

Date: 16-12-2020

Health Bulletin

Time: 06:00 PM

खुशियों को घर लायें कोरोना को नहीं



परस्पर दूरी बना कर रखें,
सैनेटाइजर का प्रयोग करें,
अपना फेस कवर / मास्क
हर समय पहने

सावधानी बरतें क्योंकि खतरा अभी टला नहीं है ..



Positive Today: **567**



Recovered Today: **498**



Death Today: **03**



Active Cases: **6140**

S⁺ty

Sample Positivity: **5.41%**

R%

Recovery Percentage: **89.86%**

- Total cumulative Positive COVID-19 detected: **84069**
- Total Number (%) of COVID-19 Patients Treated/ Cured: **75547 (89.86%)**
- Total Number (%) of COVID-19 patients migrated out of state: **1007 (1.20%)**
- Total Number (%) of COVID-19 Deaths: **1375 (1.64%)**
- Number of samples found negative for COVID-19 today: **12778**
- Total number of samples sent for COVID-19 testing today: **14237**
- Total number of cumulative samples found negative: **1469393**
- Total number of samples result awaited: **16997**

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 | 485 | 318 | 70193 | 57 | 2794 | 72987 | 495 |
| Bageshwar | 142 | 156 | 43928 | 16 | 1391 | 45319 | 340 |
| Chamoli | 716 | 478 | 68601 | 26 | 3188 | 71789 | 753 |
| Champawat | 609 | 544 | 72983 | 21 | 1548 | 74531 | 759 |
| Dehradun | 2897 | 2085 | 240400 | 194 | 24818 | 265218 | 3560 |
| Haridwar | 2251 | 3864 | 252597 | 37 | 12869 | 265466 | 2306 |
| Nainital | 1630 | 1585 | 131969 | 123 | 9873 | 141842 | 1698 |
| Pauri Garhwal | 929 | 497 | 106392 | 18 | 4778 | 111170 | 1199 |
| Pithoragarh | 612 | 642 | 55256 | 21 | 2811 | 58067 | 616 |
| Rudraprayag | 736 | 443 | 41038 | 3 | 2061 | 43099 | 784 |
| Tehri Garhwal | 633 | 592 | 79717 | 14 | 3899 | 83616 | 879 |
| US Nagar | 1755 | 1393 | 219625 | 20 | 10747 | 230372 | 2511 |
| Uttarkashi | 842 | 181 | 86,694 | 17 | 3292 | 89,986 | 1097 |
| Total | 14237 | 12778 | 1469393 | 567 | 84069 | 1553462 | 16997 |

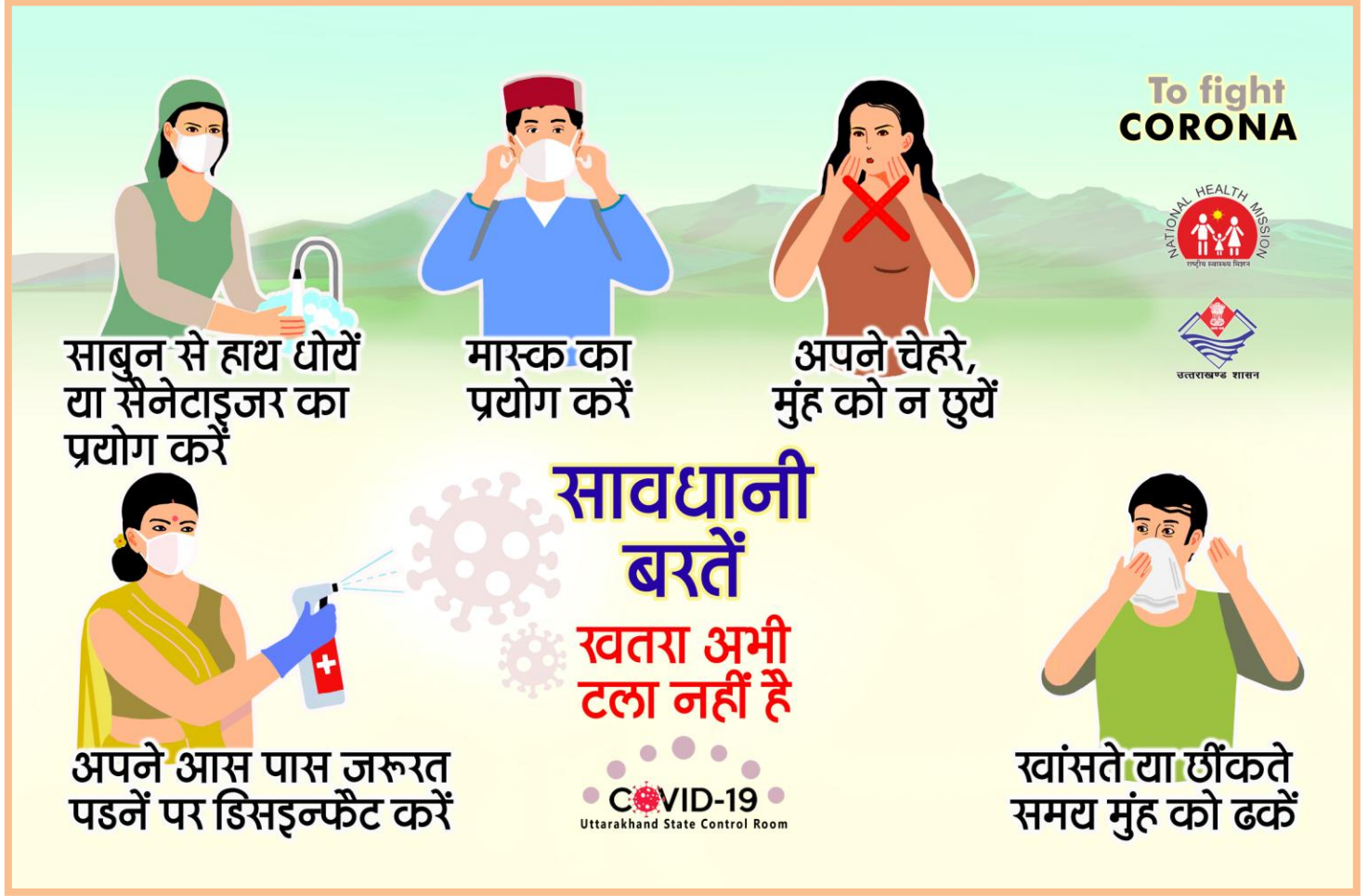
Details of Districts having Positive COVID-19 Cases

| Districts | Cases till Date | Treated/ Cured till Date | Active Cases | Deaths | Migrated |
|---------------|-----------------|--------------------------|--------------|-------------|-------------|
| Almora | 2794 | 2374 | 339 | 21 | 60 |
| Bageshwar | 1391 | 1182 | 196 | 13 | 0 |
| Chamoli | 3188 | 2785 | 345 | 14 | 44 |
| Champawat | 1548 | 1325 | 151 | 7 | 65 |
| Dehradun | 24818 | 21897 | 1776 | 767 | 378 |
| Haridwar | 12869 | 12,110 | 518 | 140 | 101 |
| Nainital | 9873 | 8708 | 923 | 190 | 52 |
| Pauri Garhwal | 4778 | 4294 | 405 | 55 | 24 |
| Pithoragarh | 2811 | 2333 | 452 | 26 | 0 |
| Rudraprayag | 2061 | 1901 | 144 | 10 | 6 |
| Tehri Garhwal | 3899 | 3466 | 325 | 15 | 93 |
| U.S. Nagar | 10747 | 10,243 | 293 | 104 | 107 |
| Uttarkashi | 3292 | 2,929 | 273 | 13 | 77 |
| Total | 84069 | 75547 | 6140 | 1375 | 1007 |

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"> 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) Shakti Enclave, GMS Road, Kanwali (15-12-2020 to 28-12-2020) <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:** Four Hundred Ninety Eight (498) patients discharged in different districts (Almora– 63, Bageshwar– 11, Chamoli– 08, Champawat– 01, Dehradun– 311, Haridwar– 33, Nainital– 33, Pauri– 01, Pithoragarh– 02, Rudraprayag– 05, Tehri– 07, U.S. Nagar– 20 & Uttarkashi– 03).
- **Death:** Three (03) 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 48 year old male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Severe Acute Respiratory Infections, Bilateral Pneumonitis, Type 1 Respiratory Failure, Septicemia & Shock.
 - (2) A 68 year old male expired in AIIMS Rishikesh, Dehradun due to Type 1 Respiratory Failure, COVID Pneumonia, Acute Respiratory Distress Syndrome, Atrial Fibrillation & Septic Shock.
 - (3) A 81 year old male expired in Kailash Hospital, Dehradun due to Refractory Shock, Acute Respiratory Distress Syndrome & Acute Kidney Injury.



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 लायें

अपनी रोग प्रतिरोधक क्षमता को कमजोर न होने दें



COVID-19
Uttarakhand State Control Room

To fight
CORONA

Preventive measures

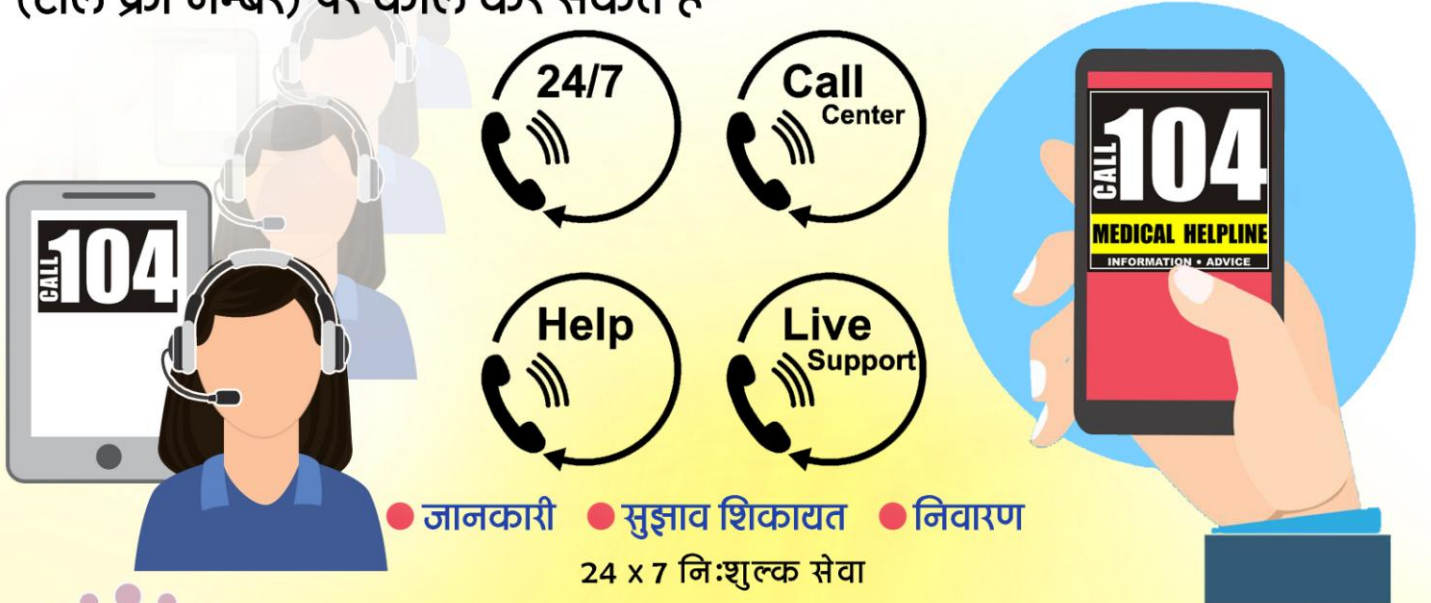
1. All citizens must wear masks whenever venturing outside of their homes.
2. Travelers' and their family members must ensure strict respiratory and hand hygiene.
3. Hand wash by Soap and water up to 40 second must be followed.

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



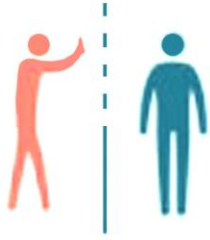
24/7 Call Center Help Live Support

● 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 |

क्योंकि खतरा अभी टला नहीं है ..

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



उत्तराखण्ड शासन



NATIONAL HEALTH MISSION
राष्ट्रीय स्वास्थ्य मिशन

