Covid-19 outbreak, says Centre

Govt warns surge can overwhelm resources States must do more to contain Covid-19 outbreak, says Centre (Hindustan Times: 20210331)

https://epaper.hindustantimes.com/Home/ArticleView

The surge in Covid-19 cases across the country at present has the potential to overwhelm India’s health care infrastructure, the Union government said in a warning to states, even as the national positivity rate crossed 5% for the first time since October, indicating the severity of the second wave.

The government urged states to take immediate steps to limit the outbreak and strengthen hospitals and enhance intensive care capacities. During the weekly briefing, the Union government officials separately identified the current hotbeds (10 districts in particular, of which eight are in Maharashtra) and said immediate steps must be taken to improve testing of
people and isolation of those infected in order to control a situation that one expert described as going from “bad to worse”.

“Since the past few weeks, the situation is going from bad to worse, which is a serious cause for concern. In some states in particular, there is a huge cause for worry, so no state, no part of our country, no district should be complacent. What the trends show is that the virus is still very active, can penetrate our defences, and when we think we have found ways to control the virus, it strikes back. It has done so in our country; it has done so in other countries,” said VK Paul, member (Health) of Niti Aayog.

Paul was speaking at the briefing where the Union health secretary gave figures that underscore the worsening trend. Among them was the average positivity rate for the country, which has risen above 5% for the first time since October 22. “The weekly national average positivity rate is 5.65%. Maharashtra has a weekly average of 23%, Punjab has a weekly average of 8.82%, Chhattisgarh 8%, Madhya Pradesh 7.82%, Tamil Nadu 2.50%, Karnataka 2.45%, Gujarat 2.2% and Delhi 2.04%,” health secretary Rajesh Bhushan said.

In a letter to states, he separately wrote: “…the current rise in cases is of concern and has the potential of overwhelming health care systems, unless checked right now.”

Ten districts in the country currently account for the majority of active Covid-19 cases, with eight of them in Maharashtra alone, the officials said at the briefing.

While testing has been low over the past two days due to the weekend and the festival of Holi, the daily average of cases added across the country over the week till March 29 was around 58,000, the highest since October 20.

The surge, Bhushan said, was due to inadequate Covid-19 testing, lack of public health measures, and because of specific events or places where crowding happens. “The need is for states to exponentially increase Covid-19 testing, especially, the proportion of RT-PCR testing should be increased up to at least 70%. The rising cases also highlight public health measures are not being taken as per requirement such as implementation of containment strategy, effective contact tracing, appropriately physically isolating positive cases, etc,” he added.

The districts with high active case loads are Pune, Mumbai, Nagpur, Thane, Nashik, Aurangabad, Bengaluru Urban, Nanded, Delhi, and Ahmednagar.

To be sure, India’s vaccination drive is just picking up momentum. A total of 62.3 million vaccine shots have been administered till Tuesday at 7pm, with 9 million people having received both shots, and 44.3 million one. The drive is expected to kick up a hear from April 1 when anyone over the age of 45 years becomes eligible for a vaccine.

On Saturday, the Centre released a list of 47 districts across the country that are currently reporting an unusual surge of Covid-19 cases.

“Some districts that saw a high number of cases in August-November are again seeing a high growth rate of cases. In addition, a number of new districts that saw a limited prevalence earlier, are worryingly, showing a surge in Covid cases. States/UTs and districts that have current low levels of cases, however, cannot be complacent,” the letter read. The government outlined five areas for the districts to focus on: improving testing and tracing, ensuring proper isolation of infected people, strengthening health care capacities, enforcing appropriate behaviour in public places and prioritising vaccinations.
A nurse draws a dose of COVID-19 vaccine in Toronto. File | Photo Credit: AFP

Federal body asks manufacturers asked to assess risk of drug by age

Following reports of an extremely rare adverse reaction to the AstraZeneca vaccine which causes blood clots, several countries have set age limits for the use of the vaccine and Canada is the latest to follow suit.

Health Canada, a Canadian federal department responsible for helping citizens maintain and improve their health, on March 29 recommended that the AstraZeneca vaccine be used only on people above 55 years. This guidance was given after scientists in Europe said they had identified a mechanism that was responsible for the vaccine causing blood clots in rare cases.

Earlier on March 24, Health Canada had issued a label change and guidance on the AstraZeneca vaccine following reports from European studies of rare but serious events of blood clots associated with low platelet count (thrombocytopenia). The Canadian federal body has asked the manufacturers to conduct an assessment of the risks and benefits of the vaccine by age and gender in Canada. Until then, it has recommended pausing the use of the vaccine on people under 55 years of age.

Canada is not the first country to recommend an age limit for use of the vaccine. According to a report in Science, France has restricted the use of this vaccine to people aged 55 and higher; the age limit is 65 in Sweden and Finland and 70 in Iceland — the rationale being this is the age group most likely to suffer the severest impact of Sars Covid-2 infection.

Puzzling combination

The combination of symptoms — blood clots and low platelet count, sometimes with bleeding — is puzzling, because normally it is the blood platelets that help in clotting of blood and therefore they would be present in large numbers when blood clots.

Researchers said in a preprint posted on Research Square that these unusual symptoms actually resemble a rare side-effect of the blood thinner heparin which is known as heparin induced thrombocytopenia (HIT). In this context, researchers Greinacher et al draw a parallel to HIT and call this vaccine-induced prothrombotic immune thrombocytopenia (VIPIT) and say it may be treated in a manner similar to treatment of HIT.
The symptoms include shortness of breath, chest pain, leg swelling, persistent abdominal pain, sudden onset of severe or persistent worsening headache, or blurred vision or skin bruising other than at the site of vaccination, and onset by four to twenty days of vaccination.

Need to vaccinate

Given the wide rollout of the AstraZeneca vaccine in India, some scientists believe the decision of the Canadian Agency need not be emulated.

According to Vineeta Bal, retired scientist from the National Institute of Immunology, Delhi, and currently with IISER Pune, “Given that the number of infected [in India] is increasing rapidly, and that there are not very many reports of reinfections, but new people getting infected, there is an urgent need to vaccinate the people. This [VIPIT] is a very rare side-effect and when crores of people around the world have been vaccinated, this particular adverse reaction has been seen in about 30 people. I hope our government does not take a cue from others and issue a directive, as that would only confuse people.”

While other countries have a choice of several vaccines, India has only two right now. There is also no data on such adverse effects in India. “I would recommend both vaccines equally and not worry about decisions made by other countries which are based on a risk-benefit analysis,” Prof. Bal adds.

Highest single-day Covid spike this year

354 new deaths, highest single-day Covid spike this year(The Tribune: 20210331)


As many as 53,480 fresh infections pushed India’s COVID-19 tally to 1,21,49,335, while 354 new fatalities, the highest single-day spike so far this year, took the death toll to 1,62,468, according to Union health ministry data updated on Wednesday.

The country had recorded 355 deaths on December 17.

The active caseload increased to 5,52,566 and accounts for 4.55 per cent of the total infections. The recovery rate further dropped to 94.11 per cent, the ministry data updated at 8 am showed.

The number of people who have recuperated from the disease surged to 1,14,34,301, while the case fatality rate stands at 1.34 per cent, it stated.
According to the Indian Council of Medical Research, 24,36,72,940 samples had been tested up to March 30 with 10,22,915 being tested on Tuesday. PTI

Coronavirus updates

Coronavirus updates | Trends show virus is still very active, says V.K. Paul (The Hindu: 20210331)


People celebrate Holi with scant regard to COVID-19 restrictions in poll-bound Guwahati. | Photo Credit: RITU RAJ KONWAR

World leaders call for international pandemic treaty; impose fines on those flouting COVID-19 protocols: DGCA to airports

The surge in the number of COVID-19 cases has gone “from bad to worse”, said member (health) of the NITI Aayog V.K. Paul on Tuesday as India registered 56,211 new cases in the last 24 hours.

Dr Paul said 10 districts across India including Pune (59,475), Mumbai (46,248), Nagpur (45,322), Thane (35,264), Nashik (26,553), Aurangabad (21,282) and Bengaluru Urban (16,259) currently have the highest active COVID case load.

The cases include 855 cases from virus variants.

Speaking at a press conference, Dr. Paul noted that the country is facing an increasingly severe and intensive situation in some districts but the whole country is potentially at risk. “All efforts to contain the virus and save lives should be taken,” he said.

Step up testing

Also addressing the presser, Health secretary Rajesh Bhushan stressed the need to take urgent action to curb the surge. He said States have been asked to ramp up testing with focus on RT-PCR tests, ensure effective and prompt isolation of those infected and tracing their close contacts while strengthening public and private health care resources.

“Ensuring COVID appropriate behaviour and saturation of vaccination for priority age groups” in districts reporting surge in cases is also a priority, he said.
“India is currently showing a weekly national average positivity rate of 5.65% with Maharashtra showing a weekly average of 23.4%, Punjab (8.82%), Chhattisgarh (8%), Madhya Pradesh (7.82%), Tamil Nadu (2.50%), Karnataka (2.45%), Gujarat (2.2%) and Delhi (2.04%),” said Mr. Bhushan.

Read more
You can track coronavirus cases, deaths and testing rates at the national and State levels here. A list of State Helpline numbers is available as well.

Here are the latest updates:

ON VACCINES
'Vaccines work on U.K. and Brazil variant'
ICMR head Balaram Bhargava said "Our vaccine works on U.K. and Brazilian variant” and added that "South African variant is under research."
Mr. Rajesh Bhushan said "Variation in virus is not any reason for panic."

CORONAVIRUS SITUATION
'Trends show virus is still very active'
NITI Aayog member V.K. Paul said "the current situation in the country is going from bad to worse. The trends show that the virus is still very active."

Delhi, taken as one district, among top 10 COVID-19 high-burden districts. Eight such districts are from Maharashtra, said the government.

Dr. Paul said "The mask gives us 70 percent protection and we have to use this."

HEALTH SECRETARY PRESS CONFERENCE
10 districts across India have most number of active cases, says Health Secretary
During a press conference, Union Health Secretary Rajesh Bhushan said "We are seeing a rise in COVID cases Maharashtra, Chhattisgarh, Tamil Nadu, Karnataka, Gujarat, Delhi are matter of concern. Tests have to increase in these areas.
"There are 10 districts across the country that have the most number of active cases — Pune, Mumbai, Nagpur, Thane, Nashik, Aurangabad, Bengaluru Urban, Nanded, Delhi and Ahmednagar."

Mr. Bhushan said "We have been in constant touch with officials to ensure higher rate of testing/ especially RTPCR/ rapid antigen test to be used as screening test.

"Strengthening private and public healthcare facilities should be done now. This included taking on adequate health care workers. There has to be appropriate COVID behaviour. And fines should be imposed for any violation."

Health Secretary added "Total genome testing (from dec onward) 11064. UK variant 807, South African 47, Brazilian 1."

Health Secretary Rajesh Bhushan said "All private facilities should be adequately used for COVID vaccination. 97 percent of people satisfied with overall vaccination experience as per government survey."

LONDON
World leaders call for international pandemic treaty
More than 20 heads of government and global agencies on March 30 called for an international treaty for pandemic preparedness that they say will protect future generations.

But there are few details to explain how such an agreement might actually force countries to act more cooperatively.

World Health Organization (WHO) Director-General Tedros Adhanom Ghebreyesus and leaders, including Boris Johnson of Britain, Mario Draghi of Italy and Paul Kagame of Rwanda, called for “a renewed collective commitment” to reinforce the world’s pandemic preparedness and response systems, that would be rooted in the U.N. health agency's constitution.
“We are convinced that it is our responsibility, as leaders of nations and international institutions, to ensure that the world learns the lessons of the COVID-19 pandemic,” the authors wrote in a commentary that was published Tuesday. Although they called for “solidarity,” and greater “societal commitment,” there was no indication any country would soon change its own approach to responding to the pandemic. — AP

TURKEY

Turkey reinstates restrictions after sharp virus cases rise

Turkey is reinstating weekend lockdowns in most of Turkey's Provinces and will also impose restrictions over the Muslim holy month of Ramadan following a sharp increase in COVID-19 cases.

Virus infections in Turkey have soared less than a month after the country divided its 81 provinces into four colour-coded categories and relaxed restrictions in some provinces under a “controlled normalization” effort. The number of confirmed daily infections have since almost tripled to around 30,000, matching the record numbers that were reported in December.

The country is also reporting around 150 deaths per day, up from around 65 at the start of the month. — AP

NEW DELHI

PM Modi wishes Farooq Abdullah speedy recovery from COVID-19 infection

Prime Minister Narendra Modi on Tuesday wished National Conference (NC) president and Member of Parliament Farooq Abdullah a speedy recovery from the COVID-19 infection.

“Praying for the good health and speedy recovery of Dr. Farooq Abdullah Ji. Also praying for your and the entire family’s good health,” PM Modi said in a tweet.

The Prime Minister’s message came in response to a tweet of NC vice-president Omar Abdullah, who announced on the micro-blogging site about his father contracting the infection. — Peerzada Ashiq
Aviation safety watchdog DGCA on Tuesday instructed airports to increase surveillance to ensure compliance of COVID-19 protocols on their premises and to levy spot fines.

"During the surveillance of some airports, it has come to notice that compliance is not satisfactory. All airport operators are requested to ensure that the instructions on COVID-19 protocol from the standpoint of wearing face-masks properly, covering nose and mouth, as well as maintaining social distancing within the airport premises are followed scrupulously."

The DGCA has also asked airports to explore the possibility of imposing fines, along with local police authorities. — Jagriti Chandra

Over 700 people were issued challans across the national capital on Holi for not wearing masks in public, police said on Tuesday.

People were also penalised for violating social distancing norms and spitting in public places, they said.

Till 4 pm on Monday, 730 challans were issued to people who were found without a face mask, nine were fined for not adhering to social distancing norms and three for spitting in public places, according to data shared by the police. — PTI

Syrian President Bashar Assad and his wife have recovered from COVID-19 and returned to their regular duties on Tuesday, three weeks after they had tested positive for the coronavirus, the president's office said.

According to the statement, Syria's first couple had their PCR tests and the results were negative, and the mild symptoms of the virus that they had experienced before were now gone.
Assad, 55, and his wife, Asma, who is 10 years younger and had announced her recovery from breast cancer in 2019, had isolated themselves since testing positive on March 8. — AP

NEW DELHI

CSIR suggests sewage, air surveillance systems in Parliament to detect COVID-19 prevalence

A presentation suggesting the setting up of sewage and air surveillance systems in Parliament to detect the prevalence of COVID-19 was made before Vice-President M. Venkaiah Naidu on March 30.

Elaborating on the relevance of sewage surveillance in his presentation, Director General of Council of Scientific and Industrial Research (CSIR) Shekhar C. Mande said, "COVID-19 patients shed SAR-CoV-2 in stools. Apart from symptomatic individuals, asymptomatic people also shed the virus in their stools." Sewage surveillance provides a qualitative as well as a quantitative estimate of the number of people infected in a population and could be used to understand the progression of COVID-19 even when mass scale tests for individuals are not possible, an official statement said quoting the CSIR chief.

Mr. Mande also suggested setting up an air sampling system to monitor viral particles and potential infectivity threat. — PTI

USA

90% U.S. adults to be eligible for vaccine by April 19, says Joe Biden

President Joe Biden has announced that 90% of the adults in the U.S. would be eligible for COVID-19 vaccination by April 19 and the final 10% no later than May 1.

The vaccination drive under the Biden administration has been going in at an unprecedented pace. As many as 100 million shots have been administered in less than 60 days of his administration and they are now moving on to the next 100 million shots in just 40 days.

“I’m pleased to announce that at least 90% of all adults in this country will be eligible to be vaccinated by April the 19th, just three weeks from now, because we have the vaccines,” Mr. Biden told reporters at the White House on Monday. — PTI

Health Minister Vardhan takes second dose of COVID-19 vaccine

Union Health Minister Harsh Vardhan and his wife took the second dose of COVID-19 vaccine at the Delhi Heart and Lung Institute on Tuesday.

India opened up vaccination for those over 60 years and within the age bracket of 45 to 59 years with specified co-morbidities from March 1.
His wife Nutan Goel first took the jab of Covaxin after which Mr. Vardhan also took the vaccine shot.

They had taken the 1st dose of of indigenously developed Covaxin by Bharat Biotech on March 2. - PTI

Canada pauses AstraZeneca vaccine for under 55

Canada on March 29 suspended the use of the Oxford-AstraZeneca coronavirus vaccine for people under age 55 following concerns it might be linked to rare blood clots.

The National Advisory Committee on Immunisation had recommended the pause for safety reasons and the Canadian Provinces, which administer health in the country, announced the suspension on Monday.

National Conference president and Lok Sabha member from Srinagar Farooq Abdullah has tested positive for COVID-19, his son Omar Abdullah said on Tuesday.

Omar urged everyone who came in contact with his father recently to get tested.

"My father has tested positive for COVID-19 & is showing some symptoms," Omar, who is also vice president of the party, said in a tweet.

"I will be self-isolating along with other family members until we get ourselves tested. I request anyone who has come in to contact with us over the last few days to take all the mandated precautions," he added.

India's COVID-19 tally climbed to 1,20,95,855 with 56,211 more people testing positive for the infection in a span of 24 hours, according to the Union Health Ministry's data updated on Tuesday.

With 271 more fatalities, the death toll rose to 1,62,114, the data updated at 8 a.m. showed.

Registering a steady increase for the 20th day in row, active cases have increased to 5,40,720 comprising 4.47% of the total infections, while the recovery rate has further dropped to 94.19%. - PTI

The Indian women's T20 team captain Harmanpreet Kaur has tested positive for COVID-19 and is experiencing mild symptoms.

Kaur, who did not play in the T20 series against South Africa in Lucknow after injuring herself in the fifth ODI on March 17, got herself tested on Monday after developing mild fever.

"She is self-isolating at home. She got tested yesterday and the report came positive today morning. She had mild fever since four days so thought it was best to get tested. She is doing fine otherwise and should recover soon," a source close to the player told PTI. "She was getting tested regularly during the South Africa series so she must have caught the virus after that only," the source added. - PTI
Covid situation going from bad to worse: Centre

271 deaths, 56,211 cases in 24 hrs

AGE CORRESPONDENT
NEW DELHI, MARCH 30

The Union health ministry on Tuesday said the situation of Novel Coronavirus in India is going from “bad to worse” over the last few weeks and the whole nation is potentially at risk. “Trends show the virus is still very active... just when we think we can control it, it spurs back... We are facing an increasingly severe and intensive situation in some districts but the whole country is potentially at risk. The virus needs to be eliminated,” said Dr. V.K. Paul, the chairman of the National Expert Committee on Vaccine Administration.

He, however, denied that the mutated strains have a role to play in this surge. He also denied there is an Indian variant of the virus. “There is a concept of virus shift, drift and shift. There is no such thing as an Indian strain. It is not a cause to panic. Mutations are sporadic and not significant,” he said.

As per the Union health ministry, the presence of foreign mutant variants of Covid-19 in the country is low as out of the 11,064 genome samples sequenced only 807 cases of the UK variant, 47 of South African variant and one of the Brazilian variant have been detected so far.

On Tuesday 271 deaths and 56,211 cases were detected in the last 24 hours. With several states and UTs reporting a huge surge in Covid-19 cases, state health authorities are scrambling to reserve more beds for patients to prevent fatality.

“We have taken pride that fatality has been low. But the death rate is now at four times – at 271 from 73. The virus needs to be
City records 992 coronavirus cases in 24 hrs, positivity rate 2.70 %

ICU beds for Covid-19 patients full in 14 pvt hospitals in Delhi

New Delhi, March 30: Fourteen private hospitals in Delhi have run out of ICU beds for Covid-19 patients amid a resurgence in daily cases in the national capital, government data showed on Tuesday.

Of the 767 ICU beds with ventilators in government-run and private hospitals, 278 were already occupied by 6 PM on Tuesday, according to the city government's "Delhi Corona" application.

Also, 379 of the 1,229 Covid-19 ICU beds without ventilators are full.

Shree Agarsain International Hospital (14 ICU beds) and Jaipur Golden Hospital (6) in Rohini, and Max SS Hospital (5) and Fortis Hospital (5) in Shalimar Bagh are among the private hospitals where not a single ICU bed with ventilator is vacant.

All ICU beds with ventilators were also full in Venkateshwar Hospital in Dwarka, Indian Spinal Injury Centre in Vasant Kunj and Maharaja Agrasen Hospital in Punjabi Bagh by 6 PM.

Indraprastha Apollo Hospital (24) in Sarita Vihar, Balaji Action Medical Hospital (21) in Paschim Vihar, Maharaja Agrasen Hospital in Punjabi Bagh and Max Super Specialty Hospital in Shalimar Bagh have all their ICU beds without ventilators occupied, the data showed.

According to the Health Bulletin issued on Tuesday, 1,584 of the total 5,784 hospital beds reserved for Covid-19 patients in Delhi are occupied.

Earlier in the day, health minister Satyendar Jain said there were enough ICU beds available in government-run hospitals.

"All ICU beds in a few private hospitals are occupied. The number will be increased soon," he told reporters.

Chief minister Arvind Kejriwal announced on Tuesday that the number of beds reserved for Covid-19 patients is being increased at a few hospitals in view of the surge in Covid-19 cases in the national capital.

"In view of Covid situation developing in Delhi, the number of normal and ICU beds reserved for Covid is being increased in a few hospitals. This will improve bed availability. We’re keeping a close watch and will take all steps necessary. There is nothing to worry. But please follow all precautions," Kejriwal tweeted.

Delhi reported 992 fresh Covid-19 cases on Tuesday with a positivity rate of 2.70 per cent, while four more persons succumbed to the pathogen, the health department said.

Officials said the low number of cases can be attributed to fewer tests conducted on Monday on account of Holi.

The city had recorded 1,804 cases on Monday, the highest in around three-and-a-half months. Delhi had recorded 1,881 fresh cases on Saturday, 1,538 on Sunday, 1,515 on Thursday, 1,254 on Wednesday and 1,101 on Tuesday — the first time since December 24 that the number of cases crossed the 1,000 mark.

The positivity rate was 2.77 per cent on Monday, 2.35 per cent on Sunday, 1.70 per cent on Saturday, 1.80 per cent on Friday, 1.80 per cent on Thursday, 1.50 per cent on Wednesday and 1.31 per cent on Tuesday.

Delhi’s caseload stood at over 6.55 lakh on January 1 and the total fatalities were 10,557.

The number of daily cases had started to come down in February. On February 26, the month’s highest daily count of 256 cases was recorded.

However, daily cases started rising again in March and have been steadily increasing over the past few days.

Last week, Jain had ruled out the possibility of another lockdown being imposed in Delhi, saying it was not a solution to check the spread of coronavirus.

Health experts and doctors have attributed this "sudden rise" in cases to people turning complacent, not following Covid-appropriate behaviour and "assuming all is well now."

The next two-three months could be challenging, they said, adding that the situation can be kept under control if vaccination is opened up for more people and Covid-19 protocols are strictly adhered to.

Covid 2nd wave (The Asian Age: 20210331)

Let not Covid 2nd wave destroy economy again

The spike in the daily numbers of new Covid-19 infections across the country is truly alarming and it reminds us of the period when the pandemic had peaked last year. The country has seen a steady surge in new cases for the past couple of weeks and the active cases at present are 5,40,720, which is little over half of the September 18 peak of 1,017,754. When Tuesday’s new infections of 66,211 are added, India’s total Covid-19 caseload has risen to 1,20,95,856. The death toll has reached 1,62,114, or 1.34 per cent of total confirmed infections.

While the infection killed lakhs across the globe, it paralysed the economy and threw many millions out of their jobs and into abject penury. Governments had to announce several special economic packages to bring them back to life; and India was no exception. And the worst affected were the people at the lowest strata of the economic pyramid. The fate of lakhs of guest workers who had to walk back home hundreds of miles away was an experience no one would like to see repeated. From economic to social and psychological breakdown, the micro-organism has sowed seeds of disquiet in societies and families.

The sad part is that we as a people are still at the mercy of the virus despite an expansion of our knowledge base to fight it and the discovery of vaccines. There are treatment protocols that help save lives. There have been research findings that elaborate on the virus activity in the human body once it enters it. We are much better equipped to fight the infection and we now know the consequences which we had not known last year. But still, there is no stopping the virus and its effects.

The Union government has, on its part, speeded up the vaccination programme, and has rectified the technical glitches in the software; at present, one crore people can register for the jab in one day. There are still logistical issues to be addressed and coupled with vaccine hesitancy, they drag down the vaccination programme which aims at inoculating 30 crore people by June this year. The number now stands at 6.5 crore after two-and-a-half months.

The worsening of the pandemic situation could force another national lockdown which the economy, and the nation, can ill-afford. The government and the people must realise it and return to the strict adherence of Covid-appropriate protocols and behaviour.

Some of the developed countries have added “meetings outdoors” to the standard prescription of social distancing, mask wearing and washing of hands. This means group functions will no longer be allowed in closed environs. This measure could help avoid gatherings turning into super spreader events.

The government must consider introducing this idea here too. It must also relaunch the awareness campaign on the Covid-19 protocols and direct the state governments to enforce them. The people have been lax in following them, and the governments have been equally lax in enforcing them. This combined neglect will land the nation in deeper trouble. There will be no justification for that, should it happen.
Skin Care

Say goodbye to stubborn brown spots on your face with these simple tips
(The Indian Express: 20210331)

"The primary step in the treatment of dark spots is to ascertain the cause. Without figuring out the cause there could be a failure of the treatment and dissatisfaction with therapy," said Dr Jushya Sarin

https://indianexpress.com/article/lifestyle/life-style/skincare-tips-brown-spots-treatment-7239382/

Flawless skin is on everyone’s wishlist. But, no matter how much you take care of it, you are likely to experience some skincare issue — one among them being brown spots on your face. Though common, it can get pretty complicated when it comes to treating them. “The key to successfully treating discoloration is to know what you’re dealing with. Irrespective of the kind of pigmentation you’re developing, there are few things common to treating them,” said Dr Jushya Sarin, a dermatologist, on Instagram.

So if you too have been battling brown spots, below are some simple tips for effective treatment:

Dr Sarin added that “the primary step in the treatment of dark spots is to ascertain the cause. Without figuring out the cause there could be a failure of the treatment and dissatisfaction with therapy.”

READ | Skincare tips: Say goodbye to acne, scars and pigmentation with guava leaf paste

Here are some common tips that will help you treat dark spots:

Load up on SPF

This is one of the most important steps. Whether you are stepping out or not, sunscreen is a must. The dermatologist said, “limiting sun damage is the key to prevent aggravation of dark spots.” Alwas apply sunscreen 20-30 minutes before heading outside and reapply after every two hours, especially on the areas exposed to the sun.

Try retinoids

Retinoids are not for delaying the signs of ageing but also help exfoliate minor discoulourations. “It also helps prevents dark spots in the future,” she said.
Consider the topical application of antioxidants

To counter the oxidative stress in the skin caused by hyperpigmentation, you must topically apply anti-oxidants. You can try vitamin C, E. niacinamide or glutathione.

Coronavirus Infection (Hindustan: 21203031)

https://epaper.livehindustan.com/imageview_734391_84950070_4_1_31-03-2021_0_i_1_sf.html
कोरोना से बदतर हो रहे हालातः केंद्र

जगदीश | विशेष सांवादिक
देश में कोरोना संक्रमण के बढ़ते मामलों के बीच, केंद्र सरकार ने मांगी जानकारी को कहा कि ताज़ात्तिक बदल से बदतर हो रहा है और इस कारण अलग अलग राज्यों में कुछ बेहद धीमा का विषय है। केंद्र ने राज्यों को सस्ती बढ़ाने के लिए के निर्देश दिए हैं। कहा है कि या तो संक्रमण की स्थानीय संक्रमण के अंतर्गत में रखें या फिर यह जानकारी को निगमित करें।

दिल्ली से पहले 16 मिलियन से ज्यादा चेक दिए गए: केंद्रीय स्वास्थ्य सचिव राजेश भूषण ने कहा कि दिल्ली में 10 मिलियन से ज्यादा संक्रमण को चेक दिए गए हैं। दिल्ली की कोड एक सेट लेने के बाद इसमें नीचे व्यवस्था पर है। यहां 8032 संक्रमण मामले हैं। इसमें एक निजी। बेलूने शहरों और अन्य जिले महादेश के हैं।

रोग कंटेनर जोन बनाएँ: भूषण ने कहा कि जिन राज्यों में मामलों की बढ़त है, उनके साथ साथ स्वास्थ्य का बाहर हुआ है। इसका समय के अनुसार कंटेनर जोनों के अनुसार कंटेनमेंट जोन बनाए। कंटेनर जोन या उससे निर्माण में अन्य से उभर से आने वाले संक्रमणों पर नजर रखें।

रोग कंटेनर के बाहर से संक्रमण के नियंत्रण में आ रहे हैं। इससे सारे लोगों के नियंत्रण का व्यवस्था बदतर हो रहा है। इतने में कंटेनर जोन का उपयोग काफी बढ़ा है। इसके अलावा कंटेनर जोन को खुल दिया तथा स्थानीय मामला लागू करें।

7 सलाह केंद्र सरकार ने दी निपटाने के लिए
1. सुनिश्चित करें अन्य अंतरराष्ट्रीय कंटेनर के साथ रखें।
2. अन्य देशों के साथ साथ स्वास्थ्य व्यवस्था से जुड़ें।
3. कंटेनर जोन का नियंत्रण बढ़ाएँ।
4. ताज़ात्तिक बढ़ाएँ।
5. केंद्रीय स्वास्थ्य सचिव राजेश भूषण की जानकारी दें।

ताज़ात्तिक बढ़ाएँ जाएँ:
- मुख्यमंत्री अरविंद केंद्रीय स्वास्थ्य सचिव राजेश भूषण के अनुसार कुछ अस्पतालों में बढ़ाएँ।
- उच्चतर में प्रवेश से पहले नियोजित विशेष दिखाई दें।
- मुख्य अस्पतालों को अलग करें।
- देशभर में नया अस्पताल बनाएँ।
- बेहतरीन जानकारी का उपयोग करें।

कोरोना लैब से नहीं फेला:
विश्व स्वास्थ्य संगठन ने पहले तैयारी के लिए कहा कि कोरोना जीन की कुछ चीजें या किसी लैब से नहीं फेला। यह जानकारी से इसमें फेला हो सकता है।

45 वर्षों से अधिक आमु के समय जीनों का दूर्भावनात्मक सुनिश्चित करें।

नया रूप का थामः दिसंबर से अब तक 11064 लोगों के नमूनों की जीनोमिक सिस्टेमसिंग की गई है। इनमें से 807 ब्रिटेन, 47 दक्षिण अफ्रीका तथा एक में ब्राजील का नया प्रमाण पाया गया है।

4 छह राज्यों में भी 78% केस तेज 09
Infection (Hindustan: 21203031)

https://epaper.livehindustan.com/imageview_734394_85132752_4_1_31-03-2021_4_i_1_sf.html
सप्ताह भर में 10 हजार से अधिक संक्रमित मिले

अस्पतालों में गर्भ 39 फीलड्स मरीज बने
अस्पताल में भरी छायां में अब तक गर्भीय को आता है।
उनमें से 39 गर्भीय मरीजों की हालत गंभीर है।
बाकी 680 भरी छायां में से 661 मरीज आईसीयू और वीटेटरेट पर
भरी है। इनमें से 278 वीटेटरेट और 383 मरीज आईसीयू में
भरी हैं।

70 फीलड्स विस्तार खाली है अभी
स्वास्थ्य विभाग के एक अधिकारी ने कहा कि अस्पतालों में
अब तक दस हजार से लेंगे अभी भी कुल 70 फीलड्स है।
वहाँ का वर्तमान स्थिति है कि सरकारी मरीजों के संख्या में नापता
जा रहा है और अब तक कोई सरकारी या राज्य सरकार
बढ़ता है।

अस्पतालों में लगभग तीन महीने बाद
कोरोना पीएचए ने भरी छायां की संख्या 1500
वर्षावधी के बाद वापसी हो सकती है।

फरवरी में पहले भी इस्तेमाल करा
रहे रोगियों को संख्या 500 हो गई थी।
बाकी 1680 हो गई है। इस लिखाव
से देखा तो अब सप्ताह में एक हजार सेभरी छायां भरी हैं।

फरवरी में घर रहे भी इस्तेमाल करा
रोगियों को संख्या 1000 हो गई थी।
बाकी 1680 हो गई है। इस लिखाव
से देखा तो अब सप्ताह में एक हजार सेभरी छायां भरी हैं।

प्रथम के वाक्षपुरक नवरूज को लगता है
कि दिल्ली में कोरोना संक्रमण को
लेने के बदले कोरोना और संक्रमण के बावजूद के नियमों का पालन करना होगा।