

COVID-19

WEEKLY BULLETIN



Global update

Total deaths crossed 1 million the past week, with more than 34 million cases reported. The region of the Americas remains the most affected region with USA reporting the maximum number of deaths and cases. Europe continues to report a substantial increase in the number of deaths but there has been a decreasing trend noted in the African region. **India has the second highest number of confirmed cases in the world with the country in the 'cluster of cases' transmission stage.**

The WHO has called on all countries to unite and come together for the

Access to COVID-19 Tools (ACT) collaboration. The Access to COVID-19 Tools (ACT) is an ambitious and groundbreaking global collaboration to accelerate development, production and equitable access to COVID-19 tests, treatments, and vaccines.

COVAX is one of the three pillars of ACT led by WHO, bringing together 170 countries and major organizations. The main objective of COVAX is to manufacture and fairly distribute at least 2 billion doses of COVID-19 vaccine by the end of 2021. India is currently in talks to join the ACT.

Global | National | Regional | State

Covid 19 Cases	Confirmed cases	Deaths	Death Rate
Confirmed case	3,41,61,721	10,16,986	2.98%
India	63,94,068	99,773	1.56%
N.E. India	2,47,108	1,183	0.48%
Nagaland	6,318	12	0.19%

As of 2nd October 2020

In the past week:

India: 5,75,498 cases and 7,483 deaths

World: 2.05 million cases and 36,955 deaths

North Eastern States

State	Total Cases	No of Deaths	Death Rate
Assam	1,82,396	711	0.39 %
Tripura	26,362	286	1.08 %
Manipur	11,111	68	0.61 %
Meghalaya	5,802	51	0.88 %
Sikkim	3,050	39	1.28 %
Arunachal Pradesh	10,020	16	0.16 %
Nagaland	6,318	12	0.19 %
Mizoram	2,049	0	0.00 %
Total	2,47,108	1,183	0.48 %

As of 2nd October 2020

Epidemiology

The virus, SARS-CoV-2 is spread mainly by the viral load present in the respiratory droplets. The incubation period varies from 2-14 days with an average of 5-6 days. More than 80% of infected people will have very mild to no symptoms at all. Infections mostly spread in closed, crowded and poorly ventilated spaces. Person to person transmission through droplets is the main mode of transmission.



Major updates from the week: Summary

- 71% of all Positive Traced Contacts are below 40 years of age including students (18%). What starts in the young doesn't stay among the young. Many countries reported that young adult infections were followed weeks later by infections in people over 60 years. The sooner we recognize that, the sooner we can move forward safely.
- Household contacts (31%) and Government employees (31%) together constitute 62% of all positive traced contacts. Most people were infected within the same household and in work places. Implementing safety practices in work places is of top priority (SOP high risk settings, H&FW, Nagaland).
- Monthly Positivity rate in the state has increased from 2.6% in May 2020 to 11.7% in September 2020. The overall positivity rate in the state is 7.8%.
- Symptomatic confirmed cases increased to 3 % from 2 % last week with one COVID-19 confirmed death this week. 5 deaths are under investigation.
- Armed Forces / Security personnel contribute to the highest percentage of total confirmed cases at 48%.
- The proportion of Positive Traced Contacts has increased to 23%. Out of 550 cases reported the past week, 203 cases were from contact tracing.
- Dimapur (704), Kohima (253) and Mon (76) currently has the highest number of active cases.
- Fever (47%) and cough (38%) are the most common reported symptoms among confirmed cases in the state.

Findings from a study, Epidemiology and transmission dynamics of COVID-19 in two Indian states,

Ramanan Laxminarayan et al., Science 10.1126/science. abd7672(2020);

Same age contacts were associated with the greatest infection risk, and enhanced transmission risk in similar age groups was highest in children of ages 0-14 years, a finding which could have implications in reopening of schools. It also demonstrates that children of all age groups can contract the disease.

Secondary Attack rate (risk of transmission from an index case to contacts) was 10.7% for high risk contacts and 4.7% for low risk contacts. Secondary attack rate was highest among household contacts (9.0%).

Around 5% of Index cases were responsible for 80% of

secondary infections. This is crucial since any positive case can be a major spreader of the virus. Hence, 3Ws and 3Cs are crucial for each and every individual.

The most associated comorbidities among deaths were diabetes (45%), hypertension (36%), Coronary Artery disease (12.3%), and renal disease (8%). Liver and renal diseases were the most common comorbidity for ages 0-17 years and 18-29 years respectively associated with mortality.

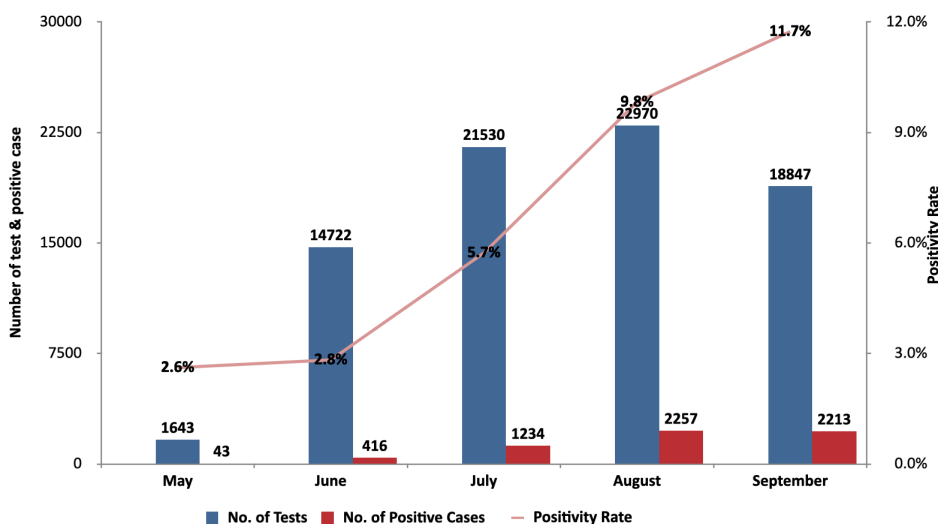
Case fatality ratio is lowest in 5-17 years (0.05%) and highest among \geq 85 years (16.6%).

COVID TESTS, POSITIVE CASES & POSITIVITY RATE (as on 30 Sep 2020)

In Nagaland, the positivity rate has constantly increased in the past few months.

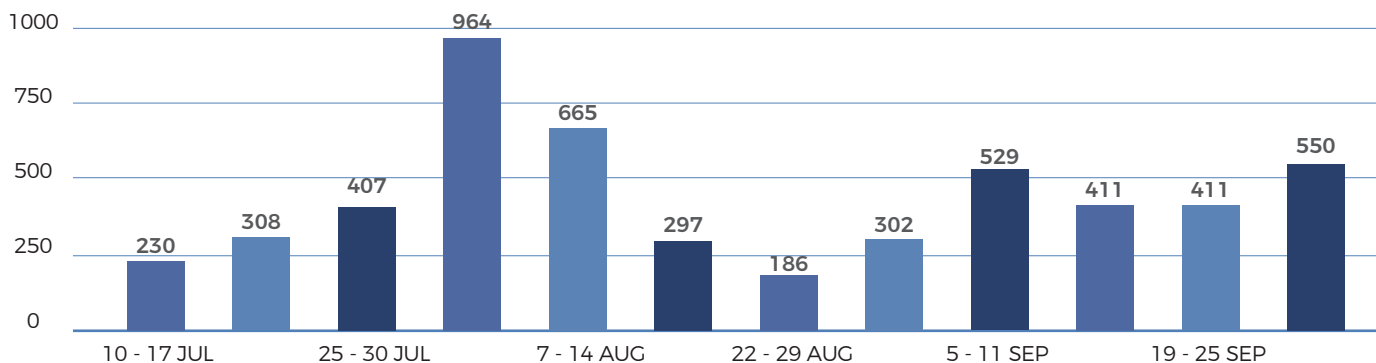
September has recorded almost equal no of cases as August even with fewer testing.

The drop in testing rate is partly to do with revision in discharge policy and testing of returnees/travellers, where rational testing based on current scientific evidences as prescribed by ICMR has been adopted.



* No. of tests done include RTPCR, Truenat & RAT

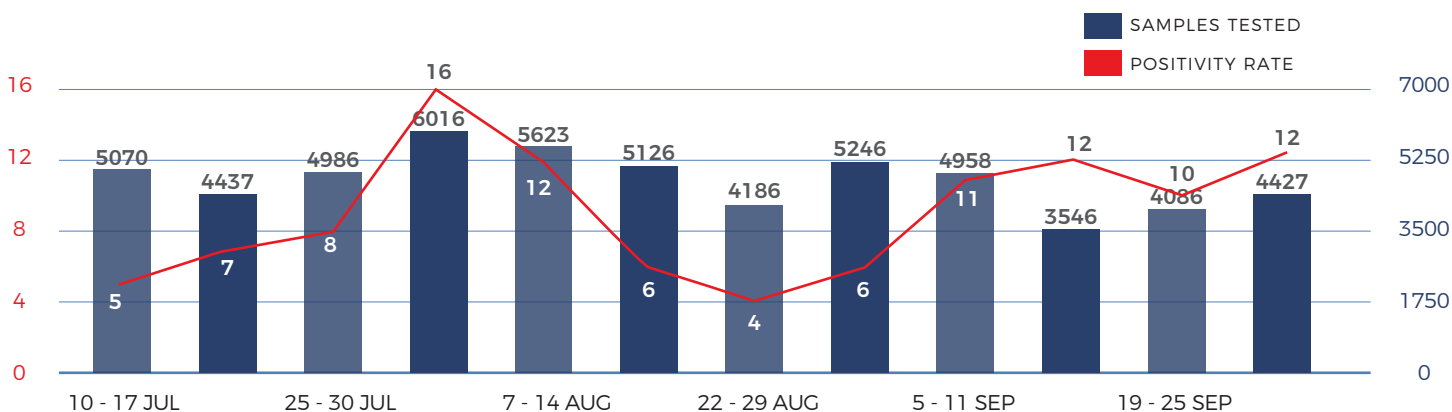
WEEKLY DATA OF CONFIRMED CASES



550 cases reported in the past week are:

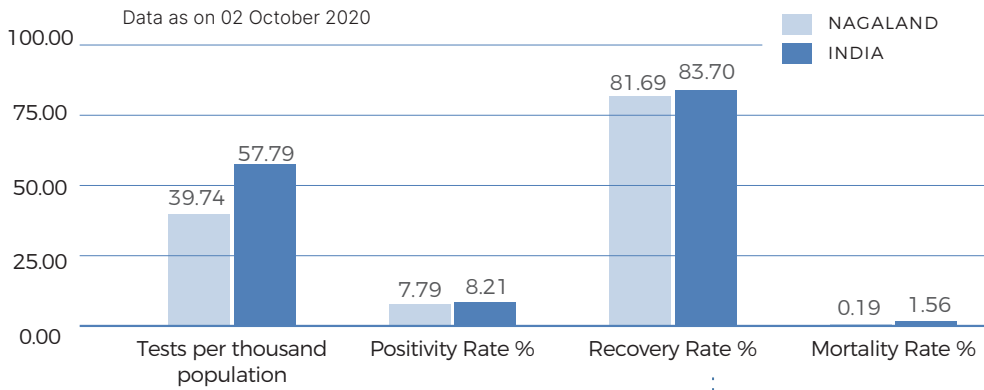
Armed forces (296) Traced contacts (203) Returnees/ travellers (41) Frontline workers (10)

WEEKLY DATA ON SAMPLE TESTING & SAMPLE POSITIVITY RATE



- The positivity rate for the past week remains high at 12%
- Till date, a total of 81,109 samples have been tested.
- In Nagaland, 98% of all tests have been done by RT-PCR (BSL-2/3 and Truenat combined).

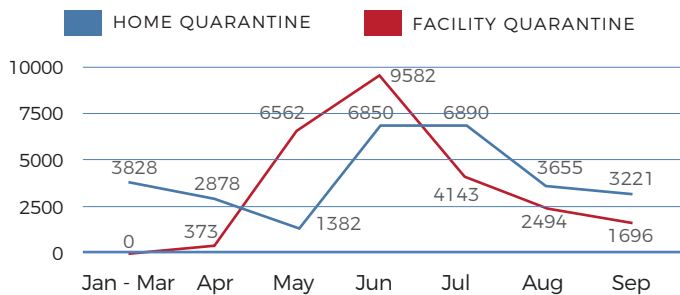
TESTING, POSITIVITY, RECOVERY AND MORTALITY RATES



Testing rate stands at 40 per thousand population.

While positivity rate and recovery rate is similar to the national data.

PERSONS UNDER QUARANTINE

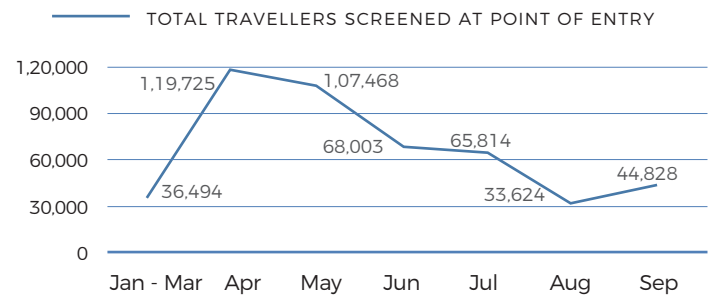


Quarantine (home or facility) is one of the crucial pillars in breaking the chain of transmission. It is imposed for travellers and any contacts who have been/ may have been exposed to a positive case.

Till date 24,915 people have been put under facility quarantine and 28,844 under home quarantine, excluding frontline workers.

22,615 quarantine violation alerts have been received from the Police HQ. Citizens are expected to comply strictly to the quarantine norm of 14 days.

SCREENING OF TRAVELLERS



Screening of travellers at points of entry started from January 2020.

Travellers are screened for any symptoms of covid-19 along with registration.

4,78,814 travellers have been screened at all points of entry as of 2nd October 2020.

BED OCCUPANCY RATE IN COVID HOSPITALS AND COVID CARE CENTERS (CCC)

DISTRICT	COVID HOSPITAL		COVID CARE CENTERS		ACTIVE CASES CURRENTLY UNDER HOME ISOLATION
	Total admissions till date	Bed occupancy Rate	Total admissions till date	Current Occupancy Rate	
Dimapur	566	25 %	1,122	57 %	206
Kiphire	1	0 %	11	0 %	0
Kohima	251	9 %	1,529	22 %	199
Longleng	0	0 %	6	5 %	0
Mokokchung	1	0 %	53	33 %	0
Mon	6	1 %	363	54 %	13
Peren	43	8 %	241	0 %	0
Phek	31	4 %	5	5 %	0
Tuensang	40	3 %	111	175 %	1
Wokha	5	1 %	26	7 %	0
Zunheboto	81	6 %	104	3 %	0
TOTAL	1,025	7 %	3,571	32 %	419

Bed occupancy rate is calculated with ALOS of 14 days. Military and paramilitary facilities are not included

6.6% of total confirmed cases have been put in home isolation till date.

ACTIVE CASES

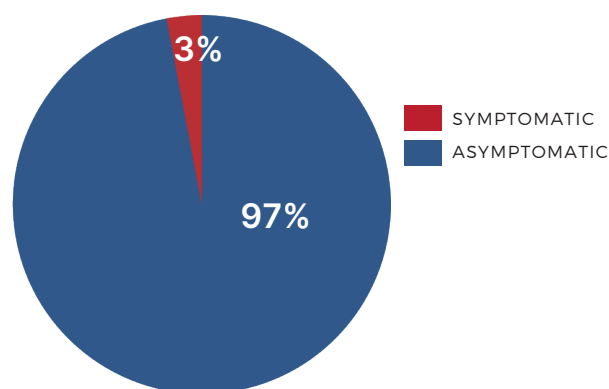
DISTRIBUTION OF CURRENT ACTIVE CASES IN FACILITIES & HOME

	Covid Hospital	Covid Care Center	Home Isolation	Military Establishments	Total
Total	45	627	136	277	1085
%	4%	58%	13%	26%	100%

CLINICAL STATUS OF ACTIVE CASES

3% of the current active cases are symptomatic (1% increase from last week).

Symptomatic means the patient has fever, cough, difficulty in breathing, fatigue, muscle pain, loss of taste/ smell, runny nose, diarrhoea etc.



DISTRICT DISTRIBUTION OF ACTIVE CASES AND SAMPLING

(as on 02 October 2020)

District	Active Cases	Samples Tested	Tests per thousand population	Positivity Rate
Dimapur	704	32538	83	10.1 %
Kiphire	0	715	9	2.1 %
Kohima	253	22714	82	8.7 %
Longleng	1	893	17	1.1 %
Mokokchung	10	2820	14	1.8 %
Mon	76	9239	36	4.2 %
Peren	0	4007	41	7.6 %
Phek	2	2243	13	1.6 %
Tuensang	36	3102	15	3.5 %
Wokha	1	1120	7	2.3 %
Zunheboto	2	1718	12	7.2 %
NAGALAND	1085	81109	40	7.8 %

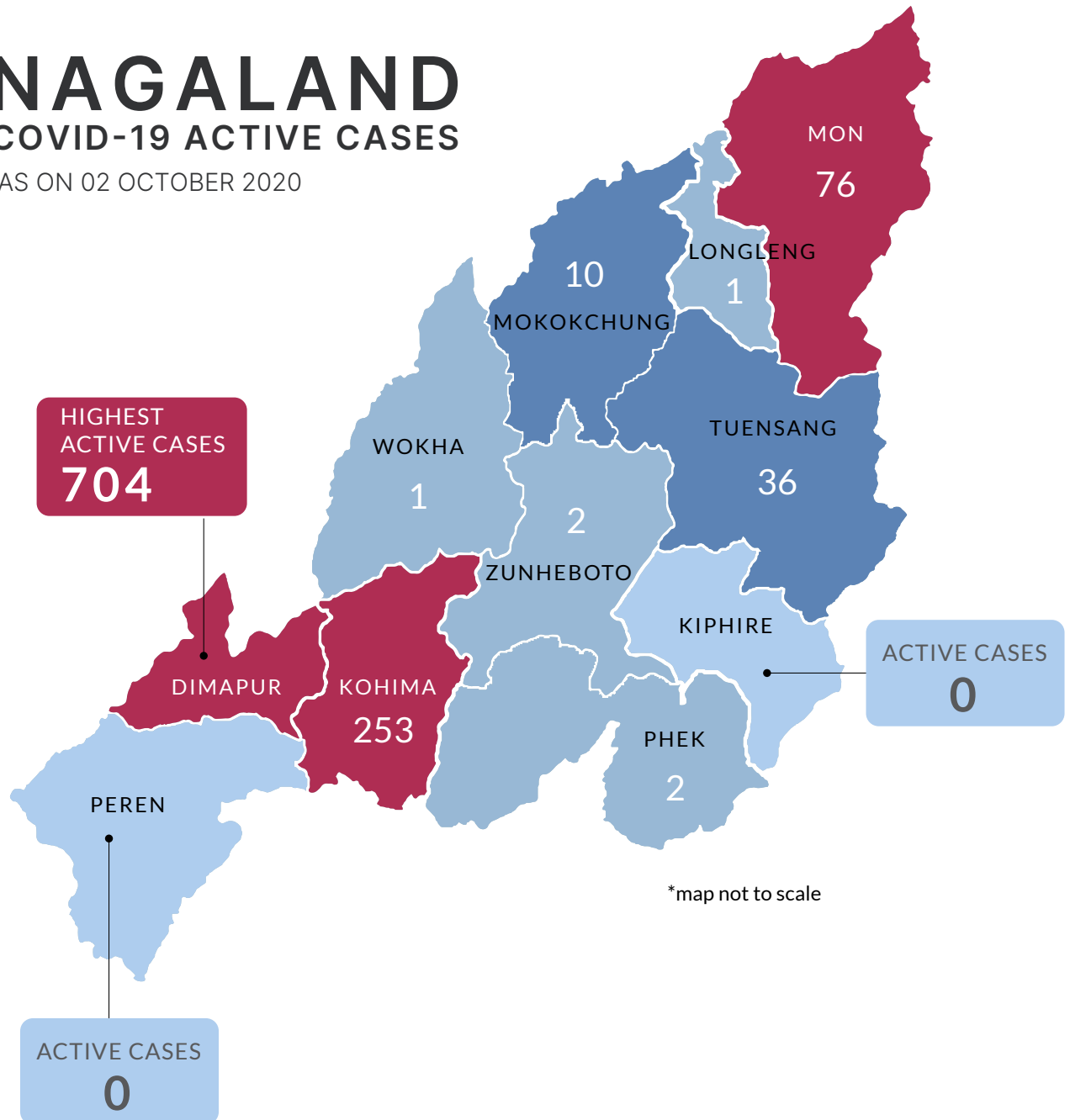
How do we break the chain of transmission?

Understanding that the main mode of transmission is from person to person, the community should strictly follow the 3W's and avoid the 3C's which is scientifically sound and proven.

NAGALAND

COVID-19 ACTIVE CASES

AS ON 02 OCTOBER 2020

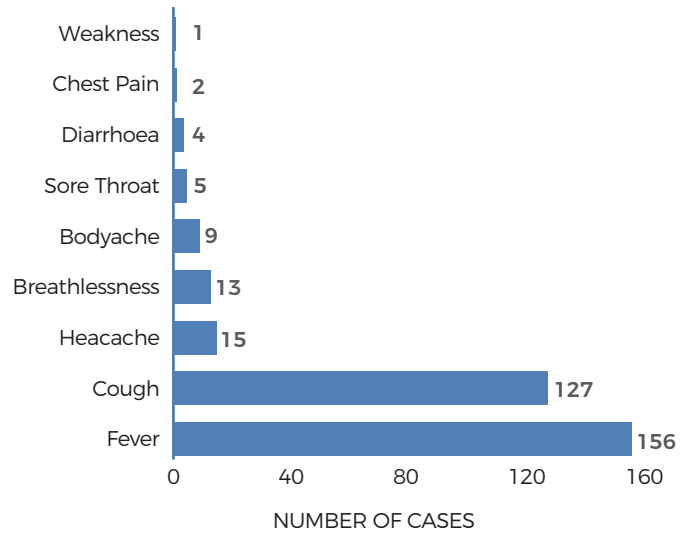


CATEGORIZATION OF TOTAL CONFIRMED CASES

DISTRIBUTION OF TOTAL CONFIRMED CASES BY PLACE OF RESIDENCE

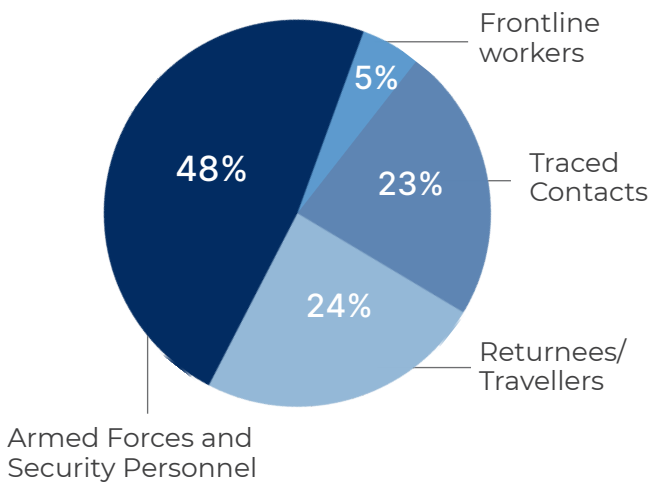
District	TOTAL CASES	PERCENTAGE
Dimapur	3215	51 %
Kohima	1956	31 %
Peren	407	6 %
Mon	351	6 %
Zunheboto	125	2 %
Tuensang	113	2 %
Mokokchung	52	0.8 %
Phek	38	0.6 %
Wokha	35	0.5 %
Kiphire	16	0.3 %
Longleng	10	0.2 %
TOTAL	6318	100%

CLINICAL PRESENTATION OF SYMPTOMATIC CASES

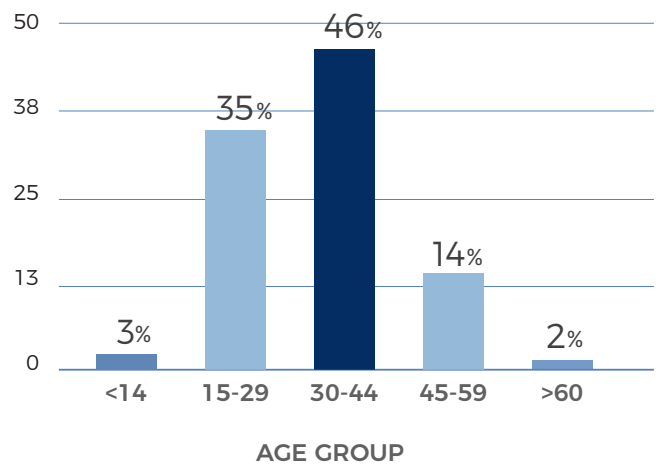


Fever and cough are the most common reported symptoms in the state among confirmed cases

GENERAL CATEGORIZATION OF CASES



AGE DISTRIBUTION OF COVID-19 CASES



DESCRIPTIVE EPIDEMIOLOGY

Median Age	32 years
Range (Age)	1 month - 93 years
Cases with comorbidity	0.31 % (19/6318)
Most common category of confirmed cases	Armed forces/security personnel 48%

More than 70% of deaths in India are associated with comorbidities like diabetes, hypertension, heart diseases, chronic liver/ kidney diseases and other immunocompromised conditions.

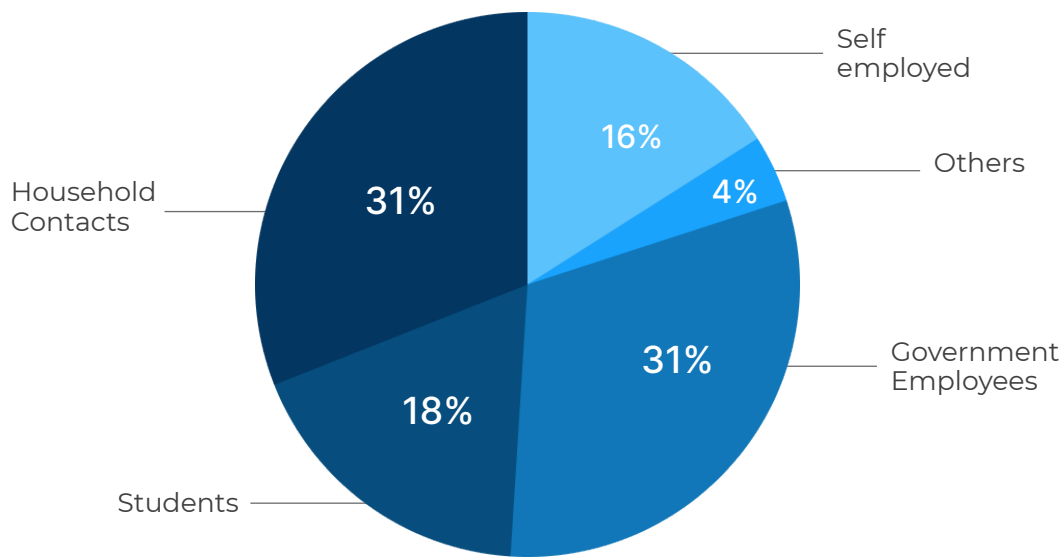
CONTACT TRACING

A total of 24,812 contacts have been traced by surveillance teams including 9,868 primary contacts.

CLASSIFICATION OF POSITIVE TRACED CONTACTS

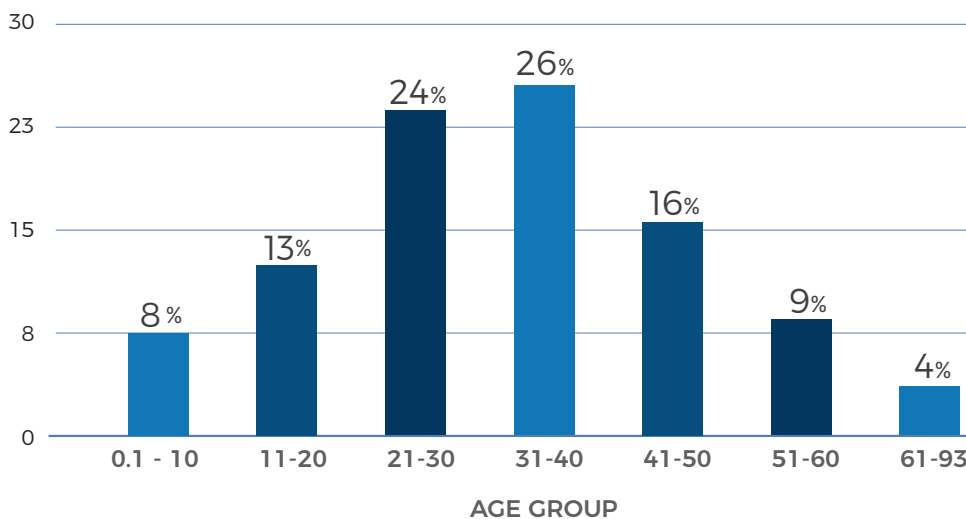
Household contacts (31%) and Government employees (31%) together constitute 62% of all traced contacts. Most people were infected within the same household and in work places.

DISTRIBUTION BY OCCUPATION



DISTRIBUTION BY AGE GROUP

Maximum POSITIVE TRACED Contacts are below 40 years of age (71%) including students (18%)



HOW TO PROTECT YOURSELF, YOUR FAMILY AND OTHERS DURING THIS PANDEMIC

We are at a crucial juncture in this fight against the pandemic. The State has relaxed many establishments in the Unlock-4 guidelines only for livelihood sustainability and economic reasons. The threat of the virus is more than ever now. Every individual should strictly follow standard safety protocols to break the chain of transmission. Complacency at this juncture will prove to be very costly.

KEEP YOURSELF AND YOUR FAMILY SAFE DURING THIS PANDEMIC BY IMMEDIATELY ADOPTING THE FOLLOWING MEASURES:

FOLLOW THE 3W's

	WHY	WHEN	HOW
WASH HANDS	<p>Washing hands with SOAP and WATER is the best way to get rid of germs/virus.</p> <p>Apart from COVID-19, many diseases like diarrhoea, other respiratory illness can be prevented.</p> <p>Soap destroys the outer fatty layer of the virus and kills it.</p>	<ul style="list-style-type: none"> ▪ Before/after food ▪ Before/after preparing food ▪ Before/after caring for patient ▪ After using the toilet ▪ After returning home from outside ▪ Before/after putting on mask ▪ After touching pets/ animals ▪ After touching garbage ▪ Anytime hands are dirty 	<p>Wash hands with soap and water for at least 20-40 seconds and dry with a clean tissue or air dry.</p> <p>Place hand washing stations with running water at points of entry to schools, offices, markets, churches, homes etc</p> <p>Use sanitizer when handwashing is not possible</p>
WEAR MASK	<p>The main mode of transmission is through droplets from an infected person. A mask will prevent infected droplets to spread to others during talking, coughing, sneezing etc.</p> <p>A mask protects you and people around you.</p> <p>Wearing mask is a social responsibility.</p>	<ul style="list-style-type: none"> ▪ Every time you're in a public place with other people around (day or night) ▪ In any close contact settings (market places, offices, trainings, schools, churches, banks, unavoidable social gatherings etc.) 	<p>Mask should be worn correctly and should be clean</p> <p>Do not remove mask while talking, coughing, sneezing etc.</p> <p>Mask is effective only when used in combination with handwashing or hand sanitizers</p>
WATCH DISTANCE	<p>If a person is infected and you are within 6 feet distance, droplets from the infected person may get you infected.</p> <p>The main mode of transmission is from person to person through droplets.</p>	<p>Anytime you are outside your own household.</p>	<p>Keep 6 feet distance or two arms length distance away from others.</p>

AVOID THE 3C's

3C's	WHY	HOW
<p>CROWDED PLACES</p>	<p>The chances of someone carrying the virus in a crowd is much higher and it is difficult to maintain physical distancing in such settings.</p> <p>Most cases are asymptomatic carriers and transmit COVID-19 unaware.</p>	<p>Try to avoid a crowded market. Buying essential items from a small colony market/ shop will be safer</p> <p>Avoid social events like weddings, birthdays, funerals (as far as possible)</p> <p>Religious gatherings should be limited and with strict safety protocols</p> <p>Avoid parties and gatherings (indoors or outdoors)</p>
<p>Close contact settings</p>	<p>If you're within 6 feet of an infected person for 15 minutes or more you are a high-risk contact.</p> <p>The more the people, the higher are the chances of infection</p>	<p>Maintain 6 feet distance and use mask in any close contact setting</p> <p>Trainings/meetings should be held on digital platforms. If physical gatherings are unavoidable, strictly follow the 3Ws. Group photo sessions after trainings without social distancing and masks should be avoided strictly.</p>
<p>Confined or enclosed spaces</p>	<p>Close spaces/ indoors with poor ventilation are the main places where infections happen.</p> <p>In Nagaland, offices and same household (both confined spaces) constitute 64% of all positive traced contacts.</p>	<p>Keep windows, doors open for natural ventilation when possible at offices and other enclosed spaces</p> <p>Wear masks at all times</p> <p>Physical distancing should be ensured in workplaces.</p> <p>Stay home if you have fever, cold, runny nose/ any covid-19 like symptoms.</p> <p>Handwashing points / hand sanitizers should be available for frequent use.</p> <p>SOP for High Risk settings (Directorate of Health and Family welfare, Nagaland) should be enforced strictly.</p>

**STAY HOME IF YOU HAVE FEVER, COLD (or any other symptoms)
AND CONTACT THE STATE HELPLINE.**

If you develop any signs and symptoms of
COUGH, FEVER OR DIFFICULTY IN BREATHING

Call the State Health Helpline Number immediately: **1800-345-0019**

THE PUBLIC IS THE FIRST LINE OF DEFENSE!
ADHERE TO GOVERNMENT ADVISORIES AND STAY UPDATED.

AVOID the 3 C's



CROWDED PLACES



**CLOSE-CONTACT
SETTINGS**



**CONFINED OR
ENCLOSED SPACES**

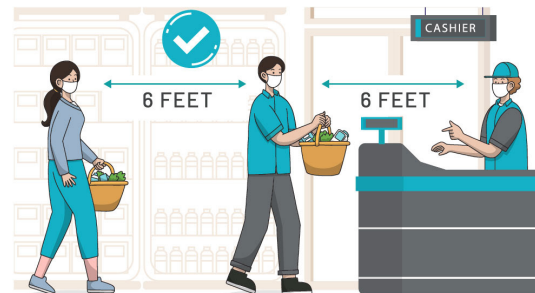
FOLLOW the 3 W's



WEAR MASK



WASH HANDS




WATCH DISTANCE

Contact us: nlsu.idsp@nic.in, pddhfw@gmail.com, warroomnagaland@gmail.com

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Principal Director
Department of Health and Family Welfare
Kohima: Nagaland