

Date: 19-12-2020

Health Bulletin

Time: 06:00 PM






कोविड को हराने के लिये सावधान रहने के अलावा शरीर की रोग प्रतिरोधकता को बढ़ाना भी जरूरी है-

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





च्यवनप्राश






Positive Today: 584



Recovered Today: 556



Death Today: 09



Active Cases: 6074



Sample Positivity: 5.36%



Recovery Percentage: 90.07%

1.	Total cumulative Positive COVID-19 detected:	85853
2.	Total Number (%) of COVID-19 Patients Treated/ Cured:	77326 (90.07%)
3.	Total Number (%) of COVID-19 patients migrated out of state:	1045 (1.22%)
4.	Total Number (%) of COVID-19 Deaths:	1408 (1.64%)
5.	Number of samples found negative for COVID-19 today:	15662
6.	Total number of samples sent for COVID-19 testing today:	15238
7.	Total number of cumulative samples found negative:	1516803
8.	Total number of samples result awaited:	17701

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	641	485	71522	18	2877	74399	995
Bageshwar	78	98	44873	5	1437	46310	133
Chamoli	563	388	70126	14	3256	73382	1046
Champawat	517	558	74593	18	1602	76195	513
Dehradun	3658	2987	247835	199	25367	273202	4450
Haridwar	2315	2979	262928	29	12986	275914	2334
Nainital	1193	1412	136230	125	10252	146482	1197
Pauri Garhwal	796	1183	108985	35	4833	113818	818
Pithoragarh	647	995	57819	15	2919	60738	658
Rudraprayag	1287	1270	43424	18	2106	45530	1296
Tehri Garhwal	862	947	81817	35	3975	85792	1018
US Nagar	1754	1393	226800	40	10859	237659	2304
Uttarkashi	927	967	89,851	33	3384	93,235	939
Total	15238	15662	1516803	584	85853	1602656	17701

Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	2877	2438	349	21	69
Bageshwar	1437	1254	170	13	0
Chamoli	3256	2878	315	14	49
Champawat	1602	1360	163	8	71
Dehradun	25367	22570	1624	789	384
Haridwar	12986	12,275	460	145	106
Nainital	10252	8855	1153	192	52
Pauri Garhwal	4833	4408	346	55	24
Pithoragarh	2919	2443	448	28	0
Rudraprayag	2106	1926	164	10	6
Tehri Garhwal	3975	3539	324	15	97
U.S. Nagar	10859	10,379	268	105	107
Uttarkashi	3384	3,001	290	13	80
Total	85853	77326	6074	1408	1045

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	04	<p>Mori (2)</p> <ol style="list-style-type: none"> Motard (11-12-2020) Raju Gaon (17-12-2020) <p>Bhatwari (2)</p> <ol style="list-style-type: none"> Gram Malla (13-12-2020) Gram Gyanja (16-12-2020)
3	Haridwar	01	<p>Laksar (1)</p> <ol style="list-style-type: none"> Ward No-09, Azad Nagar (16-12-2020)
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)
5	Nainital	03	<p>Haldwani (3)</p> <ol style="list-style-type: none"> Doliya (17-12-2020) Deena (17-12-2020) Behind SBI Malla Gorakhpur (17-12-2020)
	Total	19	





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 Fifty Six (556) patients discharged in different districts (Almora– 00, Bageshwar– 20, Chamoli– 35, Champawat– 26, Dehradun– 237, Haridwar– 42, Nainital– 60, Pauri– 23, Pithoragarh– 42, Rudrapur– 08, Tehri– 10, U.S. Nagar– 23 & Uttarkashi– 30).
- **Death:** Nine (09) 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 55 year old Female expired in AIIMS Rishikesh, Dehradun due to Type 1 Respiratory Failure, COVID Pneumonia with Acute Respiratory Distress Syndrome, Cardio-Embolic Stroke, Cardiogenic, Septic Shock & Acute Kidney Injury.
 - (2) A 33 year old Female expired in Govt. Doon Medical College, Dehradun due to Bilateral Pneumonitis, Acute Respiratory Distress Syndrome, Type 1 Respiratory Failure & Ventricular Arrhythmia.
 - (3) A 52 year old Female expired in Govt. Doon Medical College, Dehradun due to Bilateral Pneumonitis, Acute Respiratory Distress Syndrome, Type 1 Respiratory Failure & Ventricular Arrhythmia.
 - (4) A 75 year old Female expired in Velmed Hospital, Dehradun due to Bilateral Pneumonia with Respiratory Failure, Sepsis & Shock.
 - (5) A 63 year old Male expired in Shri Mahant Indires Hospital, Dehradun due to Cardiopulmonary Arrest, Acute Respiratory Distress Syndrome, Bilateral Pneumonitis & Respiratory Failure.
 - (6) A 33 year old Male expired in Himalayan Hospital, Dehradun due to Severe Acute Respiratory Distress Syndrome.
 - (7) A 49 year old Female expired in Velmed Hospital, Dehradun due to Bilateral Pneumonia & Acute Respiratory Distress Syndrome.
 - (8) A 74 year old Male expired in Himalayan Hospital, Dehradun due to Cardiac Arrest.
 - (9) A 78 year old Male expired in Neelkanth Multispeciality Hospital, Haldwani due to Aspiration Pneumonia, Head Injury, Acute Respiratory Distress Syndrome & Type 1 Respiratory Failure.



SOCIAL DISTANCING
is for your own Safety

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.

जिला कंट्रोल रूम
से सम्पर्क करें
चिकित्सीय परामर्श के
अनुसार चलें ..

कोरोना पॉजिटिव का
अंदेशा होने पर घबरायें नहीं
अपना टेस्ट जरूर करवायें

सावधानी बरतें क्योंकि सतर्कता ही बचाव है!

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	01334-239072
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 !!

