



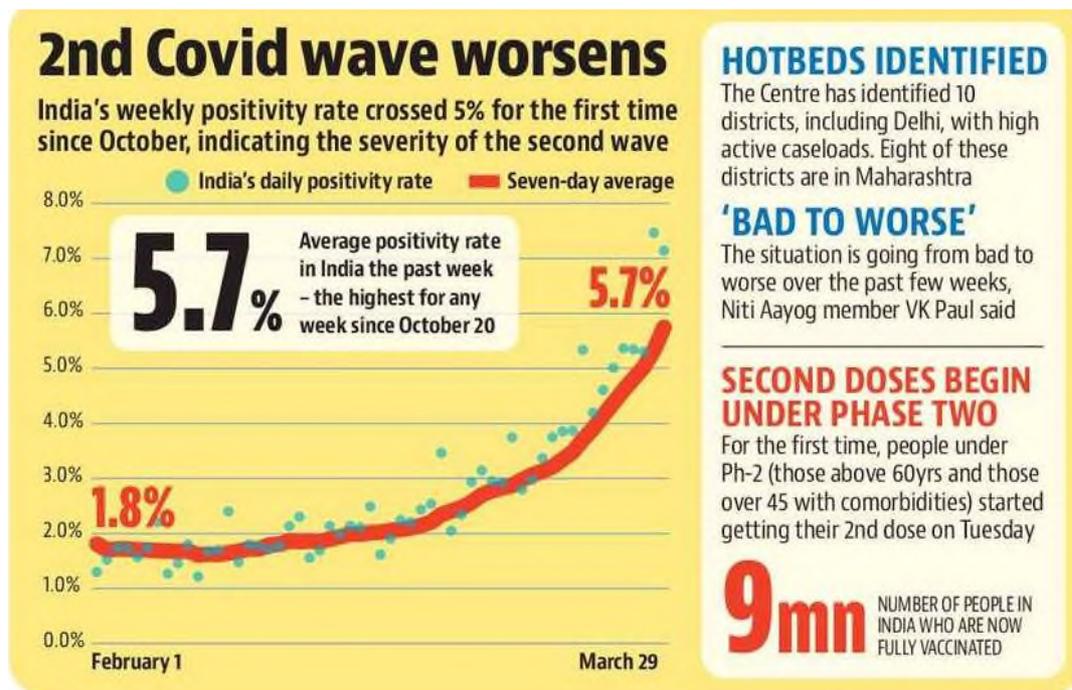
# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Wednesday 20210331

## 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 gear 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.

## **AstraZeneca vaccine**

### **Coronavirus | After blood clots, Canada limits AstraZeneca vaccine to those over 55 (The Hindu: 20210331)**

<https://www.thehindu.com/sci-tech/health/after-blood-clots-canada-limits-az-vaccine-to-those-over-55/article34199922.ece>

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)**

<https://www.tribuneindia.com/news/nation/354-new-deaths-highest-single-day-covid-spike-this-year-232584>

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)**

<https://www.thehindu.com/news/national/coronavirus-live-march-30-2021-updates/article34195131.ece>

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

[Read more](#)

## NEW DELHI

Impose fines on those flouting COVID-19 protocols: DGCA to airports

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

## NEW DELHI

Over 700 fined in Delhi on Holi for not wearing face masks

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

[Read more](#)

## SYRIA

Syria says Assad, his wife have recovered from coronavirus

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 sparks 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

■ **Turn to Page 4**

**Health Care Centre (The Asian Age: 20210331)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15498812>

■ 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 787 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 (15 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



A health worker takes a sample from a sadhu for Covid-19 test at Shri Harihar Udasin Ashram in New Delhi on Tuesday. — PTI

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 Del. no. of normal and ICU beds

reserved for Covid is being increased in a few hospitals. This will improve bed availability. We r keeping close watch and will take all steps necessary. There is nothing to worry. But pl 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 1,904 cases on Monday, the highest in around three-and-a-half months. Delhi had recorded 1,881 fresh cases on Sunday, 1,558 on Saturday, 1,534 on Friday,

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, 1.69 per cent on Thursday, 1.52 per cent on Wednesday and 1.31 per cent on Tuesday.

Delhi's caseload stood at over 6.25 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.

— PTI

**Covid 2<sup>nd</sup> wave (The Asian Age: 20210331)**

<http://onlinepaper.asianage.com/article/detailpage.aspx?id=15498753>



# THE ASIAN AGE

31 MARCH 2021

## Let not Covid 2nd wave destroy economy again

**T**he 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 56,211 are added, India's total Covid-19 caseload has risen to 1,20,95,855. 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

**The worsening of the pandemic situation could force another lockdown...**

**The government and the people must return to the strict adherence of Covid-appropriate protocols.**

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

carrots, collagen booster pack, skincare, skincare tips, indianexpress.com, indianexpress, remove wrinkle, tighten skin, Here's how you can take care of your skin with glycerine. (Source: Getty Images/Thinkstock)

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." Always 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 discolourations. "It also helps prevent 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](https://epaper.livehindustan.com/imageview_734391_84950070_4_1_31-03-2021_0_i_1_sf.html)

**निर्देश:** संक्रमण रोकने को सख्ती बढ़ाएं राज्य, क्वारंटाइन करें

# कोरोना से बदतर हो रहे हालात: केंद्र

नई दिल्ली | विशेष संवाददाता

देश में कोरोना संक्रमण के बढ़ते मामलों के बीच केंद्र सरकार ने मंगलवार को कहा कि हालात बद से बदतर होते जा रहे हैं और कुछ राज्यों में यह बेहद चिंता का विषय है। केंद्र ने राज्यों को सख्ती बढ़ाने के निर्देश दिए हैं। कहा है कि या तो संक्रमितों को सांस्थानिक क्वारंटाइन में रखें या फिर घरों में रह रहे मरीजों की निगरानी बढ़ाएं। जांच में भी तेजी लाएं।

**दिल्ली समेत 10 जिले सबसे ज्यादा चपेट में:** केंद्रीय स्वास्थ्य सचिव राजेश भूषण ने कहा कि देश में 10 जिले सबसे ज्यादा संक्रमण की चपेट में हैं। दिल्ली को यदि एक जिला मान लें तो वह इसमें नौवें स्थान पर है। यहां 8032 सक्रिय मामले हैं। इसमें एक जिला बंगलुरु शहरी और आठ जिले महाराष्ट्र के हैं।

**फिर कंटेनमेंट जोन बनाएं:** भूषण ने कहा कि जिन राज्यों में मामले बढ़ रहे हैं, उनके साथ शनिवार को बातचीत हुई है। कहा गया है कि स्वास्थ्य मंत्रालय के मानकों के अनुरूप फिर कंटेनमेंट जोन बनाएं। कंटेनमेंट जोन या उससे बाहर से आने वाले संक्रमणों पर नजर रखें। यदि जोन के बाहर से संक्रमण के ज्यादा मामले आ रहे हैं तो इसका मतलब यह है कि कंटेनमेंट जोन का दायरा कहीं बढ़ा है। ऐसे में कंटेनमेंट जोन का दायरा बढ़ाएं तथा सख्त मानक लागू करें। यहां



केंद्रीय स्वास्थ्य सचिव राजेश भूषण कोरोना की जानकारी देते हुए।

## दिल्ली में बेड बढ़ाए जाएंगे

- मुख्यमंत्री अरविंद केजरीवाल ने कहा कि कुछ अस्पतालों में बेड की संख्या बढ़ाई जाएगी
- उत्तराखंड में प्रवेश से पहले निगेटिव रिपोर्ट दिखानी होगी
- मुंबई के अस्पतालों को फिर कोविड अस्पताल बनाया गया
- बंगलुरु में मास्क नहीं पहनने वालों पर मार्शल नजर रखेंगे

## कोरोना लैब से नहीं फैला

विश्व स्वास्थ्य संगठन ने पड़ताल में पाया है कि कोरोना चीन की वुहान या किसी लैब से नहीं फैला। यह जानवरों से इंसानों में फैला हो सकता है। > **ब्योरा पेज 09**

45 साल से अधिक आयु के सभी लोगों का टीकाकरण सुनिश्चित कराएं।

**नए रूप का खतरा:** दिसंबर से अब तक 11064 लोगों के नमूनों की जीनोम

## 7 सलाह केंद्र सरकार ने दी निपटने के लिए

1. सुनिश्चित करें, घर पर रह रहे मरीज वास्तव में घर में ही मौजूद रहें, कहीं बाहर न निकलने जाएं
2. घर पर मरीज या तो निगरानी में रहें या फिर पहले की भांति इन्हें अस्पताल या अलग केंद्रों में क्वारंटाइन किया जाए
3. कंटेनमेंट जोन का दायरा बढ़ाएं, यहां पहले की तरह 14 दिनों के सख्त मानकों को तुरंत लागू किया जाए
4. राज्य सरकारें 24 घंटे चलने वाले नियंत्रण कक्ष बनाएं, आपातकालीन ऑपरेशन केंद्र स्थापित करें
5. हर संक्रमित के 25-30 संपर्कों की जांच करें, संपर्क में आए लोगों की 72 घंटों के भीतर हर हाल में पहचान करें
6. गैर कोविड अस्पतालों को फिर कोविड अस्पतालों में परिवर्तित करें। चाहे वह सरकारी अस्पताल हों या निजी।
7. जिन जिलों में संक्रमण बढ़ रहा है वहां टेस्ट बढ़ाएं, कुल टेस्ट का 70 फीसदी आरटीपीसीआर टेस्ट किया जाए

सिक्वेंसिंग की गई है। इनमें से 807 ब्रिटेन, 47 दक्षिण अफ्रीका तथा एक में ब्राजील का नया प्रकार पाया गया है।

> **छह राज्यों में 78% केस पेज 09**

मुख्यमंत्री केजरीवाल ने कहा- हम स्थिति पर नजर बनाए हुए हैं, दिल्लीवाले कोविड निर्देशों का पालन करें

# कोरोना अस्पतालों में आईसीयू बेड बढ़ेंगे

## सतर्कता

नई दिल्ली | वरिष्ठ संवाददाता

दिल्ली में बढ़ते कोरोना केस को देखते हुए सरकार ने कोविड बेड की संख्या बढ़ाने का फैसला किया है। कोविड के सामान्य व आईसीयू दोनों बेड बढ़ाए जाएंगे। हालांकि, सरकार का कहना है कि अभी पर्याप्त बेड मौजूद हैं।

मुख्यमंत्री अरविंद केजरीवाल ने मंगलवार को अधिकारियों के साथ कोविड की मौजूदा स्थिति को लेकर हुई समीक्षा बैठक में यह निर्देश जारी किया है। दिल्ली में अभी कोविड के 71 फीसदी बेड खाली बड़े हैं। मुख्यमंत्री अरविंद केजरीवाल ने ट्वीट करके बताया कि कोरोना संक्रमण की मौजूदा स्थिति को देखते हुए दिल्ली में कोविड के सामान्य और आईसीयू बेड की संख्या कुछ अस्पतालों में बढ़ा रहे हैं। इससे कोविड बेड की उपलब्धता बढ़ जाएगी।

केजरीवाल ने कहा कि हम लगातार कोरोना को लेकर निगरानी बनाए हुए हैं। दिल्लीवालों को चिंता करने की जरूरत नहीं है। उन्होंने अपील की है कि दिल्लीवाले कोविड से बचाव के निर्देशों का पालन जरूर करें। बताते चलें कि दिल्ली में बीते कुछ दिनों से कोरोना के मामले लगातार बढ़ रहे हैं। दिल्ली में



टीकाकरण अभियान के तहत दिल्ली हार्ट एंड लंग इंस्टीट्यूट में मंगलवार को कोविड-19 रोधी वैकसीन की खुराक लेते युगुर्ग। • सोनू मेहता

## 14 निजी अस्पतालों में आईसीयू बेड अड़े

कोरोना के गंभीर मरीजों की संख्या में लगातार इजाफा हो रहा है। इससे दिल्ली के 14 निजी अस्पतालों में आईसीयू बेड भर चुके हैं। दिल्ली सरकार के स्वास्थ्य मंत्री सत्येंद्र जैन ने कहा कि कुछ निजी अस्पतालों में आईसीयू बेड भर चुके हैं। हालांकि, सरकारी अस्पतालों में बेड की कोई कमी नहीं है। वहीं उत्तरी दिल्ली रेलवे के अस्पताल में उपलब्ध 10 आईसीयू बेड में से सभी बेड कोरोना के मरीजों के लिए फुल हो चुके हैं।

वर्तमान में 7429 कोरोना के सक्रिय मरीज हैं, जिसमें 4832 मरीज होम आइसोलेशन में रहकर अपना इलाज करा रहे हैं। हेल्थ बुलेटिन के मुताबिक 1584 मरीज अस्पताल में भर्ती हैं। 21

मरीज कोविड केयर सेंटर में हैं। दिल्ली सरकार के एक वरिष्ठ अधिकारी की मानें तो जिन अस्पतालों में बेड बढ़ाए जाएंगे उसमें निजी व सरकारी दोनों अस्पताल शामिल किए जाएंगे।

## 992 नए केस, चार की मौत

नई दिल्ली | वरिष्ठ संवाददाता

दिल्ली में मंगलवार को 992 नए लोगों में कोरोना संक्रमण की पुष्टि हुई। दिल्ली में एक सप्ताह बाद एक हजार से कम मरीजों की पुष्टि हुई है। संक्रमण दर बढ़कर 2.70 फीसदी हो गई है।

मंगलवार को 992 नए मामलों के बाद राजधानी में सक्रिय मरीजों की संख्या बढ़कर 7429 हो गई है। मंगलवार को 1591 मरीजों को छुट्टी दी गई जबकि चार मरीजों ने कोरोना के कारण दम तोड़ दिया। दिल्ली में कोरोना के कुल मरीज 660611 मरीज हो गए हैं। इनमें से 6,42,166 मरीज कोरोना से ठीक हो चुके हैं। वहीं 11,016 मरीजों ने कोरोना के कारण दम तोड़ दिया। दिल्ली में कोरोना से मृत्युदर 1.67 फीसदी हो गयी है। विभाग के अनुसार दिल्ली में कोरोना के सात हजार से अधिक सक्रिय मरीजों में से विभिन्न अस्पतालों में 1584 मरीज भर्ती हैं।

दिल्ली में मंगलवार को कोरोना की 36,757 जांच हुई। इनमें 2.70 फीसदी मरीज कोरोना से संक्रमित पाए गए। मंगलवार को आरटीपीसीआर तरीके से 28,618 और रैपिड एंटीजन से 8,139 टेस्ट हुए।

## बीते दस दिन का हाल

दिन	मरीज
30 मार्च	992
29 मार्च	1904
28 मार्च	1881
27 मार्च	1558
26 मार्च	1534
25 मार्च	1515
24 मार्च	1254
23 मार्च	1101
22 मार्च	888
21 मार्च	823

## इतने फीसदी संक्रमित मिले

दिन	संक्रमण दर
30 मार्च	2.70%
29 मार्च	2.77%
28 मार्च	2.35%
27 मार्च	1.70%
26 मार्च	1.80%
25 मार्च	1.69%
24 मार्च	1.52%
23 मार्च	1.31%
22 मार्च	1.32%
21 मार्च	1.03%

# सप्ताह भर में 10 हजार से अधिक संक्रमित मिले

नई दिल्ली | वरिष्ठ संवाददाता

राजधानी में तेजी से कोरोना के मरीजों की संख्या बढ़ रही है। दिल्ली में पिछले एक सप्ताह में कोरोना 10,638 नए संक्रमित मिले हैं। यह फरवरी माह में संक्रमित हुए कुल 4193 लोगों से लगभग दोगुनी है।

दिल्ली में 23 मार्च से लेकर 30 मार्च तक 10638 नए संक्रमितों की पुष्टि के बाद विशेषज्ञों ने सख्ती के साथ एहतियात बरतने की सलाह दी है। साथ ही कहा है कि अगर ऐसा ही हाल रहा तो आने वाले दिनों में दिक्कतें बढ़ सकती हैं। दिल्ली में बीते 15 दिनों में रोजाना 67 से अधिक रोगियों को अस्पताल में भर्ती किया गया है।

## अस्पतालों में मर्ती 39 फीसदी मरीज गंभीर

अस्पताल में भर्ती रोगियों में कई रोगियों की हालत गंभीर है। इनमें से 39 फीसदी मरीजों की हालत गंभीर है। ये ऐसे मरीज हैं जो आईसीयू और वेंटिलेटर पर भर्ती हैं। कुल 1680 भर्ती मरीजों में से 661 मरीज आईसीयू और वेंटिलेटर पर भर्ती हैं। इनमें से 278 वेंटिलेटर और 383 मरीज आईसीयू में भर्ती हैं।

अस्पतालों में लगभग तीन महीने बाद कोरोना पीड़ित मरीजों की संख्या 1500 से अधिक हुई है। इससे पहले 6 जनवरी को 1734 कोरोना मरीज अस्पतालों में भर्ती थे।

15 मार्च तक अस्पतालों में भर्ती मरीजों की संख्या 607 थी, जो अब बढ़कर 1680 हो गई है। इस लिहाज

से देखे तो दो सप्ताह में एक हजार से अधिक मरीज भर्ती हुए हैं।

**फरवरी में घट रही थी इलाज करा रहे रोगियों की संख्या :** इससे पहले फरवरी में 22 फरवरी को अस्पताल में इलाज करा रहे रोगियों की संख्या घटकर 405 रह गई थी तब करीब 95 फीसदी बेड खाली थे। लेकिन, उसके बाद से

## 70 फीसदी बिस्तर खाली हैं अभी

स्वास्थ्य विभाग के एक अधिकारी ने बताया कि अस्पतालों में मरीज बढ़ रहे हैं लेकिन अभी भी करीब 70 फीसदी बेड खाली है कि सरकार मरीजों की संख्या और लगातार नजर बनाए हुए है अगर आने वाले दिनों में यह संख्या इसी प्रकार बढ़ती रही तो बिस्तरों को भी बढ़ाया जाएगा। सरकार कुछ अस्पतालों को दोबारा कोविड अस्पताल बना सकती है।

धीरे धीरे मरीजों की संख्या बढ़ने लगी। एम्स के डॉक्टर नवल विक्रम का कहना है कि दिल्ली में कोरोना संक्रमण को रोकना है तो लोगों को बड़ी संख्या में टीकाकरण के लिए आना होगा। कोरोना से बचाव के लिए वैक्सीन और संक्रमण से बचाव के नियमों का पालन करना होगा।