



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Tuesday 20210810

India records lowest new Covid cases

India records lowest new Covid cases in 5 months (The Tribune: 20210810)

<https://www.tribuneindia.com/news/nation/india-records-lowest-new-covid-cases-in-5-months-295687>

The death toll has climbed to 4,28,682 with 373 fresh fatalities

India logged 28,204 new coronavirus infections, the lowest in 147 days, taking the total tally of cases to 3,19,98,158, while the active cases fell to 3,88,508, the lowest in 139 days, according to the Union Health Ministry data updated on Tuesday.

The national Covid-19 recovery rate has increased to 97.45 per cent, which is the highest ever recovery rate achieved, the ministry said.

The death toll has climbed to 4,28,682 with 373 fresh fatalities, the data updated at 8 am showed.

The active cases comprise 1.21 per cent of the total infections, the lowest since March 2020, the ministry said.

A decrease of 13,680 cases has been recorded in the active Covid-19 caseload in a span of 24 hours.

As many as 15,11,313 tests were conducted on Monday, taking the total cumulative tests conducted so far for detection of Covid-19 in the country to 48,32,78,545.

The daily positivity rate has declined to 1.87 per cent. It has been less than three per cent for the last 15 days, the ministry said, adding the weekly positivity rate was recorded at 2.36 per cent.

The number of people who have recuperated from the disease surged to 3,11,80,968, while the case fatality rate stands at 1.34 per cent, the data stated.

Cumulatively, 51.45 crore Covid-19 vaccine doses have been administered under the nationwide vaccination drive till Tuesday morning.

India's Covid-19 tally had crossed the 20-lakh mark on August 7, 30 lakh on August 23, 40 lakh on September 5 and 50 lakh on September 16.

It went past 60 lakh on September 28, 70 lakh on October 11, crossed 80 lakh on October 29, 90 lakh on November 20 and surpassed the one-crore mark on December 19.

India crossed the grim milestone of three crore on May 4 and three crore on June 23.

The 373 new fatalities include 105 from Kerala and 68 from Maharashtra.

A total of 4,28,682 deaths have been reported so far in the country including 1,34,064 from Maharashtra, 36,817 from Karnataka, 34,340 from Tamil Nadu, 25,067 from Delhi, 22,774 from Uttar Pradesh, 18,240 from West Bengal and 17,852 from Kerala.

The ministry stressed that more than 70 per cent of the deaths occurred due to comorbidities.

"Our figures are being reconciled with the Indian Council of Medical Research," the ministry said on its website, adding that state-wise distribution of figures is subject to further verification and reconciliation. — PTI

Covid pandemic

Covid pandemic: How parents can help kids deal with back-to-school anxiety (The Tribune: 20210810)

<https://www.tribuneindia.com/news/coronavirus/covid-pandemic-how-parents-can-help-kids-deal-with-back-to-school-anxiety-295188>

Anxiety may be a challenge for many more children than usual, and it can be intertwined with other feelings, such as excitement and shyness

Covid pandemic: How parents can help kids deal with back-to-school anxiety

Photo for representational purpose only. iStock

Bridgewater (US), August 9

As a child, I had a great deal of anxiety. If you've ever seen me speak in public, that might surprise you. But anxiety among children is extremely common and affects almost all children, to varying degrees.

During pre-pandemic times, researchers noted that as many as 7% of children had a diagnosable anxiety disorder that disrupted their everyday functioning. In addition, 20% had a tendency to

feel anxious that didn't rise to the level of a clinical disorder. And all children feel anxious at some time or another.

As a researcher who's studied children's mental health for decades, I know that predictability helps prevent anxiety in children. Predictability means things going along as they've always gone: sleep at night, up in the morning, cornflakes for breakfast, off to school, activities in the afternoon, dinner with the family.

In Louise Fitzhugh's children's novel "Harriet the Spy," Harriet's mother can't believe that her daughter always takes a tomato sandwich to school. Always. Harriet has no interest in variety. She's perfectly happy with the same sandwich, year after year.

Given children's fondness for sameness and predictability, it should be no surprise that a global pandemic that halted school as kids know it, slammed the brakes on seeing friends, stopped extracurricular activities and banished all but immediate family members would have a profound impact on children's anxiety.

A to-be-published study I conducted on 238 teens between January and May 2021 at the Massachusetts Aggression Reduction Center found that an astonishing 64% reported increased anxiety over the course of the pandemic. Even back in the spring of 2020, researchers were finding increased levels of anxiety among children in China. Similarly, a large-scale survey by the nonprofit Save the Children found significant increases in negative emotions including anxiety, in 48 countries, around the globe.

To whatever extent the delta variant affects in-person instruction in the fall of 2021, back-to-school this year will be different from pre-pandemic years. Anxiety may be a challenge for many more children than usual, and it can be intertwined with other feelings, such as excitement and shyness.

Here are steps parents can take to help reduce their kids' back-to-school anxiety and encourage a better start to the fall term.

1. Look for general symptoms of anxiety

Ask your kids how they're feeling about going back to school, and keep an eye out for headaches, stomachaches, sleeping troubles, persistent "what if" questions, crankiness, excessive concern about very distant events, problems focusing on schoolwork and persistent concerns that aren't alleviated by logical explanations. An example of this might be worrying that there has been no progress in fighting the pandemic, despite widespread information about the development of effective vaccines and better treatments.

What's tricky, of course, is that any of these can potentially be an indication of many different problems, so take a second step. Talking to your kids about their thoughts may help you unravel whether they're feeling anxious.

2. Encourage activities that reduce anxiety

Playing outside, playing with friends or even just "hanging out" can be powerful ways to reduce negative feelings. Outdoors, people often feel more relaxed – the antithesis of anxiety. Playing in an unstructured way – that is, without someone else telling them what or how to play – allows kids to work through their feelings successfully and reduce anxiety.

3. Help your kids understand the pandemic Look for books and activities that can educate kids about the pandemic and post-pandemic life to help them feel like they understand what is happening around them. Children may not understand what a vaccine is, for example, and how it can protect against disease. People who know more about cataclysmic events or relevant facts typically feel less helpless, and children are no exception. There are several age-appropriate books that use pictures and humor to explain to kids what is happening.

4. Focus on family activities

The emotional connection that children have with their families is their psychological anchor during difficult times. At a time when so much of everyday life has changed, spending time with family can be an antidote for uncertainty. Take a walk or a hike together, eat dinner together, play board games.

5. Embrace distraction

Distraction isn't a cure for anxiety, but it can diminish its intensity and help sufferers think more clearly about the source of their worries. When children are feeling very anxious, it's fine to talk to them about how watching an engaging program, or reading a funny book, can help them feel calmer.

6. Get professional help when needed

If your child's anxiety is interfering with sleep, eating, socializing or school attendance, and it persists beyond a few days, it's a good idea to call your pediatrician or family doctor and report

what's going on. Medical professionals who work with children are seeing anxiety skyrocket among kids, and they know how to get your child the necessary help.

As with any back-to-school season, you may find yourself shopping for binders and backpacks. This year in particular, though, children and their anxiety may need more of a focus. Practicing simple prevention and intervening when necessary can get your kids off to a great school year. — The Conversation (Elizabeth Englander, Bridgewater State University)

Vaccination

Canada begins allowing fully vaccinated US citizens to visit again(The Tribune: 20210810)

<https://www.tribuneindia.com/news/coronavirus/canada-begins-allowing-fully-vaccinated-us-citizens-to-visit-again-295191>

US citizens and legal permanent residents must be both fully vaccinated and test negative for Covid-19 within three days to get across one of the world's longest and busiest land borders

Canada begins allowing fully vaccinated US citizens to visit again

The US-Canada border has been closed to nonessential travel since March 2020 to try to slow the spread of the coronavirus. Reuters

Canada on Monday is lifting its prohibition on Americans crossing the border to shop, vacation or visit, but the United States is keeping similar restrictions in place for Canadians, part of a bumpy return to normalcy from Covid-19 travel bans.

US citizens and legal permanent residents must be both fully vaccinated and test negative for Covid-19 within three days to get across one of the world's longest and busiest land borders. Travellers also must fill out a detailed on application on the arriveCAN app before crossing.

Even though travellers have to register, the Canada Border Services Agency won't say how many people they are expecting to enter Canada for the reopening. But travelers should plan for the possibility of additional processing time at the border.

"CBSA will not compromise the health and safety of Canadians for the sake of border wait times," agency spokeswoman Rebecca Purdy said in a statement.

While the Canada Border Services Agency won't say how many people it's expecting, Garnet Health, an Essex, Vermont-based company that offers same-day Covid-19 testing, has seen the number of tests it performs more than triple in recent weeks. The increase coincides with Canada's decision last month to drop a two-week quarantine requirement for its citizens when they return home from the US.

“I imagine once that border opens, we are going to see lots of people,” said Chelsea Sweeney, the company’s director of business development.

The US-Canada border has been closed to nonessential travel since March 2020 to try to slow the spread of the coronavirus.

The US has said it will extend its closure to all Canadians making nonessential trips until at least August 21, which also applies to the Mexican border. But the Biden administration is beginning to make plans for a phased reopening. The main requirement would be that nearly all foreign visitors to the U.S. will have to be vaccinated against the coronavirus.

But Canadians aren’t waiting for reciprocal rules.

Joel Villanueva, owner of Primo’s Mexican Grill in White Rock, British Columbia, about 2.5 miles (4 kilometers) north of the U.S. border, is more than ready for Americans to return.

“Let’s get this thing going,” he said. “A lot of our customers are from the United States, and we are literally minutes from across the border. We welcome our Americans, and we depend on their foot traffic.”

Villanueva said he supports people coming who are fully vaccinated and doesn’t think there will be a rush of Americans initially. But if his restaurant and dozens of others along the waterfront could fill some tables with U.S. visitors every day for the rest of the summer, it would be a big financial boost, he said.

Near the border in Washington state, Blaine Chamber of Commerce board member Carroll Solomon called the reopening a step in the right direction for businesses. But she also said it was somewhat concerning because of an increase in Covid-19 cases nationwide as the highly contagious delta variant spreads.

“For people who need to get up there (to Canada) for family reasons, it’s wonderful,” said Solomon, who also volunteers at the Blaine Visitor Information Center.

With all the hoops people need to jump through — being fully vaccinated, getting tested for Covid-19 and uploading that information to an app — she doesn’t think that people will be going to Canada for many day trips.

“I have a lot of friends on the Canadian side and would love to go have lunch with somebody, but you can’t just do that; you have to plan days in advance to make sure you can get through,” Solomon said.

It’s going to be an event for the Blaine area when Canadians can come down on a regular basis, she said.

As far as returning to the United States from Canada, US Customs and Border Protection spokesman Jason Givens said there's no requirement to show proof of vaccination or a negative Covid-19 test.

"CBP officers have been processing essential travel throughout the pandemic and remain ready and able to process American citizens and permanent residents returning from Canada," Givens said by email.

Steve Blake, who lives in Stanstead, Quebec, just across the border from Derby Line, Vermont, is hoping his siblings living in the United States will be able to visit Canada soon so they can hold a memorial service for their mother who died in early 2020, just before the pandemic closed the border. But given the requirements, he doesn't know how quickly that will happen.

ICMR study

ICMR study on mixing Covishield and Covaxin could open possibilities (The Indian Express: 20210810)

<https://indianexpress.com/article/opinion/editorials/covishield-covaxin-mixing-covid-pandemic-coronavirus-vaccination-7446206/>

Studies are already underway to ascertain the most potent gap between doses in a combination approach. ICMR needs to upscale its endeavour in these directions.

Mix-and-match trials have not reported significant side-effects so far.

In the initial months of the pandemic, when the quest for vaccines had just begun, a section of epidemiologists suggested the possibility of using mixed immunisation as one strategy against the unpredictable pathogen. Using a pair of two different vaccines was also advocated as a panacea to supply shortages. Now an ICMR study on 18 people, who were administered Covaxin as their second shot after having received Covishield as the first jab, has yielded encouraging results. The inadvertent mixing of shots triggered a superior immunogenicity profile — including against the virus's more infectious variants — as compared to that produced by two doses of the same vaccine. However, the researchers have rightly cautioned that more detailed analysis is required before the mix-and-match approach becomes an accepted part of the anti-Covid strategy.

For at least two decades, researchers have been trying to find potent immune response combinations against several viral diseases, including HIV. In recent years, the endeavour seems to have met with some success with respect to the Ebola vaccine. The Moscow-based Gamaleya Research Institute that has been at the forefront of this research used the approach to develop its anti-Covid vaccine, Sputnik V. The vaccine uses two different vectors for its two shots — the first dose has the same adenovirus as in the Ebola virus, Ad5, while the second

shot uses Ad 26. In the past three months, a slew of studies has suggested broadening the frontiers of the combination approach — pairing shots that use fundamentally different technologies. Preliminary studies show that adenovirus-based vaccines induce strong T-cell response — cells critical to early recognition and management of viral infections — whereas messenger RNA vaccines generate a high number of antibodies. Training the immune cells by a viral vector followed by an antibody boost could, therefore, lead to a potentially stronger defence against a SARS Cov-2 attack. A similar quest is reportedly behind a joint initiative by Gamaleya and AstraZeneca that explores the possibility of combining vaccines developed in the two laboratories. The ICMR study indicates the possibility of Covaxin, which relies on chemically inactivated viruses, becoming part of another potent pair.

Mix-and-match trials have not reported significant side-effects so far. But experts say these trials need to have several times more participants to pick up rare events. Caution is also imperative because the endeavour combines shots that have different adverse event profiles. Studies are already underway to ascertain the most potent gap between doses in a combination approach. ICMR needs to upscale its endeavour in these directions.

Neck pain

Three effective stretches to help you relieve upper back and neck pain(The Indian Express: 20210810)

<https://indianexpress.com/article/lifestyle/fitness/relieve-your-upper-back-and-neck-pain-with-these-easy-stretches-7441263/>

Nutritionist Rujuta Diwekar recently shared the easy stretches on Instagram -- check them out here

upper back pain, neck painThe prolonged work from home situation has led to an increase in back and neck pain complaints owing to the lack of an ideal work condition at home. (Source: Getty images/Thinkstock)

The Covid-19 pandemic has shut millions inside their houses, forcing them to work from home. However, the prolonged work from home situation has led to an increase in back and neck pain complaints owing to the lack of an ideal work condition at home. Due to the absence of a proper workstation at home, most people end up working from their couches and beds.

These sitting positions often result in bad posture and neck and upper back pain. However, with a few simple stretches daily, you can overcome these pains before they become chronic.

Covid -19 Threat (The Asian Age: 20210810)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=15761017>

THE ASIAN AGE

10 AUGUST 2021

Games were compelling despite Covid-19 threat

An understated Olympics held in the shadow of a globally debilitating virus came to a memorable climax in a colourfully modern closing ceremony. For all its flaws and its strict Covid protocols, the conduct of the Games was a tribute to the human spirit that refused to surrender to fatalism as athletes from 206 nations gathered for a fortnight in one of the most densely populated cities of the world. The positivity rate from Olympic Games testing was just 0.02 per cent but very few unlucky athletes were denied an opportunity to compete because they picked up the virus in Tokyo. The Games, often derided as a commercialised celebration of universal humanity, did well to show the path to living with the pandemic while coping with the siege mentality that has beset billions around the world.

India placed 48th with a record haul of seven medals and 33rd in terms of overall medals won but when seen on a per population basis it would have to be rated as the lowest. That it led to euphoria was due mostly to a historic gold medal won in track & field. This should set us thinking about

India placed 48th with a record haul of seven medals and 33rd in terms of overall medals won but when seen on a per population basis it would have to be rated as the lowest.

whether national self-worth is to be measured in terms of Olympic medal-winning ability. If you left it to the politicians, they would gladly embrace anything that would make them look good, even if they only bask in reflected glory. As a country that is regularly handing out food grains free to 80 crore people, who constitute nearly 60 per cent of the population, we tend to make a virtue out of necessity though it damns us as a nation incapable of lifting its people out of dire poverty. India's sports budget was reduced by 8 per cent to ₹2,596.14 crore in the Union budget for 2021-22.

Sport is crucial to the health and well-being of youth and it is no shame that governments should back sportspeople with infrastructure, access to training programmes and incentives. The Olympics may have shown national overreach as in state-sponsored doping in an ambivalent light with Russia excluded and still ROC athletes won 20 gold medals. The USA, which pipped China 39-38 in the gold, featured its free enterprise and societal backing against China's overt State support for sport. India would have to prime up its hybrid system where the greater sporting expertise of athletes and coaches, many of whom are foreigners, is recognised as the route to higher performance and they have to be backed by government resources, as indeed it was in the case of the Subedar from the Indian Army, Neeraj Chopra, who was free to train as he wished while India sponsored him and his javelins. A handful of athletes have made us proud and it is best that we recognise their sacrifices and their efforts rather than try to own them.

COVID-19 vaccination

Pandemic of distrust: On resisting COVID-19 vaccination (The Hindu: 20210810)

<https://www.thehindu.com/opinion/editorial/pandemic-of-distrust-the-hindu-editorial-on-resisting-covid-19-vaccination/article35754043.ece>

Those resisting vaccination mostly conform to a specific social, cultural, and political profile President Joe Biden and the director of the CDC warned this week that the

Corona Cuppa Variant (Hindustan: 20210810)

https://epaper.livehindustan.com/imageview_975529_81890988_4_1_10-08-2021_2_i_1_sf.html

पांच जिलों के 354 पॉजिटिव सैपलों में मिले 65 मामले, भुवनेश्वर में कराई गई थी होल जिनोम सिक्वेंसिंग

झारखंड में कोरोना का कप्पा वेरिएंट मिला



धनबाद समेत झारखंड के पांच जिलों में इम्युन सिस्टम को चकमा देने वाला कोरोना वायरस का कप्पा वेरिएंट (बी.1.617.1) मिला है। भुवनेश्वर के लाइफ साइंस लेबोरेट्री में राज्य के 354 सैपलों की हुई होल जिनोम सिक्वेंसिंग में इसका खुलासा हुआ है। 65 सैपल में कप्पा वेरिएंट मिला।

बता दें कि 11 अप्रैल से 9 जून 2021 के बीच झारखंड के 15 जिलों से 896 सैपल जांच के लिए भुवनेश्वर भेजे गए थे। इसमें 354 का परिणाम जारी हुआ है। इसमें 250 केस वेरिएंट ऑफ कंसर्न (वीओसी) और 65 वेरिएंट ऑफ इंटेस्ट (वीओआई) के मिले। वेरिएंट ऑफ इंटेस्ट के सभी केस कप्पा के थे। ईस्ट सिंहभूम में सबसे ज्यादा 43 और रांची में 10 केस कप्पा वेरिएंट का मिले हैं। हजारीबाग के 5,



झारखंड के मोराबादी क्षेत्र में सोमवार को टीकाकरण के लिए केंद्र पर जुटी भीड़। • गढ़

| जिला | सैपल | पॉजिटिव |
|----------|------|---------|
| रांची | 407 | 74 |
| सिंहभूम | 193 | 153 |
| हजारीबाग | 136 | 48 |
| धनबाद | 51 | 49 |
| पलामू | 30 | 30 |

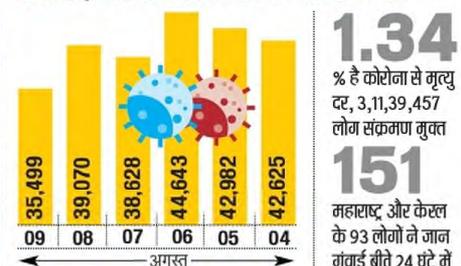
धनबाद के 4 और पलामू के तीन सैपल में यह वेरिएंट मिला। 39 सैपल न तो वेरिएंट ऑफ कंसर्न के थे और न ही

क्या है कप्पा वेरिएंट

शहीद निर्मल महतो मेडिकल कॉलेज एंड हॉस्पिटल के माइक्रोबायोलॉजी के विभागाध्यक्ष डॉ सुजीत तिवारी के अनुसार कप्पा वेरिएंट काफी तेजी से म्यूटेशन कर अपना स्वरूप बदलता है। इसे डबल म्यूटेंट माना जाता है। यह शरीर के इम्युन सिस्टम को चकमा देने और कम्युनिटी ट्रांसमिशन फैलाने में सक्षम होता है।

वेरिएंट ऑफ इंटेस्ट के। लाइफ साइंस लेबोरेट्री ने इसकी रिपोर्ट झारखंड सरकार को भेज दी है।

बीते छह दिनों में कम केस दर्ज किए गए



51 करोड़ से अधिक का टीकाकरण

देश में अब तक लोगों को कोविड-19 रोधी टीके की 51 करोड़ से ज्यादा खुराक दी जा चुकी है। केन्द्रीय स्वास्थ्य मंत्रालय ने सोमवार को यह जानकारी दी। भारत को 10 करोड़ का लक्ष्य हासिल करने में 85 दिन लगे।

देश में बीते 24 घंटे के दौरान 447 लोगों की मौत

देश में एक दिन में कोरोना के 35,499 नए मामले सामने आए। इसके साथ ही कुल संक्रमितों की संख्या बढ़कर 3,19,69,954 हो गई। वहीं, संक्रमण से 447 और लोगों की मौत के बाद मृतक संख्या बढ़कर 4,28,309 हो गई। देश में सक्रिय मरीजों की संख्या कम होकर 4,02,188 हो गई है। जो कुल मामलों का 1.27 प्रतिशत है। पिछले 24 घंटे में उपचारार्थन मामलों में कुल 4,634 की कमी आई है। मरीजों के ठीक होने की राष्ट्रीय दर 97.39 प्रतिशत है।

Vaccines (Hindustan: 20210810)

https://epaper.livehindustan.com/imageview_975529_81895066_4_1_10-08-2021_2_i_1_sf.html

टीकों के आंकड़े सार्वजनिक करने को लेकर जवाब मांगा

नई दिल्ली | विशेष संवाददाता

सुप्रीम कोर्ट ने कोविड-19 रोधी टीके के क्लिनिकल ट्रायल के आंकड़ों के खुलासे के संबंध में निर्देश देने का आग्रह करने वाली याचिका पर सोमवार को केंद्र तथा अन्य से जवाब मांगा। कई टीकों के बारे में कहा गया है कि ये टीके बिना किसी क्लिनिकल ट्रायल ही लोगों को लगाए जा रहे हैं और उनकी गुणवत्ता का कोई प्रमाण नहीं दिया गया है।

जस्टिस एल नागेश्वर राव की पीठ ने सुनवाई के दौरान कहा कि इस याचिका पर विचार करने का यह मतलब नहीं निकाला जाना चाहिए कि हम टीकों की क्षमता पर विश्वास नहीं कर रहे हैं। कोर्ट ने कहा कि एक ओर देश में वैक्सीन की कमी है, लेकिन अब हम ये दूसरे किस्म की विरोधी बात सुन रहे हैं, किसी भी स्थिति में हम वैक्सीनेशन की प्रक्रिया को नहीं रोकेंगे। पीठ ने याचिका पर सुनवाई करते हुए नोटिस जारी किया और चार सप्ताह में केंद्र एवं अन्य को इस संबंध में जवाब देने को कहा।

याचिका पर सुनवाई के दौरान अधिवक्ता प्रशांत भूषण ने कहा कि न तो यह टीका विरोधी याचिका है और न

सरकार ने भीड़ कम करने को क्या कदम उठाए : कोर्ट

कोच्चि। केरल हाईकोर्ट ने राज्य सरकार से पूछा है कि उसने कोविड टीकाकरण केंद्रों पर भीड़ को कम करने के लिए क्या कदम उठाए हैं। मुख्य न्यायाधीश एस मणिकुमार और न्यायमूर्ति शाजी पी चाले की पीठ ने एक जनहित याचिका पर सुनवाई के दौरान यह सवाल पूछा है।

ही याचिकाकर्ता देश में कोविड-19 के टीकाकरण को रोकने का आग्रह कर रहा है। उन्होंने कहा कि पारदर्शिता की आवश्यकता है और आंकड़ों के खुलासे से सभी सदेह दूर हो जाएंगे।

उन्होंने कहा कि सरकार कई कल्याणकारी योजनाओं और सेवाओं को लेने के लिए टीकों की अनिवार्यता पर जोर दे रही है। जबकि तमाम आरटीआई अर्जियों में सरकार ने जवाब दिया है कि यह कवायद स्वैच्छिक है। इसके कारण कई स्थानों पर लोगों की नौकरी और सेवाओं पर बन आई है। उन्होंने कहा कि सरकार को टीकाकरण के बाद ट्रायल करने से रोक जाए।

Delta Variant (Hindustan: 20210810)

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डेल्टा स्वरूप ने फैल कर दी सात देशों की सफल रणनीति

चिंताजनक

नई दिल्ली | हिन्दुस्तान ब्यूरो

कोरोना के डेल्टा स्वरूप ने अब नई चिंता बढ़ा दी है। वायरस के डेल्टा स्वरूप से पार पाने में दुनिया के ऐसे देश भी असफल हो रहे हैं, जिनकी संक्रमण पर काबू करने के लिए नजीर दी जाती थी।

जब पूरी दुनिया कोरोना संक्रमण की पहली लहर से जूझ रही थी तो चीन ऑस्ट्रेलिया और थाईलैंड समेत सात देशों की जीरो टॉलरेंस रणनीति के जरिए लंबे वक्त तक स्थानीय संक्रमण पर नियंत्रण रखा था। पर डेल्टा वैरिएंट ने इस रणनीति को चुनौती दी है।

1. ऑस्ट्रेलिया : तालाबंदी के बाजूद संक्रमण

स्थानीय स्तर पर संक्रमण फैलने पर प्रभावित क्षेत्रों में ऑस्ट्रेलियाई सरकार कड़ी तालाबंदी लागू करने की रणनीति अपनाती रही है। इससे त्रस्त होकर अब लोग तालाबंदी के खिलाफ सड़कों पर प्रदर्शन करने लगे हैं जिनके हिंसक हो जाने की खबरें आती रहती हैं। इस वक्त न्यू साउथ वेल्स राज्य कोरोना का हॉटस्पॉट बना हुआ है।

4. चीन : टीकाकरण भी कारगर नहीं

डेल्टा वैरिएंट से तुहान संक्रमण की चपेट में है। विदेश संबंध परिषद में कार्यरत वैश्विक स्वास्थ्य विशेषज्ञ हुआंग यानजोंग का कहना है कि चीन में टीकाकरण तो तेजी से हुआ पर जो दो टीके उपयोग किए जा रहे हैं, वे डेल्टा पर 50 और 79 फीसदी ही प्रभावी हैं। उन्हें ब्रुस्टर डोज लगानी होंगी।

2. ताइवान : धीमा टीकाकरण घातक बना

करीब 15 महीनों तक इस देश ने अपनी सीमाओं को बंद रखकर और जांच व ट्रेसिंग तकनीकों के जरिए संक्रमण पर काबू रखा पर डेल्टा के सामने ये रणनीति नहीं चली। मई में यहां भयानक लहर आयी जिसने पूरे चिकित्सा तंत्र को हिलाकर रख दिया। हालांकि अब सरकार तेजी से टीकाकरण करा रही है जिससे हालात काबू में आने लगे हैं।

3. फिजी : तेजी से फैले संक्रमण की चुनौती

डब्ल्यूएचओ के मुताबिक, फिजी दुनिया के ऐसे चंद देशों में शामिल है जहां सबसे तेजी से संक्रमण फैल रहा है। अप्रैल में शुरू हुई लहर अब तक मंद होने का नाम नहीं ले रही है। हालात इतने खराब हो चुके हैं कि संसाधन खत्म हो जाने के कारण सरकार ने जांच करना ही बंद कर दिया है। लोगों को अस्पताल से लौटाया जा रहा है।

5. थाईलैंड : नई योजना बनाने की जरूरत

2020 में इस देश ने सख्त तालाबंदी, परीक्षण और टेस सिस्टम के जरिए कोविड के बुरे दौर से खुद को बचाए रखा। पर डेल्टा वैरिएंट फैलने के बाद पुरानी रणनीति कारगर नहीं हो सकी क्योंकि कोरोना का यह स्वरूप 200 फीसदी तक ज्यादा संक्रमक है।

6. मलेशिया : रोल मॉडल से सुपर स्प्रेडर बना

एक समय तक कोविड रोल मॉडल रहा मलेशिया अबतक की सबसे खतरनाक लहर से जूझ रहा है। सरकार ने डेल्टा वैरिएंट फैलने के बाद भी रणनीति में बदलाव नहीं किया। अतिआत्मविश्वास में चुनावी रैलियां करायी गईं जो सुपर स्प्रेडर बन गईं।

7. इंडोनेशिया : नजीर से कोविड हॉटस्पॉट बना

इस देश की रणनीति की अंतरराष्ट्रीय विशेषज्ञ पूर्व में प्रशंसा करते रहे हैं, यही अतिआत्मविश्वास इंडोनेशिया पर भारी पड़ा। हाल के दिनों तक यह देश दुनिया में कोरोना का हॉटस्पॉट बना रहा।