

Dear ELCitizens

The Covid 19 Pandemic is galloping and our shortage of medical facility can be major cause of worry in the coming days. While Govt. is working on containing it, we as citizens have responsibility to comply with guidelines and do our bit to limit the spread. There are many communication channels which create awareness and advice on managing ourselves in the current situation. Electronics city is unique in itself that it has Industrial area with very little occupancy (currently) and surrounding residential areas which have crowded population in PGs, apartments, houses and migrant settlements.

As the virus is here to stay, we should find ways to live with it and accept the new normal.

1. Compliance to social distancing, Thermal Screening while entering, hand washing, sanitising has to be complied without fail.
2. Working from home shall be normal and coming to work should be really required
3. Moving out of home only when absolutely required.
4. Even in workplace there is no need to walk across and talk to people as everything can be done over calls.
5. Travel /trips in general and during weekends need to be avoided and If absolutely required travel should have prior approval and to be declared on arrival. Company can decide whether it is safe to allow the person to work.
6. There have been panic situations when anyone experience symptoms or have come in contact with Covid +ve cases or stayed close to Covid +ve patients
7. Visitors are a strict NO and today we can do everything on digital platforms
8. All training programs shall be using webinars

As virus is closing in on us, it can affect anyone anytime and hence ELCITA intends to help ELCitizens in making the experience of going through testing, finding hospital, getting ambulance and waiting for results, consulting with doctors slightly better.

Alert:

1. Person at home is having covid like symptoms which may or may not be covid19.
2. Person has come to company and during screening found sick with covid like symptoms
3. Person is working and experiences covid like symptoms
4. Person had primary or secondary contact with covid patient

In all cases it is important that the person does not panic and stays in separate room and either the person or any one

1. Contact ELCITA help desk @ 080-2852 2888/ 4660 2222 from 9:00 AM to 5:00 PM.
2. 5:00 PM to 9:00 AM - ELCitizens can contact Aptamitra or wait till next day and contact ELCITA help desk.
3. Those who are in the Bangalore city please contact Aptamitra @ 14410.

Help desk will ask enquire and gives the following options

1. Contact Aptamitra @ 14410
2. Call Govt help line nos. | 104/9745697456
3. Visit the doctor
 - a. Doctor retained by their respective company
 - b. Doctor in hospitals near electronics city (list with contact details will be shared by help desk)
4. Online consultation – link will be shared by help desk
5. Talking to their regular physician

Result of above consultation

Covid-19 Test

Not recommended	Recommended
Inform respective company	Govt facility – Free <ol style="list-style-type: none"> 1. Contact Aptamitra @14410 and follow instruction 2. Check Arogya Sethu for the nearby testing facility

Inform ELCITA & Refer their regular doctor for further investigation	Private facility – Paid Services near ecity (contacts details will be shared by help desk) 1. Kaveri hospital 2. Narayana Hrudayala 3. Syngene - 4. Anand diagnostics
	Contact Details 1. Syngene- Divyashree- 9620919631, Smit Shah- 9986111939 2. Kaveri Hospital-

Waiting till results are made available

1. Self Quarantine at Home and not mixing with others
2. Paid quarantine institutes near ecity – list will be shared by Help desk

Result received

Negative	Mild case	Hospitalisation required
1. Get treated for any other ailments	Home quarantine 1. Call Aptamitra and follow instructions 2. Call ELCITA retained doctors list for tele - consultation	Govt arranged hospitals – Call Aptamitra
2. Inform their respective company	Treatment at private hospitals / Institutes near electronics city (Paid Service) – list with contact details and bed availability will be shared by Help Desk	Treatment at private hospitals near electronics city (Paid Service) – list with contact details and bed availability will be shared by Help Desk
3. Inform ELCITA Help Desk	Ambulance Required : 1. Call 108 for a free ambulance 2. Call Help desk for ELCITA Ambulance (available post 31 st July) 3. Call private hospital of their choice	

ADDITIONAL RESOURCES

Helpline channels for Support

COVID-19 Karnataka SAHAYA

An official Q & A platform for citizens to discuss COVID19 related issues in Karnataka State, India. Ask anything and get the correct answer.

Run by the Dept of Info and Public Relation, in association with ESI and Citizens.

https://t.me/karnataka_Covid19

Helpline Run by Private organisations (Free of charge)

www.firstdoctor.clinic ,

<https://youtu.be/xjmitbcRYnY>

(This is a free service)



Dear Patron,

‘FIRST DOCTOR’ is providing Holistic Health Care assistance for flu / Influenza Like Illness / Covid 19.

Our team, by June 2020, recovered over 5000 cases with NO MONEY, NO MEDICINE & NO MORTALITY, but with a scientific, research and evidence-based NUTRITION PLAN. FREE PERSONALIZED GUIDENCE.

For assistance in Home Quarantine, needy can enrol with us. Patients will be attended, on first-cum-first-serve basis, depending on the availability of time slots and critical issues will be given priority.

Patients will be treated over WhatsApp and Call.

Interested to volunteer, pls enrol as Covid-Warrior.

www.firstdoctor.clinic,

<https://youtu.be/xjmitbcRYnY>

Emergency

WhatsApp +91 99 45 444 777.

Thank you,

FIRST DOCTOR, Live Best Health Care, initiative.



Narayana Health City, Bangalore

Introducing
**COVID-19
Remote Care
Program**

Comprehensive & Personalized
Care from the comfort of your
Home during self-isolation.

To know more ☎ 186 0208 0208



Package
Rs. 6,000 for 17 Days

INCLUSIONS

- Tele-review with a doctor (5 consultations)
- Dedicated on call Nurse (3 reviews in a day)
- Daily case assessment by doctor
- Self-monitoring and general hygiene guidelines
- Emergency alerts
- One consultation with Dietitian

*COVID-19 Care Kit is not included in this package

Basic COVID-19 Care Kit - Rs. 4300

Digital Thermometer | Pulse Oximeter | N95 Masks (5 Nos) | Examination
Gloves (20 pairs) | Sanitizer (500ml) | Paracetamol (20 Nos) | Cetirizine (10
Nos) | Betadine - Gargle & Mouthwash.

*BP Operator & Glucometer is not included in this package and will be
charged extra as per the MRP if opted.

COVID-19 Care Kit is available at

CP Pharmacy - Narayana Health City, Bommasandra
Pharmacy - Narayana Multispecialty Hospital, HSR Layout
Pharmacy - Narayana Multispecialty Clinic Veerankani Drive, Ecity |
Pharmacy - Narayana Medical Centre, Langford Town.

Terms & conditions*

- Bed is subject to the availability if advised for Hospitalization.
- Home delivery of medicine & lab sample collection is not available.

Book an Online Consultation on www.narayanahealth.org or Scan the QR code



25&A, Hosur Road, Bommasandra Industrial Area, Anekal Taluk, Bangalore 560099

(This is a paid service)



**Department of
Health and Family Welfare**



Shri B. S. Yeddyurappa
Hon'ble Chief Minister



TAKING A COVID-19 SWAB TEST?

Home Isolation is your responsibility

As a matter of abundant caution and to ensure safety of your loved ones, any person awaiting results from a **COVID-19 SWAB TEST** must remain in home quarantine till the test results are available.



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



Hon'ble Minister for Health & Family Welfare
Shri B. Sriravankumar visiting COVID-19 Government Hospital

**CAUTION WILL
HELP US ENDURE**

#KarnatakaFightsCorona

Health For All, Health Everywhere

(This is a free service)

Government of Karnataka

Emergency medical support: 104/ 9745697456

Apthamitra Helpline: 14410

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

[Visit Fever Clinic](#)

(Govt/Pvt)

[Visit swab collection centers](#)

[Covid Testing Labs](#)

Covid Test Result:

Positive ([Inform local health officials](#))

[Home Isolation](#)

[Call 108](#)

[Govt Hospital Free](#)

[Private hospital paid by patient](#)

[Private Hospitals Bangalore](#)

[Isolation Centres Government](#)

[Covid Care Centres \(CCC\)](#)