DECCAN HERALD
The Power of Good

COVID-19
HELPBOOK

Information as of April 30, 2021

Index

The second wave of the pandemic is upon us and it is vital, at this point in time, to have the helpline numbers handy, understand guidelines and protocols, clear doubts and have the right information to tackle the pandemic.

This booklet contains verified information collated from various reliable sources available on the public domain. The source is specified at the end of each section.

How the virus spreads

Covid-19 is caused by the SARS-CoV-2 virus, which spreads when an infected person is in close contact with another person.

The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak or breathe. These liquid particles are of different sizes, ranging from larger 'respiratory droplets' to smaller 'aerosols'.

- Larger droplets are visible and fall out of the air rapidly within a few seconds or minutes while close to the source.

- Smaller droplets and particles (formed when small droplets dry very quickly in the airstream) can remain suspended for several minutes to even hours and can travel far from the source through air currents.

How it is transmitted

1 Contact transmission

2 Droplet transmission

3 Airborne transmission
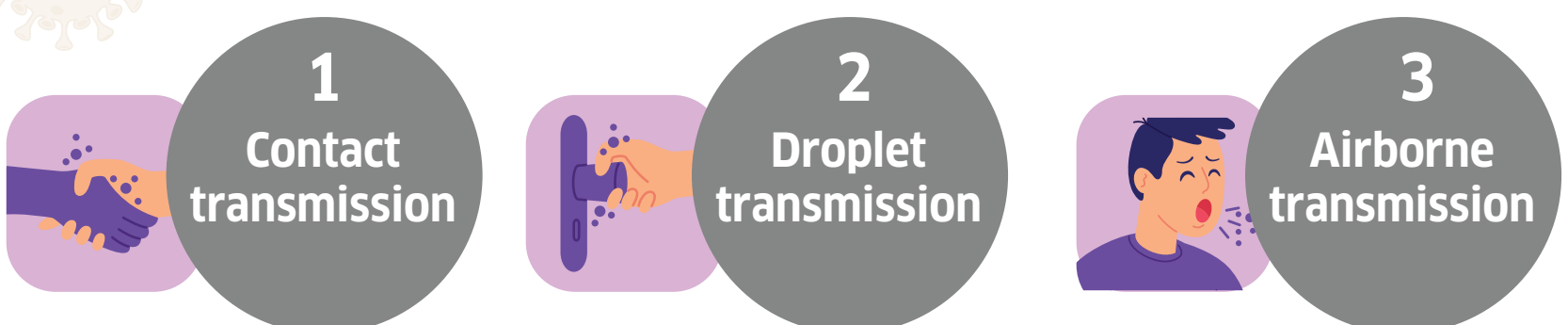
Source: WHO, CDC

Staying safe

- Stay home and go out only if absolutely necessary.

- Layer two face masks at all times when you are outdoors and at home if someone in the household is infected.

- Physical distancing - Maintain at least six feet of distance between yourself and others whenever you are outdoors.

- Avoid social gatherings.

- Avoid close contact with people who are sick.

- Minimise touching your eyes, nose, and mouth.

- Stay home if you are sick.

- Cover your mouth with a tissue when you cough or sneeze and then throw the tissue in the trash.

- Regularly sanitise surfaces and objects that you touch frequently.

- Wash your hands often with soap and water for 20 seconds.

- Eat nutritious foods and exercise regularly.

- Get vaccinated as soon as you are eligible.

- Seek medical advice if you have any symptoms.

Vaccination

Government has begun registration for vaccination against Covid-19 for those aged above 18 on the CoWIN platform and Aarogya Setu App from April 28.

However, several states, including Karnataka, have said they do not have stocks to start the third phase of the vaccination drive.

How to register for vaccination

Step 1: On the CoWIN website (cowin.gov.in), enter your mobile phone and Aadhaar number and wait for the One-Time Password (OTP).

Step 2: Enter the OTP. Fill in details that include Name, Date of Birth, a government Photo ID etc. Ensure no errors at this stage. Aadhaar Card, Voter ID, Passport, Driving License and PAN Card are some of the key documents that can be used.

Step 3: Choose a vaccination centre. It can be either a private or a government entity.

Step 4: Select the date and time. Sometimes, if you can't find the required slot, check for subsequent days or choose a different vaccination centre.

Step 5: An appointment confirmation letter will be generated, carry that and a Photo ID (physical copy) to the vaccination centre at the designated time and date.

Can I reschedule my appointment?

There is an option to change the time slot but before the scheduled day. If you miss your appointment, you can choose another day and time by clicking on the "Reschedule" tab.

When can I book my appointment for my second vaccine dose?

Once you receive your first shot, there is no need to register again for the second dose. The system will automatically schedule an appointment on the 29th day following your first dose at the same vaccination centre.

How many people can register using a single login id?

Up to four people can register using a single phone number.

What are the other registration options?

Besides self-registration, the government provides two other options: on-site registration and facilitated cohort registration. Walk-in registration is available and in the case of the other, the local officials will aid those who are unable to opt for the other two.

Are Covid-19 vaccines safe and effective?

You may have side effects after vaccination, but these are normal. It typically takes two weeks after vaccination for the body to build protection (immunity) against the virus that causes Covid-19. You are not fully vaccinated until 2 weeks after the 2nd dose of a two-dose vaccine.

Source: CDC

How long after recovering from Covid does one have to wait until getting vaccinated?

The question has been tricky. Technically, it should not make a big difference as the one who is infected already has Covid antibodies, and the purpose of vaccines is to produce those antibodies. However, there are new strains of Covid coming up every other day, so it is safe to take the vaccine which can protect against variants. However, as per ICMR, one needs to wait for four weeks after the first day of no symptoms. If you have received monoclonal antibodies or convalescent plasma to treat your Covid-19, according to the Centre for Disease Control, you must wait at least 90 days before getting the vaccine, as the antibodies in your body will last that long.

What should be the gap between two doses of vaccines?

Currently, the recommended gap is six weeks between two shots. Vaccine manufacturers revise the gaps based on evidence on best immunogenic response, so keep an eye out for such recommendations.

I am menstruating. Can I take the vaccination?

Experts have told me that menstruation is not a banned condition for taking vaccines, unless you have any added conditions related to immunity.
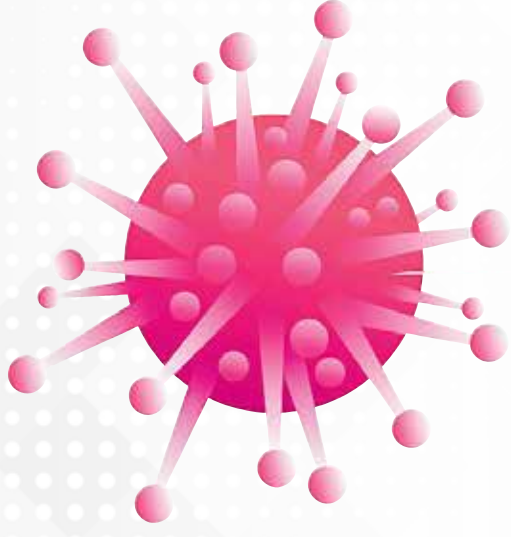
Things you need to know

✔ You cannot donate blood for a month after getting a vaccine dose.

✔ You need to follow all Covid-19 protocols such as wearing a mask, maintaining social distance and washing your hands regularly.

✔ Movement for the purpose of vaccination and testing is permitted with minimal proof during the lockdown. However, contact the nearest vaccination centre and confirm before scheduling the vaccination.

✔ Before leaving for vaccination, call the hospital or the centre to make sure vaccine is available.

✔ Get latest information on the vaccination process at http://dashboard.cowin.gov.in/

Source: mohfw.gov.in

Double masking

Wearing two masks, instead of one, can be a potent way to protect yourself against Covid-19. Many masks don't fit the contours of our faces perfectly.

These gaps can allow respiratory droplets that may be contaminated with the virus in. When you are wearing two masks, the outer mask can apply pressure on the inner mask to keep the edges sealed.

How to double mask

◆ Tie the ear-loops of a surgical mask right next to the edges of the mask.

◆ Flatten the edges, so the extra material on the side is tucked in.

◆ Put on the surgical mask and a well-fitting cloth mask.

◆ You can also use a mask fitter or nylon covering over a surgical mask to improve fit.

◆ Check if the knots are tied close to the edges of the surgical mask and if the cloth mask is a good fit.

◆ Don't layer two surgical masks or cloth masks or N-95 masks as this may make it hard for you to breathe.

An unknotted surgical mask blocks **56.1% of** aerosols and a cloth mask blocks **51.4% of** aerosols.

A knotted and tucked surgical mask under a cloth mask blocks 85.4% of aerosols.

Note: If you have a well-fitting N-95 mask, you don't need to double mask as it filters out 95% of aerosols. Source: Centers for Disease Control and Prevention (USA)

Watch out for
symptoms

Common symptoms

Fever   Dry cough   Fatigue

Some patients may feel

- Loss of taste or smell
- Nasal congestion ● Conjunctivitis
- Sore throat ● Headache
- Muscle or joint pain ● Skin rash
- Nausea or vomiting ● Diarrhea
- Chills or dizziness ● Irritability
- Confusion ● Reduced consciousness
- Anxiety ● Depression
- Sleep disorders

Source: WHO

Symptoms
of acute infection

- Loss of appetite

- Confusion

- Persistent pain or pressure in the chest

People with these symptoms should seek medical care immediately irrespective of their age. If possible, call your healthcare provider, helpline or health facility first, so you can be directed to the right clinic.

The second wave of Covid-19 in India has posed new challenges for even people who are asymptomatic. Due to changes in the structure of the new mutant strains (such as the double mutant or B.1.617) of the virus, some doctors say that patients who may test negative in RT-PCR tests may be infected as well. However, other experts make it clear that RT-PCR tests are only 70% effective, and the false-negative test result may be due to the reason that the virus has moved deeper inside the body.

Seek emergency
medical
attention

When someone shows signs of

- Shortness of breath
- Persistent pain or pressure in the chest
- Confusion
- Inability to wake up or stay awake
- Pale, grey, or blue-colored skin, lips or nail beds
- High temperature
- Loss of appetite

People at higher risk of severe illness should call their doctor or the helpline number (14410) as soon as symptoms start.

Source: CDC

Who
should get
tested?

Anyone with Covid-19 symptoms should be tested. People who do not have symptoms but have had close contact with someone who is, or may be, infected should also get tested.

A person waiting for test results must remain isolated from others.

Other investigations:

CBC, CRP, D-Dimer from day-5 to day-17 at 48 to 96 hours interval, as required, if possible.

CBG, Serum Creatinine, ECG - as required.

CRP TEST
C- reactive protein range in (mg/L)

low	moderate	high risk	unrelated
1	3		10
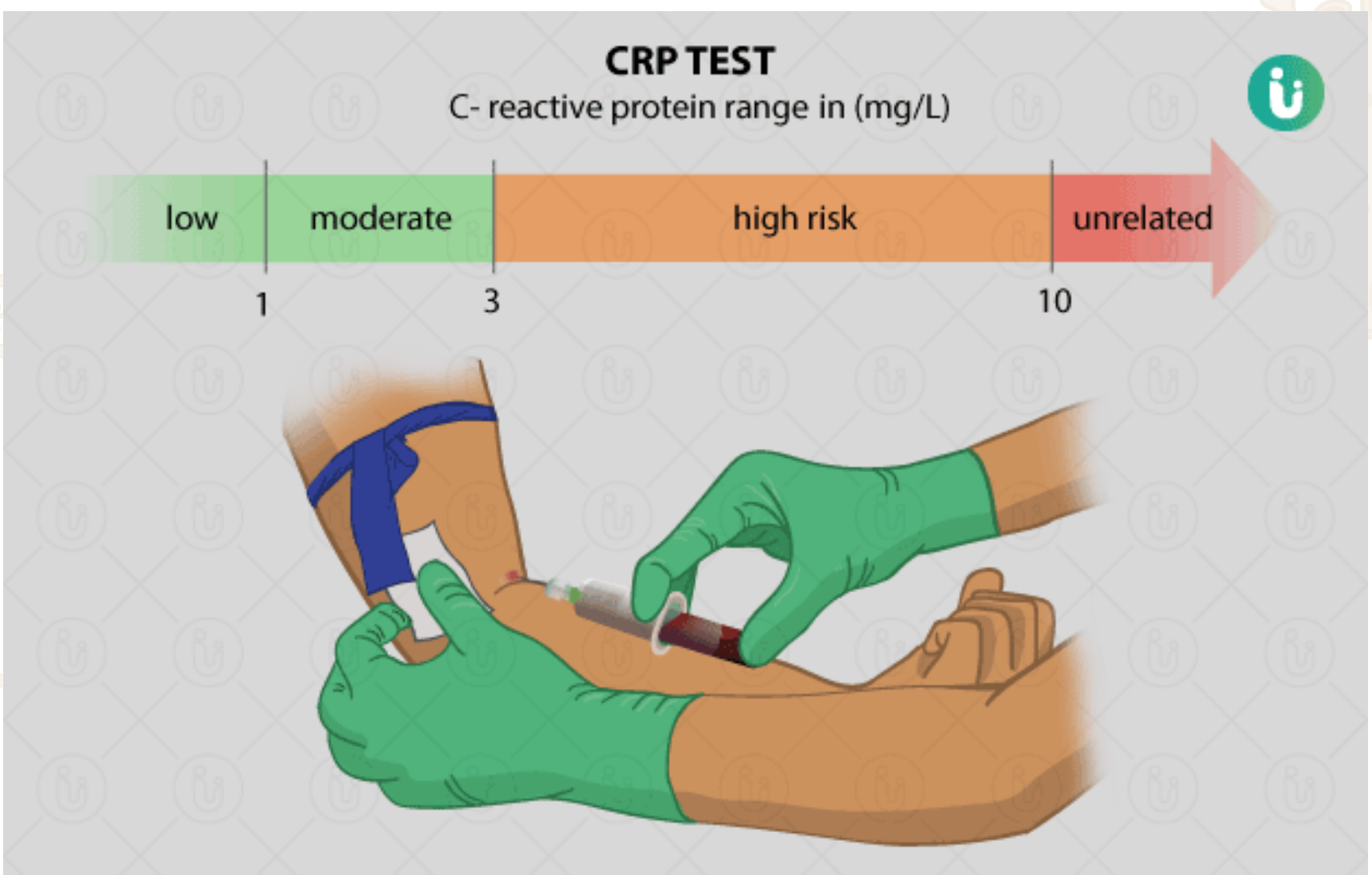
- Strictly stay in the identified room.

- Wear a medical face mask/ N-95 face mask at all times. The mask should be discarded or cleaned after 8 hours of use or earlier if it becomes wet or visibly soiled.

- If you are alone in the room you can rest without a face mask, but as soon as anyone steps in you should wear the face mask.

- Follow cough etiquette. Cover your mouth and nose with a tissue paper/ handkerchief when you sneeze/cough. Used tissue papers should be disposed of in closed bins.

- Always maintain a physical distance of 6 feet from other people in the home.

- Wash hands often with soap and water for at least 40 seconds or use alcohol-based sanitisers.

- Stay away from elderly persons at home and those with comorbid conditions.

- Don't meet visitors till you are released from home isolation.

- Take adequate rest and sleep.

- Do not share personal items.

- Strictly follow the physician's instructions.

- Check and record your temperature using a digital thermometer (should be ≤ 100.40 in the armpit) and oxygen saturation with a fingertip pulse oximeter (should be ≥95%) thrice daily. Also check pulse and blood pressure.

- Stay well-hydrated.

- Eat a balanced and nutritious diet.

- Have separate utensils for yourself and eat food in your room.

- Strictly avoid smoking, chewing tobacco and alcohol intake.

- Seek counselling services when necessary.

- Clean and disinfect frequently-touched surfaces in your room with 7% Lysol or 1% sodium hypochlorite solution. These solutions are available in the market.

- Gloves, masks, disposed tissue and other waste generated during home isolation shall be soaked in 1% sodium hypo-chlorite solution for 30 minutes and placed in a separate waste bag and disposed of.

- Clean and disinfect bathroom, fixtures and toilet surfaces at least once daily.

- Regular household soap or detergent should be used first for cleaning, followed by 1% sodium hypochlorite solution.

- Download Arogya Setu App, Quarantine watch App and Apthamitra App on your mobile (https://covid19.karnataka. gov.in/new-page/softwares/en) and see that they remain active at all times.

- Answer promptly to the tele-monitoring call.

- Report to the physician/ health authorities about your health status every day.

- Always keep phone numbers of medical officers, treating physician and ambulance services handy.

- A person can end home isolation 17 days after onset of symptoms (or date of sampling, for asymptomatic cases) if the person doesn't have any soymptoms, no fever for three days and tests negative for Covid.

Source: Government of Karnataka

Caring for Covid patients at home

- Limit the patient's movement around the house and minimise shared space.

- Household members should avoid entering the room where the patient is located or, if that is not possible, maintain a distance of at least 6 feet from the patient.

- Limit the number of caregivers. Ideally, assign one person who is in good health and has no underlying chronic conditions.

- Visitors should not be allowed in the home until the person has completely recovered and has been released from isolation.

- Perform hand hygiene. If hands are not visibly soiled, an alcohol-based hand rub can be used. For visibly soiled hands, always use soap and water.

- A medical mask should be provided to the patient, worn as much as possible by the patient and changed daily and whenever wet or dirty from secretions.

- Materials used to cover the mouth and nose should be discarded or cleaned appropriately after use.

- Caregivers should wear a medical mask that covers their mouth and nose when they are in the same room as the patient. If the mask gets wet or dirty from secretions, it must be replaced immediately with a new clean, dry mask. Remove the mask using the appropriate technique, which is to untie it, rather than touching the front of the mask.

- Avoid direct contact with the patient's body fluids, particularly oral or respiratory secretions, and stool. Use disposable gloves and a mask at all times.

- Do not reuse medical masks or gloves (unless the gloves are a reusable product such as a utility glove).

- Clean and disinfect surfaces that are frequently touched in the room where the patient is being cared for

- Use dedicated linen and eating utensils for the patient; these items should be cleaned with soap and water after use and may be re-used instead of being discarded.

- Place contaminated linen in a laundry bag. Do not shake soiled laundry and avoid contaminated materials coming into contact with skin and clothes.

- Clean the patient's clothes, bed linen, and bath and

at least once daily. Clean and disinfect bathroom and toilet surfaces at least once daily. Regular household soap or detergent should be used first for cleaning, and then, after rinsing, regular household disinfectant containing 0.1% sodium hypochlorite (i.e. equivalent to 1000 ppm) should be applied by wiping surfaces.

hand towels using regular laundry soap and water.

- Waste generated at home while caring for a Covid-19 patient during the recovery period should be packed in strong bags and closed completely before disposal and eventual collection by municipal waste services after informing them.

Monitoring Covid patients

Help the person who is sick follow their doctor's instructions for care and medicine.

Take care of their pets, and limit contact between the person who is sick and their pets when possible.

Have their doctor's phone number on hand.

For most people, symptoms last a few days, and people usually feel better after a week.

Monitor temperature and oxygen saturation (by applying a SpO2 probe to fingers).

Make sure the person who is sick drinks a lot of fluids and rests.

Caregivers should stay home and monitor their health for Covid-19 symptoms.

Watch for warning signs.

Seek appropriate medical care.

PRESCRIPTION
NAME   AGE
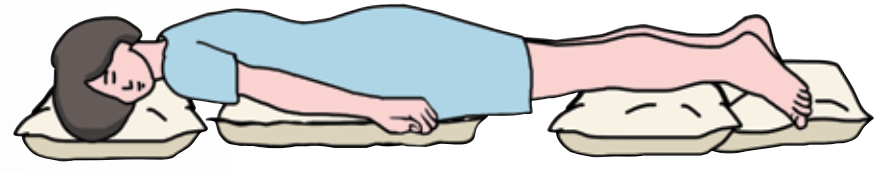ADDRESS   DATE
Rx

How to use a pulse oximeter

- ◆ Remove any nail polish, false nails etc and warm your hand if it is cold.

- ◆ Rest for at least five minutes before taking your measurement.

- ◆ Rest your hand on your chest at heart level and hold it still.

- ◆ Switch on the oximeter and place it on your middle or index finger.

- ◆ The reading takes time to steady. Keep the oximeter in place for at least a minute or longer if the reading is not stable.

- ◆ Record the highest result once it has not changed for five seconds.

- ◆ Identify each reading carefully.

- ◆ Start recording from baseline and record three times a day at the same time.

- ◆ Seek immediate medical care if you feel seriously ill, are unable to complete short sentences while resting, due to breathlessness, or your oxygen level is 92% or less.
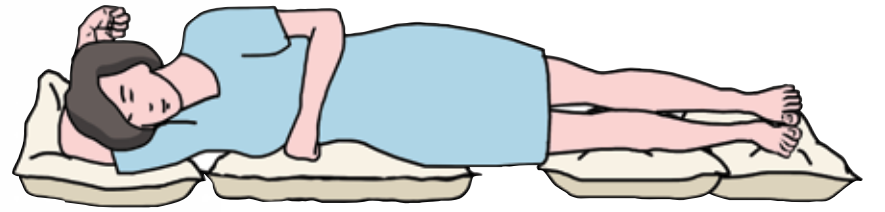
Proning for breathing easy

Proning is a medically accepted position that can improve oxygenation and ease breathing. Prone positioning improves ventilation by keeping alveolar units open.
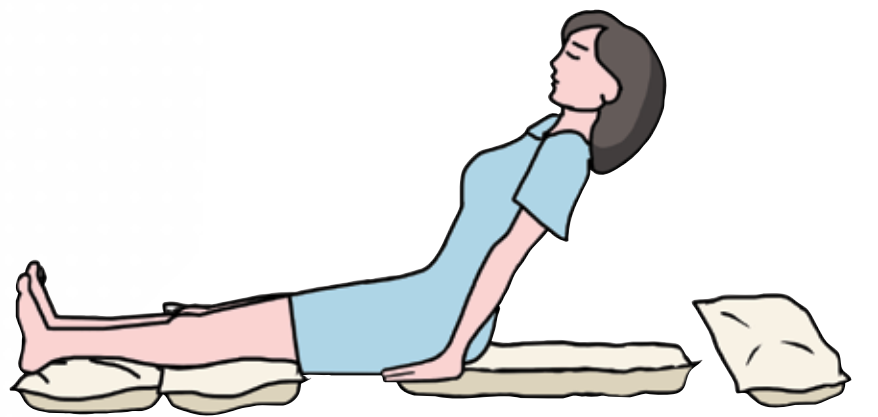
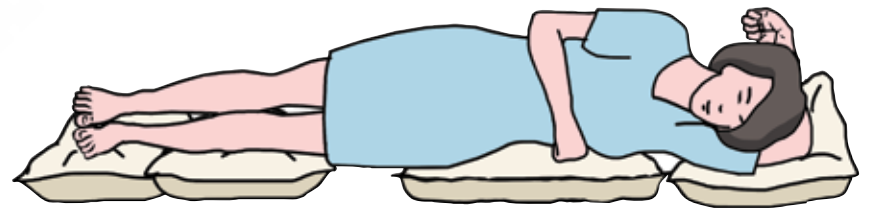If you are isolated at home and have compromised breathing comfort:

- Lie on your stomach

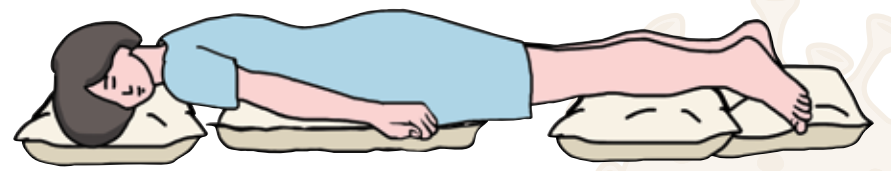- Put one pillow below the neck

- One or two pillows below the chest through the upper thighs

- Two pillows below the shins

- Changing positions every 30 minutes to 2 hours will improve oxygen flow to every part of your body

- Switch to your right side

- Then your left side

- Return to lying on your belly

- Then sit up for some time

- You can prone for up to 16 hours a day in multiple cycles

- Pillows may be adjusted slightly to alter pressure areas

30 min - 2 hrs: Laying on your belly

30 min - 2 hrs: Laying on your right side

30 min - 2 hrs: Sitting up

30 min - 2 hrs: Laying on your left side

Then back to position 1. Laying on your belly

When you shouldn't be proning:

- For an hour after meals

- If you have major cardiac conditions

- Unstable spine, femur or pelvic fractures

- If you are pregnant

Source: Ministry of Health and Family Welfare, Gov of India

Post-Covid follow-up
protocol

- Continue Covid-appropriate behaviour (use of mask, hand, respiratory hygiene, physical distancing).

- Drink adequate warm water (if not contra-indicated).

- If health permits, regular household work to be done. Professional work to be resumed in a graded manner.

- Mild/ moderate exercise and meditation, as much as health permits or as prescribed. Breathing exercises as prescribed by the treating physician. Daily morning or evening walk at a comfortable pace as tolerated.

- Balanced nutritious diet, preferably easy to digest freshly cooked soft diet.

- Have adequate sleep and rest. Avoid smoking and consumption of alcohol.

- Take medications as advised. Doctor to be always informed about all medicines that the individual is taking to avoid prescription interaction.

- Self-health monitoring at home—temperature, blood pressure, blood sugar, pulse oximetry etc. (if medically advised)

- If there is persistent dry cough / sore throat, do saline gargles and take steam inhalation. The addition of herbs/spices for gargling/steam inhalation, cough medications, should be taken on advice of a medical doctor or a qualified practitioner.

- Look for early warning signs like high grade fever, breathlessness, SpO2 < 95%, chest pain, new onset of confusion, focal weakness.

Source: Various state government advisories

Post-Covid Conditions

Although a majority of Covid-19 patients get better within weeks to months of illness, some do not. Some post-Covid conditions are likely to be similar to those seen in other infectious diseases, but some are more specific to Covid-19. Scientists are actively investigating the causes of post-Covid conditions, and yet to identify the causes.

![DH Deccan Herald]

Long Covid

Long Covid is a range of symptoms that can last weeks or months after first being infected with Covid-19 or can appear weeks after infection. Long Covid can happen to anyone who has had Covid-19, even if the illness was mild, or they had no symptoms. People with long Covid report experiencing different combinations of the following symptoms:

▹ Tiredness or fatigue

▹ Difficulty thinking or concentrating (brain fog)

▹ Headache

▹ Loss of smell or taste

▹ Dizziness

▹ Fast-beating or pounding heart (heart palpitations)

▹ Chest pain

▹ Difficulty in breathing or shortness of breath

▹ Cough

▹ Joint or muscle pain

▹ Depression or anxiety

▹ Fever

▹ Symptoms that get worse after physical or mental activities

Multi-organ effects of Covid-19

Multi-organ effects can affect most, if not all, body systems including heart, lung, kidney, skin, and brain functions. Multi-organ effects can also include conditions that occur after Covid-19, like multi-system inflammatory syndrome and autoimmune conditions.

Effects of hospitalisation

▶ Post-intensive care syndrome

▶ Severe weakness

▶ Post-traumatic stress disorder

Treatment

There are ways to help manage post-Covid conditions, and many patients with these symptoms are getting better with time. If you think you have a post-Covid condition, talk to your healthcare provider about options for managing or treating your symptoms and resources for support.

Source: CDC

Self-care
during a pandemic

▶ **Focus on facts,** reject rumours and theories

▶ **Knowledge is power,** the more you know about a certain issue, the less fearful you may feel. Make sure to access and believe only the most reliable sources of information for self-protection.

▶ **Do not follow** sensational news or social media posts which may impact your mental state. Do not spread or share any unverified news or information further.

▶ **Set up a daily routine:** This can provide some much needed structure to your days.

▶ **Practise gratitude:** Create a little time during the day to focus on the positives in your life through journaling or simple reflection.

▶ **Eat healthy, well-balanced meals:** Maintaining regular meal times is also helpful for your health and well-being.

▶ **Make time to disconnect:** Make some time during the day to disengage from news and other activities.

▶ **Pick up a hobby:** Engaging in a new hobby can act as a great stress-buster.

▶ **Stay connected:** Engaging with others is important for our emotional health. Apart from phone and video calls, online hobby classes and social media can also help you stay in touch.

Source: WHO, Mohfw, IndiaBioscience

FAQs

I've tested positive. Can I infect my pet?

The USA's Centre for Disease Control says that there is evidence of Covid-19 spreading from people to animals in some situations, especially during close contact. There is also the possibility of pets acting as carriers of the virus between people in the same home. Therefore people with suspected or confirmed Covid-19 should avoid contact with animals, including pets, livestock, and wildlife.

What test should I opt for to see if I have COVID-19?

In most situations, a molecular test is used to detect SARS-CoV-2 and confirm infection. Polymerase chain reaction (PCR) is the most commonly used molecular test. Samples are collected from the nose and/or throat with a swab. Molecular tests detect the virus in the sample by amplifying viral genetic material to detectable levels. For this reason, a molecular test is used to confirm an active infection, usually within a few days of exposure and around the time that symptoms may begin.

What is 6MWT? Why is it used?

6MWT is a 6-minute walking test, conducted by wearing the oximeter on the finger and walking for 6 minutes. At the end of the walk, oxygen level should not fall below 92%. This helps in knowing if your lungs are at risk of oxygen shortage.

I have symptoms but my RT-PCR test turned out to be negative. What should I do?

RT-PCR turning negative does not mean you do not have Covid, if you have symptoms. Watch yourself carefully. Treat all the symptoms with appropriate medicines. Watch your oxygen level. Conduct 6MWT. If your oxygen level is dropping below 92%, go for an HRCT scan of lungs and chest. This helps the doctors figure out if there is chest/ lung infection, and the extent of infection if any, and decide appropriate medication. Any score above 7/25 is to be considered serious and medical intervention is needed immediately.

Can the health of an asymptomatic patient deteriorate suddenly? What should they be careful about?

Sometimes there is a condition called silent hypoxia (also called happy asphyxia) where the body is deprived of oxygen but the person does not realise it until late, as the body gets adjusted to lower levels of oxygen and with any distress symptoms. This can result in sudden

deterioration of health in a seemingly asymptomatic person.

Therefore asymptomatic patients should not depend upon their gut feeling to evaluate their health. They should keep a chart of their oximeter reading, blood pressure, heart rate, temperature etc, and must call the doctors if there are abnormalities in any of the parameters.

Many patients with symptoms are getting negative RT-PCR reports but they will be weak by the time they are taken to the next procedure. What to do in such cases?

It is better to keep a finger oximeter at home. The moment you start showing common cold and fever symptoms, oxygen level should be monitored at least once in 4 hours. Even if the test report turns out negative, if the oxygen level is dropping below 92, or is showing significant reduction in 6-minute walk test, that is a danger sign.

If there is cough and tightness in the chest which is not going away after 2-3 days from the onset of symptoms, you must go for an HRCT scan even if the RT-PCR report is negative.

Click here for more FAQs

Source: WHO, CDC, MOHFW

Myths vs Facts

Myth: It is safe to use ultraviolet radiation on the body for disinfection

Fact: While UV radiation is used to disinfect objects and surfaces, prolonged direct exposure to it can damage the skin and irritate the eyes. Do not use it to disinfect parts of your body.

Myth: Hand dryers can kill the coronavirus

Fact: Hand dryers are not effective in killing the Covid-19 virus. Use soap or an alcohol-based sanitiser to disinfect your hands.

Myth: Vaccines against pneumonia protect against Covid-19 virus

Fact: The Covid-19 virus is fairly new so it needs its own vaccine

Myth: Regularly rinsing your nose with saline can help prevent Covid infections

Fact: While using a sinus flush or nasal irrigation can help relieve nasal congestion, there is no conclusive proof that it can help prevent a Covid infection

Myth: Covid-19 affects only older people

Fact: While older people are susceptible to the virus, it can be equally fatal for people from younger age groups

Myth: Antibiotics are effective in treating and preventing Covid-19

Fact: Antibiotics work only against bacteria, not viruses.

Covid-19 is caused by a virus, and therefore antibiotics should not be used for prevention or treatment.

Myth: Home remedies like gargling, sesame oil or garlic can prevent the virus

Fact: While research indicates that gargling with povidone iodine seems to decrease the risk of infection and garlic has antibiotic properties. But these remedies do not prevent infection altogether.

Myth: Hydroxychloroquine prevents illness or death from Covid-19

Fact: Hydroxychloroquine or chloroquine is a common treatment for malaria and certain autoimmune diseases. However, studies show that it has no effect on preventing or treating Covid-19

Myth: Drinking alcohol reduces the risk of Covid-19 infection

Fact: Rather than reducing the risk of infection, consuming alcohol causes its own set of health problems

Myth: Spraying chlorine or alcohol kills viruses in the body

Fact: Ingesting bleach or alcohol can cause irritation to the skin and eyes and be poisonous if consumed

Myth: Children cannot get Covid-19

Fact: The Covid-19 virus can affect all age-groups of people

Myth: Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort means you are free from the coronavirus disease or any other lung disease

Fact: While breathlessness is one of the symptoms of Covid-19, being able to hold your breath does not mean you are free of the virus

Myth: The vaccines will make me sick with Covid-19

Fact: While there might be mild to moderate side effects after taking the vaccine, none of the approved vaccines contain the live virus of Covid-19, which means they cannot make you sick with Covid-19

Myth: Covid-19 vaccine causes infertility or prevents people from conceiving

Fact: There is no study that indicates that the vaccine causes infertility in people

Myth: Drinking warm water rinses the Coronavirus from the throat

Fact: While warm water can soothe a sore throat, it does not rinse out the virus

Myth: Contracting Covid-19 once prevents reinfection

Fact: While being infected with Covid-19 once does create antibodies against the virus, it does not mean you cannot be reinfected

Source: WHO

COVID-19 **DATABASE**

Apthamitra helpline **14410**

State Covid control room numbers:
104, 1075

**080-46848600,
080-66692000,
9745697456,
080-1070**

9980299802
(maintained by Department of Information and Public Relations)

Ambulance: 102/108

District **Covid-19 helplines**

Bengaluru Urban
080-1077, 080-22967200

Bengaluru Rural
080-29781021

Dharwad
0836-1077/2447547

Belagavi
0831-2407290(1077), 0831-2424284

Gadag
08372-239177, 08372-1077

Haveri
8375-249102/249104

Uttara Kannada
1077, 08382-229857

Bagalkot
08354-236240, 08354-236240/1077

Koppal
08539-225001

Raichur
08532-228559, 08532-1095, 08532-1077, 08532-226383, 08532-226020

Vijayapura
08352-1077, 0835221261

Ballari
08392-1077, 08392-277100, 8277888866 (Whatsapp no)

Bidar
1800 425 4316

Kalaburagi
1047, 08472 278648, 278698, 278604, 278677

Covid-19 Suraksha Chakra Helpline:
7406054333, 7406084333, 7406092333 and 7406094333

Davanagere
08192-234034, 08192-1077

Yadgir
08473-253950, 9449933946

Udupi
9663957222, 9663950222

Tumakuru
08162-1077/ 278787/ 251414/ 257368/ 252025/ 252321

Shivamogga
08182-221010, 08182-1077

Ramanagara
8277517672, 080-27271195, 080-27276615

Mysuru
0821-2423800, 0821-1077

Dakshina Kannada
0824-1077, 0824-2442590

Mandya
08231-1077, 08232-224655

Kodagu
08272220606, 08272-1077

Kolar
08152-243521

Hassan
08172-261111/1077

Chitradurga
08194-222050 / 222044 / 222027 / 222056 / 222035

Chikkamagalur
08262-238950, 08262-1077

Chikkaballapur
08156-1077/277071

Chamarajnagar
08226-1077, 08226-223160

For other helplines, check the link below

https://docs.google.com/spreadsheets/d/1kXyK6D-0QphEe4QXtj3lsyjYJu_k3jIxM1xP9_QVuudI/edit?usp=sharing

Covid-19 Resources

https://www.covid19india.org/resources

Covidfyi - Pan India

https://life.coronasafe.network/

Factchecker - Pan India

https://www.factchecker.in/fact-check/factchecker-verified-covid-19-helplines-remdesivir-hospital-beds-oxygen-743175

Independent aggregators - Pan India

https://docs.google.com/document/d/16WeMKah7RX-oB1gnqa9YXVTuWM4TR6hY9Qys48Pf8mCc/edit?usp=drivesdk

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www.covidfacts.in

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https://docs.google.com/spreadsheets/d/1J2kObss-gqNH0cpIZcjkdc8szhlz9pJazTMFyQ-fDo_A/edit#gid=1745413321

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https://linktr.ee/Okayival

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https://external.sprinklr.com/insights/explorer/dashboard/601b9e214c7a6b689d76f493/tab/4?id=DASHBOARD_601b9e214c7a6b689d76f493&home=1

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https://covid19.nalsar.ac.in/crowdsourced-data/

https://docs.google.com/spreadsheets/d/1OL7go19rRpS-dxemQXHM0cTBds2hjspj7_U7Ag7NdOCQ/htmlview

https://www.theuncutteam.com/covidresources

https://docs.google.com/spreadsheets/d/1-HDRX-AnMGkFIr8HQB_fUaZiL70c-rSuShYYfO2U6754/edit#gid=1554547770

https://indiacovidresources.in/

https://covidfood.retool.com/embedded/public/57eb2d29-47b4-4322-aadf-83cf368d2990/

http://friends2support.org/inner/news/searchresult.aspx

https://covidfightclub.org/

Independent aggregators - Bengaluru
https://oxygenblr.in/

https://covidhelplinebangalore.com

Government Resource - Karnataka
https://covid19.karnataka.gov.in/page/Helpline/en

Finding Covid-19 testing:
Type in "covid testing" on google search bar and the search engine throws up a list of labs and hospitals that test for Covid-19

App
https://covidrelief.glideapp.io/

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