

Nilgiri COVID CARE – Helpline

Coonoor Block

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1) TESTING:

a) **FREE Testing Centres:** RTPCR test is provided by the govt. free of cost every day from 9 am to 3 pm. Contact your nearest PHC to find out if RTPCR test is available on any given day.

- i) Bus Stand, Coonoor
- ii) Coonoor Govt. Hospital

b) PAID Testing Centres:

	Name of Hospital	Phone	Testing Charges
1	Nankem Hospital	0423-2231550	Rs. 2500/-
2	Sagayamatha Hospital	0423-2206979	Rs. 2500/-

c) Home Testing – RTPCR

Lab technicians from the following labs will visit homes for samples.

Note: They can also draw samples for other Blood and Urine tests upon request.

	Lab Name	Phone	Charges	Note
1	Kingsly –Micro Lab	9585524485	Rs. 1700/- + Conveyance	Sample will be sent to a lab in Coimbatore
2	Lipro Diagonastic Centre	9442491191	Rs. 1700/- + Conveyance	Sample will be sent to a lab in Coimbatore
3	Zion Pathological Laboratory	9500553162 7017107270	Rs. 1500/- + Conveyance	Sample will be sent to lab in Coimbatore

d) CT Scan: Facility is available in the following hospitals:

	Hospital/Centre Name	Phone	Charges
1	GOVT LAWLEY HOSPITAL COONOOR	0423-2230500	FREE
2	NANKEM HOSPITAL COONOOR	0423-2231550	RS. 4250/-

e) Test Result Protocols for a COVID-Positive person:

- The concerned individual will be informed by the health authorities that the RTPCR test is positive.
 - Concerned health authorities will visit patient's residence and decide whether the patient is eligible for home quarantine.
 - At the discretion of the health authorities the patient may be shifted to COVID Care Centre/Hospital
 - The decision of the Health authorities is final and binding.
 - **Note:** If RTPCR test is done in a private lab and the results are positive. Please call **1077** and inform the details.
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2) AMBULANCE:

Please specify whether you need a normal ambulance or an ambulance with oxygen facility to the Ambulance Operator.

a) Free Ambulance Service

	Ambulance Service	Phone	Note
1	Govt. Emergency Ambulance	108	You can dial 108 for FREE ambulance service to any Govt Hospital.
2	3 Star Ambulance	9443255150; 9626683718; 7904668941	FREE ambulance service in and around Coonoor

b) Paid Ambulance Service

	Ambulance Service	Phone	Note
1	ANNAI AMBULANCE	9487028236	Contact Person - Mr. Anand
2	BEST AMBULANCE SERVICES	9486187525	
3	NANKEM HOSPITAL AMBULANCE	0423-2231550	Provides Oxygen ICU Ambulance with nursing assistance, if required.

3) Hospital Beds (Availability):

The following are the Hospitals and COVID Care Centres (Public & Private) that are available in Coonoor. If you wish to go to a private hospital, please call and confirm availability of beds.

	Name of Institution	Location	Address	Medical Officer In-Charge	Phone	Non Oxygen Beds	Oxygen Beds	ICU	TOTAL
1	Govt. Lawley Hospital (Public)	Coonoor	NH 67, Vannarpet, Coonoor, 643101			15	64	1	80
2	Wellington Cantonment Hospital (Public)	Wellington	NH67, Balaclava, Coonoor, The Nilgiris - 643231	Dr. Muralidharan	9443475946				
3	Cordite Factory Hospital (Public)	Aruvankadu	Coimbatore-Ooty-Gundelpet Highway, Ambigapuram, Aruvankadu, The Nilgiris - 643202	Dr. Uma	9840611336				
4	LAIK LAW SCHOOL (Public)	Ketti	Ketti Valley, Tamil Nadu 643215			100	0	0	100
5	NANKEM PVT HOSPITAL (Private)	Coonoor	Near, YWCA Rd, Bedford, Coonoor, 643101	Dr. Chandrasekar	9443235084	5	5	5	15
6	SAGAYAMATHA HOSPITAL (Private)	Coonoor	Balaclava, Coonoor, 643102	Dr. Prince	9447276304	8	2	0	10
7	Sai Healing Centre (Private)		2/248a, 3/249 @sidhhagiri Yedapalli, Post, Coonoor, 643104	Dr. Kalyani	9442123336				25

4) **DOCTOR CONSULTATION (Telephone/Online for home quarantined patients)**

a) **FREE TELEPHONE CONSULTATION:**

	Name of the doctor	Phone	Consulting hours
1	Dr. P.K.Ramachandiran	9443330982	3 PM to 5 PM
2	Dr. Tharuman	9486393944	6 PM to 7 PM

b) **PAID TELEPHONE CONSULTATION:** On appointment only

	Name of the doctor	Phone	Consulting hours
1	Dr. Dinesh Kumar	9894068300	
2	Dr. Palraj	9442174301	12 AM to 3 PM

c) **FREE ONLINE CONSULTATION:** via www.esanjeevaniopd.in

The following steps may be followed:

- Login to www.esanjeevaniopd.in
- Verify your mobile number.
- Generate token after registering
- Login upon getting notification.
- Wait for your turn & consult doctor.
- Download ePrescription.

d) **PAID ONLINE CONSULTATION:**

- Login to www.apollo247.com or download Apollo247 app from Google play store.

5) **MEDICINES**

The following pharmacies provide home delivery of medicines:

	NAME OF PHARMACY	Address	Phone
1	NEW PHARMACY	Near Crown Bakery, Mount Road, Coonoor	9894102120

6) **GROCERIES**

The following stores deliver groceries on order:

	Name of Store	Phone	Contact person
1	Modern Stores , Bedford	9842137656	Rajendran
2	Bakers Junction, Bedford	9443035551	Cedric
3	J & S Stores, TDK Pillai Road, Coonoor	9443523257	Renji
4	Vegetable Shop near Cordite Factory, Aruvankadu	9486041941	

7) **COOKED FOOD/RESTAURANT**

	Restaurant Name	Phone
1	Quality Restaurant, Bedford, Coonoor	9842236420

2	Hotel Ramachandra, Mount Road, Coonoor	0423-2236353
3	Orchid Square, Brooklands, Coonoor	0423-2238306
4	Divine Foods (Home cooked meals)	6382569823

8) FOOD DELIVERY

	Delivery Service By	Phone	Restaurants
1	Cheribrews	9487748330	1.CHICK BLAST 2.BAGAICHA 3. SRI LAKSHMI HOTEL 4. HOTEL RAMACHANDRA 5. CAFE FULLY LOADED 6. OPEN KITCHEN 7.CLASSIC BIRIYANI 8. HYDERABAD BIRIYANI HOUSE
UPDATED MENU IS AVAILABLE IN https://www.cheribrews.com/order-online Separate Vegetarian and Non-vegetarian available.			
2	Zomato (App)		1.QUALITY RESTAURANT 2. FIREWOOD BIRIYANI

9) **VOLUNTEER GROUPS**

The following volunteer groups can be contacted for purchase of Groceries/Vegetables/Milk or for any other assistance with field work. Please note that the following contacts are only representatives. More volunteers are available, if required.

	Volunteer Group Name	Representative Name	Phone
1	VIVEKANANDA NARPANNI MANDRAM	PADMANABHAN M	9865163129
		SARAVANAN J	7010652178
		VENKATESH P	9943168677
		BALAJI R	8072974947
		SELIN RAJA	9843036261
2	ABDUL KALAM ARAKATTALAI, COONOOR	SATHICK	9943155201; 7904256574
		MUBARAK	9788826055; 8667356557
		DHASTAKEER	7010614971; 7845975989
		MANI	9080940035
		ISMAIL	9626683718; 7904668941
3	THREE STAR GROUP	AYUB	9443255150
		ISMAIL	9626683718
		SHABASH	6382285569
		JAFAR	8940063616
		RAGAMATHULA	9443060757
4	RDO TRUST, COONOOR	NITHUPRINCY	7639130059
		NITHYA	8940453864
5	SEVA BHARATHI NILGIRIS		7358864023; 9487344023; 9344912937
6	INDIVIDUAL VOLUNTEERS	THARIQ, MARKET COONOOR	9585109876
		SHARIQ SAIT, MARKET COONOOR	8754810229
		JAMES, ALWARPET	8610731264
		MARVIN PERIERA, ALWARPET	9500037400
		ASHISH DANIEL, OOTUPATTARAI	9887251992

The following groups can be contacted for assistance with telephone/helpline service:

	Volunteer Group Name	Representative Name	Phone
1	JCI	JC Prasanth	7871713143
		JC Nivetha	8940309346
		JC Senthil	9486422206
		JC Uma Shankar	9442144220
		JC Powsthina	6369701586
		JC Amirtraj	9360101015
		JC Sujith	9488464710
2	Jain Navyuvak Sangh	Rishab	6382676968
		Mukesh	9080456753

		Pavan	7502607547
		Yeshwanth	9150208035
		Niraj	9486603412
		Girish	8072835782
3	St. Joseph's College Alumni Association	John Thekannal	9655147770
4	Nomadic Nilgiri Running Club	Yasmin	9025136316
5	Individual Volunteers	Ajay, Tent Hill	9842008444
		Kitti, Tent Hill	8667394072
		Vijay Anand, Highfield	9844017016
		Thariq Sait, Market - Coonoor	9585109876
		Shariq Sait, Market - Coonoor	8754810229
		Karen, Ketti	9003383806
		Anita Devaram, Gray's Hill	9486414830
		Salim Danish	9486412305
		Marvin Periera, Alwarpet	9500037430
		Joe King, Bedford	9443423595
		Omar	9972299882
		Gafoor, Pattavayal	9487191816
		Syed Mohammed Thahir, Alwarpet	7598334683
		Muthukumar, Ooty	6379066916
		Shobana Chandrasekar	9442644283; 8610486572

10) BEREAVEMENT/FUNERAL SERVICES

- If the deceased/expired person was a COVID-positive patient, the entire task of burial /cremation will be under the control of the local bodies (Concerned Municipality/Panchayat). Few family members will be allowed as per SOP.
- 3 Star Group has volunteered to assist the bereaved family if necessary. Contacts below:

Name	Phone	Note
3 Star Social Welfare Group	9443255150; 9626683718; 7904668941	Free ambulance service in and around Coonoor