



Advocacy. Partnership. Activism for a better Bengaluru

★ A Rajeev Chandrasekhar Initiative ★

## Reboot Namma Bengaluru

Join the Video Conference with **Dr. Shalini Rajneesh, IAS**  
State Nodal Officer - Covid Testing &  
Additional Chief Secretary (Planning, Program Coordination  
and Statistics Department)

**Date: Friday, 21st August 2020**

**Time: 11.30 AM**

### Agenda:

To discuss efforts of Govt to control Covid19 situation in Bengaluru & how RWAs, NGOs and Citizen groups can join hands in this effort.

To Register/ Send Queries / send suggestions

Call or whatsapp on: 9986377989 or

Email: priyadarshini.sk@namma-bengaluru.org  
nbf@namma-bengaluru.org

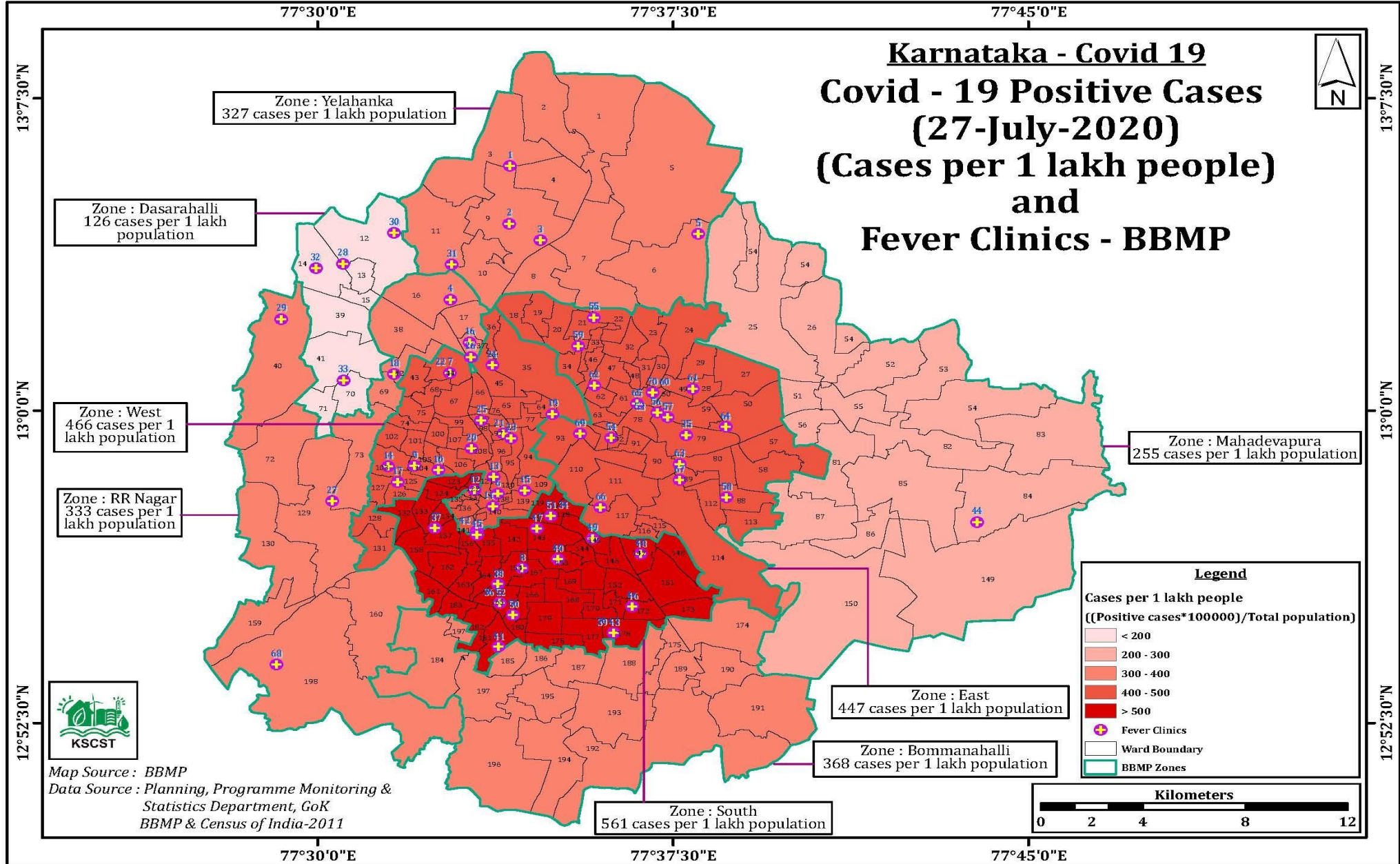


**ANALYTICS OF CORONA POSITIVE PATIENTS IN KARNATAKA (as on  
18.08.2020 at 05:00 PM)**

<b>Total Cases</b>	<b>2,40,948</b>
<b>Total Recovered</b>	<b>1,56,949</b>
<b>Total Death</b>	<b>4,201+ 16 due to non-covid</b>
<b>New Cases in last 24hrs</b>	<b>7,665(BBMP 2242)</b>

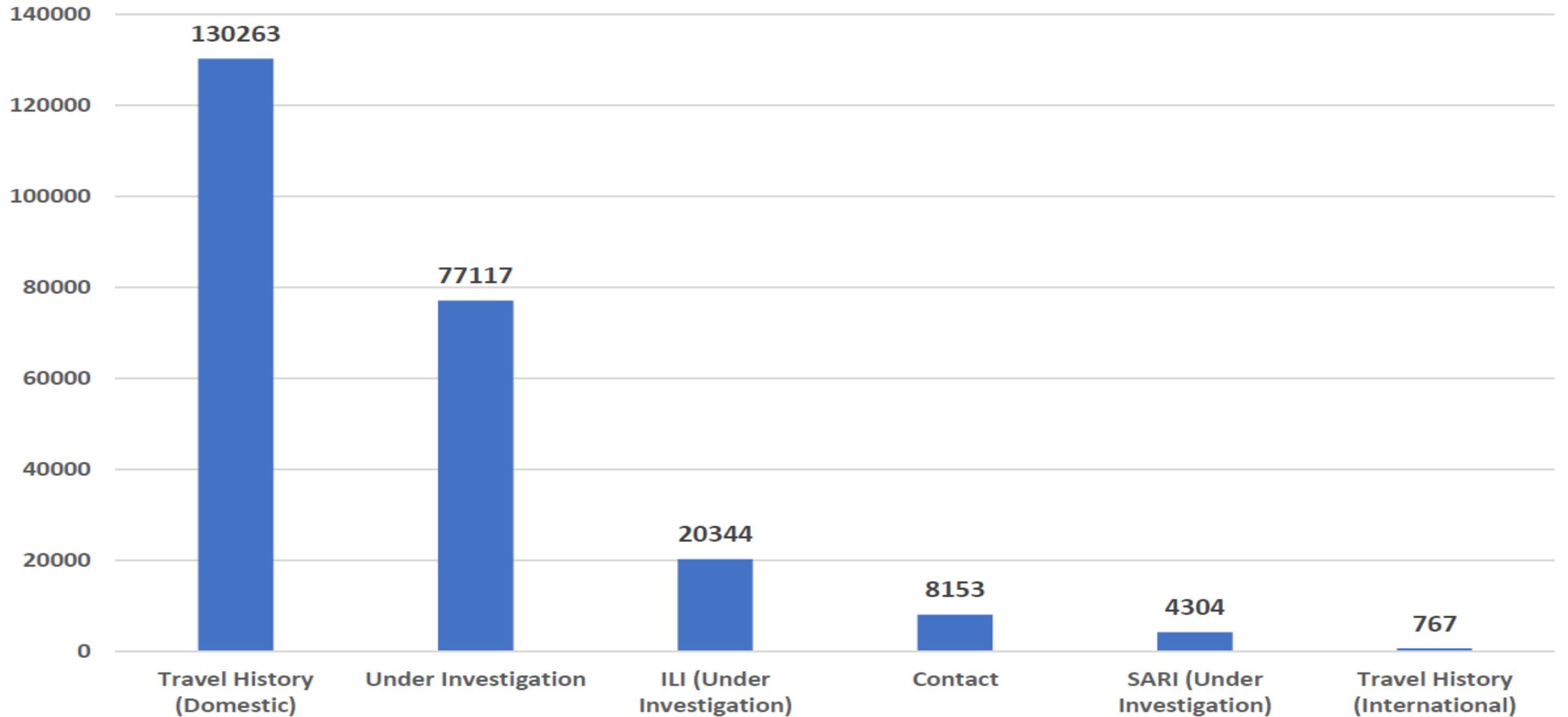
**Age of the Deceased: 60 years > = 2059(49%)**

# Geographical Information System & Decision-making tool

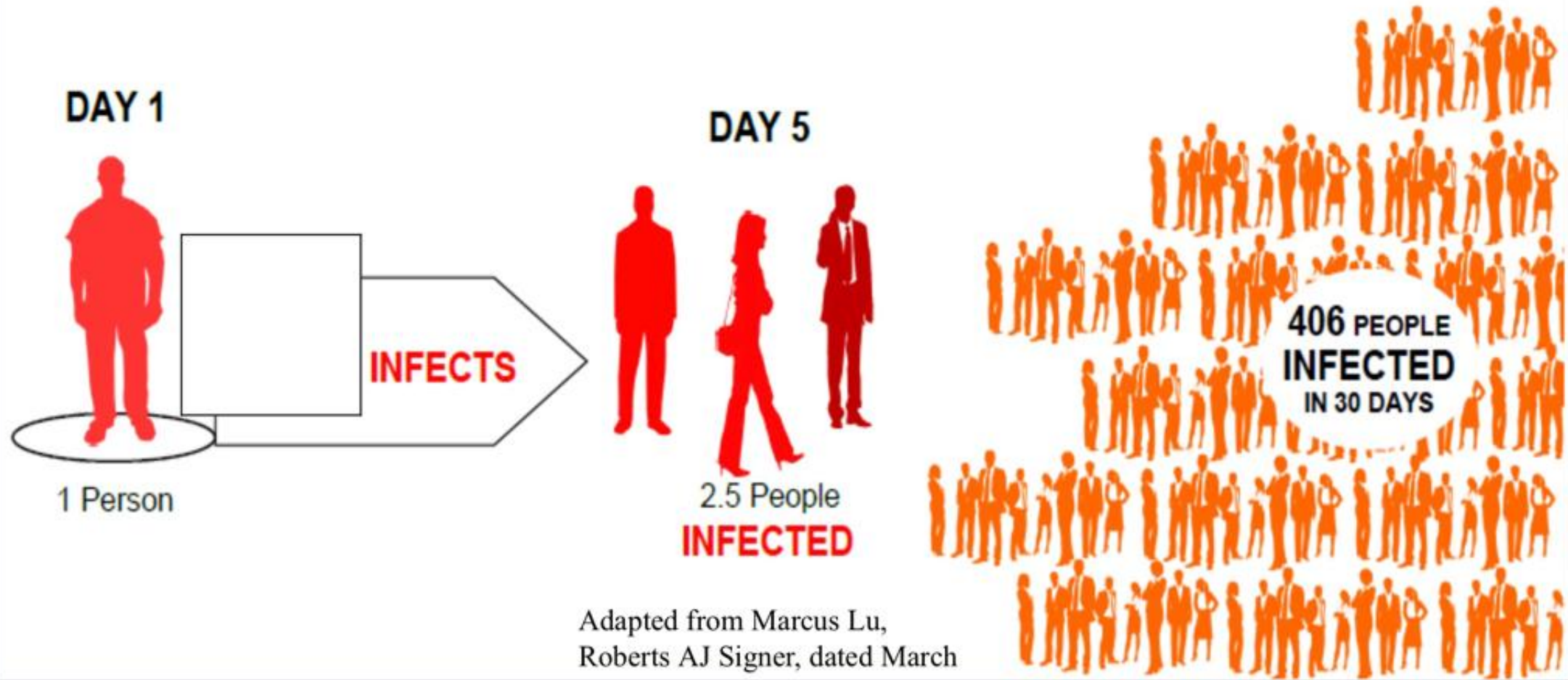


## Break-up of Covid-19 Positive Sources

### Transmission of Covid Cases

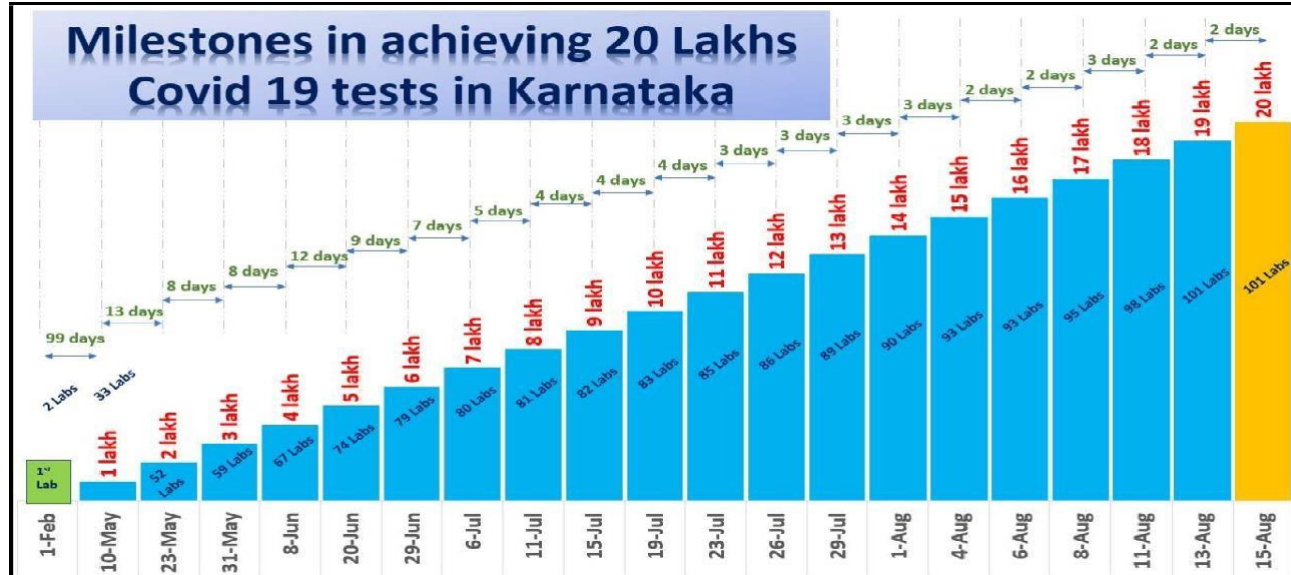


# No Social Distancing Measures In Place



## Milestones in achieving 20 lakhs Covid tests in Karnataka

Karnataka has conducted over 20 lakhs Covid tests from 23/3/2020 to 16 /8/2020 and stands as one of the top states conducting the maximum number of tests.



**From February to May 2020**, Karnataka took around 99 days to conduct first 1 lakh tests, however at the turnaround time to conduct **1 lakh tests is 2 days** with the establishment of **101 labs** across Karnataka.

The number of tests conducted per month from March 2020 to August 2020 has increased from **2309 to 6,89,530**.



**FREE TREATMENT FOR THE POOR**



**Private laboratories can not charge exorbitant to Covid19 RT-PCR Testing**

**CHARGES FOR COVID19 RT-PCR TESTING**

**Direct Testing - 2000/-**

**Government referral - FREE**

**At Airport for International Passengers - 650/-**

**Rapid Antegen Test - 700/-**

**To know your nearest labs visit <https://www.icmr.gov.org> or call 14410**

# Total cost of Testing

<b>Total Tested</b>	<b>21,32,488</b>
<b>RT-PCR (15,80,838 X 3,000)</b>	<b>4,74,25,14,000</b>
<b>RAT (5,51,650 X 700)</b>	<b>38,61,55,000</b>
<b>TOTAL</b>	<b>Rs. 5,12,86,69,000</b>





**KNOW YOUR COVID-19 TEST RESULT**



**USING SRF ID**

Know your **COVID-19** test results by entering your **SRF ID** in the following portal

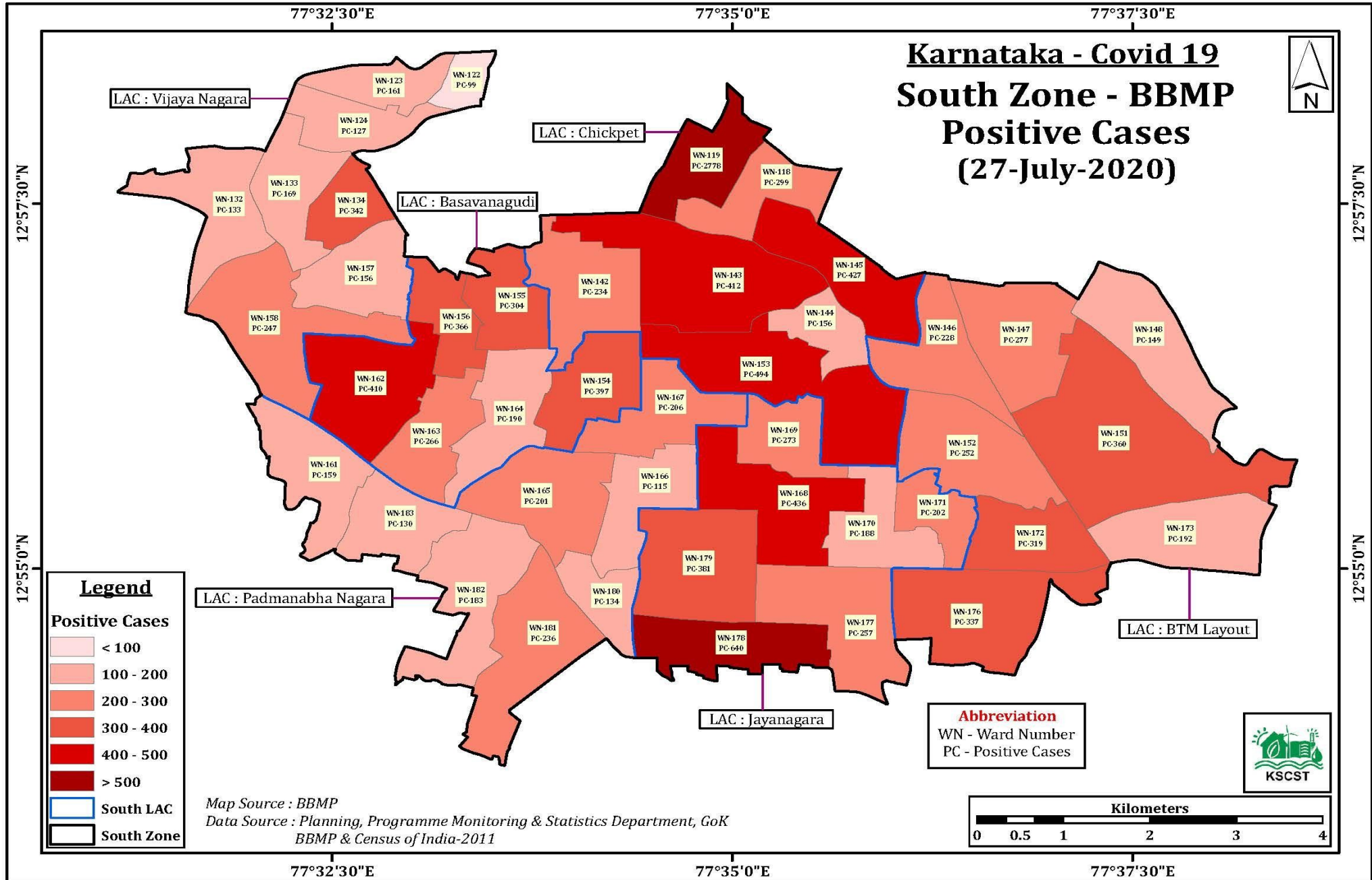
<https://www.covidwar.karnataka.gov.in/service1>

For COVID-19 related information call Apthamitra Helpline 14410

# LEVERAGING TECHNOLOGY

- Monitoring tool for Fever clinics, Isolation Centres & Covid Hospitals
- KPME app to crowd source ILI, SARI and Covid-19 suspect cases
- Pharma and Druggists app to Monitor OTC drugs related to fever/ ILI, SARI
- Readiness Indicator- An Advisory tool for self assessment of Workplace readiness
- Covid Unified Portal- Single source of Covid19 related information from GoK
- Helpline to track addresses from Mobile No's record/symptoms/tele medicine

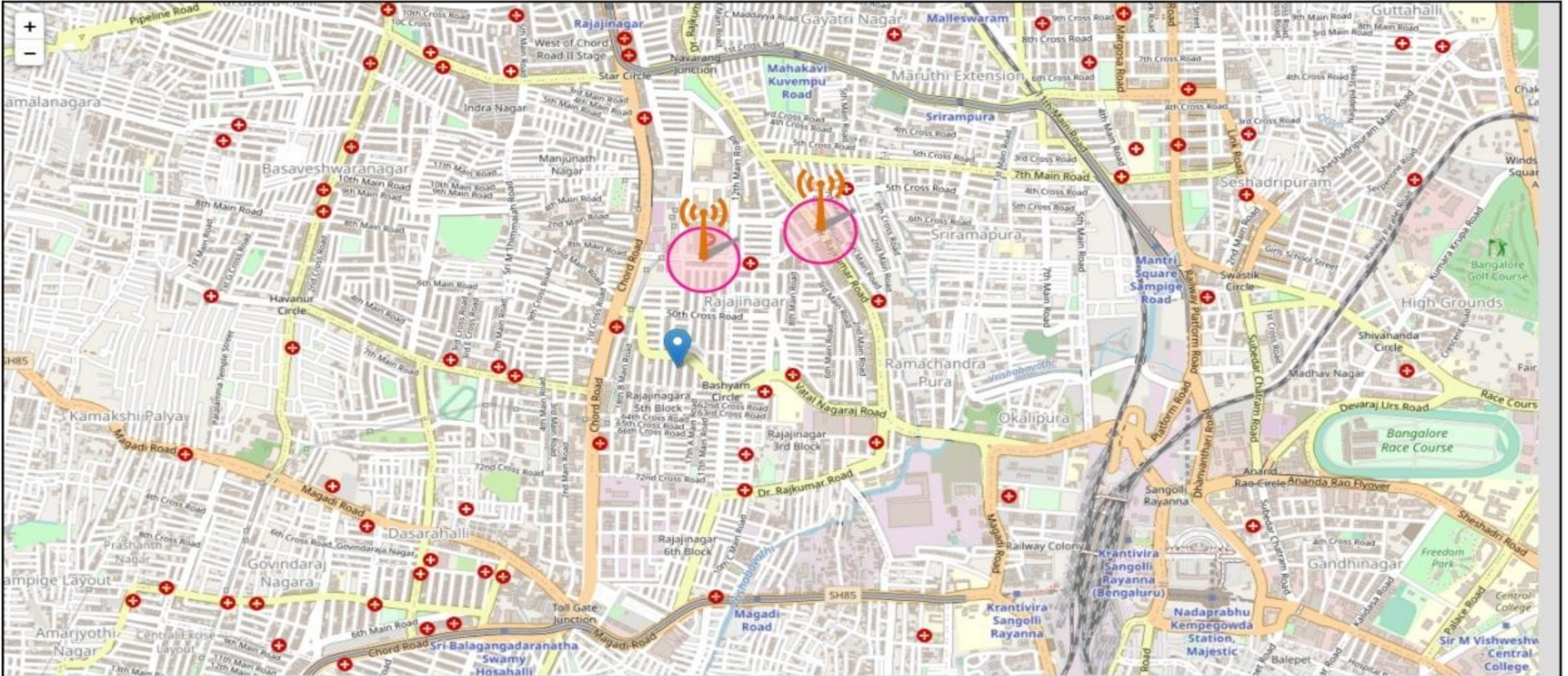
# WAR Room for Micro level Analysis



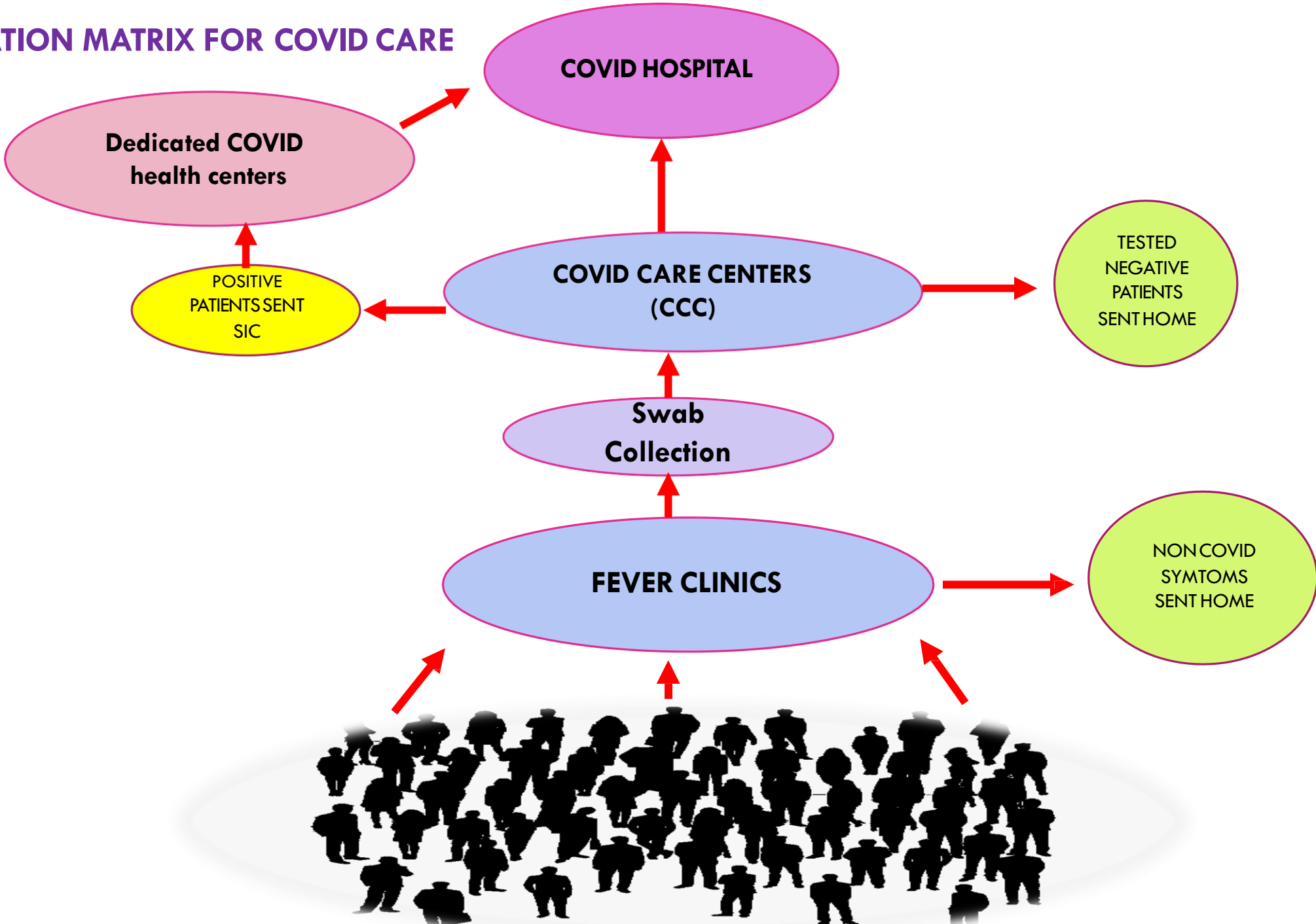
# Arogya Setu Hotspots

Map for Srirampuram, 560021

(2,3) / 18 Towers



# ESCALATION MATRIX FOR COVID CARE





screening all the vulnerable population elderly with co-morbidities at apartment complex wilson garden



AGRAWAL SEVA SAMITI  
CHARITABLE TRUST

MAHARAJA AGRASEN HOSPITAL  
FREE HEALTH  
CHECKUP CAMP

KA 05 AE 5735

24x7

# Systematic COVID testing patient line up in BALLARI





# Sanitising schools





Bruhat Bengaluru  
Mahanagara Palike



# Do you want to be a **Corona Warrior**?

All you have to do is volunteer with the **BBMP Testing Teams** for:

1. Counselling the Covid patients onsite
2. Counselling the Covid Patients over the phone
3. Assist as a Swab Collector
4. **Mental Health Counselling**

**The time to serve is now!**  
**“We are counting on you!!”**

Kindly fill the form attached to the link below

<https://forms.gle/gub2Qx8aYfRwLgg9>



In the public interest, Bruhat Bengaluru Mahanagara Palike, Health Department Medical Division invites Walk-in-interview for Lab Technicians and interested Volunteers to conduct Swab Tests (RAT PCR) / Rapid Antigen Tests (RAT) for Primary and Secondary Contacts on a contract basis.

# WALK-IN-INTERVIEW

REQUIREMENT	QUALIFICATION	RENUMERATION
Lab Technician	Lab Technician Course or Relevant Degree	Rs. 20,000
Volunteers	PUC (Science) & above	Rs. 30/- Per RAT Test

## ELIGIBILITY CRITERIA



# Science grads to collect swabs

**BBMP is seeking volunteers to help with its work in containment areas and red zones**

| [Kumaran.P@timesgroup.com](mailto:Kumaran.P@timesgroup.com)

TWEETS @kumaranp\_Mirror

**T**he Bruhat Bengaluru Mahanagara Palike (BBMP) testing team has now invited science graduates to help with counselling Covid-19 patients, in person and over the phone, and most importantly, to volunteer to collect swab samples.

The testing team has set up mobile teams that will go to the containment zones, red zones and clusters to collect as many swab samples as possible during the lockdown.

Dr Shalini Rajneesh, who is spearheading these teams said, "The need of the hour is to deploy mobile teams on the ground so that they visit the containment zones, cluster areas and hot spots, where the number of cases are more." She explained that people from these areas cannot come to fever clinics because of the lockdown.

## Why science students?

"We need students from a science background because they need to know about the human anatomy and then they can be trained to collect swab samples. All precautions will be taken while deploying them," she added.

Rajneesh also said that people with comorbidities and those living in containment zones should not volunteer for the project. She said that currently, over 150 volunteers have joined this project, and only a few of them are science graduates.

Another IAS officer Priyanka, who is coordinating the initiative, said that more people need to come forward. She said the volunteers will be trained in public health centres (PHCs) first and only when they are comfortable will they be deployed on the field.

Meanwhile, Dr CN Manjunath, director of Sri Jayadeva Institute of Cardiovascular Sciences and Research and nodal officer for testing said that maximum number of people should be tested. "Initially, in Karnataka, we

KAUSHIK JN



In Bengaluru, around 6-7,000 swab samples are being collected everyday

**Rajneesh said that people with comorbidities and those living in containment zones should not volunteer for the project**

were testing 15,000 and then it went up to 17,000. Now we are testing around 22-23,000 per day. Even in Bengaluru, around 3,000 swab samples used to be collected and now 6-7,000 swabs are being collected. It is a continuous phenomenon. At least 50 per cent of the swabs collected are tested every day. The rest is moved to the next day."

## COVID 19 FUTURE STRATEGIES

**Act quickly and aggressively go after the virus and stop the chain of transmission, and engage with people with clear and simple communication**

**BJS**  
Berkas untuk Pahlawan

**FORCE**  
MOTORS



# MISSION ZERO

Zero Covid Cases



**A PUBLIC MOVEMENT FOR  
A HEALTHIER TOMORROW**



# Karnataka Fights Corona



**Punishable  
Under Section  
188 IPC**



**Wearing mask  
compulsary**



**Maintain social  
distancing**



**No Spitting**

**Violating the orders issued to  
control COVID-19 is punishable with  
imprisonment/ fine or both**

**For more information call  
24/7 toll free Health Helpline 104 or 080-46848600/ 66692000**

# COVID 19 FUTURE STRATEGIES

**Effective communication strategy to counter disinformation:** Communication to the public should be simple, transparent and concise on do's and don'ts, also reassuring the public.





**OUR GOAL IS TO BRING CONFIDENCE IN PEOPLE BY CREATING AWARENESS THAT COVID19, IS A PREVENTABLE AND CURABLE DISEASE BY STRICTLY FOLLOWING THE GUIDELINES AND MEASURES ORDERED BY WHO and MOHFW**



# StopTheSpread



# 7 Steps to prevent the spread of COVID-19

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose, and mouth
- 03** Cover your mouth when you cough using a tissue or the bend of your elbow
- 04** Avoid crowded places and close contact with anyone who has fever or cough
- 05** Stay home if you feel unwell
- 06** Seek medical care early if you have a fever, coughs, and difficulty breathing—but call first
- 07** Get information from trusted sources

## Advisory for **Gated Residential Complexes to Contain COVID-19** (1/8)



### Specific Preventive Measures



Posters/standees/AV media on preventive measures about COVID-19, common signs & symptoms to be displayed

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Early reporting & sanitization of premises, outside & inside the gated complex

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Provisions for hand hygiene to be made available at entry points & in work areas

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Thermal screening of visitors at entry points & only asymptomatic individuals to be allowed

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## Advisory for **Gated Residential Complexes to Contain COVID-19** (2/8)



### Specific Preventive Measures



Vendors, household helps, car cleaners, delivery personnel etc. to also undergo such screening daily

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Physical distancing of at least 6 feet at all locations, incl. parks, corridors, etc. to be followed

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Large gathering, parties, functions, prayer meetings, etc. shall be avoided

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Number of people in elevators to be restricted, duly maintaining social distancing norms

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## Advisory for **Gated Residential Complexes to Contain COVID-19** (3/8)



### Specific Preventive Measures



Ensure frequent sanitization of common facilities, e.g. door handles, benches, elevator buttons, electric switches, railings, etc.

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Ensure regular supply of hand sanitisers, soap & running water in common areas and washrooms

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For AC/ventilation, guidelines of CPWD to be followed - all AC devices to be 24-30°C, Relative Humidity to be 40-70%, intake of fresh air to be as much as possible with adequate cross ventilation

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RWAs to encourage all residents to inform them in case any resident reports symptoms suggestive of COVID-19

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## Advisory for **Gated Residential Complexes to Contain COVID-19** (4/8)



### Activities to be Undertaken by RWAs



Follow Govt advisories for the citizens and disseminate it further through notice board or social media/chat groups

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Maintain suitable linkages with nearest health facilities to handle any health contingencies such as any person developing symptoms

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Address myths & misinformation/fake news on the RWAs social media by verifying the facts from govt sources like [mohfw.gov.in](http://mohfw.gov.in) or [mygov.in](http://mygov.in)

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Address COVID-19 related stigmatization; ensure installation & use of Aarogya Setu App by residents

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## Advisory for **Gated Residential Complexes to Contain COVID-19** (5/8)



### Activities to be Undertaken by RWAs



Maintain and oversee availability of masks, pulse oximeter, sodium hypochlorite solution, water supply & OTC drugs like paracetamol, ORS etc

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The RWAs desirous of setting up Covid Care Facility can plan such facilities as per the detailed guidelines issued by Health Ministry

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Facility be made operational only if required guidelines & standards are met as per direction issued by local health authorities

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## Advisory for **Gated Residential Complexes to Contain COVID-19** (6/8)



### Measures to be Taken on Occurrence of Case(s)



RWA shall encourage residents to self-report symptoms and facilitate their testing, isolation & quarantine of contacts



Provide counselling, guidance and support to COVID-19 affected individuals & families; Social support and avoidance of stigmatization



Special attention to households with no family member to take care of the dependants



Risk assessment by designated public health authority regarding management of case, his/her contacts & need for disinfection to be made



RWA to facilitate decisions taken by public health authority for home quarantine of contacts/home isolation of patient



## Advisory for **Gated Residential Complexes to Contain COVID-19** (7/8)



### Actions to be Undertaken if Gated Complex is Declared as Containment Zone



Facilitate house-to-house search by healthcare workers

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Facilitate identification of elderly/co-morbid patients residing within the complex and help monitor their health

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Ensure that all houses are covered under daily surveillance

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Shift the suspect to nearest Covid treatment facility

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## Advisory for **Gated Residential Complexes to Contain COVID-19** (8/8)



### Actions to be Undertaken if Gated Complex is Declared as Containment Zone



Facilitate that all residents remain at home and shall only come out for meeting essential requirements

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Create awareness among habitants on public health measures such as hand washing, respiratory hygiene etc

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RWA/societies should provide volunteers to support residents for maintaining essential services

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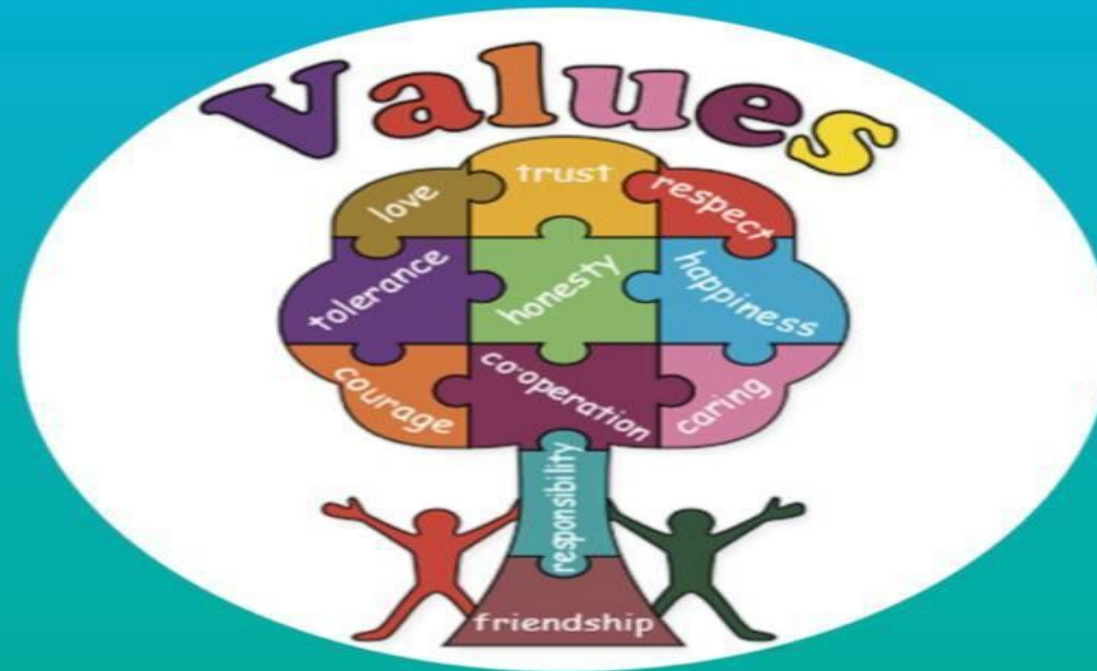
# DON'T FEED THE FEAR



## Don't Feed the Fear

Strike Balance between taking safety measures and imposing own Do's and Don'ts

# EDUCATE YOURSELF



- Beyond watching TV news
- Don't get into melodrama of social media, Don't project onto others
- Go with realities – things are changing on daily basis
- Be flexible, be adaptive, be willing to make difficult choices

# WHAT IS MOST IMPORTANT?



- **Safety to everyone is your responsibility**
- **Have clean expectations and fine tune them as necessary**
- **Work from home is just a step**
- **Fellow residents should feel safe, engaged, informed and useful**

# BUILD A CLEAR PLAN FOR RESIDENTS



- **Rapid Antigen test, RT-PCR test**
- **Shifting to Hospital**
- **Sanitization of COVID positive flat and surroundings**
- **Co-operate with local authorities when a resident is tested positive**
- **Do not Stigmatize a COVID positive patient, Provide moral support**
- **Keep all the information handy issued by the Government**

# CREATE CONNECTIONS



- **Communicate as much as possible**
- **Be available when fellow residents need your help**
- **Nothing is worse than a leader fading away when the chips are down**
- **Be comfortable to discuss personal concerns also**
- **Make use of technology like video conferencing, Skype, WhatsApp, etc**

# BE AUTHENTIC! BE HONEST!



- **In times of crisis people crave for their family**
  - **Do not hide any bad news**
  - **Be honest to say 'I don't know' if you don't know something**
  - **You don't need to know everything**
  - **Don't forget that people trust you and follow you**
- Be calm and safe**





ಕರ್ನಾಟಕ ಸರ್ಕಾರ



## ಆಯುಷ್ ಇಲಾಖೆ

### ರೋಗನಿರೋಧಕ ಶಕ್ತಿ ವರ್ಧಿಸುವ ಆಯುರ್ವೇದ ಸಲಹೆಗಳು

1



ಚ್ಯವನಪ್ರಾಶ  
10ಗ್ರಾಂ (1ಚಮಚ)  
ದಿನಾ ಬೆಳಿಗ್ಗೆ

2



ತುಳಸಿ, ದಾಲ್ಚಿನ್,  
ಕರಿಮೆಣಸು  
ಒಣಶುಂಠಿಗಳನ್ನು ಸೇರಿಸಿ  
ಕಷಾಯ ತಯಾರಿಸಿ  
ದಿನಕ್ಕೆ ಒಂದು ಅಥವಾ  
2 ಬಾರಿ 15-20 ಮಿಲಿ  
ಕುಡಿಯುವುದು.  
(ಅಗತ್ಯವಿದ್ದಲ್ಲಿ ಬೆಲ್ಲ /  
ಲಿಂಬೆರಸ ಬೆರಸುವುದು)

3



ಅರಿಶಿನ ಹಾಲು  
(ಗೋಲ್ಡನ್ ಮಿಲ್ಕ್)  
1/2 ಟೀ ಚಮಚ ಅರಿಶಿನ  
ಪುಡಿಯನ್ನು 150ml  
ಬಿಸಿ ಹಾಲಿನಲ್ಲಿ ಸೇರಿಸಿ  
ದಿನಕ್ಕೆ ಒಂದು ಅಥವಾ  
ಎರಡು ಬಾರಿ  
ಸೇವಿಸುವುದು.

ಆಯುರ್ವೇದ ಪದ್ಧತಿ ಬಳಸಿ

ರೋಗ ನಿರೋಧಕ ಶಕ್ತಿ ಹೆಚ್ಚಿಸಿ



Government of Karnataka



## Department of AYUSH National AYUSH Mission



Hon'ble Minister for health and family welfare  
Sri B. N. Kiranshu visit to general hospital



COVID-19

# Coronavirus

## Do Not Panic, Be Aware !

An infection with corona virus typically affects the respiratory tract of mammals including humans. This Virus first originated in Wuhan City, China.

There is no exact treatment for this. As per the symptoms treatment will be given. No vaccination available.

### In addition, the following AYUSH specific measures may be adopted:



✓ The diet should be fresh, warm, easy to digest, containing whole cereals, seasonal vegetables etc.,



✓ Frequent sipping of water boiled with tulsi leaves, crushed ginger and turmeric would be beneficial.



✓ Decoction prepared from dried stem of amruthaballi (*Tinospora cordifolia*) 15-20ml to be used 2 times a day.

✓ Honey with a pinch of pepper powder is also beneficial in case of cough.

✓ Frozen and heavy foods are best avoided.

✓ It is always beneficial to avoid direct exposure to cold breeze.

✓ Appropriate rest and timely sleep are advisable.



For further information please visit near by Government, AYUSH dispensary, Hospitals and AYUSH medical college hospitals.

Our website covid19.karnataka.gov.in has full information. Pl share as much as possible



# Helplines for COVID-19 or other Health Emergencies

## HELPLINES for COVID-19 or other Health Emergencies

**APTHAMITRA**

**14410**

COVID-19 only helpline,  
telemedicine & referral to  
hospital

**AMBULANCE**

**108**

All health emergencies  
including COVID-19

**GET HELP**

**1912**

For grievances related  
to denial of hospital  
admission for COVID-19

**HELPLINE**

**104**

Information regarding all  
general health issues

# NEED FOR COMMUNITY SUPPORT

- Mental health counselling help line no **080-46110007**

<b>C + Quarantine/ Isolation No's-</b>	<b>3,83,388</b>
<b>Migrants from other states / Countries</b>	<b>69,620</b>
<b>Doctor's and Help workers</b>	<b>10,027</b>
<b>Total</b>	<b>4,63,035</b>

# DESTIGMATISE CORONA POSITIVE

- Educate your self about Do's & Don'ts
- Prepare clear plan of action.
- Inspire Symptomatic residents to go for Testing.
- Build care network for C+ residents
- Promote Volunteerism
- Promote precautions and self policing
- Build connection with zonal team for quick response to patients(Tele Counselling, Tele medicine, Testing, Ambulance, Beds)
- CELEBRATE THE RETURN OF COVID RECOVERED AND DONATE PLASMA



## Department of Health and Family Welfare



**IF YOU HAVE RECOVERED  
FROM COVID-19,  
YOUR PLASMA  
DONATION  
CAN SAVE LIVES**

### **What is Plasma Therapy?**

Convalescent plasma therapy is a novel treatment to fight coronavirus. Plasma therapy uses antibodies from the blood of a recovered COVID-19 person to treat patients who are critically infected by the virus.

### **Who can donate plasma?**

- ◆ Age should be between 18 years and 60 years
- ◆ All men and nulliparous women (never been pregnant) can donate
- ◆ Weight should be above 50 kg
- ◆ Can donate after 28 days of discharge

**Plasma Donation is a  
Safe and Simple Procedure**

**₹5000/- will be paid to donor  
towards nutrition and care**

### **Where to donate plasma and whom to contact?**

**Department of Transfusion Medicine (Blood Bank)**

Plasma Donation Centre

Victoria Hospital Campus, K R Market

Tel: 080-47190606

Email: [bngu.victoriahospital.bb@gmail.com](mailto:bngu.victoriahospital.bb@gmail.com)

**Be a COVID-19 Warrior-Donate Plasma, Save Lives**

**#KarnatakaFightsCorona**

*Health For All, Health Everywhere*

ಎಲ್ಲಾ ನಾಗರೀಕರಿಗೆ ಹಾಗೂ ಸಂಘ ಸಂಸ್ಥೆಗಳ ಪ್ರತಿನಿಧಿಗಳಿಗೆ ಶಪಥ

“ನಾನು ಈ ಸುಂದರ ನಗರದ ಬುದ್ಧಿವಂತ ನಾಗರೀಕ ಆಗಿದ್ದೇನೆ. ಕೊರೊನಾ ಮಹಾಮಾರಿಯನ್ನು ನಿಯಂತ್ರಿಸಲು ನಾವು ಸರ್ಕಾರದೊಂದಿಗೆ ಕೈಜೋಡಿಸಿ ಜನ ಸಾಮಾನ್ಯರ ಸಂಪೂರ್ಣ ಸಹಕಾರವನ್ನು ಒದಗಿಸಲು ಬದ್ಧವಾಗಿದ್ದೇವೆ. ಈ ಸೋಂಕನ್ನು ಓಡಿಸಲು ನಾವೆಲ್ಲರೂ ಹೋರಾಡೋಣ ಹಾಗೂ ಶಕ್ತಿಮೀರಿ ದುಡಿಯೋಣ”