

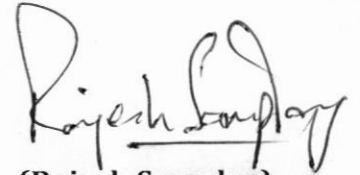
No.F.17-1/2020-EE.1
Government of India
Ministry of Human Resource Development
Department of School Education and Literacy

New Delhi, the 19th October, 2020

Subject: Ready Reckoner on COVID-19 for use of employees/staff of Department of School Education and Literacy-regarding.

Please find enclosed a copy of Ready Reckoner on COVID-19 for use of employees/staff of Department of School Education and Literacy.

2. It is requested to kindly upload the attached Ready Reckoner on COVID-19 for use of employees/staff of Department of School Education and Literacy on the official website of Ministry of Human Resource Development at the earliest.



(Rajesh Samplay)
Under Secretary (EE.1)

To,

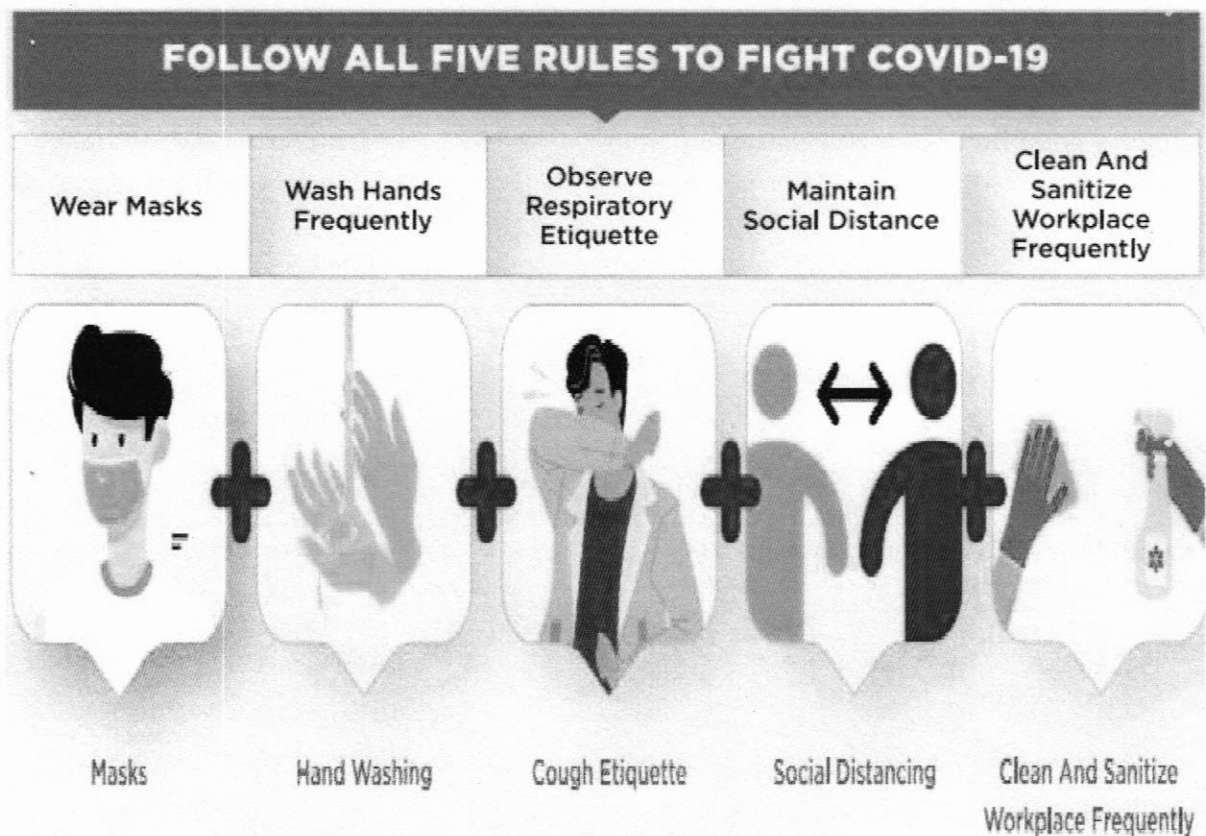
Sh. Saba Akhtar,
Technical Director,
NIC, DoSEL, MHRD.

**Ready Reckoner on COVID-19 for use
of employees/staff of DSE&L**

In view of the prevailing situation of vulnerability to COVID-19, a ready reckoner has been prepared for quick reference and use by the employees of the Department in case of emergent requirement.

PRE COVID SCENARIO

2. Always take necessary precautions:



Please note that many a times a COVID +ve person can be asymptomatic i.e. s(he) would not show any of the common symptoms associated with the Covid-19.

3. Aarogya Setu App should always be downloaded on your mobile phone (available at: <https://www.mygov.in/aarogya-setuapp/>) and it should remain active at all times (through Bluetooth and Wi-Fi). The following links can also be used for downloading the Aarogya Setu App.

Android : <https://play.google.com/store/apps/details?id=nic.goi.aarogyasetu>

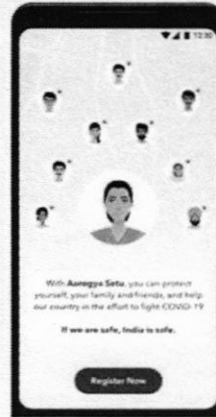
iOS : <https://apps.apple.com/in/app/aarogyasetu/id1505825357>

GOVT LAUNCHES
"AAROGYA SETU APP"
A BLUETOOTH-BASED COVID-19 TRACKER

HELP US
to
HELP YOU

The app will alert users if they come in proximity to an infected person

Inform users about best practices & relevant medical advisories

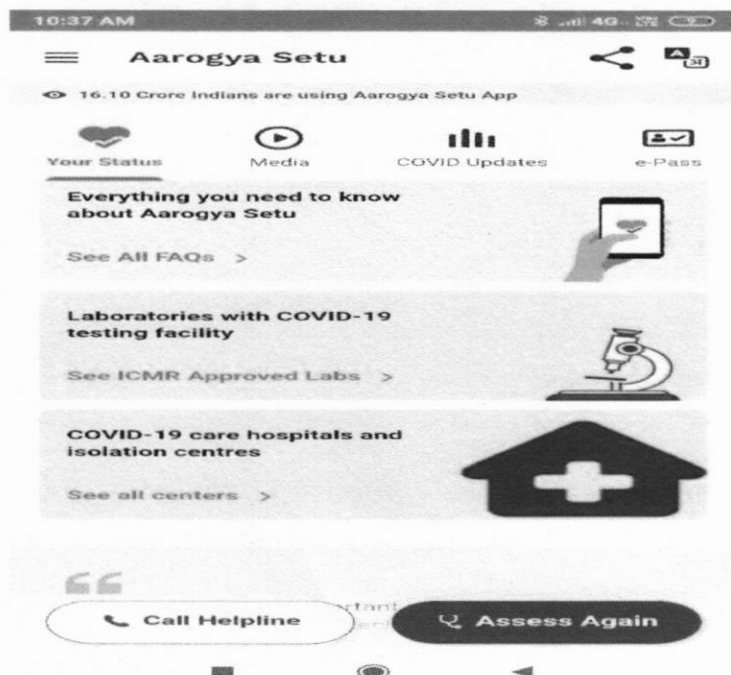


The App is privacy-first by design & available in Android & iOS

The App has highly scalable architecture & is available in 11 languages

Please familiarise yourself with the features available on the Aarogya Setu App. The Aarogya Setu App. provides many important updated information related to COVID 19 including following :-

- i) Details (with directions) of ICMR approved Laboratories with COVID-19 testing facilities;
- ii) Details (with directions) of COVID-19 care Hospitals and Isolation Centres;



4. The most common symptoms of COVID-19 are fever, cough, cold, tiredness. Other less common symptoms include loss of taste or smell, aches and pains, headache, sore throat, nasal congestion, red eyes, diarrhoea, or skin rashes. An officer / official feeling unwell or suffering from one or more of the above symptoms shall immediately get the Covid-19 test done from the nearest available testing facility.

SYMPTOMS



4.1 Contact Details For COVID-19 Lab tests:-

- i) Can approach any designated COVID Government Hospital# (CGHS or non CGHS beneficiaries)
- ii) CGHS beneficiaries can call any CGHS approved lab# for home sample collection (#as per updated list available on Aarogya Setu App / ICMR website) including Dr Lal Path Labs for home sample collection on the following numbers:-
 - Dr Lal Path Labs (Rohini) Sh Jitender Sharma, RTPCR Test / Mob No 918527999141
 - Dr Lal Path Labs (Rohini) Sh Devender RTPCR Test / Mob No 8527999147
 - Dr Lal Path Labs (Baba Kharak Singh Road, Connaught Place) / Mob No 08802242636 (for Covid-19 & other blood tests);
- iii) For undergoing any other related diagnostic test, the following links for CGHS approved labs/tests can be used :
<https://cghs.gov.in/index1.php?lang=1&level=2&sublinkid=6770&lid=4310>
- iv) Reference from CGHS/Hospital is required for reimbursement claim. CGHS Wellness Centres are open from 7.30 am to 2.00 pm from Monday to Saturdays except on public holidays. However CGHS dispensaries in North Avenue (Tel: 011-23094420), South Avenue (Tel: 011-23013490), Telegraph lane (Tel: 011-2309299), & in Kingsway Camp (Tel: 011-27459411) are available for emergency services after normal OPD hours on 24X7 basis.

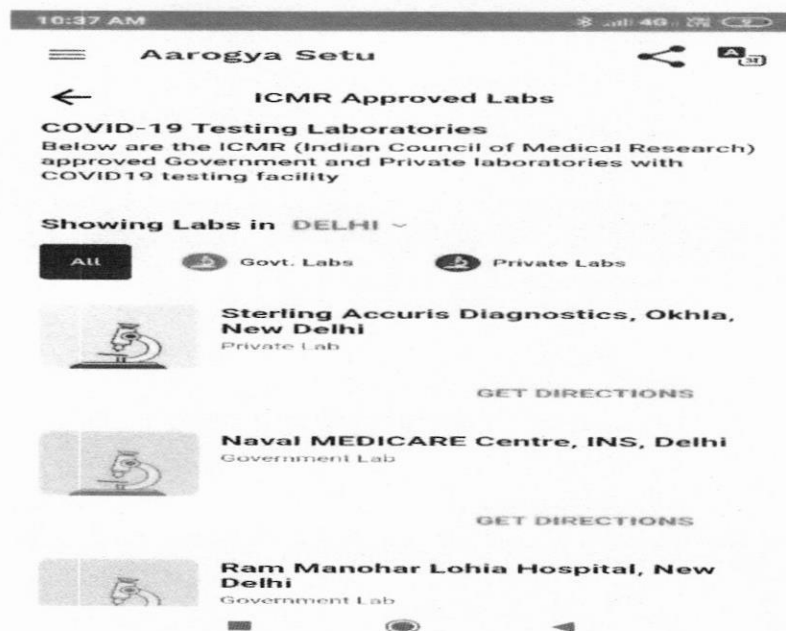
- v) Private / contractual employees can visit Employee State Insurance Corporation (ESIC) dispensaries in their area. For the employees covered under ESIC, available Toll free helpline is 1800-11-2526 & 1800-11-3839 (for Medical related advice & further treatment).

4.2 For Ambulance Services:-

CATS Ambulance Services - 102

4.3 General contact numbers for guidance on COVID-19

- COVID-19 Helpline "1075" for any help / information regarding COVID-19.
- Central Helpline No. 011-23978046 (24x7).



POST COVID SCENARIO

5. Isolation & Treatment

5.1. If one is diagnosed Covid +ve, then he/she shall immediately inform his office [reporting officer/contractor (for outsourced employees), Establishment division]. The reporting officer concerned shall himself or through a subordinate officer remain in touch with the employee and/or his/her family and offer necessary possible help from DSE&L.

5.2 The Covid (+ve) employee shall get himself self-quarantined and he/she would be contacted by the local health authorities for his clinical status and further treatment indicated as under:-

- i. A call will be received from the ICMR Control room within 24 hrs of the (+ve) test report.
- ii. CGHS beneficiaries will be contacted by CMO, CGHS Dispensary in the area and other state health authorities will assess his/her clinical status four times a day and provide necessary medicines alongwith oximeter (on returnable basis).
- iii. Private employees covered under Employee State Insurance Corporation (ESIC), the local State Government dispensary or health centre authorities (Govt. of NCT/MCD/ESIC) will assess his/her clinical status on daily basis (four times a day) / visit and provide necessary medicines alongwith oximeter (on returnable basis).
- iv. If the clinical status require transfer to a COVID-19 isolation facility (Dedicated COVID Health Centre or dedicated COVID Hospital), local health authorities will ensure the same and his complete case records would be made available to the receiving hospital;
- v. The patient will be under quarantine for a period of 10 days before being tested again. Thereafter the patient will be given a discharge certificate from the CMO, DGHS (Govt. of NCT, Delhi) with the advice for self-isolation for next 07 days.
- vi. One should strictly follow the advice and information given by such authorities.

6. For COVID-19 treatment in emergency :-

- i) Visit designated COVID-19 Government Hospitals or designated approved private COVID Hospitals (as per updated list available on Aarogya Setu App / Delhi Government website)



7. All are requested to visit Ministry of Health & Family Welfare website <https://www.mohfw.gov.in> for more information on COVID-19 and/or contact following officers of DSE&L for any further help:-

- Shri V.K. Verma, Deputy Secretary - 9868999734
- Shri Rajesh Kumar Maurya, Under Secretary - 9818062407
- Shri Kuldeep Meena, Section Officer - 9990311934

The screenshot shows the official website of the Ministry of Health and Family Welfare, Government of India. At the top, there is a navigation bar with links for Home, Latest Updates, Resources, Awareness, and FAQs. Below this, a search bar is visible. The main content area features a dashboard with COVID-19 statistics as of 15 October 2020, 08:00 IST (GMT+5:30). The statistics are as follows:

Category	Percentage	Count	Change
Active	11.12%	812390	(144864)
Discharged	87.36%	6383441	(815144)
Deaths	1.52%	111266	(6904)

Additional information includes the Helpline Number (91-11-23978046), Toll Free (1075), and Helpline Email ID (ncov2019@gov.in). There are also buttons for Resources and State Data. Below the statistics, a section titled 'Latest Updates' lists several news items:

- 13.10.2020: Guidelines for management of co-infection of COVID-19 with other seasonal epidemic prone diseases
- 12.10.2020: Encouraging youth to advocate against stigma and discrimination during COVID-19 - English
- 12.10.2020: Encouraging youth to advocate against stigma and discrimination during COVID-19 - Hindi
- 09.10.2020: Environmental and Social Management Framework for India COVID-19 Emergency Response and Health Systems Preparedness Project (P173836)
- 08.10.2020: SOP on preventive measures to be followed in Entertainment Parks and similar places to contain spread of COVID-19
- 08.10.2020: Reimbursement of OPD medicines to CS (MA) beneficiaries. Special Sanction in view of COVID-19 till 31 December 2020
- 06.10.2020: Standard Operating Procedures on preventive measures to contain spread of COVID-19 during festivities

8. Feedback on improvement of this Ready-Recokner can be provided to Shri Santosh Kumar Yadav, Joint Secretary on email yadavsk.up@nic.in.
