

ಬೃಹತ್ ಬೆಂಗಳೂರು
ಮಹಾನಗರ ಪಾಲಿಕೆ

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BRUHAT BENGALURU MAHANAGARA PALIKE

BENGALURU SOUTH ZONE -

JAYANAGAR

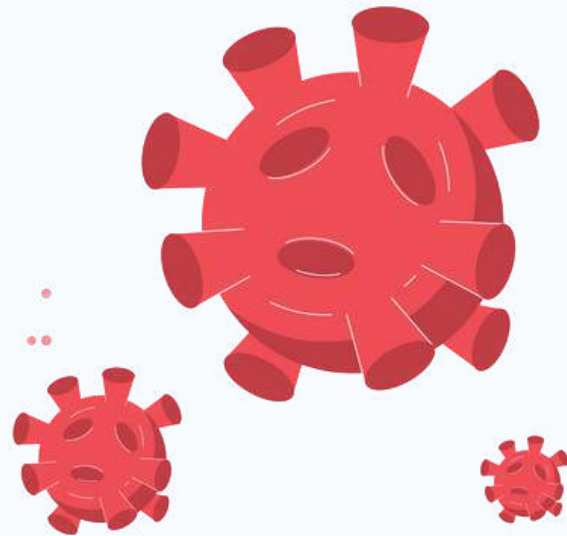
Wards: 146, 147, 148, 151, 152, 172, 173, 176

SMT. SOWMYA REDDY

Member of Legislative Assembly, Jayanagar Constituency

COVID-19 GUIDE AND CONTACT LIST

If you are a resident of Bengaluru South Zone -
Jayanagar constituency, or know anyone living in Bengaluru South
Zone, please keep this COVID-19 Contact document handy for all
future use and share it with all your contacts.



#COVID19

COVID-19+ve GUIDE

Please refer to this document with the processes, guidelines and contact lists for every step of the way.

HERE'S A LOOK AT WHAT THIS DOCUMENT COVERS:

- Inform the Bruhat Bengaluru Mahanagara Palike (BBMP) Health Inspector assigned to your ward
- List of first response contacts for Jayanagar Constituency (Health Department)
- List of second response contacts for Jayanagar Constituency (Engineering Department)
- List of third response contacts for Jayanagar Constituency (Revenue Department)
- Confirmation of hospitalization by BBMP officials
- Pre-hospitalization Do' & Don'ts and Checklist
- COVID-19 Contact Tracing Team List
- COVID-19 Testing Contact for South Zone
- Neighbourhood Home Quarantine Watch and Care, South Zone- Assembly Incharges and Escalation Contacts
- Ambulance Services - Emergency Vehicle Information
- Ambulance Services - Harsh Vehicle Information
- Steps to take care of your health

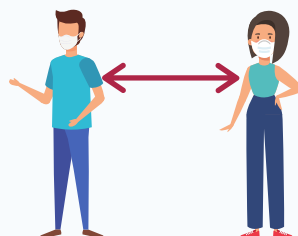
Tips to Prevent COVID-19



Always wear a mask



Sanitize/Wash hands regularly



Maintain distance



Avoid contact with others



Stay at home

If you have received a message that you have been tested positive COVID-19, please do not panic.
Here's what you need to do:

Call the Bruhat Bengaluru Mahanagara Palike (BBMP) Officer as per your BBMP Ward and inform. Share your full address and [Google location through WhatsApp](#).

BBMP SOUTH ZONE, JAYANAGAR ASSEMBLY:
FIRST RESPONSE CONTACTS: (HEALTH DEPT.)

WARD	WARD NAME	HI	CONTACT NUMBER
168	Pattabhirama	Ramachandra.C	+91-9480683630
169	Byarasandra	Poonam Deshannavara	+91-70226-17651, +91-94806-85640
170	Jayanagar East	S.Lokesh	+91-9480685600 +91- 7019896765
171	Gurappanma palya	Sachin Kumar	+91-9449466511
177	JP Nagar	Kalyan	+91-9741734734
178	Sarakki	Sharath Babu	+91-99866-95736 +91-79750-57506
179	Shakambari Nagar	Ramachandra.C (IC)	+91-9480683630

TASKS:

- Shifting of COVID positive patients
- Health Survey
- Sanitization

ESCALATION:

LEVEL	DESIGNATION	NAME	CONTACT NUMBER
Level 1	MOH	Dr Ravi Prakash	+91-9449179343
Level 2	DHO	Dr Kalpana Dr Bhagyalakshmi	+91-9480683932 +91-9036637839
Level 3	HO	Dr Shivakumar	+91-9480973395

**BBMP SOUTH ZONE, JAYANAGAR ASSEMBLY: SECOND
RESPONSE CONTACTS: (ENGINEERING DEPT.)**

WARD	WARD NAME	AE	CONTACT NUMBER
168	Pattabhirama	Santhosh Kumar	+91-9480683630
169	Byarasandra	C S Nagaraj	+91-7338575404
170	Jayanagar East	C S Nagaraj	+91-7338575404
171	Gurappanma palya	Mehabub Khan	+91-8147929579
177	JP Nagar	Ramu (I/c)	+91-8660475600
178	Sarakki	Ramu (I/c)	+91-8660475600
179	Shakambari Nagar	Ramu (I/c)	+91-8660475600

ESCALATION:

LEVEL	DESIGNATION	NAME	CONTACT NUMBER
Level 1	EE	S Manjunath Reddy	+91-9480684064
Level 2	AEE	P T Prasann Kumar	+91-9663302055

TASKS:

- Barricading of Containment Area / Seal Down Area
- Disinfection
- Grocery Kits for eligible people

KNOW YOUR SYMPTOMS



Shortness
of breath



Headache



Sore Throat



Cough



Fever

BBMP SOUTH ZONE, JAYANAGAR ASSEMBLY:
THIRD RESPONSE CONTACTS: (REVENUE DEPT.)

WARD	WARD NAME	RI	CONTACT NUMBER
168	Pattabhirama	B Prakash	+91-9449733883
169	Byarasandra	M Madhushudan	+91-9845196772
170	Jayanagar East	Mithroji Rao	+91-9845737327
171	Gurappanma palya	Siddagangaiah	+91-8884613017
177	JP Nagar	Anjaneya	+91-9845616720
178	Sarakki	Anil	+91-9980299440
179	Shakambari Nagar	Kadrappa	+91-9902033889

ESCALATION:

LEVEL	DESIGNATION	NAME	CONTACT NUMBER
Level 1	ARO (Jayanagara)	Huchaiah S K	+91-9480685107
	ARO (JP Nagar)	Sharanamma	+91-948685479
Level 2	RO	Suresh	+91-9480683621

TASKS:

- Contact Tracing
- Home Quarantine/Isolation Monitoring



CONFIRMATION OF HOSPITALIZATION BY BBMP OFFICIALS:

BBMP officials will look into the bed availability in Govt hospitals/CCCs. However, if you are keen to be treated in a private hospital, you can call and confirm availability of beds, treatment cost etc. from any of the private hospitals, to name a few:

- Mamatha Hospital
- Green City Hospital
- Malathi Manipal Hospital

***Call and confirm bed availability, also collect Nodal officer's contact from the hospital.*

AMBULANCE TRACING, BED AVAILABILITY AND CO ORDINATION FOR SOUTH ZONE:

- Mohsin - +91-8050908029
- Shreeyanka - +91-8147816903

PRE-HOSPITALIZATION CHECKLIST:

Follow the below giving pointers maximum safety and precautions to yourself, your family members and all others around you.

- If you are in a residential complex inform the RWA President/secretary or focal point.
- BBMP/Health department would need to arrive with an ambulance and make a health assessment, only after the department receives a confirmed report. Please stay home and stay calm.
- Do not self-drive or go with someone to a hospital (Hospitals won't accept at any cost)
- If you have insurance, get all the documents ready (No one from your family cannot come with you).
- If you have a medical history file, keep it ready, especially the latest prescriptions and tests.

PRE-HOSPITALIZATION CHECKLIST: *(Continued)*

- Pack your personal belongings for up to 14 days. Don't forget your daily medications. Pack dry fruits, if needed.
- Carry a thermal flask or an electric kettle if need be for hot water needs (only if you are going to a CCC)
- Ensure you have packed your mobile charger, cable, power bank, laptop
- Ensure you have taken your credit card, Cheque book, Banking details etc. for the payments at the Hospital.
- If you have decided to avail Government service, then the BBMP Health staff would recommend available Hospital for Symptomatic patients and a COVID Care centre/Home Quarantine as per policies, for asymptomatic patients. You may not have an option to choose.
- Start writing down the name and phone number of your primary contacts in the last 7 days. If you had visited any public place like shops, office, parties, gatherings etc. list it down along with date and time. keep this list ready to hand over to the BBMP Team. Be authentic.
- If your House-hold help, cook or driver are a primary contact, ensure your family members have informed them immediately.
- When the ambulance arrives, be ready to leave immediately without making them wait. Once the assessment is done, they would take you to a Private hospital, Government Hospital or a COVID Care Centre.
- In case, there are changes in Hospital or CCC after you leave your home, please call and inform your family members.
- Please be respectful and cooperate with the staff. They are only trying to help amidst this challenging situation
- **In case of any trouble from community or neighbours, call 100 or the local police station.**



COVID TEAM SOUTH ZONE: (ASSEMBLY CONSTITUENCY TAHSILDARS)

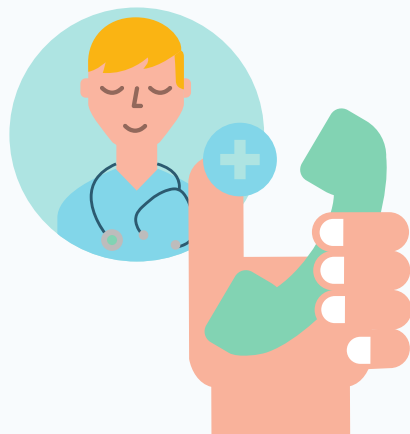
AREA	CONTACT NUMBER	WARDS
Padmanabhanagar:	Amrut +91-7892894607	161, 165, 166, 167, 180, 181, 182, 183
Vijayanagar:	Shivakumar +91-94480 18965	122, 123, 124, 132, 133, 134, 157, 158
Chickpete:	Sandhya +91-74061 45653	118, 119, 142, 143, 144, 145, 153
BTM Layout:	Nisarga Priya +91-97386 54990	146, 147, 148, 151, 152, 172, 173, 176
Basavanagudi:	Vishwanath +91-94838 88789	154, 155, 156, 162, 163, 164
Jayanagar:	Pruthvi +91-63631 78192	168, 169, 170, 171, 177, 178, 179

COVID TESTING SOUTH ZONE:

Harshavardhan - +91-9902229213

NEIGHBOURHOOD HOME QUARANTINE WATCH AND CARE, SOUTH ZONE: (ASSEMBLY CO-ORDINATORS)

AREA	CONTACT NUMBER	WARDS
Padmanabhanagar:	Balaji Yadav +91-99010 20304	161, 165, 166, 167, 180, 181, 182, 183
Vijayanagar:	Dashmi +91-96068 51492	122, 123, 124, 132, 133, 134, 157, 158
Chickpete:	Gokul +91-97409 98998	118, 119, 142, 143, 144, 145, 153
BTM Layout:	Reetesh +91-94488 21250	146, 147, 148, 151, 152, 172, 173, 176
Basavanagudi:	Manohar +91-94819 51495	154, 155, 156, 162, 163, 164
Jayanagar:	Varun +91 98804 92960	168, 169, 170, 171, 177, 178, 179



**ESCALATION: NEIGHBOURHOOD HOME QUARANTINE WATCH
AND CARE, SOUTH ZONE**

LEVEL	DESIGNATION	NAME	CONTACT NUMBER
Level 1	South Zone Deputy Chief	Dhananjaya	+91-9743643489
Level 2	South Zone Chief	Naveen Mallesh	+91-9741511882

Ambulance Services

**BBMP SOUTH ZONE, JAYANAGAR ASSEMBLY:
(EMERGENCY VEHICLES INFORMATION)**

VEHICLE NUMBER	DRIVER NAME	CONTACT NUMBER	VEHICLE TYPE
KA 03 C 2908	Deekshith	+91-9611858208	Ambulance
KA 51 B 8479	Chandru	+91-8546850551	Ambulance
KA 06 G 0582	Krishnamurthi	+91-8970063325	Ambulance
KA 5 AE 2457	Rajesh	+91-9900498894	TT
KA 02 AC 6607	Kiran	+91-8197273188	TT
KA 51 D 0816	Shivaswamy	+91-7259376968	TT
KA 13 8169	Srinivas	+91-9110694268	TT
KA 05 AG 4499	Yogesh	+91-9972938595	TT
KA 41 B 4199	Prakash	+91-8550015995	TT
KA 53 B 9704	Nandish	+91-9632887999	TT

AMBULANCE SERVICE ESCALATION:

Shivatandava - +91-7411150505

**BBMP SOUTH ZONE, JAYANAGAR ASSEMBLY:
(HARSH VEHICLES INFORMATION)**

VEHICLE NUMBER	DRIVER NAME	CONTACT NUMBER	CONSTITUENCY
KA 50 A 6525	Guru	+91-6360645065	Basavanagudi
KA 05 AB 1913	Venugopal	+91-9535017144	Vijayanagara
KA 17 B 2474	Hemanta	+91-8867220156	Padmanabha Nagara
KA 02 5080	Ramu	+91-9972477605	Chickpete
KA 02 D 8719	Suresh	+91-9945236901	Jayanagara
KA 51 D 0816	Pavan	+91-9986611834	BTM Layout



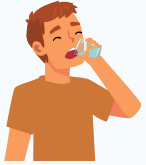
STEPS TO TAKE CARE OF YOUR HEALTH:



Monitor your body temperature every 2 hours. Call **Apthamitra helpline 14410** and seek guidance in case of fever, cough, cold etc.



If you have a Pulse Oximeter, monitor the Oxygen concentration levels every 2 hours. If your Oxygen level is less than 95%, alert the Senior Health Inspector/POC from BBMP immediately. You need emergency attention.



Do salt water gargling every 3 hours.



Eat healthy food and ensure you are well hydrated.



Isolate and Stay away from your family members.



Try and organise a few N95 masks and wear them.



If you feel like freshening up, please do so with precaution.



In case of breathing discomfort or health issues call **Apthamitra helpline 14410**.



Stay calm and rest till the ambulance arrives.



SRI. TEJASVI SURYA

Member of Parliament, Bangalore South Parliamentary Constituency

Mobile: +91-9916836964 | Office: 080-26724343

SMT. SOWMYA REDDY

Member of Legislative Assembly, Jayanagar Constituency

Mobile: +91-9686018042

WARD	WARD NAME	COUNSELLOR	CONTACT NUMBER
168	Pattabhirama	H C Nagarathna Murthy	+91-9902287577, +91-9845000683
169	Byarasandra	N Nagaraju	+91-944840777
170	Jayanagar East	R Govinda Naidu	+91-9845014343
171	Gurappanma palya	Mohammad Rizwan Navab	+91-9845333786
177	JP Nagar	K N Lakshmi Nataraj	+91-9880175653
178	Sarakki	Deepika L Manjunatha Reddy	+91-9341283376
179	Shakambari Nagar	M Malathi	+91-9845155479

SRI.V N VEERABHADRA SWAMY

Joint Commissioner, BBMP South Zone

Mobile: +91-9901462568

DESIGNATION	NAME	CONTACT NUMBER
Health Officer, BBMP South Zone	Sri. Dr Shiva Kumar	+91-9480973395
Deputy Health Officer, BBMP South Zone	Sri. Dr Kalpana	+91-9480683932
Deputy Health Officer, BBMP South Zone	Sri. Dr Bhagyalakshmi	+91-9036637839
Deputy Commissioner, Revenue South Zone	Smt. R Lakshmi Devi	+91-9480973395
Chief Engineer, BBMP South Zone	Sri. B R Mudduraj	+91-9480684037
Superintendent Engineer, SWM South Zone	Sri. Narasa Rao	+91-9480683174