



COVID-19 HANDBOOK FOR BENGALURU

**This COVID-19 HANDBOOK Is Curated With an Intention of
Supporting People With Comprehensive Covid 19 Related
Information.**

**If you are seeking immediate medical help,
Please call 1533/108/104
Developed by BBMP Covid War Room**



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SYMPTOMS OF COVID-19

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

Other symptoms that are less common:

- 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

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COVID-19 TESTING

RT PCR | RAT (Rapid Antigen Test)

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)

Find the list of free Government Testing Centres in Bengaluru at <https://apps.bbmpgov.in/covid19/TestVacc.php>

For nearest ICMR Approved Lab ([https://covid19.karnataka.gov.in/storage/pdf-files/Treatment%20Centres/Private%20Labs\(09-09-2021\).pdf](https://covid19.karnataka.gov.in/storage/pdf-files/Treatment%20Centres/Private%20Labs(09-09-2021).pdf))

CHECKLIST / IMPORTANT INFORMATION FOR TESTING

- Carry a copy of Aadhaar Card / Any Govt approved ID 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 24-48 hours from the time of sample collection

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HOME ISOLATION AND CARE



Do's and Don'ts

If you have tested positive for COVID-19 & Clinically assigned as mild/asymptomatic by medical officer:

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
- Sanitise & 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 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 sanitiser

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HOME ISOLATION AND CARE



DON'TS:

- Avoid sharing personal items with other people in the household, such as dishes, towels, bedding, food, toiletries, etc.
- Do not self-prescribe medications
- 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), leverage tele consultation using e-Sanjeevani www.esanjeevaniopd.in

Discontinuing Home Isolation:

Patient under home isolation will stand discharged and end isolation after at least 7 days have passed from testing positive and no fever for 3 successive days and they shall continue wearing masks. There is no need for re-testing after the home isolation period is over.

(Latest guidelines on Home Isolation by MoH&FW, GoI can be accessed [athttps://www.mohfw.gov.in/pdf/RevisedHomeIsolationGuidelines05012022.pdf](https://www.mohfw.gov.in/pdf/RevisedHomeIsolationGuidelines05012022.pdf))

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TRIAGE, HOSPITAL BEDS & AMBULANCE REQUEST

Details of all Government notified beds in Government and Private Hospital for treatment of covid can be found at <http://apps.bbmpgov.in/covid19/bedstatus.php>

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

Option 1:

Step 1: If you tested positive and a resident of Bengaluru, you will receive a call from BBMP on your registered mobile number. On the call the executive will check about:

- Your address
- Clinical condition
- Vaccination status
- Travel history
- Contacts and other necessary information

If in case the caller feels you need hospitalisation or further evaluation, your details will be shared with the mobile triage unit (MTU).

Step 2: Doctor and team from the MTU shall call and visit your location, to physically triage and analyse your clinical condition and also fitness of facilities at home. Accordingly you may be suggested for home isolation or admission to CCC/Hospital.

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Step 3: If suggested admission to CCC/Hospital the MTU team shall coordinate and get the bed blocked in a suitable hospital, based on the availability, and ambulance shall reach your location post bed blocking confirmation.

Option 2: If in case you haven't received a call from BBMP or its an emergency you need to request for immediate admission.

Call 1533 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. Landmark :
5. Symptoms :
6. SPO2 (Oxygen %) :
7. Patient current location :
8. Ward number :
9. BU NUMBER :
10. SRF ID :
11. Attendant name :
12. Attendant mobile number :
13. Co-morbid conditions :
14. Type of Bed Required :
15. Other Remarks :

Option 3: You may walk into any of the CCCs in the city and avail physical triage and necessary support for isolation or hospital bed allocation, as per availability.

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TRIAGE, HOSPITAL BEDS & AMBULANCE REQUEST

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

For eg: 2952500123456

BU (Bengaluru Urban) Number is a unique number generated for patients who test Covid Positive & residing in Bengaluru Urban district.

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 1533 / 108.

In case you are not able to connect with 1533 / 108, Call BBMP Zonal War Rooms.

1. Bommanahalli: 8884666670
2. Dasarahalli: 94806 83132
3. East: 94806 85163
4. Mahadevapura: 08023010102
5. RR Nagara: 08028601050
6. South: 84318 16718
7. West: 08068248454
8. Yelahanka: 9480685961

To Know which zone you belong to

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<https://bbmp.gov.in/zonalclassification.html>
**TRIAGE, HOSPITAL BEDS
&
AMBULANCE REQUEST**

CHBMS Public Dashboard

Bed Availability

Real Time CHBMS Public Dashboard is made available on BBMP Covid 19 website (<http://apps.bbmpgov.in/covid19/bedstatus.php>)

Bed category wise (General, HDU, ICU, ICU-V) and special hospital wise availability of beds can be seen by the public in almost real time.

Queuing System

Ensuring complete transparency Real Time queuing system is also made available on BBMP Covid 19 website (<https://apps.bbmpgov.in/Covid19/en/bqs.php>)

Once a request is placed and you have been triaged, you may search your BU number and check your position in the queue according the category of bed.

**Free Government/BBMP Ambulance Services – Call
1533/108**

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SELF CARE

- Use N-95/Triple Layered Mask
- Wash your hands frequently
- Rest and Sleep for at least 7-8 hours
- Drink Plenty of Fluids and at least 2 litres of Warm Water per day
- Steam Inhalation & Salt water gargling: 2 – 3 / day
- Take the 6 minutes walk test at least 2 times a day and inform the BBMP team if it drops below 95%
- In case of any difficulty in breathing experienced call 1533 immediately and rest in prone position

Refer the below image for Steps on Proning

1. 30 minutes – 2 hours: laying on your belly



4. 30 minutes – 2 hours: lying on your left side



2. 30 minutes – 2 hours: laying on your right side



Then back to Position 1. Lying on your belly!



3. 30 minutes – 2 hours: sitting up



Self Positioning Guide_Elmhurst Hospital_SB

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CREMATORIUM DETAILS

Exclusive Crematoriums for COVID 19 Patients Only

| 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 |

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 your treating doctor or medical officer from PHC and get the death certificate. You can also request them to organize for a Hearse Van

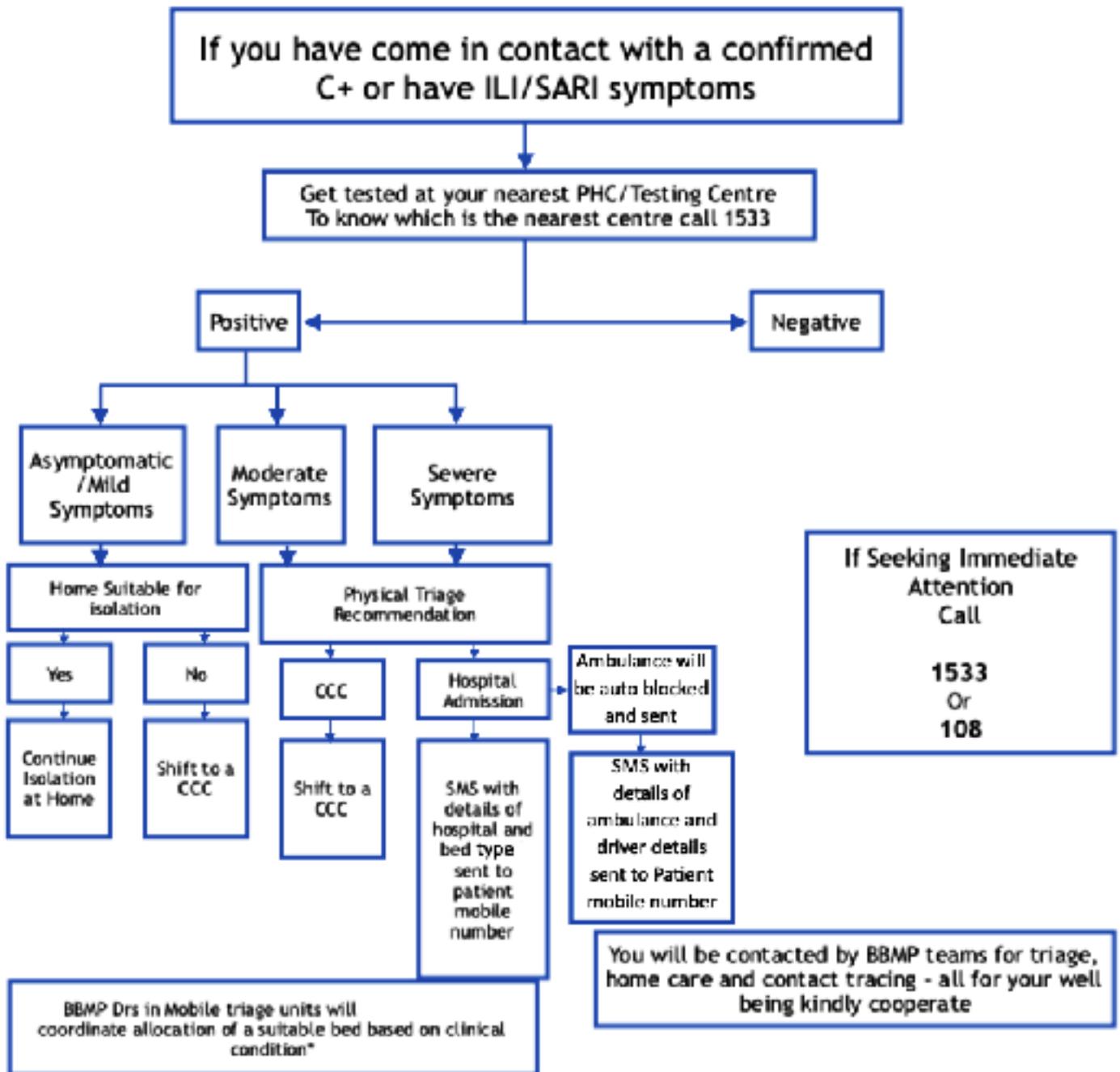
Imp Note: In any case, Death Certificate is a must for cremation.

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COVID 19 CASE MANAGEMENT FLOW CHART



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WISHING EVERYONE GOOD HEALTH!

#BBMPFIGHTSCOVID19

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