



MUST READ

COVID-19 BELAGAVI HANDBOOK

Karnataka

UNDER THE GUIDANCE OF Shri. BHASKAR RAO, IPS, ADGP, Railways

**Special Thanks to Shri. Laxman Nimbargi, IPS, Superintendent of Police,
Department of Police, Belagavi District**

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

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

(Updated Everyday)

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1. SYMPTOMS OF COVID-19



World Health
Organization

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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 recommended by doctors for patients

TESTING CENTRES (RT-PCR / RAT)

[Click to Dial](#)

Name of the Lab	Contact Number	Type of Test
Belagavi Institute of Medical Sciences (Civil Hospital)	8312491244	Free Testing
KLE Dr. Prabhakar Kore Hospital	8312473777	Chargeable
Maratha Mandal Dental College	8312403333	Chargeable

[Click Here](#) to find the list of Testing Centres in Belagavi - Swab Collection Centres and Home Testing

CHECKLIST / IMPORTANT INFORMATION FOR TESTING

- Carry a copy of Aadhaar Card and your Mobile Phone
- Ensure you get the SRF ID via SMS before leaving the lab
 - RT-PCR test results could take up to 48 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 behavior :
 - 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 sanitizing 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

Contact Police for any Emergency

Dial **112**

Medical / Non Medical

3.2. Home Quarantine Services

[Click Here](#) for Home Quarantine Providers

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

3.3. Home Food Services

[Click Here](#) for Home Food Providers

3.4. Tele-Consultation Services

[Click Here](#) for the list of Doctors available for Tele-Consultation

4. OXYGEN CYLINDERS AND OXY CONCENTRATORS

HOW TO GET OXYGEN

From Drugs Control Department of Karnataka

Oxygen Supply From Belagavi District Administration

Click to Dial

[+91 9741523709](tel:+919741523709)

[+91 9480023376](tel:+919480023376)

GoK Helpline Number :

[+91 8951755722](tel:+918951755722) Click to Dial

For OXYGEN Govt. Centralised Call Centre call **112**

GoK Shift Wise Helpline Contacts

[Click Here](#)

Non-Government Oxygen Support

[Click Here](#)

and Oxygen Concentrators

5. HOSPITAL BEDS and AMBULANCE

Bed Allocation

For Patient Admission, Bed Allocation and Medicines please contact the below **Nodal Officers**

Hospital	Nodal Officer Contact Number	Nodal Officer In Charge
LAKEVIEW HOSPITAL GOAVES	9448907603	Sripad Kulkarni
LAKEVIEW HOSPITAL GANDHINAGAR	9448907603	Sripad Kulkarni
KLE CENTENARY CHARITABLE	8095957666	Shankar K
KLE PRABHAKAR KORE HOSP	9481107549	Channayyanavar Arnbedkar
BELGAUM CHILDRENS HOSP	9845144345	Suresh Rao
NOBLE CARE CHILDRENS HOSP	9731734537	D D Nayak
VENUGRAM HOSPITAL	9448690274	Ghanti
VENUS HOSPITAL	9945573492	Goudappanavar
SHRI Sai HOSPITAL	7899076740	R.R.Desai
VIJAYA ORTHO VOTC	8884492351	M L Lamani
SHREE ORTHO SOTC	9449019998	H.A.Mauth
YASH HOSPITAL	9449375977	Basavaraj Biradar
LIFE CARE HOSP ITAL	9845980836	Shekhr Gouda
VIJAY HOSPITAL	9448907574	Umesh
SPANDANA MULTISPECIALITY	9964282095	Wali
BHATE HOSPITAL	9449682619	Devraj Urs Nigam
DAKSHATA HOSPITAL	9448156587	Shri Gangadhar
SHRI PRABHA HOSPITAL	8277222159	Shashikumar Hatti
DANESHWARI SURGICAL HOSP	9845838376	Ramayya C
JANSEVA COVID CARE CENTRE	9741276564	Anil Karning

Hospital List: <https://belagavicovid19.com/hospitals/all>

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BED ALLOCATION

BGM War Room Helpline	83124 36960
BIMS Covid Helpline	83124 91206
IMA Belagavi Covid Helpline	87791 81891
Bed Management Nodal Officer - Sharda Kolkar	94499 73463

[Click Here](#) For more Helplines

More Covid Help:

<https://belagavicovid19.com/hospitals/>

<https://www.covidsupportbelgaum.com/oxygen-supply-services>

<https://allaboutbelgaum.com/covid19/>

Ambulance Services

Government Ambulance – Call [108](#) for Free

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

6. INJECTIONS, MEDICINES & VACCINATIONS

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 BELOW NUMBERS AND REGISTER FOR THE REQUIRED MEDICINE

Drug Control Authority of Karnataka - Primary Helpline to book Remdesivir	8951755722
Dhananjay Chetty for Alzumab	9900015634

Additional Numbers

Name	Number
ADC Kempaiah Suresh	9035796385
ADC Nazeer	9448075042
Shankar Jyothi	9880137371
Ramesh P	9449358693
Venkatesh S	9448018522

Refer 5.1 for Nodal Officers In charge of Medicines

**[Click Here](#) For REMDESIVIR Govt. Centralised CALL CENTRE
DCD Shift Wise Helpline Contacts**

[Click Here](#) For Remdesivir/ Tocilizumab Helpline

[CLICK HERE](#) FOR VACCINATION CENTRES IN BELAGAVI

7. PLASMA THERAPY

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

PLASMA DONOR DATABASE

Self Service Portal:

<http://friends2support.org>

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 Helplines in Belagavi

<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. 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 Covid Wellness Helplines in Belagavi

[Click Here](#)

9. CREMATION / LAST RITES SUPPORT AND HELPLINE

Exclusive Cremation/Burial Helplines in Belagavi for COVID 19 Patients Only

Click to Dial

Cremation / Last Rites Helpline	Contact Number
Rashtriya Swayamsevak Sangh	7829195642 7829195624 7829195649
COVID Support Group (Helpline no.)	1800 102 2716
Mr. Anil Paul (Professional Undertaker)	9972140696

[Click Here](#) for the list of Cremation Helpline nos.

IMPORTANT INFORMATION

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 HEARTFELT THANKS TO OUR
GOVERNMENT OF KARNATAKA**

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

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**TO PROVIDE UPDATED INFORMATION ON EXISTING
SERVICES, ADD NEW INFORMATION AND SEEK
SUPPORT TO DEVELOP A SIMILAR HANDBOOK FOR
YOUR DISTRICT, KINDLY CONTACT [+91 9900111895](tel:+919900111895)**

BEST WISHES – KIRAN BARKER & TEAM

[MAY THE FORCE BE WITH YOU](#)