

Dear colleagues,

Please find key highlights below and content for further sharing.

- The health condition of the unvaccinated or those receiving only one dose of the COVID-19 patients in Banke district is found critical, according to the Bheri Hospital in the district. A few of these people are also dying of COVID-19 health complications. <https://risingnepaldaily.com/main-news/unvaccinated-covid-patients-facing-health-complications>
- Amid virus spread threat, provinces step up preparations. As infections rise in neighbouring India, bordering regions need extra attention, health officials say. <https://bit.ly/3pZybV7>
- No encouragement for start-ups. Strategies must be put in place to provide a conducive environment to allow the youths to thrive. <https://bit.ly/3zrRGj1>
- The explosive increase in U.S. coronavirus case counts is raising alarm, but some experts believe the focus should instead be on COVID-19 hospital admissions. And those aren't climbing as fast. <https://thehimalayantimes.com/world/covid-case-counts-may-be-losing-importance-amid-omicron>
- Covid-19 cases have gone up in the past few days, official records show. Nepal recorded 435 fresh coronavirus cases in the last 24 hours, according to the Ministry of Health and Population. A total of 216 fresh cases were recorded on Sunday, 326 on Monday and 393 on Tuesday. <https://www.nepallivetoday.com/2022/01/05/nepals-daily-covid-19-tally-goes-up-435-cases-recorded-in-the-last-24-hours/>
- Normal life in the Terai, including Kailali, has been hit hard by the biting cold. People from deprived communities, children and the elderly have been mostly affected. To keep themselves from the plummeting temperature, people are seen gathering around campfires made at a number of places to ward off the cold. <https://risingnepaldaily.com/nation/biting-cold-affects-life-in-terai>
- Data from the [State of Global Air](#) states that over 42,000 people die of pollution every year. But, this is not acknowledged well because they are categorised as deaths from lungs or heart diseases and not air pollution. Yet, it remains a significant problem all over the world. <https://english.onlinekhabar.com/air-pollution-kathmandu-faqs-winter.html>
- A diabetic man who died in the western state of Rajasthan was India's first fatality from the Omicron COVID-19 variant, the health ministry said on Wednesday, adding that overall infections had doubled to 58,097 over the past four days. <https://myrepublica.nagariknetwork.com/news/india-confirms-first-omicron-related-death-as-covid-19-cases-jump/>

Thank you.

UNICEF Nepal Team



पूर्ण खोप, सुरक्षित भविष्य

दुक्क भएर लगाओँ, बिना कुनै सङ्क्रोच स्तनपान गराइरहेका महिलाले कोमिड-१८ विरुद्धको खोप

कोमिड-१९ विरुद्धको खोप स्तनपान

गराइरहेका महिलाहरूले पनि लगाउन गिल्छ । यो खोपले आमा र बट्चा दुवैलाई सुरक्षा प्रदान गर्दछ । त्यसैले, स्तनपान गराइरहेका महिलाहरूले ढुक्क भएर कोमिड-१९ विरुद्धको खोप लगाओँ ।



खोप निःशुल्क पाइन्छ

खोप सुरक्षित छ

खोपले जीवन रक्षा गर्दछ

कोटोना संक्रमणबाट बच्नाका लागि जनाएचाएच्यका सार्वै मापदण्डको पालना गर्दै



मास्क लगाओँ



भोतिक दूरी कायम गर्ने



बेलबेलामा साबुनपानीले हात थोडौ



नेपाल सरकार
स्वास्थ्य तथा जनसंख्या मन्त्रालय
राष्ट्रिय स्वास्थ्य शिक्षा, सूचना तथा सञ्चार केन्द्र



गर्भविस्थामा खोप लगाएका कारण समय नपुऱी वा कम तौल भएको बच्चा जनिमने सम्मावना हुन्छ ?

हुँदैन

कोमिड-१९ विरुद्धको खोपले गर्भपात हुने,

कम तौलको बच्चा जनिमने,

समय नपुऱी जनिमने

भन्ने कुरा गलत हुन्।

गर्भविस्थामा कोरोना

माइरस विरुद्धको खोप लगाएका

महिलाहरूले समय नपुऱी बच्चा

जन्माउने र कम तौल भएको बच्चा

जन्माउने जोखिमको खोपसँग कुनै

सरबन्ध छैन। सबै गर्भवती महिलाहरूलाई

उक्त खोप गर्भवती भएको पहिलो तीन

महिना पछि दिन सकिन्छ। त्यसैले ढिला नगरी

आफूलाई पायक पर्ने खोप केन्द्रमा समयमै पुऱोर

खोप लगाओँ।



खोप निःशुल्क पाइन्छ

खोप सुरक्षित छ

खोपले जीवन रक्षा गर्दै

कोरोना एंट्रोजनाबाट बच्नका लागि जनएचाईयका सारै मापदण्डको पालना गर्दै



मास्क लगाओँ



भौतिक दूरी कायम गर्दै



बेलाबेलामा सातुनपानीले हात धोओँ



नेपाल सरकार

स्वास्थ्य तथा जनसंख्या मन्त्रालय

राष्ट्रिय स्वास्थ्य शिक्षा, सूचना तथा सञ्चार केन्द्र