

Date: 08-12-2021

# Health Bulletin

Time: 6:00 PM

Bulletin No. 670 (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



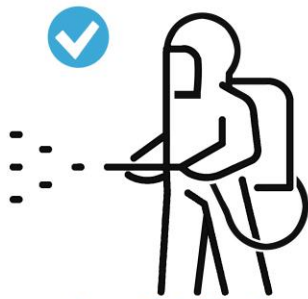
मास्क का प्रयोग करें



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: 08-12-2021

## Health Bulletin

Time: 6:00 PM



Positive Today: **17**



Recovered Today: **13**



Death Today: **00**



Active Cases: **192**

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

Sample Positivity today: **0.11%**

**R%**

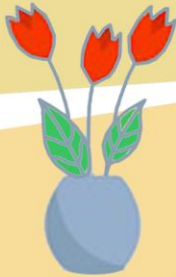
Recovery Percentage: **96.00%**

1. Total cumulative Positive COVID-19 detected: **344402**
2. Total Number (%) of COVID-19 Patients Treated/ Cured: **330624 (96.00%)**
3. Total Number (%) of COVID-19 patients migrated out of state: **6175 (1.79%)**
4. Total Number (%) of COVID-19 Deaths: **7411 (2.15%)**
5. Number of samples found negative for COVID-19 today: **15675**
6. Total number of samples sent for COVID-19 testing today: **10831**
7. Total number of cumulative samples found negative: **7816362**



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	353	86	231526	3	12229	243755	793
Bageshwar	153	730	205105	1	5766	210871	352
Chamoli	358	496	284485	2	12249	296734	562
Champawat	685	789	238494	0	7613	246107	899
Dehradun	1554	2468	1880094	5	112581	1992675	843
Haridwar	3281	5406	2103297	4	51561	2154858	1276
Nainital	936	1226	543102	2	39319	582421	763
Pauri Garhwal	988	1252	387689	0	17726	405415	543
Pithoragarh	368	567	214862	0	10267	225129	653
Rudraprayag	345	555	191719	0	8802	200521	496
Tehri Garhwal	265	624	297013	0	15840	312853	394
US Nagar	1253	1333	904126	0	37889	942015	445
Uttarkashi	292	143	334850	0	12560	347410	727
<b>Total</b>	<b>10831</b>	<b>15675</b>	<b>7816362</b>	<b>17</b>	<b>344402</b>	<b>8160764</b>	<b>8746</b>

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

Districts	Cases till Date	Treated/ Cured till Date	Active Cases	Deaths	Migrated/ Others
Almora	12229	11407	10	196	616
Bageshwar	5766	5679	2	60	25
Chamoli	12249	11978	2	62	207
Champawat	7613	7363	8	53	189
Dehradun	112581	108403	51	3524	603
Haridwar	51561	49126	24	1022	1389
Nainital	39319	38177	62	946	134
Pauri Garhwal	17726	16684	26	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	2	761	802
Uttarkashi	12560	12143	0	74	343
<b>Total</b>	<b>344402</b>	<b>330624</b>	<b>192</b>	<b>7411</b>	<b>6175</b>

### Details of Patients Treated & Cured

DISTRICT NAME	Treated & cured in last 24 hrs
ALMORA	0
BAGESHWAR	0
CHAMOLI	1
CHAMPAWAT	0
DEHRADUN	1
HARIDWAR	0
NAINITAL	5
PAURI GARHWAL	6
PITHORAGARH	0
RUDRA PRAYAG	0
TEHRI GARHWAL	0
UDAM SINGH NAGAR	0
UTTAR KASHI	0
<b>Total</b>	<b>13</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 ..

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



**eSanjeevani OPD**  
STAY HOME OPD



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 in supporting 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..

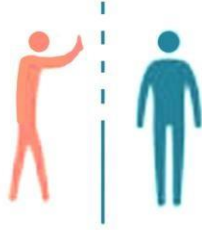


हम सुरक्षित,  
तो देश सुरक्षित!

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



**Date: 08-12-2021**

**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
<b>Total</b>	<b>05</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)
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 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 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।



च्यवनप्राश



# Uttarakhand State Control Room

Integrated Disease Surveillance Programme

Directorate of Medical Health & Family Welfare, Uttarakhand, Dehradun



## COVID-19 Vaccination

**8<sup>th</sup> December 2021**

☀ Sessions Held Today:	<b>1032</b>
☀ Number of Beneficiaries Vaccinated Today:	<b>57429</b>
☀ Number of Beneficiaries Partially Vaccinated:	<b>7649244</b>
☀ Number of Beneficiaries Fully Vaccinated:	<b>5525789</b>
☀ Total 18-44 years beneficiaries Partially Vaccinated:	<b>4636305</b>
☀ Total 18-44 years beneficiaries Fully Vaccinated:	<b>3022294</b>

### 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	1007	180075	138510	185745	110830	0	6017	5964	3	9945	9074
Bageshwar	274	76471	69533	104185	80664	0	2514	2466	0	2319	2269
Chamoli	1035	111140	106820	154317	120144	0	3987	4013	0	6486	6555
Champawat	425	71484	63780	104482	70368	0	2244	2231	30	7466	6905
Dehradun	9695	524083	423784	921320	645095	9	37215	33373	9	30627	28070
Haridwar	20960	440395	352645	985333	581809	41	17517	17517	1	48346	48149
Nainital	6002	265059	210945	440460	286474	102	14180	12022	28	20089	17749
Pauri	1089	193103	151793	232423	138833	0	7910	7473	3	7082	6200
Pithoragarh	1450	128943	105264	181639	121452	0	4093	3990	3	8307	7849
Rudraprayag	343	68798	57746	98423	68508	0	2462	2449	0	2686	2657
Tehri	1807	157369	133953	222436	131705	0	6247	6218	0	4912	4871
US Nagar	11224	400479	316070	864386	562277	4	12439	12414	6	34685	31864
Uttarkashi	1877	87321	81869	141156	104135	0	3460	3467	2	4984	4974
<b>Total</b>	<b>57188</b>	<b>2704720</b>	<b>2212712</b>	<b>4636305</b>	<b>3022294</b>	<b>156</b>	<b>120285</b>	<b>113597</b>	<b>85</b>	<b>187934</b>	<b>177186</b>