

Health Bulletin

Date: 12-10-2020

Time: 07:00 PM



Total Positive: **55347**



Total Recovered: **47306**



Migrated Out of State: **303**



Total Active Cases: **6976**



Total Death: **762**

कोविड को हराने के लिये शरीर की रोग प्रतिरोधकता को बढ़ाना जरूरी है-

- + 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 व्यवस्था का प्रयोग करें.
- + तुलसी, दालचीनी, कालीमिर्च व सोंठ (9/2 चम्मच) मुनक्का से निर्मित आयुष पेय/हर्बल चाय का स्वादानुसार नींबू/गुड़ आदि को मिलाकर दिन में 9-2 बार सेवन करें.
- + हल्दी, घनिया, जीरा, लहसुन आदि व अन्य मसालों का भोजन में नियमित प्रयोग करें.
- + प्रतिदिन 90 से 84 मिनट कामें योग प्रोटोकाल का अभ्यास करें.
- + धूम्रपान, तम्बाकू, गुटका, शराब आदि का पूर्णतः परित्याग करें।

व्यवस्था



COVID-19
Uttarakhand State Control Room

1-	Total Positive COVID-19 detected today	296*
2-	Total Number of COVID-19 Patients Treated/ Cured today	664
3-	Number of samples found negative for COVID-19 today	9749
4-	Total number of samples sent for COVID-19 testing today	9579
5-	Total number of samples found negative	748703
6-	Total number of samples result awaited	11298
7-	Doubling Rate for Uttarakhand (in last 7 days)	74.17 Days

Salient Features:

- Percentage **Recovery** for COVID-19 Patient in the state is **85.47%**.
- Out of total samples tested only **6.88%** sample tested **Positive** in Uttarakhand.

Detailed Status of Sample Tested

Districts	Sample Sent to Labs Today	Cumulative Samples Sent to Labs	Negative			Positive			Results Awaited** (including sample sent to labs today)	Repeat / In-conclusive / Rejected Samples	
			Negative Today		Negative Cumulative (including Pvt. Lab)	Positive Today					
			Govt. Lab	Pvt. Lab		Govt. Lab	Pvt. Lab	Total			
Almora	300	50836	478	78	48535	14	5	19	1589	300	412
Bageshwar	195	24481	291	89	23325	2	2	4	769	195	192
Chamoli	539	34886	217	18	31101	8	1	9	1340	956	1489
Champawat	433	40099	185	361	37552	0	31*	31	980	729	838
Dehradun	1415	125046	974	1033	105554	62*	46*	108	15265	1796	2431
Haridwar	490	135839	504	745	122855	7*	19*	26	10303	490	2191
Nainital	1504	68184	499	322	59914	23*	8*	31	6517	1002	751
Pauri Garhwal	1248	51370	457	521	46733	9	3	12	2289	1104	1244
Pithoragarh	167	35920	200	21	33931	10	0	10	1248	546	195
Rudrapur	229	24039	103	2	22320	6*	0	6	892	482	345
Tehri Garhwal	523	54670	170	62	49895	1*	0	1	2753	881	1141
US Nagar	2160	132104	351	1389	116483	10*	6	16	9017	2441	4163
Uttarkashi	376	54338	493	186	50505	16*	7*	23	2385	376	1072
Total	9579	831812	4922	4827	748703	168	128	296	55347	11298	16464

* It includes One Hundred Two (102) COVID-19 Positive cases from district Almora (00), Bageshwar (00), Chamoli (00), Champawat (31), Dehradun (27), Haridwar (08), Nainital (15), Pauri (00), Pithoragarh (00), Rudrapur (02), Tehri (01), U.S.Nagar (02) & Uttarkashi (18) reported last night dated 11.10.2020.

**This is not actual number of pending samples, it includes results awaited, pending samples, rejected samples & result withheld.

Details of Districts having Positive COVID-19 Cases

Districts	No. of Positive Cases till Date	No. of Positive Cases Treated/ Cured till Date	Active Cases in the District	Deaths	Migrated Positive Cases	Days Since Last Positive Case
Almora	1589	1438	133	8	10	0
Bageshwar	769	636	128	5	0	0
Chamoli	1340	1058	279	0	3	0
Champawat	980	796	173	5	6	1
Dehradun	15265	12747	2059	392	67	0
Haridwar	10303	8967	1183	108	45	0
Nainital	6517	5634	720	129	34	0
Pauri Garhwal	2289	1793	451	22	23	0
Pithoragarh	1248	1005	238	5	0	0
Rudrapur	892	681	208	2	1	0
Tehri Garhwal	2753	2281	460	4	8	1
U.S. Nagar	9017	8330	536	73	78	0
Uttarkashi	2385	1940	408	9	28	0
Total	55347	47306	6976	762	303	

District-wise Hotspots/ Containment Zones

S.No	District	Number of Containment Zone	Name of Containment Zone (Date of Start of Containment Zone)
1	Dehradun	76	<p style="text-align: center;">Dehradun (76)</p> <ol style="list-style-type: none"> Balawala (21-09-2020) Jagruti vihar, Nathanpur (Ring Road) (21-09-2020) 159 Kishan nagar, Barthwal Niwas (21-09-2020) A-3 & A-4 Bairaj Upangaram (21-09-2020) Friends Enclave, Defence Colony (21-09-2020) Indresh Nagar , Kanwali Road (Parshad Waali Gali) (22-09-2020) 137, Doon Vihar Jakhan (22-09-2020) Lower Nathanpur (Shantikunj colony) (22-09-2020) Upper Tunwaala (Maurya colony) (22-09-2020) Naya Gaon Vijapur Hathi Badkala Ward No-02 (23-09-2020) New Cantt Road, Shakti colony, Near ICICI Bank (23-09-2020) Chaman Vihar, Lane No-05 (23-09-2020) ITM Landour Cantt (23-09-2020) Ordnance Factory , Quarter Raipur (24-09-2020) Engineers Enclave (24-09-2020) Mohkampur Kala (Kalinka Vihar) Majari Maffi (24-09-2020) 01 Teacher Colony, govind Garh (24-09-2020) Officers Colony Race course Mandir (24-09-2020) Lane no-04, Ekta Vihar , Gram Aamwala (24-09-2020) 67 Hemkunj Colony, Near IMA, blood Bank Chakrata Road (24-09-2020) Sewalakala , Krishna Vihar (26-09-2020) BSA Office, Mata Mandir Road, Ajabpur Kala (26-09-2020) Trimurti Enclave Doon University (26-09-2020) Shanti Vihar Ajabpur Kala , Phase -1 (26-09-2020) Near Vivekanand Bal vatika School Haripur Nwada (26-09-2020) Dev Rishi Enclave , Gali No-10, Near Thana Patelnagar (26-09-2020) Madhur Vihar , Lane No-02, Shastradhara Road (26-09-2020) Rest Camp Road , Near Sunder Residency (26-09-2020) Harshdev Enclave, Dharampur Danda Ambiwaala Gurdwara Road (26-09-2020) Siddharth Enclave, Lower Nathanpur (28-09-2020) Garhi Cantt (Shani Mandir) (28-09-2020) Satya Vihar, anshik Ballupur Road (28-09-2020) 20 River Rispana , block -02, Praveen Painter Waali Gali Khateek Mohalla (28-09-2020) Saraswati Puram, Chaktunwaala (28-09-2020) House No-10, Kali Mandir Enclave Lane no-07, GMS Road (28-09-2020) Daudwaala, Mathorawala (28-09-2020) 24 Turner Road (28-09-2020) 6/9 ONGC Gram Kaulagarh (28-09-2020) Laxmi Narayan Colony , Raipur Near Aulikhana Road, Tagore Niketan (28-09-2020) 02 Govind Nagar, Race Course (28-09-2020) 63 Canal Road, Chander Niwas Ballupur (28-09-2020) G-32, Race course (28-09-2020) Sainik Colony, Haripur Nawada (28-09-2020) 20 Neshvilla Road (28-09-2020) Ordnance Factory, quarter Raipur (28-09-2020) 101 Rajpur Road , Chandralok colony (28-09-2020) Chaman Vihar Phase 02, Lane No-03, Near ITB Road (29-09-2020) Bengali Mohalla (29-09-2020) THDC Colony Ajabpurkala I (29-09-2020) THDC Colony Ajabpurkala II (29-09-2020) Lane no- 03 Vanni Vihar (30-09-2020) 572/2 Indra Nagar (30-09-2020) Lower Nehru Gram, Near Him Putra Gim (Nehru Gram PHC) (02-10-2020) IHM Garhi Cantt (02-10-2020) Keshav Road, Laxman Chownk (02-10-2020) 232 Garhi Cantt (02-10-2020) Sachivalya colony, Kedarpur (02-10-2020) 87, New Basti , River Rispana Workshop, Near Riaspana Pull (02-10-2020) R.K. diyagrnt (Majra Shyampur) (02-10-2020) Gram Kargi Chanchak Road Near Dr. Bengali (02-10-2020) Ward no-19, (Chandmari) Markham Grant (03-10-2020) 184 Kalidas Road, Hathi Bhaddkala (Near IRS) (04-10-2020) Rajpur Road, Near Sai Mandir, Uttaranchal Hospital se pehle wali gali (04-10-2020) 16 Vanasthali Ballupur (Canal road near Synergy Hospital) (04-10-2020) 168/1 Chukkuwala (04-10-2020) Lane No-11, Ashirwad Enclave, Kanwali (05-10-2020) A-70, Nehru Colony (5-10-2020) Doon Blossom School (5-10-2020) 1107 Indra Nagar Kanwali (05-10-2020) Himadi Avenue, Lane No-04, Ring Road (06-10-2020) E.C. Road, Last of Mandir Wali Gali (06-10-2020) 86, New Basti, Balveer Road, Chhath Puja Wale Pule ke pass (06-10-2020) Kali Mandir Enclave, Lane No-05 Kanwali (06-10-2020) 72 D Neshvilla Road (07-10-2020) 12 Jwahr Colony Garhi (07-10-2020) <p style="text-align: center;">Vikasnagar (1)</p> <ol style="list-style-type: none"> Ward no-04, Bheem Wala (07-10-2020)



उत्तराखण्ड शासन

Uttarakhand State Control Room COVID-19



Integrated Disease Surveillance Programme

Directorate of Medical Health & Family Welfare, Uttarakhand, Dehradun

2	Uttarkashi	30	<p>Bhatwari (25)</p> <ol style="list-style-type: none"> District Hospital , Awasiya Colony (13-09-2020) Gram Kumalti, Madhya Pilot Baba Ashram (18-09-2020) Gram Gyansu Patti Badahat I (18-09-2020) Gram Gyansu Patti Badahat II (18-09-2020) Gram Gyansu Patti Badahat III (18-09-2020) Gram Gyansu Patti Badahat IV (18-09-2020) Gram Badahaat , Madhya Bhairav Chowkn Nasim Gali (21-09-2020) Gram Manpur , Patti Badhaghadi (03-10-2020) Near Roshini Nautiyal House Joshiyara (06-10-2020) Gram Kansain I (06-10-2020) Gram Kansain II (06-10-2020) Gram Thalan Patti Badagadi, Up Tehsil Joshiyada I (07-10-2020) Gram Thalan Patti Badagadi, Up Tehsil Joshiyada II (07-10-2020) Gram Thalan Patti Badagadi, Up Tehsil Joshiyada III (07-10-2020) Gomukh Hotel Barahat (07-10-2020) PWD Colony Barahat (07-10-2020) Hospital Colony Uttarkashi (07-10-2020) Gram Gyansu, Patti Badahaat , Up Tehsil Joshiyada I (07-10-2020) Gram Gyansu, Patti Badahaat , Up Tehsil Joshiyada II (07-10-2020) Gram Gyansu, Patti Badahaat , Up Tehsil Joshiyada III (07-10-2020) Gram Badahaat, Patti Badahaat, Up Tehsil Joshiyada II (07-10-2020) Gram Ladhadi II (7-10-2020) Gram Kansain, Tehsil Bhatwari (08-10-2020) Gram Dilsaud (Manera) (08-10-2020) Gram Ladhadi I (08-10-2020) 	<p>Barkot (2)</p> <ol style="list-style-type: none"> Gram Bagyasu (14-09-2020) Ward No-03, Nagar Panchayat, Naugaon (23-09-2020) <p>Dunda (2)</p> <ol style="list-style-type: none"> Gram Singoti (24-09-2020) <p>Purola (1)</p> <ol style="list-style-type: none"> Pandigaon (21-09-2020)
3	Tehri	02	<p>Ghansali (1)</p> <ol style="list-style-type: none"> Gram Pipola , Patti Dungmandar (15-09-2020) 	<p>Kirtinagar (1)</p> <ol style="list-style-type: none"> Ward No-05, Gram Naithana Patti Chauras (09-09-2020)
4	Pauri	04	<p>Kotdwar (3)</p> <ol style="list-style-type: none"> Vikas Nagar Ghadi Ghaat (21-09-2020) Kashi Rampur, Talla (27-09-2020) Padampur Sukhru, Near Sundriyal Wedding Point (28-09-2020) Kashirampur, Talla Kotdwar (10-10-2020) 	
5	Haridwar	96	<p>Roorkee (22)</p> <ol style="list-style-type: none"> Ward no-21, Subhash Nagar II (17-09-2020) Gram Baswakhayi, pargana mangalore (17-09-2020) Gram Lathardeva hun, pargana Mangalore (17-09-2020) Gram Nizampur pargana mangalore (17-09-2020) Ward No-29, Near Durga chownk , Deen Dayal (17-09-2020) Ward No-04, Aaramsheen Road, Khanjarpur (17-09-2020) P-06, vikas Kunj IIT (17-09-2020) Ward No- 2349, New Adarsh Nagar (17-09-2020) Ward no- 2389, New Adarsh Nagar (17-09-2020) Gram Matlabpur (18-09-2020) Ward No-20, Near Neha Telecom , Hanuman colony (18-09-2020) Ward No-18, Gandhi Nagar (18-09-2020) Ward No-16, Subhash Nagar (18-09-2020) Bhagirathi Kunj, Ganeshpur (18-09-2020) House No-16, Hari Ashram Colony (19-09-2020) Ward no-28, Near Balmiki Dharamshala Chandrapuri (19-09-2020) Ward No- 25, Gali No-07, Ramnagar (19-09-2020) Ward no-30, Jhatiyo Waali Gali , Paschmi Amber Talab (19-09-2020) Gali no-03, Premnagar Salempur Rajputan (20-09-2020) Ward no-37, Near Vishwa Karma Chownk, Paschmi Amber Talab (22-09-2020) Ward No-30, Lal Waali Gali, Paschmi Amber Talab (22-09-2020) Gram Lathardev (23-09-2020) <p>Laksar (9)</p> <ol style="list-style-type: none"> Ward no- 03, Rahimpur (18-09-2020) Ward no- 05, Mirzapur (19-09-2020) Ward no-03, Mirzapur (19-09-2020) Ward no- 03, Abdul Rahimpur (19-09-2020) Akoda Khurd (20-09-2020) Ward No-10, Sidhdu (24-09-2020) Ward No- 09, Akoda Khurd (24-09-2020) Ward no-02, Akoda Khurd (24-09-2020) Ward No-05, Akoda Khurd (24-09-2020) <p>Bhagwanpur (1)</p> <ol style="list-style-type: none"> Majra Gomtipur (18-09-2020) 	<p>Haridwar (64)</p> <ol style="list-style-type: none"> 45 Gali no-03, ambedkar Nagar Jwalapur (16-09-2020) Gali No-05, 309 Ambedkar Nagar Jwalapur (16-09-2020) Dhogila Basti, Mohalla Kadach Jwalapur (16-09-2020) Gali No-02, ambedkar Nagar Jwalapur (16-09-2020) Ahwab Nagar Jwalapur (16-09-2020) 15 Gandhi Ashram , vishnu Garden Kankhal (16-09-2020) 530 Model Colony (16-09-2020) B-142, Rajnagar Jwalapur (16-09-2020) Nandपुरी Haridwar (16-09-2020) Nandपुरी Jwalapur (16-09-2020) 511/2/1Bail Haridwar (16-09-2020) 55/3/2 Bail Haridwar (16-09-2020) 88/3/2 BHEL Ranipur (16-09-2020) Near Ashram Luthra Nursing Home waali Gali Subhashnagar (16-09-2020) Mohalla Kadach Jwalapur (16-09-2020) Mohalla Neelkhudana , near subhash Saini shop (16-09-2020) Mohalla Chaklan Jwalapur (16-09-2020) Subhash Nagar A-12 (16-09-2020) Gali no-A3, Subhash Nagar Jwalapur (16-09-2020) A-609, Rishabh tower , Juice Country (16-09-2020) H-417 Rishabh Tower (16-09-2020) Ratan Vihar Colony Near Rajlok Jwalapur (16-09-2020) Hari Lok Colony M-89 (16-09-2020) Near Rajlok , Ved Lok colony Saray Road (16-09-2020) Quarter No-08, Type -03, Police Line Roshnabad (16-09-2020) Navodhya Nagar , Near Bikaner Sweet shop, Salempur Mehdood (16-09-2020) Quarter No-23, Type -02, Police Line Roshnabad (16-09-2020) Quarter no-20 Type -01, Police Line Roshnabad (16-09-2020) Quarter No-18, Type -02, Police Line Roshnabad (16-09-2020) K-61, Type 02, Police Line Roshnabad (16-09-2020) Himgiri colony Kankhal (16-09-2020) Vilkeshwar Colony (16-09-2020) Lodhamandi Tata Motors back side (16-09-2020) Shiv Kutiya gali , Brahampuri (16-09-2020) Back side of tata motors lodhamandi rishikul (16-09-2020) Indra Vikas Colony (16-09-2020) Opposite Shri Ram Kutti Rajpoot Dharamshala, R.K. Mission Road kankhal (16-09-2020) Rishikul Parisar (16-09-2020)



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				39. Rishikul Vidhya Peeth (16-09-2020) 40. Gram Rohalki Kishanpur (16-09-2020) 41. Sector 5B Type 3, House no-282 (16-09-2020) 42. Shivratana city Navodhya Nagar (16-09-2020) 43. Gram Jiyapota Mangla Devi (16-09-2020) 44. Kachii Ashram Bhupatwaala (16-09-2020) 45. Awasiya colony, Ayurvedic Chikitsalya Gurukul Kangadi (16-09-2020) 46. P-3, A-15/16 Deep Ganga Apartment Salempur Mehdood (16-09-2020) 47. P-3 A-4, Deep Ganga Apartment Salempur Mehdood (16-09-2020) 48. Shyampur Nauhabad (16-09-2020) 49. Shanti Vihar Aryanagar (17-09-2020) 50. Backside of Sitapur Inter college (17-09-2020) 51. A-14, Subhashnagar Jwalapur (17-09-2020) 52. Sector No-5A Type 4, House No-6B (17-09-2020) 53. Gudal Road , dheerwaali (17-09-2020) 54. Gudal Road, Dheerwaali (17-09-2020) 55. Shanti Vihar Aryanagar, Pir Waali Gali (17-09-2020) 56. Gudal road Dheerwaali (17-09-2020) 57. Quarter no-02, Type 2 Police Line Roshanbad (17-09-2020) 58. Shivalik Ganga Vihar , Phase -2, Roshnabad (17-09-2020) 59. Gram Ferupur , Ram Kheda (17-09-2020) 60. P-4,105 Deep Ganga apartment Salempur Mehdood (17-09-2020) 61. H- cluster Shivalik Nagar (17-09-2020) 62. Dadabhai Niskam Dham Kangadi (17-09-2020) 63. Shyampur Nauhabad (23-09-2020) 64. Pipal Waali Gali, Gram Gajewaali (23-09-2020)
6	Nainital	46	Haldwani (46) 1. Mohalla Sarswati Vihar, R.K, Tent house, Road Thana Mukhani Haldwani (25-09-2020) 2. Near Laxmi Shishu Mandir Bareilly Road (25-09-2020) 3. Shri Hari Niwas, Harinagar Kusumkheda (25-09-2020) 4. Talla Himmatpur Kamulwaganja Road (25-09-2020) 5. Laxmi Vihar 02 Nahariya (25-09-2020) 6. Near FCI Godam Bhagwati Enclave Phase 1, Kamulwaganj (25-09-2020) 7. Jagdamba Nagar, Bhotiya Padao (25-09-2020) 8. Panchsheel colony Phase -2, Pili Kothi Road Thana Mukhani (25-09-2020) 9. Near Malli Bhamori Pannchakki, Dhamuwadhunga (25-09-2020) 10. Near Gurudwara , Kaladhungi Road (25-09-2020) 11. Gali no-01, Unchapull Thana Mukhani (25-09-2020) 12. Gali No-02, Rampur Road 13. Backside of Abdullah Petrol Pump, R.K. Tent Road Kusumkheda (25-09-2020) 14. Rampur Road (25-09-2020) 15. Manpur, Paschim Rampur Road (25-09-2020) 16. Bhotiya Padao, Near Petrol Pump (25-09-2020) 17. Bank colony,02 Nahariya (25-09-2020) 18. Anand Bagh Talla Gorakhpur (25-09-2020) 19. Shakawat Ganj, Malla Gorakhpur (25-09-2020) 20. Shivpuri Bhavani ganj bholanath garden haldwani (29-09-2020) 21. CMT Colony Vishnu Vihar Haldwani (29-09-2020) 22. Joshi vihar Gaujajali bareilly road haldwani(29-09-2020) 23. Mridul Vihar Pilikothi haldwani (29-09-2020) 24. Bhumiya Vihar gas godam road kusumkheda haldwani (29-09-2020) 25. Near KVM public school heera nagar haldwani (29-09-2020) 26. B 54 judge farm near akriti school haldwani (29-09-2020) 27. Prem vihar gali bhagwanpur thana mukhani haldwani(29-09-2020) 28. Shiv sai colony bithoriya no.01 thana mukhani haldwani (29-09-2020) 29. Sunlight enclave talli bamori, lal danth haldwani(29-09-2020) 30. Lohriyasaal talla, keshar colony haldwani (29-09-2020) 31. Bedi khata, near patanjali store, damuwadhunga kathgodam (29-09-2020) 32. Narsingh Talla, Kamluwaganj (01-10-2020) 33. B-38, Roop Nagar, choti mukhani (01-10-2020) 34. A-one Gali, Bareilly Road Dhanmill (01-10-2020) 35. Chadyal Nayak, Gas Godam Road (01-10-2020) 36. Door Sanchar Colony , Awas Vikas (01-10-2020) 37. Barahi Vihar Colony, Near Gurukul School, Kamluwaganja (01-10-2020) 38. A-19, Gayatri Nagar , Phase -03, RTO Road , Kusum kheda (01-10-2020) 39. Mission church Compound Nainital Road (01-10-2020) 40. Himmatpur Talla, Kathdhariya (01-10-2020) 41. Ward no-12, Near Sarkari School , Rajpura (01-10-2020) 42. Om Vihar Dhariya (01-10-2020) 43. Jamrani Chauraha, Damuwadhunga (01-10-2020) 44. Kedarapuram talli puram (01-10-2020) 45. Kaal Tax, Near Jal Sansthan, shish Mahal (01-10-2020) 46. Gaujajali, Uttar Bareilly Road (01-10-2020)	
7	Champawat	2	Tanakpur (2) 1. Cement Road Ward no-07 (04-09-2020) 2. Ward no-08, Main Market (04-09-2020)	
	Total	256		

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 **34** dedicated COVID Hospitals and **415** COVID Care Centres (CCC).

Public Health Action Taken

- To enhance the COVID-19 testing capacity, the State Government has decided to conduct 24x7 testing facility in Govt. Medical College Haldwani, Dehradun & Srinagar Garhwal.
- To combat the pandemic situation, the State Government has commenced **Home Isolation** strategy for self isolation of asymptomatic COVID-19 positive patient.
- To facilitate the early management of COVID-19 positive patients, the State Government has designated 16 Private Hospitals as COVID dedicated facility.
- 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** : Six Hundred Sixty Four (664) patients discharged in different districts (Almora– 17, Bageshwar– 10, Chamoli– 10, Champawat– 28, Dehradun– 143, Haridwar– 137, Nainital– 36, Pauri– 05, Pithoragarh– 20, Rudrapur– 09, Tehri– 62, U.S.Nagar– 133 & Uttarkashi– 54).
- **Deaths** : Fifteen (15) COVID-19 positive patients expired in the state. As per information provided by the respective hospitals, the death summary is as below:
 - (1) A 45 year old male expired in AIIMS Rishikesh due to Refractory Septic Shock, COVID Pneumonia & Acute Respiratory Distress Syndrome.
 - (2) A 26 year old female expired in AIIMS Rishikesh due to Acute Respiratory Distress Syndrome & COVID Pneumonia.
 - (3) A 38 year old male expired in AIIMS Rishikesh due to Refractory Septic Shock, COVID Pneumonia, Severe Acute Respiratory Distress Syndrome & Acute On Chronic Kidney Disease.
 - (4) A 25 year old male expired in AIIMS Rishikesh due to Sudden Cardiac Arrest, Refractory Hypoxemia with Septic Shock, COVID Pneumonia & Type 1 Respiratory Failure.
 - (5) A 85 year old female expired in AIIMS Rishikesh due to COVID Pneumonia, Severe Acute Respiratory Distress Syndrome, Pulmonary Thrombolism & Severe LV Dysfunction.
 - (6) A 63 year old male expired in Himalayan Hospital, Dehradun due to Acute Febrile Illness & Sepsis.
 - (7) A 69 year old male expired in Himalayan Hospital, Dehradun due to MultiOrgan Dysfunction Syndrome & Chronic Lymphocytic Leukemia.
 - (8) A 46 year old male expired in Himalayan Hospital, Dehradun due to Severe COVID Pneumonia.
 - (9) A 25 year old male expired in Himalayan Hospital, Dehradun due to MultiOrgan Dysfunction Syndrome, Circulatory Failure with arrest & Left CP Angle Tumor with Hydrocephalus.
 - (10) A 48 year old female expired in CMI Hospital, Dehradun on dated 04.10.2020 due to Bilateral Pneumonitis & CardioRespiratory Arrest.
 - (11) A 72 year old male expired in CMI Hospital, Dehradun on dated 01.10.2020 due CardioPulmonary Arrest.
 - (12) A 71 year old male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Upper Lobe Pneumonitis, Metabolic Acidosis & Shock.
 - (13) A 68 year old male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Severe Acute Respiratory Illness, Bilateral Pneumonitis, Acute Atrial Fibrilat
 - (14) A 57 year old male expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Severe Acute Respiratory Illness, Bilateral Pneumonitis, Type 1 Respiratory Failure & Acute Respiratory Distress Syndrome.
 - (15) A 35 year old female expired in Dr. Susheela Tiwari Govt. Hospital, Haldwani due to Left Lower Limb Cellulitis, Compartment Syndrome, Left Side Pneumonitis, Septicemia & Septic Shock.

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 citizens of the state to follow the advisory for **Unlock-5**. The detailed guideline is available at health.uk.gov.in.
- 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.



PREVENTIVE MEASURES AGAINST COVID - 19

- WEAR MASK**
- WASH YOUR HANDS WITH SOAP**
- COVER YOUR COUGH AND SNEEZE**
- AVOID TOUCHING NOSE, EYES AND MOUTH**
- KEEP ONE METER AWAY FROM SICK PEOPLE**
- STAY AT HOME UNTIL RECOVER**

Uttarakhand State Control Room COVID-19

Details of State Control Room

e-mail: covid19statewarroomuk@gmail.com Toll free No: 104/0135 2609500
email Id: idsputtarakhand@gmail.com WhatsApp No. 9412080544

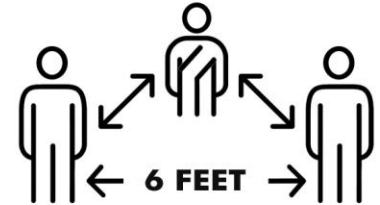
Details of District Control Rooms

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,
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

To fight CORONA



SOCIAL DISTANCE



HAND SANITIZER



BLEACH



DISINFECTION



KEEP YOUR HANDS, SURFACE AREA & GADGETS DISINFECTED

**be cautious
be safe**

COVID-19
Uttarakhand State Control Room