

Date: 07-12-2021

Health Bulletin

Time: 6:00 PM

Bulletin No. 669 (since 15th March 2020)

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



सर्तकता ही बचाव है

दवाई भी.. कड़ाई भी



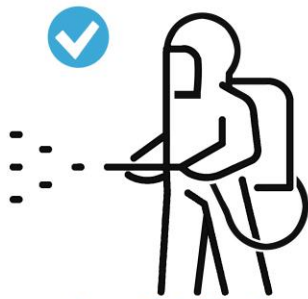
मास्क का प्रयोग करें



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

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

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: 07-12-2021

Health Bulletin

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Positive Today: **21**



Recovered Today: **03**



Death Today: **00**



Active Cases: **189**

S⁺vt^y

Sample Positivity today: **0.15%**

R%

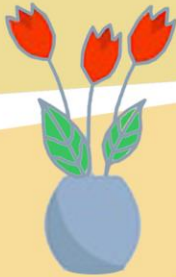
Recovery Percentage: **96.00%**

1. Total cumulative Positive COVID-19 detected: **344385**
2. Total Number (%) of COVID-19 Patients Treated/ Cured: **330611 (96.00%)**
3. Total Number (%) of COVID-19 patients migrated out of state: **6174 (1.79%)**
4. Total Number (%) of COVID-19 Deaths: **7411 (2.15%)**
5. Number of samples found negative for COVID-19 today: **13893**
6. Total number of samples sent for COVID-19 testing today: **14129**
7. Total number of cumulative samples found negative: **7800687**



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 & 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 | 598 | 269 | 231440 | 1 | 12226 | 243666 | 728 |
| Bageshwar | 193 | 381 | 204375 | 0 | 5765 | 210140 | 602 |
| Chamoli | 491 | 548 | 283989 | 0 | 12247 | 296236 | 885 |
| Champawat | 834 | 555 | 237705 | 4 | 7613 | 245318 | 1003 |
| Dehradun | 2297 | 2380 | 1877626 | 6 | 112576 | 1990202 | 1034 |
| Haridwar | 3520 | 3143 | 2097891 | 1 | 51557 | 2149448 | 1593 |
| Nainital | 1421 | 1452 | 541876 | 5 | 39317 | 581193 | 518 |
| Pauri Garhwal | 1107 | 1426 | 386437 | 2 | 17726 | 404163 | 858 |
| Pithoragarh | 570 | 505 | 214295 | 0 | 10267 | 224562 | 859 |
| Rudraprayag | 342 | 479 | 191164 | 0 | 8802 | 199966 | 706 |
| Tehri Garhwal | 392 | 265 | 296389 | 0 | 15840 | 312229 | 753 |
| US Nagar | 2011 | 2226 | 902793 | 2 | 37889 | 940682 | 525 |
| Uttarkashi | 353 | 264 | 334707 | 0 | 12560 | 347267 | 578 |
| Total | 14129 | 13893 | 7800687 | 21 | 344385 | 8145072 | 10642 |

Details of Districts having Positive COVID-19 Cases

| Districts | Cases till Date | Treated/ Cured till Date | Active Cases | Deaths | Migrated/ Others |
|---------------|-----------------|--------------------------|--------------|-------------|------------------|
| Almora | 12226 | 11407 | 7 | 196 | 616 |
| Bageshwar | 5765 | 5679 | 1 | 60 | 25 |
| Chamoli | 12247 | 11977 | 1 | 62 | 207 |
| Champawat | 7613 | 7363 | 8 | 53 | 189 |
| Dehradun | 112576 | 108402 | 47 | 3524 | 603 |
| Haridwar | 51557 | 49126 | 20 | 1022 | 1389 |
| Nainital | 39317 | 38172 | 65 | 946 | 134 |
| Pauri Garhwal | 17726 | 16678 | 32 | 315 | 701 |
| Pithoragarh | 10267 | 9975 | 2 | 182 | 108 |
| Rudraprayag | 8802 | 8536 | 1 | 106 | 159 |
| Tehri Garhwal | 15840 | 14829 | 2 | 110 | 899 |
| U.S. Nagar | 37889 | 36324 | 3 | 761 | 801 |
| Uttarkashi | 12560 | 12143 | 0 | 74 | 343 |
| Total | 344385 | 330611 | 189 | 7411 | 6174 |

Details of Patients Treated & Cured

| DISTRICT NAME | Treated & cured in last 24 hrs |
|------------------|--------------------------------|
| ALMORA | 0 |
| BAGESHWAR | 0 |
| CHAMOLI | 0 |
| CHAMPAWAT | 0 |
| DEHRADUN | 2 |
| HARIDWAR | 1 |
| NAINITAL | 0 |
| PAURI GARHWAL | 0 |
| PITHORAGARH | 0 |
| RUDRA PRAYAG | 0 |
| TEHRI GARHWAL | 0 |
| UDAM SINGH NAGAR | 0 |
| UTTAR KASHI | 0 |
| Total | 3 |

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 ..

eSanjeevaniOPD
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



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..

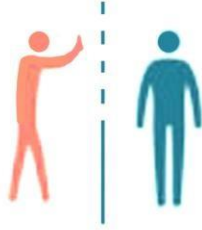


हम सुरक्षित,
तो देश सुरक्षित!

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, 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, 7302796031 |
| Pithoragarh | 05964-297551 |
| TehriGarhwal | 01376-234793 |
| Rudraprayag | 01364-233727, 7456003173 |
| U.S. Nagar | 05944-297703 |
| Uttarkashi | 01374-222641, 7417162869 |

Date: 07-12-2021

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 | 02 |
| PAURI GARHWAL | 0 |
| PITHORAGARH | 0 |
| RUDRA PRAYAG | 0 |
| TEHRI GARHWAL | 0 |
| UDAM SINGH NAGAR | 01 |
| UTTAR KASHI | 0 |
| Total | 05 |

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) |
| 2 | Nainital | 02 | Nainital (02) 1. Sherwood School, Staff Quarter Tallital (29-11-2021) 2. IRB Balipado, Ramnagar (30-11-2021) |
| 3 | US Nagar | 01 | Kichcha (01) 1. Ward No. 5, Bhatta Nagar, Nagar Palika (26-11-2021) |
| Total | | 05 | |

सकारात्मक रहें, अपने काम और जीवन में सन्तुलन बनाकर रवें

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





Uttarakhand State Control Room

Integrated Disease Surveillance Programme

Directorate of Medical Health & Family Welfare, Uttarakhand, Dehradun



COVID-19 Vaccination

7th December 2021

- ☀ Sessions Held Today: 1177
- ☀ Number of Beneficiaries Vaccinated Today: 70981
- ☀ Number of Beneficiaries Partially Vaccinated: 7641758
- ☀ Number of Beneficiaries Fully Vaccinated: 5475846
- ☀ Total 18-44 years beneficiaries Partially Vaccinated: 4630180
- ☀ Total 18-44 years beneficiaries Fully Vaccinated: 2982995

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 | 1751 | 180057 | 138322 | 185682 | 110092 | 1 | 6017 | 5964 | 2 | 9945 | 9071 |
| Bageshwar | 318 | 76467 | 69478 | 104167 | 80467 | 0 | 2514 | 2466 | 1 | 2319 | 2269 |
| Chamoli | 1634 | 111133 | 106626 | 154286 | 119341 | 0 | 3987 | 4013 | 1 | 6486 | 6555 |
| Champawat | 669 | 71458 | 63649 | 104394 | 70188 | 0 | 2244 | 2231 | 22 | 7466 | 6875 |
| Dehradun | 13569 | 523767 | 422403 | 919824 | 638593 | 18 | 37215 | 33364 | 25 | 30627 | 28061 |
| Haridwar | 25182 | 439971 | 348938 | 983400 | 566913 | 38 | 17481 | 17512 | 3 | 48346 | 48148 |
| Nainital | 6420 | 264923 | 209461 | 439829 | 282723 | 51 | 14180 | 11920 | 20 | 20089 | 17721 |
| Pauri | 1956 | 193074 | 151555 | 232305 | 138129 | 1 | 7910 | 7473 | 1 | 7082 | 6197 |
| Pithoragarh | 1894 | 128908 | 104877 | 181506 | 120557 | 0 | 4093 | 3990 | 7 | 8307 | 7846 |
| Rudraprayag | 367 | 68788 | 57642 | 98390 | 68312 | 0 | 2462 | 2449 | 0 | 2686 | 2657 |
| Tehri | 2800 | 157312 | 133587 | 222238 | 130519 | 1 | 6247 | 6218 | 0 | 4912 | 4871 |
| US Nagar | 13031 | 400234 | 314132 | 863138 | 554484 | 0 | 12439 | 12410 | 20 | 34685 | 31858 |
| Uttarkashi | 1177 | 87303 | 81603 | 141021 | 102677 | 0 | 3460 | 3467 | 1 | 4984 | 4972 |
| Total | 70768 | 2703395 | 2202273 | 4630180 | 2982995 | 110 | 120249 | 113477 | 103 | 187934 | 177101 |