COVID – 19 GENERAL INFORMATION

What Is COVID-19?
It is a respiratory disease caused by SARS-CoV-2; a new coronavirus discovered in 2019.

How Does it Spread?
This infection spreads from person to person, mainly through respiratory droplets. These droplets are released into the air when a person talks, sings, coughs, or sneezes. During the first wave, older adults (60 years and above) were more susceptible. In the second wave, caused likely by mutant strains, younger age groups have also been affected. Mutant strains are more contagious or spread faster.

COVID-19 Symptoms to Look for
Symptoms may appear 2-14 days after exposure to the virus.
Symptoms can be mild to moderate, severe, or critical.

Common symptoms: Fever (with or without chills), body ache, shortness of breath, cough, sore throat, headache, a loss of sense of taste or smell, nasal congestion, fatigue, and muscle soreness. A person who is infected may have a few or many of these symptoms.

Less common symptoms: Loss of appetite, vomiting, loose stools, abdominal pain, extreme weakness in the body, hearing loss, conjunctivitis, dryness of mouth etc

Asymptomatic: No symptoms yet can carry and spread infection through respiratory droplets.

Ways to Prevent Spread of COVID-19
Avoid the 3 C's:
1. **C**losed spaces with poor ventilation,
2. **C**rowds (more than 2 people),
3. **C**lose contact.

Follow the 3 W's:
1. **W**atch your distance (social distancing of at least six feet or 2 arms' length).
2. **W**ear a double mask: A surgical mask underneath covered with an N95 mask is recommended. The mask should cover the nose and mouth well, without leaving any gaps. Avoid touching your nose, mouth, or eyes with your hands.
3. **W**ash your hands: Wash hands with soap and water frequently, for at least 20 seconds. If soap and water are not available, hand sanitizer with at least 60% alcohol can be used.

Others:
1. Clean and sanitize surfaces such as tables, doorknobs, light switches faucets, and so on several times in a day.
2. Stay home if you have any symptoms of COVID-19.

Vaccination Is Important

COVID-19 vaccines are safe, effective, and reduce the risk of severe illness. Based on the data available, the chances of getting COVID-19 after vaccination are substantially reduced. Even if one does get it, the vaccine will prevent severe illness.

Getting vaccinated can also help protect the people around you.

Vaccinations are the best protection against COVID-19 infection.

Early Detection Steps

1. *Isolate yourself***:** If you notice symptoms of COVID-19 such as fever, cough, shortness of breath, tiredness, or any of the others, isolate yourself in a separate space in your home or elsewhere. Wear a mask if you must step outside the room.
   Isolation is recommended for at least 10 days after onset of symptoms and 3 days after fever stops. It is not necessary to repeat COVID test to get a negative report thereafter.

2. *Get a COVID test done*: It is advisable to get a COVID test done if there are COVID-like symptoms. Do not delay.
   - Consult a doctor immediately. A prescription is required for a COVID test.
   - Get a test done in a hospital or diagnostic centre. Wear double mask, sanitize hands, and maintain social distancing as you step out.
   - Or book a home sample collection for a COVID test. This is a safer option. It might take a day or two for you to get your slot. Once the sample is collected, the report is generally sent to your mobile. Several diagnostic labs offer this facility.

An RT-PCR Test (reverse transcription polymerase chain reaction) is recommended as it is the most sensitive test available. A naso-pharyngeal swab (nose and throat) is collected as a sample.

RT PCR Test Results:
1. *COVID positive:* Isolate and start immediate treatment in consultation with a doctor.
2. *COVID negative:* When there are no symptoms and test result is negative, that is great!
3. *False negative:* Sometimes the symptoms persist, and the test result is negative. In this scenario, one must be very cautious and keep monitoring temperature and oxygen levels. In case of emergency, contact hospital immediately.

If One Is COVID Positive and in Home Isolation:
1. *Consult a doctor and start on the advised medication:* Usually for fever and body ache Dolo 650 mg can be taken as per doctor's advice. It is good to maintain the body temperature below 100°F. In some cases, antibiotics, inhalers, nebulizers, steroids, anticoagulants may also be recommended as per the patient's need and progress of the condition. Usually, some lab tests are advised by the doctor or a CT scan, only if required. The lab samples can be collected at home whenever possible.
2. *Thermometer and pulse oximeter:* Use them for regular self-monitoring. Update your doctor regularly.
3. *Rest and nutrition*: Get sufficient rest. Maintain a healthy and nutritious diet. Drink water and fresh juice to keep yourself well-hydrated.
4. *Self-monitoring:* Check temperature every few hours with the help of a thermometer. Check oxygen saturation every few hours with the help of a pulse oximeter. If temperature remains normal (97°F-99°F), hospitalization is not required. To help with shortness of breath, one can

be in prone position, for the not-so-sick patient; do deep breathing exercises and use spirometer to regain strength.

5. *Seek hospital admission:* Use government helpline or directly contact a private hospital to do this if:
   - Temperature remains above 100°F despite medication,
   - Pulse exceeds 100 heartbeats per minute or oxygen saturation (SpO2) falls below 95%,
   - Persisting cough and difficulty in breathing/shortness of breath,
   - Loss of appetite, confusion, persistent pain, or pressure in the chest etc.

Use the government helpline to book a bed, as per the system in your city.

If getting a bed is taking time, get external oxygen support at home or in an interim clinic or a hospital emergency room.

FREQUENTLY ASKED QUESTIONS (FAQS):

1. How does one book a Hospital bed under BBMP Quota?
Hospital admission can be done under the BBMP quota using the steps below. Or one can contact private hospitals directly.
Step 1: Call 1912 and press 1 (Keep trying repeatedly, it might take up to 10 mins to get through).
Step 2: Keep SRF ID & BU number ready and call BBMP War Room. Phone numbers are provided for each zone.

> **SRF ID** is a 13-digit number sent via mobile phone sent to anyone who takes a COVID test.
> **BU number** is a 6-digit unique number generated by BBMP, only for patients who test positive for COVID 19. If you didn't receive this, visit:
> https://www.COVIDwar.karnataka.gov.in/service1

Step 3: If you do not have BU number and urgently need a bed, Call 1912 or 108
Step 4: If you have SRF ID & BU number ready, call BBMP War Room.

Also have the patient's photo ID, mobile number, and attender/caretaker's mobile number handy before calling an ambulance.

LIVE BBMP COVID-19 Hospital Bed Status: https://bbmpgov.com/chbms/

2. **Information to keep ready before booking a BBMP hospital bed in Bangalore**
   Name:
   Age/ Gender:
   Home Address/ Location: (Full address):
   Symptoms:
   SPO2 (with Oxygen support %):
   SPO2 (without Oxygen support %):
   Patient in (Home/Hospital/PHC/CCC):
   If in Hospital/CCC mention name:
   Ward Number/Name (mandatory for RAT +ve):
   COVID Test (RTPCR/RAT/Antigen/Antibody/Not Done):
   CT Scan:
   SRF number:
   BU number:
   COVID result (Positive/Negative):
   Attendant name:
   Relationship:
   Patient/Attendant mobile number:
   Co-morbid conditions (BP, Sugar, Heart conditions...):
   Preferred hospital (Govt/Pvt./Any):
   Type of Bed Required (General/HDU/ICU/Ventilator):

3. **Real-time private hospital bed status**
   https://searchmybed.com/#/p/public-portal

4. **What are the types of COVID tests available?**
   a. **RT-PCR Test** (reverse transcription polymerase chain reaction)
   This test can detect the antigens in the body to confirm infection. It is a sensitive test and can detect the infection quite early on. A naso-pharyngeal swab (nose and throat) is collected. The report is accepted by all institutions—BBMP, private hospitals, airlines, offices etc. The cost of this test is generally Rs.800 or more.
   b. **ABBOTT**
   It's a recent test. A naso-pharyngeal swab is done. It is a faster test, results given within an hour. It's expensive and is done at select hospitals and labs.
   c. **RAT (Rapid Antigen Test)**
   Again, naso-pharyngeal, fast but not sensitive enough. It can sometimes give a false negative report.

5. **What are the documents required for a COVID test?**
   a. Prescription for a COVID-19 test from a qualified physician,
   b. Government photo-ID (Adhar Card),
   c. Duly filled referral form.

   A registered mobile number is to be provided. The report and any further calls from BBMP will be directed to this number. In case of more than one person being infected in a family, one phone number would suffice for a family. OTPs will be sent and calls made to this one number.

6. **What is some important information to have for booking a hospital bed through BBMP, in Bangalore?**

In Bangalore, the following numbers are generated:

An **SRF ID (Specimen Referral Form ID)** number is generated in the RT-PCR app when an individual gets a test done. **A BU/BR (Bengaluru Urban/Bengaluru Rural) number** is then generated (typically in 8-10 hours). Please keep these numbers handy. You will get calls from the BBMP/Apthamitra helpline (14410). They will ask you for your address, check if you are at home, what your symptoms are. If you do not get calls, contact your lab to enquire if these numbers are updated with the government.

a. **SRF ID** is a 13-digit number sent via mobile phone or can also be collected as a printed report. This is sent to every person who takes up a COVID test.

b. **BU number** is a 6-digit unique number generated by BBMP, only for patients who test positive for COVID-19. This is generated only if the COVID test report is updated by the testing centre on ICMR Portal. One must follow up with the testing centre to ensure that this is done. The number is sent via sms. If you do not receive it, visit the website below to check for it.
https://www.COVIDwar.karnataka.gov.in/service1
If you do not have BU Number and urgently need a bed, Call 1912 or 108.

7. Should one get an X-ray or CT scan after a COVID positive result?
Not required. These are to be done only if advised by a doctor. Doctors recommend these tests when the infection has spread deeper into the lungs.

8. How to check oximeter reading?
Turn on the pulse oximeter and ensure that the digits are visible.
Insert the middle finger or any other finger correctly within the oximeter. Allow few seconds for the pulse oximeter to detect the pulse and display the oxygen saturation (SpO2). Check the reading. Normal SpO2 is 95% or above. If it is below this reading, seek oxygen support.

6-minute walk test: To confirm SpO2 value, one can walk for 6 minutes with the oximeter on the finger and check the value after the walk. If the value dips below 95%, it is a matter of concern. If the patient is elderly or has asthma, please do not insist on a 6-minute walk.

9. Why get a COVID-19 vaccine?
COVID-19 vaccines are safe, effective, and reduce the risk of severe illness.
Based on the data available from the usage of other vaccines and from the carefully evaluated clinical trials that are available for COVID-19 vaccines, the chances of getting COVID-19 are substantially reduced. Even if one does get it, the vaccine will keep you from getting severely ill.
Getting vaccinated can also help protect the people around you.
Vaccinations are the best protection against COVID-19 infection.
https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html

10. Which is the best COVID-19 vaccine?
India has used Covishield and Covaxin thus far. It has recently brought in Sputnik V vaccine. Studies have shown that all of them are safe and effective. The most important thing is to get the vaccine as soon as it is available. The recommended second dose must be followed up as per the specific timeline suggested for each vaccine.

So, any vaccine that is available is the best one.

11. **What are the side effects that one can expect after vaccination?**
    Most people experience some pain/discomfort at the site of injection.
    There can be mild fever, chills, palpitations sometimes. Usually, one does not require hospitalization.

    Some people may present with an allergic reaction to the vaccine. This requires immediate medical attention. After vaccination, one must be in the hospital or clinic for 30-60 minutes. If there is such a reaction, emergency help can be offered.

    People on medication or with co-morbidities must consult their doctors before going in for vaccination.

12. **What are some instructions to be given to the caregiver of a COVID patient?**
    One family member can be assigned as a caregiver. It is better for the caregiver to stay in a separate room and only see the patient when required.

    - ✓ Always wear a mask when with the patient.
    - ✓ Front portion of the mask should not be touched or handled during use.
    - ✓ Wash hand frequently, especially after working with the patient in any way.
    - ✓ Caregiver should also monitor their own health by checking temperature, oxygen saturation, pulse etc. regularly, so that signs of COVID can be picked up early.
    - ✓ When the caregiver is no longer taking care of the patient, he or she must home quarantine before mingling with other family members. Home quarantine is usually recommended for 14 days.

13. **Should I stock medicines like Remdesivir or oxygen cylinders?**
    There is no need to stock up on these items. But, be aware of how to procure it, if required.

    Hiring an oxygen concentrator is a good option. But, before hiring one, do check with the doctor on the capacity and model of the concentrator to be hired. In case a patient is well and has co-morbidities, a doctor may advice getting a concentrator at home as a precautionary measure.

14. **Quarantine Vs Isolation**
    Quarantine is restricting movement of people who may have been exposed to the virus, to check if they are developing any symptoms.

    Isolation is separating the suspected and/or infected person from those who have not contracted the virus.

OTHER IMPORTANT INFORMATION:

1. **Prone Position**

IMPORTANCE OF PRONE LYING

➤ Prone positioning improves ventilation, keeps alveolar units open and breathing easy.
➤ Proning is required only when the patient feels difficulty in breathing and the SpO2 decreases below 94 (less than 94).
➤ Regular monitoring of SpO2, along with other signs like temperature, blood pressure and blood sugar, is important during home isolation.
➤ Missing out on hypoxia (compromised Oxygen circulation) may lead to worsening of complications.
➤ Timely proning and maintaining good ventilation could save many lives.

POSITIONING OF PILLOW

➤ One pillow below the neck
➤ One or two pillows below the chest through upper thighs
➤ Two pillows below the shins

Caution:

➤ Avoid proning for an hour after meals
➤ Maintain proning for only as much times as easily tolerable
➤ One may prone for up to 16 hours a day, in multiple cycles, as felt comfortable
➤ Pillows may be adjusted slightly to alter pressure areas and for comfort
➤ Keep a track of any pressure sores or injuries, especially , around bony prominences

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

4. 30 minutes – 2 hours: lying on your left side
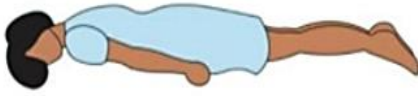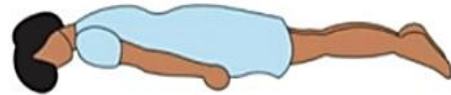
2. 30 minutes – 2 hours: laying on your right side
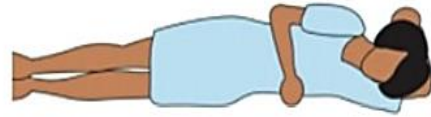
Then back to Position 1. Lying on your belly!

3. 30 minutes – 2 hours: sitting up

Self Positioning Guide_Elmhurst Hospital_SB
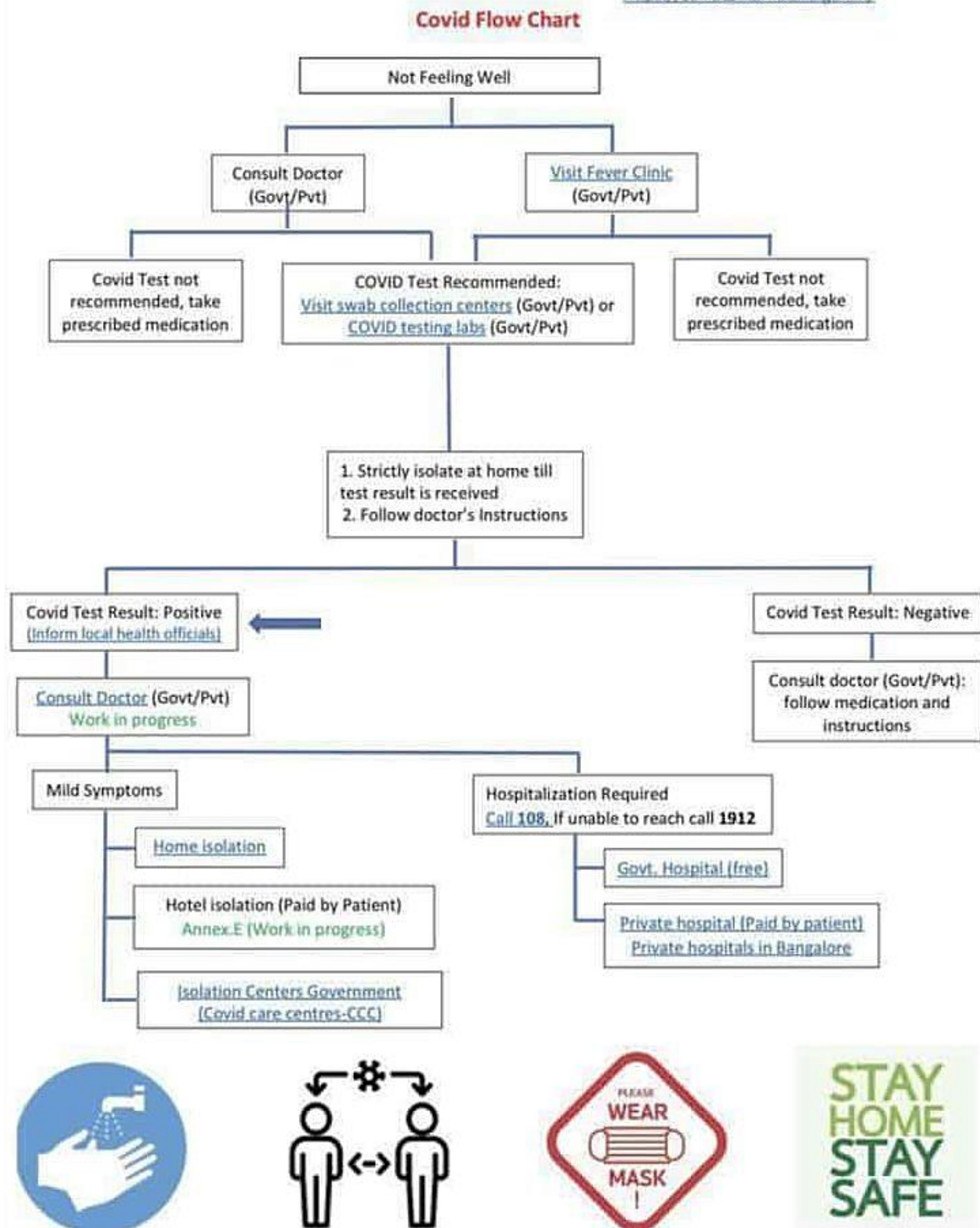
https://www.mohfw.gov.in/pdf/COVID19ProningforSelfcare3.pdf

2. BBMP COVID Flow Chart

Emergency medical support: 104/ 9745697456

Apthamitra Helpline: 14410

https://covid19.karnataka.gov.in/

Covid Flow Chart

Not Feeling Well

Consult Doctor (Govt/Pvt)

Visit Fever Clinic (Govt/Pvt)

Covid Test not recommended, take prescribed medication

COVID Test Recommended:
Visit swab collection centers (Govt/Pvt) or COVID testing labs (Govt/Pvt)

Covid Test not recommended, take prescribed medication

1. Strictly isolate at home till test result is received
2. Follow doctor's Instructions

Covid Test Result: Positive (Inform local health officials)

Covid Test Result: Negative

Consult Doctor (Govt/Pvt)
Work in progress

Consult doctor (Govt/Pvt): follow medication and instructions

Mild Symptoms

Hospitalization Required
Call 108, If unable to reach call 1912

Home isolation

Govt. Hospital (free)

Hotel isolation (Paid by Patient)
Annex.E (Work in progress)

Private hospital (Paid by patient)
Private hospitals in Bangalore

Isolation Centers Government (Covid care centres-CCC)

PLEASE WEAR MASK

STAY HOME STAY SAFE

https://COVID19.karnataka.gov.in/storage/pdf-files/COVID%20Flow%20Chart%20(E).pdf