

Uttarakhand Secretariat
Medical Health, Medical Education, Irrigation, Minor Irrigation Department
Letter No. 120-A /PS-Secretary/MH, ME, I & MI/2025
Dehradun : Dated 30 May, 2025

Advisory

Subject: Preparedness Measures in View of Recent Surge in COVID-19 Cases.

Kindly take reference of D.O.No.Z.28015/182/2021-DMCell 29th May 2025 from Secretary Health, Government of India, Department of Health and Family Welfare, Ministry of Health and Family Welfare (Enclosed). In view of the recent increase in COVID-19 cases across the country, it is hereby directed that all District Health Authorities of Uttarakhand must ensure the following preparedness measures with immediate effect:-

Hospital Preparedness

- Ensure availability of hospital beds, oxygen supply, and essential drugs.
- All critical equipment including ventilators, BiPAP machines, oxygen concentrators, and Pressure Swing Adsorption (PSA) oxygen plants must be in fully functional condition.

Enhanced Surveillance

- Strengthen surveillance through mandatory reporting of Influenza-like Illness (ILI), Severe Acute Respiratory Illness (SARI), and confirmed COVID-19 cases.
- All health facilities (OPD/IPD) and laboratories (both Government and Private) must report these cases daily on the Integrated Health Information Platform (IHIP) portal.

Testing Protocols

- Ensure adequate testing as per ICMR COVID-19 testing guidelines.
- Enhance COVID-19 testing in ILI and SARI cases. Ensure testing of all SARI cases.

Whole Genome Sequencing

- All positive COVID-19 samples shall be sent to the designated laboratories for Whole Genome Sequencing (WGS) to enable early detection of emerging variants.

Training and Capacity Building

- Conduct refresher training sessions for all dedicated healthcare staff involved in COVID-19 management and response.

Public Awareness and Education

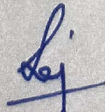
- Intensify community awareness campaigns on COVID-19 appropriate behavior, including the Do's and Don'ts for prevention of transmission and protection from infection.

Coordination and Review

- Hold regular coordination meetings with relevant departments and stakeholders.
- Submit daily situation reports to the State Health Department.

In view of the directives sent by Secretary Health, Government of India, Department of Health and Family Welfare, Ministry of Health and Family Welfare and are enclosed with this advisory, it is to emphasize here that the necessary directions shall be followed at your level. Few important ones are highlighted as below:

- The currently circulating lineages of Omicron variants are JN 1, XFG and LF 7.9.
- These variants tend to cause a mild illness with fever, cough, sore throat, which usually subsides on its own.



- Six States (Kerala, Maharashtra, Delhi, Gujarat, Tamil Nadu and Karnataka) contributing to more than 90 % of all active cases in the country. While a large majority of these cases are mild.
- Mock Drills shall be undertaken to ensure functionality of PSA Plants and overall oxygen preparedness. An Action Taken Report may be shared positively by at the earliest.
- A review of hospital preparedness shall be undertaken with focus on availability of diagnostics, essential drugs, PPEs, isolation beds, medical oxygen, ICU and ventilator supported beds.
- Samples of SARI cases testing positive should be sent to Regional VRDL centers or nearby Genome sequence testing laboratory for whole genomic sequencing.
- Special consideration groups like elderly, people with co-morbidities and those with immune-deficiency status may be advised to avoid poorly ventilated or crowded places or use face mask in such places.

Hence, you all are instructed to treat this matter with utmost urgency and ensure full compliance. Following are the Dos & Dont's in the context of prevailing Covid-19 situation:

Do's

- Use a handkerchief/tissue to cover your nose and mouth while sneezing or coughing.
- Avoid going to crowded places.
- Keep your hands clean with soap and water.
- Drink plenty of water/fluids and consume a nutritious diet.
- If you have symptoms like cold, cough, or fever, consult a doctor and take medicine only as per medical advice.
- Maintain distance from healthy individuals if you have symptoms and use a mask.
- Take special care of children, elderly people, and those suffering from serious illnesses.

Don'ts

- Do not reuse used tissue papers/handkerchiefs.
- Avoid handshakes.
- Avoid close contact with symptomatic individuals.
- Do not use medicine without medical consultation.
- Avoid touching your eyes, nose, and mouth frequently.
- Avoid spitting in public places.

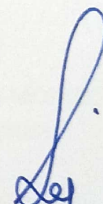
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To:

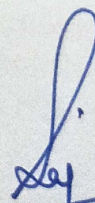
1. All District Magistrate, Uttarakhand.
2. Principals, All Medical Colleges, Uttarakhand.
3. All Chief Medical Officers, Uttarakhand.
4. All PMS/CMS, Health Facilities, Uttarakhand.

Copy for Information & necessary action:

1. Director General, Medical Health & Family Welfare, Uttarakhand.
2. Mission Director, NHM, Uttarakhand.
3. Director, Medical Education, Uttarakhand.
4. Director, Garhwal & Kumaun Mandal, Uttarakhand.


(Dr. R. Rajesh Kumar)
Secretary

Dated: 30 May, 2025


(Dr. R. Rajesh Kumar)
Secretary



पुण्य सलिला श्रीवास्तव, भा.प्र.से.
सचिव

PUNYA SALILA SRIVASTAVA, IAS
Secretary



भारत सरकार
स्वास्थ्य एवं परिवार कल्याण विभाग
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
Government of India
Department of Health and Family Welfare
Ministry of Health and Family Welfare
D.O. No. Z.28015/182/2021-DMCell
29th May 2025

Dear Colleague,

As we are aware, respiratory illnesses due to variety of causes including viruses like Influenza, SARS-CoV-2, RSV tend to present as seasonal upswings in the community. A notable but gradual increase in cases of acute respiratory illnesses (ARIs) due to SARS-CoV2 is being seen in some parts of the country.

2. It is worth noting that most cases have been mild. The currently circulating lineages of Omicron variants are JN 1, XFG and LF 7.9. These variants tend to cause a mild illness with fever, cough, sore throat, which usually subsides on its own.

3. As on 28th May 2025, a total of 1621 cases of COVID-19 are active in the country, with six States (Kerala, Maharashtra, Delhi, Gujarat, Tamil Nadu and Karnataka) contributing to more than 90% of all active cases in the country. While a large majority of these cases are mild, as a measure of abundant precaution, States/UTs are requested to undertake the following measures:-

- A review of hospital preparedness may be undertaken at district, sub-district level as well as in medical colleges, other teaching/tertiary care institutions, municipality hospitals and all other inpatient care facilities. The focus should be on availability of diagnostics, essential drugs, PPEs, isolation beds, medical oxygen, ICU and ventilator supported beds. Mock Drills may be undertaken to ensure functionality of PSA Plants and overall oxygen preparedness. An Action Taken Report may be shared positively by 2.6.2025.
- It is important that samples are sent for testing as per this Ministry's 'Operational Guidelines for Revised Surveillance Strategy in context of COVID-19' i.e. all SARI cases and 5% of ILI cases.
- Samples of SARI cases testing positive should be sent to Regional VRDL centers for whole genomic sequencing.
- District Surveillance Unit under IDSP should closely follow the trend of ILI/SARI in the area, monitor the proportion of SARI cases among all ILI& SARI cases.
- All the data related to covid-19 including the specific co-morbidities needs to be entered on IDSP-IHIP regularly.
- IEC activities should be undertaken to promote community observance of hand and respiratory hygiene, hygienic behaviour such as cough etiquette (covering mouth

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or nose during cough/sneezing), no spitting in public places etc. Special consideration groups like elderly, people with co-morbidities and those with immune-deficiency status may be advised to avoid poorly ventilated or crowded places or use face mask in such places.

g) Cases with symptoms of acute respiratory illness may continue to self-monitor their health and report to nearest health facilities, if they experience any deterioration of symptoms like shortness of breath, chest pain, etc.

4. Looking forward to your continued leadership and guidance in this collaborative effort to remain in a full state of preparedness.

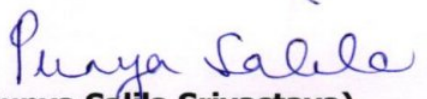
Yours sincerely,

**Sd/-
(Punya Salila Srivastava)**

To : Chief Secretaries of all States & Advisors to Administrators of UTs

✓ Copy to: Special/Addl. Chief Secretary/Principal Secretary/Secretary (Health) of all States/UTs

✓ Copy to: Mission Directors, NHM of all States/UTs


(Punya Salila Srivastava)