



Date: 20-12-2020

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: **464**



Recovered Today: **347**



Death Today: **05**



Active Cases: **6177**

S⁺ty

Sample Positivity: **5.34%**

R%

Recovery Percentage: **89.99%**

1.	Total cumulative Positive COVID-19 detected:	86317
2.	Total Number (%) of COVID-19 Patients Treated/ Cured:	77673 (89.99%)
3.	Total Number (%) of COVID-19 patients migrated out of state:	1054 (1.22%)
4.	Total Number (%) of COVID-19 Deaths:	1413 (1.64%)
5.	Number of samples found negative for COVID-19 today:	13722
6.	Total number of samples sent for COVID-19 testing today:	9112
7.	Total number of cumulative samples found negative:	1530525
8.	Total number of samples result awaited:	12699

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	397	386	71908	22	2899	74807	784
Bageshwar	289	157	45030	4	1441	46471	295
Chamoli	158	248	70374	18	3274	73648	638
Champawat	214	287	74880	5	1607	76487	435
Dehradun	2823	3472	251307	188	25555	276862	3413
Haridwar	944	3266	266194	31	13017	279211	1019
Nainital	567	684	136914	73	10325	147239	807
Pauri Garhwal	402	729	109714	17	4850	114564	474
Pithoragarh	222	89	57908	42	2961	60869	749
Rudraprayag	402	1027	44451	16	2122	46573	655
Tehri Garhwal	512	685	82502	11	3986	86488	834
US Nagar	1483	1760	228560	19	10878	239438	1808
Uttarkashi	699	932	90,783	18	3402	94,185	788
Total	9112	13722	1530525	464	86317	1616842	12699

Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	2899	2439	368	21	71
Bageshwar	1441	1254	174	13	0
Chamoli	3274	2891	317	14	52
Champawat	1607	1360	168	8	71
Dehradun	25555	22776	1600	793	386
Haridwar	13017	12,324	442	145	106
Nainital	10325	8882	1198	193	52
Pauri Garhwal	4850	4408	363	55	24
Pithoragarh	2961	2443	490	28	0
Rudraprayag	2122	1935	171	10	6
Tehri Garhwal	3986	3539	334	15	98
U.S. Nagar	10878	10,380	286	105	107
Uttarkashi	3402	3,042	266	13	81
Total	86317	77673	6177	1413	1054

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:** Three Hundred Fourty Seven (347) patients discharged in different districts (Almora– 01, Bageshwar– 00, Chamoli– 13, Champawat– 00, Dehradun– 206, Haridwar– 49, Nainital– 27, Pauri– 00, Pithoragarh– 00, Rudraprayag– 09, Tehri– 00, U.S. Nagar– 01 & Uttarkashi– 41).
- **Death:** Five (05) 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 42 year old male expired in AIIMS Rishikesh due to Type-1 Respiratory Failure.
 - (2) A 58 year old male expired in AIIMS Rishikesh due to Cardiogenic Shock.
 - (3) A 70 year old male expired in AIIMS Rishikesh due to Tachybradyarrythemia.
 - (4) A 48 year old male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Severe Acute Respiratory Infections, Bilateral Pneumonitis, Acute Kidney Injury, Septicemia & Septic Shock.
 - (5) A 64 year old female expired in Velmed Hospital, Dehradun due to Bilateral Pneumonia & Acute Respiratory Distress Syndrome.



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 !!

