

Date: 31-12-2020

Health Bulletin

Time: 06:00 PM

कोरोना काल के इस दौर में
इनका विशेष
ध्यान रखें..



जो पहले से ही किसी
बीमारी से ग्रस्त हैं



वर्षिष्ठ नागरिक
60 वर्ष से पर



छोटे बच्चे
10 वर्ष तक



गर्भवती स्त्री



Positive Today: **304**



Recovered Today: **539**



Death Today: **05**



Active Cases: **4719**



Sample Positivity: **5.12%**



Recovery Percentage: **91.85%**

- | | |
|---|-----------------------|
| 1. Total cumulative Positive COVID-19 detected: | 90920 |
| 2. Total Number (%) of COVID-19 Patients Treated/ Cured: | 83506 (91.85%) |
| 3. Total Number (%) of COVID-19 patients migrated out of state: | 1186 (1.30%) |
| 4. Total Number (%) of COVID-19 Deaths: | 1509 (1.66%) |
| 5. Number of samples found negative for COVID-19 today: | 12075 |
| 6. Total number of samples sent for COVID-19 testing today: | 13422 |
| 7. Total number of cumulative samples found negative: | 1686451 |
| 8. Total number of samples result awaited: | 14520 |

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	348	449	77251	12	3062	80313	351
Bageshwar	327	322	47675	6	1500	49175	373
Chamoli	269	267	77920	3	3377	81297	317
Champawat	556	533	81717	6	1718	83435	643
Dehradun	3648	3031	286128	99	27273	313401	3784
Haridwar	2272	1944	289777	18	13381	303158	2347
Nainital	1112	1186	155676	108	11324	167000	1262
Pauri Garhwal	799	631	116870	7	4989	121859	832
Pithoragarh	385	99	62805	9	3213	66018	562
Rudraprayag	183	303	46410	1	2200	48610	194
Tehri Garhwal	682	288	88436	1	4124	92560	871
US Nagar	2461	2366	256658	25	11101	267759	2526
Uttarkashi	380	656	99128	9	3658	102786	458
Total	13422	12075	1686451	304	90920	1777371	14520

Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	3062	2755	188	24	95
Bageshwar	1500	1327	155	18	0
Chamoli	3377	3177	120	15	65
Champawat	1718	1521	115	8	74
Dehradun	27273	24559	1460	845	409
Haridwar	13381	12,729	380	147	125
Nainital	11324	10102	958	206	58
Pauri Garhwal	4989	4752	156	57	24
Pithoragarh	3213	2736	439	38	0
Rudraprayag	2200	2111	73	10	6
Tehri Garhwal	4124	3732	248	16	128
U.S. Nagar	11101	10,713	169	109	110
Uttarkashi	3658	3,292	258	16	92
Total	90920	83506	4719	1509	1186

District-wise Hotspots/ Containment Zones

S.No.	District	Number of Containment Zone	Name of Containment Zone (Date of Start of Containment Zone)
1	Dehradun	04	<p><u>Dehradun (02)</u></p> <ol style="list-style-type: none"> 1056 Indra Nagar, Kanwali , Near Seemadwar (02-12-2020) 35 Panchsheel Park , Kanwali (19-12-2020) <p><u>Doiwala (Indra01)</u></p> <ol style="list-style-type: none"> Ward N-01, Lachhiwala (19-12-2020) <p><u>Mussorrie (01)</u></p> <ol style="list-style-type: none"> Kemply Road (28-12-2020)
2	Uttarkashi	05	<p><u>Mori (2)</u></p> <ol style="list-style-type: none"> Motard (11-12-2020) Raju Gaon (17-12-2020) <p><u>Bhatwari (2)</u></p> <ol style="list-style-type: none"> Gram Malla (13-12-2020) Gram Gyanja (16-12-2020) <p><u>Barkot (1)</u></p> <ol style="list-style-type: none"> Gram Badhiya (21-12-2020)
3	Pauri	02	<p><u>Chobthta Khal (1)</u></p> <ol style="list-style-type: none"> Gram Silaith (13-12-2020) <p><u>Kotdwar (1)</u></p> <ol style="list-style-type: none"> Sitabpur, Devi Road, Patti Sukhro (14-12-2020)
4	Nainital	08	<p><u>Haldwani (8)</u></p> <ol style="list-style-type: none"> Ganga Enclave Nawabi Road (21-12-2020) Ekta Vihar, RK Tent House Road, Kusumkheda (21-12-2020) Shyan Singh Mehra Marg, Madhuban Colony Unchapul (21-12-2020) 8/430, Heera Nagar (21-12-2020) SR Puram Near Amrit Ashram Bithoriya No.1 (23-12-2020) Shiv Mandir ke Samane, Gitanjali Tent House Wali Gali , Sheeshmahal (23-12-2020) Bithoriya No.1, Gair Vaishali , Hari Colony (23-12-2020) Bank Colony Gas Godam Road , Kusumkheda (23-12-2020)
	Total	19	



Disinfection



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 Thirty Nine (539) patients discharged in different districts (Almora– 11, Bageshwar– 05, Chamoli– 34, Champawat– 00, Dehradun– 193, Haridwar– 42, Nainital– 104, Pauri– 72, Pithoragarh– 00, Rudrapur– 20, Tehri– 15, U.S. Nagar– 16 & Uttarkashi– 27).
- **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 48 year old Male expired in Govt. Doon Medical College, Dehradun due to Bilateral Pneumonitis, Type 1 Respiratory Failure, Sepsis & Septic Shock.
 2. A 68 year old Male expired in Shri Mahant Indiresht Hospital, Dehradun due to Bilateral Pneumonitis & Cardiopulmonary Arrest.
 3. A 18 year old Female expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden Cardiopulmonary Arrest, Aspiration Pneumonitis, Bilateral Pneumonitis, Metabolic Acidosis & Shock.
 4. A 35 year old Male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Sudden Cardiopulmonary Arrest, Severe Acute Respiratory Infections, Bilateral Pneumonitis, Type 1 Respiratory failure, Acute Respiratory Distress Syndrome & Shock.
 5. A 75 year old Male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani in due to Sudden Cardiopulmonary Arrest, Severe Acute Respiratory Infections, Bilateral Pneumonitis, Type 2 Respiratory Failure & Shock.



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 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।












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





COVID-19
Uttarakhand State Control Room

To fight
CORONA