



DAILY NEWS BULLETIN

LEADING HEALTH, POPULATION AND FAMILY WELFARE STORIES OF THE DAY
Thursday 20220106

New norms: Isolation for 7 days,

New norms: Isolation for 7 days, no testing for asymptomatic contacts (The Tribune: 20220106)

Booster shot to be same as previous doses: Govt

<https://www.tribuneindia.com/news/nation/new-norms-isolation-for-7-days-no-testing-for-asymptomatic-contacts-358551>

New norms: Isolation for 7 days, no testing for asymptomatic contacts

Isolation period has been cut from 10 to at least seven days after testing positive and no fever for three days.

Do not rush for self-medication, blood tests or chest X-rays or CT scans without a doctor's advice, the government's revised advisory for mild and asymptomatic Covid patients said today. Isolation period has been cut from 10 to at least seven days after testing positive and no fever for three days. Also, there is no need for retesting after home isolation. Asymptomatic contacts needn't undergo Covid testing and could simply monitor their health in home quarantine, the advisory said.

Edit: Covid shadow on growth

Keeping in mind mass hoarding of essential drugs and steroids during the second wave, the revised Health Ministry advisory warned mild patients against using steroids. It said such unprescribed use could lead to fungal infection as seen in the past in black fungus cases.

“Clinically assigned mild cases are patients with upper respiratory tract symptoms with or without fever, without shortness of breath and having oxygen saturation at room air of more than 93,” it said. — TNS

58,097 fresh cases

TOTAL DEATHS: 4,82,551

ACTIVE CASES 2,14,004

534 deaths in 24 hours

2,135 Omicron cases across 24 states & UTs

Health secretary

Health secretary to brief Election Commission on Covid situation in poll-bound states (The Tribune: 20220106)

<https://www.tribuneindia.com/news/nation/health-secretary-to-brief-election-commission-on-covid-situation-in-poll-bound-states-358760>

The EC could announce the dates for elections in these five states in the next few days

Health secretary to brief Election Commission on Covid situation in poll-bound states

Photo for representation purposes.

Union Health Secretary Rajesh Bhushan will on Thursday brief the Election Commission on the latest Covid situation in the five poll-bound states, sources said.

This will be the second time when Bhushan would brief the EC top brass on the emerging Covid situation in the country and in Uttar Pradesh, Uttarakhand, Goa, Punjab and Manipur in particular.

Earlier, he had briefed the poll panel on December 27. During the interaction, the EC had asked the government to ramp up the vaccination programme in the poll-bound states.

The EC could announce the dates for elections in these five states in the next few days. PTI

Covid: Is it community transmission?

Covid: Is it community transmission

Covid: Is it community transmission? (The Tribune: 20220106)

<https://www.tribuneindia.com/news/chandigarh/is-it-community-transmission-358581>

Positivity rate shoots to 12 per cent

The positivity rate of the city has jumped from 0.95 per cent to 12 per cent since December 23 even as the number of samples collected for Covid-19 remains the same over the past two weeks.

Chandigarh is now among 10 states that have a positivity rate of more than 10 per cent. Experts have suggested the high positivity rate as an indicator of community transmission. Dr Suman Singh, Director, Health Services, said, “Over 50 per cent of our samples are from patients coming to OPDs for non-Covid ailments. The positivity rate among those samples has also gone high, which means there is high transmission in the community. Another subset of samples is from those who are high-risk contacts of positive patients. The Omicron variant is reported to be 40 times more transmissible than the Delta variant. We have sent samples of random people for genome sequencing to find out the variant causing the spread this time.”

“We have also noticed that mostly patients who are turning positive are asymptomatic and do not require hospitalisation. Many are in home isolation,” she said. The total positivity rate (TPR) is the percentage of all coronavirus tests performed that turn out to be positive, and detect the presence of the virus. According to the criteria published by the WHO in May 2020, a TPR of less than 5 per cent is one indicator that the infection is under control in a locality.

It may also be mentioned that around 28 per cent of the samples collected by Chandigarh are from the Rapid Antigen (RAT) technique, while 72 per cent are taken with the RT-PCR method.

THE STATS

Date	Tests	Positivity rate
Dec 23	1,157	0.9%
Dec 24	1,368	0.8%
Dec 25	1,001	1%
Dec 26	917	1%
Dec 27	1,043	0.6%
Dec 28	1,374	1%
Dec 29	1,263	2.6%
Dec 30	1,531	1%
Dec 31	1,232	3.9%
Jan 1	1,474	4.7%
Jan 2	1,744	5.5%
Jan 3	1,085	6.9%
Jan 4	1,412	9%
Jan 5	1,898	12%

Covid shadow

Covid shadow on growth (The Tribune: 20220106)

<https://www.tribuneindia.com/news/editorials/covid-shadow-on-growth-358473>

Minimise curbs, keep economic recovery on course

With more panic-stricken states imposing restrictions in a bid to check the surge in Covid-19 cases, economists at India's largest private sector lender, HDFC Bank, have estimated that growth might be impacted by up to 0.30 per cent in the January-March quarter. The slowdown could be worse than expected as economic activity is bound to take a hit in view of the restricted inter-state and intra-state movement of people. The sharp rise in the caseload, particularly of the Omicron variant, has prompted several states to enforce curbs such as night curfew and allowing restaurants as well as offices to operate at half capacity.

The experience of the first and second waves shows that lockdowns – national or state level – have caused irreparable damage to millions of livelihoods. India's economy shrunk by a colossal 24.4 per cent in April-June 2020, when the world's most stringent lockdown was in force. The second wave was far more devastating than the first, but the curbs were mostly short-term and local. With economic activity almost returning to pre-Covid levels, the April-June 2021 quarter witnessed a GDP growth of 20.1 per cent, though the low base of the year-ago period helped to paint an over-optimistic picture.

There is a strong case for keeping the disruptions to the bare minimum. The pace at which Omicron is spreading is far higher than the rise in hospitalisations. In Delhi, for instance, the rate of new infections has increased over 80 times than the lowest figure post the second wave, while the corresponding hospitalisations have risen only three-fold. Also, with the cumulative Covid vaccine doses administered in the country nearing the 150-crore mark, and teenagers coming under the ambit of the vaccination drive, there is no compelling reason to stop fully inoculated people from going about their day-to-day activities – provided they adhere to Covid protocols. Prodding the unvaccinated and partially vaccinated citizens to do the needful at the earliest is another step which can ensure that economic recovery doesn't get derailed.

3rd wave surges

Home isolation cut to 7 days as 3rd wave surges (Hindustan Times: 20220106)

New guidelines for Covid patients

The new measures are keeping in mind that milder case outcomes don't complicate efforts to maintain a balance between containment and avoiding disruption of daily life

The infographic is divided into five colored boxes with white and yellow text. The top row has three boxes: a red box on the left about home isolation, a yellow box in the middle about home isolation not recommended for certain groups, and a grey box on the right about when to test. The bottom row has two boxes: a black box on the left about family and caregivers, and a blue box on the right about when to seek medical help.

HOME ISOLATION PERIOD REDUCED
FROM 10 DAYS TO 7 DAYS
This is in line with steps by the UK and US, where isolation periods have been cut in light of milder infections caused by Omicron variant
People who end isolation at 7 days should continue wearing masks when they go out

HOME ISOLATION NOT RECOMMENDED for those with compromised immunity, like HIV-infected people, transplant recipients and cancer patients
ONLY AFTER DOCTOR'S EVALUATION for people above 60 with comorbid conditions like diabetes, heart disease and chronic lung/liver diseases etc

WHEN TO TEST
Asymptomatic close contacts of Covid+ cases need not get tested, but should stay at home

WHEN TO SEEK MEDICAL HELP

- 100°+ fever: 3+ days
- Difficulty breathing
- SpO2 ≤ 93% on room air
- Chest pain
- Confusion/fatigue

FOR FAMILY, CAREGIVERS: Among the other changes, the Centre also asked for requisite facilities at home for other family contacts to be able to quarantine and for caregiver to be fully vaccinated

The Union government issued new guidelines on Wednesday to reduce the home isolation period for people with Covid-19 from 10 days to seven as long as they have not had fever in the last three days.

The move follows similar steps by the UK and the US, where isolation periods have been cut, following the near-global pandemic takeover by the Omicron variant of the Sars-CoV-2, which studies have established to be leading to milder disease.

India reported 89,972 new cases on Wednesday, continuing a sharp spike. Compared to Tuesday's numbers, Wednesday saw new infections rise by more than 58%, as per HT's Covid dashboard. In Delhi, this number jumped 94.6% in a single day to lead to 10,665 new cases.

Top government officials said the current R number of the epidemic, a measure of the intensity of the outbreak, has now reached 2.69, surpassing the 1.69 recorded during the Delta variant peak, although the outbreak is leading to fewer hospitalisations.

"It seems hospitalisation rate is very low. We are following this data very closely... In Delhi, the hospitalisation rate is about 3.7%, and in Mumbai, we heard an officer saying it was around 5%. In previous waves, last year and in 2020, the typical hospitalisation rate was 20%," said Niti Aayog member VK Paul during the health briefing.

But, he cautioned, “it was important to remember that if there is a very large number of cases, even these small proportions will become a lot in numbers”.

Experts said the sharp surge and the milder outcomes complicate efforts to balance containment measures and avoid a disproportionate disruption to everyday life if those who don’t need to are forced to isolate.

The new guidelines thus carry some more relaxations, like not needing close contacts of a confirmed case to be tested as long as they do not have any symptoms.

“The new home isolation guidelines relate to all Covid-19 cases. Omicron as well a Delta is part of these cases... hence, these home isolation guidelines apply to all Covid-19 cases,” a Union health ministry note said.

“The way cases are rising, and which is expected with the new variant, institutional isolation does not make sense any longer. Experts were consulted and after detailed deliberation it was decided that those who are mildly symptomatic, or asymptomatic, should be allowed home isolation under certain conditions,” said a senior public health expert with the government aware of the matter, on condition of anonymity.

A second official, who asked not to be named, said because of the exponential surge, “measures such as contact tracing and creating containment zones will not serve any concrete purpose”.

“The onus lies on an individual now to take preventive measures such as Covid-appropriate behaviour; wearing a mask; avoiding mass gatherings to avoid getting infected. For those who show symptoms, it is better to get tested at home and isolate if the symptoms are mild. It makes sense to not rush to a hospital unnecessarily,” this person added.

During the briefing, Union health ministry joint secretary Lav Agarwal said the guidelines now specify how best people should isolate, and when they need to seek attention. People who end isolation at seven days should continue wearing masks when they go out, he stressed.

The new guidelines, uploaded by the health ministry on its website, also specified the patients who should not be recommended for home isolation: those compromised immunity, like HIV-infected people, transplant recipients and cancer patients. People above the age of 60 years with comorbid conditions such as hypertension, diabetes, heart disease and chronic lung/liver/kidney diseases will only be allowed home isolation after proper evaluation by the treating medical officer.

Among the other changes mentioned in the revised guidelines, the Centre also asked for requisite facilities at home for other family contacts to be able to quarantine and for a caregiver to be fully vaccinated against Covid-19.

The rest of the guidelines are largely the same as released last year.

Asymptomatic cases have been defined as laboratory confirmed cases without any symptoms and with oxygen saturation at room air of more than 93%. Clinically assigned mild cases are patients with upper respiratory tract symptoms with or without fever, without shortness of breath and with oxygen saturation at room air of more than 93%.

Experts said case numbers are going to keep rising for a while, making it important to monitor the hospitalization rate.

“Cases are going to increase substantially because of the new variant in circulation; but the main issue is to see how mild it remains. It is the rate of hospitalisation that will eventually

decide how concerning the spread is as merely rising numbers should not be of a serious concern,” said Dileep Mavalankar, director, Indian Institute of Public Health, Gandhinagar.

“If positive cases are getting better on their own without hospitalization, there is no worry. Level of mildness of the virus and higher immunity because of vaccines and natural infection will balance out things. In next two-three weeks we should know clearly how mild the disease is proving to be in our population,” Mavalankar added. The health expert added that gross mortality too should be monitored for any concerning spike. “What works in our favour is the fact that our population is young compared to US or UK,” he said, while also calling for authorities to consider a full market authorisation for the vaccines in use to allow people who want to.

Mild Infection (The Asian Age:20220106)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16081629>

Home isolation to be for 7 days if infection 'mild'

- India's first Omicron death in Raj's Udaipur
- Same vaccine to be used in 'precaution' jabs

SANJAY KAW
NEW DELHI, JAN. 5

Amid a whopping spike in Covid-19 cases, the Union health ministry on Wednesday released revised guidelines for home isolation for mild and asymptomatic infections, saying such patients will stand discharged after at least seven days from testing positive and no fever for three successive days. Earlier, home isolation lasted 10 days from the onset of symptoms.

The health ministry advised people not to rush for self-medication, blood investigation or radiological imaging like chest X-rays or CT scans without consulting a doctor. There was no need for re-testing after the home isolation was over. Even the asymptomatic contacts of infected persons need not undergo Covid-19 tests and only monitor their health in home quarantine.

India, meanwhile, on Wednesday saw its first Covid-19 death linked to Omicron after the samples of a 73-year-old man in Rajasthan, who died last week, showed the presence of the new variant. The man, who was



A healthcare worker collects a swab sample of a passenger for Covid-19 test at Bandra Terminus in Mumbai on Wednesday. — PTI

10,665 cases in Delhi, highest since May 12

New Delhi: The third wave of Covid-19 pandemic has hit Delhi and the city reported 10,665 fresh Covid-19 cases — highest since May 12 — and eight deaths, as the positivity rate also shot up to 11.88 per cent. With the latest addition, the cumulative caseload has gone up to 14,74,366 while the death toll stood at 25,121.

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Consider Ganga Sagar Mela ban, HC tells WB

Kolkata: As the daily spike in Covid-19 cases jumped from 9,073 to 14,022 in West Bengal in the last 24 hours, the Calcutta high court has suggested the Mamata Banerjee government to "consider" cancellation of the Ganga Sagar Mela this year. Meanwhile, the 27th Kolkata International Film Festival has been deferred by the state government.

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found infected with Omicron in genome sequencing and who had tested negative for the infection twice, died in a

Udaipur hospital on December 31. He died due to post-Covid pneumonia along with co-morbidities

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Covid surges: 8 fatalities, 10,665 new cases in Delhi

Significant jump in admissions to hospitals and Covid care centres

BHASKAR HARI SHARMA
NEW DELHI, JAN. 5

The third wave of Covid-19 pandemic has hit Delhi and the city reported 10,665 fresh Covid-19 cases — highest since May 12 — and eight deaths, as the positivity rate also shot up to 11.88 per cent.

With the latest addition, the cumulative caseload has gone up to 14,74,366 while the death toll stood at 25,121. The number of active cases in the capital stands at 23,307. As many as 251 hospital admissions were reported within the day, while the number of patients on ventilator support has gone up to 22 from 14 in a single day, Delhi health minister Satyendar Jain said.

The minister also said only 300-400 samples are being sent for genome sequencing now as sequencing of all samples is not possible. "Delhi is expected to record around 10,000 new cases with a positivity rate of around 10 per cent... The third

Driving licence tests cancelled, nodal officers posted on buses

New Delhi, Jan. 5: Amid soaring Covid-19 infections, the Delhi transport department has taken various steps like suspension of driving licence tests and deployment of nodal officers to prevent crowding in city buses, an order said on Wednesday.

The order issued by joint commissioner Navkendra Kumar Singh stated that

wave has started in the city," Jain said.

He said the Delhi government had been sending samples of all Covid-19 patients for genome sequencing to determine if the Omicron variant had spread in the country.

"It was just an academic exercise... Now we know that Omicron has spread in the country, only 300-400 samples are being sent for genome sequencing," Jain said.

all activities related to driving skill test, fresh online appointments and tests for existing appointments for permanent and learners' licences are suspended in the wake of the DDMA's Tuesday order.

All existing appointments will now be rescheduled and applicants concerned will be informed via SMS, it said.

— PTI

The minister said testing for Covid-19 has been increased and around 90,000 tests have been conducted on Tuesday. Latest government data showed the number of patients in hospitals in Delhi has increased from 247 on January 1 to 531 on January 4. In the last three days, the number of patients on oxygen support has increased from 94 to 168 and those on ventilators from four to 14.

Chief minister Arvind Kejriwal had earlier said his government is ready to handle up to one lakh Covid cases a day in a worst-case scenario.

The city government has activated a Covid war room which will maintain district and hospital-wise data about bed occupancy, patients, oxygen etc, Jain added.

The Delhi government on Tuesday announced a weekend curfew and work from home for its offices as the city recorded 5,481 fresh Covid-19 cases, the highest number since May 16, with a positivity rate of 8.37 per cent and three fatalities.

During the weekend curfew that will come into force at 10 pm on Friday and will be in place till 5 am on Monday to tackle a surge in Covid-19 driven by Omicron, all essential services will be allowed in the national capital. Along with weekend curfew, night curfew will also continue to be in place during weekdays.

THE ASIAN AGE

6 JANUARY 2022

Common sense will see India through Covid 3.0

The world is at an inflection point of the Sars-CoV-2 coronavirus pandemic as it enters a third year of infections that have raged in waves with the Omicron variant currently dominant. It would be humanity's great good fortune if the variant that has been causing only mild symptoms in most people is indeed the harbinger of the disease in its endemic form, reduced to an equivalent of the common flu or the commoner cold. How countries respond to the current wave might help shape the future of the planet in economic and health terms.

An extreme version of anxiety has been apparent in China, the country of origin of the virus, which has been pursuing a "zero Covid" policy it can sustain, as in shutting down an entire city for just three Omicron cases. This comes only at a grave cost to the economy. As the strictest lockdowns are imposed by an economic giant, they will have an effect on the supply side of the global economy in an interconnected world. Other countries that followed the "zero Covid" model like New Zealand, Australia and Singapore have reconciled to living with the virus.

At the other end of the spectrum is the United States, the worst sufferer in terms of millions of infections as well as in hundreds of thousands of deaths. Lockdowns are not considered wise and reasonable restrictions seem to be followed by enough numbers, irrespective of the people's ambivalent response to vaccination as the prime weapon to fight the virus. The US has managed to keep the wheels of the economy turning with their foremost epidemiological adviser pointing out that in pandemic data the number of people needing hospital care is more important than the scary overall count running into a million plus cases a day.

Across the Atlantic, Europe is in the crosshairs of a fourth wave and its response has varied from Britain's Plan B that will not envisage lockdowns to much tighter restrictions on the continent. The scary projections of the mathematical modellers have not been allowed to hold sway in the UK where the leaders have had their way and been vindicated, too, as hospitalisations and deaths, as well as patients needing oxygen and ventilation, were seen to be way below gloomy forecasts. An index of the gap between projection and reality is a chasm between 3,000 deaths a day and just 42 as recently recorded.

There are lessons to be drawn from reactions to the Omicron-fuelled wave. The foremost is that crippling lockdowns will not save lives and will only spoil livelihoods. The gap between projection and what is actually happening in more disciplined societies may not, however, be a good guide as behaviour is a vital ingredient in the lesser intensity of human losses to Omicron. In India, states are beginning to clamp down with restrictions like night curfew, which are illogical because political rallies are allowed by day in five poll-going states.

Data will be more useful in counting people who need intensive care in hospitals. Vaccination for kids and boosters for the vulnerable besides pushing for higher numbers in double jabs, which only 65 per cent of Indians have received thus far, are the way to go as Omicron surges towards becoming the dominant strain in India, too. Less of curfews and more vigilance over people following Covid protocols and avoiding congregations for any reason is called for. Common sense more than panic could see India through a wave that should peak quickly.

Covid (The Asian Age:20220106)

Eco mess, climate of hate, Covid: Tough days ahead



Sunanda
K. Datta-Ray

Reflections

Once the scene of tumultuous protests and massive rallies, the Singhu border between Delhi and Haryana was deserted at the year's end. The Samyukta Kisan Morcha firebrands who had roared defiance at the government were nowhere to be seen. Few remembered the 35-year-old farm worker whose hand was chopped off and his body was strung up on a barricade allegedly for desecrating the Sikh scriptures. The traffic to Jaipur flowed smoothly again. Even the police had left. With elections looming ahead in Uttar Pradesh and Punjab, Prime Minister Narendra Modi bought peace by dropping the three controversial agricultural reform laws against which lakhs of farmers had rampaged for 15 months because they were thought to benefit influential corporations at the expense of the cultivators.

The dusty emptiness they left behind recalled the hollow men whose world ends not with a bang but a whimper. Over it hung a tantalising question mark. Why did Mr Modi, of the massive "56-inch chest" (as Union home minister Amit Shah again reminded listeners), not spurn his challengers? Could this first instance of the Prime Minister caving in to pressure mean that a new economic chapter will unfold in the new year? The prospect bears consideration.

Some of last year's other images brought little comfort. Five former chiefs of staff of the armed forces and over a hundred prominent citizens reminded President Ram Nath Kovind and Prime Minister Modi of the saffron-draped savants baying for the blood of more than 200 million Muslims. They also warned of "a

and killing if necessary", and that "more such seditious meetings are being organised in other places".

Resplendent in red and gold, his forehead massively smeared with vermilion, Kalicharan Maharaj, a Hindu preacher, was arrested for allegedly insulting Mahatma Gandhi.

Smoke billowing from rows of blazing pyres that consumed the bodies of countless Covid-19 victims will darken the communal Armageddon that is the nightmare of the future. How many corpses were burned or dumped in rivers we shall never know. How many more will die remains unclear as the Omicron variant threatens a third wave of the Covid-19 pandemic, defying a New Year's Eve stirring of hope from South Africa. Safety precautions like social distancing and masks were "for the *janata*, not *netas*", as Shiv Sena MP Sanjay Raut pointed out. "Prime Minister Narendra Modi tells people to wear masks, but he himself doesn't wear one... I follow the Prime Minister and do not wear a mask, and people don't wear masks." It was tit for tat for West Bengal's chief minister Mamata Banerjee, who refused to cancel the Ganga Sagar mela, snapping at journalists: "Why are you interested in only the Ganga Sagar Mela, ask [about] Kumbh Mela!"

The globalisation of politics and personalisation of global developments ensured that attention didn't stray too far or for too long from the gripping drama at home. American President Joe Biden's withdrawal of US forces from Afghanistan plunged that unhappy land into even worse turmoil, but Pakistan and Kashmir almost reduced the Taliban into another Indian domestic terrorist gang. As for

The real problem is that the 'Atma Nirbhar' Bharat, of which Mr Modi boasts and which resembles Nehru's import substitution but with a special role for big biz, has failed to boost manufacturing

lion deal), incensed China, and prompted Indonesia, Malaysia and even India to wonder whether a whites-only defensive core would dominate what former President Donald Trump called the "Indo-Pacific". Given his own megalomania, Mr Trump catered better to visiting egos as the 2019 "Howdy Modi" spectacular in Houston demonstrated.

Mr Biden's handsome amends by making the Prime Minister one of 12 stellar speakers at his Summit for Democracy in December prompted NDTV's researchers to report a massive surge in prosecutions against the National Democratic Alliance government's political rivals, civil rights workers and even legal and bureaucratic critics. Some 570 cases were launched against them in contrast to the 85 by Dr Manmohan Singh's United Progressive Alliance government. The UP's first seven years recorded an annual growth rate of 8.4 per cent; it was only 4.8 per cent during the NDA's first seven years. But India reported the third highest number of billionaires worldwide, whose combined wealth of \$596 billion was nearly double last year's \$313 billion.

The 100 richest Indians have never been richer with infrastructure tycoon Gautam Adani, who nearly tripled his fortune to \$74.8 billion, in the second position for the third year running, and reportedly narrowing the gap with Reliance Industries fellow-Gujarati chairman Mukesh Ambani, whose \$92.7 billion fortune makes him leader of the pack. Farmers who burned the effigies of the two tycoons

ing. Although there was little evidence to support their suspicions, Reliance's telecom towers were vandalised, and hashtags like #BoycottReliance, #BoycottJio, and #BoycottAdani circulated on Twitter, alongside hashtags backing the farmers and demanding official support for guaranteed minimum prices that ensure a base level of profit for cultivators.

The *Economist* warned that "most alarmingly, in India some of the rich have become super-rich by using their heft to crush smaller competitors and thus corner multiple chunks of the economy. The tilt in fortunes has rewarded not so much technical innovation or productivity growth or the opening of new markets as the wielding of political influence and privileged access to capital to capture and protect existing markets."

The real problem is that the "Atma Nirbhar" Bharat, of which Mr Modi boasts and which resembles Jawaharlal Nehru's import substitution but with a special role for big business, has failed to boost manufacturing. Slogans like "Make in India" and "Make for the World" have not improved capability or changed consumer preference. What Arvind Subramanian, Mr Modi's former chief economic adviser, calls "new welfarism" is largely a populist distributive strategy to entice voters. Agriculture's role has been shrinking for decades. The World Bank reckons that its share of the gross domestic product dropped from 43 per cent in 1967 to 16 per cent in 2019, while seeds, fertilisers and other essential inputs all cost more. Some 60 per cent of Indians who still depend financially on farming struggle with debt, bankruptcy and endemic suicide. They may present the government with its biggest challenge — after Covid-19 and the dangerous surge in aggressive religiosity — in the new year.

The silence at the Singhu border indicates a truce, not peace.


Toxic Food (The Asian Age:20220106)

<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16081295>

WATCH IT! YOU MAYBE EATING TOXIC FOOD

ARE YOU AWARE OF THE 'POISON' IN YOUR PLATE? HERE'S WHAT THEY ARE AND THE AILMENTS THEY CAN CAUSE

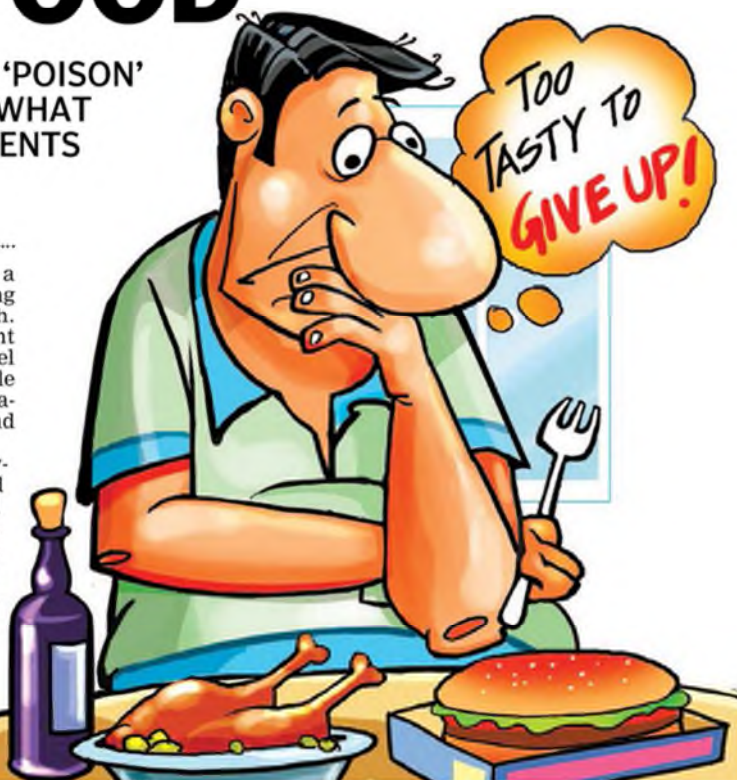
SULOGNA MEHTA

 Cigarette packets come with a statutory warning about smoking being injurious to health. Unfortunately, ultra-processed, instant and junk foods do not come with a label that they can enhance the risk of lifestyle and metabolic diseases including diabetes, cancer, heart ailments, obesity and high cholesterol.

Highly processed, coloured and preservative-laden food items are usually found in the bakery, restaurants, fast food joints and supermarkets that sell junk foods and ready-to-eat-foods. Though these food items, containing various artificial ingredients and flavours are attractive to look at, often smell good and mostly taste delicious, junk foods and fast foods have less nutritional value while containing a lot of bad fat, sugar, salt and calories. That might also explain why despite our exercising regularly, eating cautiously except the weekly indulges or cheat-treat day, de-stressing and trying to maintain a healthy lifestyle, shunning cigarettes and alcohol, you might be still suffering from various health issues. That's because unknowingly, you end up consuming toxic and carcinogenic food items.

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AS PER WHO, CYANOGENIC GLYCOSIDES ARE PHYTOXINS (TOXIC CHEMICALS PRODUCED BY PLANTS) THAT OCCUR IN AT LEAST 2,000 PLANT SPECIES. COMMON EXAMPLES OF NATURALLY OCCURRING TOXINS IN FOOD PLANTS INCLUDE GLYCOALKALOIDS IN POTATOES, CYANIDE-GENERATING COMPOUNDS IN BITTER APRICOT SEEDS AND BAMBOO SHOOTS, ENZYME INHIBITORS AND LECTINS IN RED KIDNEY BEANS, SOYA BEANS, GREEN BEANS AND OTHER LEGUMES.



Upasana Sharma, head Clinical nutritionist from the department of clinical nutrition and dietetics, Max Hospital

TOXINS IN PROCESSED FOODS

Upasana Sharma, head clinical nutritionist from the department of clinical nutrition and dietetics, Max Hospital, lists out some artificial food items containing toxic ingredients:

MONO SODIUM GLUTAMATE OR MSG, commonly known as tastemaker, especially found in noodles, soups and canned food

ARTIFICIAL FOOD COLOURS enhance the appearance of food and are commonly used in bakery items like cakes and pastries and cookies.

PRESERVATIVES: Processed meat and sausages contain sodium nitrite. Preservatives in sauces use sodium benzoate and potassium sorbate.

REFINED FLOUR and added sugar used in all bakery items, beverages (refined sugar), sauces, soups, junk food.

ARTIFICIAL SWEETENERS like aspartame and saccharin are used in sugar-free dishes and in some beverages, including diet aerated drinks.

VEGETABLE/SEED OILS are used in day-to-day cooking. Foods cooked or deep fried in oil are very high in unhealthy fats and calories. Reheating and overheating oil can be carcinogenic and the chemical properties change on heating.



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<http://onlinepaper.asianage.com/articledetailpage.aspx?id=16081304>

TOXIC, HAZARDOUS INGREDIENTS IN FOODS



- Polycyclic Aromatic Hydrocarbons to barbeque food

- Cooking oils

- Cyanogenic glycosides are phytotoxins (toxic chemicals produced by plants). Glycoalkaloids in potatoes



- Cyanide-generating compounds in bitter apricot seeds and bamboo shoots

- Enzyme inhibitors and lectins in red kidney beans, soya beans, green beans and other legumes

- Bitter almonds, apple seeds, green potatoes, cherry seeds (contain cyanide/prussic acid)



- Fungal toxins in mushrooms

- Aquatic biotoxins in algae and certain shellfish

- Mercury poisoning in fish due to higher mercury levels in the seas



- Mycotoxins from moulds on cereals, dry fruits, nuts and spices

- Pyrrolizidine Alkaloids (PAs) found in certain herbal teas, honey, herbs and spices, and cereals

Delta to Omicron

From Delta to Omicron: All about Covid-19 and its many variants (The Indian Express:20220106)

<https://indianexpress.com/article/lifestyle/health/covid-19-pandemic-variants-delta-plus-omicron-ihu-lambda-mu-7707702/>

All viruses, including SARS-CoV-2 -- that causes Covid-19 -- change over time, a phenomenon known as mutation. A virus with one or more new mutations is referred to as a 'variant' of the original virus, according to WHO

Covid-19 variants, all you need to know about Covid-19 variants, covid-19 variants symptoms, origin, transmission, vaccine effectiveness, delta variant, omicron variant, indianexpress, all vaccines and variants WHO recommends to prevent infection and to slow transmission of Covid-19 (Source: Express Photo by Amit Mehra)

Ever since Covid-19 hit the world in November 2019, the changes that the virus — declared a pandemic in March 2020 — brought, have been drastic and significant, prompting the world to look at quick vaccination options alongside precautionary measures.

All viruses, including SARS-CoV-2 — that causes Covid-19 — change over time, a phenomenon known as mutation. A virus with one or more new mutations is referred to as a 'variant' of the original virus, according to the World Health Organization (WHO). “Most changes have little to no impact on the virus’ properties. However, some changes may affect the virus’ properties, such as how easily it spreads, the associated disease severity, or the performance of vaccines, therapeutic medicines, diagnostic tools, or other public health and social measures,” mentions WHO on its website.

Here’s your ready reckoner on Covid-19 and its long list of variants.

Covid-19

Origin

Per WHO, the virus that causes Covid-19 and the one that caused the outbreak of Severe Acute Respiratory Syndrome (SARS) in 2003 are related to each other genetically, but the diseases they cause are quite different. SARS was more serious but much less infectious than Covid-19. There have been no outbreaks of SARS anywhere in the world since 2003.

Severity

WHO says most people infected will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people, and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer, are more likely to develop serious illnesses.

Also on Omicron |Ongoing study reports two new Omicron symptoms; all you need to know

According to International Diabetes Federation, “When people with diabetes develop a viral infection, it can be harder to treat due to fluctuations in blood glucose levels and, possibly, the presence of diabetes complications...Firstly, the immune system is compromised, making it harder to fight the virus and likely leading to a longer recovery period. Secondly, the virus may thrive in an environment of elevated blood glucose.”

Symptoms

People with Covid have had a wide range of symptoms reported – ranging from mild symptoms to severe illness, as per Centers for Disease Control and Prevention (CDC). Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. People with these symptoms may have Covid:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

CDC also stated that the list is not exhaustive. “Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from Covid-19 illness,” it says on its website.

When is it an emergency?

As per CDC, the warning signs include:

- *Trouble breathing

- *Persistent pain or pressure in the chest

- *New confusion

- *Inability to wake or stay awake

- *Pale, gray, or blue-coloured skin, lips, or nail beds, depending on skin tone

“This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you,” it states.

Transmission

The Covid-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, as per WHO. Which is why, it's extremely important to practise respiratory etiquette (for example, coughing into a flexed elbow).

Stress

Stress may be your heart's worst enemy (The Indian Express:20220106)

<https://indianexpress.com/article/lifestyle/health/stress-may-be-your-hearts-worst-enemy-7707364/>

Chronic psychological stress, recent studies indicate, may be as important — and possibly more important — to the health of your heart than the traditional cardiac risk factors.

stress, heart healthA recent study says that other than high blood pressure, high cholesterol, smoking, diabetes, obesity and physical inactivity, chronic psychological stress is an equally, if not more, important factor in assessing your heart health. (Photo: Pexels)

By Jane E. Brody

You're probably familiar with these major risk factors for heart disease: high blood pressure, high cholesterol, smoking, diabetes, obesity and physical inactivity. And chances are your

doctor has checked you more than once for these risks and, I would hope, offered advice or treatment to help ward off a heart attack or stroke.

But has your doctor also asked about the level of stress in your life? Chronic psychological stress, recent studies indicate, may be as important — and possibly more important — to the health of your heart than the traditional cardiac risk factors. In fact, in people with less-than-healthy hearts, mental stress trumps physical stress as a potential precipitant of fatal and nonfatal heart attacks and other cardiovascular events, according to the latest report.

The new study, published in November in JAMA, assessed the fates of 918 patients known to have underlying, but stable, heart disease to see how their bodies reacted to physical and mental stress. The participants underwent standardized physical and mental stress tests to see if their hearts developed myocardial ischemia — a significantly reduced blood flow to the muscles of the heart, which can be a trigger for cardiovascular events — during either or both forms of stress. Then the researchers followed them for four to nine years.

ALSO READ |Simple ways to manage stress and anxiety

Among the study participants who experienced ischemia during one or both tests, this adverse reaction to mental stress took a significantly greater toll on the hearts and lives of the patients than did physical stress. They were more likely to suffer a nonfatal heart attack or die of cardiovascular disease in the years that followed.

I wish I had known that in 1982, when my father had a heart attack that nearly killed him. Upon leaving the hospital, he was warned about overdoing physical stresses, like not lifting anything heavier than 30 pounds. But he was never cautioned about undue emotional stress or the risks of overreacting to frustrating circumstances, like when the driver ahead of him drove too slowly in a no-passing zone.

The new findings underscore the results of an earlier study that evaluated the relationship between risk factors and heart disease in 24,767 patients from 52 countries. It found that patients who experienced a high level of psychological stress during the year before they entered the study were more than twice as likely to suffer a heart attack during an average follow-up of five years, even when traditional risk factors were taken into account.

ALSO READ |The side effects of excess stress on physical and mental health

The study, known as Interheart, showed that psychological stress is an independent risk factor for heart attacks, similar in heart-damaging effects to the more commonly measured cardiovascular risks, explained Dr. Michael T. Osborne, a cardiologist at Massachusetts General Hospital.

But what about the effects of stress on people whose hearts are still healthy? Psychological stress comes in many forms. It can occur acutely, caused by incidents like the loss of a job, the death of a loved one, or the destruction of one's home in a natural disaster. A recent study in Scandinavia found that in the week following a child's death, the parents' risk of a heart attack was more than three times the expected rate. Emotional stress can also be chronic, resulting,

for example, from ongoing economic insecurity, living in a high-crime area or experiencing unrelenting depression or anxiety. Bereaved parents in the Scandinavian study continued to experience an elevated cardiac risk years later.

How stress damages the heart

Dr. Osborne participated with a team of experts led by Dr. Ahmed Tawakol, also at Massachusetts General, in an analysis of how the body reacts to psychological stress. He said the accumulated evidence of how the brain and body respond to chronic psychological stress strongly suggested that modern medicine has been neglecting a critically important hazard to heart health.

It all starts in the brain's fear center, the amygdala, which reacts to stress by activating the so-called fight-or-flight response, triggering the release of hormones that over time can increase levels of body fat, blood pressure and insulin resistance. Furthermore, as the team explained, the cascade of reactions to stress causes inflammation in the arteries, fosters blood clotting and impairs the function of blood vessels, all of which promote atherosclerosis, the arterial disease that underlies most heart attacks and strokes.

ALSO READ | 'Important to understand when inflammation is helping the body, and when it is causing difficulties'

Dr. Tawakol's team explained that advanced neuroimaging made it possible to directly measure the impact of stress on various body tissues, including the brain. A prior study of 293 people initially free of cardiovascular disease who underwent full-body scans that included brain activity had a telling result. Five years later, individuals found to have high activity in the amygdala were shown to have higher levels of inflammation and atherosclerosis.

Translation: Those with an elevated level of emotional stress developed biological evidence of cardiovascular disease. In contrast, Dr. Osborne said, "people who are not tightly wired" are less likely to experience the ill heart effects of stress.

The researchers are now investigating the impact of a stress-reducing program called SMART-3RP (it stands for Stress Management and Resiliency Training-Relaxation Response Resiliency Program) on the brain as well as biological factors that promote atherosclerosis. The program is designed to help people reduce stress and build resilience through mind-body techniques like mindfulness-based meditation, yoga and tai chi. Such measures activate the parasympathetic nervous system, which calms the brain and body.

ALSO READ | Simple yoga asanas and lifestyle practices to relieve stress and anxiety

Defusing stress and its effects

Even without a formal program, Dr. Osborne said individuals could minimize their body's heart-damaging reactions to stress. One of the best ways is through habitual physical exercise, which can help to tamp down stress and the body-wide inflammation it can cause.

Given that poor sleep increases stress and promotes arterial inflammation, developing good sleep habits can also reduce the risk of cardiovascular damage. Adopt a consistent pattern of bedtime and awakening, and avoid exposure at bedtime to screens that emit blue light, like smartphones and computers, or use blue-light filters for such devices.

Practice relaxing measures like mindfulness meditation, calming techniques that slow breathing, yoga and tai chi.

Several common medications can also help, Dr. Osborne said. Statins not only reduce cholesterol, they also counter arterial inflammation, resulting in a greater cardiovascular benefit than from their cholesterol-lowering effects alone. Antidepressants, including the anesthetic ketamine, may also help to minimize excessive amygdalar activity and ease stress in people with depression.

Vaccines

फैसला: केंद्र सरकार ने स्पष्ट किया कि टीके का मिश्रण नहीं होगा, 10 जनवरी से दी जाएगी खुराक पहले वाले टीके का ही बूस्टर डोज (**Hindustan:20220106**)

<https://epaper.livehindustan.com/>



कर्मचारियों की छुट्टियां रद्द

दिल्ली सरकार ने अधिकारियों और कर्मचारियों की मेडिकल लीव छोड़कर सभी छुट्टियां अगले आदेश तक रद्द कर दिए हैं। ➤ ब्योरा पेज 04



तीसरी लहर आ चुकी

दिल्ली के स्वास्थ्य मंत्री सत्येंद्र जैन ने माना है कि कोरोना की तीसरी लहर आ चुकी है। हालांकि, दिल्ली के लिए यह पांचवी लहर है। इस बीच, राजधानी में कोरोना बेड बढ़ाने के निर्देश दिए गए हैं।

सबसे पहले अग्रिम पंक्ति के लोगों लगेगा टीका

सुरक्षाबल, स्वास्थ्यकर्मी, 60 साल से अधिक उम्र के जरूरतमंद बुजुर्गों को बूस्टर खुराक दी जाएगी। दूसरी खुराक लेने के नौ महीने या 39 सप्ताह के बाद वह बूस्टर डोज ले सकेंगे। इससे प्रतिरक्षा बढ़ाने में मदद मिलेगी।

इजरायल में तो चौथी खुराक की है तैयारी

- इजरायल, अमेरिका और यूरोप में दी जा रही है टीके की बूस्टर खुराक
- कई देशों में मिक्स एंड मैच टीकों का भी उपयोग हो रहा है
- इजरायल में चौथी खुराक की तैयारी

दिल्ली के स्वास्थ्य मंत्री बोले- स्थिति नियंत्रण में, सरकार हर हालात से निपटने को तैयार तीसरी लहर आ चुकी पर अभी लॉकडाउन नहीं लगेगा : जैन

<https://epaper.livehindustan.com/>



अक्षरधाम के पास कॉमनवेल्थ स्टेडियम को अस्थायी कोविड आइसोलेशन सेंटर में तब्दील कर दिया गया है। •
संचित खन्ना

650 बेड आरक्षित हैं जीटीबी
अस्पताल में जिसमें 20
पर ही मरीज हैं

15 % बेड भरे थे पिछली लहर
में इतने मामले आने पर, इस
बार पांच फीसदी ही भरे

531 मरीज भर्ती हुए हैं
मंगलवार तक दिल्ली में
कोरोना संक्रमण के

स्वास्थ्य मंत्री बोले

संक्रमित के संपर्क में आए तो जांच की जरूरत नहीं

स्वास्थ्य मंत्री सत्येंद्र जैन ने केंद्रीय स्वास्थ्य मंत्रालय के दिशा निर्देशों का हवाला देते हुए कहा है कि अगर कोई व्यक्ति किसी कोरोना संक्रमित के संपर्क में आया है, मगर उसमें कोई लक्षण नहीं दिख रहे हैं तो उसे जांच कराने की आवश्यकता नहीं है। संपर्क में आए व्यक्ति को घबराने की जरूरत नहीं है। वह खुद को आइसोलेट कर ले और घर पर रहकर बुखार व ऑक्सीजन स्तर की जांच करते रहे।

नई दिल्ली | वरिष्ठ संवाददाता

दिल्ली में तेजी से बढ़ते कोरोना मामले पर स्वास्थ्य मंत्री सत्येंद्र जैन ने माना है कि कोरोना की तीसरी लहर आ चुकी है। उन्होंने कहा कि यह देश के लिए तीसरी लहर है मगर दिल्ली की यह पांचवीं लहर होगी। कोरोना के तेजी बढ़ते मामले ओमीक्रोन स्वरूप के कारण हैं। मगर लक्षण हल्के होने के नाते स्थिति नियंत्रण में है।

कोरोना की तीसरी लहर पर लॉकडाउन लगाने की बात से स्वास्थ्य मंत्री सत्येंद्र जैन ने इंकार किया है। सत्येंद्र जैन ने कहा कि फिलहाल दिल्ली में लॉकडाउन नहीं लगा रहे हैं। कोरोना के बीच पलायन के खतरे पर उन्होंने कहा कि मजदूरों को घबराने की जरूरत नहीं है। दिल्ली में निर्माण कार्य जारी रहेगा। दिल्ली में कोरोना की रोकथाम के लिए कई कड़े कदम उठाए गए हैं जिसमें नाइट कर्फ्यू, वीकेंड कर्फ्यू के अलावा स्कूल व कॉलेज बंद कर दिए गए हैं।

जैन ने कहा कि विदेशों से दिल्ली आने वाले लोग इस ओमीक्रोन स्वरूप से सबसे ज्यादा संक्रमित पाए जा रहे हैं। राहत वाली बात यह है कि दिल्ली में फिलहाल ओमीक्रोन मरीजों को ऑक्सीजन लगाने की जरूरत नहीं पड़ी है। ज्यादातर मरीजों में मामूली लक्षण ही मिले हैं। सरकार दिल्ली के हालात पर निगरानी रख रही है। दिल्ली में बेड़ पर्याप्त संख्या में उपलब्ध हैं। सरकारी के अलावा निजी अस्पतालों में भी कोविड मरीजों के लिए बेड आरक्षित कर दिया गया है।

जीटीबी अस्पताल में 650 बेड आरक्षित हैं जिसमें 20 पर ही मरीज हैं। अभी तक हमारे पास जो कोविड बेड हैं उसमें पांच फीसदी बेड ही भरे हैं।

पर्याप्त ऑक्सीजन उपलब्ध : जैन ने कहा कि बीते मंगलवार तक दिल्ली में कोरोना के 531 मरीज भर्ती हुए हैं। दिल्ली के निजी और सरकारी अस्पतालों में भर्ती हैं। कोरोना की पिछली लहर में इतने मामले आने पर 15 फीसदी बेड भरे थे जो कि इस बार पांच फीसदी के आसपास है।

इसके अलावा पर्याप्त ऑक्सीजन उपलब्ध है। ऑक्सीजन की स्थिति पर टेली मेंट्री यंत्र के जरिए रियल टाइम निगरानी की जा रही है।

रैंडम सैंपल की जीनोम सीक्वेंसिंग हो रही : क्या सभी मरीजों की जीनोम सीक्वेंसिंग हो रही है इसपर जैन ने कहा कि अब यह सभी के लिए जरूरी नहीं है। वो एक रिसर्च प्रक्रिया थी, ताकि यह पता लगाया जा सके कि कम्युनिटी में ओमीक्रोन फैल रहा है या नहीं। अब ज्यादातर मरीज ओमीक्रोन के ही आ रहे हैं तो सभी की जीनोम सीक्वेंसिंग कराने की कोई जरूरत नहीं। हालांकि, अभी भी रैंडम सैंपल की जीनोम सीक्वेंसिंग की जा रही है। अब ज्यादातर मरीज ओमीक्रोन के ही आ रहे हैं।

दिल्ली में भी सात दिन का होम आइसोलेशन : दिल्ली में अब सात दिन का होम आइसोलेशन होगा। दिल्ली सरकार ने केंद्र सरकार के दिशा-निर्देशों का हवाला देते हुए लागू किया है।

बुधवार को दिल्ली में सभी जिला चिकित्सा अधिकारियों के साथ हुई बैठक में इसपर चर्चा हुई है। सात दिन होम आइसोलेशन करने के साथ अगर अंतिम तीन दिन में कोई लक्षण नहीं आया है तो उसे जांच कराने की भी जरूरत नहीं पड़ेगी।

Omicron

कोरोना के दूसरे स्वरूपों की तुलना में ओमीक्रोन फेफड़ों पर 10 गुना कम घातक(Hindustan:20220106)

<https://epaper.livehindustan.com/>



02 गुना तेजी से फैलता है ऊपरी सांस नली में अन्य स्वरूप से

सभी मरीजों को न दें एंटीवायरल ड्रग मोलनुपिराविर

भारत के दवा महानियंत्रक की ओर से कोरोना के इलाज में एंटीवायरल ड्रग मोलनुपिराविर के इमरजेंसी इस्तेमाल को मंजूरी देने के बाद दवा विक्रेताओं के पास इस दवा की मांग करने वाले लोगों की संख्या बढ़ गयी है। हालांकि, एम्स के वरिष्ठ डॉक्टरों का कहना है कि यह दवा कोरोना के इलाज में जादू की छड़ी नहीं है। अभी इसके इमरजेंसी इस्तेमाल को ही मंजूरी दी गई है। स्वास्थ्य मंत्रालय के वरिष्ठ अधिकारियों और विशेषज्ञों की एक सेमिनार में एम्स के डॉक्टर नीरज निश्चल ने बताया कि यह दवा सभी मरीजों के लिए नहीं है। इसे 18 साल से कम उम्र के मरीजों को नहीं दी जानी चाहिए।

कोरोना एक बार फिर से तेजी से फैल रहा है। अधिकतर मरीज इसके नए स्वरूप ओमीक्रोन से संक्रमित पाए जा रहे हैं। ऐसे में इस नए स्वरूप के लक्षणों और इसके प्रभाव को जानना जरूरी है। चिकित्सकों के अनुसार, कोरोना का यह नया स्वरूप इसके दूसरे स्वरूपों के मुकाबले फेफड़ों के ऊतकों को 10 गुना कम प्रभावित करता है। हेमवती नंदन राजौरा की रिपोर्ट...

कब न करें प्रयोग

- 18 वर्ष से कम उम्र के मरीज को मोलनुपिराविर न दें, हड्डियों में नुकसान पहुंचा सकती है
- अस्पताल में भर्ती मरीजों के लिए नहीं है। ऐसे लोगों के लिए यह अधिक फायदेमंद नहीं मिली जिनका कोरोना के बाद अस्पताल में इलाज शुरू हो गया था
- लक्षण आने के पहले पांच दिन के बाद लगातार यह दवा न दें
- कोरोना से बचने के लिए इसका इस्तेमाल न करें, संक्रमण होने से पहले इस्तेमाल न करें

50 से अधिक नए म्यूटेशन

अखिल भारतीय आयुर्विज्ञान संस्थान (एम्स) के मेडिसिन विभाग के एडिशनल प्रोफेसर नीरज निश्चल ने स्वास्थ्य मंत्रालय के विशेषज्ञों के साथ हुई सेमिनार में बताया कि कोरोना का नया स्वरूप ओमीक्रोन ऊपरी सांस नली में कोरोना के अन्य स्वरूप के मुकाबले दो गुना तेजी से बढ़ता है। हालांकि, यह फेफड़ों के ऊतकों को अन्य कोरोना स्वरूपों के मुकाबले 10 गुना कम प्रभावित करता है। उन्होंने बताया कि इस नए स्वरूप में 50 से अधिक नए म्यूटेशन मौजूद हैं।

यह भी जानें

Infection

ज्यादातर सोसाइटी में संक्रमण के प्रसार को रोकने के लिए एहतियाती उपाय अपनाए जा रहे, कोरोना नियमों के पालन पर जोर। संक्रमण को देख चाक-चौबंद होने लगीं हाउसिंग सोसाइटी (Hindustan:20220106)

<https://epaper.livehindustan.com/>



कोरोना के नए स्वरूप ओमीक्रोन के चलते दिल्ली में कोविड महामारी एक बार फिर से चिंता बढ़ा रही है। इसे देखते हुए सरकार ने सार्वजनिक स्थानों, कार्यालयों आदि के लिए अलग-अलग नियम-कायदे लागू किए हैं। वहीं, हाउसिंग सोसाइटी के अंदर भी लोगों ने व्यवस्था को चाक-चौबंद बनाना शुरू कर दिया है।

बढ़ते संक्रमण को देखते हुए जीके-1 आवासीय कॉलोनी भी तैयारियों में जुट गई है। सोसाइटी के राजीव काकरिया ने बताया कि अभी तक हमने कोई आइसोलेशन केंद्र नहीं बनाया है। क्योंकि सरकार कह रही है कि इसके लक्षण हल्के हैं। फिर भी हमारे पास आपात स्थिति के लिए ऑक्सीजन सिलेंडर और एक ऑक्सीजन कंसट्रेटर मौजूद है।