

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

DATED: 11/05/2020 Update: 9PM

TOTAL POSITIVE CASES OF COVID-19 = 1275 TOTAL CURED / DISCHARGES TODAY = 50

| CONFIRMED POSITIVE TODAY = 79 | ACTIVE CASES AS ON DATE = 444 |
|-----------------------------------|-------------------------------|
| CURED/ DISCHARGED TILL DATE = 801 | DEATHS TILL DATE = 30 |

DISTRICT WITH NEW POSITIVE CASES TODAY

| GHMC | 79 |
|------|----|
|------|----|

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

| 1-1 | |
|-----|----------------|
| 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 | JANAGAON |
| 25 | GADWAL |
| 26 | NIRMAL |
| | |

CURED AND DISCHARGED PATIENTS TODAY

| HYDERABAD | 42 |
|------------|----|
| SURYAPET | 4 |
| NIRMAL | 1 |
| ASIFABAD | 1 |
| MEDCHAL | 1 |
| KARIMNAGAR | 1 |

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