



# DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY  
Thursday 20210805

## Covid resurgence

### **Expedite vaccination to be better prepared for third wave (The Tribune: 20210805)**

<https://www.tribuneindia.com/news/editorials/covid-resurgence-293107>

It's worrying that the reproductive number (R-value), which indicates how fast Covid-19 is spreading, has risen above one in eight states and UTs — Himachal Pradesh, Jammu and Kashmir, Lakshadweep, Tamil Nadu, Kerala, Karnataka, Mizoram and Puducherry. These states/UTs are scattered across the length and breadth of the country, implying that the virus continues to be practically everywhere. This trend suggests that the second wave is not over yet and the third surge might strike sooner than later. India's daily caseload has mostly been in excess of 40,000 in the past week or so. A new challenge is being posed by the increase in the number of cases of vaccine breakthrough infection (occurring in an individual who is fully vaccinated) and reinfection (a Covid-recovered person getting infected again).

The influx of tourists has contributed to the rise in Covid cases in HP and J&K in particular. The lifting of restrictions has led to all-round laxity in adhering to the precautionary norms. Reports/visuals of people shunning masks and social distancing at hill stations and crowded city markets underscore the prevailing complacency. The states witnessing a surge need to do contact tracing on a war footing and create containment zones depending on the spread of infections. The possibility of reimposing curbs can also be explored. The devastation wreaked by the second wave should hopefully spur the authorities to be better prepared this time on all counts – oxygen, ventilators, ICU beds, medicines.

Vaccination, of course, is the best bet to contain the virus. Over 48 crore vaccine doses have been administered in India so far — over 6.1 crore in May, 11.96 crore in June and 13.45 crore in July. The absolute numbers seem impressive, but the percentages present a different picture. India has managed to fully vaccinate merely one-tenth of its adult population. This rate can be enhanced only if the production and supply of vaccines are ramped up. The government's initiative to fast-track emergency approvals for all foreign-produced shots has fallen short of

achieving the desired results. The bottlenecks need to be removed quickly so that we stand a chance against the third wave.

## **New Cases (The Asian Age: 20210805)**

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15752026>

# India records 42,625 Covid cases, 562 deaths

**AGE CORRESPONDENT**  
NEW DELHI AUGUST 4

42,625 people testing positive for the coronavirus infection in a day, India's total tally of Covid-19 cases rose to 3,17,69,132 and the active caseload increased to 4,10,353, according to data. The death toll climbed to 4,25,757 with 562 fatalities, while the case fatality rate stood at 1.34 per cent.

The number of people who have recuperated from the disease surged to 3,09,33,022 with the

national Covid-19 recovery rate rising to 97.37 per cent, the data updated at 8 am showed.

The number of active cases increased to 4,10,353 and accounted for 1.29 per cent of the total infections. An increase of 5,395 cases has been recorded in the active caseload in a span of 24 hours.

As many as 18,47,518 samples were tested on Tuesday taking the number of tests conducted so far for detection of Covid-19 in the country to 47,31,42,307.

## **Vaccination**

### **Vaccination: Women lag behind men in Haryana ((The Tribune: 20210805**

<https://www.tribuneindia.com/news/coronavirus/vaccination-women-lag-behind-men-in-haryana-293181>

Vaccination: Women lag behind men in Haryana

Even as the share of the women deaths in the total Covid casualties jumped to 37.5 per cent in Haryana, on the vaccination front their share is lesser. - File photo

Even as the share of the women deaths in the total Covid casualties jumped to 37.5 per cent in Haryana, on the vaccination front their share is lesser.

From the start of the pandemic till March 31, there were 1,030 (32.6 per cent) women deaths out of 3,155 total casualties. But the share jumped to 37.5 per cent on August 3, as the last four months, April, May, June, and July, alone contributed 2,588 female deaths.

However, till July 29, against 1,000 men who received the Covid vaccine dose in Haryana, only 806 women reached vaccination centres for the jab. This is far lesser than the Census 2011 sex ratio in the state which was recorded at 879. Even the projected sex ratio is 887 in Haryana for 2021, as per the Census of India report on population projections (2019).

These facts came to light in a reply of the Ministry of Health and Family Welfare (MoH&FW) on August 3 to a question on the gender gap in vaccination in the Rajya Sabha. Till July 29, in Haryana, 62.78 lakh men had received the dose against 50.63 women as per the CoWin portal.

The figure of Punjab is worse with just 797 women receiving the vaccination against 1,000 men. The projected sex ratio in Punjab for 2021 is 903.

The MoH&FW reasoned that at the beginning of Covid vaccination programme, pregnancy and lactation were contraindications for vaccination. On the basis of the review of the available scientific evidence and the consensus of the stakeholders, the MoH&FW approved the vaccination of lactating women on May 19 and of pregnant women on July 2.

Prof Aswini Nanda from the Centre for Research in Rural and Industrial Development (CRRID), Chandigarh, who has been studying vaccine hesitancy, opined, “The gender gap has to be understood in terms of factors such as pregnant and lactating mothers are late entrants, women being confined to households, and need someone to escort them to vaccination centres, and they tend to ignore their health for the family. They have less access to information on the benefits of vaccination.”

“Several women are under the influence of rumours on social media that vaccination could affect their fertility and that they wouldn’t be able to conceive. We are fighting back to negate this,” said Sunita Rani, secretary, Asha Workers Union, Haryana, who is posted in Sonapat.

In Parliament

Till July 29, against 1,000 men who received the jab in Haryana, only 806 women got vaccinated.

This is far fewer than the Census 2011 sex ratio in the state which was recorded at 879

## **Rs 5L free health insurance for Covid-hit kids**

### **Rs 5L free health insurance for Covid-hit kids((The Tribune: 20210805**

<https://www.tribuneindia.com/news/coronavirus/rs-5l-free-health-insurance-for-covid-hit-kids-292990>

Union Information Minister Anurag Thakur today said that children affected by Covid-19 will get free health insurance up to Rs 5 lakh till they attain the age of 18 and the premium will be paid by the government through PM CARES. - File photo

Union Information Minister Anurag Thakur today said that children affected by Covid-19 will get free health insurance up to Rs 5 lakh till they attain the age of 18 and the premium will be paid by the government through PM CARES. The insurance would be given under Ayushman Bharat, Thakur said.

## **Covid-19: Study reveals best fabric combos for cloth masks**

### **Covid-19: Study reveals best fabric combos for cloth masks ( Hindustan Times:20210805)**

<https://schoolepaper.hindustantimes.com/Home/ArticleView>

Cloth face masks have become one of the most essential things to protect yourself and others from Covid-19. But have you ever thought about how effective are they, especially in containing a sneeze?

Now, researchers at the American Chemical Society Biomaterials Science and Engineering used high-speed videos of a person sneezing to identify the optimal cloth mask design. Face masks help reduce disease spread by blocking tiny, virus-laden droplets expelled through the nose and mouth when a person speaks, coughs or sneezes.

A few studies have examined the effectiveness of various fabrics for blocking droplets and aerosols made by a machine, but until now, none has been conducted under the conditions of a real human sneeze. Researchers at the University of New South Wales wanted to see how well masks made of various fabrics and layers blocked respiratory droplets from sneezes.

The researchers made masks with 17 commonly available fabrics. Each mask had one, two or three layers of the same or different fabrics.

A volunteer donned each mask, tickled the inside of his nose with tissue paper on a cotton swab, and then readjusted the mask just before the onset of a sneeze. The researchers captured videos of the sneezes and computed the intensity of droplets in the images in a region 2 cm from his mouth. With each fabric layer, the droplet-blocking capability improved by more than 20-fold.

Interestingly, all of the three-layer cloth combinations the researchers tested were more effective than a three-layer surgical mask. The best masks for blocking droplets contained a hydrophilic inner layer of cotton or linen, an absorbent middle layer of a cotton/polyester blend and a hydrophobic outer layer of polyester or nylon. Ani

## **COVID-19 variants**

**Efforts to track emerging COVID-19 variants shrink (The Hindu: 20210805)\**

<https://www.thehindu.com/sci-tech/health/efforts-to-track-emerging-covid-19-variants-shrink/article35732379.ece>

The second wave is yet to trough and there are signs that a third wave may be round the corner, but India's efforts to sequence genomes to track for emerging

## **Kerala's Ayurvedi**

**Kerala's Ayurvedic retreats innovate to stay open(The Hindu: 20210805)\**

<https://www.thehindu.com/news/national/kerala/keralas-ayurvedic-retreats-innovate-to-stay-open/article35609614.ece>

Luxury resorts offer discounted packages for locals and treatments specifically designed for COVID-rehab and work-from-home fatigue

After two lockdowns, tourism in Kerala is cautiously opening with Karkkadakam (July-August), the last month of the Malayalam calendar.

## **A Covid warning**

### **Rise in infection rates in pockets of country calls for increased vigilance, quickening pace of vaccination (The Indian Express: 20210805)**

<https://indianexpress.com/article/opinion/editorials/union-ministry-of-health-and-family-welfare-covid-19-pandemic-kerala-7438771/>

The uptick in the country's Covid cases comes at a time when the US, Japan, Southeast Asia and parts of Europe are confronted with a fresh surge.

In the past four days, the Union Ministry of Health and Family Welfare has released a set of sobering figures on the Covid-19 pandemic. The decline in the country's caseload, after the second wave peaked on May 9, slowed down considerably in early July because the infection had not abated in Kerala and other pockets in the country. Data now shows that the virus is rearing its head again. On Tuesday, the health ministry reported that the R-value — the rate at which an infected person transmits the disease — has gone beyond the danger threshold of 1 in seven states and UTs other than Kerala: Himachal Pradesh, Tamil Nadu, Mizoram, Karnataka, Jammu and Kashmir, Lakshadweep, and Puducherry. Though only 44 districts have a positivity rate above 10 per cent, the fact that the country's weekly caseload spiked by 7 per cent in the last week of July should warrant a rise in vigilance levels. The Centre has asked states to consider local-level containment strategies in districts witnessing a surge. Their prime objective should be to stop crowds from gathering at busy urban centres — the Delhi government's crackdown on markets that violated Covid protocols in late June could be a good example to follow.

The uptick in the country's Covid cases comes at a time when the US, Japan, Southeast Asia and parts of Europe are confronted with a fresh surge. Random changes in the contagion's genetic code are threatening to undo the progress made in containing the pandemic's spread. There is, however, enough evidence that the current crop of vaccines, globally in use, blunt the virulence of the new variants, limit the number of people falling gravely ill. Though India has done well to meet its July target of administering 13-crore shots, the country's Covid challenge demands a quickening of the pace of inoculation. A little more than 55 per cent of people over the age of 60 have received one shot — about 27 per cent have received both doses. This means that a significant number of people, most vulnerable to the lethal ways of the virus, are still unprotected against the pathogen.

The government has maintained that vaccine supply will be ramped up in the next five months. Abiding by this commitment would, of course, be decisive in meeting the year-end goal of inoculating all adult Indians. In the coming weeks, increased supplies could also be crucial in helping state governments frame strategies to use the vaccine more effectively in curbing a

potential surge — giving special attention to areas with a high incidence of Covid and priority to people at greater risk.

## **Fully vaccinated people**

### **Fully vaccinated people thrice at lower risk of Covid: Study (New Kerala: 20210805)**

Double vaccinated people were three times less likely than unvaccinated people to test positive for the Covid-19 infection, a new research has found.->-> View it--> <https://www.newkerala.com/news/2021/110643.htm>

## **Covid-19 transmission**

### **How fears influence Covid-19 transmission (New Kerala: 20210805)**

<https://www.newkerala.com/news/2021/110336.htm>

Researchers have developed a mathematical model that predicts how infectious disease outbreaks incorporate fear -- both of disease and of vaccines. The model, named as "Triple Contagion"-> View it--> <https://www.newkerala.com/news/2021/110336.htm>

## **Metabolic syndrome**

### **Metabolic syndrome linked to cardiovascular problems in adults with kidney disease: Study (New Kerala: 20210805)**

<https://www.newkerala.com/news/2021/110293.htm>

A new study has uncovered a high prevalence of metabolic syndrome in adults with moderate chronic kidney disease, and found that metaboli-> View it--> <https://www.newkerala.com/news/2021/110293.htm>

## **Air pollution**

### **Study finds air pollution associated with higher risk of dementia (New Kerala: 20210805)**

According to a new study, fine particulate air pollution is associated with a higher risk of dementia. ->-> View it--> <https://www.newkerala.com/news/2021/110286.htm>

## **Covid-19 symptoms rare in kids**

### **Long-lasting Covid-19 symptoms rare in kids: Study (New Kerala: 20210805)**

Most children with Covid-19 recover within a week, only a small percentage have long-term symptoms, according to a study published in the journal Lancet Child and Adolescent Health. -> View it--> <https://www.newkerala.com/news/2021/110263.htm>

## **Covid-19 infection**

### **Kalonji may help in treatment for Covid-19 infection: Study Sydney, (New Kerala: 20210805)**

**(New Kerala: 20210805)**

Aug 3: Australian researchers have found that seeds of the plant, Nigella sativa, better known as Kalonji, could be utilised in the treatment of Covid-19 infection. The flowerin-> View it--> <https://www.newkerala.com/news/2021/110079.htm>

## **Health Care Services**

### **बिना हॉस्पिटल जाए बगैर भी कर सकते हैं डॉक्टर्स से कंसल्ट, इन 2 ऐप्स की मदद से ( Dainik Gagan:20210805)**

सेहत से जुड़ी समस्याओं के लिए अब नहीं हॉस्पिटल जाने की जरूरत क्योंकि इन दो ऐप्स की मदद से घर बैठे आप स्कैन हड्डी आंख हर तरह के एक्सपर्ट से बातचीत कर सकते हैं। जो गृहणियों से लेकर बुजुर्गों तक हर किसी के लिए वरदान के समान है।

मानसून से तरह-तरह के इन्फेक्शंस का आना जाना लगा ही रहता है ऊपर से कोरोना संक्रमण का भी खतरा अभी टला नहीं है। ऐसे में अगर आप डॉक्टर से किसी तरह की सलाह लेना चाहते हैं तो इसके लिए जरूरी नहीं हॉस्पिटल जाना और घंटों इंतजार करना। घर बैठे वीडियो, फोन, कॉल या फिर चैट के माध्यम से भी आप डॉक्टर्स से कंसल्ट कर सकते हैं। और तो और कई सारे ऐसे एप्स भी अवेलेबल हैं जो जरूरत की दवाइयां डिलीवर करने से लेकर घर से सैंपल भी कलेक्ट करने की भी सुविधा प्रदान करते हैं। जिनके बारे में जान लेना है जरूरी।

#### लाइब्रेट-कंसल्ट ए डॉक्टर

कंपनी का दावा है कि इस प्लेटफॉर्म पर एक लाख से ज्यादा डॉक्टर और पैथोलॉजी लैब्स जुड़े हैं। यहां पर हेल्थ और फिटनेस से जुड़े सवाल फ्री में पूछे जा सकते हैं, जिनका जवाब तुरंत मिल जाता है। यहां आप स्पेशलिस्ट डॉक्टर को खोज सकते हैं। उनसे ऑनलाइन सलाह ली जा सकती है या फिर अप्वाइंटमेंट बुक करा सकते हैं। डॉक्टर्स के साथ टेक्स्ट चैट या फिर ऑडियो-वीडियो के जरिए अपने हेल्थ से संबंधित परेशानियों को शेयर कर सकते हैं। साथ ही, मेडिकल रिकॉर्ड्स, लैब टेस्ट रिपोर्ट्स, मेडिकल हिस्ट्री भी शेयर करने का विकल्प मिलता है। हेल्थ से संबंधित अलग-अलग परेशानियों से जुड़े विश्वनीय डॉक्टर्स के हेल्थ टिप्स भी मिलेंगे। यहां पर आयुर्वेदिक, होम रेमेडीज़, डाइट प्लान आदि से जुड़े टिप्स भी दिए गए हैं। आप मेडिकल रिकॉर्ड को मैनेज करने की सुविधा के साथ मेडिकल टेस्ट के लैब भी बुक कर सकते हैं। इसे एंड्रॉयड और आइओएस के लिए डाउनलोड किया जा सकता है।

ऑनलाइन डॉक्टर से परामर्श करने के लिए अपोलो 24/7 भी काफी पॉपुलर है। आप वीडियो, ऑडियो कॉल और चैट के माध्यम से देश के टॉप डॉक्टरों से परामर्श कर सकते हैं। इस प्लेटफॉर्म पर 90 से अधिक विशेषज्ञ डॉक्टर्स मिलेंगे। इसके अलावा, इस प्लेटफॉर्म के जरिए आप दवा भी मंगा सकते हैं। प्रमुख मेट्रो सिटीज़ में ऐसी सुविधाएं मौजूद हैं। साथ ही, लैब टेस्टिंग के लिए भी बुकिंग की सुविधा मुहैया कराता है। यह प्लेटफॉर्म आपके हेल्थ रिकॉर्ड को भी स्टोर रखता है। इसे गूगल प्ले स्टोर से डाउनलोड कर सकते हैं।