



**GOVERNMENT OF TELANGANA
DIRECTOR OF PUBLIC HEALTH AND FAMILY WELFARE
MEDIA BULLETIN**

DATED: 10/05/2020

Update: 8PM

TOTAL POSITIVE CASES OF COVID-19 = 1196

TOTAL CURED / DISCHARGES TODAY = NIL

CONFIRMED POSITIVE TODAY = 33	ACTIVE CASES AS ON DATE = 415
CURED/ DISCHARGED TILL DATE = 751	DEATHS TILL DATE = 30

DISTRICT WITH NEW POSITIVE CASES TODAY

GHMC	26
MIGRANTS	7

DISTRICTS WITH ZERO (0) POSITIVE CASES TILL DATE

1	WARANGAL (RURAL)
2	YADADRI
3	WANAPARTHY

DISTRICTS WITH ZERO (0) NEW POSITIVE CASES SINCE THE PAST 14 DAYS

1	KARIMNAGAR
2	SIRICILLA
3	KAMAREDDY
4	MAHABUBNAGAR
5	MEDAK
6	BHUPALPALLY
7	SANGA REDDY
8	NAGARKURNOOL
9	MULUGU
10	PEDDAPALLY
11	SIDDIPET
12	MAHABUBABAD
13	MANCHERIAL
14	BADRADRI
15	VIKARABAD
16	NALGONDA
17	ASIFABAD
18	KHAMMAM
19	NIZAMABAD
20	ADILABAD
21	SURYAPET
22	NARAYANPET
23	WARANGAL URBAN
24	NIRMAL

HELPLINES

- 1) Any Citizen in need of information on COVID-19 may call 104
- 2) Any Citizen in need of mental health/ counselling services may call 108

APPEAL TO THE GENERAL PUBLIC IN VIEW OF RELAXATION

- **Physical Distancing:** Always maintain a safe distance of at least 6 feet from others. Close contact with strangers is to be avoided. Maintain safe distance at markets, workplace and during travel.
- **Face Masks:** The Citizens are requested to wear face masks as it is the first line of defense against infection. Homemade double layered face masks are effective in preventing infection. The masks should not be frequently adjusted by touching on the external surface. They should be washed every day and can be reused.
- **Influenza like illness (ILI):** In case of any Flu/ Influenza like symptoms such as cough, sore throat, running nose, fever, difficulty in breathing, body pains and headache, please report to the nearest government health facility without delay.
- **Self reporting:** The Citizens are requested to reach out and report to the nearest government health facility in case they have come in contact with a Covid-19 positive person OR their contacts.
- **Avoid unnecessary travel:** The Citizens are requested to stay at home and avoid travel. Staying indoors is the best prevention strategy.
- **Food Habits:** To ensure that properly cooked fresh food and safe potable water is consumed. Eat fresh fruits every day and drink plenty of water.
- **Senior citizens:** Are requested to stay indoors, not to venture out and to take regular medication for other conditions like Diabetes, Hypertension etc. Ensure prompt consultation in case of any symptoms.
- **Non-Pharmacological interventions:** To maintain personal hygiene, hand hygiene, cough hygiene. Frequent hand washing with frothing soap is the best preventive measure.
- **Psychological wellbeing:** In view of lockdown, the citizens are encouraged to ensure adequate physical activity by simple exercises, yoga, meditation.

STAY HOME STAY SAFE

Sd/-

**Director Public Health & Family Welfare
Telangana**