

Health Bulletin

Date: 14-10-2020

Time: 07:00 PM



Total Positive: **56070**



Total Recovered: **48798**



Migrated Out of State: **331**



Total Active Cases: **6145**



Total Death: **796**



1-	Total Positive COVID-19 detected today	429*
2-	Total Number of COVID-19 Patients Treated/ Cured today	827
3-	Number of samples found negative for COVID-19 today	10428
4-	Total number of samples sent for COVID-19 testing today	11937
5-	Total number of samples found negative	769584
6-	Total number of samples result awaited	15872
7-	Doubling Rate for Uttarakhand (in last 7 days)	83.92 Days

Salient Features:

- Percentage **Recovery** for COVID-19 Patient in the state is **87.03%**.
- Out of total samples tested only **6.79%** 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					Positive Cumulative (including Pvt. Lab)
			Govt. Lab	Pvt. Lab		Govt. Lab	Pvt. Lab	Total			
Almora	300	52186	434	292	49856	17*	0	17	1618	300	412
Bageshwar	398	25817	458	115	24440	5*	4*	9	787	398	192
Chamoli	681	36173	330	123	32189	11*	1*	12	1373	1122	1489
Champawat	590	41673	259	332	38702	13*	9*	22	1006	1103	862
Dehradun	1674	128565	625	732	108571	42*	115*	157	15494	2039	2461
Haridwar	1240	139618	473	1254	125807	17*	38*	55	10380	1240	2191
Nainital	1658	70973	586	43	61495	32*	10*	42	6576	2137	765
Pauri Garhwal	1818	54668	284	844	49001	13*	9*	22	2337	2076	1254
Pithoragarh	194	36462	222	132	34606	16*	8*	24	1286	372	198
Rudrapur	237	24536	450	170	22964	12*	0	12	907	314	351
Tehri Garhwal	812	55959	365	84	50591	2	1*	3	2777	1419	1172
US Nagar	1851	135781	445	1110	119731	23*	17*	40	9095	2792	4163
Uttarkashi	484	55756	75	191	51631	7*	7*	14	2434	560	1131
Total	11937	858167	5006	5422	769584	210	219	429	56070	15872	16641

* It includes Two Hundred Twenty Eight (228) COVID-19 Positive cases from district Almora (13), Bageshwar (08), Chamoli (05), Champawat (08), Dehradun (97), Haridwar (11), Nainital (34), Pauri (11), Pithoragarh (15), Rudrapur (07), Tehri (01), U.S.Nagar (10) & Uttarkashi (08) reported last night dated 13.10.2020.

**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	1618	1454	144	8	12	0
Bageshwar	787	662	120	5	0	0
Chamoli	1373	1089	277	0	7	0
Champawat	1006	819	174	5	8	0
Dehradun	15494	13157	1829	422	86	0
Haridwar	10380	9261	966	108	45	0
Nainital	6576	5774	638	129	35	0
Pauri Garhwal	2337	1864	428	22	23	0
Pithoragarh	1286	1081	200	5	0	0
Rudrapur	907	702	202	2	1	0
Tehri Garhwal	2777	2376	389	4	8	0
U.S. Nagar	9095	8539	401	77	78	0
Uttarkashi	2434	2020	377	9	28	0
Total	56070	48798	6145	796	331	

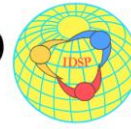
District-wise Hotspots/ Containment Zones

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 Bhadkala (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

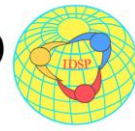
Directorate of Medical Health & Family Welfare, Uttarakhand, Dehradun

2	Uttarkashi	31	<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 (3)</p> <ol style="list-style-type: none"> Rani Company , Awasiya Colony, Brahamhal, Vikas khand (09-10-2020) Gram Virpur (12-10-2020) Gram Badethi (12-10-2020) <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 (4)</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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Uttarakhand State Control Room COVID-19



Integrated Disease Surveillance Programme

Directorate of Medical Health & Family Welfare, Uttarakhand, Dehradun

				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	257		

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** : Eight Hundred Twenty Seven (827) patients discharged in different districts (Almora- 12, Bageshwar- 15, Chamoli- 12, Champawat- 11, Dehradun- 156, Haridwar- 179, Nainital- 67, Pauri- 16, Pithoragarh- 39, Rudraprayag- 07, Tehri- 52, U.S.Nagar- 209 & Uttarkashi- 52).
- **Deaths** : Fourteen (14) COVID-19 positive patients expired in the state. As per information provided by the respective hospitals, the death summary is as below:
 - (1) A 48 year old male expired in Himalayan Hospital, Dehradun due to Severe COVID With Type 1 Respiratory Failure.
 - (2) A 28 year old female expired in Himalayan Hospital, Dehradun due to Chronic Kidney Disease & Uterine Procentia.
 - (3) A 70 year old male expired in Himalayan Hospital, Dehradun due to Hypertension.
 - (4) A 80 year old female expired in Himalayan Hospital, Dehradun due to CardioPulmonary Arrest & Acute Respiratory Distress Syndrome.
 - (5) A 55 year old male expired in Himalayan Hospital, Dehradun due to Respiratory Failure with Pneumonia .
 - (6) A 53 year old male expired in Himalayan Hospital, Dehradun due to CardioPulmonary Arrest & Acute Respiratory Distress Syndrome.
 - (7) A 50 year old male expired in Shri Mahant IndiresH Hospital, Dehradun due to CVA with Right Gangliocapsulothalamic Hemorrhage Stroke, Respiratory Failure & Acute on Chronic Kidney Disease & Hypertension.
 - (8) A 47 year old male expired in Shri Mahant IndiresH Hospital, Dehradun due to Chronic Kidney Disease & Type 2 Diabetes Mellitus.
 - (9) A 24 year old female expired in Shri Mahant IndiresH Hospital, Dehradun due to Multiple Intracranial Space occupying Lesion, Tuberculosis, Neurocysticercosis & Respiratory Failure.
 - (10) A 58 year old female expired in Shri Mahant IndiresH Hospital, Dehradun due to Bilateral Basal Pneumonia & Respiratory Failure.
 - (11) A 44 year old female expired in Shri Mahant IndiresH Hospital, Dehradun due to CardioPulmonary Arrest & Bilateral Pneumonia.
 - (12) A 71 year old male expired in Shri Mahant IndiresH Hospital, Dehradun due to CardioPulmonary Arrest & Bilateral Pneumonia.
 - (13) A 78 year old female expired in The Medicity Hospital, Rudrapur due to Bilateral Acute Interstitial Pneumonia, Type 1 Respiratory Failure, Severe Acute Respiratory Distress Syndrome, MultiOrgan Dysfunction Syndrome & Sepsis with Septic Shock.
 - (14) A 45 year old male expired in The Medicity Hospital, Rudrapur due to Bilateral Interstitial Pneumonia, Type 1 Respiratory Failure & Type 2 DM with Gross PneumoMediastinum.

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.

कोविड को हराने के लिये शरीर की योग 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 च्यवनप्राश का प्रयोग करें.

+ तुलसी, दालचीनी, कालीमिर्च व सौंठ (१/२ चम्मच) मुनक्का से निर्मित आयुष पेय/हर्बल चाय का स्वादानुसार नींबू/गुड़ आदि को मिलाकर दिन में १-२ बार सेवन करें.

+ हल्दी, धनिया, जीरा, लहसुन आदि व अन्य मसालों का भोजन में नियमित प्रयोग करें.

+ प्रतिदिन १० से ४५ मिनट कामेंन योग प्रोटोकाल का अभ्यास करें.

+ धूम्रपान, तम्बाकू, गुटका, शराब आदि का पूर्णतः परित्याग करें!












COVID-19
Uttarakhand State Control Room

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**



च्यवनप्राश

**बेहतर आहार-
बेहतर जीवन शैली**

**बढ़ाये आपकी
रोग प्रतिरोधक
क्षमता..**







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