

Nilgiri COVID CARE – Helpline

Ooty 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, Ooty
- ii) Ooty Govt. Hospital

b) PAID Testing Centres:

	Name of Hospital	Phone	Testing Charges
1	SM Hospital	0423-2442258	Rs. 2500/-
2	Vijaya Hospital	0423-2442248	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	Ramakrishna Diagonastics Lab, Ooty	0423-2443800; 6382820681		
2	Micro Lab, Ooty	0423-2440673		
3	Bioline Lab, Ooty	6381194761		

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

	Hospital/Centre Name	Phone	Charges
1	GOVT HOSPITAL OOTY	0423-2442712	FREE
2	Revathi CT Scan Ooty	099655 11113	Paid

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.

b) Paid Ambulance Service

	Ambulance Service	Phone	Note
1	ANNAI AMBULANCE	9487028236	Contact Person - Mr. Anand
2	BEST AMBULANCE SERVICES	9486187525	
3	HAKHEEM	9488118638	
4	AASHIQ	8610835980	
5	AMEEN	9943968636	
6	ALWIN	9443545498	
7	RAJAN	9123593917	
8	RAJA	8778908277	
9	YOUSIF	7305506678	
10	SAJITH	9489444108	

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	Government Head Quarters Hospital (Public)	Ooty	Hospital Rd, Upper Bazar, Ooty, Tamil Nadu 643001			30	110	20	160
2	Youth Hospital (Public)	Ooty	Near Government Arts College, Stone House, Ooty - 643002	Dr. Sweatha	8072556301	90	0	0	90
3	Good Shepherd School Additional Campus (Public)	Ooty	Fernhill Post, Near Baroda Palace, Ooty, The Nilgiris - 643006	Dr. Sundar	9043633123	125	0	0	125
4	JSS International School (Public)	Ooty	Theetukal, Fernhill Post, Ooty - 643004	Dr. Dhivya	9790004402	154	0	0	154
5	SM Hospital (Private)	Ooty	29, 108, Coonoor Rd, Elk Hill, Ooty, Tamil Nadu 643001	Dr.Prathiba	8110861279	15	12	3	30
6	SHIVASAKTHI HOSPITAL (Private)	Ooty	Bue Mountain School Road, Ooty, 643001	Dr. Kesavan	9443051940	16	4	0	20

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	APPOLLO PHARMACY	MAIN BAZAAR OOTY	0423-2447411
2	OOTY DRUG STORES AND PHARMACY	MAIN BAZAAR, OOTY	0423-2442227

Medicines from the above pharmacies can be obtained thro volunteers.

6) **GROCERIES**

The following stores deliver groceries on order:

	Name of Store	Phone	Contact person
1	Modern Stores , Garden Road	0423-2442678	
2	Best Stores, Near Sullivan Court and Near Old Liberty Theatre	9943686500	Sanjith
3	Littlearth Market, Commissioner's Road	9443345478	

7) COOKED FOOD/RESTAURANT

	Restaurant Name	Phone
1	Vignesh, SM Hospital Canteen <i>(home cooked food at reasonable cost)</i>	9843098244
2	Jain Yuva Sanghatan (Dr. Sadhavi Kumudhlataji Marasa Aadi Thana 4) <i>(FREE Jain food at reasonable cost)</i>	Naveen – 9443212222; Monty – 9626689963; Nitesh – 9894133333; Bhavesh - 9786175000
3	Taj Savoy	0423-2225500
4	Le Cafe	9487000444

8) FOOD DELIVERY

	Delivery Service By	Restaurants
1	Zomato (App)	1. Adayar Ananda Bhavan 07550037772 2. Thalassery Biryani 9626199299 3. A1 Restaurant 0423-2442206 4. Junior Kuppanna 0423-2450020

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, OOTY	DHASTHAGIR	7845975989
		SURESH	9865333352
		JAGADEESH	9842629325
		ZAHEER	7094990773
		RANJITH	9384440669
3	THREE STAR GROUP	AYUB	9443255150
		ISMAIL	9626683718
		SHABASH	6382285569
		JAFAR	8940063616

		RAGAMATHULA	9443060757
4	RDO TRUST	HEMALATHA	9047889554
		PRADEEP	9789486691
5	SEVA BHARATHI NILGIRIS		7358864023; 9487344023; 9344912937
6	INDIVIDUAL VOLUNTEERS	SABARISH, OOTY	7010397650
		VIGNESH, OOTY	9843098244
		OOTY OUTER MERCHANTS ASSN	8754108108
		OOTY BLOOD WING	8300182205
		TA.MU.MU.KA.	9443094001
		NILGIRIS SOCIAL MEDIA	9600792571
		NAKKUSEMA BADUGA ILAGYAR SANGAM	9943565775

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 Nilgiriens 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

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	