

Citizen expectations in Respect of Covid Facilities

<p>1. Whom to call if I am sick? Is there a flu clinic? Where and what's the contact number? and Is there a district health helpline or state helpline?</p>	<ul style="list-style-type: none"> ❖ Any Citizen can call at 24x7 Help lines, contact no of District help lines are as under:- <ul style="list-style-type: none"> • 01274-250764 • 9466777510 • 01274-252022 (Flu Clinic GH Rewari) • 108 • 1950 ❖ There is a Flu Clinic at GH Rewari, where round -the- clock Health Facility Available and contact number is 01274-252022 ❖ State Help Line Numbers are 8558893911 and 1075 																																								
<p>2. I need quarantine facility. Where do I go? Who do I contact? What is the payment system – is it free of cost or is it paid. What is the rate?</p>	<ul style="list-style-type: none"> ❖ To avail quarantine facility please call the Flue Clinic or the Helpline or visit Flue Clinic at General Hospital, Rewari. After consultation with the Doctors you can avail paid or free facility if advised institution quarantine. ❖ The list of free & paid facility along with their rates is as under:- <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th colspan="5" style="text-align: center; background-color: #f2f2f2;">Free Facility</th> </tr> <tr> <th style="width: 8%;">Sr.No.</th> <th style="width: 25%;">Name of Quarantine Centre</th> <th style="width: 8%;">No. of Beds</th> <th style="width: 25%;">Name of Administrative In Charge & Contact No.</th> <th style="width: 34%;">Name of Medical Officer & Contact No</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">01</td> <td>IGU, Meerpur</td> <td style="text-align: center;">360</td> <td>Dr. Deepak Gupta, Asst. Prof. IGU, Meerpur, 9255405507</td> <td>Dr. Vinny, 9728625959</td> </tr> <tr> <td style="text-align: center;">02</td> <td>ITI, Kund Manethi</td> <td style="text-align: center;">210</td> <td>MR. Ravinder, Principal, ITI, Kund Manethi 9818899950</td> <td>Dr. Nand Kishor, 9416480205</td> </tr> <tr> <td style="text-align: center;">03</td> <td>Govt. College, Pali</td> <td style="text-align: center;">230</td> <td>Mr. Parmod Kumar, Asst. Prof. (History), Govt. College, Pali 9466332219</td> <td>Dr. Bindu, 8816960970</td> </tr> <tr> <td style="text-align: center;">04</td> <td>Govt. College Kharkhara</td> <td style="text-align: center;">200</td> <td>Sh.Ramniwas, Asst. Prof. (commerce), Govt. College Kharkhara 9467643954</td> <td>Dr. Amit Ranjan 9306238607</td> </tr> <tr> <td style="text-align: center;">05</td> <td>Govt. ITI, Kosli</td> <td style="text-align: center;">120</td> <td>Sh. Meer Singh, Principal, ITI, Kosli 729310358</td> <td>Dr. Pradeep Kumar, 9729091458</td> </tr> <tr> <td style="text-align: center;">06</td> <td>Kendriya Vidyalay, Kosli</td> <td style="text-align: center;">140</td> <td>Sh. Anil Kumar, Principal, Kendriya Vidyalay, Kosli 9467790567</td> <td>Dr. Suman, 9350304675</td> </tr> </tbody> </table>	Free Facility					Sr.No.	Name of Quarantine Centre	No. of Beds	Name of Administrative In Charge & Contact No.	Name of Medical Officer & Contact No	01	IGU, Meerpur	360	Dr. Deepak Gupta, Asst. Prof. IGU, Meerpur, 9255405507	Dr. Vinny, 9728625959	02	ITI, Kund Manethi	210	MR. Ravinder, Principal, ITI, Kund Manethi 9818899950	Dr. Nand Kishor, 9416480205	03	Govt. College, Pali	230	Mr. Parmod Kumar, Asst. Prof. (History), Govt. College, Pali 9466332219	Dr. Bindu, 8816960970	04	Govt. College Kharkhara	200	Sh.Ramniwas, Asst. Prof. (commerce), Govt. College Kharkhara 9467643954	Dr. Amit Ranjan 9306238607	05	Govt. ITI, Kosli	120	Sh. Meer Singh, Principal, ITI, Kosli 729310358	Dr. Pradeep Kumar, 9729091458	06	Kendriya Vidyalay, Kosli	140	Sh. Anil Kumar, Principal, Kendriya Vidyalay, Kosli 9467790567	Dr. Suman, 9350304675
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07	C.C.S, H A U, Bawal	126	Dr. Naresh Kaushik, Principal, C.C.S, H A U, Bawal 9416498700	Dr. Kiran Kumar, 9416816101
08	J.N.V. Naichana	200	Sh. Lalit Kalra, Principal, J.N.V. Naichana 9728181413	Dr. Manoj, 9416093001
09	Shri Krishna College, Kanwali	100	Sh. Jagram, Principal, Shri Krishna College, Kanwali 9416174853	Dr. Naresh 9467222620
Total No. of Beds		1526		

Paid Facility					
Sr.No.	Name of Hotel	Price (Inc. all taxes)	No. of Beds	Name of Administrative In Charge & Contact No.	Name of Medical Officer & Contact No
01	Hotel Rajwada, NH8,	2200/-	22	MAHENDER KUMAR, 9466417729 Principal, GSSS Jarthal	Dr. Vikram Yadav 7206816861
02	Golden Hut, NH8,	2200/-	28	ANIL KUMAR, 9416375504 Principal, GSSS, Sangwari	Dr. Himadri 7568532081
03	Hans Resort, NH8,	2500/-	33	PARVEEN YADAV 9416882776 PGT, GHS Kasola	Dr. Manju Lata 7827279184
04	Raj Hotel, Rewari	1300/-	20	DUSHYANT KUMAR, 9416118111 Principal, GSSS Bithwana	Dr. Yashpal 9992559999
05	Hotel Parichay, Rewari	1100/-	18	Ashok Kumar, PGT, GSSS, NRP, Bass, 9416118113	Dr. Dinesh (D.S) 9802332315
06	Sandpiper , Rewari	As fixed by the Govt.	As per availability	Sh. Mahender Singh, 8607251007	Dr. Rajat 9458758275

07	Jungle Bubbler , Dharuhera	As fixed by the Govt.	As per availability	Sh. Indervesh mob. no 9416496444	Dr. Jai Prakash 8708821586
08	Royal Stay, P-2 Near Apex Hospital, Sector-6, Dharuhera	1100/-	19	Mahesh Pratap Singh, 9050005327 PGT, GSSS Kapriwas	Dr. Lokesh 9729350393
09	Heritage Haveli, 78 Milestone, Delhi-Jaipur Highway, NH8	1200/-	30	ARVIND KUMAR, 9466310681 Principal, GSSS Gujjar Majri	Dr. Vijay Dabbas 9991919559
Total No. of Beds.			170		

3. Where can I find detail on COVID-19 facilities online..

- ❖ For details on Covid Facilities of district Rewari you can visit following website <http://healthdepartmentrewari.in/> and <https://rewari.gov.in/>
- ❖ The health care facilities for Covid-19 confirmed cases is available depending upon health status/symptoms of the patient.
 - a) Dedicated Covid Care Center for mild /very mild symptoms (Mild Fever and dry cough with normal Oxygen Level).
 - b) Dedicated Covid Health Centers for cases with moderate symptoms (continous high grade fever with difficulty in breathing and oxygen level 90-94%).).
 - c) Dedicated Covid Hospitals sever symptoms (above symptoms with severe respiratory difficulty and blueness of lips and other body parts and oxygen level <90%).
- ❖ List Of Dedicated Covid Care Centers :-

Name of Quarantine Centre	No. of Beds	Name of Administrative In Charge & Contact No.	Name of Medical Officer & Contact No
IGU, Meerpur	360	Dr. Deepak Gupta, Asst. Prof. IGU, Meerpur, 9255405507	Dr. Vinny, 9728625959
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List of Medical & Non Medical Facilities At Dedicated COVID care Center

Medical Facility	Non Medical Facility
1. Medical Consultation/ Examination by medical Team under aseptic Condition with required PPE Kits, Mask, Gloves, and Face Shield.	Food, Water, Bed with Sheet and Cover and other Basic facilities
2. Temperature Monitoring by thermal scanner	
3. Monitoring of Vital Parameters (Pulse, BP)	
4. If the respiration becomes fast	
5. Required medicines will be provided.	
6. Referral Services (If O2 Saturation is < 95% to Dedicated Covid Health Center).	

❖ List of Dedicated Covid Health Centers:-

S.no	Name of DCHC	Location	Bed Capacity	Name Of Hospital Incharge with Contact no.
1.	GH Rewari	Near Jain School Rewari	70	Dr. Sarvjeet 9416273492
2.	SDH Kosli	Near Police Station Kosli	40	Dr. Chitranjan 9416248144

❖ World College of medical Sciences and Research, Jhajjar.

❖ List of medical and non Medical Facilities Available at each Covid Facility.

At Dedicated Covid Health Center	
Medical Facility	Non Medical Facility
<ol style="list-style-type: none"> All Above facilities as described for Dedicated Covid Care center plus Specialist Medical Expert consultation/ advice The facilities of Oxygen Therapy and nebulizer therapy as per the needs of the patient. 	Food, Water, Bed with Sheet and Cover and other Basic facilities
<ol style="list-style-type: none"> Referral Services (If O2 Saturation is < 90% to Dedicated Covid Hospital). 	

At Dedicated Covid Hospital For District Rewari

Medical Facility	Non Medical Facility
<ol style="list-style-type: none"> 1. All Above facilities as describe for Dedicated Covid Health center plus Specialist Medical Expert consultation/ advice 2. The facilities of fully equipped ICU Beds with 24x7 Monitoring and Ventilator Facility as per the needs of the patient. 	<p>Food, Water, tea (2 times), Bed with Sheet and Cover and other Basic facilities</p>

4. How to home quarantine. If I am in home quarantine and I need to talk to a doctor who do I talk to?

- ❖ If you are a suspect then go to a medical Officer of your nearby Govt. Institute (CHC, PHC) or Flu Clinic of GH Rewari. Upon Consultation with the doctor you can avail institution as quarantine under certain condition. For this you have to give an undertaking regarding it to the doctor.
- ❖ Doctor/surveillance unit of your area will call/contact you telephonically twice a day regarding your Health Status. If you need any further help, you can contact on help line no. **01274-250764** and **9466777510**

Home Quarantine/Isolation

Who is eligible -

1. A person who is advised home Quarantine or Isolation by a qualified Medical Specialist.
2. A person asymptomatic / very mild / mild symptoms of COVID-19.
3. A person who has facility for self isolation at home i.e a separate bath room and toilet for himself.
4. Who can monitor his health regularly, e.g. fever, difficulty in respiration.
5. The person should have facility to inform about the difficulty/ any new symptom to DSO or COVID-19 helpline.
6. Who is willing to submit a undertaking for home isolation.

Responsibility of a person during home quarantine/isolation

Sr. No.	Do's	Don'ts
01	A patient will use 3 ply mask always and will discard the mask after the 8 hrs. in a dustbin with lid.	Person should not move out of his Room.
02	She / He must stay in his isolated room only.	A person will not meet his family members/persons specially elderly and with co morbid conditions.
03	She / He must follow cough etiquettes .	A person will not share his personal item with any other person.
04	Hand wash/hygiene must be adhered with either soap and water 40 to 60 seconds and with alcohol based sanitizer for 20 to 30 seconds.	A person will not spit.
05	She / He must follow physician's medication and advise.	A person will not smoke and will not take other intoxicants.
06	She / He should monitor his health status by monitoring temperature daily.	A person will not share the common bath rooms and toilets.
07	She / He must report immediately to Govt. Institute/ Helpline in case of emergency.	A person will not hide any information regarding his or his care giver health condition.
08	She / He will take adequate rest, nutritious home cooked diet and plenty of fluids.	A person will not spread rumors/panic/false information in any forums.

Do's and Don'ts for home care giver

Eligibility – He should be a healthy person without any co morbid condition

Sr. No.	Do's	Don'ts
01	A caregivers will use mask while giving care to the person in home isolation.	The caregivers should not touch his mouth, nose and face.
02	A caregivers will use disposable gloves while handling the patient.	The caregivers should avoid direct contact with patient's body and secretions.
03	Hand hygiene must be ensured always.	The caregivers should not touch patients surrounding, environment, without wearing gloves and masks.
04	The food will be given in the	The caregivers will not share

		patient's room.	patient's belongings with himself or anybody else.
05	The caregivers will use mask, gloves while cleaning /washing /touching patient's used items.		The caregivers will not hide any important information of patient and family members.
06	The caregivers must do hand hygiene after removing the gloves.		The caregivers will not allow any family member to go inside the patient's room and will not allow the patient to come out from his room.
07	The caregivers will ensure that the patient must follow the doctor's advice and treatment.		-----
08	The caregivers will monitor his own and family member's health status e.g fever, cough etc.		A caregivers will not spread rumors/panic/false information in any forums.

<p>5. I think I have Covid. Is there a set of self check questions?</p>	<ul style="list-style-type: none"> ❖ Are you experiencing any of the following symptoms? 1) Cough 2) Fever 3) Difficulty in Breathing 4) None of the Above ❖ Have you ever had any one of the following: 1) Diabetes/High Blood Sugar 2) Hypertension/High Blood Pressure 3) Lung disease/asthma/ Tuber culosis 4) Heart disease 5) None of the above ❖ Have you travelled anywhere internationally in the last 14 days? 1) Yes 2) No ❖ Which of the following applies to you? 1) I have recently interacted or lived with someone who has tested positive for COVID-19 2) I am a healthcare worker and I examined a COVID-19 confirmed case without protective gear. 3) None of above. ❖ If your answer is yes of anyone of the above questions then you may be a Covid -19 Suspect case. In that case you should contact Flu Clinic GH Rewari/nearest Government Health care facility or District Help Line /Call Center. ❖ Download Arogya Setu App In you Smart Phone From Play Store or ISO Store
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<p>6. Is there a district nodal officer for Covid facilities? For individual Covid facilities?</p>	<p>❖ Dr. Vijay Parkash is District Nodal Officer and Contact No. 9416349426 And the Nodal officer for individual Covid facility is mention in front of Covid Facility Mentioned in Question no. 3.</p>																											
<p>7. Where can I get myself tested for Covid? What are the rates? How much time does it take?</p>	<p>❖ For testing of Covid-19 you have to visit a Qualified Medical specialist after his advice you can be tested for Covid-19.</p> <p>❖ There are testing facilities which are both free and paid.</p> <p>❖ List of Free Covid-19 Testing facilities</p> <ol style="list-style-type: none"> a) GH Rewari- 1st Floor new Building b) SDH Kosli- Ground Floor. c) Govt. Girls College Sec. 18 Rewari- Ground Floor. <p>❖ List of Paid Covid-19 Testing Facilities</p> <table border="1" data-bbox="639 689 1490 1706"> <thead> <tr> <th>Name and Contact No.</th> <th>Rate</th> <th>Local Contact Person (in Rewari)</th> </tr> </thead> <tbody> <tr> <td>1) Core Diagnostic Gurugram</td> <td>Only sample testing 2500/- Sample collection, logistics, testing and reporting to be done by Core Diagnostics 3950/-</td> <td>Mr. Subhash 9255225165</td> </tr> <tr> <td>2) Strand Life sciences Gurugram</td> <td>Rate 4500/-</td> <td></td> </tr> <tr> <td>3) Path kind Diagnostic Gurugram, 7827844444</td> <td>Rate 4500/-</td> <td>Mr. Lokesh 9711464501</td> </tr> <tr> <td>4) Dr. Lal Path Lab Rohini, Delhi</td> <td></td> <td></td> </tr> <tr> <td>5) MoIQ laboratory, Gurugram</td> <td></td> <td></td> </tr> <tr> <td>6) Modern Diagnostic research center lab Gurugram</td> <td></td> <td></td> </tr> <tr> <td>7) SRL LTD. Gurugram</td> <td></td> <td></td> </tr> <tr> <td>8) Medanta, The Medicity Gurugram</td> <td></td> <td></td> </tr> </tbody> </table>	Name and Contact No.	Rate	Local Contact Person (in Rewari)	1) Core Diagnostic Gurugram	Only sample testing 2500/- Sample collection, logistics, testing and reporting to be done by Core Diagnostics 3950/-	Mr. Subhash 9255225165	2) Strand Life sciences Gurugram	Rate 4500/-		3) Path kind Diagnostic Gurugram, 7827844444	Rate 4500/-	Mr. Lokesh 9711464501	4) Dr. Lal Path Lab Rohini, Delhi			5) MoIQ laboratory, Gurugram			6) Modern Diagnostic research center lab Gurugram			7) SRL LTD. Gurugram			8) Medanta, The Medicity Gurugram		
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