

Covid Info Source

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Document Purpose

We are in the midst of an unprecedented healthcare crisis. Through this document, we share critical and important information on all things relating to COVID-19. It should serve as a quick reference guide for everyone in Bengaluru. In addition, it should help volunteers on the ground & serve as a resource.

Important phone numbers, processes, experiences will continue to get documented and updated here.

The document is structured in Q&A format with answers in some cases leading to links and other resources. Also, an Additional Resources section has Hospital Lists, Testing Centre details, Fever Clinics, Government Notifications and more.

Critical First Response Phone Numbers

108 - Any Emergency including suspicion of COVID, breathlessness

104, 080-46848600, 080-66692000 - COVID Helpline

14410 - Apathamitra helpline - seek guidance in case of fever, cough, etc

1912 - Call centre to redress Grievances on denial of beds

99017 50539 - Nodal officer - Health Officer: Dr Surendra for Hagadur Ward

My Questions Answered

This section provides a list of commonly asked questions from people experiencing the pandemic in different ways. These are questions that people have actually asked for which we researched answers and shared them here for the benefit of the rest of us. If you have an unanswered question please write hello@whitefieldrising.org

Symptoms

What are some of the key symptoms of COVID 19?

- Dry Cough
- Itchy Throat
- Feeling of being Breathless
- Extreme fatigue and/or Body ache
- Fever
- Loss of Smell
- Loss of Taste
- Loss of Appetite

Any of these symptoms could be an indicator of Corona. You will need to continue to monitor yourself carefully and if any of these intensify, you will need to immediately call 104/14410 for help.

Also remember, many of us can also be completely asymptomatic or without any symptoms. However, if you have had any exposure to external people, large (> 10 people) or small gatherings (3-10 people), been in air-conditioned setting, hospital set-ups or any closed door meetings, please still keep yourself in isolation from any vulnerable folks. You could be a carrier.

Isolation

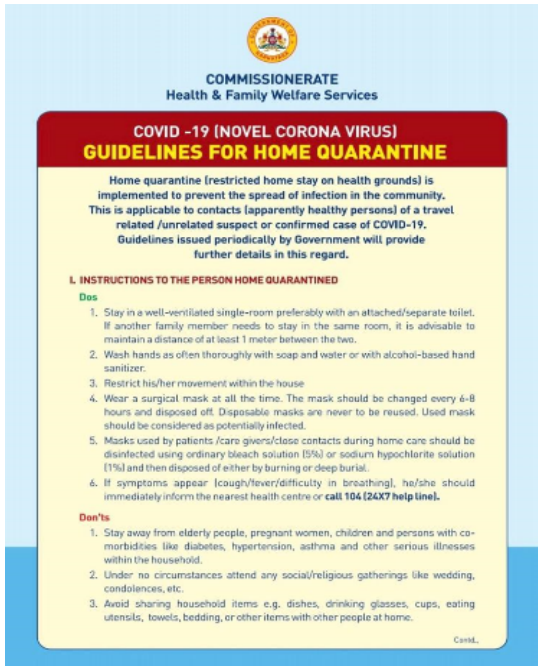
If I experience any symptoms, should I self-isolate?

Absolutely. If you experience any of the symptoms under [this question](#), please consider yourself as an at-risk candidate and self-isolate immediately. Also please inform authorities via 14410 or 104.

You can get a tele-consultation via the Apathamithra Helpline at 14410. This is available 24X7.

Along with self-isolation, also recall & make a list of all the people you may have come in close contact with, in the past 2-4 days. They could be at risk. It would be the best thing possible if you can intimate them to also watch out for symptoms

What should I do for self-isolation at Home Quarantine?



COMMISSIONERATE
Health & Family Welfare Services

COVID -19 (NOVEL CORONA VIRUS)
GUIDELINES FOR HOME QUARANTINE

Home quarantine (restricted home stay on health grounds) is implemented to prevent the spread of infection in the community. This is applicable to contacts (apparently healthy persons) of a travel related /unrelated suspect or confirmed case of COVID-19. Guidelines issued periodically by Government will provide further details in this regard.

I. INSTRUCTIONS TO THE PERSON HOME QUARANTINED

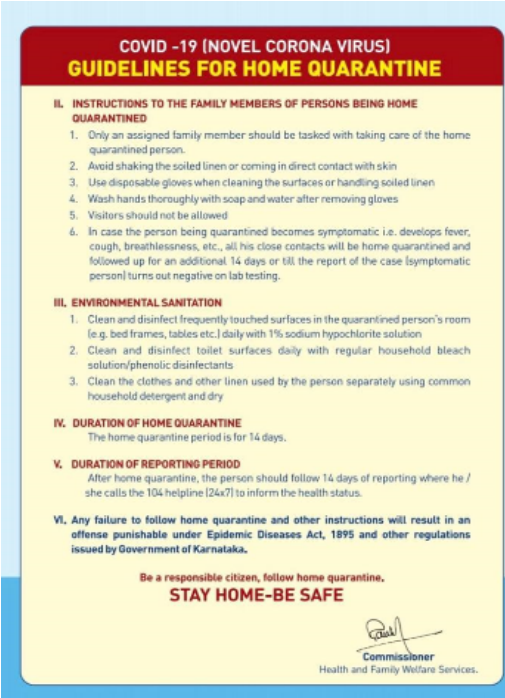
Do's

1. Stay in a well-ventilated single-room preferably with an attached/separate toilet. If another family member needs to stay in the same room, it is advisable to maintain a distance of at least 1 meter between the two.
2. Wash hands as often thoroughly with soap and water or with alcohol-based hand sanitizer.
3. Restrict his/her movement within the house
4. Wear a surgical mask at all the time. The mask should be changed every 6-8 hours and disposed off. Disposable masks are never to be reused. Used mask should be considered as potentially infected.
5. Masks used by patients /care givers/close contacts during home care should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.
6. If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre or call 104 (24x7 help line).

Don'ts

1. Stay away from elderly people, pregnant women, children and persons with co-morbidities like diabetes, hypertension, asthma and other serious illnesses within the household.
2. Under no circumstances attend any social/religious gatherings like wedding, condolences, etc.
3. Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.

COVID



COVID -19 (NOVEL CORONA VIRUS)
GUIDELINES FOR HOME QUARANTINE

II. INSTRUCTIONS TO THE FAMILY MEMBERS OF PERSONS BEING HOME QUARANTINED

1. Only an assigned family member should be tasked with taking care of the home quarantined person.
2. Avoid shaking the soiled linen or coming in direct contact with skin
3. Use disposable gloves when cleaning the surfaces or handling soiled linen
4. Wash hands thoroughly with soap and water after removing gloves
5. Visitors should not be allowed
6. In case the person being quarantined becomes symptomatic i.e. develops fever, cough, breathlessness, etc., all his close contacts will be home quarantined and followed up for an additional 14 days or till the report of the case (symptomatic person) turns out negative on lab testing.

III. ENVIRONMENTAL SANITATION


1. Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% sodium hypochlorite solution
2. Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants
3. Clean the clothes and other linen used by the person separately using common household detergent and dry

IV. DURATION OF HOME QUARANTINE
The home quarantine period is for 14 days.

V. DURATION OF REPORTING PERIOD
After home quarantine, the person should follow 14 days of reporting where he / she calls the 104 helpline (24x7) to inform the health status.

VI. Any failure to follow home quarantine and other instructions will result in an offense punishable under Epidemic Diseases Act, 1895 and other regulations issued by Government of Karnataka.

Be a responsible citizen, follow home quarantine.
STAY HOME-BE SAFE


Commissioner
Health and Family Welfare Services.

- Stay in a well ventilated room preferably with an attached, separate toilet & bath facility that no others use.
- If at all another family member needs to stay with you, ensure 1 metre distance from them at all times

- Wash hands often and thoroughly for at least 25 seconds with soap & water or an alcohol based hand sanitiser
- Restrict all your movements within the 1 room as far as possible
- If you have tested COVID +ve you must wear a surgical mask at all times. Your mask should be changed every 6-8 hours and disposed of. They can never be reused. It is a potentially infected mask, so please make sure you wrap it yourself in a newspaper and put it in a yellow bag.
- During your HQ, if you start seeing any symptoms such as
 - Cough
 - Fever
 - Breathlessness
 - Loss of appetite
 - Loss of smell
 - Loss of taste
 - Severe Body Ache

Immediately call the 104 helpline and report this information.

Immediately call <> from your apartment/community COVID Task Force or Association members to keep them informed

What should I not be doing

- Do not go close to elderly people, pregnant women, children and anyone with comorbidities such as diabetes, hypertension, asthma or any other serious illness. No visitors allowed please.
- Do Not Attend allowed to attend any social or religious events such as weddings, condolence events.
- Do Not step out of your room for any reason apart from a medical emergency
- Do not share any personal items with anyone - towels, clothes. Pack your bag and preferably use only clothes from a packed bag to limit any spread
- Do not share any house-hold items such as spoons, plates, water glasses, cups or utensils.
- If someone is providing you meals, then make sure you wash the dishes once before leaving it in front of your door.

Can I have any care-givers with me during my Home Quarantine?

Yes you can, however, please ensure they follow these instructions strictly

- Only one assigned family member can be tasked with taking care of the HQ person. Please make sure you are well and preferably do not suffer from any comorbidities
- Avoid shaking used linen or getting it to directly come in contact with skin

- Use disposable gloves when cleaning surfaces or handling used linen
- Wash hands thoroughly after removing your disposable gloves
- Visitors should not be allowed
- In case you develop symptoms during HQ, all other close contacts will need to be Home Quarantined. The same process needs to be followed for the next 14 days or until the lab report comes out negative

My neighbour is home isolating. What should I do?



INSTRUCTIONS TO NEIGHBOURS OF PERSONS WHO ARE HOME ISOLATED



- DO NOT PANIC. DO NOT STIGMATISE
- SUPPORT THE PERSON AND HIS/HER FAMILY BY PROVIDING ESSENTIAL ITEMS LIKE MEDICINES, RATIONS, VEGETABLES, ETC. UNTIL THEY GET CURED AS MAY BE REQUIRED
- KEEP A VIGIL ON THE PERSON IN HOME ISOLATION TO ENSURE STRICT HOME ISOLATION
- MAINTAIN A PHYSICAL DISTANCE OF 2 MTRS /6 FEET
- REMEMBER, THE FIGHT IS AGAINST THE DISEASE AND NOT THE PERSON
- FOR ANY ASSISTANCE, PLEASE CALL **APTHAMITRA HELPLINE – 14410**

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www.bbmp.gov.in

[twitter @BBMPCOMM](https://twitter.com/BBMPCOMM)

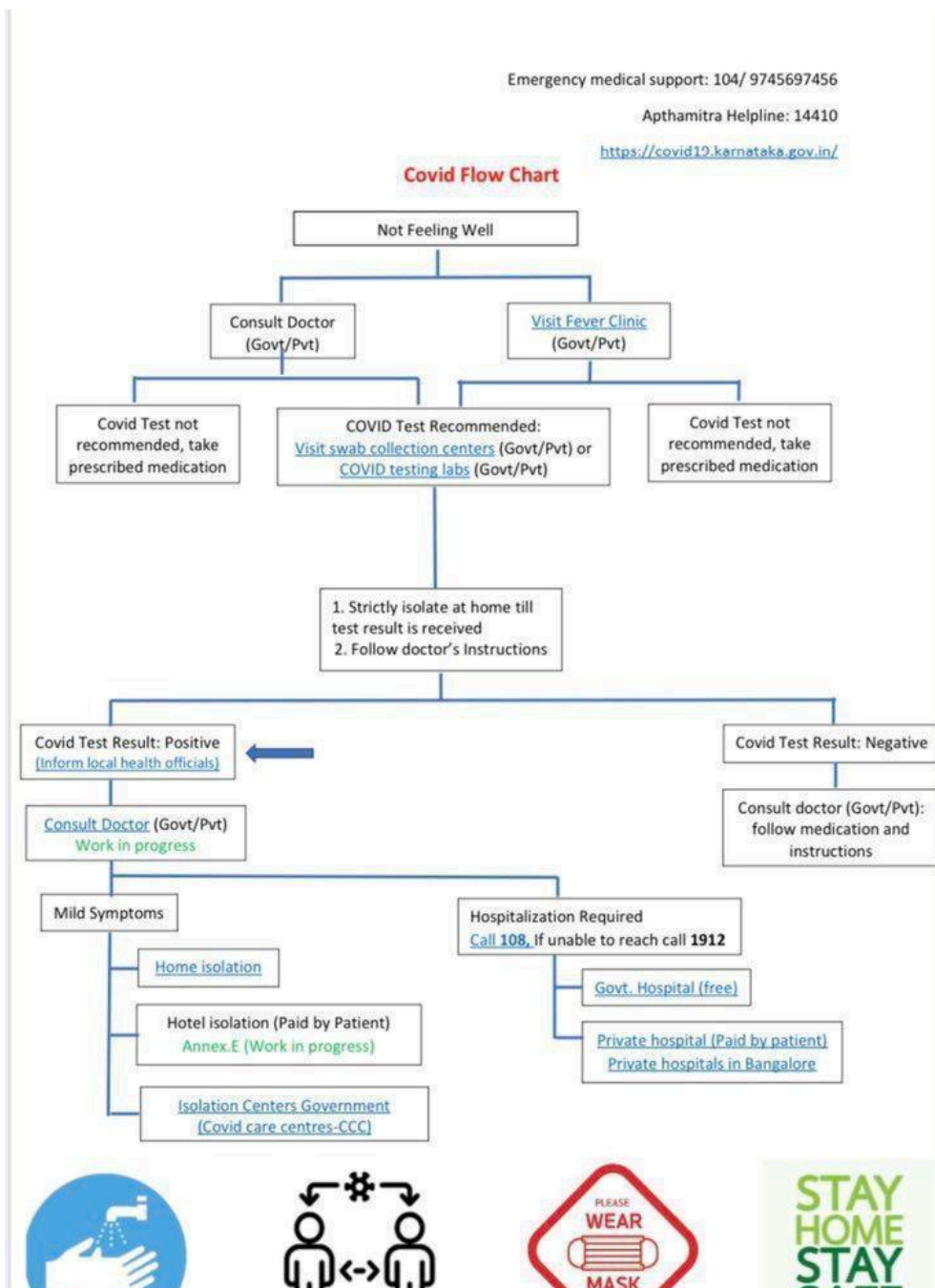
How should I dispose of my Masks, Gloves, Tissues? (Environmental Sanitation)

- Clean & disinfect surfaces regularly in the quarantined person's room.
- Bed frames, table tops, door knobs, with 1% Sodium Hypochlorite solution
- Clean & disinfect toilet surfaces daily with regular household bleach solutions/phenolic solutions/disinfectants

- Clean the clothes used by the HQ person separately. Use regular detergent and dry

COVID Self-Triage Process

Refer to this flow chart for self-triaging yourself or a loved one.



Citizen Matters

<https://bengaluru.citizenmatters.in/what-to-do-if-you-test-positive-for-covid-bengaluru-guide-symptoms-testing-isolation-treatment-47597>

I recently travelled, should I self-quarantine?

Yes, it is in fact mandated by law for anyone who has had inter-state travel to completely self-quarantine for 14 days. During that time, if you experience any symptoms of COVID, then, please ensure you immediately call 14410 or 104 to have a quick consultation.

If you are in HQ because you are a primary contact of a COVID+ve, then it would be critical to also get yourself tested. Please read & review the information under [Testing](#)

I live alone, can I step out to buy essentials wearing a mask?

- Stepping out to buy essentials will be in complete violation of your Home Quarantine protocol.
- Please request a friend, relative or a neighbour to pick up for you.
- Ensure they leave it at your door-step with no contact whatsoever

Can I have my friends/family over for a movie/coffee/catch-up at home?

Absolutely not. Even if you are asymptomatic, please refrain from meeting or participating in any type of social gathering. Please use technology to stay in touch with loved ones, family and friends.

Testing

Where should I go to get tested?

You will need to visit a [Govt Testing Lab](#) or [Private Testing lab](#). Some labs also offer [Home Sample Collections](#). Do check the Additional Resources section for that.

I am worried I have Corona. How do I get myself tested?

If you can pay, first call the list of private testing centers and see which ones offer home-based testing. This list is dynamic, so it's best to check the website (<https://covid19.karnataka.gov.in/page/Testing+Centers/en>) which gives the current list.

I cannot afford to pay. Can I still get tested?

Yes of course. All govt test centres are free. But you will need a prescription. So go to a fever clinic. All govt fever clinics are free. [https://karunadu.karnataka.gov.in/hfw/kannada/nCovDocs/Fever-Clinics\(17-06-2020\).pdf](https://karunadu.karnataka.gov.in/hfw/kannada/nCovDocs/Fever-Clinics(17-06-2020).pdf) gives list of all fever clinics in Karnataka. Look for those in Bangalore Urban / Rural as the case may be. Both private and government ones are listed. Last column tells you.

Also refer to the [List of Test Centres](#) section in this document

Is it safe to go somewhere to get tested?

Not really, but it needs to be done with a lot of precautions.

If the person getting tested is indeed infected, then she/he risks spreading the infection. If the person getting tested is not infected, she/he risks getting infected by others at the fever clinic. Therefore all precautions have to be taken. Wear gloves and a mask at all times. Maintain 6 feet distance from anyone else. After coming back home from the fever clinic, go straight to the bathroom, shower and soak all clothes in soap water. It is mandatory to self-isolate till the test results are out..

Follow the [Home Quarantine guidelines](#) laid out earlier in this document

How do I locate my closest Fever Clinic?

Unfortunately these are not geo-tagged as of now. But almost all wards have a Public health clinic. Most of which are now [fever clinics](#). Please look at the list of fever clinics and figure out the closest one. If you can pay, you can go to any [private hospital](#). They will triage you and send you to the right place.

Stepping Out-Logistics

I am unable to reach an AMBULANCE - How can i get help?
(Nitya)

I have mild symptoms and need to go to a hospital. Can I self-drive? (Nitya)

Can I call a cab if I don't have transport? (Nitya)

Things I need

Where can I source PPEs from?

- Minimum for triage area should be 50-60 GSM. But since attender will be in contact with COVID positive, recommendation is 80 GSM
- Most original PPE manufacturing units will have accreditation letters from government bodies like NABL etc

What are the things I need to be prepared with? (Sudarshan)

Pulse Oximeter

- Oximeter reading is one of the methods to check if your body is properly oxygenating or not
- If the reading shows below 94% it's dangerously low level of oxygen in your blood...
- A community can invest in a few Oximeters, but they have to be sterilised very carefully if multiple people are using it.

-

Where can I source Pulse Oximeter from? Which are good reliable brands?

[Amazon](#)

Will I need an Oxygen Concentrator? (Ritu)

How can I procure an Oxygen Concentrator? (Ritu)

-

Hospitals

How can I locate the closest COVID hospital closest to my location? (Shweta)

14410/104/108 or refer to the list (keep it handy)14410/104/108 or refer to the list (keep it handy)

What do I do if hospitals say they do not have beds? Is there a help-line? (Shweta)-

Please call 1912 (Grievance helpline for Beds) in case any hospital is denying you beds.

I have never been to a Govt Hospital. How will I know about the care?

I am breathless, can I get admission to a Hospital?

Yes. Need to immediately Call 108 – to get the BBMP ambulance to shift to the treatment facility (DCHC or DCH). Parallely, call BBMP ward officer and inform nodal officer – Dr Sudhakar;

While waiting for the BBMP 108 ambulance (which may take 2-3 hours) to arrive,

- The resident can do teleconsultation with a known hospital doctor/in-house doctor of the community, to understand the severity of his medical condition.
- With finger tip pulse oximeter, check O2 level if it is >94 and having mild breathlessness, still ok.
- If facility available, As per inhouse doctor advice, community Covid Care team can provide oxygen support at the villa or in the centralised locality of the community. The inhouse doctor may help to check the vitals – BP, pulse, O2 saturation level. With O2 support, it will help the patient to stabilise O2 saturation level >94;
- Community Covid Care team to assist to find nearby private DCH, as the resident wish to;

(refer to <http://arogya.karnataka.gov.in/sast/fms/view.php>) and https://covid19.karnataka.gov.in/storage/pdf-files/Public%20Information/Health%20Dept%20COVID-19%20Hospitals%20List%20Ad_ENG.pdf

If O2 level ≤94 and if the resident able to figure out the available bed in private DCH,

i) inform nodal officer Dr Sudhakar and arrange a private ambulance or private vehicle with all precautions (as the patient can be +ve Covid), visit to that DCH and get admitted <<pls review – if this is ok>>;

or

ii) as soon as 108 ambulance arrives, based on the bed availability, BBMP will take the patient to the available govt DCH or private DCH (as chosen by patient) ;

The patient is admitted in the isolation ward of the DCH; The covid test is done and if it turns to be positive, the patient will be moved to the Covid ward. If it is negative, the patient will be moved to normal ward and appropriate treatment is done respectively.

If the bed is not available in both govt & private DCH, call 1912 - to complaint for denial of bed; Keep the escalation ready for Joint Commissioner BBMP Mahadevapura, Mr. Venkatachalapathy 95133 22144;

I have COVID symptoms, can I get admitted to a hospital?

No, unless the symptoms are severe like breathlessness, as in the above case.

For mild symptoms

a) First thing is to get tele-consultation with the doctor or physical visit @ Fever Clinics and based on doctors recommendation, get the Covid test done @ Testing Centres;

The resident needs to self isolated in a separate room with attached toilet, till the results come.

b) Searching for suitable private CCC hotel (mgd by DCH) or private Dedicated Covid Hospital (DCH)

While waiting for the report, try to check for bed availability & understand waiting times to get an idea about the positions of the nearby hospitals. e.g. Columbia Asia (Varthur), Sakra, ColumbiaAsia (Sarjapur), Vydehi etc. and if possible, try to waitlist.

Covid test +ve

Call BBMP officer proactively inform the full address & Google location through whatsapp: & must inform Nodal officer: **Dr Surendra 99017 50539/9801750539** and also convey interest in shortlisted private DCH where bed is available.

The BBMP team gets the list of COVID -positive patients from ICMR portal on real time basis & calls the resident to ascertain correct address & location. This process is not well established yet. Hence, it is recommended to proactively call BBMP.

A vehicle is sent to the residence with the health team/paramedics to ascertain the medical condition (chargeable). The doctor/paramedics will evaluate & recommend home isolation (HI) if found eligible or shift to the necessary treatment facility (govt Covid Care Centre (CCC), private hotels (managed by private hospitals), Dedicated Covid Health Centre(DCHC) or govt/pvt Dedicated Covid Hospital(DCH)).

a) If BBMP Paramedics recommend home isolation, BBMP may not allow for govt. DCH treatment. Instead, they may allow for private CCCs (managed by hospital) or private DCH & may provide BBMP ambulance for shifting there. otherwise, need to arrange private ambulance. These guidelines are not clear.

b) If BBMP Paramedics does not recommend home isolation, BBMP will give the choice of govt DCH or private CCC or DCH as per bed availability. The residents have to choose from the list of PVT hospitals they offer at that time, else BBMP will be admitting them into Govt. hospitals. If anyone goes directly, it will not be possible to get admission to private DCH without approval of Nodal officer (Dr Sudhakar). << need to confirm on this process>>.

Covid test -ve

Get the medical treatment by teleconsultation of the physician and be at home or get admitted to a normal ward, on your own, to a nearby hospital.

I have given my sample for testing for COVID, can I get admission to a hospital?

Yes, only for severe symptoms like breathlessness, whether the report comes positive or negative, and whether the report has come or not, one can get admission to a hospital

While waiting for the results, the resident needs to self isolated in a separate room with attached toilet, till the results come. Based on the result, please follow the above process.

I have tested positive & in Home quarantine and my health is suddenly deteriorating, can i get admission in a hospital?

I am quarantining in a CCC, how should I know when I need to be shifted to a hospital?

The doctor will be regularly checking the quarantined patients in CCC; Only if the symptoms become severe like difficulty in breathing, O2 level $\leq 94\%$, persistent fever ≥ 38 , etc – as guidelines set by Govt Circular, the doctor will then recommend to shift the patient to a govt/private Covid hospital. BBMP will then provide the choice of govt/private DCH, based on the bed availability and the patient can choose accordingly based on the treatment costs, etc. The transport arrangement is taken care by BBMP ambulance from CCC to Covid hospital.

Additional Lists & Resources

List of Fever Clinics

When you see any symptom of COVID, including fever, breathlessness (SARI), bodyache, headache (ILI- Flu like Symptoms), you may want to approach a “Fever Clinic” and immediately get yourself checked-out.

If you are in Whitefield, here is a quick reference

Private Fever Clinics

Hospital/Clinic Name	Ph Number	Landline	Timings	POC
Columbia Asia	9739217854	91 80 6165 6666 / 91 80 3313 0333	Walkins taken 10am-3pm Mon-Sat, std consultation charges	Ms Harshita
Brookefield Hospital		8880910000	10 Am - 5 PM - Mon-Sat	
Sakra Hospital		08049694969	10 AM - 4 PM - Free Consultation	
RxDx Whitefield		08049261111 08067458111		

Govt Fever Clinics

<http://arogya.karnataka.gov.in/sast/fms/view.php>

<https://covid19.karnataka.gov.in/new-page/Fever%20Clinics/en>

List of Health Inspectors/Ward Level Contacts

These are the direct numbers of the BBMP First Response Team for a COVID+ve/Suspected COVID +ve to reach out to.

Ward	Name	Phone
Hagadur - 84	Prakash	9980598868
Doddanekundi	Devaraj	94483 30446
Doddanekundi	Raghu	9741424647
Marathalli	Mehaboob	9108925445 /9731122375
Garudacharpalya	Srinivasulu	9480683685
Kadugodi	Akkama	8971797086
Bellandur	Mahesh	9902347688
Varthur	Srinivasappa	9739661331
Hoodi	Nagaraj	9060913721

1. Nodal officer for Mahadevapura: Dr Surendra 99017 50539
2. PHC Doddanekundi: Dr. Pramila 9538859285
3. Joint Commissioner BBMP Mahadevapura Mr. Venkatachalapathy 95133 22144

Home Sample Collection for Testing

Some labs/hospitals have started providing home sample collections. Likely these facilities process the tests through one of the authorized labs listed in the List of Testing Labs section.

Facility Name	POC	Phone
Appollo, Kundalahalli	Ranjit	9844248405

List of Testing Labs - Bengaluru

Testing for COVID is done across multiple labs in Bengaluru. However, a patient needs to be first referred for testing by a Hospital or a Fever Clinic.

Facility Name	Phone Number	Email	Comments
Columbia Asia(Varthur)	9739217854/ 80 6165 6666 / +91 80 3313 0333		Ms Harshita
Vydehi lab	80-28412956		
Sakra Hospital Lab	080 49694969	covid.lab@sakraworldhospital.com	
Apollo Kundanahalli (collection)	9844248405		Ranjit
SRL Diagnostics Center (collection)	Sanjay – 9743974317 Tulsiram - 8686746398		
CareOnCall agency	9916915165/ 9916925165		cost Rs. 5500 (TAT-1 week)
Medgenome Labs/Xycton Diagnostics	1800 103 3691		(TAT-24 to 48 hrs)
NIV, Bengaluru		nivbureports@gmail.com nivbngnml@gmail.com	
VRDL, Bengaluru		vrdlmmcri@gmail.com	
Command Hospital, Bengaluru		chafbangalorecovid19reports@gmail.com	
NIMHANS Lab, Bengaluru		virologynimhans@gmail.com	

NCBS, Bengaluru		covidtesting@ncbs.res.in	
Kidwai, Benagaluru (KMIO)		br.vijaykumar@rediffmail.com mahuasinha@gmail.com mc.ramachandra@ka.gov.in	
Anand Lab		neuberganandcovidreports@neuberganand.com	
Syngene Lab		anil.dr@syngeneintl.com anil.dr@syngeneintl.com	
Narayana Hrudayalaya (Bommasandra)		nhlnarayanacovidreports@gmail.com	
Aster Clinical Lab		asterlabs.covid19@gmail.com	
Hybrinomics Lab		covid@hybrinomics.com prabmeg@hybrinomics.com	

List of COVID Care Centres

Facility Name	Dedicated/Isolation	Public/Private	# of Beds	Phone Number
CV Raman GH				
GH Jayanagar				
KC GH				
ED Hospital				
ESI Indira Nagar				
ESI Rajaji Nagar				
ESI Peenya				
Command Hospital				
KR Puram GH				
Yelahanka GH				
Anekal GH				
Nelamangala GH				
Doddaballapura GH				
Hosakote GH				
Leprosy Hospital, Magadi Road				
Devanahalli GH				

List of BBMP/Govt and Private hospitals

[Designated Covid-19 Hospitals - COVID-19 INFORMATION PORTAL](#)

Hospital Name	Dedicated/Isolation	Public/Private	# of Beds	Phone Number
Bowring	Dedicated	Public	260	9036304558

RajaRajeshwari Medical College (Kengeri)	Dedicated	Public	800	080-28437444
Victoria	Dedicated	Public	900	080-26701150
Command Hospital				
HAL Hospital				

www.bbmp.gov.in

List of All Private Hospitals

(50% beds for Covid19) with nodal officer details:

<https://twitter.com/iaspankajpandey/status/1278914891080859649/photo/2>

Hospitals for Delivery: Vanivilas, Wilson Garden Maternity Hospital

<https://twitter.com/iaspankajpandey/status/1280848440340013056/photo/1>

Guidance for Patient, Family, Neighbours & RWA

Team (Patient, Family, Neighbours & RWA) Approach to COVID

With the passage of time and cumulative learnings across countries, it is very evident that COVID pandemic will be with us for some more time. The precautions to avoid contracting and spreading the disease are well known and being practised by all responsible individuals. But the fact remains that despite taking all the precautions any one of us can/may still get infected.

In case if one suspects/or gets infected, there is no need to panic. Due to the nature of the disease (needing isolation/quarantine), it is important to inform & work together with other stake holders like family members, neighbours & RWA. It is a disease that cannot be fought individually, but by working together as a team, we can overcome it better.

Remember very few cases become serious needing hospitalization. Most cases can be treated & recover at home.

This note outlines the roles & responsibilities of each member of the team.

If you suspect that you are having COVID and are going for a test, immediately inform :-

a) **Family members**, so that they can

- provide support as also start self-isolation /quarantine (awaiting results) and plan for the eventuality that you may test positive
- Setting up a self- quarantine room (if possible, at home or at community level)
- List the possible contacts that need to be alerted so that they are on lookout for COVID symptoms

- Make arrangements for day to day needs (food groceries etc), sanitisation of the house, taking care of pets etc

b) **RWA or building supervisor or the designated COVID Coordinator**-So that they can inform the neighbours & other residents to take precautions, sanitise the floor and rally the support needed for you & family. Awaiting the results & in the eventuality that the tests comes positive, neighbours & RWA will be a big support towards

- Sanitising the home & setting up the self- quarantine facility at home (sourcing equipment, paramedics etc)
- ensuring that the day to day needs of the family in self quarantine are met while taking all precautions
- Pets if any can be taken over by neighbours
- Especially RWA will be a great help in coordinating with BBMP/hospitals in case the need arises

c) **Your workplace manager & colleagues**

1. In case if they have been in close contact with you, they too can be alerted to the COVID symptoms & if need be undergo testing.
2. In case you have been working at the office space, Manager can take a call to sanitize the workplace
3. More importantly they too can be a source of support & help to you & family.

In short, fighting COVID on your own is tough & scary but informing others and taking their help not only helps you, but equally important helps protect others too from unnecessary risk.

This article in Bangalore Mirror provides a list of Do-s & Don't along with very precise instructions.

<https://bengaluru.citizenmatters.in/what-to-do-if-you-test-positive-for-covid-bengaluru-guide-symptoms-testing-isolation-treatment-47597>

Additional Information & Useful Links - COVID Testing

<https://covid19.karnataka.gov.in/page/Testing+Centers/en>

Links to Important GoK Notifications

This table needs to be updated as required or atleast re-visited once every month with the latest information/SOPs

Resource Name	Linked Location	Dated
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GOK Notification for Rates in Pvt Hospitals	http://arogya.karnataka.gov.in/sast/details/HFW-228-ACS-2020.pdf	June 23, 2020
GOK Notification with list of Dedicated Hospitals for Serious COVID Patients (govt hospitals)	https://covid19.karnataka.gov.in/storage/pdf-files/Treatment%20Centres/Notification%20of%20DCHC%2020-06-2020 NKRK.pdf	June 20, 2020
GOK Notification on SOP for Hospital Admissions with flow diagram	https://covid19.karnataka.gov.in/storage/pdf-files/SOP%20for%20Clinical%20Assesment%20%2019-06-2020.pdf	June 19, 2020
GOK Taskforce details & Responsibility Matrix (First part Kannada and Second part English translation)	http://bbmp.gov.in/documents/10180/20563468/corona+officers.pdf/88be2135-504f-4a7d-aba3-82fe0ae218b9	June 15, 2020
Guidelines for isolation of Covid positive patients at home	https://covid19.karnataka.gov.in/storage/pdf-files/HFW%20242%20ACS%202020001.pdf	July 4, 2020
List of Private Covid Hospitals Empaneled under SAST (which means poor patients can be referred here at AB_ArK rates). Paying patients also can go here.	https://covid19.karnataka.gov.in/storage/pdf-files/Private%20Hospitals%20for%20Covid%2019%20with%20List%20of%20Hospitals.pdf	June 20, 2020
Shifting of patients in and around Bengaluru. MOST IMP DOC. Any breathless person with or without Covid testing MUST be admitted to isolation in pvt hospitals	https://covid19.karnataka.gov.in/storage/pdf-files/HFW%20244%20ACS%202020-%20CIRCULAR001.pdf	July 4th, 2020.

As the President of State Working Commission and taking into consideration the Disaster Management Act 2005 under sec 69, I, signed below, use my Powers and have formed a

committee/team to Manage, Control, Handle, Look into the Covid-19 Situation and to take quick actions based on the need which is coming into effect from 9th July 2020.

- 1) Bangalore East - Tushar Girinath (I A.S)
- 2) Bangalore West - Rajendra Kumar Kataria (I A.S)
- 3) Bommanahalli - Manivannan (I A.S)
- 4) Yalahanka - Naveen Raj Singh (I A.S)
- 5) Bangalore South - Munish Moudgil (I A.S)
- 6) Mahadevapura - N Manjula (I A.S)
- 7) Dasarahalli - P. C. Jafar (I A.S)
- 8) RajaRajeshwari Nagar - R. Viahal (I A.S)

As stated above, these Selected officers will oversee all the measures taken by BBMP, so on so forth... So I request you all to coordinate.

T. M. Vijay Bhaskar