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## Covid Tracker

### Thane Records 2 New COVID-19 Cases; Active Tally At 10

Maharashtra's Thane district has reported two new cases of coronavirus, raising its infection count to 7,47,412, a health official said on Wednesday. The new cases were recorded on Tuesday, he said, adding the district currently has 10 active COVID-19 cases.

ACTIVE CASES	2,342	23+
TOTAL CASES	4,46,80,386	171+
TOTAL DISCHARGED	4,41,47,322	148+
DEATHS	5,30,722	0

As on : 10 Jan 2023, 08:00 IST (GMT+5:30)

### West Bengal health department training on Covid-19 patient management

The state health department on Tuesday, deployed three specialists to guide master trainers from government health units on Covid-19 patient management.

### Mumbai updates

On Monday, Mumbai had witnessed four new Covid-19 cases and zero fresh fatality. Mumbai on Tuesday reported nine new coronavirus infections and zero pandemic-related deaths, the Brihanmumbai Municipal Corporation said.

### Financial capital updates

The tally of Covid-19 cases reported in India's financial capital thus far rose to 11,55,170, while the death toll remained unchanged at 19,746.

### Positivity rate

Covid in India: The daily positivity rate was recorded at 0.09 and the weekly positivity rate was pegged at 0.11.

### Chhattisgarh updates

No Covid-19 case or fatality was reported in Chhattisgarh on Tuesday, which kept the tally and toll unchanged at 11,77,760 and 14,146, respectively, a health official said.

### Covovax may get approval as heterologous booster

The government may decide on allowing Serum Institute of India's (SII) Covovax as a heterologous booster dose, meaning it can be used for people who have taken either Covishield or Covaxin for primary vaccination against Covid-19.

### Single-day rise of 171 new Covid-19 cases; active caseload rises to 2,342

The country's total coronavirus tally now stands at 4,46,80,386, while the death toll has reached 5,30,722. An increase of 23 cases has been recorded in the active COVID-19 caseload in a span of 24 hours.

### A study explores the incidence, severity, and long COVID associations of the SARS-CoV-2 reinfections

Overall, the results indicated that the severity of SARS-CoV-2 reinfections was similar to those of the initial infection, with individuals who experienced mild to moderate symptoms during the first infection having similar symptoms during reinfection, while individuals who experienced a severe initial infection having similar reinfection symptoms or succumbing to the disease after reinfection.

Long COVID diagnoses during the Omicron epoch occurred much closer to the index date of the infection or reinfection, and the number of long COVID diagnoses also showed an increase after reinfections with recent variants.

### Study suggests COVID-19 can cause diabetes

The authors of a new study under review at Nature Portfolio and currently posted to the Research Square preprint\* server showed the clinical possibility that the COVID-19 heightens the risk of developing diabetes mellitus, supporting diabetes screening in those infected by the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

### Expert-recommended foods to eat before and after getting the COVID-19 vaccine

The curcumin in turmeric, which gives it a yellow colour is great for our health. It is good to treat conditions like aggravation. It's an anti-stress food as it shields one's brain from stress and is essential before the vaccination. You can consume it in different curries or with milk.

Garlic works wonders in boosting immunity and feeding great gut microscopic organisms. Garlic is rich in probiotics, which feeds the microscopic organisms in the gut. Ginger helps in controlling ongoing sickness like hypertension, coronary illness and lung infection. It helps in reducing stress and thus one must consume it before taking the vaccine to tackle any stress.

Vegetables make for a significant part of our daily diet. Green vegetables are full of nutrients, minerals and phenolic compounds. These are high in calcium and minerals. Try to include vegetables like kale, spinach and broccoli in your diet to battle irritation.

Fruits are rich in antioxidants, minerals and plant synthetic compounds. Fruits are essential food items that help in boosting the immune system.

Blueberries are loaded with cell reinforcements and Phyto flavonoids. These are super rich in potassium and vitamin C and help in expanding the serotonin levels. To boost your immunity, it's important to take care of your gut. You can have mixed vegetable soup or chicken broth to enhance your gut health.

Dark chocolate is full of supplements that can instantly boost your mood and provide you with energy. It can improve your well-being and can lower the risk of coronary illness.

### WHO backs mask-wearing

Countries should consider recommending passengers wear masks on long haul flights to counter the latest Omicron subvariant of Covid-19 given its rapid spread in the United States. In Europe, the XBB.1.5 subvariant is being detected in small but growing numbers.

### Maharashtra updates

Maharashtra on Tuesday recorded 24 new coronavirus infections and zero pandemic-related deaths. There are 146 active cases in the state, the health department said in a release. The state's Covid-19 caseload rose to 81,36,844 while the death toll reached 1,48,418.

### British scientists plan to expand genomic sequencing from Covid to flu

Genomic sequencing allowed the world to track new coronavirus variants throughout the pandemic. Now British researchers plan to use it to better understand a host of other respiratory pathogens, from influenza to respiratory syncytial virus (RSV).