

Date: 29-12-2020

Health Bulletin

Time: 06:00 PM



Positive Today: **317**



Recovered Today: **555**



Death Today: **06**



Active Cases: **5256**

S⁺ty

Sample Positivity: **5.15%**

R%

Recovery Percentage: **91.21%**

- | | | |
|----|--|-----------------------|
| 1. | Total cumulative Positive COVID-19 detected: | 90167 |
| 2. | Total Number (%) of COVID-19 Patients Treated/ Cured: | 82243 (91.21%) |
| 3. | Total Number (%) of COVID-19 patients migrated out of state: | 1173 (1.30%) |
| 4. | Total Number (%) of COVID-19 Deaths: | 1495 (1.66%) |
| 5. | Number of samples found negative for COVID-19 today: | 14910 |
| 6. | Total number of samples sent for COVID-19 testing today: | 13541 |
| 7. | Total number of cumulative samples found negative: | 1659742 |
| 8. | Total number of samples result awaited: | 14408 |

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	426	415	76137	6	3033	79170	461
Bageshwar	359	63	46931	0	1486	48417	480
Chamoli	213	380	77319	5	3363	80682	298
Champawat	552	1229	80710	11	1701	82411	553
Dehradun	3565	2375	279985	128	27017	307002	3612
Haridwar	2429	2058	285771	22	13325	299096	2462
Nainital	1665	2185	152238	48	11108	163346	1696
Pauri Garhwal	504	574	115557	12	4973	120530	539
Pithoragarh	436	396	62022	25	3166	65188	487
Rudraprayag	220	99	45838	2	2191	48029	368
Tehri Garhwal	615	529	87541	12	4115	91656	815
US Nagar	2042	3535	251927	8	11054	262981	2092
Uttarkashi	515	1,072	97,766	38	3635	101,401	545
Total	13541	14910	1659742	317	90167	1749909	14408

Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	3033	2697	222	24	90
Bageshwar	1486	1315	154	17	0
Chamoli	3363	3139	145	15	64
Champawat	1701	1436	183	8	74
Dehradun	27017	24135	1634	839*	409
Haridwar	13325	12,638	416	147*	124
Nainital	11108	9859	990	201	58
Pauri Garhwal	4973	4678	214	57	24
Pithoragarh	3166	2730	400	36	0
Rudraprayag	2191	2084	91	10	6
Tehri Garhwal	4115	3704	270	16	125
U.S. Nagar	11054	10,664	171	109	110
Uttarkashi	3635	3,164	366	16	89
Total	90167	82243	5256	1495	1173

*Data reconciled with districts

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 (01)</u> 1. Shakti Enclave , GMS Road, Kanwali (15-12-2020) 2. 35 Panchsheel Park , Kanwali (19-12-2020) <u>Doiwala (01)</u> 1. Ward N-01, Lachhiwala (19-12-2020) <u>Mussorrie (01)</u> 1- Kempty Road (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)
	Total	18	



Disinfection

कोरोना काल में तब और मन से रहें मजबूत ..



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



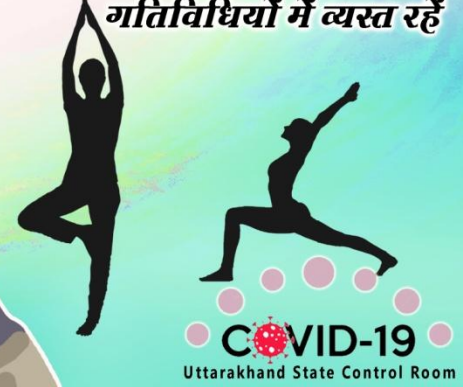
योग, ध्यान, निद्रा एवं उचित आहार समय पर है जरूरी



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



COVID-19
Uttarakhand State Control Room

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:** Five Hundred Fifty Five (555) patients discharged in different districts (Almora– 59, Bageshwar– 01, Chamoli– 06, Champawat– 05, Dehradun– 138, Haridwar– 54, Nainital– 124, Pauri– 22, Pithoragarh– 31, Rudraprayag– 14, Tehri– 28, U.S. Nagar– 50 & Uttarkashi– 23).
- **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 84 year old Female expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Acute Cardiopulmonary Arrest, Severe Acute Respiratory Infections & Bilateral Pneumonitis.
 2. A 64 year old Female expired in Himalayan Hospital, Dehradun due to Severe Septic Shock.
 3. A 88 year old Male expired from District Hospital, Uttarkashi due to Bilateral Pneumonitis & Acute Respiratory Distress Syndrome.
 4. A 60 year old Male expired in District Hospital, Uttarkashi due to Cardiopulmonary Arrest, Acute Respiratory Distress Syndrome & Severe COVID.
 5. A 60 year old Male expired in District Hospital, Pithoragarh due to COVID Pneumonia & Acute Respiratory Distress Syndrome.
 6. A 85 year old Male expired in Ujala Hospital Kashipur, US Nagar due to Acute Respiratory Distress Syndrome, Septic Shock & Atypical Pneumonia.



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 ह्राने 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 सौंठ 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।



Uttarakhand State Control Room













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!



Uttarakhand State Control Room

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