



Covid-19 Containment Measures Action Plan

Be careful, not fearful

*Dispel the myths of corona scare,
Imbibe correct knowledge & become aware,
Follow cough etiquettes, hand hygiene & personal care,
Spread a word of precaution through your share.*



FEVER



COUGH



SORE
THROAT



SHORTNESS
OF BREATH



**District Emergency Operation Centre
District Magistrate Office, Almora
(Helpline No. 05962-237874, 237875)**

Together We Can

कोरोना वायरस संक्रमण से भयभीत न हों

सावधानी बरतें, अफवाहों पर ध्यान ना दें



अपील

मैं, उत्तराखण्ड की समस्त जनता से अपील करता हूँ कि वह कोरोना वायरस संक्रमण से बिल्कुल भी भयभीत न हों। यदि आपने पिछले एक माह के दौरान कोई विदेश यात्रा की हो या अपने ही देश में किसी संक्रमित स्थान से यात्रा करके आए हैं तो हैल्पलाइन नम्बर 104 पर अवश्य सूचित करें।

मेरा आपसे अनुरोध है कि कोरोना वायरस के बारे में फैलने वाली अफवाह पर ध्यान न दें, सावधानी बरतें और सतर्क रहें। सरकार कोरोना वायरस संक्रमण से बचाव एवं नियंत्रण के लिए पूर्ण रूप से तैयार है।

कृपया ध्यान दें –

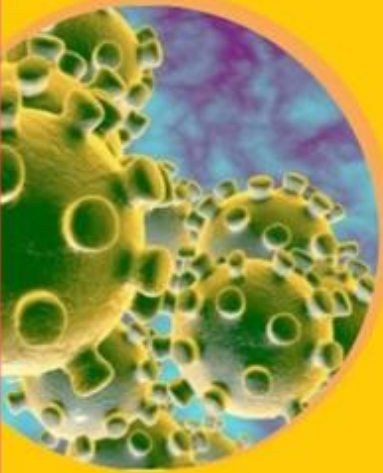
यदि आपको बुखार, सर्दी-जुखाम, थकावट, गले में खराश या सांस लेने में तकलीफ है तो तुरन्त सरकारी अस्पताल पर जाएं तथा लोगों से मेल-मिलाप न करें।

1. खाँसते छींकते समय नाक-मुँह को रुमाल से अवश्य ढकें।
2. हाथों को साबुन एवं पानी से अच्छी तरह धोएं।
3. पौष्टिक तथा ताजा भोजन लें।
4. तरल पदार्थ जैसे पानी/जूस/सूप आदि का अधिक सेवन करें।
5. भीड़-भाड़ वाले स्थानों पर जाने से बचें।
6. स्वस्थ व्यक्ति को मास्क लगाना अनिवार्य नहीं है।

घबराएं नहीं, आपकी जागरूकता ही कोरोना वायरस संक्रमण से बचाव का आसान उपाय है।

जय हिन्द, जय उत्तराखण्ड

प्रिवेन्द्र सिंह रावत मुख्यमंत्री



आपका
सुखद स्वास्थ्य
हमारी
प्राथमिकता है।

हैल्पलाइन नम्बर 104



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COVID-19 Containment Measures Action Plan of Almora District

Map of District Almora:

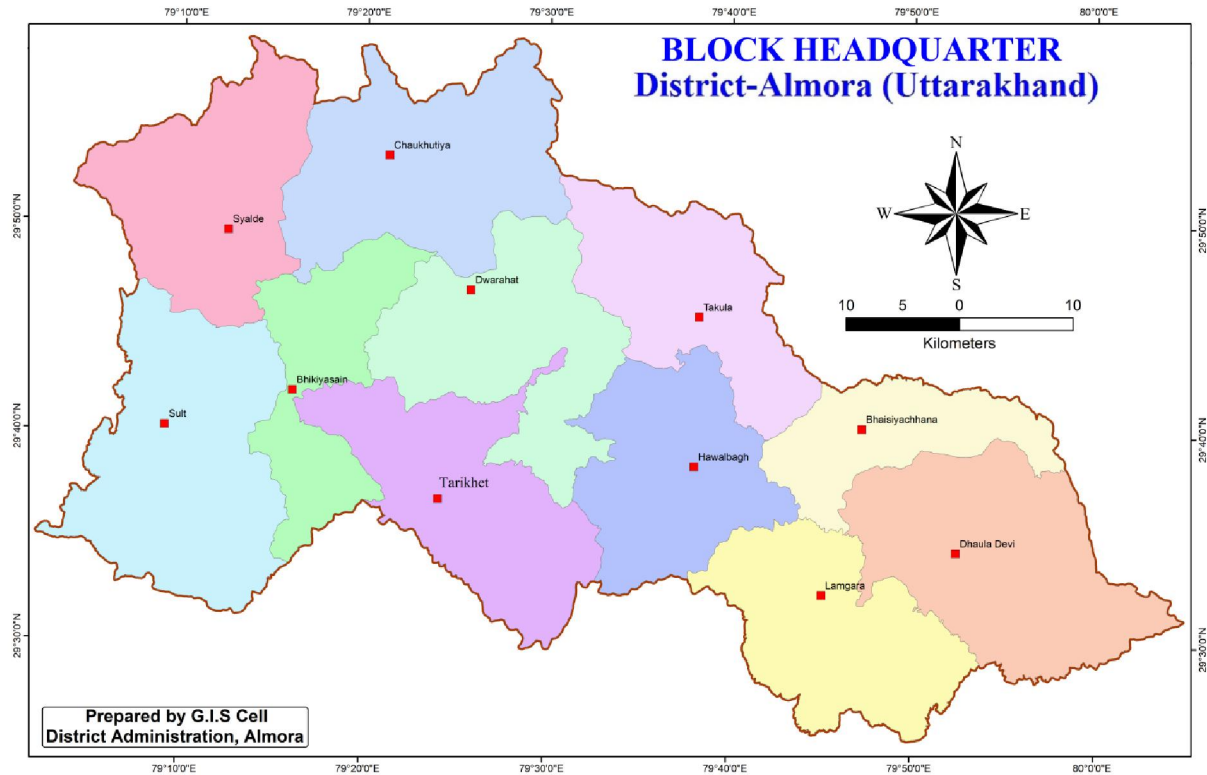


Fig: 01

What is Biological Disaster?

Biological disasters are natural scenarios involving disease, disability or death on a large scale among humans, animals and plants due to micro-organisms like bacteria, or virus or toxins. Biological disasters may be in the form of:-

Epidemic affecting a disproportionately large number of individuals within a population, community, or region at the same time, examples being Cholera, Plague; or,

Pandemic is an epidemic that spreads across a large region, that is, a continent, or even worldwide of existing, emerging or re emerging diseases and pestilences, example being Influenza H1N1 (Swine Flu).

District Overview;

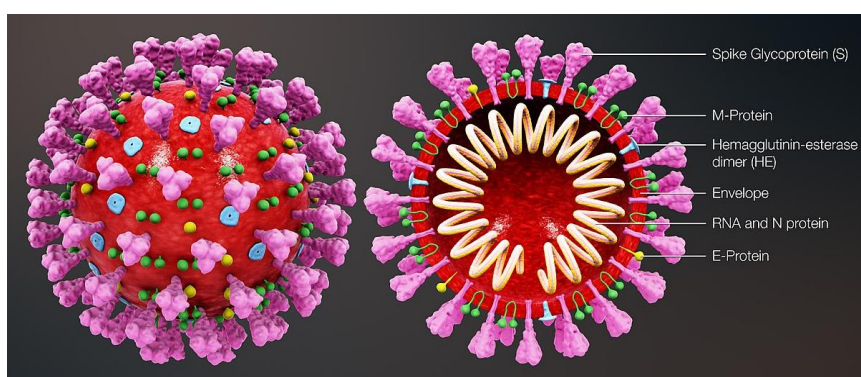
Almora district is a district in the Kumaon division of Uttarakhand state, India. The District is spread between 29° 25' 39.5" N and 29° 59' 33"N of northern latitude and 79° 03' 03" E and 80° 04' 45" E of eastern longitude. The headquarters is at Almora. It is 1,638 meters above sea level. The town of Almora is surrounded by Pithoragarh district to the east, Garhwal region to the west, Bageshwar district to the north and Nainital district to the south. The district is having an area of 3144.00 Square Kilometer. It is observed that the district acquires a shape of a horse saddle shaped hillock. Surrounded by the thick forests of pine and fir trees, the city is neighboured rivers of Kosi and Suyal.

Demographic Profile of Almora:

Total Population	622,506 (as per Census 2011)
Male	291,081
Female	331,425
Sex Ratio	1139
Area Sq. Km	3,144
Density/km2	198
No. of Block	11
No. of Tehsil	11
No. of District Hospital	01
Base Hospital	01
Women Hospital	01
Civil Hospital	01
No. of PHCs	06
No. of CHCs	09
No. of APHCs	20
Allopathic Dispensary	40
Ayurvedic Health Centre	70
Homeopathic Health Centre	17
Sub Health Centre	188
No. of Town	05 (01 Almora Nagar Palika Area)
No. of Villages	2251 Revenue Villages

What is novel Corona virus?

- Corona viruses (CoV) are a large family of Viruses that causes a wide range of illness from the common cold to more severe diseases viz., Middle East Respiratory Syndrome [MERS] and Severe Acute Respiratory Syndrome [SARS].



- A novel corona virus (ncov) is a new strain that has not been previously identified in humans.
- On 31 December 2019, the WHO china Country Office was informed of pneumonia cases of unknown cause in wuhan city, Hubei Province of china. A novel corona virus (COVID19) was isolated and identified as the causative virus by chinese authorities on 7 January, 2020.

What is COVID-19?

COVID-19 is the infectious disease caused by the most recently discovered corona virus. This new virus and disease were unknown before the outbreak began in Wuhan, China in December 2019.

Incubation period

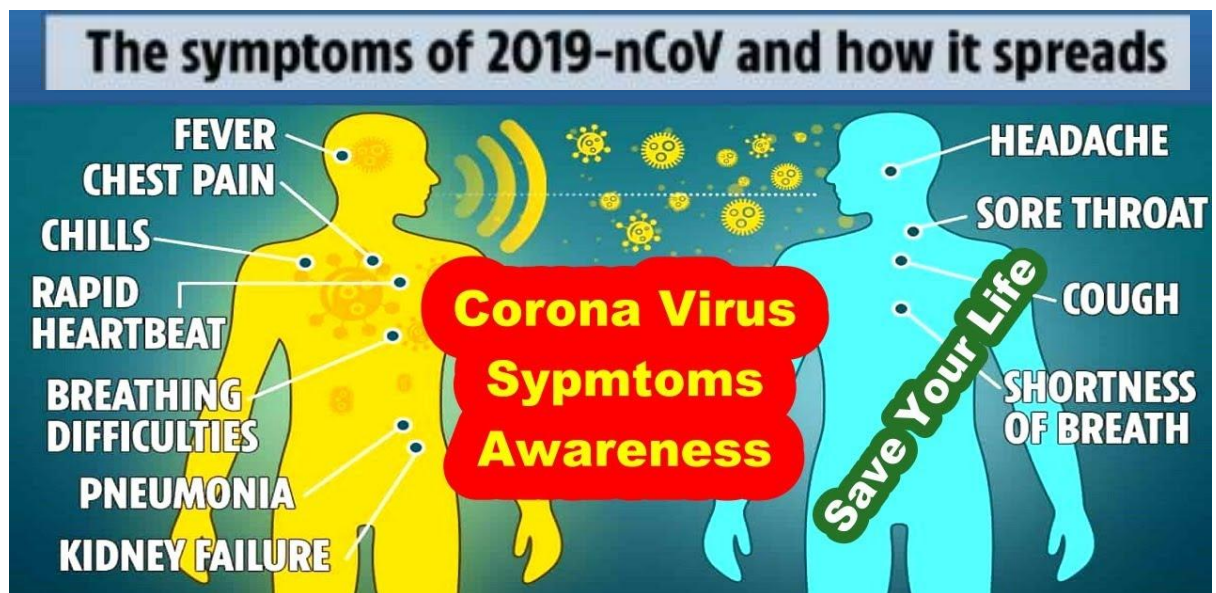
- The “incubation period” means the time between catching the virus and beginning to have symptoms of the disease.
- Most estimates of the incubation period for COVID-19 range from 2-14 days, most commonly around five days.

Mode of Transmission

- The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces, then touching their eyes, nose or mouth.
- People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets. This is why it is important to stay more than 1 meter (3 feet) away from a person who is sick.

Sign and Symptoms of COVID-19;

- The most common symptoms of COVID-19 are fever, tiredness, and dry cough. Some



patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.

- These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment.
- Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.

Case Definition and Contact -Categorization;

- It has been observed that WHO has recently updated the case definitions based on the current information available and will be revised as new information accumulates. India may also need to adapt case definitions depending on current epidemiological situation. Based on the available information on COVID-19, the following case definitions are put forth for approval:

Suspect Case:

- A patient with acute respiratory illness {fever and at least one sign/symptom of respiratory disease (e.g., cough, shortness of breath)}, **AND** a history of travel to or residence in a country/area or territory reporting local transmission (See NCDCwebsite for updated list) of COVID-19 disease during the 14 days prior to symptom on set;

OR

A patient/Health care worker with any acute respiratory illness **AND** having being in contact with a confirmed COVID-19 case in the last 14 days prior to onset of symptoms;

OR

- A patient with severe acute respiratory infection {fever and at least one sign/symptom of respiratory disease (e.g., cough, shortness of breath)} **AND** requiring hospitalization **AND** with no other etiology that fully explains the clinical presentation;

OR

- A case for which testing for COVID-19 is inconclusive.

Laboratory Confirmed Case:

- A person with laboratory confirmation of COVID-19 infection, irrespective of clinical signs and symptoms.

Definition of Contact:

A contact is a person that is involved in any of the following:

- Providing direct care without proper personal protective equipment (PPE) for COVID-19 patients
- Staying in the same close environment of a COVID-19 patient (including workplace, Classroom, household, gatherings).
- Travelling together in close proximity (1 m) with a symptomatic person who later tested positive for COVID-19.

High Risk Contact:

- Touched body fluids of the patient (Respiratory tract secretions, blood, vomit, Saliva, urine, faces)
- Had direct physical contact with the body of the patient including physical Examination without PPE.
- Touched or cleaned the linens, clothes, or dishes of the patient.
- Lives in the same household as the patient.
- Anyone in close proximity (within 3 ft) of the confirmed case without precautions.
- Passenger in close proximity (within 3 ft) of a conveyance with a symptomatic Person who later tested positive for COVID-19 for more than 6 hours.

Low Risk Contact:

- Shared the same space (Same class for school/worked in same room/similar and not having a high risk exposure to confirmed or suspect case of COVID-19).
- Travelled in same environment (bus/train/flight/any mode of transit) but not having a high-risk exposure.

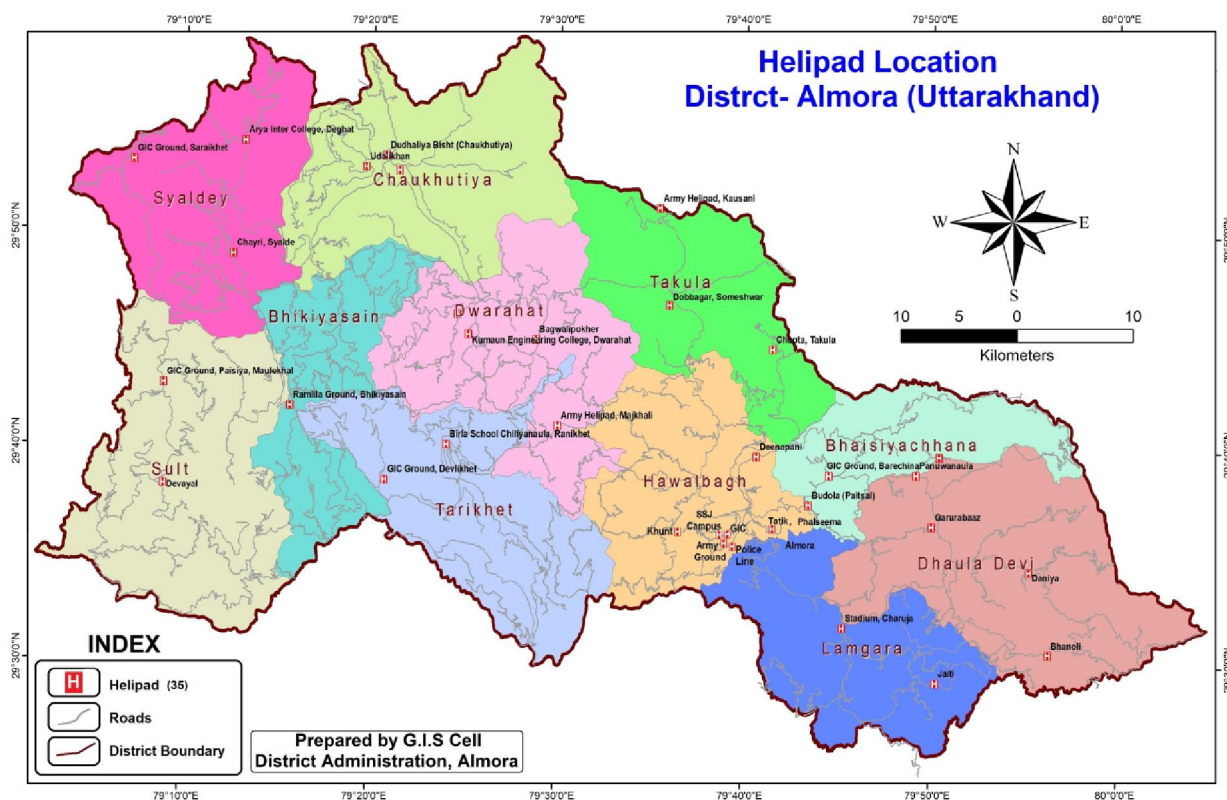


Fig: 02

Is there a vaccine, drug, or treatment for COVID-2019?

- Not yet. To date, there is no vaccine and no specific antiviral medicine to prevent or treat COVID-2019. However, those affected should receive care to relieve symptoms. People with serious illness should be hospitalized. Most patients recover thanks to supportive care.
- Possible vaccines and some specific drug treatments are under investigation. They are being tested through clinical trials. WHO is coordinating efforts to develop vaccines and medicines to prevent and treat COVID-19.
- The most effective ways to protect yourself and others against COVID-19 are too frequently clean your hands, cover your cough with the bend of elbow or tissue, and maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing.

Activities done by Health Department:

- Weekly collection of ARI case under IDSP from Govt. and private reporting units
- Daily line listing maintain by the health department of Almora district.
- Daily follow up of all passengers for the 14 days of observation.

- Daily reporting to GOG BY District Health department.

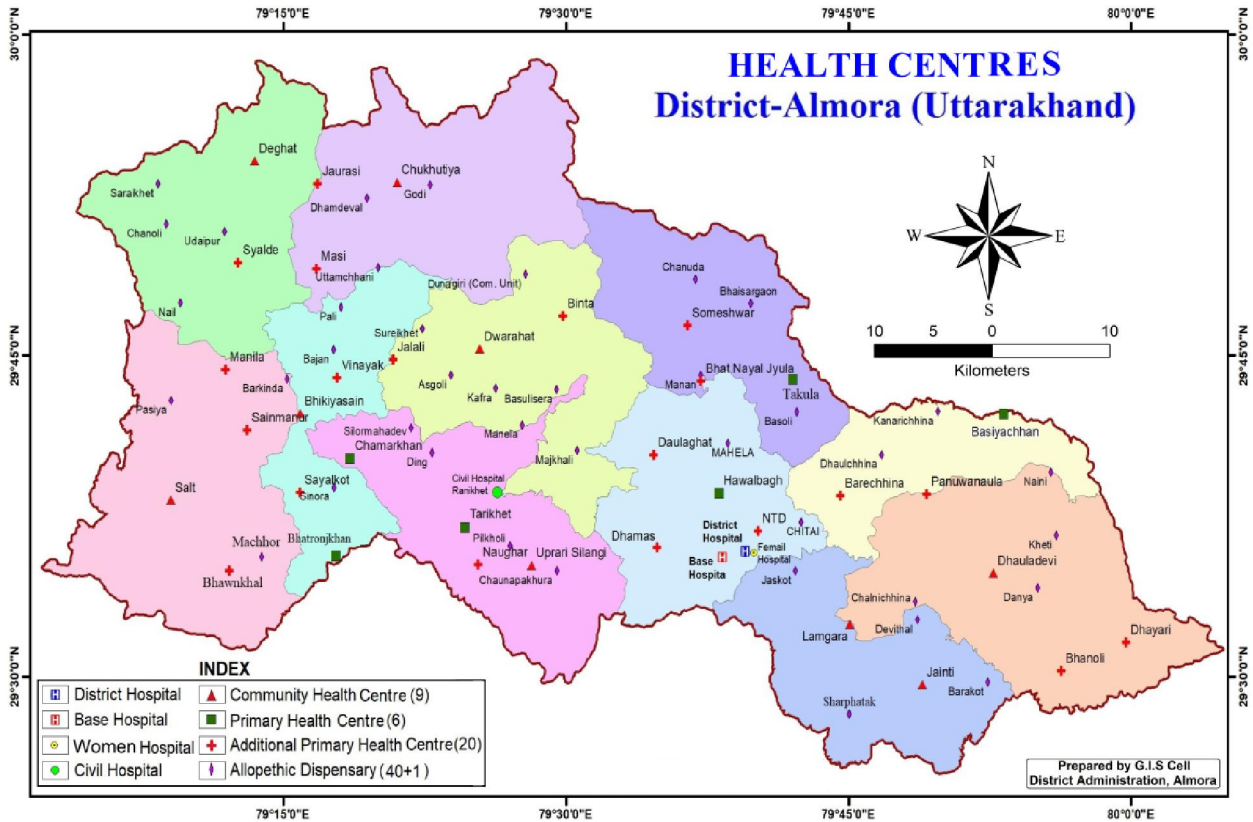


Fig: 03

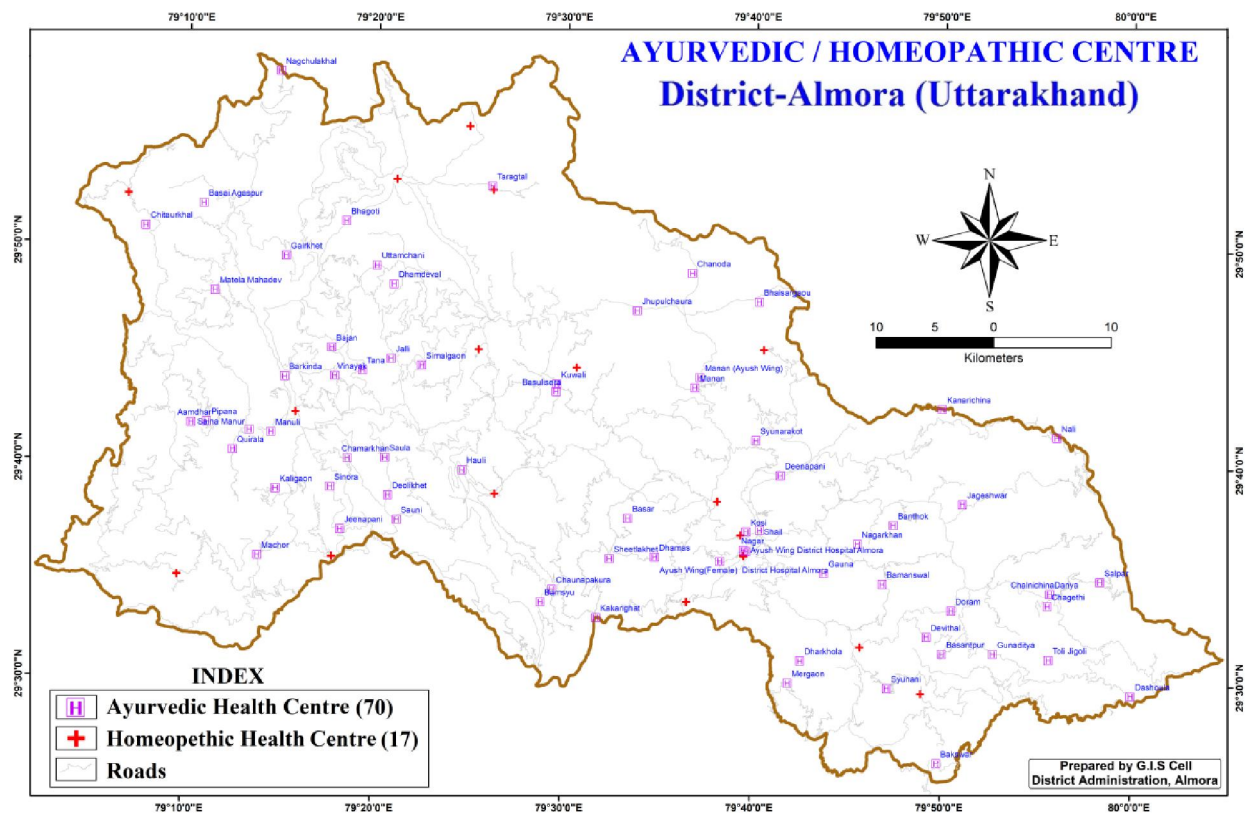


Fig: 04

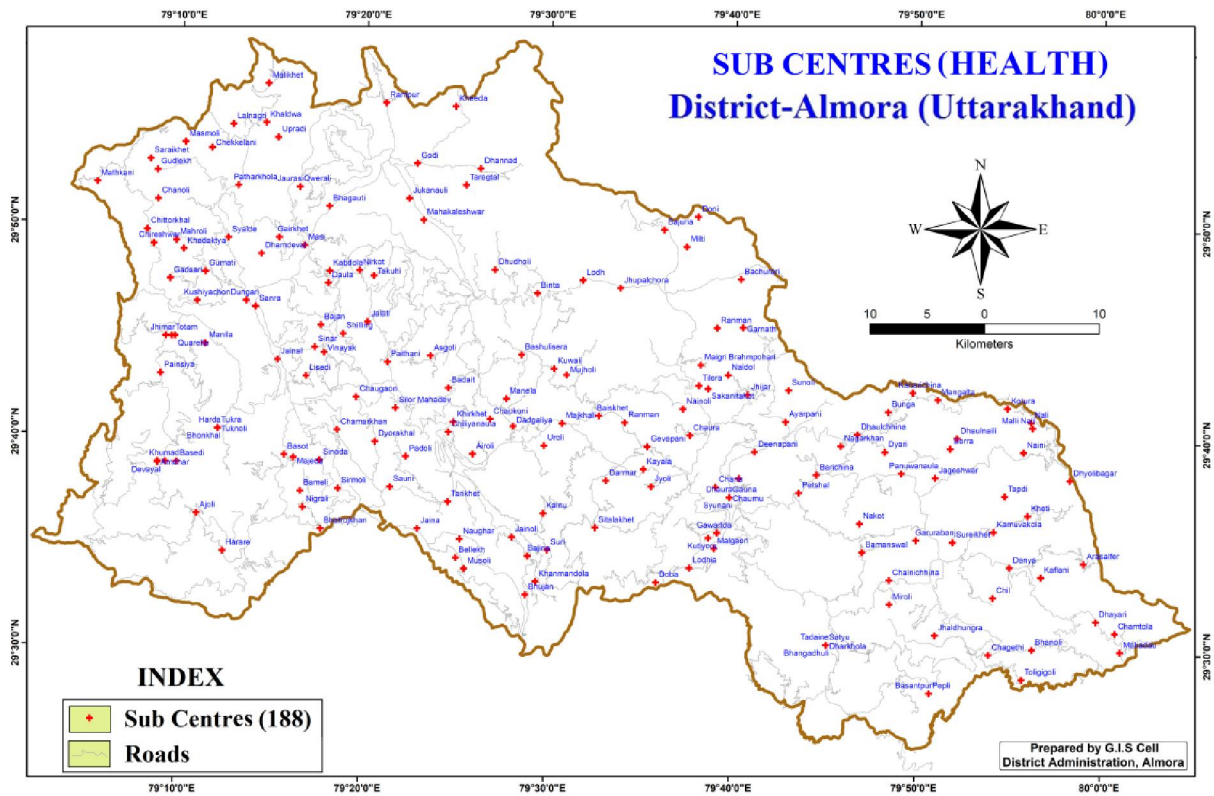
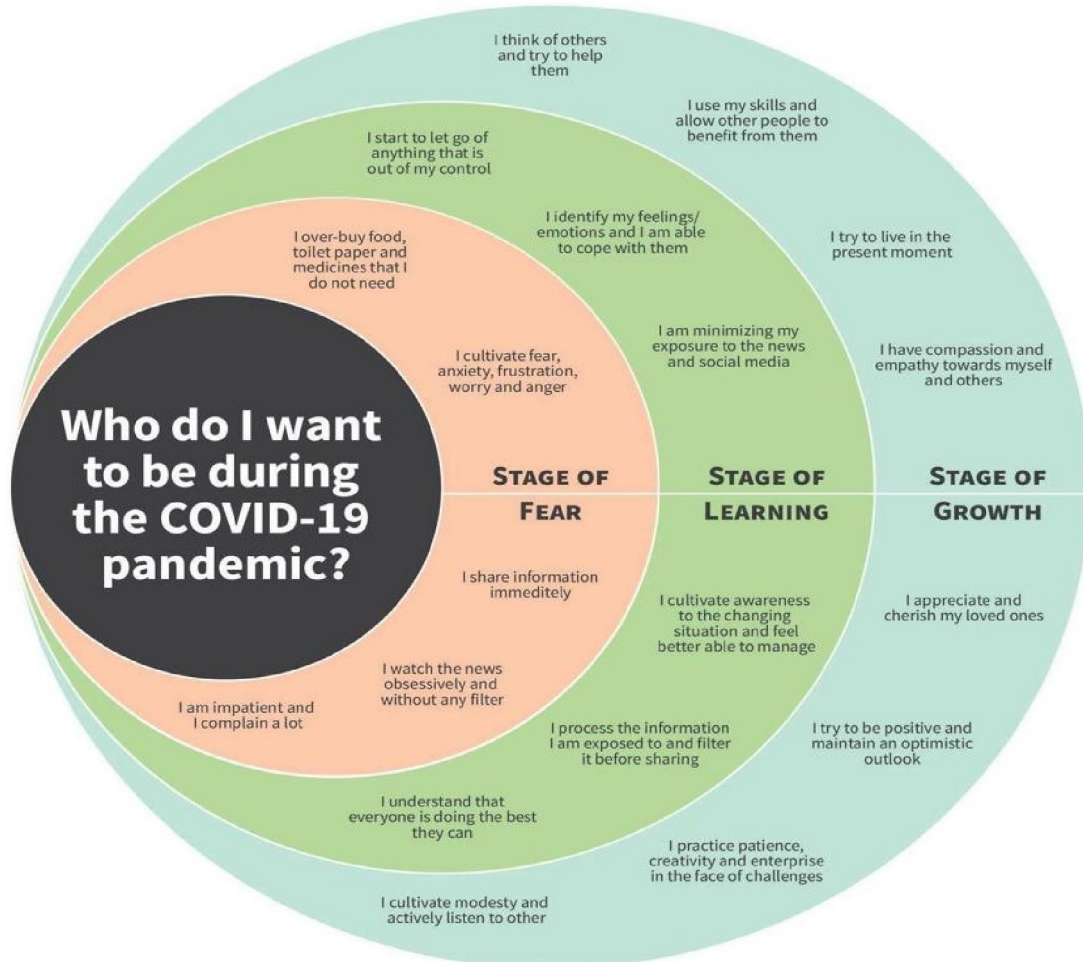


Fig: 05



E M P ● W E R

Helpline Number:

For any fever cases help line number is **104**.

Helpline Number 05962-237874, 237875, 1077

Isolation Facility:

Isolation Wards available at Almora district are listed below;

S. No.	Name of Isolation Hospital	Nodal Officer Name of Isolation Wards	BED (In Numbers)
1.	District Hospital almora	Dr. P.S Takuli 9917520687	7
2.	Base Hospital almora	Dr. A.K. Joshi 9758042087	138
3.	GSM Ranikhet	Dr. K.K. Pandey 7579203371	4
4.	ChC Chakhutiya	Dr. Amit Ratan 7351608655	2
5.	CHC Bhikliyasen	Dr. Piush Ranjan 9411485572	2
6.	Chc Dwarahat	Dr. Tapan Shurma 9837123984	2
7.	Chc Dhuladevi	Dr. B.B Joshi, 9012478082	2
8.	Chc Deghat	Dr. Bishwas 7900355171	2
9.	Chc Sult	Dr. Dr. Surabh Singh 8923375082	2
10.	Chc Lamgara	Dr. Kuldeep Martollia 9761040544	2
11.	Chc Jainti	Dr. Kuldeep Martollia 9761040544	2
12.	Chc Takula	Dr. Sudhir Gupta 8193926321	2
13.	Phc Tarikhet	Dr. D.S Nabilal 9412162396	2
14.	Phc Hawalbagh	Dr. Ranjan Tiwari 757918610	2
15.	Phc Bhaisiyachhna	Dr. Dr. B.B. Joshi 9012478082	2
16.	Phc Someshwar	Dr. Sudhir Gupta 81939226321	2
17.	Army Hospital almora		5
18.	Military Hospital Ranikhet	Dr. Col. Mathur	10
19.	MN. Hospital Ranikhet	Dr. Renu Sirvastava 9410154947	5
20.	SN. Hospital & Heart Centrt Ranikhet	Dr. S.N. Srivasta 9411704000	5
21.	Ranikhet Polictinic Ranikhet	Dr. Sweta Bangari 7579271839	2
22.	Uttarayan Hospital almora	Dr. O.P Yadev 9810601252	4
23.	jeewan Jyoti Hospital	Dr. Vinita Joshi 9410784198	4
24.	Anjali Hospital Almora	Dr. Suresh Pandey 9412100200	2
25.	N.S. Chauhan Hospital almora	Dr. N.S Cauhan 94120372060	2
26.	Shri Hairakhan Baba Cheritable hospital Ranikhet	Mr. K.S.Mehra 9536249813	5

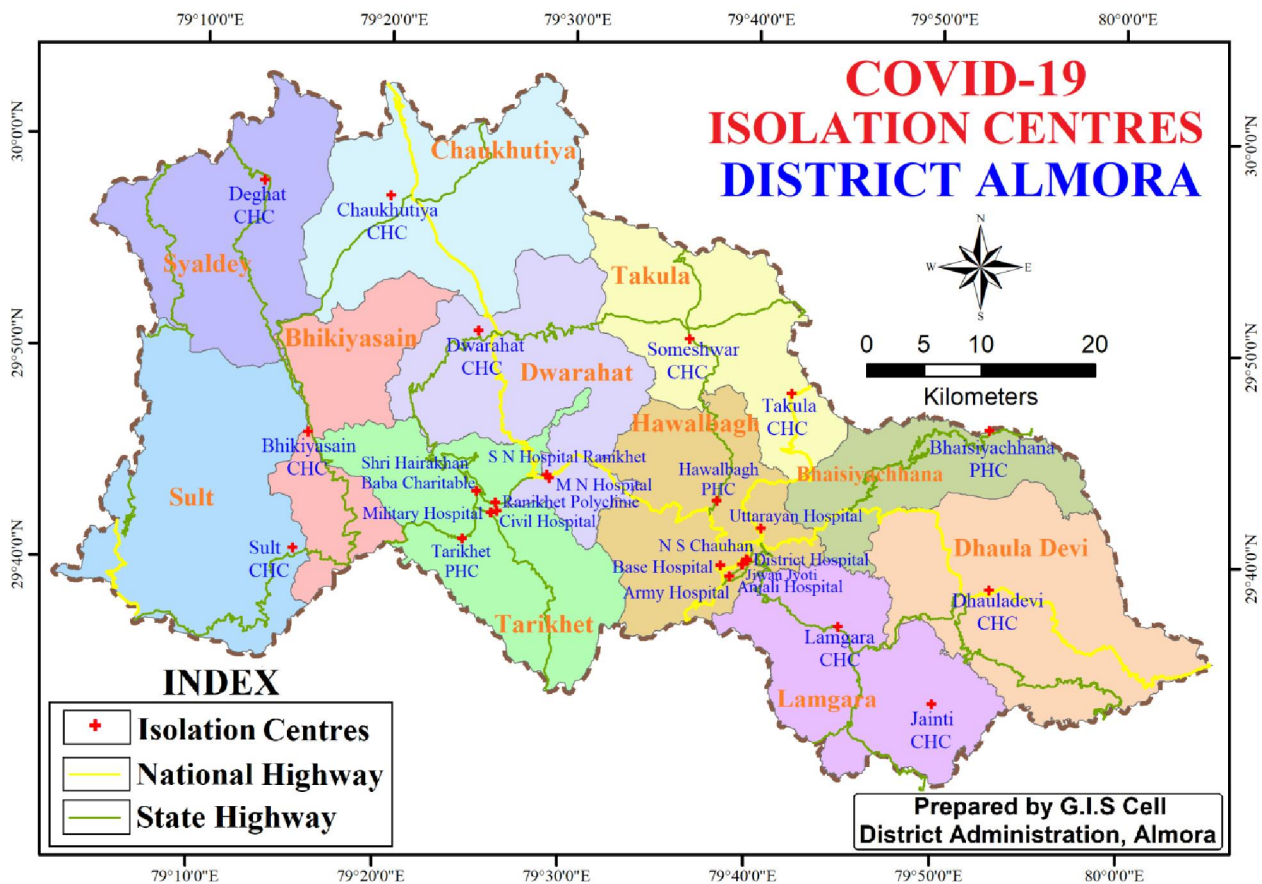


Fig: 06

छोटी मगर मोटी बातें



- समय समय पर साबुन से हाथ धोएं, हैंड सेनिटाइज़र का भी प्रयोग कर सकते हैं
- खाने पीने का ध्यान रखें, कुछ दिन बाहर का खाना न खाएं, ठंडी खाने पीने की चीज़ों से भी बचें
- सोशल दूरी बनाएँ

कोरोना से बचाव

- कोई व्यक्ति यदि छींक रहा है तो उससे कम से कम 1 मीटर की दूरी बनाएं और कपड़े या टिशू से मुँह को ढकें
- भीड़-भाड़ वाले इलाकों में जाने से बचें, कोरोना के लक्षण प्रतीत होने पर तुरंत चिकित्सक से परामर्श लें
- खांसी बुखार या साँस लेने में कठिनाई की स्थिति में फेस मास्क पहनें

हाथ न मिलाएं




Status of Logistics : Man & Material CORONA VIRUS TRAINING STATUS IN DISTRICT (NAME ALMORA)							
Reporting Format : COVID 19							
s.no	Name of Health Facility	Total no. of Beds	No. of Beds Identified for Isolation	Total no. of Isolation Beds in ICU	ICU Beds with Ventilator	Name and contact no. of Nodal officer of the Govt. and Private Hospital	
1.	Military Hospital Ranikhet	150	1	0	0		
2.	M.N Srivastava Hospital Ranikhet	28	1	5	0	Dr. Renu Srivastava	9410154947
3.	S.N Srivastava Hospital Ranikhet	20	1	5	0	Dr. S.N Srivastava	9411704000
4.	Ranikhet PolyClinic Ranikhet	12	2			Dr. K.S. Bangari	7579271839
5.	Uttarayan hospital Almora	10	4			Dr. O P Yadav	9810601252
6.	Jeewan Jyoti hospital Almora	15	4			Dr. Vinita Joshi	9410784198
7.	Anjali hospital Almora	9	2			Dr. Suresh Pandey	9412100200
8.	N.S. Chauhan's Heart Centre	9	2			Dr. N.S. Chauhan	9412037069
9.	Army Hospital Almora		4				
10.	Shri Baba hairakhan Cheritable hospital Ranikhet	20	5			Mr. K.S. Mehra	9536249813
11.	Dist Hospital Almora	59	7			Dr. P S Takuli	9917520687
12.	Base Hospital Almora	96	25			Dr. A.K. Joshi	7351769294
13.	GSM Ranikhet	72	4			Dr. D.S. Nai	9412344863

Details of Hospitals in District Almora for Corona Virus (COVID-19)

S No.	Hospital Name	Number of Bed	Isolation Bed	I.C.U. Bed	Number of Ventilator	Number of Ambulance
1	District Hospital Almora	59	7	0	1 (Not Working)	1
2	Women Hospital Almora	39	0	0	0	0
3	Base Hospital Almora	96	4	0	1 (Not Working)	1
4	Civil Hospital, Ranikhet	62	3	0	0	2
5	Medical College Almora	0	0	0	0	0
6	CHC Chaukhutiya	30	2	0	0	1
7	CHC Bhikhiyachhen	30	2	0	0	1
8	CHC Dwarahat	30	2	0	0	1
9	CHC Dhauladevi	30	2	0	0	1
10	CHC Deghat	10	2	0	0	0
11	CHC Salt	10	2	0	0	0
12	CHC Lamgara	10	2	0	0	0
13	CHC Jainti	10	2	0	0	0
14	PHC Takula	4	2	0	0	1
15	PHC Tarikhet	4	2	0	0	0
16	PHC Hwalbag	4	2	0	0	0
17	PHC Bhesiyachhana	4	2	0	0	0
18	PHC Bhatrojkhan	4	2	0	0	0
19	PHC Chamrkhan	4	2	0	0	0
20	PHC Kakrighat	2	2	0	0	0
21	Extra Health Centre - 20	80	40	0	0	0
22	Govt. Hospital (Total)- 39	156	39	0	0	0
23	Dr. Chauhan Hospital (Private)	9	2	0	0	0
24	Anjali Hospital (Private)	9	2	0	0	0
25	Jiwan Jyoti Hospital (Private)	4	4	0	0	0
26	Ashta Hospital (Private)	2	0	0	0	0
27	Dr. Lakshman, Life Care and Cardiac Care Hospital (Private)	2	0	0	0	0
28	Sri Baba Hairakhan Charitable Hospital, Ranikhet	21	5	0	0	0
29	M. N Hospital, Ranikhet	20	5	0	0	0
30	M. N Shrivastav Hospital, Ranikhet	20	5	0	0	0
31	Ranikhet Polyclinic	12	2	0	0	0
32	Uttarayan Hospital, Almora	12	2	0	0	0

All helpline reported fever cases will be examined by Medical officer and if require then Patient will be examined by medical officer and if required then patient will be transferred to tertiary care hospital

- Training also given to all Medical officers and Paramedical staff about COVID-2019.

Intersectoral Co-ordination:

- Education Department.
- Publicity Department.
- Transport Services.
- Hospital.
- Epidemic Department, GOG
- Tourism Department.

Role of Concerned Department

Role of Education Department

- Cough etiquettes & Hand Wash Techniques through teacher's involvement
- Sensitization and awareness in student & Parents.
- Soap and Sanitizer availability.
- Advisory to all Private and Government School.
- Inform Health Department if there is Increase Number of Respiratory Infection Cases in Students & staff.
- Mass circulation of information if alert announced.

Role of Transportation Department

- Availability of Sanitizer.
- IEC on Buses & bus stands.
- Display video in LED screen at Bus stands

Role of General Hospital

- Education & Sensitization in Hospital Staff Specifically in Isolation wards
- Availability of Isolation Beds & Ventilators.
- IEC regarding Corona virus in OPD areas.

List of Items Available in District as on Dated 09.04.2020

S. No.	Name of Item	Qty in Base Hospital	Qty in District Hospital	Qty in Mahila Hospital	Civil Hospital Rkt.	CMO Office	Total
1	Sanitizer	32300	51500	11500	3500	199350	298150
2	I.R. Thermometer	00	00	00	02	05	7
3	Mask Triple Layer	133	4000	295	1000	2620	8048
4	Examination Gloves	4200	4000	00	200	11700	20100
5	Bucket	03	210	03	10	59	285
6	Bed Sheet Cover	30	107	95	50	320	602
7	Bed	96	59		70	181	251
8	PPE Kit	15	15	00	14	170	214
9	Mask N 95	15	15	00	50	272	352
10	Surgical Gloves All Size	2972	2200	1252	800	10750	17974
11	Pulse Oxy Meter	10	06	01	04	37	58
12	Dustbin	00	20	02	10	144	176
13	Pillow Cover	10	16	11	10	222	269

Hypo Chloride Solution - 35 Ltr.
Bleaching Powder - 50 k.g.

Role of E-Gov & Publicity Department

- Display information in District Panchayat and Nagar Palika website.
- Mass SMS if required.
- Video advertisement in Local TV channels.

Role of Estate Department

- IEC in Commercial areas.
- Display IEC in Malls & Multiplex.
- Video advertisement in multiplex.
- Hand Sanitizer at entry of Multiplex/Malls.

IEC Activities

- News Paper advertisement for COVID-19 in Hindi language.
- Radio channel and multiplex theatre advertisement for COVID-19.
- Poster advertisement in Buses and Taxi.
- Pamphlets and Flyer Distribution in Public Place by health workers.
- Advertisement hoardings in Public Places.

Note: Due to Corona Virus (COVID-19) Control Room Started On 20/03/2020 at Health Department, District Almora

**Helpline Numbers to be contracted in case of need:
05962-237874, 237875, 1077,104 (for Almora District)**

Laboratory Testing for COVID-19

- Sushila Tiwari Hospital, Haldwani is the reference laboratory in Uttarakhand for testing COVID-19.

Instructions for contacts being home quarantined

The home quarantined person should'

Stay in a well-ventilated single-room preferably with an attached/separate toilet. If another family member needs to stay in the same room, it is advisable to maintain a distance of at least 1 meter between the two.

- Needs to stay away from elderly people, pregnant women, children and persons with co- morbidities within the household.
- Restrict his/her movement within the house.
- Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.

He should also follow the under mentioned public health measures at all times;

- Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer
- Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.
- Wear a surgical mask at all the time. The mask should be changed every 6-8 hours and disposed off. Disposable masks are never to be reused.
- Masks used by patients/ care givers/ close contacts during home care should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.
- Used mask should be considered as potentially infected.
- If symptoms appear (cough/fever/difficulty in breathing). He/she should immediately inform the nearest health centre or call 05962-237874.

Instructions for the family members of persons being home quarantined

- Only an assigned family member should be tasked with taking care of the such person
- Avoid shaking the soiled linen or direct contact with skin
- Use disposable gloves when cleaning the surfaces or handling soiled linen
- Was hands after removing gloves
- Visitors should not be allowed
- In case the person being quarantined becomes symptomatic, all his close contacts will be home quarantined (for 14 days) and followed up for an additional 14 days or till the report of such case turn out negative on lab testing.

Environmental Sanitation;

- Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite.

- Clean and disinfect toiled surfaces daily with regular household bleach solution/phenolic disinfectants.
- Clean the clothes and other linen used by the person separately using common household detergent and dry.

**Static Surveillance Team (SST) of Almora District for Passengers
Screening:**

क्र. सं.	स्थान	टीम में सम्मिलित सदस्य	पदनाम	मोबाईल नम्बर	समय
1	लोधिया	श्री वाई.एस. रावत, – नोडल अधिकारी	क्षेत्रीय सेवायोजन अधिकारी,	9412950854	प्रातः 05:00 से दोपहर 01:00 बजे तक
	टीम प्रथम	डा. वीरेन्द्र सिंह रौतेला	चिकित्साधिकारी वमनस्वाल	9410777771	
		डा. योगेन्द्र चौहान	चिकित्सक	7457002131	
		श्री हर्ष जोशी	फार्मासिस्ट	8650877916	दोपहर 01:00 बजे से रात्रि 09:00 बजे तक
	टीम द्वितीय	डा. हृषिकेश तिवारी	चिकित्साधिकारी बसर	9410363117	
		डा.फर्बु सिंह खम्पा	चिकित्सक	9760563647	
2	मोहान	श्री दीप चन्द्र जोशी – नोडल अधिकारी	अधिकासी अभियन्ता, पी.एम.जी.एस.वाई. सल्ट	9027128261	प्रातः 05:00 से दोपहर 01:00 बजे तक
	टीम प्रथम	डा. सन्दीप कुमार	चिकित्साधिकारी, पीपना	7310674902	
		डा. महेन्द्र पाल	चिकित्सक	9458355164	
		श्री फईम अन्सारी	फार्मासिस्ट	9759747780	दोपहर 01:00 बजे से रात्रि 09:00 बजे तक
	टीम द्वितीय	डा. विवेक कुमार	चिकित्साधिकारी, क्वैराला	7579490768	
		डा. वैभव	चिकित्सक	9760246494	
3	मोतियापाथर	श्री कैलाश रौतेला, – नोडल अधिकारी	सहायक अभियन्ता, प्रा.ख., लो.नि.वि. अल्मोड़ा	9412981282	प्रातः 05:00 से दोपहर 01:00 बजे तक
	टीम प्रथम	डा. हरिकृष्ण आर्या	चिकित्साधिकारी धारखोला	9411120149	
		डा. सोहन सिंह राणा	चिकित्सक	9897837930	
		श्री मनोज पाण्डे	फार्मासिस्ट	9760391700	दोपहर 01:00 बजे से रात्रि 09:00 बजे तक
	टीम द्वितीय	डा. संजय कुमार	चिकित्साधिकारी गौना	7500654789	
		डा. दीपक सिंह	चिकित्सक	9756680296	
4	भुजान	श्री नीतेश पुजारी – नोडल अधिकारी	कृषि एवं भूमि संरक्षण अधिकारी, रानीखेत	मोबाईल नम्बर	प्रातः 05:00 से दोपहर 01:00 बजे तक
	टीम प्रथम	डा. जितेन्द्र कुमार पपनोई	चिकित्साधिकारी, चमड़खान	9411122562	
		डा. सी.एस. जोशी	चिकित्सक	9627296934	

	चाँदनी गैड़ा	फार्मासिस्ट	7830983736	
टीम द्वितीय	डा. कुबेर सिंह	चिकित्साधिकारी, चौनपाखुड़ा	7409604195	दोपहर 01:00 बजे से रात्रि 09:00 बजे तक
	डा. देवेन्द्र उप्रेती	चिकित्सक	9761835470	
	डा. शिखा जोशी	चिकित्सक	9761835470	

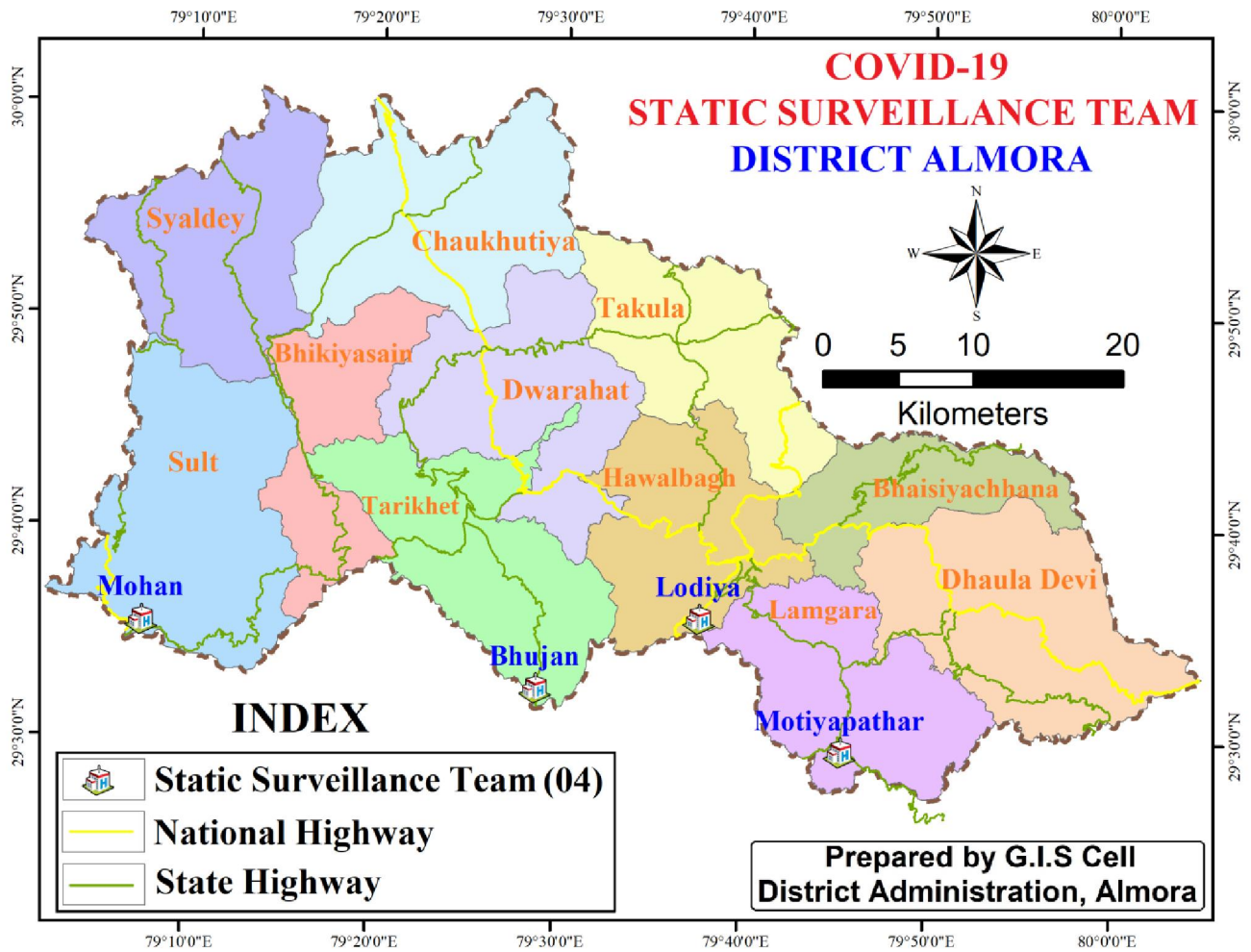


Fig: 07

COVID-19 Details of Relief Camps

S.No.	Location/ Name of the relief camp	Organisation running the camp (Government/ NGO (with name)/other	Name and designation of Nodal Officer for Relief Camp	Contact No. of Nodal Officer
01.	GIC ALMORA	Government	R.S. YADAV DEO BASIC ALMORA	9456542709
02.	GGIC ALMORA	Government	T.N PANDEY D.H.O ALMORA	7060436434
03.	FRH MOHAN	Government	KULDEEP PANDEY TEHSILDAR SULT	9990338857
04.	TARPEEN OIL FACTORY MOHAN	Government	KULDEEP PANDEY TEHSILDAR SULT	9990338857

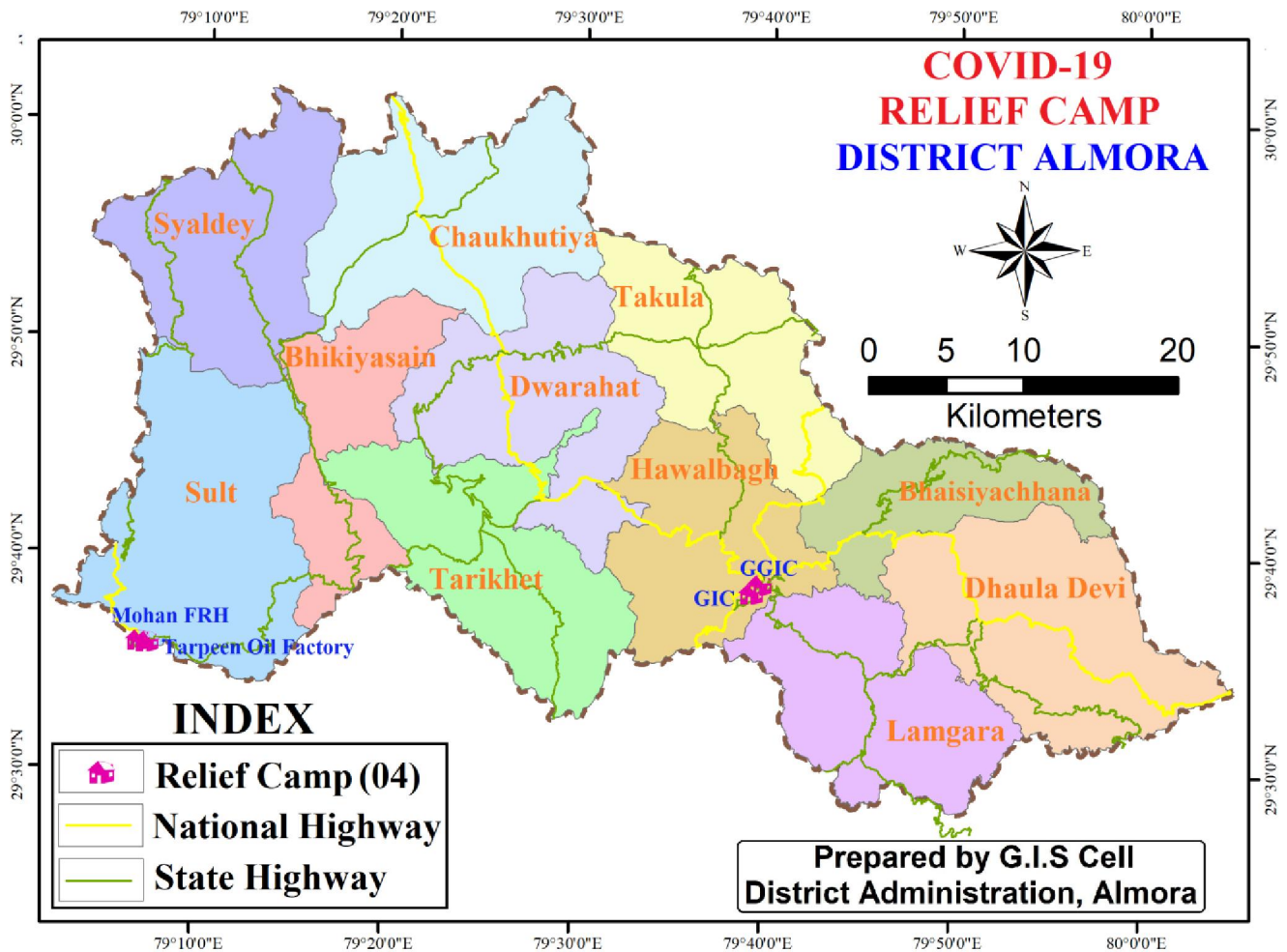


Fig: 08

QUARANTINE FACILITY CODING SHEET: DISTRICT ALMORA

Distict Name / Nodal Officer/ Phone no.	Building - Name and Location	Contact Name and ph no of Facility Manager	Mobile. No. Nodal/ incharge	No of Beds	Name of Hospital near to Qurantine facility	No, Person
Rahul ChaubeyDTDO 8882976860	District institute of education and Training	Dr Rajendra Singh	9412126410	48	Base Hospital Almora	-
Rakesh Joshi DDMO 9412929707	ETC	Mr.K.K Pant	8171224236	14	Base Hospital Almora	-
	Patwari Training Center	Arun Kumar singh	7060933488	46	Base Hospital Almora	-
	Vivekananda Parvatiya Krishi Anusandhan Sansthan	Dr. Nirmal	7302640757	18	Base Hospital Almora	-
	kumaon Mandal Vikas Nigam	Mr. hinayat Husain	9520568416	10	Base Hospital Almora	-
	TRH Almora	Mrs. Sheela Shah	8650002532	19	Base Hospital Almora	-
	TRH Deenapani	Mr.ML Joshi	8650002553	16	Base Hospital Almora	-
	TRH Binsar	Mr.G.S.Bisht	8650002537	27	Base Hospital Almora	-
	TRH Sitlakhet	Mr.A.S. Rautela	7534001730	9	Base Hospital Almora	-
	TRH Chiliyanaula	Mr.Satish joshi	8650002533	22	GSM Ranikhet	-
	TRH Danya	Mr.L.D.Joshi	8650002597	3	Base Hospital Almora	3
	TRH Dudholi	Mr.Nandan Jalal	7534001725	13	GSM Ranikhet	-
	TRH Kakrighat	Mr.Sanjay	8057234488	9	Base Hospital Almora	1
	Rafting Center KMVN	Mr.Arvind Negi	7500482691	8	Base Hospital Almora	-

	DRDO Guest house Almora	Mr.Umesh Koranga	9646016198	6	Base Hospital Almora	-
	Hotel Shikhar Almora	Rajesh Bisht	9412044001	50	Base Hospital Almora	-
	Lebua Corbett	Mahendra Prasad	9627534463	44	GSM Ranikhet	-
	Binsar Eco Resort Almora	Amarjeet Singh	9412044281	32	Base Hospital Almora	-
	Kasar jungle Resort	Badri Vishal Agarwal	9412092064	19	Base Hospital Almora	-
	Soullana Resort	Manoj Rawat	8192004243	45	Base Hospital Almora	-
	Latigre Resort	Vivek Pundir	9839900707	14	Base Hospital Almora	-
	Parwati Inn	Sunil Shah	7409208498	32	GSM Ranikhet	-
	Club Mahindra Basoli Almora	Mr. Himanshu Mathpal	8006402426	53	Base Hospital Almora	9
	Corbett Ramganga Resort	Surendra Pal	8395840700	40	GSM Ranikhet	-
	TRH Ranikhet	Mr.Adil	8650002533	20	GSM Ranikhet	-
	Yak & Yati Resort	Mr.Devanshu Gangola	8006385913	12		10
	The Xandu Resort	Mr. Ravi Chauhan	9412952535	21		-
	K.M.V.N jalna			14	Base Hospital Almora	-
	Devganga Hotel Lamgara			10	Base Hospital Almora	-
	TRH Monal Ranikhet	Mr. puran Chandra	9411542378	6	GSM Ranikhet	-
	TRH Jageshwar	Mr.Dhan Singh	7534001706	16	Base Hospital Almora	-
	PWD Guest House	Dr.Biswas	7900355171	2	GSM Ranikhet	-
	Sai Motel And Hotel	Mr.Naveen chandra joshi 9627786661	9627786661	11	GSM Ranikhet	-

	Sangeela Resort And Hotel Chaukhutia	Mr.Kisahna singh Sangela	9536876152	25	GSM Ranikhet	-
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क्वारेन्टाईन सेन्टर हेतु नामित नोडल अधिकारी

क्र. सं.	क्वारेन्टाईन सेन्टर	नोडल अधिकारी का नाम एवं पदनाम	मोबाईल नम्बर
1	2	3	4
1	जिला शिक्षा एवं प्रशिक्षण संस्थान, अल्मोड़ा, नवनिर्मित हास्टल	डा. राजेन्द्र सिंह, प्राचार्य, जिला शिक्षा एवं प्रशिक्षण संस्थान अल्मोड़ा	9412126410
2	प्रसार प्रशिक्षण केन्द्र, हवालबाग	श्री के.के. पन्त, जिला विकास अधिकारी अल्मोड़ा / प्राचार्य प्रसार प्रशिक्षण केन्द्र हवालबाग,	8171224236 9456593458
3	राजस्व पुलिस एवं भूलेख सर्वेक्षण प्रशिक्षण संस्थान, अल्मोड़ा	श्री अरुण कुमार सिंह, तहसीलदार	7060933488

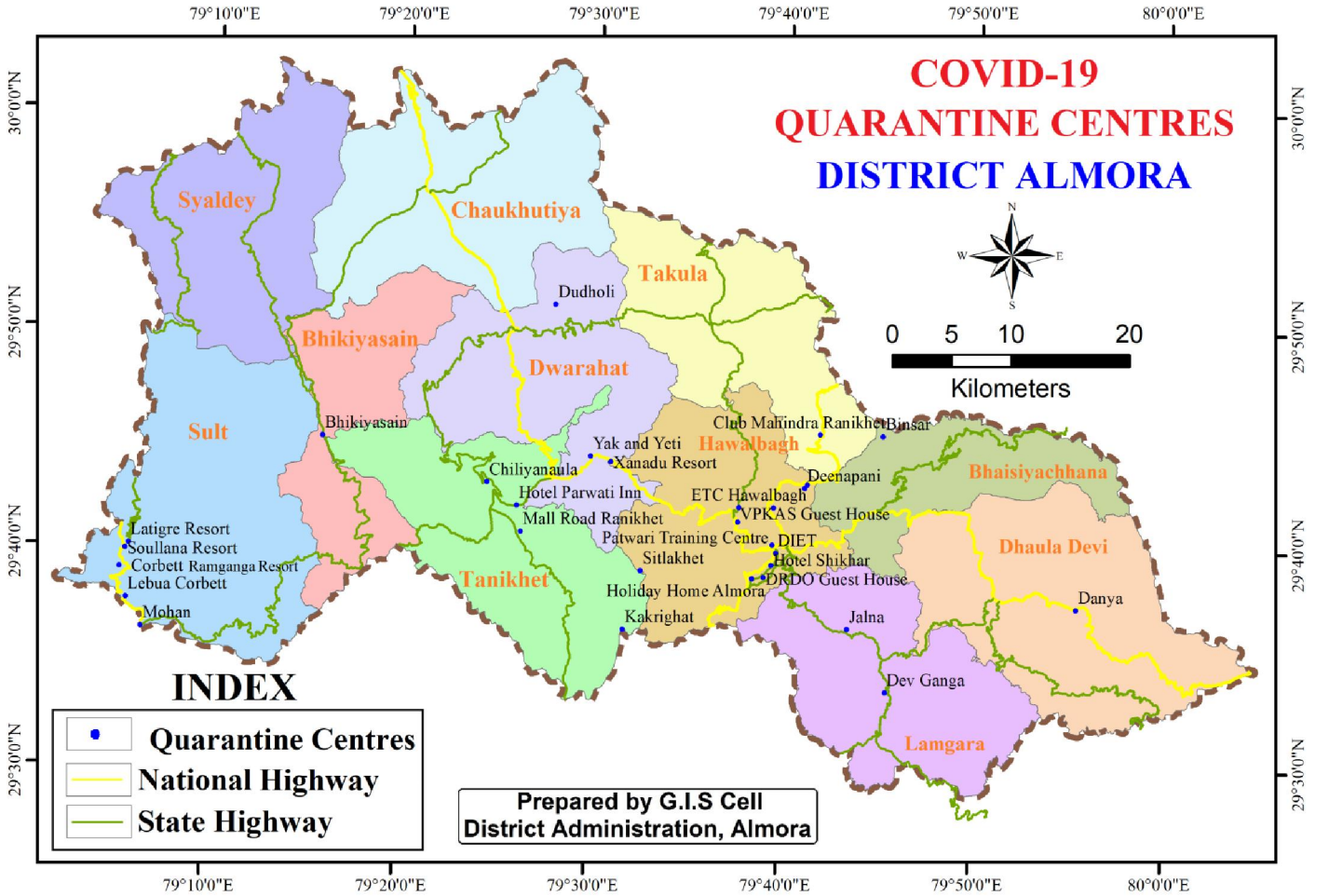
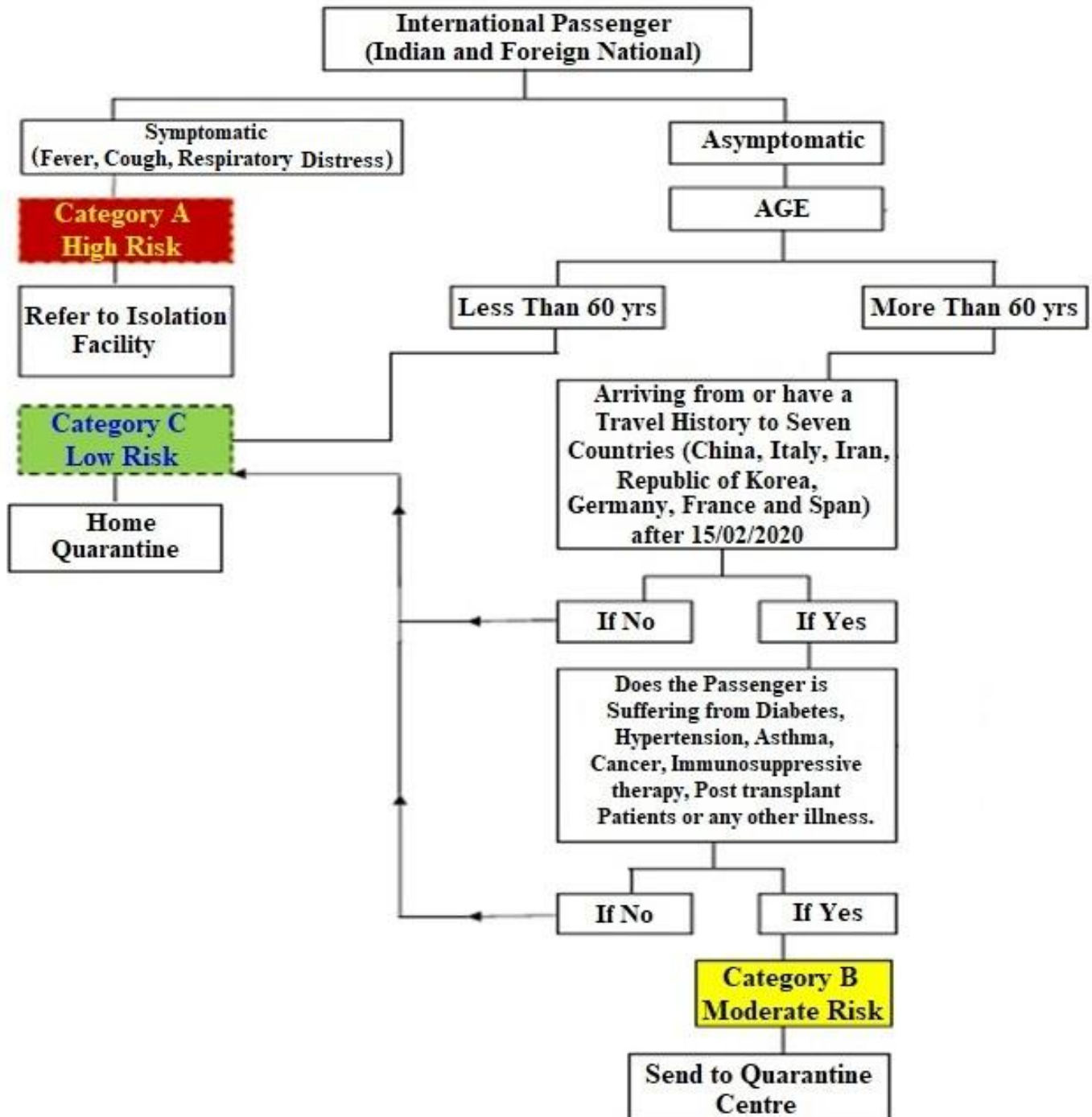


Fig: 09

As per the SOP for Quarantine; following are simplified instruction for the categorization of the Passengers:



कोरोना वायरस **COVID-19** के संक्रमण से निपटने हेतु सफाई की समुचित/उच्च कोटि की व्यवस्था सुचारु कराये जाने हेतु नामित नोडल अधिकारी

क्र. सं.	नोडल अधिकारी	विभाग/स्थान
1	वरिष्ठ पुलिस अधीक्षक, अल्मोड़ा	वरिष्ठ पुलिस अधीक्षक कार्यालय
2	मुख्य विकास अधिकारी, अल्मोड़ा	विकास भवन अल्मोड़ा
3	प्रतिसार निरीक्षक, अल्मोड़ा	पुलिस लाईन अल्मोड़ा
4	प्रमुख चिकित्सा अधीक्षक, जिला चिकित्सालय	जिला चिकित्सालय, अल्मोड़ा
5	प्रभारी अधिकारी, जिला कार्यालय, उत्तरकाशी	जिला कार्यालय
6	समस्त कार्यालयाध्यक्ष, जनपद उत्तरकाशी	अपने-अपने विभागों हेतु
	समस्त उप जिलाधिकारीगण	तहसीलान्तर्गत स्थित नगर निकायों की समुचित सफाई व्यवस्था हेतु एवं तहसील कार्यालय हेतु।
	समस्त तहसील/विकास खण्ड स्तरीय अधिकारीगण।	अपने-अपने विभागीय कार्यालयों हेतु।

BRT (Block Response Team) and CRT (City Response Team) for Passengers Screening:

जनपद का नाम	विकास खण्ड/नगर निकाय का नाम	BRT/ CRT समन्वयक का नाम, पदनाम व मो० न०	BRT/ CRT अन्य सदस्यों के नाम
अल्मोड़ा	हवालबाग/नगर पालिका परिषद, अल्मोड़ा।	श्री पंकज काण्डपाल, ख० वि० अधि०, हवालबाग। 8057091050	श्री संतोश कुमार, प्र० ABDO 805791050
			श्री गोपाल राम, प्र० ADO (P) 9411113255
			श्री शैलेन्द्र पाण्डे, ADO (स०क०) 9410161444
	लमगड़ा	श्री ललित महावर, ख०वि० अधि०, लमगड़ा। 9412983261	श्री मोहन सिंह बिष्ट, ABDO 6398035413
			श्री महेश कुमार, ADO (P) 9458301090
			श्री अनूप ADO (Cooperative) 9756898845
	चौखुटिया	श्री ब्रजमोहन गुरुरानी, ख०वि० अधि०, चौखुटिया। 9837411223	श्री सुन्दर लाल ADO (P) 7248516808
			श्री मुकेश चौहान, JE(RWD) 9917358735
			श्री हिम्मत गिरी गोस्वामी, ADO(सांख्यिकी) 7351182020
	द्वाराहाट/नगर पंचायत द्वाराहाट	श्री आलोक गार्ग्य, ख०वि० अधि०, द्वाराहाट। 8010804368	श्री राजेन्द्र वर्मा ADO (P) 9412040726
			श्री सन्दीप वर्मा BO (PRD) 9068186460
			श्री मोहन लाल, ADO (C) 9027092657
	धौलादेवी	श्री उमेद सिंह गैड़ा, ख०वि० अधि०, धौलादेवी। 9412924278	श्री शम्भू दत्त जोशी 9411558494
			श्री किशन सिंह जडौत ADO 9917505344
			श्री प्रकाश चन्द्र, ADO (C) 9412507597
	भैसियाछाना	श्री कृपाल सिंह भोज, ख० वि० अधि०,	श्री नन्दन लाल, ADO (P) 9536345956
			श्री सोनू कुमार, BO (PRD) 9758233039

		भैसियाछाना। 9411305931	श्री मनोज डगवाल ADO (C) 8954943535
	सल्ट	श्री रवि कुमार सैनी, ख० वि०अधि०,सल्ट। 8510075891	श्री खीमानन्द बुदलाकोटी, ABDO (Ist) 7302248953 श्री देवेन्द्र तडागी, ABDO (IInd) 819320060 श्री गणेश महर, ADO (स०क०) 7060548912
	स्याल्दे	श्री राजेन्द्र सिंह अधिकारी, ख० वि० अधि०, स्याल्दे। 9411168757	श्री रमेश उप्रेती, प्र० ADO (P) 9458993828 श्री गणेश गिरी, ग्रा०वि०अ० 7579237295 श्री गोपाल राम, ABDO 9458304532
	ताड़ीखेत/नगर पालिका परिषद् रानीखेत- चिनियानौला	श्री आनन्द राम, ख० वि० अधि०,ताड़ीखेत। 9410161399	श्री अधीर चन्द्र गायन ADO (P) 9410656484 श्री संजय सिंह, JE (RWD) 9458131284 श्री गिरीश लाल साह, JE(MI) 9410461063
	भिकियासैण/ नगर पंचायत भिकियासैण	श्री साकिर हुसैन, ख०वि० अधि०,भिकियासैण। 9690786761	श्री सोहन लाल कोहली, ABDO 9411318426 श्री जगदीश सिंह चौहान, ADO(P) 8393969662 श्री राजेन्द्र सिंह, ADO (स०क०) 9837215002
	ताकुला	श्री किसन राम आर्या, ख०वि० अधि० ताकुला। 7351137833	श्री धर्मानन्द आर्या ADO(P) 9411131643 श्री जगत सिंह मेहरा, ABDO 9690923723 श्री सुनील दत्त, ADO (सहकारिता) 9456309196

कोरोना वायरस COVID-19 के संक्रमण से निपटने हेतु गठित टीम

क्र० सं०	COVID 19 रिस्पॉन्स टीम	अधिकारी का नाम	दायित्व
1	लॉजिस्टिक व्यवस्था	- अपर जिलाधिकारी, अल्मोड़ा - मुख्य चिकित्सा अधिकारी, अल्मोड़ा - जिला आयुर्वेदिक एवं यूनानी अधिकारी, अल्मोड़ा	जनपद स्तर पर बेस, जिला, महिला, चिकित्सालय एवं समस्त सी०एच०सी०/पी०एच०सी० में सम्भावित COVID 19 संक्रमित व्यक्तियों की स्वास्थ्य जाँच/परीक्षण हेतु केन्द्र सरकार/राज्य सरकार द्वारा जारी एडवाइजरी एवं दिशा निर्देशों के अनुसार समस्त आवश्यक तैयारियों, सुविधाओं को सुनिश्चित करायेगे, साथ ही Quarantine/ Isolation में परगनावार रखे गये व्यक्तियों को भी सुविधायें उपलब्ध कराने हेतु आवश्यक कार्यवाही करेगे।
2	COVID 19 की रोकथाम में लगे प्रशासनिक/विभागीय/पुलिस कार्मिकों को शासन द्वारा समय-समय पर जारी दिशा-निर्देशों के क्रम में व्यक्तिगत/ सामाजिक सुरक्षा उपायों की	- मुख्य चिकित्सा अधिकारी, अल्मोड़ा - अपर मुख्य चिकित्सा अधिकारी, अल्मोड़ा - मुख्य पशु चिकित्सा अधिकारी, अल्मोड़ा	COVID 19 की रोकथाम में लगे प्रशासनिक/विभागीय/पुलिस कार्मिकों को शासन द्वारा समय-समय पर जारी दिशा-निर्देशों के क्रम में व्यक्तिगत/ सामाजिक सुरक्षा उपायों की सावधानियों के सम्बन्ध में जागरूक करने हेतु जिला/परगना स्तर पर छोटे-छोटे समूह में Social Distance Maintain करते हुए

	सावधानियों के सम्बन्ध में जागरूक करने हेतु ट्रेनिंग टीम		आवश्यकतानुसार स्वास्थ्य विभाग का सहयोग प्राप्त करते हुए प्रशिक्षण कार्यशालाओं का आयोजन करेंगे जिससे COVID 19 की रोकथाम में लगे विभिन्न कार्मिक भी सुरक्षित रहें।
3	आवश्यक वस्तुओं/दवाइयों की उपलब्धता एवं Over Rating की रोकथाम सुनिश्चित करने हेतु आवश्यक वस्तुओं की कालाबाजारी रोकने हेतु टीम	- उप जिलाधिकारी, सदर अल्मोड़ा - जिला पूर्ति अधिकारी अल्मोड़ा - अभिहित अधिकारी, खाद्य सुरक्षा अल्मोड़ा - राज्य कर अधिकारी, अल्मोड़ा - ड्रग्स इन्सपेक्टर अल्मोड़ा	आवश्यक वस्तुओं यथा राशन, डीजल-पेट्रोल, एलपीजी गैस, सब्जियों-फल, सैनिटाईजेशन किट्स एवं जनपद की विभिन्न मेडिकल स्टोर्स पर दवाइयों की उपलब्धता एवं Over rating की रोकथाम एवं छापेमारी करना सुनिश्चित करेंगे।
4	खान-पान व्यवस्था हेतु	- जिला पूर्ति अधिकारी अल्मोड़ा - अधिशाली अधिकारी, नगर पालिका अल्मोड़ा - अभिहित अधिकारी खाद्य सुरक्षा अल्मोड़ा - खाद्य सुरक्षा अधिकारी, अल्मोड़ा	जनपद अन्तर्गत COVID 19 संक्रमित होने के दृष्टिगत खान-पान की उचित व्यवस्था बनाये जाने हेतु आवश्यक कार्यवाही करेंगे।
5	साफ – सफाई एवं सैनिटाईजिंग कार्य	- परियोजना प्रबन्धक स्वजल अल्मोड़ा - अधिशाली अधिकारी नगरपालिका अल्मोड़ा - अधिशाली अधिकारी, नगर पालिका, रानीखेत - अधिशाली अधिकारी नगर पंचायत द्वाराहाट - अधिशाली अधिकारी नगर पंचायत भिकियासैण - अपर मुख्य अधिकारी, जिला पंचायत अल्मोड़ा - उप परियोजना निदेशक, ग्राम्या, अल्मोड़ा - प्रभागीय परियोजना प्रबन्धक, आजिविका, अल्मोड़ा	- जनपद के समस्त निकायों, ग्रामीण क्षेत्रों के सार्वजनिक स्थलों नालियों, कूड़ा एकत्रण स्थलों आदि पर दैनिक रूप से नियमित साफ-सफाई, कूड़ा उठान/निस्तारण सैनिटाईजेशन, सोडियम हाईपो क्लोराईड, ब्लीचिंग, चूना इत्यादि हेतु समस्त आवश्यक कार्यवाही करते हुए दैनिक रूप से आख्या जिला आपातकालीन परिचालन केन्द्र अल्मोड़ा को उपलब्ध करायेगे, साथ ही उक्त कार्य में लगे स्वच्छक/पर्यावरण मित्रों की व्यक्तिगत सुरक्षा हेतु आवश्यक व्यवस्थाएँ करना सुनिश्चित करें। - ग्राम प्रधानों के माध्यम से ग्रामीण स्वास्थ्य एवं स्वच्छता समिति को सक्रिय कर स्वच्छता हेतु आवश्यक कार्यवाही करना।
6	पर्यटकों की सूचना एवं उनसे समन्वय स्थापित किये जाने का कार्य	- जिला पर्यटन विकास अधिकारी, अल्मोड़ा - उप निबन्धक, रजिस्ट्रार कार्यालय, अल्मोड़ा	जनपद अन्तर्गत बाहर से आने वाले विदेशी/भारतीय पर्यटक जो जनपद में अवस्थित होटलों/रिजार्ट/होम स्टे आदि में निवास कर रहे हैं उनकी जानकारी एवं पर्यवेक्षण हेतु सम्बन्धित संचालको से समन्वय स्थापित करते हुए प्रतिदिन की रिपोर्ट निर्धारित प्रारूपानुसार जिला आपातकालीन परिचालन केन्द्र को उपलब्ध करायेगे।
7	अफवाह फैलाये जाने वाले व्यक्तियों पर विशेष निगरानी हेतु गठित टीम	- सम्बन्धित उपजिलाधिकारी - सम्बन्धित पुलिस उपाधीक्षक - निरीक्षक/उप निरीक्षक स्थानीय अभिसूचना इकाई अल्मोड़ा	कोरोना वायरस संक्रमण के दृष्टिगत सोशल मिडिया, व्हाट्सप, अन्य मीडिया माध्यमों आदि पर अफवाह फैलाये जाने वाले अराजक तत्वों/प्रकरण संज्ञान पर आने की स्थिति में सुसंगत धाराओं के तहत आवश्यक कार्यवाही करना सुनिश्चित करेंगे।

8	COVID 19 संक्रमण के दृष्टिगत बाहर से आने वाले स्थानीय व्यक्तियों के सम्बन्ध में सूचना प्राप्त करना	● जिला पंचायत राज अधिकारी अल्मोड़ा ● जिला कार्यक्रम अधिकारी, महिला सशक्तिकरण एवं बाल विकास	कोरोना वायरस संक्रमण के दृष्टिगत ग्राम प्रधानों, जनप्रतिनिधियों आदि से प्रतिदिन वार्ता करते हुए अद्यतन सूचना प्राप्त कर निर्धारित प्रारूप पर जिला आपातकालीन परिचालन केन्द्र को उपलब्ध कराना सुनिश्चित करेंगे।
9	COVID 19 संक्रमण के दृष्टिगत प्रतिदिन अभिलेखीकरण करने हेतु	● जिला अर्थ एवं संख्याधिकारी अल्मोड़ा ● जिला समाज कल्याण अधिकारी, अल्मोड़ा	कोरोना वायरस संक्रमण के दृष्टिगत प्रत्येक दिन सम्बन्धित विभागों हेतु निर्धारित प्रारूपानुसार रिपोर्टिंग तैयार करते हुए प्रतिदिन सूचना जिला आपातकालीन परिचालन केन्द्र अल्मोड़ा को उपलब्ध कराना सुनिश्चित करेंगे।
10	COVID 19 संक्रमण के दृष्टिगत रोकथाम एवं नियंत्रण मीडिया मैनेजमेन्ट टीम	● उप जिलाधिकारी, सदर, अल्मोड़ा ● जिला सूचना अधिकारी, अल्मोड़ा ● जिला आपदा प्रबन्धन अधिकारी अल्मोड़ा	कोरोना वायरस से सम्बन्धित दैनिक प्रेस-नोट जिला आपातकालीन परिचालन केन्द्र अल्मोड़ा में संकलित सूचनाओं के आधार पर प्रिन्ट/ इलेक्ट्रॉनिक मीडिया/सोशल मीडिया को जारी करायेगे।
11	COVID 19 संक्रमण के दृष्टिगत प्रतिदिन दैनिक रिपोर्ट/ वीडियो से सम्बन्धित सूचना तैयार किये जाने हेतु	● डा. अनिल ढींगरा, नोडल ऑफिसर, आई.डी.एस.पी. अल्मोड़ा ● श्री नरेन्द्र, एपिडिमियोलॉजिस्ट, आई.डी.एस.पी. अल्मोड़ा ● श्री देवेन्द्र आर्या, डाटा इन्ट्री ऑपरेटर, आई.डी.एस.पी. अल्मोड़ा	सम्बन्धित कार्मिकों द्वारा शासन द्वारा प्रेषित प्रारूपानुसार प्रतिदिन दैनिक रिपोर्ट/वीडियो से सम्बन्धित सूचना तैयार कर नोडल आफिसर के माध्यम से सर्व सम्बन्धितों तथा जिला आपातकालीन परिचालन केन्द्र को उपलब्ध करायी जायेगी। जनपद के समस्त चिकित्सालयों में कोरोना वायरस के सम्भावित संक्रमण हेतु उपचार करा रहे पीड़ितों के सम्बन्ध में सूचना जिला आपातकालीन परिचालन केन्द्र को उपलब्ध कराना।

COVID-19 Home Delivery and Supply Management Team

क्र. सं.	नाम एवं पदनाम	मोबाईल नम्बर
1	डा. एस. के. उपाध्याय, उप परियोजना निदेशक, जलागम	9149048279
2	श्री दुर्गेश्वर कुमार त्रिपाठी, जिला आबकारी अधिकारी, अल्मोड़ा	9412117109
3	श्री कैलाश चन्द्र भट्ट, प्रभागीय परियोजना प्रबन्धक, आजिविका	9411749703
4	श्री विनोद शर्मा, कृषि एवं भूमि संरक्षण अधिकारी, अल्मोड़ा	9758078891

श्री मनुज गोयल, मुख्य विकास अधिकारी, अल्मोड़ा को अल्मोड़ा मेडिकल कालेज में COVID-19 से सम्बन्धित प्रशासनिक, समस्त सामग्री की आपूर्ति, मानव संसाधन, सुदृढ़ीकरण एवं अन्य पूर्ण समन्वयपरक गतिविधियों के लिये गठित टीम

क्र. सं.	नाम एवं पदनाम	मोबाईल नम्बर
1	श्री राजेश चौहान, सहायक निबन्धक, सहकारिता	9719559559
2	श्री बी.सी. पन्त, अधिशासी अभियन्ता, नि.ख. लोक निर्माण विभाग, अल्मोड़ा	9412102696
3	श्री नितिन पाण्डे, अधिशासी अभियन्ता ग्रामीण निर्माण विभाग, अल्मोड़ा	7830179746
4	श्रीमती प्रियंका सिंह, मुख्य कृषि अधिकारी, अल्मोड़ा	7579035116

COVID-19 से बचाव एवं प्रबन्धन हेतु COVID-19 के Positive केस की Contact Tracing के लिए नोडल अधिकारी नामित

क्र. सं.	नाम	पदनाम	मोबाईल नम्बर	अभ्युक्ति
1	श्री बी.एल. फिरमाल	अपर जिलाधिकारी	9412964198	नोडल अधिकारी
2	श्री मनोहर लाल	मुख्य प्रशासनिक अधिकारी	9412044855	सहायक नोडल अधिकारी

Environmental Cleaning;

Due to the potential survival of the virus in the environment for several days, the premises and areas potentially contaminated with the 2019- nCoV should be cleaned before their re-use, using products containing antimicrobial agents known to be effective against corona viruses. Although there is lack of specific evidence for their effectiveness against 2019-nCoV virus, cleaning with water and household detergents and use of common disinfectant products should be sufficient for general precautionary cleaning. Tests carried out using SARS-CoV showed that sodium hypochlorite is effective. These guidelines provide guidance for environmental cleaning in quarantine facilities housing people exposed/ potential exposure to COVID-19 and have been adapted based on the Hospital Infection Prevention and Control guidelines drafted by NCDC in collaboration with WHO and other stakeholders.

Environmental Cleaning and Sanitising





Making Mask



Area/Items	Item/Equipments	Process	Method/Procedure
Clinical Area			
General clinical areas Floors (clinical areas) - daily mopping	Dust mops Mop (No broom will be used for sweeping) Detergent/sanitizer- hot water, sodium hypo chlorite (1%) Three buckets (one with plain water and one with detergent solution; one bucket for sodium hypochlorite (1%))	Sweeping Cleaning Daily mopping	• Sweep with the dust mop or damp mop to remove surface dust. Sweep under the furniture and remove dust from corners. Gathered dust must be removed using a hearth brush and shovel. • The sweep tool should be cleaned or replaced after use. • Prepare cleaning solution using detergent with warm water • Use the three-bucket technique for mopping the floor, one bucket with plain water and one with the detergent solution. • First mop the area with the warm water and detergent solution. After mopping clean the mop in plain water and squeeze it. • Repeat this procedure for the remaining area. • Mop area again using sodium hypochlorite 1% after drying the area. • In between mopping if solution or water is dirty change it frequently. • Mop the floor starting at the far corner of the room and work towards the door. • Clean articles between cleaning. • Note: Mopping should be done twice a day.
Ceiling and Walls	Sweeping tool Duster Bowl/ small bucket of soap solution Plain water	Damp dusting	• Damp dusting with a long handled tool for the walls and ceiling done with very little moisture, just enough to collect the dust. • Damp dusting should be done in straight lines that overlap one another. • Change the mop head/cover when soiled.

			• Note: Should be done once a week or after examining a suspect case
	Care of mop	Hot water Detergent Sodium hypochlorite 1%	• Clean with hot water and detergent solution, disinfect it with sodium hypochlorite and keep for drying upside down.
Doors and door knobs	Damp cloth or Sponge squeeze mop Detergent	Thorough washing	• The doors are to be washed with a brush, using detergent and water once a week (on one defined day); gently apply cloth to soiled area, taking care not to remove paint, then wipe with warm water to remove excess cleaning agent. • Door knobs and other frequently touched surfaces should be cleaned daily
Isolation room	Detergent/ Sanitizer- warm water, sodium hypochlorite (1%) Three buckets (one with plain water and one with detergent solution); Separate bucket for sodium hypochlorite (1%)	Terminal cleaning	• Before cleaning an isolation room, liaise with infection control team for details of any special requirements. Staff will be instructed on specific cleaning procedures required with reference to • Safety uniform to be worn. Chemicals or disinfectants to be used. • Also, if bed screen and shower screen are to be cleaned or changed, refer cleaning in isolation rooms.
All clinical areas/ Laboratories/ Wherever spill care is required	Sodium hypochlorite (1%) Rag piece Absorbent paper Unsterile gloves Spill care kit Mop Hot water	Blood and body fluid spill care	• Wear non-sterile gloves. • For large spills, cover with absorbent paper/ rag piece • if any broken glass and sharps, using a pair of forceps and gloves, carefully retrieve. Use a large amount of folded absorbent paper to collect small glass splinters. Place the broken items into the puncture proof sharps container. • Cover the spill with

			sodium hypochlorite (1%) for 10-20 minutes contact time. • Clean up spill and discard into infectious waste bin, and mop area with soap and hot water. • Clean the mop and mop area with 1% sodium hypochlorite. • Wash mop with detergent and hot water and allow it to dry.
Stethoscope	Alcohol-based rub/Spirit swab	Cleaning	• Should be cleaned with detergent and water. • Should be wiped with alcohol based rub/spirit swab before each patient contact.
BP cuffs and covers	Detergent Hot water	Washing	• Cuffs should be wiped with alcohol based disinfectant and regular laundering is recommended for the cover.
Thermometer	Detergent and water Alcohol rub Individual thermometer holder	Cleaning	• Should be stored dry in individual holder. • Clean with detergent and tepid water and wipe with alcohol rub in between patient use. • Store in individual holder inverted. • Preferably one thermometer for each patient.
Injection and dressing trolley	Detergent and water Duster Disinfectant (70% alcohol)	Cleaning	• To be cleaned daily with detergent and water. • After each use should be wiped with disinfectant.
Refrigerators	Detergent and water Absorbent paper or clean cloth	Cleaning (weekly)	• Empty the fridge and store things appropriately. • Defrost, decontaminate and clean with detergent. • Dry it properly and replace the things. • Weekly cleaning is recommended.
Lodging Area			
General cleaning	Detergent and warm water Mop Two buckets Clean utility gloves Hand	Daily mopping floors Thorough washing	• Scrub floors with hot water and detergent with using minimal water. (Do not pour the water.)

	mops		• Clean with plain water. • Allow to dry • Hypochlorite 1% mopping can be done. Note: Recommend general cleaning procedure should be done twice a day
Lockers, tables, cupboard, wardrobes, benches, shelves and cots	Damp duster Warm water Detergent Dry duster	Damp dusting	• Damp dust with warm water and detergent.
Railings	Detergent/Sanitizer hot water, sodium hypochlorite 1% Three small buckets/ or big bowls One with plain water One with detergent solution One for sodium hypochlorite 1%	Daily dusting	• Damp dust with warm water and detergent followed by disinfection with hypochlorite
Mirrors and Glass	Warm water Detergent water/ cleaning solution Damp cloth Wiper	Cleaning	• Using warm water and a small quantity of detergent and using a damp cloth, wipe over the mirror and surround, then using a dry lint-free cloth, buff the mirror and glass to a clean dry finish.
Sluice room	Powder cleanser	Cleaning	• Sinks are to be cleaned
Stainless steel/ Any other sink	Detergent powder Wiper Cloth		- With a powder cleanser. • First wet the sink. Sprinkle on a little powder cleanser and work around the surface with a cloth, include the plug hole. • Do not use the powder cleanser on dry sink. • After removing spillage and any stains, flush away with running water. Wipe down the surface of the sink.
Pantry furniture	Duster	Dusting	• Damp dust
Telephone	Warm water detergent solution Duster	General cleaning	• Damp dust with warm water and detergent. • Paying special attention to the ear and mouth piece and dry it properly.
Desks	Damp cloth Furniture polish	Dusting	• Wipe top sides and draw handles with a damp cloth. Wooden desks should be cleaned with

			furniture polish and buffed to clear glows. Pen holder etc. to be cleaned or dusted.
Chairs (Vinyl)	Warm water and detergent	Cleaning	Wipe down with warm water and detergent. Remove any marks under arms and seat. Check for damage to stoppers, if stopper require replacement, report to maintenance department.
Furniture and fittings	Warm water and detergent Rag piece	Dusting	Using warm water and detergent, damp dust all furniture and fittings, including chairs, stools, beds, tables, cupboards, wardrobes, lockers, trolleys, benches, shelves and storage racks, waste/ bins, fire extinguishers, oxygen cylinders, televisions window sills and dry properly.
Bed tables, bedside lockers	Warm water and detergent Wiper Duster	Cleaning	- Wipe down over bed table. Wipe top and underneath base and stand, using warm water and detergent. Dry on completion. - Wipe down the bedside. Remove marks from fronts of draws and sides. Using warm water and detergent, wash the top to remove any sticky marks and dust.
Light switches and over-bed lights	Damp cloth (never wet) Detergent Warm water	Cleaning	- Light switches to be cleaned of dust, spots and finger marks. Clean with a damp cloth (never wet) and detergent. - Over-bed lighting to be damp dusted. Clean with warm water and detergent.
Curtains	Soft clothes Water Mild soap solution	Cleaning	Clean with water and soap for curtains
White clothes	Sodium hypochlorite 1% Tap water	Washing	Should be washed under running water and soaked in 1% sodium hypochlorite for 20 minutes. Note: PPE should be worn while washing soiled linen.
Mattress and pillow	Tap water	Washing	Mattress and pillows

covers (cloth)			should be covered with a reusable mattress cover. • It should be changed for each patient and when soiled sent to the laundry according to schedule.
Mattress/ Pillow with rexin cover Normal/ without rexin	Sodium hypochlorite 1% Sunlight	Terminal Damp dusting and cleaning Drying in sunlight	• If with rexin cover, can be cleaned with 1% sodium hypochlorite before use for next patient • If routine mattress, dry it in bright sunlight for 12 days before using for next patient.
Water jars	Vim powder Soap and water	Cleaning	• Recommended boiled water for drinking • Water jars should be scrubbed/ cleaned with soap and water and boiled water before filling with water.
Cleaning of Toilets			
Toilet pot/ commode	Sodium hypochlorite 1%/ Soap powder / long handle angular brush	• Inside of toilet pot/commode: • Scrub with the recommended agents and the long handle angular brush. Outside: Clean with recommended agents; use a nylon scrubber.	
Lid/commode	Nylon scrubber and soap powder	• Wet and scrub with soap powder and the nylon scrubber inside and outside	
Toilet floor	Soap powder and scrubbing brush/ nylon broom	• Scrub floor with soap powder and the scrubbing brush • Wash with water • Use sodium hypochlorite 1% dilution	
Tap	Nylon scrubber and soap powder	• Wet and scrub with soap powder and the nylon scrubber.	
Outside sink	Soap powder and nylon scrubber	• Scrub with the nylon scrubber.	
Showers area / Taps and fittings	Warm water Detergent powder Nylon Scrubber	• Thoroughly scrub the floors/tiles with warm water and detergent • Wipe over taps and fittings with a damp cloth and detergent. • Care should be taken to clean the underside of taps and fittings. • Taps should be dried after cleaning	
Soap dispensers	Detergent and water	• Daily dusting • Should be cleaned weekly with detergent and water and dried.	

Contact Details

Information about District Rapid Response Team;

District Level Health Officer's Telephone Numbers;

Desk Name	Responsible Officer	Contact No.	Team Member	Contact No.
Clinical Desk	Dr. Deepankar Daneil	9412092243	Ravi Mishra	9412096204
			Mohit Kanwal	9456164363
			Mohit Pande	9759233580
Quarantine Desk	Dr. Yogesh Purohit	9997776440	Himanshu Mushuni	7830657388
			Naveen Bhatt	7535923441
			Jagdish Bisht	9411560063
Training Desk	Dr. Anil Dingra	9412042301	Deepak Bhatt	9412907818
			Manish Tewari	9760918910
			Indra Singh Almiyan	8475018583
Communication Desk	Mr. Lalit Pandey		Lalit Pandey	9412977394
			Subash Pandey	9412375611
			Gokulanand Joshi	9411516735
Epidemiology Desk	Mr. Deepak Bhatt	9412907818	Sanjay Joshi	9412045480
			Narendra Kumar	9956319445
			Bharat Kumar	9759237626
Legal Desk	Smt. Tara Bhandari	9410180709	Rakesh Bhatt	9411574426
			Mohit Kanwal	9456162383
Logistic Desk	Mr. B. B. Joshi	7579474577	Tara Joshi	8449124020
			Tarun Lohani	9456162383
			Pyare Lal	9456685670
Reserve Duty	Mr. Harish Joshi	9411763562		
	Mr. Ankit Gupta	8958168732		
Over all Logistic Incharge	Mr. Manoj Pandey	9412436406		
Over all war Room Operation Incharge	Dr. Savita Hyanki	9411757084		

Status of Logistics, Man and Material							
Reporting Format COVID 19/02/2020							
Name of District Almora							
S. No.	Name of Facility	Name of Equipment	Availability in Numbers	Status of HR	Functional	Requirement is nos	SI no
1	DH/SDH/CHC/PHC	X-Ray Machine	9	Y	Y		
2		USG Machine	6	Y	N		
3		Ambulance	8	N	N	1	
4		Ventilator	0	N	N		

Status of Logistics Man and Material

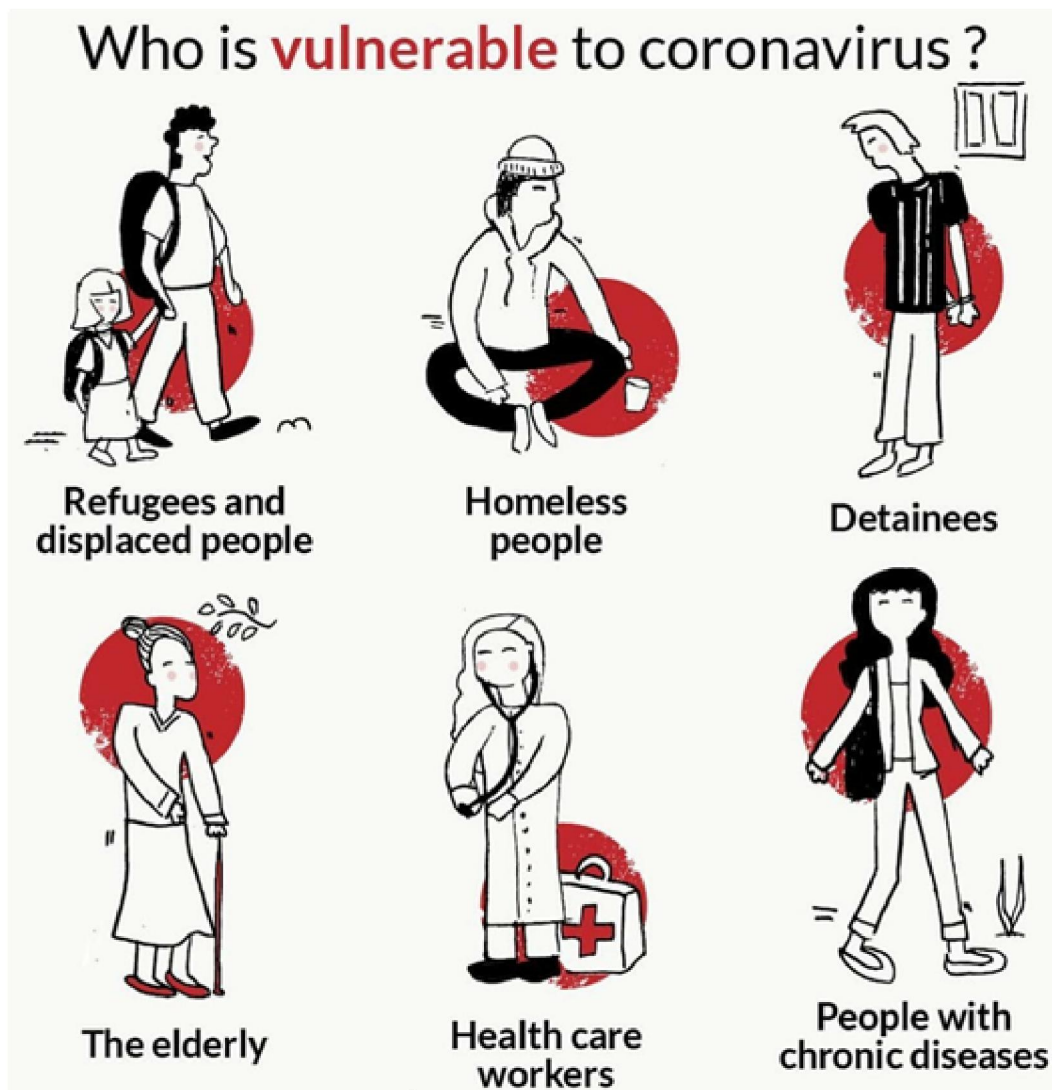
Reporting Format COVID 19/02/2020					
S. No.	Name of Facility	Human Resource	Availability in Numbers	Requirement is NOS	Requirement From State
1	DH/SDH/CHC/PHC	Anesthetist	5	8	8
2		Physician	1	7	7
3		GDMO	10	14	14
4		Staff Nurse	62	57	55
5		X-Ray Technician	6	12	11
6		Lab Technician	12	19	19
7		Pharmacist	20	26	26
8		Ward Boy	60	70	70
9		E.N.T Surgeon	1	1	1
10		EMO	1	2	2

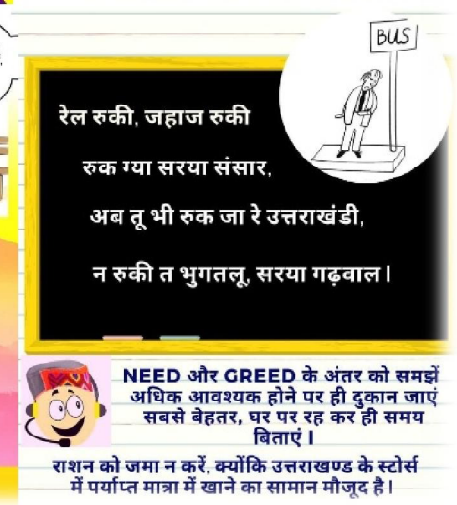
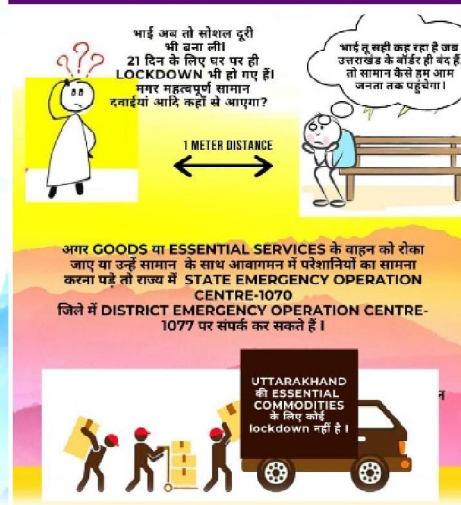
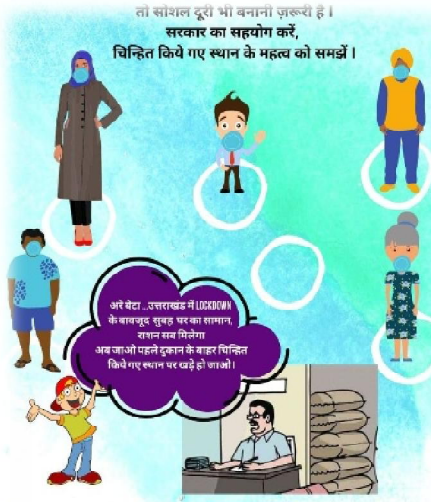
List of Hospitals with Contact Details of Officers:

List of PHC and CHC;

क्र०सं०	चिकित्सक का नाम	तैनाती स्थल
01	डा० कादिर हुसैन	सा०स्वा० केन्द्र भिकियासैण अल्मोड़ा
02	डा० अनुपम जोशी	रा०एलो० शहरफाटक, अल्मोड़ा
03	डा० कमलेश जोशी	अति०प्रा०स्वा० केन्द्र, पनुवानौला, अल्मोड़ा
04	डा० विनोद तिवारी	सामु०स्वा० केन्द्र धौलादेवी, अल्मोड़ा
05	डा० मनीष मेरिया	अति०प्रा०स्वा० केन्द्र, स्यालकोट, अल्मोड़ा
06	डा० सिमरनजीत	अति० प्रा०स्वा० केन्द्र, चमड़खान, अल्मोड़ा
07	डा० अक्षर जारियाल	सामु०स्वा० केन्द्र सल्ट, अल्मोड़ा
08	डा० अजय कुमार	अति०प्रा०स्वा० केन्द्र मनोली अल्मोड़ा

AWARENESS POSTERS;





हेल्पलाइन नंबर- 18001801200 / 104



How To Prevent **Coronavirus** From Spreading, Especially When Travelling?



**District Emergency Operation Centre, District
Magistrate Office, Almora (Help Line No. 05962-237874, 237875)**