

MUST READ

COVID-19 HANDBOOK FOR BANGALORE Karnataka

**This COVID-19 HANDBOOK is curated with an Intention of
supporting people with END to END Covid related Information,
BBMP Details, Process, Contact numbers and more..**

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Curated by Kiran Barker

Our Team : Megana AG, Saathvika Sanath & Kavya Hegde

Special Thanks to Our MEDIA Friends for the Immense Support

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[HYPER LINKS in this Book CLICKs you to Excel sheets with Data](#)

(Updated Everyday)

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1. SYMPTOMS OF COVID-19



World Health
Organization

Click on me

The most common symptoms of COVID-19 are :
Fever, Dry cough, Fatigue

•Other symptoms that are less common and may affect patients :

- Loss of taste or smell
 - Nasal congestion
- Conjunctivitis (also known as red eyes)
 - Sore throat
 - Headache
- Muscle or joint pain
- Different types of skin rash
- Nausea or vomiting
 - Diarrhoea
- Chills or dizziness

•Symptoms of Severe COVID-19 disease include:

- Shortness of breath
- Loss of appetite
 - Confusion
- Persistent pain or pressure in the chest
- High temperature (above 38 °C / 100 °F)

Other less common symptoms:

- Irritability
- Confusion
- Reduced consciousness
 - Anxiety
 - Depression
- Sleep disorders

People of all ages who experience fever and/or cough associated with difficulty in breathing or shortness of breath, chest pain or pressure, loss of speech or movement should seek medical care immediately. If possible, call your health care provider, hotline or health facility first, so you can be directed to the right clinic

2. TESTING FOR COVID-19

RT PCR | RAT- Rapid Antigen | HR CT Scan

RT-PCR test is a mandatory test for any covid treatment. It automatically generates an **SRF ID** while collecting samples

RAT - Rapid Antigen Test is only an alternate for Immediate result

HR-CT Scan is usually recommended by doctors for patients with severe symptoms

BBMP TESTING CENTRES (FREE)

[Click Here](#) to find the list of free Govt Testing Centres in Bangalore - Swab Collection Centres

PRIVATE TESTING CENTRES

[Click Here](#) to find the list of service providers. Typically, most of them have walk-in and home service

HOME RT PCR TESTING

[Click Here](#) to find the list of Labs that provide Home Testing Services

CHECKLIST / IMPORTANT INFORMATION FOR TESTING

- Carry a copy of Aadhaar Card and your Mobile Phone when visiting the lab for testing
- Ensure you get the SRF ID via SMS before leaving the lab after the swab sample has been collected
 - RT-PCR test results could take up to 96 hours

3. HOME ISOLATION AND CARE

Revised Guidelines for Home Isolation by Ministry of Health & Family Welfare

[Click Here](#)

3.1 Home Isolation - Do's and Don't

If you have tested positive (+ve) for COVID-19:

DOs:

- Isolate yourself at home in a separate room. Monitor your symptoms carefully
- Inform all those who have been in contact with you
- If you feel symptoms are worsening, call your doctor and take advice
- Monitor your SPO2 levels with a pulse oximeter and stay in touch with a doctor for advice if oxygen level begins dropping below 95 percent
 - Lie down in proning position. Breathing is easier and lungs work more efficiently when you lie down on your stomach
- Get ample rest, eat nutritious food, stay hydrated
- Practice regular COVID-appropriate behaviour :
 - Mask on nose and mouth
 - Sanitize & Wash hands
 - Social distancing
 - No closed and/or crowded places with non infected people
- Clean all surfaces that are touched often with sanitising or prescribed cleaning liquid by following all safety instructions
- Cover your mouth and nose with a tissue when you cough or sneeze. Discard appropriately after one time use. Wash hands with soap and water or standard quality alcohol-based hand sanitizer

DON'TS:

- Avoid sharing personal items with other people in the household, such as dishes, towels, bedding, food, toiletries, etc.
- Do not self-prescribe steroids, injections etc.
- Do not go to public places such as office, school, theatre, restaurant, etc
- Avoid public transportation, ride-sharing, or taxis
- Do not leave your home, except to get medical care(if necessary only)

HOME ISOLATION AND CARE

3.2 Home Quarantine Services

[Click Here](#) for Home Quarantine Package Providers

These are Organisations and Hospitals in Bangalore which offer Home Care Packages and Teleconsultation

3.3. Home Food Services

- [Click Here](#) for Home Food Providers
 - More Home Food Providers -
- https://docs.google.com/spreadsheets/u/0/d/15f09jdWRYqJW_lkw59J98EQ3bs-F3TEJfTpXqvdjW8k/htmlview
 - <https://www.covifeedindia.com/>

3.4 Private Covid Care Centres

[Click Here](#) to find the list of CCC- Covid Care Centre numbers

These centres are run by Private Hospitals in collaboration with Hotels.

It is a paid service

If you are looking for a Government CCC- Covid Care Centre, which is Free of Cost, You need to Block Bed under BBMP, refer 5.1

4. OXYGEN CYLINDERS AND OXY KITS

HOW TO GET OXYGEN

From Drugs Control Department of Karnataka

GoK Helpline Number : [+91 8951755722](tel:+918951755722)

[Click to Dial](#)

For OXYGEN Govt. Centralised Call Centre

SHIFT 1 (6am to 2pm)

Shri/Smt
Supervisors

Yashodha	9449196029
Chandraprabha	9611976682
Tejaswini	8217507288
Latha	9964487492

Members

Hemavathi	9916059429
Vani	9845130048
Choodamani	9480774708
Padma	9986999362
Sunitha kumari	9535036811
Nirmala Devi	9448386453
Shweta	9036826616
Suvarna	9449489871
Vijaya	9945828585
Divyajyothi	9535910979

SHIFT 2 (2pm to 10pm)

Shri/Smt
Supervisors

Vinodh	8884252200
Renkaswamy	9449048659

Members

Krishnojirao	9986197671
Naresh	9060996880
Arun kumar	9449375968
Munirajiu	9900262599
Venkateshappa	9945831452
Abhishek	9886464251
Jayanth	7892338306
Hardhavardhan	9538538118
Manjnath	9945211810

SHIFT 3 (10pm to 6am)

Shri/Smt
Supervisors

Lingaraju	9880037351
Prasanna	9480092899

Members

Yashwanth	9448217697
Manjunath	9480917985
Shivalinghiah	9844642938
Nrasimhamurthy	9448511903
Kiran	9916086183
Vijay	9164025718
Ashok	9345943872

GoK Shift Wise Helpline Contacts

[Click Here](#)

Private Oxygen Cylinders

[Click Here](#)

and Oxygen Concentrators

5. HOSPITAL BEDS and AMBULANCE

5.1 How to Block a Hospital Bed under BBMP Quota in a Govt. / Private Hospital in Bangalore

100% Beds in Government Hospitals treating COVID 19 and 50% Beds in all Private Hospitals of Bangalore treating COVID 19 which are empanelled with Suvarna Arogya Suraksha Trust (SAST) are open for admission under the BBMP Quota

Step 1 : Call [108](tel:108) or [1912](tel:1912) and press 1. (Takes approx. 2-5 mins at Peak)
(Kindly have patience and be nice to tele caller - They're attending thousands of calls)

Step 2 : Keep SRF ID & BU Number ready & Details in this format to request for BED ALLOTMENT

1. Patient name :
2. Age :
3. Home Area :
4. Symptoms :
5. SPO2 (Oxygen %) :
6. Patient current location :
7. Ward number :
8. BU NUMBER :
9. SRF ID :
10. Attendant name :
11. Attendant mobile number :
12. Co-morbid conditions :
13. Preferred hospital : Pvt. or Govt
14. Type of Bed Required :
15. Other Remarks :

5.2 BBMP Hospital Bed Availability Live Updated Link :

<https://bbmpgov.com/chbms/>

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SRF ID is a 13 digit no. given to every person who takes up RAT Test or RT-PCR Test. The SRF ID comes to the registered mobile no. of the person after sample is collected and is also printed in the Test Report

BU (Bengaluru Urban) Number is a 6 digit unique number generated by BBMP.

It is generated only for patients who test positive for COVID19. BU number is generated by Govt/Private testing centre after uploading your Covid Test Report on ICMR Portal. Please Ensure this is done

Generally BU number comes as an SMS. However, if you do not get BU number by SMS, click on this link to get your BU number -

<https://www.covidwar.karnataka.gov.in/service1>

If you do not have BU Number and urgently need a Bed.

Call 1912 or 108. You may have to wait for long, have patience thousands of patients are looking for beds.

By the time Bed is allotted, ensure you get your BU number

If you have SRF ID & BU Number Ready, Call BBMP War Room. Call these nos. and request for a Bed by providing all the details

To Know which zone you belong to

<https://bbmp.gov.in/zonalclassification.html>

5.3 Ambulance Services

Government/BBMP Ambulance – Call [108](tel:108) for Free

Private Ambulance – [Click Here](#) for the list of contact nos

6. INJECTIONS AND MEDICINES

**HOW TO GET REMDESIVIR and Other Medicines
From Drugs Control Department of Karnataka**

GoK Helpline Number : [+91 8951755722](tel:+918951755722)

Drug Controller (whatsapp only) : +91 9449197800 

Click on Me

CALL THE ABOVE NUMBER AND REGISTER FOR THE REQUIRED MEDICINE

1. Doctor's Prescription
2. **SRF ID & BU Number**
3. Aadhaar Card of the Patient
4. Hospital Name and Pharmacist Contact

Medicine will be supplied to the hospital pharmacy directly.

**For REMDESIVIR Govt. Centralised CALL CENTRE
DCD Shift Wise Helpline Contacts**

[Click Here](#)

For Supervisors and Members working 24/7

For Remdesivir/ Tocilizumab Manufacturer and Distributors

[Click Here](#)

7. PLASMA THERAPY

**Convalescent Plasma Therapy is an experimental treatment,
administered for critical Covid-19 patients**

PLASMA DONOR DATABASE

Self Service Portals:

<http://friends2support.org>

[Plavicov](#)

Facebook Group:

[COVID 19 PlasmaDonor](#)

Note: Self Service portals have the list of volunteers willing to donate blood. These contacts must be called and verified

[Click Here](#) for Plasma Bank Numbers

<https://covidplasma.online/>
www.dhoondh.com

PATIENT PREREQUISITES FOR PLASMA THERAPY

Patient Name, Age, Blood Group, Location, **Letter from the Hospital**,
Contact Person Name, Contact Person No, Plasma Units Required

WHO CAN DONATE PLASMA?

- A person tested positive for Covid-19 and has fully recovered with free of symptoms for more than 28 days
- Donor should be fit in all criteria for blood donation – HIV, HCV tests negative
 - Age must be between 18-60 years
 - In Females, only Nulliparous females can donate

8. PET BOARDING

Click to Dial

Pet Boarding	Contact Number
Wag-Ville	9449929024
Canaan Pet Resort	9900420777
Becky's Bow Wow House	7899914977
Petboro Pet Resort & Kennels	7760401162
Anvis Inc. Corporate Office	9148451003
Hotel for Dogs	9513381194
Aradyaa Dog Boarding & Grooming	9480180078
Puppyoye Dog Boarding	9986940047
Swearandog .in	8105827131
Venu's Pet Care	7899925277

Pet Food Delivery	Delivery Area	Contact Number
Pets Search	Koramangala - 12 km rad Rajajinagar - 12 km rad Uttarahalli - 12 km rad	7676211741

[Click Here](#) for a list of Pet Boarding and Pet Food Delivery Services

9. SELF CARE AND IMMUNITY

Ministry of AYUSH recommends the following self-care guidelines for preventive health measures and boosting immunity with special reference to respiratory health. These are supported by Ayurvedic literature and scientific publications

Refer the below PDF for Self Care and Immunity

[Click Here](#)

- Rest and Sleep for at least 7-8 hours
- Drink Plenty of Fluids and at least 1 ½ litres of Warm Water per day
- All food should be consumed Hot
- Sit in the Sun for 15-20 minutes Everyday
- Steam Inhalation:
 - If you stay at Home -> Once a day
 - If you go to the Market -> Twice a day
 - If you go to Office/Meet People -> Thrice a day
- Ajwain steam can ease irritation in nose and help break mucus
- Drink Home made Kashaya
- Consume Lemon in your food or Lemon juice twice daily
- Onion and garlic anti inflammatory, also rich in sulphur compound
- Consume cruciferous vegetables like cauliflower, cabbage, broccoli, kale and radish which are anti inflammatory too

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SELF CARE AND IMMUNITY

IMPROVING IMMUNITY

The holistic approach of **AYUSH systems of medicine (Ministry of AYUSH)** gives focus on prevention through lifestyle modification, dietary management, prophylactic interventions for improving the immunity and simple remedies based on presentations of the symptoms

Refer the below PDF for Improving Immunity

[Click Here](#)

PRONING FOR SELF CARE

Proning is a medically accepted position, by the **Ministry of Health & Family Welfare** to improve breathing comfort and oxygenation. It is extremely beneficial in COVID-19 patients with compromised breathing comfort, especially during home isolation

Refer the below PDF for Steps on Proning

[Click Here](#)

POST COVID CARE

A holistic approach is required for follow up care and well-being of all post COVID recovering patients

Refer the below PDF for Post by Ministry of Health & Family Welfare

[Click Here](#)

For Post Covid Recovery Wellness Packages

[Click Here](#)

10. CREMATORIUM DETAILS

Exclusive Crematoriums for COVID 19 Patients Only

[Click to Dial](#)

Crematorium	Area	Contact Number
MS Palya Crematorium	Medi Agrahara	080-22793138
Cremation Center Kudlu	Kudlu	9538992872
Panathur Cremation Centre	Panathur	8050697165
Hindu Crematorium	Kengeri	080-28482811
Sumanahalli Crematorium	Sumanahalli	7947152325
Peenya Crematorium	Peenya	7947152112
Banashankari Crematorium	Banashankari	7947151987

[Click Here](#) for the list of Crematorium contact numbers
and **AMBULANCE** for Transportation

DEATH AT THE HOSPITAL

If the patient dies in the hospital, collect the death certificate from the hospital and call the BBMP helpline and get the ticket for cremation

DEATH AT HOME

If the patient dies at home, call a hospital near you and get the temporary death certificate. You can also ask them to arrange for a vehicle

Note: As of now, BBMP crematorium does not allow the body for cremation if the patient has died at home. Even if they do, the wait period is at least 1 day

Imp Note: In any case, Death Certificate is a must for cremation.

THANK YOU!

**WISHING EVERYONE A GOD SPEED RECOVERY!
STAY BLESSED!**

A BIG SALUTE TO ALL OUR FRONT LINE WARRIORS

**SPECIAL HEARTY THANKS TO OUR
GOVT. of KARNATAKA**

**MINISTRY OF HEALTH and FAMILY WELFARE
BBMP - BRUHAT BENGALURU MAHANAGARA PALIKE
DCD - DRUGS CONTROL DEPARTMENT
MINISTRY OF AYUSH**

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BEST WISHES – KIRAN BARKER & TEAM

MAY THE FORCE BE WITH YOU