

Date: 27-12-2020

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: **427**



Recovered Today: **229**



Death Today: **07**



Active Cases: **5625**

S⁺vty

Sample Positivity: **5.20%**

R%

Recovery Percentage: **90.78%**

1. Total cumulative Positive COVID-19 detected: **89645**
2. Total Number (%) of COVID-19 Patients Treated/ Cured: **81383 (90.78%)**
3. Total Number (%) of COVID-19 patients migrated out of state: **1154 (1.29%)**
4. Total Number (%) of COVID-19 Deaths: **1483 (1.65%)**
5. Number of samples found negative for COVID-19 today: **11306**
6. Total number of samples sent for COVID-19 testing today: **9210**
7. Total number of cumulative samples found negative: **1633182**
8. Total number of samples result awaited: **10574**

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 | 352 | 493 | 75154 | 1 | 3027 | 78181 | 467 |
| Bageshwar | 103 | 183 | 46692 | 4 | 1482 | 48174 | 236 |
| Chamoli | 160 | 239 | 76777 | 5 | 3351 | 80128 | 467 |
| Champawat | 778 | 103 | 79038 | 7 | 1677 | 80715 | 851 |
| Dehradun | 2656 | 2680 | 273873 | 172 | 26806 | 300679 | 2717 |
| Haridwar | 1038 | 2416 | 281654 | 34 | 13283 | 294937 | 1063 |
| Nainital | 619 | 1356 | 148535 | 106 | 11024 | 159559 | 784 |
| Pauri Garhwal | 300 | 554 | 114571 | 11 | 4953 | 119524 | 332 |
| Pithoragarh | 142 | 382 | 61289 | 7 | 3138 | 64427 | 163 |
| Rudraprayag | 111 | 69 | 45689 | 4 | 2189 | 47878 | 206 |
| Tehri Garhwal | 380 | 312 | 86711 | 24 | 4101 | 90812 | 573 |
| US Nagar | 2096 | 2338 | 246695 | 25 | 11029 | 257724 | 2119 |
| Uttarkashi | 475 | 181 | 96,504 | 27 | 3585 | 100,089 | 596 |
| Total | 9210 | 11306 | 1633182 | 427 | 89645 | 1722827 | 10574 |

Details of Districts having Positive COVID-19 Cases

| Districts | Cases till Date | Treated/ Cured till Date | Active Cases | Deaths | Migrated |
|---------------|-----------------|--------------------------|--------------|-------------|-------------|
| Almora | 3027 | 2638 | 279 | 23 | 87 |
| Bageshwar | 1482 | 1314 | 151 | 17 | 0 |
| Chamoli | 3351 | 3029 | 246 | 15 | 61 |
| Champawat | 1677 | 1431 | 165 | 8 | 73 |
| Dehradun | 26806 | 23947 | 1615 | 836 | 408 |
| Haridwar | 13283 | 12,548 | 466 | 146 | 123 |
| Nainital | 11024 | 9721 | 1045 | 200 | 58 |
| Pauri Garhwal | 4953 | 4626 | 246 | 57 | 24 |
| Pithoragarh | 3138 | 2699 | 406 | 33 | 0 |
| Rudraprayag | 2189 | 2050 | 123 | 10 | 6 |
| Tehri Garhwal | 4101 | 3674 | 294 | 16 | 117 |
| U.S. Nagar | 11029 | 10,565 | 246 | 108 | 110 |
| Uttarkashi | 3585 | 3,141 | 343 | 14 | 87 |
| Total | 89645 | 81383 | 5625 | 1483 | 1154 |

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:** Two Hundred Twenty Nine (229) patients discharged in different districts (Almora– 40, Bageshwar– 11, Chamoli– 00, Champawat– 00, Dehradun– 118, Haridwar– 00, Nainital– 43, Pauri– 00, Pithoragarh– 00, Rudrapur– 04, Tehri– 12, U.S. Nagar– 00 & Uttarkashi– 01).
- **Death:** Seven (07) 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 Acute Respiratory Distress Syndrome, Ventilator Acquired Pneumonia & Severe COVID Pneumonia.
 2. A 49 year old Female expired in AIIMS Rishikesh, Dehradun due to Type 1 Respiratory Failure & Severe COVID Pneumonia.
 3. A 51 year old Female expired in Himalayan Hospital, Dehradun due to Acute Respiratory Distress Synt & Severe Shock.
 4. A 63 year old Male expired in Kailash Hospital, Dehradun due to Post COVID Fibrosis, Acute Respiratory Distress Syndrome & Coronary Artery Disease.
 5. A 74 year old Male expired in Kailash Hospital, Dehradun due to Bilateral Pneumonia, Acute Respiratory Distress Syt & Septic Shock.
 6. A 55 year old Female expired in DH, Pithoragarh due to COVID Pneumonia & Acute Respiratory Distress Syndrome.
 7. A 80 year old Male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden Cardiopulmonary Arrest, Severe Acute Respiratory Distress Syndrome, Bilateral Pneumonitis, Acute Respiratory Distress Syndrome, Type 1 Respiratory Failure & Coronary Artery Disease.



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