

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



ढुक्क भएर लगाऔं, बिना कुनै सङ्कोच स्तनपान गराइरहेका महिलांले कोभिड-१९ विरुद्धको खोप

कोभिड-१९ विरुद्धको खोप स्तनपान
गराइरहेका महिलाहरूले पनि लगाउन मिल्छ ।
यो खोपले आमा र बच्चा दुवैलाई सुरक्षा प्रदान
गर्दछ । त्यसैले, स्तनपान गराइरहेका
महिलाहरूले ढुक्क भएर कोभिड-१९ विरुद्धको
खोप लगाऔं ।



खोप निःशुल्क पाइन्छ

खोप सुरक्षित छ

खोपले जीवन रक्षा गर्छ

कोरोना संक्रमणबाट बच्नका लागि जनस्वास्थ्यका सबै मापदण्डको पालना गर्नु



मास्क लगाऔं



भौतिक दूरी कायम गर्नु



बेलाबेलामा साबुनपानीले हात धोऔं



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



गर्भावस्थामा खोप लगाएका कारण समय नपुगी वा कम तौल भएको बच्चा जन्मिने सम्भावना हुन्छ ?

हुँदैन

कोभिड-१९ विरुद्धको खोपले गर्भपात हुने,
कम तौलको बच्चा जन्मिने,
समय नपुगी जन्मिने
भन्ने कुरा गलत हुन् ।
गर्भावस्थामा कोरोना
भाइरस विरुद्धको खोप लगाएका
महिलाहरूले समय नपुगी बच्चा
जन्माउने र कम तौल भएको बच्चा
जन्माउने जोखिमको खोपसँग कुनै
सम्बन्ध छैन । सबै गर्भवती महिलाहरूलाई
उक्त खोप गर्भवती भएको पहिलो तीन
महिना पछि दिन सकिन्छ । त्यसैले ढिला नगरी
आफूलाई पायक पर्ने खोप केन्द्रमा समयमै पुगेर
खोप लगाऔं ।



खोप निःशुल्क पाइन्छ

खोप सुरक्षित छ

खोपले जीवन रक्षा गर्छ

कोरोना संक्रमणबाट बच्नका लागि जनस्वास्थ्यका सबै मापदण्डको पालना गर्नु



मास्क लगाउनु



भौतिक दूरी कायम गर्नु



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