

Date: 26-12-2020

Health Bulletin

Time: 06:00 PM

To fight
CORONA

Boost Your Immune System



Avoid alcohol and cigarettes



Drink more water



Get enough sleep



Eat plenty of fruits and veggies



Wash fruits and vegetables properly



Exercise daily



Wash your hands



Practice meditation



Take your vitamins and probiotics



Try to stay calm, and not stressed



Positive Today: **374**



Recovered Today: **416**



Death Today: **13**



Active Cases: **5444**

S⁺vty

Sample Positivity: **5.21%**

R%

Recovery Percentage: **90.96%**

1. Total cumulative Positive COVID-19 detected: **89218**
2. Total Number (%) of COVID-19 Patients Treated/ Cured: **81154 (90.96%)**
3. Total Number (%) of COVID-19 patients migrated out of state: **1144 (1.28%)**
4. Total Number (%) of COVID-19 Deaths: **1476 (1.65%)**
5. Number of samples found negative for COVID-19 today: **14950**
6. Total number of samples sent for COVID-19 testing today: **12770**
7. Total number of cumulative samples found negative: **1621876**
8. Total number of samples result awaited: **13471**

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	637	292	74661	3	3026	77687	809
Bageshwar	329	272	46509	15	1478	47987	420
Chamoli	550	843	76538	6	3346	79884	551
Champawat	447	1210	78935	9	1670	80605	483
Dehradun	3407	3756	271193	152	26634	297827	3413
Haridwar	1757	3031	279238	42	13249	292487	1775
Nainital	1612	1693	147179	53	10918	158097	1627
Pauri Garhwal	496	642	114017	11	4942	118959	497
Pithoragarh	156	88	60907	19	3131	64038	310
Rudraprayag	144	162	45620	7	2185	47805	168
Tehri Garhwal	684	553	86399	1	4077	90476	729
US Nagar	1879	1901	244357	20	11004	255361	1956
Uttarkashi	672	507	96,323	36	3558	99,881	733
Total	12770	14950	1621876	374	89218	1711094	13471

Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	3026	2598	318	23	87
Bageshwar	1478	1303	159	16	0
Chamoli	3346	3029	241	15	61
Champawat	1670	1431	158	8	73
Dehradun	26634	23829	1567	831	407
Haridwar	13249	12,548	436	146	119
Nainital	10918	9678	983	200	57
Pauri Garhwal	4942	4626	235	57	24
Pithoragarh	3131	2699	400	32	0
Rudraprayag	2185	2046	123	10	6
Tehri Garhwal	4077	3662	285	16	114
U.S. Nagar	11004	10,565	221	108	110
Uttarkashi	3558	3,140	318	14	86
Total	89218	81154	5444	1476	1144

District-wise Hotspots/ Containment Zones

S.No.	District	Number of Containment Zone	Name of Containment Zone (Date of Start of Containment Zone)
1	Dehradun	03	<u>Dehradun (03)</u> 1. 492 Indira Nagar, Kanwali. (13-12-2020 to 27-12-2020) 2. Lane no-01, Monal Enclave Banjarawala Maffi (13-12-2020 to 27-12-2020) 3. Shakti Enclave, GMS Road, Kanwali (15-12-2020 to 28-12-2020)
2	Uttarkashi	05	<u>Mori (2)</u> 1. Motard (11-12-2020) 2. Raju Gaon (17-12-2020) <u>Bhatwari (2)</u> 1. Gram Malla (13-12-2020) 2. Gram Gyanja (16-12-2020) <u>Barkot (1)</u> 1. Gram Badhiya (21-12-2020)
3	Pauri	02	<u>Chobthta Khal (1)</u> 1. Gram Silaith (13-12-2020) <u>Kotdwar (1)</u> 1. Sitabpur, Devi Road, Patti Sukhro (14-12-2020)
4	Nainital	04	<u>Haldwani (4)</u> 1. Ganga Enclave Nawabi Road (21-12-2020) 2. Ekta Vihar, RK Tent House Road, Kusumkheda (21-12-2020) 3. Shyan Singh Mehra Marg, Madhuban Colony Unchapul (21-12-2020) 4. 8/430, Heera Nagar (21-12-2020)
5	Tehri	02	<u>Kandisaur (2)</u> 1. Lwarkha (19-12-2020) 2. Majoli (19-12-2020)
	Total	16	



Disinfection

**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 करवाये..

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**

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 Sixteen (416) patients discharged in different districts (Almora– 00, Bageshwar– 12, Chamoli– 00, Champawat– 16, Dehradun– 174, Haridwar– 60, Nainital– 99, Pauri– 06, Pithoragarh– 23, Rudrapur– 04, Tehri– 00, U.S. Nagar– 08 & Uttarkashi– 14).
- **Death:** Thirteen (13) 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 54 year old Male expired in AIIMS Rishikesh, Dehradun due to Acute Respiratory Distress Syndrome & Severe COVID Pneumonia.
 2. A 79 year old Male expired in Kailash Hospital, Dehradun due to COVID Pneumonia & Coronary Artery Disease.
 3. A 87 year old Male expired in Kailash Hospital, Dehradun due to COVID Pneumonia & Type 2 Respiratory Failure.
 4. A 65 year old Male expired in Shri Mahant Indiresht Hospital, Dehradun due to Bilateral Pneumonia & Cardiopulmonary Arrest.
 5. A 65 year old Female expired in Shri Mahant Indiresht Hospital, Dehradun due to Cardiopulmonary Arrest & Shock.
 6. A 63 year old Male expired in Max Hospital, Dehradun due to Cardiopulmonary Arrest with severe COVID.
 7. A 50 year old Female expired in Max Hospital, Dehradun due to COVID Pneumonia & Refractory Shock.
 8. A 60 year old Male expired in Max Hospital Dehradun due to Refractory Hypoxia, Refractory Shock, Aspiration Pneumonia & Type 2 Respiratory Failure.
 9. A 70 year old Female expired from Himalayan Hospital Dehradun on 26 Dec 2020, due to Severe Acute Respiratory Distress Syndrome.
 10. A 75 year old Male expired in Jaya Maxwell Hospital Bahadrapur, Haridwar due to Cardiac Arrest.
 11. A 65 year old Female expired in Neelkanth Hospital, Haldwani due to Sudden Cardiopulmonary Arrest & Bilateral Pneumonitis.
 12. A 50 year old Female expired from CHC Gairsain, Chamoli due to Type 1 Respiratory Failure followed by Cardiopulmonary Arrest.
 13. A 72 year old Male expired in Distt. Uttarkashi. The Cause of Death is awaited from the District.



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.

Covid-19 Vaccination के सम्बन्ध में

प्रदेश के सभी हेल्थ केयर कर्मियों का डेटा लिया जा रहा है ..

सभी चिकित्सा इकाईयों (सरकारी / प्राइवेट) के Facility incharge अपने जनपद के मुख्य चिकित्साधिकारी से सम्पर्क करें



Health Care workers DATA

अधिक जानकारी के लिये टोल फ्री नं० 104 पर काल करें

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

कोविड-19 परीक्षण रिपोर्ट को घर बैठे वेब लिंक के द्वारा प्राप्त करें

covid19.uk.gov.in

परीक्षण के समय आपके रजिस्टर्ड मोबाईल नम्बर पर एस. एम. एस के द्वारा **SRF ID** नम्बर भेजा जाता है जिसको उपरोक्त लिंक पर जाकर दर्ज करने पर रिपोर्ट डाउनलोड की जा सकती है





Uttarakhand State Control Room

To fight
CORONA