

Covid-19 Handbook for Tamil Nadu

EDITION #01

**COLLATED FROM PUBLICLY
AVAILABLE INFORMATION BY
VOLUNTEERS AT KUTHUVILAKKU**

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**In case of an emergency,
Call TN State Helpline
044 29510500**

Kuthuvilakku

AN ASSURANCE OF QUALITY



ROUND TABLE Covid TASK FORCE COIMBATORE CITY

We are working in collaboration with the Round table Covid Task Force, Coimbatore to fight this COVID – 19 pandemic.

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Symptoms

People of all ages who experience fever and / or cough associated with difficulty in breathing or shortness of breath, chest pain or pressure, loss of speech or movement should seek medical care immediately.

The most common symptoms of COVID-19 are:

Fever, Dry Cough, Fatigue

Other symptoms that are less common and may affect patients:

- Loss of taste or smell
- Nasal congestion
- Conjunctivitis (also known as red eyes)
- Sore throat
- Headache
- Muscle or joint pain
- Different types of skin rash
- Nausea or vomiting
- Diarrhea
- Chills or dizziness

Symptoms of Severe COVID-19 disease include:

- Shortness of breath
- Loss of appetite
- Confusion
- Persistent pain or pressure in the chest
- High temperature (above 38 °C / 100 °F)

Other less common symptoms:

- Irritability
- Confusion
- Reduced consciousness
- Anxiety
- Depression
- Sleep disorders

Testing Labs in Tamil Nadu

RT-PCR test is a mandatory test for any covid treatment. It automatically generates an SRF ID while collecting samples

TrueNat is a comprehensive test for screening and confirming the COVID-19 virus in India.

CBNAAT COVID-19 test is alternate Cartridge-based nucleic acid amplification test.



GO TO
STOPCORONA.TN.GOV.IN



**List of Testing Labs
In Tamil Nadu**
CLICK HERE



**List of Local Covid
Helpline Numbers**
CLICK HERE

CHECKLIST / IMPORTANT INFORMATION FOR TESTING

- Carry a copy of Aadhaar Card and your Mobile Phone when visiting the lab for testing
- Ensure you get the SRF ID via SMS before leaving the lab after the swab sample has been collected
- RT-PCR test results could take up to 96 hours

Hospital Beds



GO TO
**Tamil Nadu COVID
Beds**

TNCovidBeds: Bed availability status for COVID patients in hospitals for severe cases, health centres for moderate cases and care centres for mild cases in Tamil Nadu region.



GO TO
**Tamil Nadu COVID
Info**

Tamil Nadu COVID Info: Check for availability for Beds and Plasma.



GO TO
**Official Twitter for
104 Helpline**

Official Twitter for 104 Helpline, Government of Tamil Nadu: Tag @104_GoTN, #BedsforTN, Google form for urgent requests.



GO TO

#BedsforTN

#BedsforTN: A Google form for urgent request for hospital beds – TN health department helpline

Step by step registration:

First process:

1. Enter Patient Name
2. Enter your age
3. Select your gender
4. ID Number (Aadhaar/Driving Licence/PAN/VoterID/Passport)
5. Mobile Number
6. Select your district
7. RT-PCR status
8. Present Location

Second Process:

Keep below details available with you in this process:

1. Current Requirement (Normal bed/Oxygen supported bed/ICU/ICU with ventilator)
2. Hospital Preference (GH/Private Hospital, Other)
3. SpO2 reading
4. Chest CT severity score
5. Other remarks
6. Select Yes to share your details with 104 team

Ambulances



**Ambulance Contact
Details**
CLICK HERE

Telemedicine Services

Download the GCC Vidmed app and register your details for free consultation and medicine prescription services.



DOWNLOAD
GCC Vidmed

Virtual Telemedicine platform with Indian-American COVID-19 Expert Doctors based in the US.



GO TO
MDTok

Emergency Oxygen Services



**For Oxygen
Suppliers**
CLICK HERE

Vaccination

C+WIN

Winning Over COVID - 19

1. Click this link: <https://www.cowin.gov.in/home>
 2. Register or Sign In
 3. Enter your phone number.
 4. Enter "OTP" and Select " Verify & Proceed"
 5. Schedule your vaccination appointment.
-

Covid Proning



Ministry of Health
Covid Proning Guide
CLICK HERE

Home Isolation & Care



Ministry of Health
Home Isolation Guide
CLICK HERE

Home Food Services



COVID MEALS
FOR **INDIA**

1. Click the link <https://covidmealsforindia.com/>
2. Select your State from the dropdown menu and select your location.
3. Check the dialog box for free charity food only, if needed
4. Select "Find food"
5. Food service providers will be listed and contact based on your requirement.

CVF Volunteer Portal

For those who are all interested to volunteer from home.



**Click here
To Volunteer**

Crematorium Details



Jeeva Shanthy /Trust has cremated covid affected dead irrespective of their caste, creed, or religion supporting their loved ones perform the final rites with equal dignity. The process is carried with all the safety norms and protocols given by the government.

[+91 9952442266](tel:+919952442266), [+91 9894133331](tel:+919894133331)

Pet Care



**Pet Care Contact
Details**
CLICK HERE

Source: Janani Krishnamurthy (Animal Rights Activist), KSPCA Kodaikanal, Chennai Animal rescue, Chennai Volunteers (@CHNvolunteer)



Lockdown Guidelines

From 10th May (4AM) to 24th May (4AM)

What is allowed / open?

- Non air-conditioned provision and grocery stores and meat stalls can remain open till 12 noon and with 50% customers.
- Restaurants and eateries are allowed to remain open albeit only for takeaways. Restaurants can open from 6am to 10 am, 12 noon to 3 pm, 6 pm to 9 pm. Delivery service only for food allowed on those timings alone.
- Tea shops can remain open only till 12 noon.
- Vaccination centres.

- Banks, ATMs and bank-related transport, but with 50% employees.
- Petrol and diesel bunkers.
- Essential service, newspaper distribution, post and courier service, hospitals and diagnostic centres, ambulance, funeral services, logistics.
- Ration shops, between 8 a.m. and 12 noon.
- Organisations taking care of the elderly and differently-abled persons. Caregivers catering to their needs would be allowed to move, but with proper identity cards.
- Amma canteens.
- Pavement shops selling flowers and vegetables can function till 12 noon.
- Passengers coming from abroad and other States by air and rail would be monitored through e-registration. They would be provided with passes to reach airports and railway stations through <https://eregister.tnega.org>.
- Travel for weddings of close relatives, funerals, job interviews and hospitals would be allowed on production of relevant documents.
- Hotels and lodges - only those already staying in these places can continue to stay. Food should be provided in the rooms.
- Inter-district and intra-district vehicular movement only for essential travel.

What is not allowed / closed?

- Non-essential inter-district and intra-district vehicular movement (including public transport).
- Places of worship.
- Tourist places, beaches, monuments, parks, and botanical gardens.
- All shops, except provision and grocery stores and meat stalls, would remain closed.
- E-commerce deliveries (apart from food).
- TASMAL retail liquor shops.
- Beauty parlours, salons, and spas.
- Recreation clubs, swimming pools, all bars, auditoriums, entertainment parks, meeting halls.
- Retail sales in Koyambedu and other wholesale market premises.
- All social, political, sports, recreational, educational and cultural events would not be allowed to be held in either indoor spaces or outdoor.
- All private offices, including IT and ITES, would remain closed. Employees can work from home.
- Tourist hubs such as the Nilgiris and Kodaikanal.
- Summer camps.

[Source: "Tamil Nadu Lockdown Rules | What's Allowed and What's Not." The Hindu](#)

**A special thanks to the
Government of Tamil Nadu.**

**To all the essential workers
willing to sacrifice their own
safety and well-being in this
crisis, we are eternally
grateful.**

**The well-being of our
employees, community, and
customers is our mission.
We wish that you and your
loved ones are always
healthy and safe.**

**Kuthu
Vilakku**
AN ASSURANCE OF QUALITY

www.kuthuvilakku.in

