

Date: 28-11-2021

# Health Bulletin

Time: 6:00 PM

Bulletin No. 660 (since 15<sup>th</sup> March 2020)

कोविड सुरक्षा प्रोटोकाल का अभी भी पालन करते रहें  
जो रह गये हैं वो अपना **टीकाकरण** अवश्य करवायें



## सतर्कता ही बचाव है

दवाई भी.. कड़ाई भी



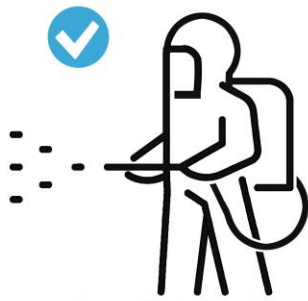
मास्क का प्रयोग करें



साबुन से हाथ धोयें  
या सैनेटाइजर का प्रयोग करें



FEET परस्पर दूरी है जरूरी



virus disinfection



wash hands properly



use hands sanitizers



aboid the crowd



avoid handshakes

# हर घर दस्तक जो लोग रह गये हैं या दिव्यांग हैं

ऐसे नागरिकों का घर पर जाकर टीकाकरण  
किया जा रहा है जिनका  
अब तक टीकाकरण नहीं हो पाया है...

आशा या अन्य हैल्थकेयर वर्करस जो भी  
आपसे सम्पर्क करते हैं उनका इसमें सहयोग करें





# कोविड-19 से सम्बन्धित महत्वपूर्ण सूचनाओं की जानकारी के लिये दिये गये लिंक पर क्लिक करें

<b><u>Covid-19 Telephone/ Mobile Directory</u></b>	<a href="https://health.uk.gov.in/pages/display/140-novel-corona-virus-guidelines-and-advisory-">https://health.uk.gov.in/pages/display/140-novel-corona-virus-guidelines-and-advisory-</a>
<b><u>Sample Collection Centers</u></b>	<a href="https://covid19.uk.gov.in/map/sccLocation.aspx">https://covid19.uk.gov.in/map/sccLocation.aspx</a>
<b><u>Availability of Beds</u></b>	<a href="https://covid19.uk.gov.in/bedsummary.aspx">https://covid19.uk.gov.in/bedsummary.aspx</a>
<b><u>Covid-19 Vaccination Sites</u></b>	<a href="http://www.cowin.gov.in">www.cowin.gov.in</a>
<b><u>RT – PCR Testing Report</u></b>	<a href="https://report.icmr.org.in/">https://report.icmr.org.in/</a> <a href="https://covid19.uk.gov.in/">https://covid19.uk.gov.in/</a>
<b><u>To get Medical assistant and Doctor's consultation: Free Consultation from E-sanjeevani</u></b>	<a href="http://www.esanjeevaniopd.in/Register">http://www.esanjeevaniopd.in/Register</a> <b>Download app:</b> <a href="https://play.google.com/store/apps/details?id=in.hied.e-sanjeevaniopd&amp;hl=en_US">https://play.google.com/store/apps/details?id=in.hied.e-sanjeevaniopd&amp;hl=en_US</a> <b>Or call: 9412080703, 9412080622, 9412080686</b>
<b><u>Home Isolation Registration</u></b>	<a href="https://dsclservices.org.in/self-isolation.php">https://dsclservices.org.in/self-isolation.php</a>
<b><u>Home Isolation Booklet(Do's &amp;Don'ts)</u></b>	<a href="https://health.uk.gov.in/files/Covid-19-Directory/Home Isolation booklet.pdf">https://health.uk.gov.in/files/Covid-19-Directory/Home Isolation booklet.pdf</a>
<b><u>Vaccination (Self Registration)</u></b>	<a href="https://selfregistration.cowin.gov.in/">https://selfregistration.cowin.gov.in/</a> <a href="http://www.cowin.gov.in">www.cowin.gov.in</a>
<b><u>Standard Operating Procedure for issue of TOCILIZUMAB AMPHOTERICIN B</u></b>	<a href="https://health.uk.gov.in/pages/view/146-tocilizumab-amphotericin--procedure">https://health.uk.gov.in/pages/view/146-tocilizumab-amphotericin--procedure</a>
<b><u>Daily Bulletin</u></b>	<a href="https://health.uk.gov.in/pages/display/140-novel-corona-virus-guidelines-and-advisory-">https://health.uk.gov.in/pages/display/140-novel-corona-virus-guidelines-and-advisory-</a>
<b><u>Travelling to/from Uttarakhand Registration</u></b>	<a href="https://dsclservices.org.in/apply.php">https://dsclservices.org.in/apply.php</a>
<b><u>Joining hands in supporting Uttarakhand in its fight against COVID-19</u></b>	<a href="https://health.uk.gov.in/pages/view/149-support-uttarakhands-covid-19-efforts">https://health.uk.gov.in/pages/view/149-support-uttarakhands-covid-19-efforts</a>
<b><u>Any other Help</u></b>	<b><u>Call 104 (24X7) / State Control Room 0135-2609500/ District Control Rooms of respective district for any other help and assistance.</u></b>
<b><u>for any queries and suggestions</u></b>	<a href="mailto:covid19statewarroomuk@gmail.com">covid19statewarroomuk@gmail.com</a> <b>Toll Free Number 104 State Covid-19 Control Room 0135 2609500</b>

*For complaints regarding black marketing of medicines, oxygen cylinders & medical equipments; more charges for medicines & oxygen cylinders; fake Covid-19 test/lab reports; more charges than decided by the Government for Covid-19 vaccination & treatment and other malpractices related to Covid-19 in Uttarakhand*

Date: 28-11-2021

## Health Bulletin

Time: 6:00 PM



Positive Today: **36**



Recovered Today: **10**



Death Today: **00**



Active Cases: **176**

**S<sup>+</sup>vt<sup>y</sup>**

Sample Positivity today: **0.67%**

**R%**

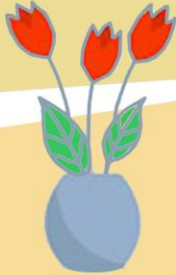
Recovery Percentage: **96.01%**

1. Total cumulative Positive COVID-19 detected: **344219**
2. Total Number (%) of COVID-19 Patients Treated/ Cured: **330476 (96.01%)**
3. Total Number (%) of COVID-19 patients migrated out of state: **6160 (1.79%)**
4. Total Number (%) of COVID-19 Deaths: **7407 (2.15%)**
5. Number of samples found negative for COVID-19 today: **5336**
6. Total number of samples sent for COVID-19 testing today: **3407**
7. Total number of cumulative samples found negative: **7691036**



पिछले तीन दिनों के बीच में जो भी लोग  
कोरोना पॉजिटिव व्यक्ति  
के करीबी सम्पर्क में आये..

..वो भी अपना  
कोविड टेस्ट करवायें





उत्तराखण्ड शासन



राष्ट्रीय स्वास्थ्य मिशन



# Uttarakhand State Control Room

## Integrated Disease Surveillance Programme

Directorate of Medical Health &amp; Family Welfare, Uttarakhand, Dehradun



Uttarakhand State Control Room

### 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	2	16	227572	2	12221	239793	36
Bageshwar	25	177	201305	0	5764	207069	477
Chamoli	50	60	279382	0	12247	291629	895
Champawat	319	113	231822	0	7605	239427	1206
Dehradun	783	1201	1856667	5	112530	1969197	192
Haridwar	1073	1578	2071113	2	51535	2122648	786
Nainital	228	154	531607	7	39259	570866	413
Pauri Garhwal	252	622	378540	19	17709	396249	463
Pithoragarh	0	269	211239	0	10265	221504	272
Rudraprayag	40	147	187596	0	8801	196397	298
Tehri Garhwal	23	93	293535	0	15838	309373	240
US Nagar	408	662	888877	1	37885	926762	1413
Uttarkashi	204	244	331781	0	12560	344341	618
<b>Total</b>	<b>3407</b>	<b>5336</b>	<b>7691036</b>	<b>36</b>	<b>344219</b>	<b>8035255</b>	<b>7309</b>

### Details of Districts having Positive COVID-19 Cases

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated/ Others
Almora	12221	11400	9	196	616
Bageshwar	5764	5679	0	60	25
Chamoli	12247	11977	2	62	206
Champawat	7605	7363	0	53	189
Dehradun	112530	108310	94	3523	603
Haridwar	51535	49116	21	1020	1378
Nainital	39259	38166	14	945	134
Pauri Garhwal	17709	16673	20	315	701
Pithoragarh	10265	9973	2	182	108
Rudraprayag	8801	8536	0	106	159
Tehri Garhwal	15838	14829	0	110	899
U.S. Nagar	37885	36317	8	761	799
Uttarkashi	12560	12137	6	74	343
<b>Total</b>	<b>344219</b>	<b>330476</b>	<b>176</b>	<b>7407</b>	<b>6160</b>

### Details of Patients Treated & Cured

DISTRICT NAME	Treated & cured in last 24 hrs
ALMORA	0
BAGESHWAR	0
CHAMOLI	0
CHAMPAWAT	0
DEHRADUN	9
HARIDWAR	0
NAINITAL	0
PAURI GARHWAL	0
PITHORAGARH	0
RUDRA PRAYAG	0
TEHRI GARHWAL	1
UDAM SINGH NAGAR	0
UTTAR KASHI	0
<b>Total</b>	<b>10</b>

**ई संजीवनी एप** के द्वारा अर्हता धारक डाक्टर से  
लें अपनी बीमारी के लिये सही परामर्श

राज्य के योग्य डाक्टरों की टीम  
आनलाईन मुफ्त ईलाज के  
लिये आपके ही मोबाईल पर  
सेवा में तत्पर है ..

**eSanjeevani OPD**  
STAY HOME OPD

मोबाईल या डेस्कटाप कम्प्यूटर पर रोगी को  
उपचार हेतु घर बैठे ऑनलाईन सलाह दी जाती है  
परीक्षण के उपरान्त दवा व सलाह लिखित  
रूप में रोगी pdf फाईल के फारमेट में  
डाउनलोड कर सकते हैं

प्रतिदिन सुबह 9 बजे से सांय 8 बजे तक

9412080703, 9412080554

9412080686 Toll Free No. 104



ई संजीवनी एप को व्हाट्सएप कोड को स्कैन  
करके भी डाउनलोड कर सकते हैं

[www.esanjeevaniopd.in/Register](http://www.esanjeevaniopd.in/Register)



**PREVENTION IS BETTER THAN CURE**  
for your own safety

**WEAR MASK**

**QUARANTINE**

**DISINFECT HANDS**

**Cover cough and sneeze**

**NO FACE TOUCH**

**WEAR GLOVES OUTSIDE**

**KEEP DISTANCE**  
6 FEET

COVID-19  
Uttarakhand State Control Room

Organizations/ Civil Societies/ NGOs/ Individuals interested insupporting Government of Uttarakhand in their fight against COVID-19 can register on the link given below:

<https://health.uk.gov.in/pages/view/149-support-uttarakhands-covid-19-efforts>

Joining hands in supporting Uttarakhand in its fight against COVID-19

कोरोना के विरुद्ध लड़ाई अब होगी कारगर..

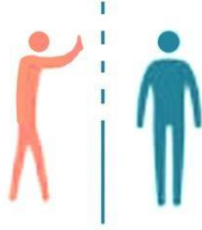


हम सुरक्षित,  
तो देश सुरक्षित!

अगर आप **कोविड-19** से संक्रमित हैं या परिवार में संक्रमित लोग हैं..  
तो आप खुद सावधानी बरतिये  
ताकि कोई दूसरा संक्रमित न हो!



घर में रहें



दूसरों के  
सम्पर्क  
में न आयें



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

### Details of State Control Room

E-mail: [covid19statewarroomuk@gmail.com](mailto:covid19statewarroomuk@gmail.com), [idsputtarakhand@gmail.com](mailto:idsputtarakhand@gmail.com)

Toll free No: 104/01352609500



Whatsapp No. 9412080544

### Details of District Control Rooms

Districts	District Control Room Number
Almora	05962-237874
Bageshwar	05963-221822
Chamoli	7617429778, 9068787120, 7830839443, 01372-252187
Champawat	05965-230943, 05965-230819
Dehradun	0135-2724506
Haridwar	01334-239072
Nainital	05946-281234
Paurigarhwal	01368-222213
Pithoragarh	05964-297551
TehriGarhwal	01376-234793
Rudraprayag	01364-233727
U.S. Nagar	05944-246590, 05944-250250
Uttarkashi	01374-222641, 7417162869



**Date: 28-11-2021**

**District-wise Hotspots/ Containment Zones**

<i>DISTRICT NAME</i>	<i>Number Of Active Containment Zone</i>
ALMORA	0
BAGESHWAR	0
CHAMOLI	0
CHAMPAWAT	0
DEHRADUN	02
HARIDWAR	0
NAINITAL	0
PAURI GARHWAL	0
PITHORAGARH	0
RUDRA PRAYAG	0
TEHRI GARHWAL	0
UDAM SINGH NAGAR	0
UTTAR KASHI	0
<b>Total</b>	<b>02</b>

**Avoid crowded places**  
for your own safety



**avoid close contact  
with people**

S.No	District Name	Total	Detail of District-Wise Hotspots/ Containment Zones
1	Dehradun	02	Dehradun (02) 1- Tibetan colony Deykiling Sahastradhara Road, Post office-Kulhan, Dehradun (25-11-2021) 2- Indira Gandhi National Forest Academy F.R.I, Dehradun (25-11-2021)
	<b>Total</b>	<b>02</b>	

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

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



च्यवनप्राश



# Uttarakhand State Control Room

Integrated Disease Surveillance Programme

Directorate of Medical Health & Family Welfare, Uttarakhand, Dehradun



## COVID-19 Vaccination

**28<sup>th</sup> November 2021**

- ☀ **Sessions Held Today:** **576**
- ☀ **Number of Beneficiaries Vaccinated Today:** **28357**
- ☀ **Number of Beneficiaries Partially Vaccinated:** **7572562**
- ☀ **Number of Beneficiaries Fully Vaccinated:** **4967513**
- ☀ **Total 18-44 years beneficiaries Partially Vaccinated:** **4572786**
- ☀ **Total 18-44 years beneficiaries Fully Vaccinated:** **2582139**

### Details of Beneficiaries Vaccinated in Uttarakhand

Districts	Citizen					Health Care Worker			Front Line Worker		
	Last 24 hrs.	>45 Partially Vaccinated (1st Dose Coverage)	>45 Fully Vaccinated (Both Dose Coverage)	Partially vaccinated (more than 18 to <45 years)	Fully Vaccinated more than 18 to <45 years (Both Dose Coverage)	Last 24 hrs.	Partially Vaccinated (1st Dose Coverage)	Fully Vaccinated (Both Dose Coverage)	Last 24 hrs.	Partially Vaccinated (1st Dose Coverage)	Fully Vaccinated (Both Dose Coverage)
Almora	437	179840	135835	184763	101585	0	6017	5959	1	9945	9057
Bageshwar	1295	76348	67753	103818	76794	1	2514	2452	2	2319	2243
Chamoli	437	111099	104465	154032	108481	0	3987	4011	1	6486	6547
Champawat	399	71308	60822	103576	66838	1	2244	2227	1	7466	6776
Dehradun	6948	520222	405467	902801	560235	10	37215	33219	7	30627	27893
Haridwar	6041	437930	327885	971798	466196	2	17426	17503	1	48345	48130
Nainital	1261	263483	197821	433727	247793	5	14180	11743	3	20087	17501
Pauri	466	192418	147373	230110	123480	0	7910	7465	1	7081	6170
Pithoragarh	1103	128634	100530	180507	109425	4	4093	3923	7	8307	7741
Rudraprayag	270	68684	56155	97989	65146	0	2462	2447	5	2686	2637
Tehri	614	156763	129837	219728	117061	0	6247	6214	2	4912	4851
US Nagar	8939	397692	282052	849327	442410	2	12439	12392	16	34683	31518
Uttarkashi	75	87233	80338	140610	96695	0	3460	3465	0	4984	4957
<b>Total</b>	<b>28285</b>	<b>2691654</b>	<b>2096333</b>	<b>4572786</b>	<b>2582139</b>	<b>25</b>	<b>120194</b>	<b>113020</b>	<b>47</b>	<b>187928</b>	<b>176021</b>