

Date: 11-12-2020

Health Bulletin

Time: 06:00 PM



Positive Today: **725**



Recovered Today: **508**



Death Today: **09**



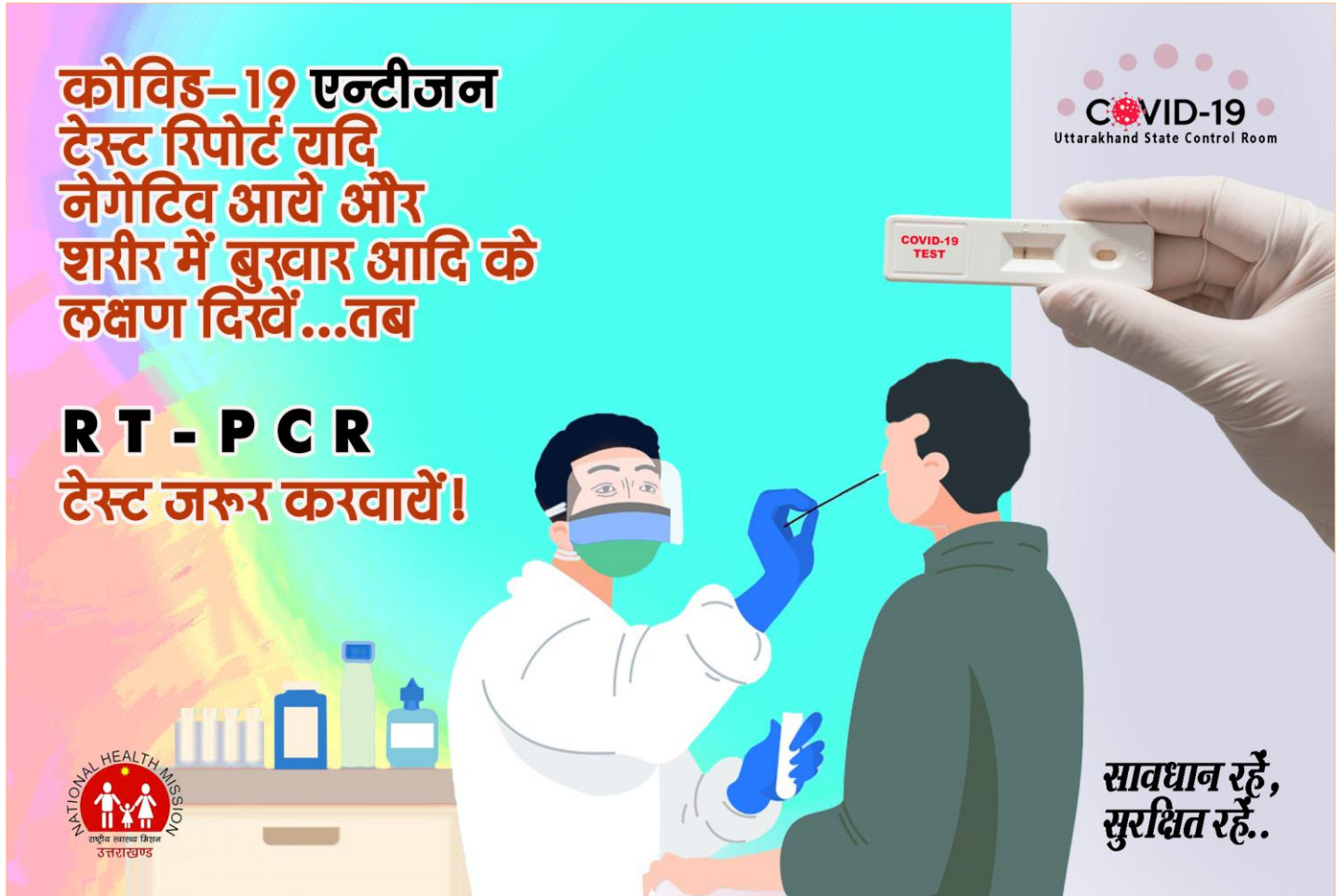
Active Cases: **5934**

**S<sup>+</sup>ty**

Sample Positivity: **5.45%**

**R%**

Recovery Percentage: **89.87%**



कोविड-19 एन्टीजन  
टेस्ट रिपोर्ट यदि  
नेगेटिव आये और  
शरीर में बुखार आदि के  
लक्षण दिखें...तब

**RT - PCR**  
टेस्ट जरूर करवायें!

COVID-19  
Uttarakhand State Control Room

सावधान रहें,  
सुरक्षित रहें.

NATIONAL HEALTH MISSION  
राष्ट्रीय स्वास्थ्य मिशन  
उत्तराखण्ड

1. Total cumulative Positive COVID-19 detected:	<b>81211</b>
2. Total Number (%) of COVID-19 Patients Treated/ Cured:	<b>72987 (89.87%)</b>
3. Total Number (%) of COVID-19 patients migrated out of state:	<b>949 (1.17%)</b>
4. Total Number (%) of COVID-19 Deaths:	<b>1341 (1.65%)</b>
5. Number of samples found negative for COVID-19 today:	<b>12990</b>
6. Total number of samples sent for COVID-19 testing today:	<b>14975</b>
7. Total number of cumulative samples found negative:	<b>1408440</b>
8. Total number of samples result awaited:	<b>17552</b>

## 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	308	204	68970	20	2651	71621	343
Bageshwar	201	160	43242	18	1330	44572	218
Chamoli	992	701	65827	57	3054	68881	993
Champawat	681	406	70466	0	1491	71957	837
Dehradun	3974	3989	226743	256	23835	250578	4197
Haridwar	2380	2177	237942	43	12657	250599	2709
Nainital	1430	1130	126584	115	9347	135931	1495
Pauri Garhwal	665	980	103161	79	4603	107764	679
Pithoragarh	669	505	52527	55	2648	55175	718
Rudraprayag	170	235	39915	18	2009	41924	172
Tehri Garhwal	578	776	76602	13	3808	80410	743
US Nagar	2215	1170	212784	30	10592	223376	3356
Uttarkashi	712	557	83,677	21	3186	86,863	1092
<b>Total</b>	<b>14975</b>	<b>12990</b>	<b>1408440</b>	<b>725</b>	<b>81211</b>	<b>1489651</b>	<b>17552</b>

## Details of Districts having Positive COVID-19 Cases

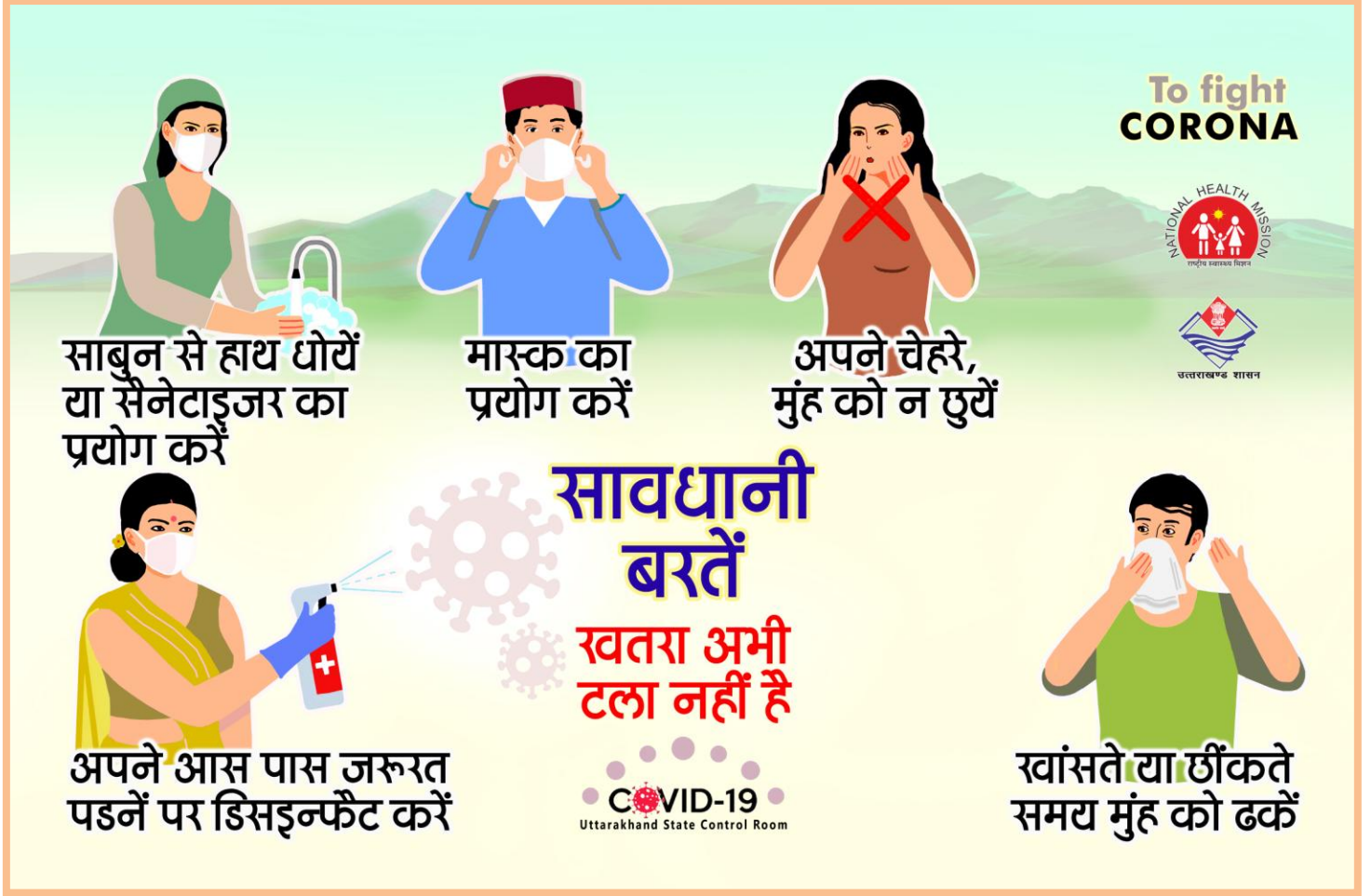
Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated
Almora	2651	2253	330	18	50
Bageshwar	1330	1119	198	13	0
Chamoli	3054	2658	340	14	42
Champawat	1491	1249	175	7	60
Dehradun	23835	20795	1930	751	359
Haridwar	12657	11,882	544	138	93
Nainital	9347	8493	618	185	51
Pauri Garhwal	4603	4133	394	52	24
Pithoragarh	2648	2222	401	25	0
Rudraprayag	2009	1846	148	9	6
Tehri Garhwal	3808	3391	319	13	85
U.S. Nagar	10592	10,058	324	103	107
Uttarkashi	3186	2,888	213	13	72
<b>Total</b>	<b>81211</b>	<b>72987</b>	<b>5934</b>	<b>1341</b>	<b>949</b>

## District-wise Hotspots/ Containment Zones

S.No.	District	Number of Containment Zone	Name of Containment Zone (Date of Start of Containment Zone)
1	Dehradun	05	<p><b>Dehradun (03)</b></p> <ol style="list-style-type: none"> <li>1056 - Indra Nagar, Kanwali, Near Seemadwar (02-12-2020 – 15-12-2020)</li> <li>55 Divya Vihar, F Block, Dharampur (07-12-2020 to 21 -12-2020)</li> <li>11 Sewak Ashram Road (07-12-2020 to 21-12-2020)</li> </ol> <p><b>Mussoorie (01)</b></p> <ol style="list-style-type: none"> <li>Green Mount, Landour Cantt (8-12-2020 to 22-12-2020)</li> </ol> <p><b>Vikasnagar (1)</b></p> <ol style="list-style-type: none"> <li>AWHO, Dhulkot, block x,y,z (07-12-2020 to 21-12-2020)</li> </ol>
2	Tehri Garhwal	01	<p><b>Kirtinagar (1)</b></p> <ol style="list-style-type: none"> <li>Kilkilleshwar, Kirtinagar (30-11-2020)</li> </ol>
3	Haridwar	01	<p><b>Laksar (1)</b></p> <ol style="list-style-type: none"> <li>Ward No-09, Azad Nagar (3-12-2020)</li> </ol>
	<b>Total</b>	<b>7</b>	







## 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:** Five Hundred Eight (508) patients discharged in different districts (Almora– 17, Bageshwar– 03, Chamoli– 78, Champawat– 09, Dehradun– 190, Haridwar– 55, Nainital– 07, Pauri– 103, Pithoragarh– 28, Rudrapur– 07, Tehri– 07, U.S. Nagar– 00 & Uttarkashi– 04).
- **Death:** Nine (09) 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 45 year old female expired in AIIMS Rishikesh, Dehradun due to COVID Pneumonia.
  - (2) A 58 year old male expired in AIIMS Rishikesh, Dehradun due to Type 1 Respiratory Failure, Sepsis, Septic Shock, COVID Pneumonia & Hospital Acquired Pneumonia.
  - (3) A 67 year old male expired in Govt. Doon Medical College, Dehradun due to Type 1 Respiratory Failure, Acute Kidney Injury & Sepsis.
  - (4) A 53 year old male expired in Govt. Doon Medical College, Dehradun due to Bilateral Pneumonitis, Acute Respiratory Distress Syndrome & Type 1 Respiratory Failure.
  - (5) A 33 year old female expired in Shri Mahant Indiresht Hospital, Dehradun due to CardioPulmonary Arrest.
  - (6) A 54 year old female expired in Himalayan Hospital, Dehradun due to Acute Respiratory Distress Syndrome & Septic Shock.
  - (7) A 89 year old male expired in Kailash Hospital, Dehradun due to CardioRespiratory Arrest.
  - (8) A 65 year old female expired in DH, Gopeshwar due to Acute Respiratory Distress Syndrome & Pneumonia.
  - (9) A 72 year old male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Severe Acute Respiratory Infections, Bilateral Pneumonitis & Acute Kidney Injury.



**SOCIAL DISTANCING  
is for your own Safety**



# सकारात्मक रहें, अपने काम और जीवन में सन्तुलन बनाकर रखें



च्यवनप्राश



- 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 रोग प्रोटोकाल का अभ्यास करें।
- धूम्रपान, तम्बाकू, गुटका, शराब आदि का पूर्णतः परित्याग करें।



COVID-19  
Uttarakhand State Control Room

# खान पान में सुधार लार्ये

अपनी रोग प्रतिरोधक क्षमता को कमजोर न होने दें



COVID-19  
Uttarakhand State Control Room

To fight  
CORONA

## 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.

## हम प्रतिबद्ध हैं आपकी मदद के लिये.. 24 X 7

आप राज्य सरकार द्वारा संचालित सभी स्वास्थ्य सेवाओं के बारे में जानकारी सुझाव अथवा शिकायतों के निवारण हेतु 104 इन्टिग्रेटिड हैल्पलाइन (टोल फ्री नम्बर) पर कॉल कर सकते हैं



24/7 Call Center Help Live Support

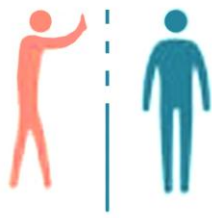
● जानकारी ● सुझाव शिकायत ● निवारण  
24 x 7 निःशुल्क सेवा



# अगर आप कोविड-19 से संक्रमित हैं...



घर में रहें



दूसरों के सम्पर्क में न आर्यें



खांसते समय अपने मुंह व नाक को ढकें

इस्तेमाल के बाद व्यर्थ सामग्री को कूड़ेदान में डालें और हाथों को अच्छी तरह साफ करें।



सरफेस एरिया को साफ रखें



Uttarakhand State Control Room  
COVID-19

## ये कोई औपचारिकता नहीं है...



“सही से मास्क न पहनना खतरनाक हो सकता है”

COVID-19  
Uttarakhand State Control Room



## Details of State Control Room

e-mail: [covid19statewarroomuk@gmail.com](mailto:covid19statewarroomuk@gmail.com) Toll free No: 104/0135 2609500

email Id: [idsputtarakhand@gmail.com](mailto: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	01334-239920, 01334-223999
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



## 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**

