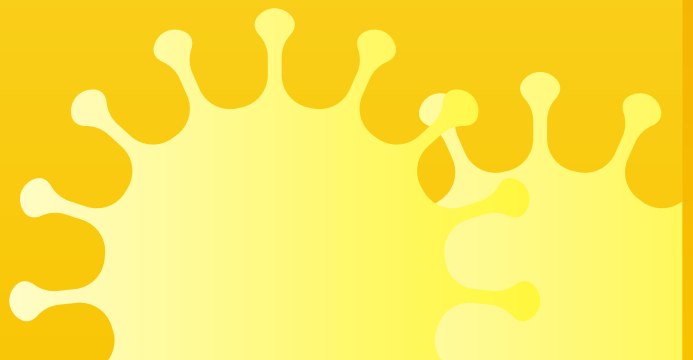




Guidelines & Information for COVID CARE

Compiled by

INDIAN MEDICAL ASSOCIATION
NAGPUR BRANCH



Preface

Dear Members,

Greetings from IMA Nagpur.

Amid the ongoing Covid-19 Pandemic, we have witnessed a massive surge of cases. The biggest challenge to fight against Covid-19 is - the population, the attitude and action of the people and the existing healthcare structure.

Recent guidelines by MOHFW-GOI (Ministry of Health & Family Welfare - Government of India) suggest that large number of Asymptomatic cases and very mild symptomatic and Presymptomatic cases of Covid-19 can be treated as Home Isolation patients. IMA Nagpur has compiled this booklet with all necessary information, guidelines and protocols to be followed by the patients and the care takers in Home Isolation. It also contains FAQs, helpline numbers of NMC, Covid Hospitals with phone numbers Ambulance services available, list of Covid testing centres and MOHFW-GOI Guidelines.

We are thankful to Dr. Ashok Adhao, Patron IMA-MS for his guidance. We are thankful to all past presidents, senior members for their valuable advice. We are immensely thankful to Task force members Dr. Prakash Deo, Dr. Milind Bhrushundi and Dr. Ravindra Sarnaik for sharing the protocols and guidelines. Thanks to NMC officials for their help. Thanks to all the Office Bearer of Team 2020-21 for their support in compiling this booklet. Special Thanks to IMA members who have consented to provide Teleconsultation.

Covid-19 - BE CAREFUL Not Fearful.

Follow cough etiquettes, hand hygiene and personal care.

Spread awareness through your share !!

With regards



Dr. Archana Kothari
President, IMA Nagpur



Dr. Rajesh Sawarbandhe
Hon Secretary, IMA Nagpur

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Home Isolation - Eligibility

- Clinically assigned as very mild / pre symptomatic /asymptomatic case by treating medical officer with information to local administrative authority.
- Should have requisite facility at their residence for self isolation and quarantine for family.
- Immunocompromised states (HIV, Transplant recipients, cancer chemotherapy, etc.) not eligible.
- Elderly (> 60) and with co morbidities - allowed only after proper evaluation by medical officer.
- Patient to agree to monitor his / her health regularly and inform health officer.
- Written undertaking by patient on home isolation and should follow all the guidelines.
- Care giver to be available 24 by 7 basis. Communication link between caregiver and hospital a prerequisite during the whole period of home isolation.



Guidelines for Home Isolation



A separate well-ventilated room and a separate toilet should preferably be available for Corona patient at your home.



A caregiver / attendant should be available 24 x 7 for the care of the patient.



If anybody in your house is above 55 years of age, is pregnant or has any severe medical condition like cancer, severe asthma, respiratory disorders, diabetes, high blood pressure, cardiovascular disease, renal disease etc please shift them to another house till the patient recovers. In such situations, it is not safe to keep home quarantine for a Corona patient in your house, as it can be dangerous for anyone with a compromised health condition.



Aarogya Sethu App should be downloaded and internet and bluetooth should be on to enable the app to work.



Our health officials will call to check everyday. Full cooperation should be provided to them by providing all the requisite information.



Instructions for Patients in Home Isolation



Should stay in a separate well ventilated room. It is preferable to have a separate toilet.



Keep yourselves hydrated. Drink atleast 2 liters of water per day. Use boiled and cooled water for drinking.



Maintain isolation. Always wear a mask, should you step out of your room in unavoidable circumstances.



Always use handkerchief / tissue and cover your mouth while coughing or sneezing. The used handkerchief should be stored in airtight polythene cover till washing. Used tissue shall be disposed along with used masks in a closed dustbin with secure lid. Burn the used masks & tissues to ashes outside your home. Do not dispose it with other household trash.



Always use a handkerchief or tissue. If the handkerchief becomes wet or soiled, put it in a polythene cover. If you use tissue papers dispose them in a trash can that has a lid.



Always wash your hands with soap and water for 40 to 60 seconds before using the toilet. Do not use cloth for wiping wetness. It is advisable to raise your hand and allow it to air dry.



After using the toilet, clean all the surfaces that you have touched and wash your hands with soap and water.



The patient should clean the isolation room himself / herself. If that is not possible the person who is cleaning should take all necessary precautions like wearing triple layer medical mask, gloves, face shield / goggles. The room should be cleaned with disinfectants (as per manufacture guidelines) or bleaching powder mixed with water (3 spoons per liter) twice a day.



Always maintain a distance of 2 meters (i.e. 6 feet) with senior citizens, pregnant women, children and comorbid patients at home.



Avoid smoking as the virus primarily impacts respiratory system. Smoking may affect your recovery.



Do not share personal items like utensils, towels, etc. with the other family members. Keep them separate.



Soak used bed sheets, clothes, towels / utensils in hot water for 30 minutes before proceeding with normal cleaning / washing. The caretaker should always wear a triple layer medical mask and gloves while handling used items. Cloth masks / handkerchiefs used shall be soaked in 1% hypochlorite solution for 20 - 30 minutes before washing. Wash them separately. Sun-dry the clothes / utensils after washing.



Follow doctors' prescription medication timely and without fail.



Keenly monitor your health for raise in temperature or other symptoms and if the severity of the symptoms increases, call your doctor.

HOW TO SELF-MONITOR :

Follow these rules strictly for the safety of yourself and your family.



Do health checks every morning and every night or anytime you feel like you might have a fever or feel abnormal.



Take your temperature with a thermometer. In case of dependent patients, caregivers can monitor the temperature. Use a mask and gloves and wash your hands thoroughly before and after checking Temperature.



Check your pulse rate twice a day.



When you are checking pulse rate, please place your index finger and middle finger on wrist while keeping thumb below. while checking pulse look at watch and follow seconds count pulse rate for minute. Otherwise check pulse rate per 30 seconds, and multiplay the rate by two. This will correspond to pulse rate per minute.



If the temperature is above 100° Fahrenheit or pulse rate above 100 immediately contact your consultant.

Check your SPO₂ Levels with Pulse Oxymeter.



Gadgets Required

Mandatory :

Pulse oxymeter
Thermometer

Additional :

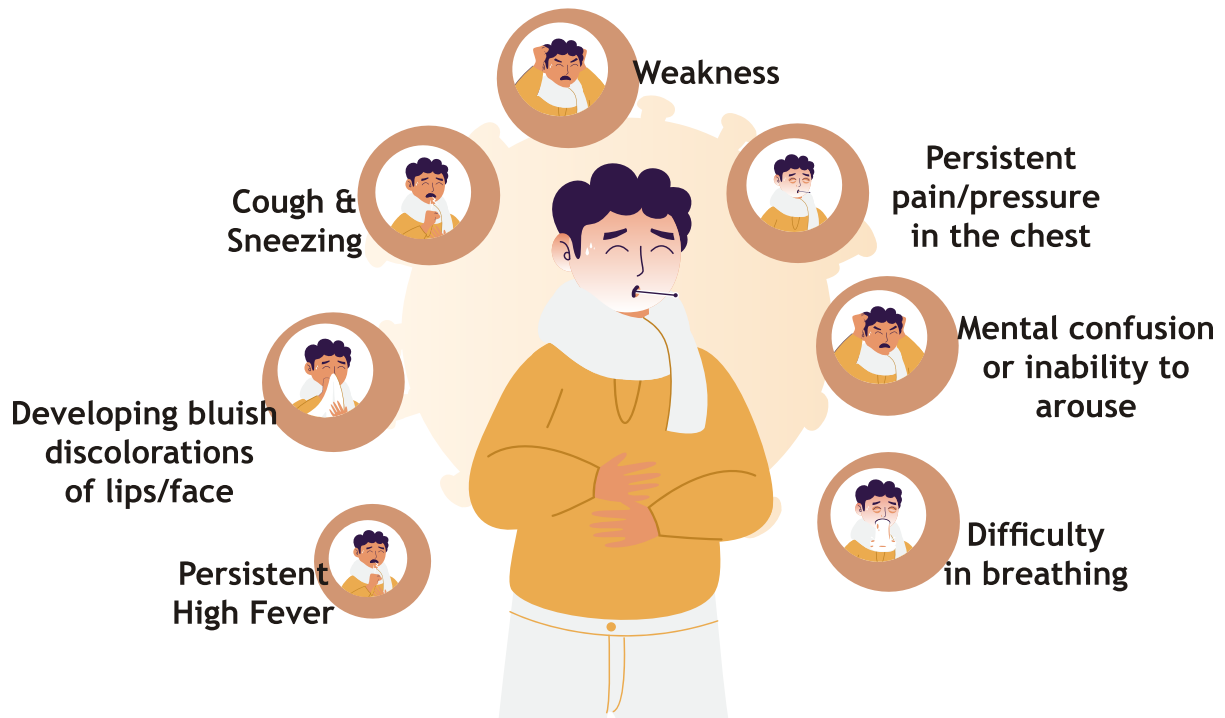
Glucometer with strips
Digital BP apparatus

Daily Report

	Pulse Rate		Body Temperature		SPO ₂	
	Morning	Evening	Morning	Evening	Morning	Evening
1 st Day						
2 nd Day						
3 rd Day						
4 th Day						
5 th Day						
6 th Day						
7 th Day						
8 th Day						
9 th Day						
10 th Day						
11 th Day						
12 th Day						
13 th Day						
14 th Day						
15 th Day						
16 th Day						
17 th Day						

When to Seek Medical Help?

Patient / Care giver will keep monitoring their health. Immediate medical attention must be sought if serious signs or symptoms develop. These could include














6 min. Walk Test






- Established clinical test to look for cardiopulmonary exercise tolerance.
- Used to unmask hypoxia.
- Walk in confines of room with pulse oximeter attached to finger for 6 mins.
- Drop $< 94\%$ or absolute drop $> 3\%$ or feeling unwell (light headed, short of breath) - significant. → admit.
- **May be cut short to 3min in > 60 years old.**

NUTRITION GUIDE

Vegetarian

Do's	Don'ts
 Eat whole grains such as brown rice, whole wheat flour, oats, millets, etc.	 Avoid eating maida, fried & junk food (chips, cookies etc).
 Include beans, lentils & pulses as these are good sources of protein	 Avoid sugary or packed juices & carbonated drinks as these are very low in nutrients.
 Include fresh fruits & vegetables (Bright coloured fruits & vegetables like red capsicum, carrots, beetroot & greens etc)	 Avoid eating cheese, coconut & palm oil, butter as they are unsaturated fats and are unhealthy.
 Drink 8-10 Glasses of water and Hydrate yourself. Water helps to flush out toxins.	
 Citrus fruits like lemons & oranges are a good source of Vit C which is key in improving immunity levels & to fight off infections.	
 Include spices like ginger, garlic & turmeric which are natural immunity boosters.	
 Eat home cooked food. Use low fat and less oil for cooking food.	
 Wash fruits & vegetables before use Include Low fat milk & yogurt as they are good sources of protein & calcium.	

Non Vegetarian

Do's	Don'ts
 Store non veg items separately from fresh products.	 Avoid mutton, liver, fried & processed meats.
 Include lean animal protein like skinless chicken, fish & egg whites.	 Limit Non Veg intake to 2-3 times per week.
	 Limit intake of whole eggs to once a week.

Instructions for Care-givers / Attendants



Wear a triple layer medical mask appropriately when in the same room with the patient. The front of the mask should not be touched or handled during use. If the mask gets wet or dirty with secretions, it must be changed immediately. After use, discard the mask by using the appropriate technique that is, do not touch the front, but instead untie it from behind and wash your hands thoroughly after disposal of the mask. Disinfect the mask in 1% hypochlorite solution before disposing off in a closed dustbin.



Avoid touching your face, nose or mouth.

Ensure hand hygiene after coming in contact with the patient or the patient's immediate environment. Wash your hands with soap and water for 40-60 seconds as often as possible.



Wash your hands before and after preparing food, before eating, after using the toilet, and whenever your hands look dirty.



Use soap and water for washing your hands and wash at least for 40 - 60 seconds. Alcohol-based hand rubs or sanitizers can be used, if hands are not visibly Soiled. Always air dry the hands by raising up. Do not wipe with cloth.



Do not touch any objects in the patient's room.



Towels, bed sheets, utensils and dishes used by the patient should be kept separately and cleaned with soap / detergent and water, while wearing gloves. The utensils and dishes may be reused. Always wash hands after taking off gloves or handling used items.



Always keep any items used by patient in hot water for 30 minutes before regular cleaning.



Food and other items needed by the patient must be provided to them in their room only.



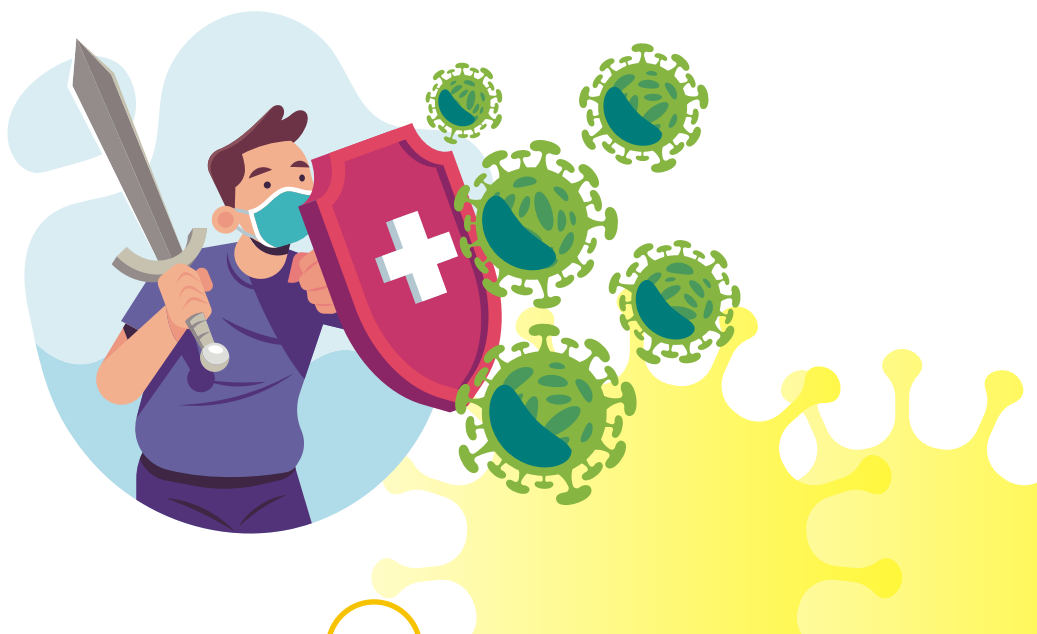
Use triple layer medical mask and disposable gloves while cleaning or handling surfaces, clothing or linen used by the patient.



Ensure that the patient is taking all medication as per the doctors advice.



If there is aggravation of fever, cough, difficulty in breathing, mental confusion, Fatigue and other symptoms immediately your doctor or health surveillance teams.



Instructions for Neighbors of Covid-19 Patients

- ▶ If there are any Corona patients in your building under Home Isolation, do not panic. Follow basics self hygiene measures and precautions to keep yourselves safe.
- ▶ Keep your surroundings clean.
- ▶ Ensure that the common spaces of your apartment building / flat such as lifts or stairs are sanitized twice a day with 1% sodium hypochlorite solution.
- ▶ Remember, the fight is against the disease, not the sick. Do not cause any kind of trouble for the patient or their family members.
- ▶ If any person, stamped for isolation, is seen stepping out, call **0712-2567021 / 0712-2551866 / 18002333764** immediately.
- ▶ Wash your hands with soap and water for 40 to 60 seconds everytime you come from outside.
- ▶ Please take care of COVID-19 Patient. Do not hurt him / her because he / she is symptomatic. Your positive support can prevent further infection.
- ▶ Help the patient until they get cured. If they need any essential items like medicine, ration, vegetables, etc., help them by leaving them outside the door of their house. Avoid exchange of currency until the patient has recovered.
- ▶ For any assistance, call the Corona Helpline Service **0712-2567021 / 0712-2551866 / 18002333764**

Waste Management

Left-over food, empty juice bottles or tetra packs, empty water bottles, packaging material, and any other items, generated or handled by Covid-19 patient should be collected along with other general solid waste in bags securely tied for handing over to waste collectors engaged by ULBs. Yellow colored bag should not be used for general solid waste.

Only the used masks, gloves and tissues or swabs contaminated with blood / body fluids of Covid-19 patients, including used syringes, medicines, etc. if any generated should be treated as biomedical waste and collect the same in yellow bag.

Masks and gloves used by persons other than Covid-19 patients should be kept in paper bag for a minimum of 72 hours prior to disposal of the same as general waste after cutting the same to prevent reuse.



When to End Self Isolation

A person should stay in self-isolation for 17 days from the date of onset of symptoms. He or should not have had temperature for atleast 10 days to end self-isolation.

Role of Repeat Testing - There is No Need of Repeat RTPCR Testing after your isolation period is over.



FAQ's on Home Isolation

Q. 1 Isolation and Quarantine, What is the difference?

- **Isolation** - is separation of people infected with Covid-19 from others. People in isolation should stay at home, separate themselves from others in separate room, sharing foods, utensils, bathroom facility as well as contact with others and also with pets should be avoided.

Quarantine - is used to keep away from others, to someone who might have been exposed to Covid-19.

Quarantine is for people who may have been exposed to Covid-19, because they were in closed contact with some one Covid-19. These people may or may not get sick people in quarantine should stay at home as much as possible for 14 days, limit there contact with other people and monitor themselves closely for development of any symptoms of Covid-19.

Q. 2. What counts as close contact?

- 1. You are within 6 feet of someone who has given Covid-19 for a total of 15 min or more.
 2. Provided care to someone who is Covid positive without appropriate precautions.
 3. Direct physical contact with Covid positive patient hugged / kissed.
 4. Should eating or drinking utensils.
 5. Covid-19 person coughed, sneezed or somehow got respiratory droplets on you.

Q. 3. What steps should be taken by close contacts?

- 1. Stay at home separately for 14 days after your last contact with Covid-19 positive person.
- 2. Watch for fever, cough, shortness of breaths, myalgia or other symptoms of Covid-19.

Q. 4. When is it safe to resume normal activities after I have been in quarantine?

- If you remain symptom-free, it is usually safe to resume normal activities when 14 days have passed since your last contact with someone with COVID-19.

Q. 5. I just tested positive for Covid-19. What do I do?

- Follow your healthcare provider's guidance. You need not worry as most people can recover at home. It is important that you stay home isolated and take care of yourself. Stay away, or isolate, from others as much as you can. Do not have visitors, unless they are caring for you.

Q. 6. Duration of Isolation of Covid-19 Positive Patient?

- ● Isolation for 10 days - from the day of symptom onset and no fever for 3 days.
- 7 days isolation after this is needed.

So total duration of Isolation is $10 + 7 = 17$ days.

Q. 7. What is the Role of Repeat Testing - RTPCR to discontinue Isolation Precautions?

- A test based strategy is no longer recommended. **There is No Need of Repeat RTPCR Testing after your isolation period is over.**

Q. 8. When is it safe to resume normal activities after I have been in isolation?

- A person can return to work after 17 days (10 + 7). A test based strategy is no longer recommended, because in the majority of cases, the positive patient continue to shed detectable SARS - COV - 2 RNA but is no longer infectious.

When around others, remember to stay six feet apart and wear a 3 layered mask and follow all safety precautions.

Q. 9. What symptoms require medical attention / When to seek Medical Advice?

- 1. Difficulty in Breathing.
 2. Dip in O₂ Saturation (SPO₂ < 94%).
 3. Persistent Pain or Pressure in the Chest.
 4. Mental Confusion or Irritability.
 5. Slurred Speech.
 6. Seizures.
 7. Weakness / Numbness in any Limb / Face.
 8. Bluish discoloration of Lips / Face.

Q. 10. How can I protect my family or caregivers while recovering from Covid-19 at home?

- Try to stay away from others as much as possible. Try to stay in one room and, if you can, don't use the same bathroom as them. When around others, wear a 3 layered mask covering your nose & mouth and have them wear one too. Everyone should wash their hands often. Avoid sharing anything like dishes, towels, or bedding. Make sure all high touch areas are disinfected every day.

Q. 11.Caregiver Tips :

- - Wash hands often.
 - Avoid touching your eyes, nose, and mouth.
 - Shared spaces in the home should have good air flow. If you can, open a window or use a fan. This will help remove COVID-19 respiratory droplets from the air.
 - Wear a disposable facemask and gloves when you touch or have contact with the patient, especially when you have contact with their blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
 - Wash clothes or bedding that have blood, stool, or body fluids on them. Keep soiled items away from your body. Wash laundry thoroughly.
 - When removing gloves and mask, first remove and dispose of gloves. Then, wash your hands right away. Next, remove and dispose of facemask, and wash your hands again.
 - Throw out disposable face masks and gloves after using them. Do not reuse.
 - Place all used disposable gloves, facemasks, and other contaminated items in a lined trash can. Wash your hands at once after handling these items.
 - Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.
 - Household members should care for any pets in the home. Do not handle pets or other animals while sick. For more information, see COVID-19 and Animals.

Q. 12. What is the new discharge policy from hospital for Covid-19 patients?

- ● ***For Mild / Very Mild / Pre-symptomatic Cases -***
 1. Patient can be discharged after 10 days of symptom onset and no fever for 3 days.
 2. No need for testing prior to discharge.
 3. Patient will be advised to isolate himself / herself at home & self-monitor his / her health for further 7 days.
 4. Patient can be discharged (a) if asymptomatic for 3 days & (b) after 10 days of symptom onset
- ***For Moderate Cases -***
 1. Patient can be discharged (a) if asymptomatic for 3 days & (b) after 10 days of symptom onset
 2. No need for testing prior to discharge.
 3. Patient will be advised to isolate himself / herself at home & self-monitor his / her health for further 7 days.
- ***For severe cases -***
 1. Clinical recovery.
 2. Patient tested negative once by RT-PCR (after resolution of symptoms)



Maharashtra State Covid 19

Task Force Recommendations for Management of Stage 1 - a,b,c disease

Stage & Group		Criteria	Investigations	Site of Admission	Treatment	Remarks
Stage I (Mild)	Group A	Asymptomatic but positive for Covid-19	CBC, RFT, RBS, LFT ECG	Isolation ward / Home Isolation (as per availability)	T. Vit C 1000 mg per day + T. Zink 50 mg per day + Vitamin D 60000 IU stat	Monitor symptoms and body temperature 12 hourly and Oxygen Saturation every 12 hours
	Group B	Symptomatic / URTI without comorbidity <ul style="list-style-type: none"> • Anosmia • Fever • Dry cough • Shortness of breath • Myalgia • Diarrhea • Loss of taste RED FLAG SIGNS <ol style="list-style-type: none"> 1. Resting tachycardia 2. SpO2 below 94% on room air 3. 6 min exercise Induced Dexoygenation (see below) 4. Neutrophil Lymphocyte Ratio > 3.5 5. P:F ratio less than 300 	CBC, RFT, RBS, LFT CXR, ECG SpO2 monitoring	Isolation ward	T. Favipiravir 200 mg 9 tablets twice daily on Day 1 followed by 4 tablets twice daily for 6 days or Tab HCQ 400 mg BD for day 1, followed by 200 mg BD for 4 days (*QT interval needed and below 55 years of age + T. Vit C 1000 mg per day + T. Zink 50 mg per day + Vitamin D 60000 IU stat	Baseline ECG for QTc Monitor symptoms and body temperature 12 hourly and Oxygen Saturation every 12 hours

Group C	<p>Symptomatic / URTI with comorbidity</p> <ul style="list-style-type: none"> • > 60 yrs • DM • HTN / IHD • COPD / Chronic lung disease • Immunocompromised state • Immunosuppressive drugs • CKD • Obesity <p>RED FLAG SIGNS</p> <ol style="list-style-type: none"> 1. Neutrophil Lymphocyte Ratio > 3.5 2. P:F ratio less than 300 3. 6 min exercise Induced Dexoygenation (see below) 4. Resting tachycardia 5. Raised CRP / Ferritin / D-dimer / LDH / Triglycerides 	<p>CBC, LFT, RFT, RBS CXR ABG ECG</p> <p>ESR, CRP S. Ferritin D-dimer LDH</p> <p>S. Triglycerides</p> <p>If QTc prolongation then Daily S. electrolytes, ionic calcium & magnesium</p>	Isolation ward	<p>T. Favipiravir 200 mg 9 tablets twice daily on Day 1 followed by 4 tablets twice daily for 6 days (may be extended upto 14 days)</p> <p>+</p> <p>T. Vit C 1000 mg per day + T. Zink 50 mg per day + Vitamin D 60000 IU stat</p> <p>if raised D-dimer / Ferritin then add Inj. LMWH SCOD</p>	<p>T. Cefixime 200 mg BD or T. Coamxoyclav 625 mg TDS (as per local antibiotic policy)</p> <p>ECG - baseline & daily to look for QTc prolongation</p>
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Important Numbers & Details Regarding Covid-19

NMC Covid-19 Helpline Numbers

0712-2567021 / 0712-2551866 / 18002333764

NMC Covid Number for Bed Availability

0712-2545473 / 0712-2567021 / 0712-2532474

Govt. Medical College Number for Bed Availability

0712-2740552

Indira Gandhi Medical College Number for Bed Availability

8308492168

**For knowing Bed Availability for
COVID patients at Nagpur**

<http://covid19.nagpurlivecity.com/>

Asst. Commissioner & Zonal Medical Officer List

Sr. No.	Zone No.	Zonal Medical Officer & Mobile No.	Asst. Commissioner & Mobile No.
1	Laxmi Nagar Zone No. 01	Dr. Shital Wandile (94228 40562)	Shri Raju Bhivgade (98230 59357)
2	Dharampeth Zone No. 02	Dr. Mangala Puri (94230 67672)	Shri Prakash Warade (98233 30937)
3	Hanuman Nagar Zone No. 03	Dr. Bakul Pande (96233 69116)	Smt. Sushma Mandge (92847 11512)
4	Dhantoli Zone No. 04	Dr. Jaishree Channe (99220 92546)	Smt. Kiran Bagade (99236 21374)
5	Nehru Nagar Zone No. 05	Dr. Gajanan Pawane (96730 04083)	Shri Harish Raut (97655 59842)
6	Gandhibag Zone No. 06	Dr. Khwaja Moinuddin (98236 20749)	Shri Ashok Patil (98231 59373)
7	Satranjipura Zone No 07	Dr. Minakshi Mane (99220 91717)	Shri Vijay Humane (96730 09102)
8	Lakadganj Zone No. 08	Dr. R. Bhaisre (98228 92364)	Smt. Sadhana Patil (72769 28597)
9	Ashi Nagar Zone No. 09	Dr. Dipankar Bhivgade (96730 04082)	Shri Ganesh Rathod (98231 59373)
10	Mangalwari Zone No. 10	Dr. Atiq Khan (98233 98301)	Shri Harish Raut (97655 59842)

NMC Zone Wise Ambulance Details

Sr. No.	Zone No.	Zonal Medical Officer & Mobile No.	Ambulance Driver & Mobile No.
1	Laxmi Nagar Zone No. 01	Dr. Varsha Deostahle (98608 56756)	Shri Wankhede (88060 62859)
2	Dharampeth Zone No. 02	Dr. Mangala Puri (94230 67672)	Shri Dhananjay Bonde (99704 54481)
3	Hanuman Nagar Zone No. 03	Dr. Bakul Pande (97644 44820)	(93252 90676)
4	Dhantoli Zone No. 04	Dr. Jaishree Channe (99220 92546)	Shri Vijay Patankar (93075 75731) (98235 50613)
5	Nehru Nagar Zone No. 05	Dr. Gajanan Pawane (96730 04083)	Shri Sanjay Kakde (98605 47773)
6	Gandhibag Zone No. 06	Dr. Shende (94049 51136)	Shri Mahesh (88559 46670)
7	Satranjipura Zone No 07	Dr. Minakshi Mane (99220 91717)	Shri Kunal (95116 07824)
8	Lakadganj Zone No. 08	Dr. Rashmi Waghmare (98228 92364)	Shri Sikandar (<i>Morn.</i>) (73878 68787) Shri Nilesh (<i>Night</i>) (98502 59178)
9	Ashi Nagar Zone No. 09	Dr. Dipankar Bhivgade (96730 04082)	Shri Rajkumar (98504 28398)
10	Mangalwari Zone No. 10	Dr. Atiq Khan (98233 98301)	Shri Amit Vishwakarma (74481 19207)

List of Ambulance MMC Zone Wise Contact Numbers

Sr. No.	Zone Name	Zone No.	Contact No.
1	Laxmi Nagar	Zone No. 01	0712 - 2245053
2	Dharampeth	Zone No. 02	0712 - 2567056
3	Hanuman Nagar	Zone No. 03	0712 - 2755589
4	Dhantoli	Zone No. 04	0712 - 2465599
5	Nehru Nagar	Zone No. 05	0712 - 2702126
6	Gandhibag	Zone No. 06	0712 - 2739832
7	Satranjipura	Zone No 07	7030577650
8	Lakadganj	Zone No. 08	0712 - 2737599
9	Ashi Nagar	Zone No. 09	0712 - 2655605
10	Mangalwari	Zone No. 10	0712 - 2599905

List of Government & Private Covid Hospitals in Nagpur

Sr. No.	Name of Covid Hospital	Address	Contact No
1	GMC, Nagpur	Medical Square	0712-2740554 96898 81100
2	IGGMC, Nagpur	Central Avenue	93084 92168
3	AIIMS, Nagpur	Mihan	
4	Lata Mangeshkar Medical College	Sitabuldi	98228 02777 98227 13949 0712-2530347 0712-2731693
5	Shalini Tai Meghe Medical College	Wanadongri	91460 32883
6	Wockhardt Hospital	1643, Rashtrabhasha Sankul North Amazari Road Shankar Nagar Square, Nagpur	98233 25991 0712-2244844
7	Rediance Hospital	268, Central Avenue Near Dr. Ambedkar Square Wardhaman Nagar, Nagpur	98230 39873 93724 04596
8	Hope Hospital	Plot No. 2, Behind Go Gas Teka Naka, Kamptee Road Nagpur	93731 11709 84120 20400 84120 30400 0712-2432551
9	Seven Star Hospital	324/1, Great Nag Road Nagpur	89831 14466 0712-2732266
10	Central Hospital	Ramdaspath, Nagpur	93712 66664
11	Shree Bhavani Hospital	Mouza Punapur Khasra No. 58, Nagpur	98239 43247 89569 06329

Sr. No.	Name of Covid Hospital	Address	Contact No
12	Kingsway Hospital	Plot No. 44, Kingsway Near Kasturchand Park Nagpur	76206 94142 0712-6789100 0712-6789101
13	Kunal Hospital	Koradi Main Road Mankapur, Nagpur	98230 20409 0712-2591770
14	East End Hospital (Managed by New Era Hospital)	1208/737, Central Avenue Deshpande Lay-out Adarsh Nagar, Nagpur	95954 77780
15	Alexis Multispeciality Hospital Pvt. Ltd.	1313, Survey No. 232 Manakapur, Chhindwada Road, Nagpur	90499 90153 0712-6627073
16	Ganga Care Hospital Ltd. (A Unit of Care Hospitals)	H. No. 7/01, 3, Farmland Ground Floor, Panchsheel Square, Wardha Road Ramdaspath, Nagpur	93701 86120 98230 54646 0712-2451056 0712-3982222
17	Shri Radhakrishna Hospital & Research Institute	74-A, East Wadhaman Nagar, Nagpur	93269 30308 0712-2680582 0712-2790572
18	Lata Mangeshkar Hospital	Hingna Road, Hingna	90495 52345 0710-4665000
19	Vidharbha Institute of Medical Sciences (VIMS)	Kamptee Road, LIC Square Mohan Nagar, Nagpur	98230 92208 80073 55123 99230 84612
20	CIIMS Hospital & Medical Research Centre	88/2, Bajaj Nagar Nagpur	80557 06033 0712-2233381 0712-2236441
21	Viveka Super Speciality Hospital & Research Centre Pvt. Ltd.	Plot No. 1-A, Naik Lay-out Subhash Nagar, Nagpur	98230 58449

Sr. No.	Name of Covid Hospital	Address	Contact No
22	Meditrina Institute of Medical Science	Plot No. 278, Lendra Park Central Bazar Road Ramdaspath, Nagpur	86684 58637 84088 86281
23	Cure It Hospital Pvt. Ltd.	226, Dighori Uddan Pul Square Ring Road, Nagpur	73500 08411 97641 66600
24	Shatayu Hospital	Wardha Road Near Hitavada Press, Nagpur	98225 65161
25	Getwell Hospital	20/1, Dr. Khare Marg Dhantoli, Nagpur	0712-6632200 98230 56544
26	Sushrut Institute of Medical Science	30-A, Central Bazar Road Ramdaspath, Nagpur	94221 03435 98222 22000 0712-2424062
27	Ramdeobaba Rukhminidevi Memorial Multi-Speciality Hospital	Plot No. 61/62, Small Factory Area, Opp. Bhandara Road Power House, Lakadganj Nagpur	96653 39997 0712-2732292 0712-2772960
28	Wockhardt Hospital (New)	Gandhi Nagar, Nagpur	84461 78322 91588 83188
29	Shraman Multi-Speciality Hospital & Critical Care Centre	3, Gurunankpura Dr. Ambedkar Road, Nagpur	93732 13797 0712-2640088
30	Venus Critical Care Hospital	Plot No. 607, Keshav Apartment 3rd & 4th Floor, 10 No. Pulia Kamptee Road, Nagpur	98222 33167 0712-2651651
31	Shushrut Hospital	30-A, Central Bazar Road Ramdaspath, Nagpur	94221 03435 98222 22000 0712-2424062
32	Ayushman Hospital	4th Floor, Shreewardhan Complex, Ramdaspath Wardha Road, Nagpur	70309 74619

Sr. No.	Name of Covid Hospital	Address	Contact No
33	Respira Hospital	5th Floor, Plot No. 5 Shri Radheya Health Heights Centra Bazar Road Ramdaspath, Nagpur	95610 98334 99237 01980 91588 37555
34	Central Avenue Critical Care Hospital	Mahalaxmi Complex Darodkar Sq., Central Avenue Gandhibag, Nagpur	0712-2763292 94230 54094 98227 22886
35	Dande Hospital	69-A, Hill Road Ram Nagar, Nagpur	98230 45533 98503 74341
36	Avanti Institute of Cardiology Pvt. Ltd.	5, Abhyankar Road Dhantoli, Nagpur	0712-2422408 99224 27812 99229 28016
37	Orange City Hospital	19, Pande Lay-out Veer Sawarkar Square, Nagpur	0712-2238431 0712-6634800 93732 83316 98230 12280
38	Aurius Institute of Medical Sciences Pvt. Ltd.	Plot No. 16, Wanjari Nagar Medical College Road, Nagpur	84848 00969 0712-6564777
39	Suretech Hospital Jamtha Branch	Jamtha, Nagpur	99229 65879
40	Samarpan Hospital	1072/1073, Binaki Lay-out Sujata Nagar Near Vaishali Nagar T-Point Kamptee Road, Nagpur	98503 12464 93725 92552
41	Icon Hospital	K-12, Kinkhede Lay-out Bharat Nagar Amravati Road, Nagpur	98222 39277 75177 70066
42	Sengupta Hospital	Ravi Nagar Square Nagpur	99231 90925 98235 70925

Sr. No.	Name of Covid Hospital	Address	Contact No
43	Centre Point Hospital	Medical College Square Nagpur	98230 51508 93712 77763 0712-2700302
44	Neuron Hospital	Plot No. 81/1, 82/2, CTS No. 38,39, NMC House No. 678, 678A Behind Dhantoli Police Station Dhatoli, Nagpur	98905 32106 93730 57486
45	Indira Gandhi Rugnalaya (IGR) NMC	Shankar Nagar Square Nagpur	90490 09127 95951 52621 79744 42402
46	Sunflower Hospital	Maya-3, East High Court Ramdaspath, Nagpur	98222 00308
47	Shree Hospital	Om Nagar, Sakkardara Opp. Tajshree Honda, Nagpur	93256 14181
48	Krims Hospital	Plot No. 275 Central Bazar Road Ramdaspath, Nagpur	98224 66640 0712-6614565 0712-6614564
49	Keshav Hospital	117, Manewada Square Ring Road, Nagpur	99756 40310 98904 62713 0712-2701700



List of RTPCR Test Centres

NMC Covid Control Room		0712-2567021
GMC	Dr. Sunanda Shrikhande	9850170044
IGGMC	Dr. Sharmila Raut	7721910747
Dhruv Pathology	Dr. Shailendra Mundhada	9822572421
LMH	Dr. Vedant Rathi	9923560000
Suvishwas Lab	Dr. Sandhya Saoji	9422145591
Kingsway Hospital	Dr. Anuradha Deshmukh	9604321663 / 9823872559
IRL	Dr. Dongre	8999556319 / 9404084333
MAFSU Vet College	Dr. Sandeep Choudhary	9766788615
NEERI	Krishna Khairnar	7588887569

If you see SARI/ ILI/ Fever patients,
please inform to **Dr. Yogendra Sawai** on the following email
id.homnmc.ngp@gmail.com

Walk in KIOSK Centers RTPCR

Sr. No.	Name of Center	Division	Name of Zone
1	Pachpaoli Police Quarter Quarantine Center	7	Ashi Nagar
2	Law College Hostel	14	Dharampeth
3	Morris College Hostel	15	Dharampeth
4	Ravibhawan	14	Dharampeth
5	Raj Nagar PWD Quarantine Centre	10	Mangalwari
6	R.P.T.S.	37	Laxmi Nagar
ANTIGEN TEST CENTERS			
7	Phutala U.P.H.C., Galli No. 3 Infront of NMC School, Amravati Road	13	Dharampeth
8	Telangkhedi U.P.H.C. Near Om Sales Corporation, Sudampuri	13	Dharampeth
9	Indora U.P.H.C. Near Benzonbag Ground, Benzonbag	9	Mangalwari
10	Mominpura U.P.H.C. Behind D. Ed. College, Mominpura	8	Gandhibag
11	Jaytala U.P.H.C. Near Hanuman Mandir, NMC School, Jaytala	38	Laxmi Nagar
12	Yangalwadi Primary School Near Satranjipura Zone Office	21	Satranjipura
13	Zingabai Takli U.P.H.C. Zenda Square, Juni Basti, Zingabai Takli	11	Mangalwari
14	Bhaldarpura U.P.H.C., NMC Fire Brigade Office Near Urdu School, Ganjipeth, Bhaldarpura	19	Gandhibag
15	Shanti Nagar U.P.H.C. Mudliyar Square, Shanti Nagar	21	Satranjipura
16	Nandanwan U.P.H.C., Darshan Colony Near Gajanan Temple, Nandanwan	26	Nehru Nagar