

Date: 28-12-2020

Health Bulletin

Time: 06:00 PM



Positive Today: **205**



Recovered Today: **305**



Death Today: **06**



Active Cases: **5511**

S⁺ty

Sample Positivity: **5.18%**

R%

Recovery Percentage: **90.92%**

- | | | |
|----|--|-----------------------|
| 1. | Total cumulative Positive COVID-19 detected: | 89850 |
| 2. | Total Number (%) of COVID-19 Patients Treated/ Cured: | 81688 (90.92%) |
| 3. | Total Number (%) of COVID-19 patients migrated out of state: | 1162 (1.29%) |
| 4. | Total Number (%) of COVID-19 Deaths: | 1489 (1.66%) |
| 5. | Number of samples found negative for COVID-19 today: | 11650 |
| 6. | Total number of samples sent for COVID-19 testing today: | 11920 |
| 7. | Total number of cumulative samples found negative: | 1644832 |
| 8. | Total number of samples result awaited: | 12862 |

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	254	568	75722	0	3027	78749	256
Bageshwar	128	176	46868	4	1486	48354	184
Chamoli	372	162	76939	7	3358	80297	470
Champawat	440	443	79481	13	1690	81171	535
Dehradun	3171	3737	277610	83	26889	304499	3197
Haridwar	2092	2059	283713	20	13303	297016	2113
Nainital	1809	1518	150053	36	11060	161113	1816
Pauri Garhwal	479	412	114983	8	4961	119944	481
Pithoragarh	165	337	61626	3	3141	64767	172
Rudraprayag	193	50	45739	0	2189	47928	249
Tehri Garhwal	630	301	87012	2	4103	91115	741
US Nagar	2017	1697	248392	17	11046	259438	2084
Uttarkashi	170	190	96,694	12	3597	100,291	564
Total	11920	11650	1644832	205	89850	1734682	12862

Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	3027	2638	278	24	87
Bageshwar	1486	1314	155	17	0
Chamoli	3358	3133	147	15	63
Champawat	1690	1431	177	8	74
Dehradun	26889	23997	1645	839	408
Haridwar	13303	12,584	450	146	123
Nainital	11060	9735	1067	200	58
Pauri Garhwal	4961	4656	224	57	24
Pithoragarh	3141	2699	407	35	0
Rudraprayag	2189	2070	103	10	6
Tehri Garhwal	4103	3676	290	16	121
U.S. Nagar	11046	10,614	214	108	110
Uttarkashi	3597	3,141	354	14	88
Total	89850	81688	5511	1489	1162

District-wise Hotspots/ Containment Zones

S.No.	District	Number of Containment Zone	Name of Containment Zone (Date of Start of Containment Zone)
1	Dehradun	01	<u>Dehradun (01)</u> 1. 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	08	<u>Haldwani (8)</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. SR Puram Near Amrit Ashram Bithoriya No.1 (23-12-2020) 6. Shiv Mandir ke Samane, Gitanjali Tent House Wali Gali , Sheeshmahal (23-12-2020) 7. Bithoriya No.1, Gair Vaishali , Hari Colony (23-12-2020) 8. Bank Colony Gas Godam Road , Kusumkheda (23-12-2020)
5	Tehri	02	<u>Kandisaur (2)</u> 1. Lwarkha (19-12-2020) 2. Majoli (19-12-2020)
	Total	18	



Disinfection

कोरोना काल में तब और मन से रहें मजबूत ..



सकारात्मक रहें, अपने काम एवं जीवन में सन्तुलन बना कर रखें



योग, ध्यान, निद्रा एवं उचित आहार समय पर है जरूरी



सक्रिय, उर्जावान रहें और मनोरंजक, रचनात्मक गतिविधियों में व्यस्त रहें



बड़े बुर्जगों, आश्रितों और बच्चों का ध्यान रखें .. उनके प्रति अपनी भावनाओं को साझा करें



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-19test.
- 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 Five (305) patients discharged in different districts (Almora– 00, Bageshwar– 00, Chamoli– 104, Champawat– 00, Dehradun– 50, Haridwar– 36, Nainital– 14, Pauri– 30, Pithoragarh– 00, Rudraprayag– 20, Tehri– 02, U.S. Nagar– 49 & Uttarkashi– 00).
- **Death:** Six (06) 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 70 year old Male expired in Govt. Doon Medical College, Dehradun due to Cardiopulmonary Arrest, Bilateral Pneumonitis, Type 1 Respiratory Failure, Acute Respiratory Distress Syndrome, Acute Kidney Injury & Sepsis.
 2. A 50 year old Male expired in Himalayan Hospital, Dehradun due to Severe COVID.
 3. A 84 year old Female expired in Shri Mahant Indiresht Hospital, Dehradun due to Bilateral Pneumonia with Cardiopulmonary Arrest.
 4. A 35 year old Female expired in DH, Pithoragarh due to Acute Respiratory Distress Syndrome & COVID Pneumonia.
 5. A 70 year old Male expired in DH, Pithoragarh due to COVID Pneumonia.
 6. A 73 year old Male expired in Distt. Almora due to Cardiopulmonary Arrest & Bilateral Pneumonitis.



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




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





च्यवनप्राश












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!








To fight-CORONA

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