

Health Bulletin For Containment Of Novel Coronavirus Disease (COVID-19)

(No. 25/ 24th April 2020)

COVID-19 STATUS AS ON 24.04.2020

> Andaman & Nicobar Islands:			
Total Confirmed cases			29
Cured/Discharged from Hospital			11
Death			00
Admitted at Hospital			18
Migrated out of Country			00
Outside Resident			00
> Status of Hospitals:			
Name of Hospital	Isolation Beds Available	Occupied	Positive Cases Admitted
G B Pant Hospital, Port Blair	50	18	18
* No cases are admitted at Private Hospital.			
* The Health Condition of all +Ve cases are Normal and Stable.			
> Status of Sample Testing:			
Total Samples sent till date			2679
Total Reports received till date			2433
Total Pending Reports			246
<p>> House to House surveillance in Containment Zone i.e. Atlanta Point, Round Basti, Sisti Nagar, Mohanpura, Dignabad, Biggiline, Bambooflat and Teylerabad area are being conducted by District Administration with the help of Health Workers. As on today 136865 population surveyed in these Zones.</p> <p>> There are 18 (Eighteen) Active cases in the Islands.</p> <p>> Intensive awareness is continued through print and electronic media.</p> <p>> 2020 passengers screened at VSI Airport till 24.03.2020 by medical teams.</p> <p>> Calls received at 102 - 280 calls.</p> <p>> 15 lines are activated in State Head Quarter Control Room and District Headquarter Control Room also set up at North & Middle Andaman District and Nicobar District.</p> <p>> 11 COVID-19 patient cured and now under observation.</p> <p>> 961 persons put under Institutional Quarantine as on today which includes passengers as well as contacts.</p>			
SURVEILLANCE DATA			
Contacts put under Home Quarantine till date			743
Contacts under Home Quarantine as on today			559
Contacts completed 14 days period of Home Quarantine			184
Persons under Institutional Quarantine as on today			614 **
Persons completed 14 days period of Institutional Quarantine			347
Passengers completed 14 days period of Quarantine			1812
** The figure contains institutional Quarantine persons from passengers as well as contacts both.			

To become self-reliant and self-sufficient is the biggest lesson

(Contd. from page 1)

taught us that we should not look for solutions outside the country. This is the biggest lesson we have learnt."

"Every Village has to be self-sufficient enough to provide for its basic needs. Similarly every district has to be self-sufficient at its level, every state has to be self-reliant at its level and the whole country has to be self-reliant at its level", he said. Shri Narendra Modi said that the Government worked hard in trying to provide self-sufficiency to villages and making the Gram Panchayats stronger. "In the last five years nearly 1.25 Lakh Panchayats have been connected through broadband from a mere 100 before. Similarly, the number of Common Service Centres had crossed 3 Lakhs", he said. He said since mobile phones are being manufactured in India, the cost of smartphones has become cheaper and the low cost smartphones have reached every village and this would further strengthen the digital infrastructure at village level.

The Prime Minister said the "Progress of Panchayats will ensure the development of the nation and democracy". The occasion today was an opportunity to establish direct dialogue between the Prime Minister and the Gram Panchayat representatives. During his interaction with the sarpanchs PM complimented the villages for giving the mantra - 'Do gaj doori' to define social distancing in simpler terms. He said that the slogan of "Do gaj Deh ki doori" given by rural India showed the wisdom of the people. He appreciated the slogan, saying that it motivates people to practice social distancing. Prime Minister said that notwithstanding the limited resources at its disposal, India has taken the challenge proactively and showed its resolve to move forward with new energy and new ways. He said, "the collective power of the villages is helping the country move forward". He stressed that amidst these efforts, we have to remember that the negligence of any one can endanger the whole village and therefore, there is no scope for relaxation.

The Prime Minister urged the Sarpanch's to work towards the Swachhata Campaign in the villages, to take care of the old, divyang and other needy in the villages, while ensuring quarantine, social distancing and covering the faces with masks. He urged the Sarpanches to provide correct information to every family on various aspects of COVID-19. He also appealed to people in rural India to download the Aarogya Setu app and asked Panchayat representatives to ensure that every person in their Panchayat downloads the app.

The Prime Minister said that serious efforts are made to ensure that poor people of the village get the best healthcare. He said that Ayushman Bharat Yojana has emerged as a big relief for the poor of the village and nearly 1 crore poor patients have received free treatment in the hospital under this scheme. He urged the use of digital platforms such as e-NAM and GEM portal to reach out to larger markets for better prices for village produce. He remembered Mahatma Gandhi's conception of Swaraj as being based on Gram Swaraj. Quoting the Shastras, he reminded the people that the source of all strength is unity.

The Prime Minister wished the Sarpanches on Panchayati Raj Day and for defeating Corona with their collective efforts, solidarity and determination.

Formation of low pressure area over South Andaman sea & adjoining South East Bay of Bengal

Fishermen advised not to venture into sea

Port Blair, Apr 24

A low pressure area is very likely to develop over South Andaman sea & adjoining Southeast Bay of Bengal around 29th April 2020 and those who are in deep seas have been advised to return by 28th April, 2020. Further update on this will be given on 27th April, 2020. The general public have been advised to take precautionary measures and in case of any emergency contact phone numbers of State Operation Centres Control Room, viz.

Southeast Bay of Bengal and East Central Bay of Bengal from 29th April 2020 and those who are in deep seas have been advised to return by 28th April, 2020.

of any emergency District Control contact phone Room and Emergency numbers of State Operation Centres Control Room, viz.

State Control Room: 03192-238880 (Tele-Fax), 1077(Helpline), District Control Room: 03192-238881, 1070(Helpline), EOC (Campbell Bay): 03193-264020, EOC (Kamorta): 03193-263222, EOC (N&M): 03192-262960, EOC (Hut Bay): 03192-284014, EOC (Car Nicobar): 03193-265241, EOC (Swaraj Dweep): 03192-282030 and EOC (Ferrargunj): 03192-266527, the press release quoting warning issued by IMD Kolkata added.

A&N Hilal Committee announces beginning of Ramzan month

Port Blair, Apr 24

With the sighting of Moon in these Islands today (April 24), the month of Ramzan has begun with the offering of its first Taraveeh Namaz. Roza (Fasting) starts tomorrow (April 25).

For this year's Ramzan, all the Muslims of the Islands have been requested by the A&N Hilal Committee to strictly abide by the Govt. of India's lockdown & social distancing protocols amidst COVID-19 pandemic. Five-time Namaz, including Taraveeh, is to be offered at home until the authority withdraws lockdown, a press release from A&N Hilal Committee said.

Nationwide lockdown is necessary to break the chain of COVID-19 infections

Stay home, stay safe

24x7 CONTROL ROOM NUMBERS: 240126/232102/1077/1070
(Source: Principal Secretary (Health), A&N Administration)

Alternative mode of teaching through AIR

Port Blair, Apr 24

The Department of Education has started providing alternative learning method for the students of Class V to VII at their home through the All India Radio, Port Blair from April 21 onwards from 9 am to 10 am (except Saturday & Sunday). The classes for the upcoming week (27.04.2020 to 01.05.2020) will be as per the schedule given below:

Days	Broadcast through All India Radio, Port Blair Centre in entire Andaman & Nicobar Islands (Timings: 09.00 AM to 10.00 AM)			
27.04.2020	VII – Science	V – Hindi	VI – Science	VII – English
28.04.2020	V – English	VII – Science	V – EVS	V – Hindi
29.04.2020	V – EVS	VI – Hindi	VII – English	VII – Science
30.04.2020	V – EVS	VI – Science	V – English	VI – Hindi
01.05.2020	VI – English	VII – Hindi	VI – S/Science	V - Hindi

The students, parents the benefit of requested to engage their teachers for any and all stakeholders enhancing teaching- their wards to clarification of the have been appealed learning activity compulsorily attend content, a press release to make use of this during this the virtual classes as from the Directorate of facility to the lockdown period. per the schedule and Education said here maximum extent for Parents have been feel free to contact today.

Field inspection conducted by elected ...

(Contd. from page 1)

by PBMC. PBMC believes that Community participation is cornerstone for the effective maintenance.

* Water works : As on date, a total of 1500 tonnes of water have been brought from Hutbay and Rutland Islands which includes today's 300 tonnes of water. As a short term measure, PBMC has awarded work to the Pvt. Supplier to supply 4 lakh lts of water till the onset of monsoon.

* Borewell: Total three nos of borewells have been made operationalized to augment the local demands. The yield of each borewell is around 2500 lts per hour. One more borewell has been identified at Brichgunj which is under repair and will be commissioned on or before 27/04/2020.

* Disinfection at wards/market places: PBMC has been disinfecting various public places such as Mohanpura Market, Ratnam Market, Junglighat Market, Garacharma Market and Bhatubasti Market. PBMC is also spraying in all Child Care Institutions, Containment zone, all Government Offices and Labour Shelters. It is worth to mention that civic body has been disinfecting all Quarantine Guest Houses / Hotels as a routine exercise.

* Drain desilting: Every year before onset of Monsoon, PBMC carries out a major drain desilting to prevent flooding. As a part of this exercise, desilting works near Khaitana Kalyana Mandapam (Ward No. 06), near Kali Mandir (Ward No. 18) and at the PBMC Head Quarter have been taken -up, an official release from PBMC said.

PBMC Chairperson appeals to

(Contd. from page 1)

panic and distress".

The Chairperson further said that being law abiding citizen's it is our duty to follow the rules and requested the citizens of the Islands to stay at home and be safe at home, an appeal issued by the Chairperson said.



Nodal Officers appointed to redress safety issues...

(Contd. from page 1)

appointed at District and UT level:

SNo	Level	Name and Designation	Details
UT Level Nodal Officer			
1.	Andaman & Nicobar Islands	Shri. Jatin Narwal, IPS Dy. Inspector General of Police (HQ)	Mobile No :- 9531856175 Office No. :- 03192-232406 Email id :- digp.and@nic.in Address :- Office of the Director General of Police, Police Headquarter, Atlanta Point, Port Blair, Andaman and Nicobar Islands. PIN Code :- 744104
District Level Nodal Officers			
2.	South Andaman District	Shri. C. Manoj, IPS Superintendent of Police, South Andaman District	Mobile No :- 9434288536 Office No. :- 03192-236641 Res. No. :- 03192-231123 Email id :- spsa.and@nic.in Address :- Office of the Superintendent of Police, South Andaman District, Port Blair, Andaman and Nicobar Islands. PIN Code :- 744101
3.	North & Middle Andaman District	Shri. Vichitra Veer, IPS Superintendent of Police, North & Middle Andaman District	Mobile No :- 9434260888 Office No. :- 03192-273344 Res. No. :- 03192-273322 Email id :- spnm.and@nic.in Address :- Office of the Superintendent of Police, North & Middle Andaman District. PIN Code :- 744204
4.	Nicobar District	Shri. Rajeev Kumar, IPS Superintendent of Police, Nicobar District	Mobile No :- 8900910217 Office No. :- 03193-265223 Res. No. :- 03193-265332 Email id :- spcn.and@nic.in Address :- Office of the Superintendent of Police, Nicobar District. PIN Code:- 744301

The above Nodal Officers are available 24x7 to redress any safety issue regarding the functioning of medical professionals. A & N Police is committed to the safety of health professionals and to take immediate strict action in case any incident of violence takes place, a press release from the A&N Police said.



Aarogya Setu App
COVID-19 Tracker launched to alert you and keep you safe!

DOWNLOAD NOW



my GOV
मेरी सरकार



Ministry of Health & Family Welfare
Government of India

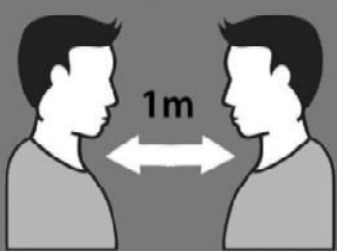


Help us to help you

NOVEL CORONAVIRUS (COVID-19)



Protective measures against Coronavirus



A distance of at least 1 meter is necessary to ensure safety for all



Wash your hands with soap and water regularly



If soap and water is not available, use hand sanitizer with at least 60% alcohol



Wash hands before touching eyes, nose and mouth



Throw used tissues into closed bins immediately after use



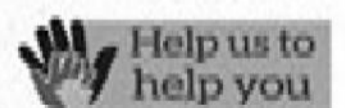
Cover your nose and mouth with handkerchief/tissue while sneezing and coughing



Avoid mass gathering and crowded places

If you are experiencing symptoms like fever, cough or difficulty in breathing, please call the state helpline number.

STATE HELPLINE NO: 03192-232102



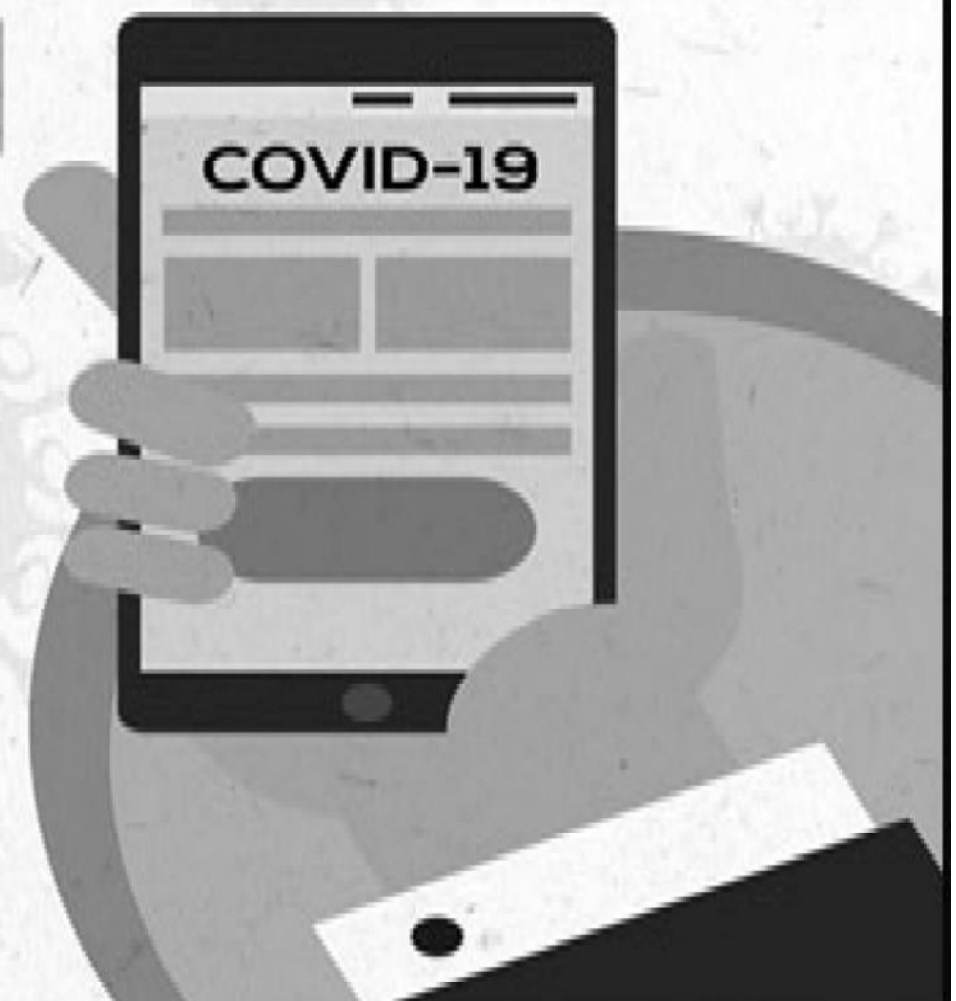
NOVEL CORONAVIRUS DISEASE (COVID-19)

Telephonic Survey on COVID-19

Citizens will get calls on their mobile phones by NIC by the number **1921**

Participate in good measure to enable proper feedback of the prevalence and distribution of COVID-19 symptoms

Together we will fight COVID-19



SOME HELPLINE NUMBERS

Police Control room : 100
 Fire Service : 101
 Coastal Security : 1093
 PBMC Control Room : 245798
 State control Room: 1077/234287
 Extn : 328 / 231179

Magazine

Stop Global Warming
 Protect future generations from the harmful effects of global warming by reducing emissions from power plants, cars, factories and other sources
 You too can help!!



KIDS' CORNER

Creative DIY Crafts for kids
How to Make Paper Claws

Materials required:
 Paper

Method :

- Fold down the to right corner until edge matches the left side of paper.
- Fold down top left corner now to form a triangle shape.
- Fold up bottom corners until edges meet and forms the shape shown.
- Fold up bottom portion up over upper triangle area.
- Rotate paper upside down.
- Take right portion and fold until right edge is aligned in the middle of the triangle portion.
- Fold the newly folded section over once.
- Fold over once more.
- On opposite side, tuck in the loose slip of paper into the pocket available.
- Tuck in firmly and crease.
- Insert finger into space in flap.
- Make 4 more, and slip on, and enjoy your claws. ❖



Silly riddles

Q. Which football team makes the most money?
 A. The Buck-aneers.

Q. What song do vampires hate?
 A. Here Comes The Sun!

Q. Why did the music teacher go up the ladder during music class?
 A. To reach the high notes!

Q. What type of house weighs the least?
 A. A lighthouse.

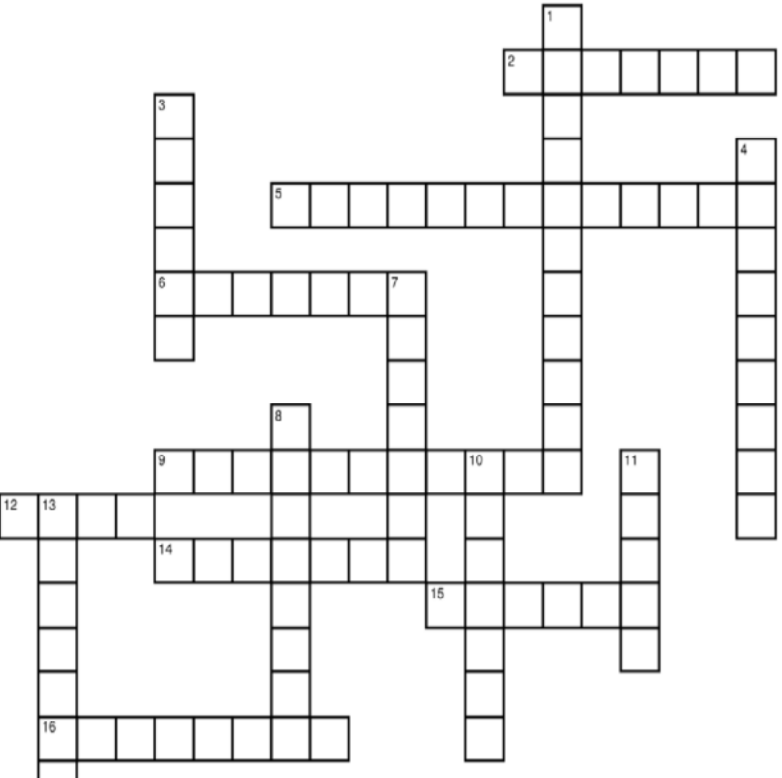
Q. What way do the cows like to go?
 A. The milky way!

Q. Why can't a car play football?
 A. Because its only got one boot. ❖

Learn Some Idioms & its usage

- **Drastic times call for drastic measures**
 Meaning: When you are extremely desperate you need to take drastic actions.
- **Elvis has left the building**
 Meaning: The show has come to an end. It's all over.
- **Every cloud has a silver lining**
 Meaning: Be optimistic, even difficult times will lead to better days.
- **Far cry from**
 Meaning: Very different from.
- **Feel a bit under the weather**
 Meaning: Feeling slightly ill. ❖

Crossword Puzzle: Investigations



Across

2. a question
5. unimaginable
6. to examine all the parts of something in order to understand it
9. to look into a situation (often a crime, but it can also be a mystery)
12. a connection; one part of a chain
14. to notice or watch
15. to figure out something unknown by considering all its known aspects and reasoning it through
16. to consider the evidence and then decide what is true or correct (OR to end something)

Down

1. curious; wants to understand things
3. related to the mind
4. a person whose job is to find or recognize the hidden information needed to solve a crime
7. to look closely at something
8. shown or made known
10. different sides or ways of looking at something
11. to make a logical guess that something is true based on the evidence, although the evidence is not clear enough to be absolutely certain
13. to look at something carefully to find problems or specific information

Answers to cross word puzzle published on April 24th

C	U	P		L	E	T	H	A	R	G	I	C	
H		E	E		A		D		O	N	O		
A	P	T	T	O	A	C	H	O	O		A	N	
S		A			O			W			V		
T	U	L	I	P		A	S	I	N	I	N	E	
E					I		D		N		P	Y	
	B	A	D	T	E	M	P	E	R	E	D		
C		L		H		A		P				C	
H	A	L	C	Y	O	N		T	A	C	K	Y	
E		Y			D					O		G	
A	H			M	E	D	I	C	A	L	M	A	N
T	A	J			O			I		N		M	E
S	H	R	I	N	K	I	N	G			A	P	T



Health Benefit of Tomatoes

- * **Tomatoes are a great source of vitamins**
 A single tomato can provide about 40% of the daily recommended minimum of vitamin C. What's more, tomatoes supply vitamin A, which supports immunity, vision, and skin health; vitamin K, which is good for your bones; and potassium, a key nutrient for heart function, muscle contractions, and maintaining a healthy blood pressure and fluid balance.
- * **They protect heart health**
 Tomatoes contain an antioxidant called lycopene, which is responsible for their red color. Research suggests that in terms of heart health benefits, it's more effective to eat tomatoes and tomato products than take lycopene supplements.
- * **Improve your vision**
 Lycopene is also good for your eyes. And that's not the only peeper-protective nutrient in tomatoes; they contain lutein and beta-carotene as well.
- * **Boost digestive health**
 The fluid and fiber in tomatoes may be helpful if you're prone to constipation.
- * **Help with diabetes management**
 Tomatoes may be a protective food for people with type 2 diabetes: In one study, people with diabetes who supplemented with cooked tomatoes for 30 days experienced a decrease in lipid peroxidation, a chain reaction in which substances called free radicals attack fat, leading to damage that ups the risk of heart disease.
- * **Protect against cancer**
 Observational studies have found links between the superstar compound lycopene and fewer incidences of prostate, ovarian, lung, and stomach cancers. ❖

Amazing Facts about Snails

- * Snails are mostly known for their speed, or lack thereof. We get it, they're not the fastest animal on Earth. But there are plenty of other things about snails to amaze. For instance, one species of snail can grow up to a foot and a half long! Here are some fascinating facts about these slow-moving creatures:
- * **They're No Different from Slugs**
 The only measurable difference between snails and slugs is that the former has a shell.
- * **Though some slugs only appear to be shell-less**
 In reality, slug families such as Limacidae and Milacidae have internal shell plates hidden within their bodies. Smaller shells can help the creatures to be more mobile, an evolutionary advantage when it comes to chasing down prey.
- * **They're related to shellfish**
 Slugs and snails are mollusks, putting them in the same category as oysters, clams, and mussels. Gastropods (the taxonomic class for snails and slugs) are the largest group of mollusks, comprising more than 80 percent of living mollusk species. They're also one of the most diverse groups of animals in terms of form, habitat, and behaviors.
- * **They live everywhere on Earth**
 There may be as many 150,000 species of gastropods, and they live in almost all habitats, from deep ocean trenches to deserts. ❖

Enrich your vocabulary

- ✓ **Camaraderie** - the quality of affording easy familiarity and sociability
- ✓ **Candor** - the quality of being honest and straightforward
- ✓ **Capitulate** - surrender under agreed conditions
- ✓ **Carouse** - engage in boisterous, drunken merrymaking
- ✓ **Carp** - any of various freshwater fish of the family Cyprinidae
- ✓ **Caucus** - meet to select a candidate or promote a policy
- ✓ **Cavort** - play boisterously
- ✓ **Circumlocution** - an indirect way of expressing something
- ✓ **Circumscribe** - draw a geometric figure around another figure
- ✓ **Circumvent** - surround so as to force to give up
- ✓ **Clamor** - utter or proclaim insistently and noisily ❖

Animal Riddles

Q. There are ten cats on a boat. One jumps off, how many are left?
 A. None, they were all copy cats!

Q. What is a cat's favorite color?
 A. PURRple!

Q. There are 2 cats, one is French and the other English. The French cat's name was Un Deux Trois and the English cat's name was One Two Three. Both cats think they're better than the other. To determine this they have a swimming contest. Which cat wins and why?
 A. The English cat, because Un Deux Trois Quatre Cinq! (Un Deux Trois cat sank)

Q. Which pillar is not used in a building?
 A. A caterpillar.

Q. What money do dogs and cats have?
 A. Kitty cash and doggy dollars.

Q. What is the difference between a cat that got photocopied and a cat that follows you?
 A. One is a cat copy, the other is a copy cat.

Q. What do you get when you cross a ball and a cat?
 A. A fur ball.

Q. What has the fur of a cat, the whiskers of a cat, ears of a car, a tail of a cat, but is not a cat?
 A. A kitten.

Q. There are 10 cats in a boat. One cat jumped out of the boat. How many cats were left?
 A. None, they were all copycats.

Q. What do you get when you cross a parrot and a caterpillar?
 A. A walkie talkie.

Q. What did the cat say when he fell off the table?
 A. "Me ow!" ❖

Quotable quotes

- * "The most important thing is to try and inspire people so that they can be great in whatever they want to do."
 Kobe Bryant
- * "If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes."
 John Wooden
- * "Trust in dreams, for in them is hidden the gate to eternity."
 Khalil Gibran
- * "I believe if you keep your faith, you keep your trust, you keep the right attitude, if you're grateful, you'll see God open up new doors."
 Joel Osteen
- * "Once you replace negative thoughts with positive ones, you'll start having positive results."
 Willie Nelson
- * "The greatest day in your life and mine is when we take total responsibility for our attitudes. That's the day we truly grow up."
 John C. Maxwell
- * "The greatest discovery of my generation is that a human being can alter his life by altering his attitudes."
 William James

Knock Knock Jokes

☺ Knock, knock
 Who's there?
 Amos
 Amos who?
 Amos quite just bit me, boo hoo!

☺ Why did the chicken cross the road?
 I don't know
 To get to your house.
 knock, knock
 Who's there?
 The chicken! ❖