

Dear IISc community,

The COVID 19 pandemic has disrupted our normal routines and created certain amount of uncertainty in our lives. At this juncture you may have many queries regarding how to proceed /what to do in case you or your loved ones develop symptoms related to COVID infection .We from the Health Centre have put together information that can help you in that front.

1. SEEK HELP FOR SYMPTOMS EARLY: If you develop fever, cough or cold Visit Flu clinic HC or call HC for discussing the case with a Medical Officer as soon as possible .The doctors will take a call regarding requirement for COVID test and will refer you to appropriate Hospitals after checking the availability of slots .Early testing will ensure that you get proper treatment. After swabbing for COVID you will be sent home for isolation till the results are available.
2. TESTED POSITIVE WHAT TO DO : If you test positive you will contacted by BBMP doctors and will be managed according to your symptoms .Mild cases in patients without preexisting illness will be asked to Home isolate and monitor Temperature and Oxygen saturation with a pulseoximeter two times a day .The readings will be monitored by a designated Health Care worker .If you have moderate symptoms like persisting fever ,cough and low levels of oxygen you will be moved to a Designated Covid Care center .If you have severe symptoms like breathing difficulty and very low levels of oxygen you will be admitted to COVID hospital according to availability of beds .
3. IN CASE OF SEVERE SYMPTOMS AT FIRST PRESENTATION: Call Aphthamitra Helpline 14410 or 108 for immediate assistance directly to save time. PRIVATE HOSPITALS DO NOT ADMIT SEVERE CASES OF RESPIRATORY ILLNESS WITHOUT COVID REPORT EVEN IF THERE IS INSURANCE COVERAGE. HENCE DO NOT DELAY SEEKING MEDICAL HELP FOR MILD COVID SYMPTOMS.

Below is the list of the approved covid care centers and CovidHospitals:

<http://covid19.karnataka.gov.in/new-page/Isolation%20Centers/en>

<http://covid19.karnataka.gov.in/new-page/Designated%20Covid-19%20Hospitals/en>

HEALTH CENTRE IS NOW OPEN AFTER MAINTENANCE FROM 13 TH JULY 2020.

NURSING STATION: 08022932390 (24/7 for emergencies)

HEALTH CENTRE RECEPTION :08022932227 (8.30 am to 6.30 pm for routine enquiries)

SMO, Officer-in-Charge
Health Centre