



Department of Health and Family Welfare: Nagaland
Integrated Disease Surveillance Programme (IDSP)



COVID-19 BULLETIN
NAGALAND 6:00 PM, 14th April 2020

A) Screening status:

1. Total screened on 14th April 2020 : 944
2. No. of screening done district wise on 14th April 2020

Sl no.	District	No. screened
1.	Kohima	236
2.	Dimapur	145
3.	Mokokchung	97
4.	Longleng	26
5.	Peren	126
6.	Phek	9
7.	Mon	31
8.	Tuensang	54
9.	Zunheboto	150
10.	Wokha	47
11.	Kiphire	23
12.	Total	944

***Transporters/ cargo movement.**

***Intra/ Inter District movement.**

B) Sample Testing status:

1. Total No. of Samples sent for testing :174
2. No. of Samples sent on 14.04.2020 : 38
3. Total No. of results received : 97
4. Total No. of positive results : 0*
5. Total No. of negative results : 97
6. Samples results awaited : 77

***The Positive case of Nagaland have been added to the tally of Assam State as sampling was done in Assam. The patient is admitted in Guwahati Medical College Hospital(GMCH).**

C) Quarantine:

- | | |
|--|--------------|
| 1. No. of persons presently at Facility Quarantine | :183 |
| 2. No. of persons out of home quarantine | :5650 |

SOP for those on and after Home Quarantine

1. If you develop any signs and symptoms of Cough, Fever or Difficulty in Breathing.

Contact the State Helpline Numbers:

- **9856071745**
- **7005539653.**

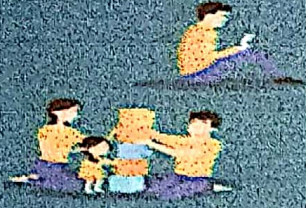
2. Continue frequent Hand washing with soap and water or Alcohol based sanitizers, follow Respiratory etiquettes and Social Distancing measures.
3. Adhere/Follow Government Advisories and be regularly updated.

Stay Home and Stay Safe

ADVISORIES

- Wash your hands frequently with soap and water.
- If soap and water is not available, use Alcohol based sanitizers.
- Use handkerchief while coughing/sneezing or in flexed elbow.
- Don't touch your eyes, nose, mouth and face with unwashed hands.
- Maintain social distancing of atleast a minimum of 1 meter/3 feet.
- For those under Home Quarantine, if you develop any symptoms of Cough, Fever and difficulty in breathing, seek Medical care early.
- Stay physically active and calm during quarantine.
- Stay informed, follow advice from your healthcare provider.

5 steps to cope with the stress linked to COVID-19



1. Decrease the time you spend on news or social media and seek information only from reliable sources. Check @mophleb @wholeb @UNICEFLebanon.



2. Set a daily routine that includes activities that you enjoy or find relaxing (such as reading, praying, family games, slow breathing, connecting with friends through phone...)



3. Talk to trusted others about any distressing thoughts or feelings you might have.



4. Maintain a healthy diet, proper sleep and regular physical activity. Even walking 15-30 minutes daily at home can make a difference.



5. Don't resort to smoking, drinking alcohol or using other substances to deal with the stress because it doesn't work and harms you on the long-term.

Call: 1214 MOPH hotline for clarification about COVID-19.
1564 "Embrace Lifeline" - The National Emotional support and suicide prevention hotline, if you feel severely distressed (from 12:00pm to 5:30am)



REPUBLIC OF LEBANON
MINISTRY OF PUBLIC HEALTH



National Emotional Support and
Suicide Prevention Program



unicef
for every child



World Health
Organization
Lebanon

(DR. NEIKHRIELIE KHI MIAO)

Director Health
Health & Family Welfare,
Nagaland: Kohima

For further information:

Helpline No: 7005415243/ 9856071745/ 7005539653/ 011-23978046

E-mail at: nlssu.idsp@nic.in / National Toll free : 1075