19 SEPTEMBER 2020

# Covid-19 Weekly Bulletin

## Background

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus, SARS-CoV-2, first reported in the Wuhan city of China around December 2019. The World Health Organization declared COVID-19 as a Pandemic on 11th March 2020. As economies and countries open up, the world is struggling to cope with the pandemic. "COVID-19 has shown that collectively, the world was woefully under prepared." (WHO DG on 18th September).

## 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. The virus is spread mainly from person to person when safety measures are compromised.

### As of 18th September 2020
## Global | National | Regional | State

| Covid 19 Cases | Confirmed cases | Deaths | Death Rate |
|---|---|---|---|
| Confirmed case | 3,00,55,710 | 9,43,433 | 3.14% |
| India | 52,14,677 | 84,372 | 1.62% |
| N.E. India | 2,00,100 | 883 | 0.44% |
| Nagaland | 5,357 | 10 | 0.19% |

## North Eastern States

| State | Total Cases | No of Deaths | Death Rate |
|---|---|---|---|
| Assam | 1,50,349 | 528 | 0.35 % |
| Tripura | 20,949 | 228 | 1.09 % |
| Manipur | 8,430 | 51 | 0.60 % |
| Arunachal Pradesh | 6,851 | 13 | 0.19 % |
| Nagaland | 5,357 | 10 | 0.19 % |
| Meghalaya | 4,356 | 31 | 0.71 % |
| Sikkim | 2,274 | 22 | 0.97 % |
| Mizoram | 1,534 | 0 | 0.00 % |
| Total | 2,00,100 | 883 | 0.44 % |

### In the past week:

India:   6,52,263 cases and 8,101 deaths

World: 20,14,857 cases and 37,341 deaths

**More than 70% of deaths in India are associated with comorbidities like diabetes, hypertension, heart diseases, other immunocompromised conditions.**
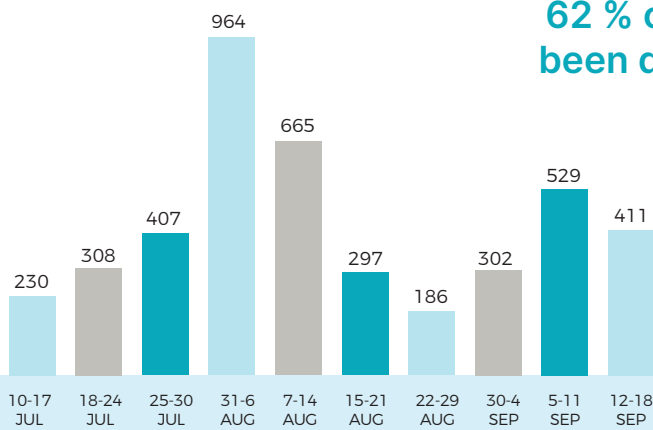
# High Risk Factors for Spread of Infection in the State

- The highest number of POSITIVES among TRACED CONTACTS in in the age group of 21-30 years (32%) and 31-40 years (35%), a very mobile/ active age group and largely asymptomatic, who could be unaware of their status and spread the virus. Besides high mortality among the young age groups have been reported in some countries.

- 17% of the positive traced contacts are students.

- Complacency appears to have set in after the Unlock-4 with non-adherence to standard safety measures.

- The current death rate of 0.19 % is lower than that of the country but mortality could be much higher once the virus infects the high-risk groups. Till now only 0.3 % of positive cases are with comorbidity and only 1% is above 60 years of age.

- The prevalence of hypertension among the general population in Nagaland is 38 % and diabetes is 5 % as per one ICMR study. About 5.2 % of the population is above 60 years of age. There are many other risk factors apart from old age, hypertension and diabetes. Virus spread in the general population could be catastrophic.

- The positivity rate has continuously increased in the last 4 weeks reaching 12 % in the past week.

- The percentage of POSITIVE TRACED CONTACTS among total confirmed cases has increased from 1 % in the second week of July to 21 % as of this week.

## 62 % of all tests have been done by RT-PCR

**Weekly Data of Confirmed Cases (chart)**

| Week | Value |
|---|---|
| 10-17 JUL | 230 |
| 18-24 JUL | 308 |
| 25-30 JUL | 407 |
| 31-6 AUG | 964 |
| 7-14 AUG | 665 |
| 15-21 AUG | 297 |
| 22-29 AUG | 186 |
| 30-4 SEP | 302 |
| 5-11 SEP | 529 |
| 12-18 SEP | 411 |

**Weekly Data on Sample Testing & Sample Positivity Rate (chart)**

SAMPLES TESTED / POSITIVITY RATE

| Week | Samples Tested | Positivity Rate |
|---|---|---|
| 10-17 JUL | 5070 | 5 |
| 18-24 JUL | 4437 | 7 |
| 25-30 JUL | 4986 | 8 |
| 31-6 AUG | 6016 | 16 |
| 7-14 AUG | 5623 | 12 |
| 15-21 AUG | 5126 | 6 |
| 22-29 AUG | 4186 | 4 |
| 30-4 SEP | 5246 | 6 |
| 5-11 SEP | 4958 | 11 |
| 12-18 SEP | 3546 | 12 |

## Weekly Data of Confirmed Cases

411 cases reported in the past week are categorized as:
1. Armed forces (230)
2. Traced contacts (137)
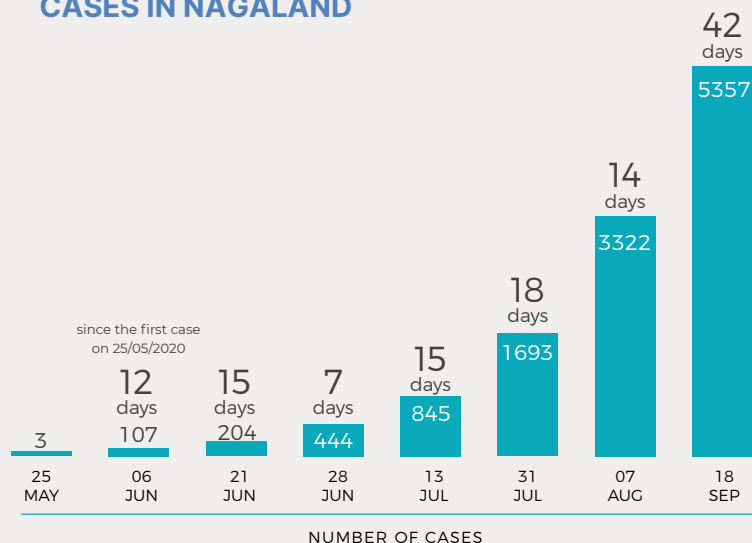3. Returnees/ travellers (36)
4. Frontline workers (8)
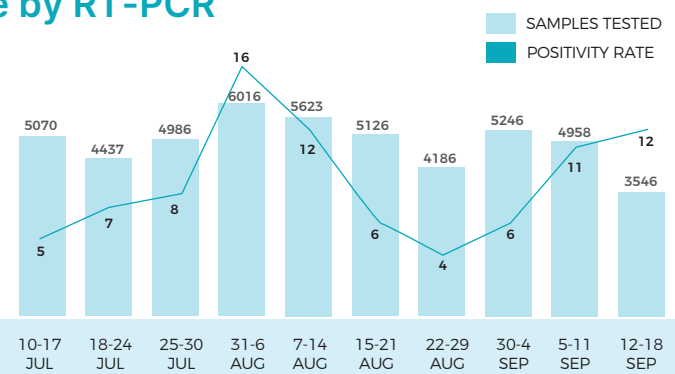
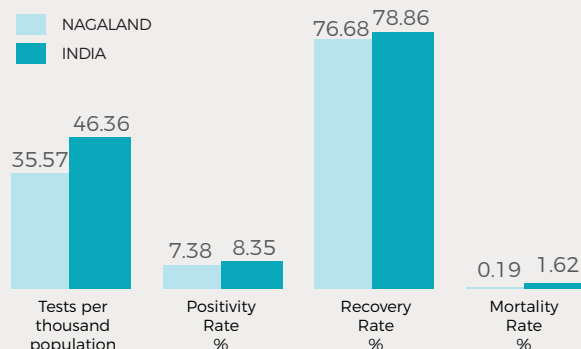## Weekly Data on Sample Testing & Sample Positivity Rate

Testing rate has reduced due to revision in discharge policy and new SOP for returnees and travellers in line with ICMR guideline.

RT PCR test is the 'GOLD STANDARD' test in the world. The state has one BSL-3 lab and 2 BSL-2 with RT PCR testing facility.

## DOUBLING TIME OF CASES IN NAGALAND

42 days — 5357 — 18 SEP

14 days — 3322 — 07 AUG

18 days — 1693 — 31 JUL

15 days — 845 — 13 JUL

7 days — 444 — 28 JUN

15 days — 204 — 21 JUN

12 days — 107 — 06 JUN

3 — 25 MAY

since the first case on 25/05/2020

NUMBER OF CASES

## TESTING, POSITIVITY, RECOVERY AND MORTALITY RATES

NAGALAND
INDIA

Tests per thousand population: 35.57 / 46.36

Positivity Rate %: 7.38 / 8.35

Recovery Rate %: 76.68 / 78.86

Mortality Rate %: 0.19 / 1.62

Tests per thousand population in the state is 35.57 as against the country's average of 46.36

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

| District | Covid Hospital | CCC | Active cases currently under Home Isolation |
|---|---|---|---|
| Dimapur | 29 % | 46 % | 27 |
| Kiphire | 0 % | 7 % | 0 |
| Kohima | 6 % | 32 % | 91 |
| Longleng | 0 % | 0 % | 0 |
| Mokokchung | 0 % | 52 % | 0 |
| Mon | 0 % | 9 % | 5 |
| Peren | 14 % | 4 % | 0 |
| Phek | 0 % | 0 % | 0 |
| Tuensang | 9 % | 0 % | 0 |
| Wokha | 0 % | 7 % | 0 |
| Zunheboto | 6 % | 0 % | 0 |
| TOTAL | 8 % | 30% | 123 |

* Military, paramilitary centres and non-Covid hospitals are not included.

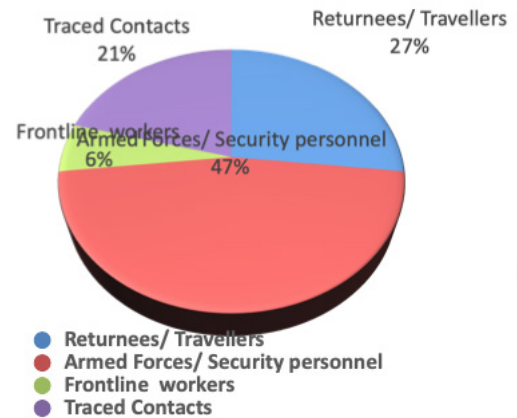## DISTRIBUTION OF CURRENT ACTIVE CASES IN FACILITIES AND HOME

| Facility | Total Cases | % |
|---|---|---|
| Covid Hospital | 42 | 4% |
| Covid Care Center | 582 | 48% |
| Home Isolation | 123 | 10% |
| Military Establishments | 466 | 38% |
| TOTAL | 1213 | 100% |

# CATEGORIZATION OF CONFIRMED CASES

**DISTRIBUTION OF TOTAL CONFIRMED CASES DISTRICT WISE**

| District | TOTAL CASES | PERCENTAGE |
|---|---|---|
| Dimapur | 2653 | 50 % |
| Kohima | 1696 | 32 % |
| Peren | 351 | 7 % |
| Mon | 328 | 6 % |
| Zunheboto | 119 | 2 % |
| Tuensang | 75 | 1 % |
| Mokokchung | 44 | 0.7 % |
| Phek | 36 | 0.6 % |
| Wokha | 34 | 0.6 % |
| Kiphire | 16 | 0.3 % |
| Longleng | 5 | 0.1 % |
| TOTAL | 5357 | 100% |

**GENERAL CATEGORIZATION OF CASES**



Traced Contacts 21%
Returnees/ Travellers 27%
Frontline workers 6%
Armed Forces/ Security personnel 47%

- Returnees/ Travellers
- Armed Forces/ Security personnel
- Frontline workers
- Traced Contacts

**DESCRIPTIVE EPIDEMIOLOGY**

| Median Age | 32 years |
|---|---|
| Range (Age) | 1 month - 93 years |
| Cases with comorbidity | 0.31 % (17/5357) |



Age group %
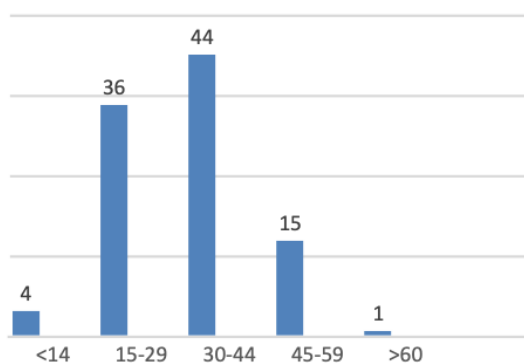
**AGE DISTRIBUTION OF COVID-19 CASES**

The highest number of POSITIVES among TRACED CONTACTS in in the age group of 21-30 years (32%) and 31-40 years (35%), a very mobile, active age group and largely asymptomatic. This group who could be unaware of their status and spread the virus.

## 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.

# CONTACT TRACING

A total of 19,688 contacts have been traced by district and state surveillance teams and 1103 cases have been found to be positive.

## TREND OF POSITIVE TRACED CONTACTS OUT OF TOTAL CASES



— % Of Traced Positive Contacts against total cases
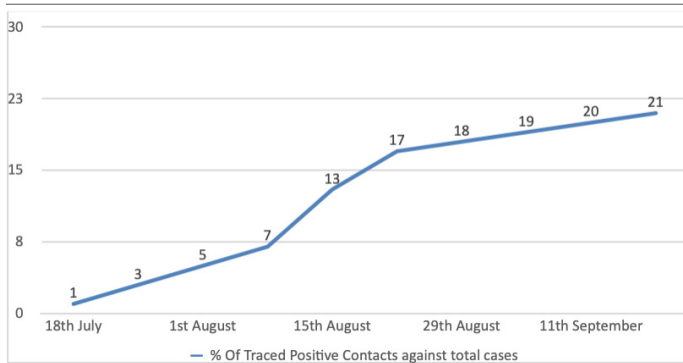
The percentage of positive TRACED CONTACTS out of total confirmed cases has steadily increased from 1% in the second week of July to 21% as of this week.
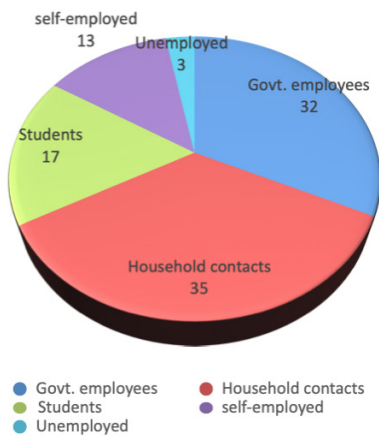
## DISTRIBUTION OF POSITIVE TRACED CONTACTS
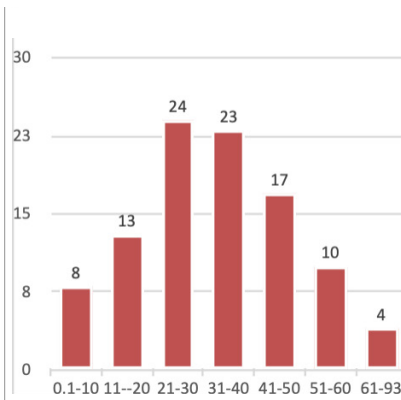


Date of Reporting
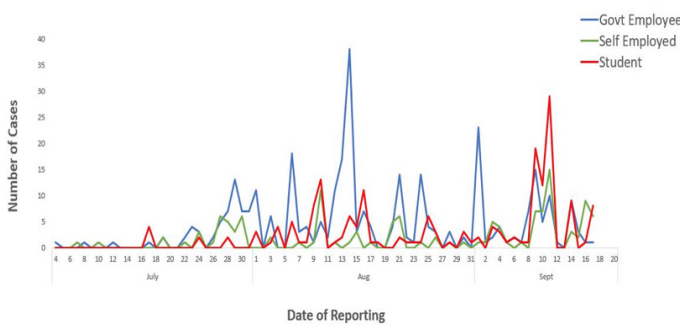
The rise of positivity among students in the last two weeks is alarming as they could be major spreaders of the disease. They constitute 17 % of all positive traced contacts.

## CLASSIFICATION OF POSITIVE TRACED CONTACTS

### DISTRIBUTION BY OCCUPATION



self-employed 13
Unemployed 3
Govt. employees 32
Students 17
Household contacts 35

- Govt. employees
- Students
- Unemployed
- Household contacts
- self-employed

### DISTRIBUTION BY AGE GROUP



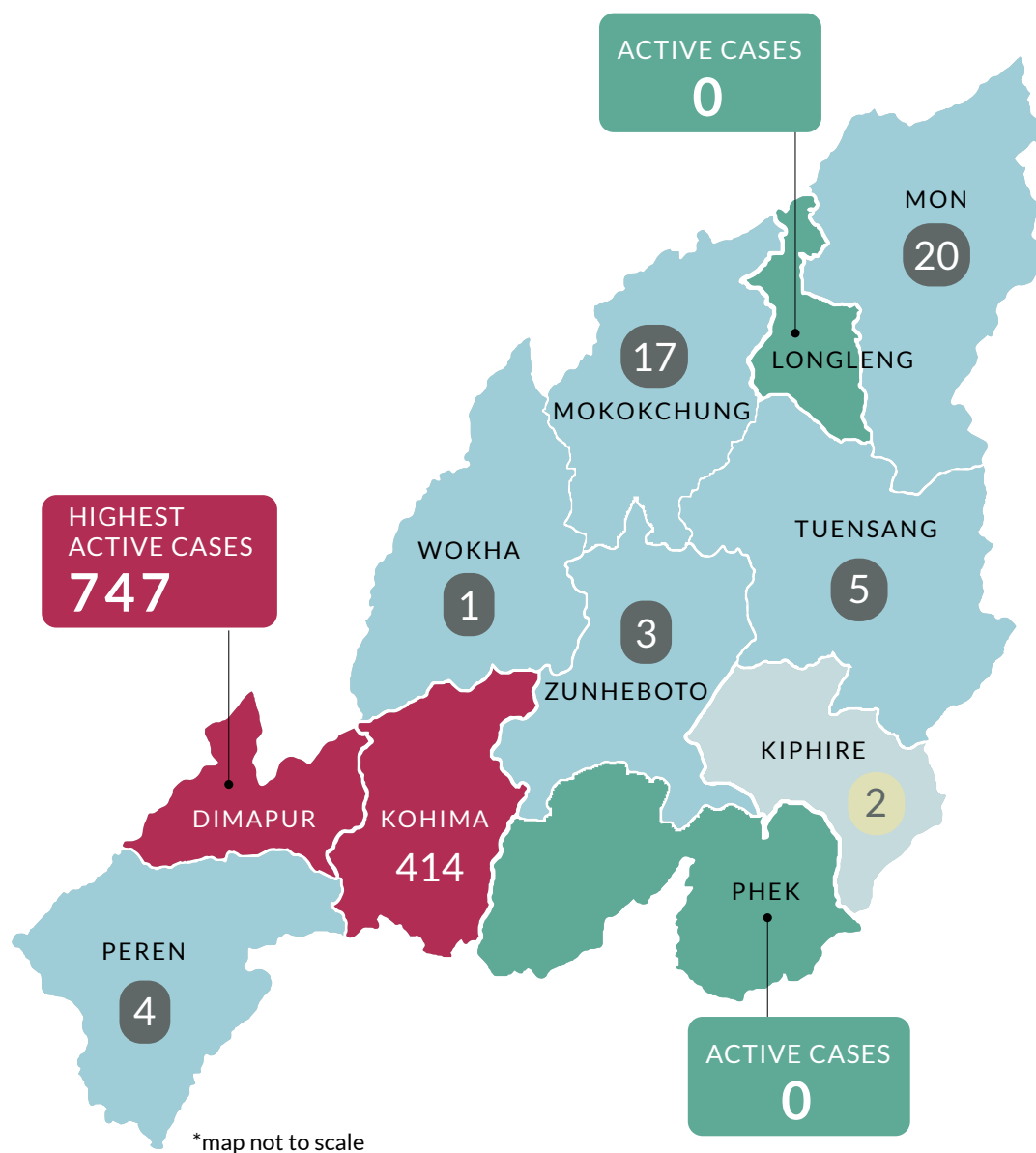| Age group | Value |
| --- | --- |
| 0.1-10 | 8 |
| 11--20 | 13 |
| 21-30 | 24 |
| 31-40 | 23 |
| 41-50 | 17 |
| 51-60 | 10 |
| 61-93 | 4 |

Government employees (32%) and household contacts (35%) constitute 67% of all POSITIVE TRACED CONTACTS which implies most infections happen at workplaces and among household contacts.

Maximum POSITIVE TRACED Contacts are in the 21-30 and 31-40 age group, which is significant considering the fact that these particular age groups are more active and mobile than the rest.

## DISTRICT DISTRIBUTION OF ACTIVE CASES AND SAMPLING

(as on 18 September 2020)

| District | Active Cases | Samples Tested | Tests per thousand population | Positivity Rate |
|---|---|---|---|---|
| Dimapur | 747 | 28,143 | 72 | 9.7 % |
| Kiphire | 2 | 694 | 9 | 2.2 % |
| Kohima | 414 | 20,117 | 72 | 8.5 % |
| Longleng | 0 | 749 | 14 | 0.7 % |
| Mokokchung | 17 | 2,603 | 13 | 1.7 % |
| Mon | 20 | 8,664 | 34 | 3.5 % |
| Peren | 4 | 3,967 | 41 | 7.7 % |
| Phek | 0 | 2,177 | 13 | 1.6 % |
| Tuensang | 5 | 2,761 | 14 | 2.5 % |
| Wokha | 1 | 1,106 | 6 | 2.3 % |
| Zunheboto | 3 | 1,615 | 11 | 7.2 % |
| NAGALAND | 1,213 | 72,596 | 36 | 7.4 % |

ACTIVE CASES
0

MON
20

MOKOKCHUNG
17

LONGLENG

HIGHEST
ACTIVE CASES
747

TUENSANG
5

WOKHA
1

ZUNHEBOTO
3

KIPHIRE
2

DIMAPUR

KOHIMA
414

PHEK

PEREN
4

ACTIVE CASES
0

*map not to scale

# ● Public Appeal

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.

> " The threat of the virus is more than ever now. "

## AVOID the 3 C's



**CROWDED PLACES**

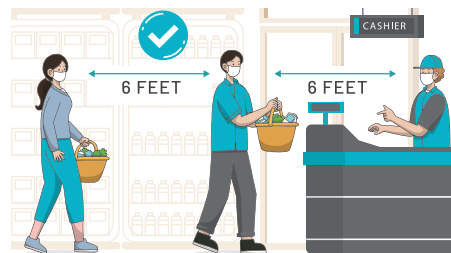**CLOSE-CONTACT SETTINGS**

**CONFINED OR ENCLOSED SPACES**

## FOLLOW the 3 W's



**WEAR MASK**

**WASH HANDS**

6 FEET 6 FEET CASHIER

**WATCH DISTANCE**

www.nagahealth.nagaland.gov.in

www.covid19.nagaland.gov.in

www.nsdma.nagaland.gov.in

@MyGovNagaland

@HealthNagaland

Coronaga

Principal Director
Department of Health and Family Welfare
Kohima: Nagaland

Bibliography: DoHFW, Nagaland; COVID-19 War Room, Nagaland; MoHFW; WHO; WCO Nagaland; NCDC, New Delhi; CDC, Atlanta.