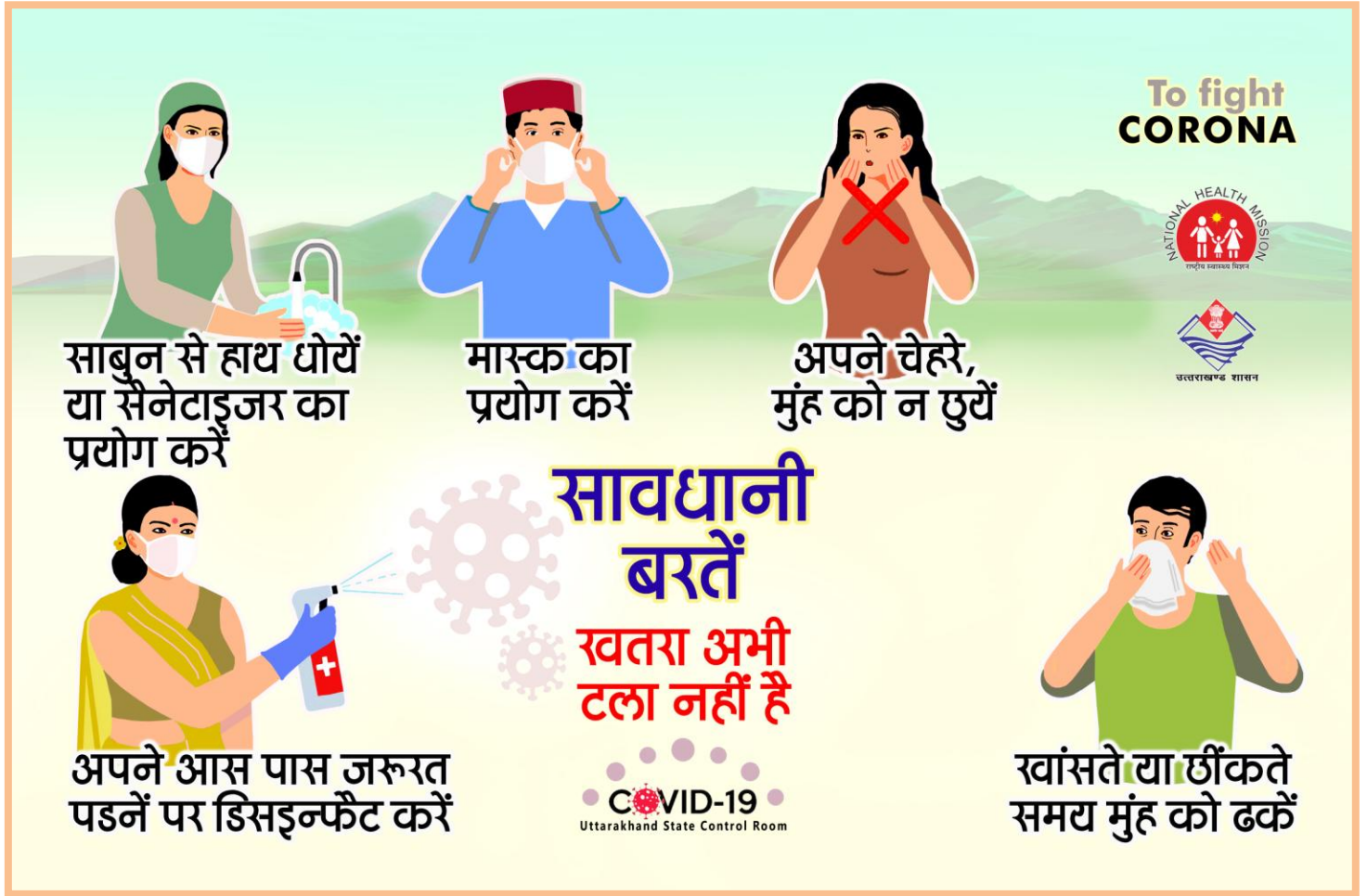
Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	2737	2311	349	21	56
Bageshwar	1375	1171	191	13	0
Chamoli	3162	2777	327	14	44
Champawat	1527	1324	133	7	63
Dehradun	24624	21586	1897	766	375
Haridwar	12832	12,077	517	140	98
Nainital	9750	8675	834	190	51
Pauri Garhwal	4760	4293	389	54	24
Pithoragarh	2790	2331	434	25	0
Rudraprayag	2058	1896	146	10	6
Tehri Garhwal	3885	3459	319	15	92
U.S. Nagar	10727	10,223	293	104	107
Uttarkashi	3275	2,926	260	13	76
<b>Total</b>	<b>83502</b>	<b>75049</b>	<b>6089</b>	<b>1372</b>	<b>992</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>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> <li>492 Indira Nagar, kanwali. (13-12-2020 to 27-12-2020)</li> <li>Lane no-01, Monal Enclave Banjarawala Maffi (13-12-2020 to 27-12-2020)</li> </ol>
			<p><b>Mussoorie (01)</b></p> <ol style="list-style-type: none"> <li>Green Mount, Landour Cantt (8-12-2020 to 22-12-2020)</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	Uttarkashi	02	<p><b>Mori (1)</b></p> <ol style="list-style-type: none"> <li>Motard (11-12-2020 )</li> </ol>
			<p><b>Bhatwari (1)</b></p> <ol style="list-style-type: none"> <li>Gram Malla (13-12-2020)</li> </ol>
3	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>
4	Pauri	04	<p><b>Chobthta Khal (1)</b></p> <ol style="list-style-type: none"> <li>Gram Silaith (13-12-2020 )</li> </ol>
			<p><b>Kotdwara (3)</b></p> <ol style="list-style-type: none"> <li>Vikas Nagar, Gadhighaat (28-11-2020)</li> <li>Jaunpur (04-12-2020)</li> <li>Sitabpur, Devi Road, Patti Sukhro (14-12-2020)</li> </ol>
	<b>Total</b>	<b>14</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:** Five Hundred Twenty Four (524) patients discharged in different districts (Almora– 43, Bageshwar– 03, Chamoli– 11, Champawat– 21, Dehradun– 140, Haridwar– 57, Nainital– 77, Pauri– 40, Pithoragarh– 61, Rudraprayag– 15, Tehri– 19, U.S. Nagar– 32 & Uttarkashi– 05).
- **Death:** Eleven (11) 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 45 year old female expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden CardioPulmonary Arrest, Severe Acute Respiratory Illness, Bilateral Pneumoitis, Type 1 Respiratory Failure, Septicemia & Shock.
  - (2) A 61 year old male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden CardioPulmonary Arrest, Severe Acute Respiratory Infection, Bilateral Pneumonitis, Severe Acute Respiratory Distress Syndrome & Type 1 Respiratory Failure.
  - (3) A 50 year old female expired in Kailash Hospital, Dehradun due to Acute Respiratory Distress Syndrome, Bilateral Pneumonitis & Acute Kidney Injury.
  - (4) A 66 year old female expired in Kailash Hospital, Dehradun due to Acute Respiratory Distress Syndrome.
  - (5) A 23 year old male expired in Himalayan Hospital, Dehradun due to Severe COVID.
  - (6) A 75 year old male expired in Synergy Hospital, Dehradun due to Bilateral Pneumonitis, Acute Kidney Injury, Sepsis & Septic Encephalopathy.
  - (7) A 65 year old female expired in Jaya Maxwell. Cause of death is awaited from the Hospital.
  - (8) A 55 year old male expired in Shri Mahant IndiresH Hospital, Dehradun due to CardioPulmonary Arrest, Bilateral Pneumonia & Type 1 Respiratory Failure.
  - (9) A 45 year old male expired in Shri Mahant IndiresH Hospital, Dehradun due to CardioPulmonary Arrest.
  - (10) A 54 year old female expired in District Rudraprayag. Cause of death is awaited from the District.
  - (11) A 65 year old male expired in from HNB Base Hospital, Srinagar due to Acute respiratory Distress Syndrome & Type 1 Respiratory Failure followed by 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

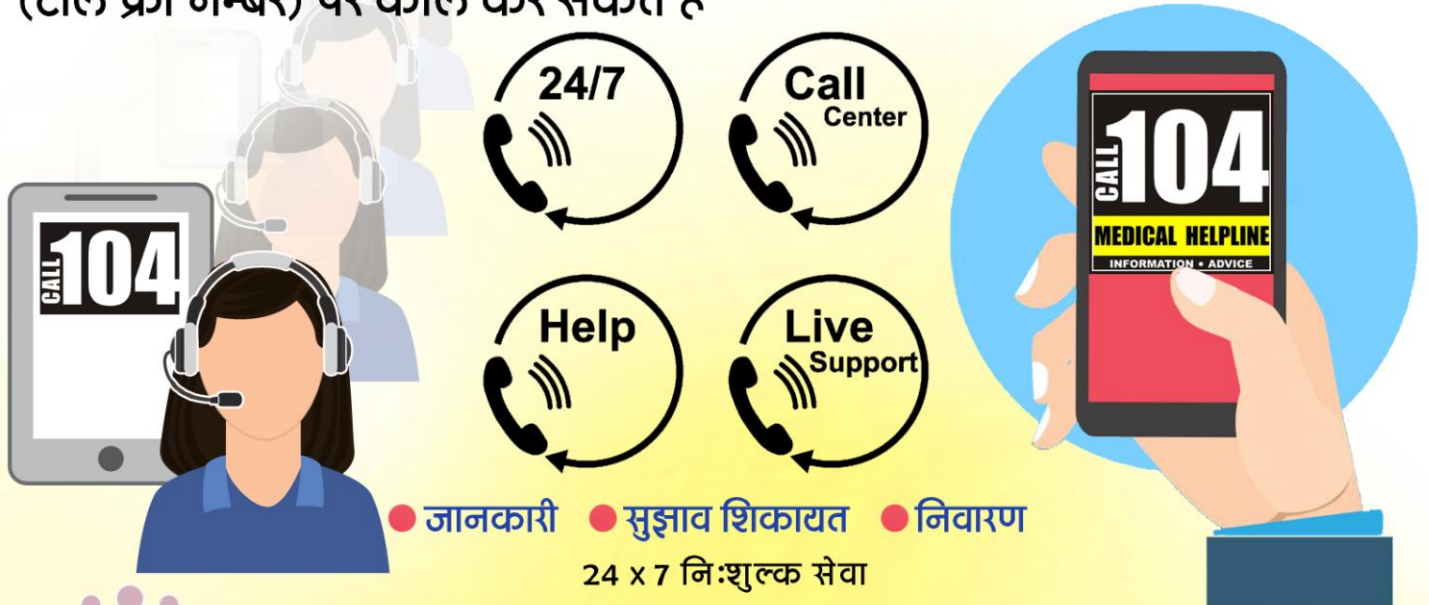
1. All citizens must wear masks whenever venturing outside of their homes.
2. Travelers' and their family members must ensure strict respiratory and hand hygiene.
3. Hand wash by Soap and water up to 40 second must be followed.

## 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

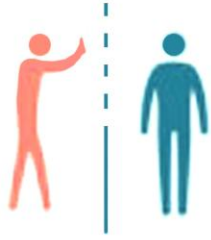
● जानकारी ● सुझाव शिकायत ● निवारण  
24 x 7 निःशुल्क सेवा



# 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।



सर्फेस 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

**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..**

