

Date: 16-03-2022

# Health Bulletin

Time: 6:00 PM

Bulletin No. 768 (since 15<sup>th</sup> March 2020)



Positive Today: **32**



Recovered Today: **18**



Death Today: **00**



Active Cases: **341**

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

Sample Positivity today: **0.59%**

R%

Recovery Percentage: **95.84%**

1. Total cumulative Positive COVID-19 detected since 01.01.2022:	91898
2. Total Number (%) of COVID-19 Patients Treated/ Cured since 01.01.2022:	88076 (95.84%)
3. Total Number (%) of COVID-19 patients migrated out of state since 01.01.2022:	3210 (3.49%)
4. Total Number (%) of COVID-19 Deaths since 01.01.2022:	271 (0.30%)
5. Number of samples found negative for COVID-19 today:	5390
6. Total number of samples sent for COVID-19 testing today:	4361
7. Total number of cumulative samples found negative since 01.01.2022:	1204284

## सकारात्मक रहें, शुभकर्म करें, मानसिक व शारीरिक सन्तुलन बनाकर रवें

इस कोरोना काल में हम सबने बहुत कुछ सीखा है...हम अपने वर्तमान कार्य कलापों को इस प्रकार रवें कि हमारा मानसिक स्वास्थ्य बना रहे व रोगप्रतिरोधक क्षमता में सुधार हो.

- सुबह जल्दी उठें, भ्रमण पर जायें, प्राण वायु का सेवन करें.
- प्रतिदिन कामेन योग ध्यान प्रोटोकाल का अभ्यास करें.
- पर्याप्त जल का सेवन करें, यथासंभव गर्म पानी भी पियें.
- चीनी से बने पदार्थों व पेय पदार्थों का सेवन कम से कम करें.
- पर्याप्त मात्रा में प्रोटीन व विटामिन युक्त आहार लें जिसके द्वारा भोजन को सन्तुलित बनाया जा सके.
- जंक फूड/प्रोसेस्ड फूड/ बाहर खुले में रवे असुरक्षित खाद्य पदार्थों व बहुत अधिक तैलीय खाद्य पदार्थों का सेवन न करें.
- धूमपान, तम्बाकू, गुटका, शराब आदि का पूर्णतः परित्याग करें।
- अपने घर और बाहर स्वच्छता के नियमों का पालन करें.



व्यवप्राश





उत्तराखण्ड शासन



राष्ट्रीय स्वास्थ्य मिशन



# Uttarakhand State Control Room

## Integrated Disease Surveillance Programme

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



### Detailed Status of Sample Tested

Districts	Samples Sent to Labs Today	Negative		Positive		Cumulative Samples Tested Since 01.01.2022	Results Awaited (including sample sent to labs today)
		Negative in last 24 hours	Negative Cumulative Since 01.01.2022	Positive in last 24 hours	Positive Cumulative Since 01.01.2022		
Almora	101	123	57603	0	4490	62087	196
Bageshwar	68	299	32946	0	2086	35028	36
Chamoli	117	79	42033	0	3192	45223	133
Champawat	585	371	51702	0	1901	53600	329
Dehradun	1005	1088	335007	8	32740	367612	167
Haridwar	379	439	292014	10	12954	304938	301
Nainital	291	346	68756	8	11277	79963	56
Pauri Garhwal	579	793	81910	1	5249	87152	141
Pithoragarh	59	513	35749	5	2555	38292	28
Rudraprayag	131	217	24127	0	2697	26824	56
Tehri Garhwal	132	248	28582	0	2346	30921	86
US Nagar	717	814	122459	0	8775	131210	339
Uttarkashi	197	60	31396	0	1636	33030	245
<b>Total</b>	<b>4361</b>	<b>5390</b>	<b>1204284</b>	<b>32</b>	<b>91898</b>	<b>1295880</b>	<b>2113</b>

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

Districts	No. of Positive Cases Since 01.01.2022	No. of Positive Cases Treated/ Cured Since 01.01.2022	Active Cases in the District	Deaths Since 01.01.2022	Migrated Positive Cases Since 01.01.2022
Almora	4490	4103	5	4	378
Bageshwar	2086	1997	3	0	86
Chamoli	3192	3053	30	3	106
Champawat	1901	1857	23	1	20
Dehradun	32740	32106	100	171	363
Haridwar	12954	12653	43	24	234
Nainital	11277	11187	24	29	37
Pauri Garhwal	5249	4236	27	18	968
Pithoragarh	2555	2371	46	4	134
Rudraprayag	2697	2564	5	2	126
Tehri Garhwal	2346	2016	1	5	324
U.S. Nagar	8775	8474	30	5	266
Uttarkashi	1636	1459	4	5	168
<b>Total</b>	<b>91898</b>	<b>88076</b>	<b>341</b>	<b>271</b>	<b>3210</b>

## 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, 05962-237876, 05962-231205
Bageshwar	05963-221822, 05963-297515, 7895235220
Chamoli	7617429778, 9068787120, 7830839443, 01372-252187, 01372-251437
Champawat	05965-230943, 05965-230819
Dehradun	0135-2724506, 1800-180-2525, 0135-2609200
Haridwar	01334-239072, 01332-265201, 265202, 265203, 265209
Nainital	05946-281234
Pauri Garhwal	01368-222213, 7302796031
Pithoragarh	05964-297551
Tehri Garhwal	01376-234793
Rudraprayag	01364-233727, 7456003173, 7456003162, 8920456016, 7078301730
U.S. Nagar	05944-246590, 05944-250100, 05944-250101
Uttarkashi	01374-222641, 7417162869

कोरोना के विरुद्ध लड़ाई कारगर सिद्ध हो रही है..

टीकाकरण में 100 प्रतिशत आपकी भागीदारी  
युनिश्चित होनी चाहिये!





# Uttarakhand State Control Room

Integrated Disease Surveillance Programme

Directorate of Medical Health & Family Welfare, Uttarakhand, Dehradun



## COVID-19 Vaccination

**16<sup>th</sup> March 2022**

- ☀ **Sessions Held Today: 624**
- ☀ **Number of Beneficiaries Vaccinated Today: 10264**
- ☀ **Total Number of Beneficiaries Partially Vaccinated: 8596490**
- ☀ **Total Number of Beneficiaries Fully Vaccinated: 8000861**
- ☀ **Total Number of Beneficiaries Given Precaution Dose: 412076**

### Details of Beneficiaries Vaccinated in Uttarakhand

Districts	Citizens					Health Care Worker		Front Line Worker		Cumulative Precaution Dose Coverage	Last 24 hrs coverage	
	12-14 Yrs. 1st Dose	15-17 years 1st Dose Coverage	15-17 years 2nd Dose Coverage	18+ years 1st Dose Coverage	18+ years 2nd Dose Coverage	1st Dose Coverage	2nd Dose Coverage	1st Dose Coverage	2nd Dose Coverage		1st And 2nd Dose	Precaution Dose
Almora	34	27888	17360	382675	353798	6022	6027	9956	9754	27244	356	4
Bageshwar	459	13962	12462	186168	171523	2514	2521	2321	2399	18246	459	0
Chamoli	126	19165	15836	274801	268165	3987	4020	6493	6625	22352	241	16
Champawat	20	12515	7415	184047	170662	2254	2302	7575	7398	13671	65	15
Dehradun	755	92637	61688	1574287	1456220	37244	36688	30664	31240	93825	1700	177
Haridwar	872	71132	32619	1510956	1443435	17784	17598	48447	48408	45708	1472	38
Nainital	196	47699	31281	756001	726354	14190	13821	20106	20140	40516	674	116
Pauri	329	31018	21964	453266	416370	7914	7920	7098	7171	28660	795	54
Pithoragarh	12	22416	13522	326592	312323	4095	4111	8319	8408	18262	315	8
Rudraprayag	78	12221	9376	173447	158814	2465	2453	2692	2713	8805	87	11
Tehri	399	29379	22313	399074	356826	6253	6311	4923	5033	29790	851	29
US Nagar	1374	75811	42221	1352384	1338418	12482	12553	34769	33841	40361	2215	245
Uttarkashi	51	16778	9495	236439	222404	3461	3485	4999	5057	24636	307	14
<b>Total</b>	<b>4705</b>	<b>472621</b>	<b>297552</b>	<b>7810137</b>	<b>7395312</b>	<b>120665</b>	<b>119810</b>	<b>188362</b>	<b>188187</b>	<b>412076</b>	<b>9537</b>	<b>727</b>