



P3 CITY

SRINAGAR ADMIN TO SET UP STAR PHCS WITH 150 ADDITIONAL BEDS

To further strengthen the patient care facilities in Srinagar, the District Administration, Srinagar is setting up 5 Model Primary Health Centres termed as STAR PHCs at different locations in the district...

P6 THINK

POWER PLAY OF LANGUAGE USE

The current violent attacks on Palestine have shaken the Muslim conscience with macabre visuals of bombings, bloodsoaked rubble and helpless cries of children, mothers and fathers unsettling every sensible human. The notion of...



P5 NEWS

COVID DEATHS IN KASHMIR HIGHER THAN REPORTED: DAK

The Doctors Association of Kashmir (DAK) on Saturday said that the actual number of people dying from Covid in Kashmir is higher than what is reported...



Dr. Yasir Wani
Consultant Paediatrician

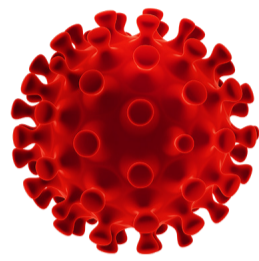
#B16172 variant is surging very fast!
Epidemiologists now estimate it is 60% faster than even #B117 UK/Kent variant, which is already 50% faster. If true, it could make it fastest transmission one to be found worldwide!

Dr. Ambrish Mithal
Chairman Endocrinology & Diabetes, Max Healthcare

Sugars fluctuate widely in #Covid due to infection and steroids
Control of #diabetes during #covid19 is vital - to prevent Mucormycosis- #BlackFungus
#Insulin often needed for control, TEMPORARILY
Don't avoid insulin if advised by your doctor.
#COVIDEmergency2021
#pandemic

Dr. Martin Landray
Physician, Epidemiologist and Clinical Trialist, London

RECOVERY publication: Convalescent plasma in 11569 hospitalised patients
- no significant reduction in mortality
- no significant increase in chances of being discharged alive at 28 days
- no significant reduction in progression to invasive mechanical ventilation or death



Govt Extends Corona Curfew In J&K Till May 24



KO Photo: Abid Bhat

Firdaus Ali

SRINAGAR: The Jammu and Kashmir government on Saturday extended till May 24 the curfew imposed to contain the spread of coronavirus in the Union Territory.

"The Corona Curfew imposed in all 20 distts (districts) of J&K till 7 am on Monday, 17/5/21 is extended further till 7 am on Monday, 24/5/21. The curfew will be strict except for a few essential services," the Department of Information and Public Relations

(DIPR) said in a tweet on its official handle on Saturday. The curfew imposed by the administration across the UT was scheduled to end on May 17. Meanwhile, police on Saturday claimed to have arrested 137 persons, filed 70

FIRs and also realized a fine of Rs 128,480 from 874 people for violating the Covid-19 guidelines throughout Kashmir valley during the last 24 hours. Besides, 6 vehicles were also seized in Bandipora for violating guidelines, restrictions, a

police spokesperson said. In Ganderbal district, he said, 12 shops were sealed on the spot after being found open in violation of lockdown. On April 29, the Jammu and Kashmir administration imposed curfew in **More On P10**

NEWS DIGEST

IED Recovered In Pulwama: Police

SRINAGAR: An improvised explosive device (IED) weighing 10 kg was recovered in Jammu and Kashmir's Pulwama district on Saturday, with police claiming to have foiled a plan by the militant outfit Jaish-e-Mohammed to carry out an attack. The IED was recovered following inputs that militant outfit Jaish-e-Mohammed was planning to carry out the attack, an official said. **More On P10**

Cardiac Arrest Kills Border Guard

SRINAGAR: A Border Security Force (BSF) personnel died on Saturday after suffering a cardiac arrest in the border town of Uri in Baramulla district. 33-year-old Constable Manjeet Kumar of BSF 23 Battalion BSF posted at Chand post along LoC in Uri suddenly felt dizziness, vomited and fell down on the ground during patrolling, news agency GNS reported Saturday. The report said that Kumar's colleagues on sensing emergency **More On P10**

3 Jama'at Members Booked Under UAPA

SRINAGAR: At least three members of the banned socio-political organisation Jama'at-e-Islami (JeI) have been booked under unlawful activities Act (UAPA) in south Kashmir's Kulgam district. Mudasir Hasan Mir, Abdul Hayat Alai, both residents of Sallar and Farooq Ahmad Bhat of Lever village in the south Kashmir district have been booked on charges of harbouring, aiding militants **More On P10**

Excessive Use Of Paracetamol Harmful: Expert

Observer News Service

SRINAGAR: The excessive use of paracetamol by coronavirus patients can damage the liver and can cause severe gastrointestinal upset in elderly patients besides aggravate paracetamol poisoning among alcoholics and people with borderline kidney function and liver diseases, a senior gastroenterologist said

Saturday. Dr Nisar Ahmad Shah, Professor of Medicine, Gastroenterology, Government Medical College (GMC) here said on Saturday that Covid was known to cause a variety of gastroenterological problems like dyspepsia, diarrhoea, abdominal pain; oesophageal, gastric & duodenal ulcers, hepatitis and pancreatitis **More On P10**

LG Sets 10 Day Timeline For 100% Vaccination Of Above 45 Age Group

Emphasizes On Utilization Of Covid Care Centres For Rural Population, Patients In Home Isolation

JAMMU: The Corona Curfew imposed in all 20 Districts of J&K till 7 am on Monday, 17th May, 2021 is extended further till 7 am on Monday, 24th May, 2021. The curfew will be strict except for a few essential services. Other restrictions and SOPs for weddings etc. outlined by the administration earlier will remain in force.



The decision was taken as a part of the Covid Containment measures after a detailed assessment of the present Covid scenario in the UT done by the Lieutenant Governor, Manoj **More On P10**

Police Arrests 20 For Taking Part In Pro Palestine Demos

Says Keeping A Close Eye on Social Media Posts

Ajaz Ali
SRINAGAR: A day after sporadic pro-Palestine demonstrations were reported from parts of the Kashmir Valley, the Jammu

and Kashmir police on Saturday arrested 20 persons and warned protesters of legal action if found involved in "inciting violence on the streets of the Valley." According to reports, twenty people have been arrested by police from several localities of this capital city for holding pro-Palestine demonstrations **More On P10**



Artist Of 'We Are Palestine' Graffiti Arrested

A professional artist whose graffiti of a sobbing Palestinian woman went viral on social media was arrested by police in a raid at his house in Padshahi Bagh area of this capital city, reports said Saturday. 30-year-old Mudasir Gul, as per the reports, was picked up by a police team from his Padshahi Bagh home on Friday night for drawing graffiti on a platform showing **More On P10**

Sarjan Barkati Detained 2 Days After Eid Speech



The Jammu and Kashmir Police on Saturday arrested popular religious preacher Sarjan Barkati from his residence at Reban, Shopian in South Kashmir. His wife Shabroza Akhter confirmed that Barkati was arrested by Zainapora police from his residence on Saturday morning. Barkati **More On P10**

INSTRUCTIONS FOR COVID-19 POSITIVE HOME ISOLATION PATIENTS

Shri Manoj Sinha
Hon'ble Lieutenant Governor

Patient must isolate himself from other household members

The patient should be kept in a well-ventilated room with cross ventilation

Patient should at all times use triple layer medical mask. In the event of care giver entering the room, both care giver and patient may consider using N 95 mask

Mask should be discarded only after disinfecting it with 1% Sodium Hypochlorite

Patient must take rest and drink lot of fluids to maintain adequate hydration

Follow respiratory etiquettes all the time

Don't share personal items with other people

Frequent Hand Washing is a must

Ensure cleaning of surfaces in the room that are touched

Self-Monitoring of Blood Oxygen Saturation (SpO2) with a Pulse Oximeter, Temperature and other signs or symptoms is strongly advised.

WHEN TO SEEK MEDICAL ATTENTION

Difficulty in breathing

Persistent pain pressure in the chest

Dip in oxygen saturation (SpO2 < 90% on room air)

Mental confusion or inability to rise up

For Free Ambulance Service please call Toll Free No. 108

For any sort of query including medical advice
24x7 Divisional Control Room

Jammu
0191-2549676 / 2520982 / 2674444 / 2674115 / 2674908

Kashmir
0194-2440283 / 2430581 / 2452052 / 2457313 / 2457312

Issued in Public Interest by:
Health and Medical Education Department, J&K

For any kind of Covid 19 query log on to www.covidrelief.jk.gov.in

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