

Covid Contingency Plan

A. General Preparedness

1. Familiarize yourself with Covid symptoms. Please refer to the site <https://www.mohfw.gov.in/pdf/FAQ.pdf> and Policy and Protocols document of IIITD.
2. Prepare a list of family and friends' emergency contact numbers and keep them handy.
3. Save emergency contacts on speed dial.
4. Keep some cash at home as you would not be able to withdraw money if you end up in self-isolation or quarantine.
5. Enable digital payment modes to avoid handling of currency.
6. Keep a copy of your current prescriptions on your phone. Also, keep your emergency contact informed about the same.
7. Ensure that you and your family members have supply of daily prescription medicines for at least three weeks at all times.
8. If you live by yourself and have a pet, please identify someone who can take care of the pet in case you need to be isolated/hospitalized. Make arrangements so that pets need not be taken out for relieving.
9. Keep small bottles of hand sanitizers that can fit into your pocket or purse.
10. Keep extra masks, box of hand gloves and extra sanitizer (Sodium Hypochlorite).
11. Keep multiple thermometers so as not to share them between family members.
12. Keep handy a list of testing labs in your area doing COVID testing. Check the process of booking for a test and whether the option of home collection is provided by the lab.
13. Check if your regular /Institute Doctor is available, else shortlist whom you would consult and get a prescription for testing if required.
14. Check out online video consultation options which most hospitals are offering from reliable and Covid dedicated hospitals.
15. Checkout vendors doing online supply of medicines. Make sure that you have a list of pharmacies/vendors for online supply of medicines.
16. Self-monitor your health. Take temperature regularly and record.
17. Maintain a stock of disposables for food.
18. Ensure your car is in running condition – check car batteries, tires, petrol/diesel.
19. Make arrangements for your spouse/ family members to run the household while you are at the quarantine centre/hospital.
20. Make arrangements to look after your children/ pets/ parents while you and spouse are at the quarantine center/hospital.
21. Refer to IIITD Guidelines & Protocol to get all information in one place.

B. If you have Covid Symptoms

1. In case you feel you have Covid symptoms, immediately self- isolate at home in a room with an attached bathroom.
 - a. Consult your registered medical practitioner /Institute Doctor at 531.
 - b. In case of distress only, contact the Resident Doctor at 9764904667(for emergencies only) or Staff Nurse at 7388141989. All patients will be seen during OPD hours itself.
 - c. Do not venture out, or call your maid, or entertain guests
2. If your doctor recommends COVID testing, refer Section E (Lab details close to you).
3. While waiting for the lab reports (which may take some time), please ensure that you remain quarantined.
4. If the results are negative, please consult the physician for further advice.
5. In case the symptoms continue, please re-consult the physician for further advice and management.
6. In case of positive test results:
 - a) Inform your RWA /Covid Care Committee over email
 - b) Follow your doctor's instructions. Self-isolate yourself completely if recommended home quarantine. No interactions with family members till you receive instructions from the government. There could be delays in lab results getting reported to government authorities and their response.
 - c) Ensure that the whole family is under home isolation and they do not venture out.
 - d) List down names of people that you were in touch over the last 7 days. This detail may be needed by the government for people who may have come in contact with you over the last 7 days.
 - e) Update your Arogya Setu app. Notify the people you were in contact with over a period of the last 7 days so that they can take necessary actions.
 - f) Collect all your dry, wet, medical trash in yellow bio- hazard disposal bag and check on BMS # 420/566 for collection process.
 - g) Grocery on chargeable basis will be provided at doorstep on calling BMS # 420/566
7. If you need to avail a separate quarantine facility, refer section G for a list of paid institutional quarantine facilities in Delhi.
8. If you are advised to admit in a hospital – refer Section H for a list of COVID hospitals in Delhi

C. General Preparedness for Home Quarantine

1. Ensure you have supply of your regular prescription medicine for a minimum of three weeks.
2. Ensure you have stock of dry ration, soaps, detergents, sanitizer for a minimum of two – three weeks.
3. Ensure that you have a mechanism of digital payment to facilitate purchases without cash transactions.
4. Ensure that you have some arrangement for your pet. Since you and family would not be allowed to take the pet for a walk nor a walker would be allowed. Make arrangements to relieve the pet at home.
5. Identify friends and family who can get essential supplies to your doorstep.
6. Identify friends and family who can provide cooked food at doorstep if you are unable to cook.
7. Keep a list of COVID hospitals handy with the contact numbers.
8. Keep the ambulance number handy.
9. Maintain physical self-isolation from other family members.
10. If you do not have space in the house for self-isolation, look out for Institutional paid quarantine facilities.
11. Read the Quarantine, self-isolation guidelines.
12. Identify who shall be the care provider in case the patient cannot manage on his/ her own. Care provider should be healthy (no comorbidities, pre-existing health conditions and must not belong to the vulnerable age group)
13. Physically Isolate not Emotionally. Continue talking to friends and family.
14. Home isolation ends after 14 days of onset of symptoms and no fever in the last 10 days.

D. General Preparedness for Institutional Quarantine/ Hospitalization

1. Do your research on which hospitals take COVID patients. Contact Institute Infirmary on 531 for assistance for beds in Batra Hospital/Moolchand Hospital/Apollo Hospital /IBS depending on availability.
2. Think of how you will get to the hospital – self-drive or cab. Check if the hospital provides an ambulance for the Covid patients.
3. Keep ambulance numbers for COVID patients handy.
4. Keep your medical insurance information handy and keep HR informed about hospitalization for them to facilitate better with TPA etc.
5. Prepare a bag with prescription medicines, mobile charger, books etc.
6. Ensure you have enough Masks, (face shield), gloves, Sanitizer.

Discharge Policy

<http://health.delhigovt.nic.in/wps/wcm/connect/b6af6e004e9fefb89ce8bd5dc9149193/Order11620.pdf?MOD=AJPERES&lmod=-1471732290&CACHEID=b6af6e004e9fefb89ce8bd5dc9149193>

E. Testing Labs in Delhi

<https://testcovid19.in/>

Private labs and some hospitals provide home collection of samples. viz Dr Lal ,Bhasin, Health Plus Lab

*** PS: A prescription from a registered practitioner is needed to get the Covid testing done. You can also look at online consultation for a prescription. Many hospitals have started telemedicine facilities now.**

F. Online Consultation Links

1. Apollo Online Consultation

<https://apollohomecare.com/virtual-consultation/>

2. Fortis Online Video Consultation

<https://www.fortishealthcare.com/lp/video-consult/>

3. Medanta e-Clinic

<https://www.medantaclinic.org/#!/home>

G. Institutional Quarantine Facilities

Self-Quarantine

Packages for assistance available from Medanta Hospital; Sir Ganga Ram Hospital etc-

H. Covid Hospitals and Ambulance

COVID Hospitals

<http://health.delhigovt.nic.in/wps/wcm/connect/ace493004e997f7fb911fbd194e333e1/Revised.pdf?MOD=AJPERES&lmod=-1652956461&CACHEID=ace493004e997f7fb911fbd194e333e1>

Ambulance Contact Nos

CATS AMBULANCE 102 or 1099

I. Self-Isolation and Quarantine Guideline / Care Packages

- Check out : <https://delhifightscorona.in/home-isolation-protocol/>

J. Helpline Numbers

<http://health.delhigovt.nic.in/wps/wcm/connect/3401d5804dbc9e69a902ff982ee7a5c7/HL.pdf?MOD=AJPERES&lmod=719880877&CACHEID=3401d5804dbc9e69a902ff982ee7a5c7>

People with fever, cough and difficulty in breathing should immediately inform health authorities @ Helpline (1075)

K. Important info: Addition of Hospital facilities by GNCTD

<http://health.delhigovt.nic.in/wps/wcm/connect/7ebf85004e92d726a8bdebd194e333e1/NO.pdf?MOD=AJPERES&lmod=-1802385442&CACHEID=7ebf85004e92d726a8bdebd194e333e1>