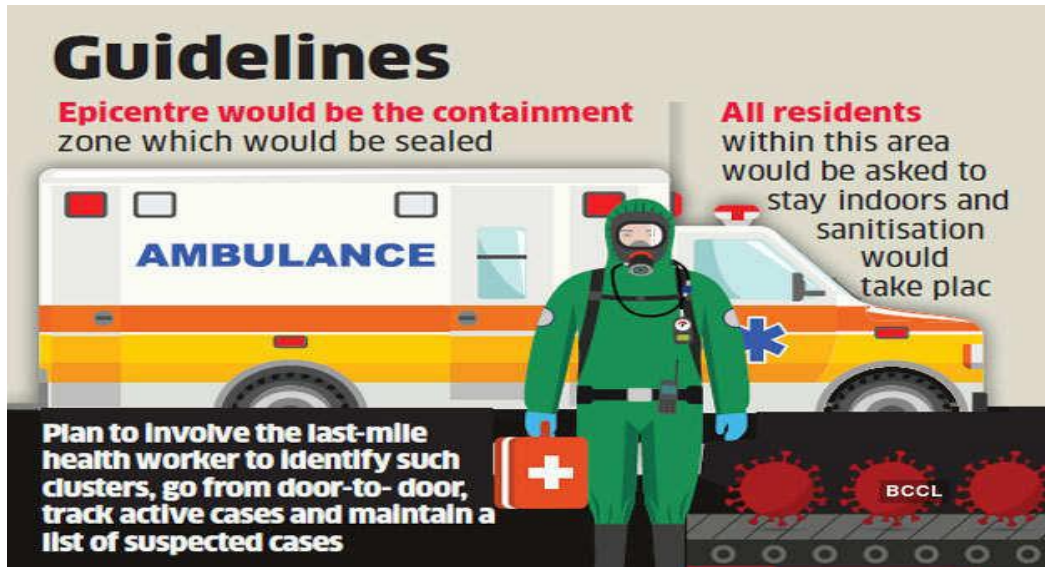




## COVID-19 : CONTAINMENT PLAN GUIDELINES



**Presented By**

**BANGALORE APARTMENTS' FEDERATION (BAF)**

30<sup>th</sup> March, 2020

***Disclaimer:*** Bangalore Apartments' Federation (BAF) has compiled this note based on inputs from government advisory documents as well as reading various global examples and the concept on subject. as well as secondary information available. BAF advises its Members and readers of this note to adapt the guidelines in consultation with their communities. Most of the information is practical and doable, and may exceed the mandate set by authorities, but if this helps combating situation effectively, does not cost much and is practical – then we do urge to take support of this document to establish your best practices as well. BAF will not assume any liability for any implications of decisions taken by anybody, based on this document.

BAF also urges Members to share their experiences / views based on practical ground level successes. Depending on inputs from Members, this document might be further updated and made more comprehensive.

**Members can reach out to : [covid19@baf.org.in](mailto:covid19@baf.org.in) / [info@baf.org.in](mailto:info@baf.org.in)**



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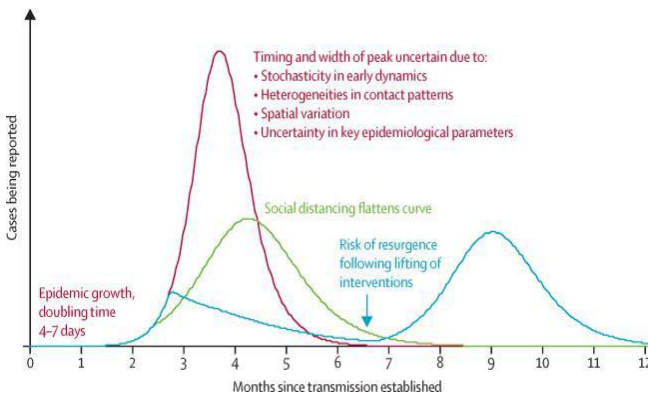


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## CONTAINMENT PLAN ON COVID POSITIVE DISCOVERY IN RWA

THESE GUIDELINES WILL HELP RWA MANAGEMENT TO TAKE APPROPRIATE STEPS ONCE A COVID CASE IS DETECTED WITHIN THE COMMUNITY. THIS IS A SERIOUS SITUATION AND COMPLETE LOCK DOWN OF THE RWA / AFFECTED BLOCK MAY BE ORDERED BY AUTHORITIES.

WHILE THERE IS NO NEED TO PANIC, BEING AWARE OF THIS & WITH HELP OF AUTHORITIES – THE RWA COVID-TASK FORCE SHOULD BE ABLE TO PREVENT SPREAD OF THE VIRUS WITHIN THE COMMUNITY. THERE MAY BE ADDITIONAL RESTRICTIONS ON RWA & ITS RESIDENTS AS PER GUIDANCE OF OFFICAL AUTHORIES. OTHER NORMAL PROCESSES THAT FLATTEN THE COVID CURVE LIKE COUGH ETIQUETTE, HAND HYGIENE, NOT TOUCHING FACE , NOT TOUCHING VARIOUS SURFACES & SOCIAL DISTANCING MEASURES .



THIS ADVISORY IS CREATED BY BAF FOR THE APARTMENT MANAGING COMMITTEES AND RESIDENTS AS AN ADVISORY BASED ON PREVAILING GUIDELINES BY MINISTRY OF HEALTH AND FAMILY WELFARE AS WELL AS THE BBMP AND EXAMPLES OF INNOVATIVE PRACTICES BEING FOLLOWED. **THE ADVISORY HAS AN OVERALL VIEW ON ACTIONS TO BE TAKEN ON FINDING A COVID POSITIVE CASE BY COMMUNITY AND THE RESTRICTIONS & PRECAUTIONARY MEASURES TO BE TAKEN BY THE RWA . WE HAVE EXTENDED THE GUIDELINES FOR EASY UNDERSTANDING AND IMPLEMENTATION KEEPING IN MIND THE PRACTICES POSSIBLE THAT WOULD HELP MITIGATE THE CURRENT COVID EMERGENCY. IT IS APPLICABLE TO ANY CITIZEN AS WELL.**

### OFFICIAL REFERENCES:

1. <https://www.mohfw.gov.in/pdf/ModelMicroplanforcontainmentoflocaltransmissionofCOVID19.pdf>
2. <http://bbmp.gov.in/documents/10180/19138700/Advisory+-+Resident+Welfare+Association.pdf/1613e4bf-ee7a-412d-a464-a12f15dd14fb>
3. <https://www.mohfw.gov.in/pdf/Guidelinesforhomequarantine.pdf>.



## CASE DISCOVERY & MANAGEMENT

### POSITIVE CASE ID

1. It is the duty of the resident to inform the RWA in case any of the family member has been tested COVID + .
2. Alternatively the Health Authorities / Labs which have detected the COVID+ case will also be informing the GoK authorities who in turn will inform the RWA given that the containment process has to be carried out.

As soon as case of COVID19 Virus is confirmed from any Apartment, RWA management needs to immediately send out message to the rest of the residents, informing them of the situation, and initiating a lockdown for all others living there as a precautionary measure.

The message can also give facts of the case without panicking, on

1. Condition of the covid + resident
2. Instruct the affected family members to stay in self-quarantine for 14 days
3. Lock down the affected building/ tower/ block & instruct residents to not move out and about, and not leave the apartment premises, to remain at home as much as possible till further instructions & update from the government authorities. THERE WILL BE SOME FUMIGATION & CLENASING PROTOCOLS to be followed as part of the government's CONTAINMENT PLAN. RWA should fully co-operate with that.
4. Ask other residents to inform their staff – except nurses and medical assistants whose names and other details will have to be notified in advance – to not come to work for the next few days, till further information.

### TREATMENT HANDOVER

1. By then family member or RWA COVID team will immediately ensure if patient is at home and no one goes near the place. No resident / visitor/ help/ staff is allowed to move anywhere.
2. Call 104/ 1075 any other designated emergency number (Visit BAF website for more helpline numbers) . They will enable ambulance to be sent for pick up from the COvid patient location and also suggest the nearest designated hospital for admission.
3. If Patient family already has that information – they may pre-decide on the hospital choice etc if permitted. Note this is not an emergency so far as patient health is concerned. Keep calm and think is advised.
4. Ambulance will come and take the covid+ patient to designated hospitals for isolation & treatment. There will be earmarked ambulance for the transfer of patients. The drivers will be trained in infection prevention and control practices and also in disinfection of ambulance after transporting Covid patients. Drivers/ Staff of these ambulances will be provided with appropriate personal protection equipment ( PPE )
5. RWA management should co-operate with authorities & any instructions there off.
6. If the covid+ person has been in contact with other residents – Home Quarantine rules will apply to all. The list of such contacts will be given by the Health ministry officials and strict watch will be maintained.



7. Residents who have been in contact with the COVID+ patient may voluntarily also give their names to the RWA and authorities and self quarantine. All HQ guidelines apply (Visit BAF website for HQ Guidelines)
8. For the next 2 days, all families must strictly self-quarantine themselves, limiting all movements to within own home, till the affected perimeter area as per MoHFW procedures for CONTAINMENT & AREA SANITIZATION concludes.
9. All other rules prevailing must be followed

**NOTE:**

1. LIST OF HOSPITALS & PATHLABS IS PROVIDED AT END OF THIS GUIDELINE. PL CALL THE EMERGENCY NUMBERS 104/ 1075 FOR ANY INFORMATION ON COVID TESTING & HOSPITALIZATION – IF YOU HAVE TO UNDERGO COVID TEST. THERE ARE PROVISIONS FOR SAMPLE TO BE COLLECTED AT YOUR HOME. STAY IN STRICT HOME QUARANTINE GUIDELINES TILL THE AUTHORITIES COME TO MOVE YOU TO A COVID ISOLATION FACILITY.
2. FOR ANY OTHER ILLNESS / FLU SYMPTOMS / FEVER/COUGH/ SORE THROAT ETC- 104 ALSO PROVIDES TELEMEDICINE FACILITY. THEY WILL CONNECT YOU TO DOCTOR WHO WILL DIAGNOSE YOUR SYMPTOMS AND GUIDE YOU FOR MEDICATION. IF REQUIRED THEY MAY ASK YOU TO VISIT NEAREST CLINIC FOR PHYSICAL CHECK ON SYMPTOMS. PL WEAR MASK AND KEEP SOCIAL DISTANCE IF YOU ARE STEPPING OUT AND AVOID TOUCHING ANY SURFACES & YOUR FACE.

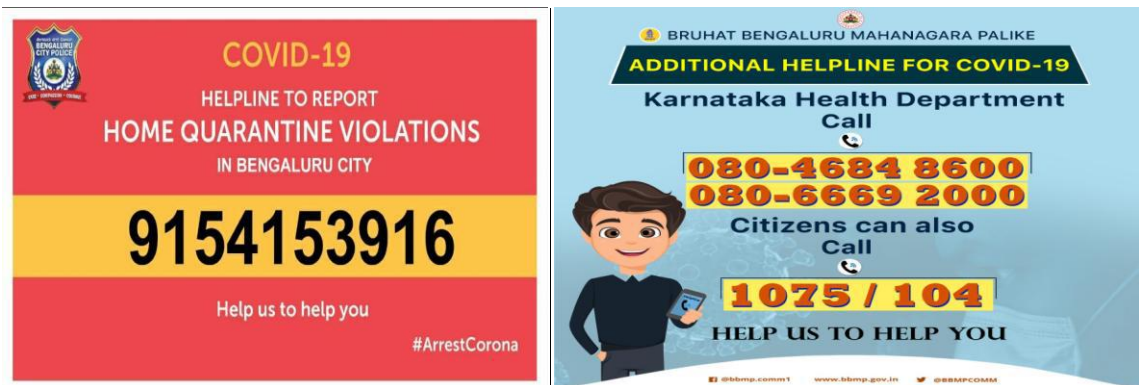
**COMMUNITY CONTAINMENT**

1. The entire property/ affected block and its surroundings (as guided by authorities and their containment plan guidelines) is likely to be fumigated with the appropriate chemicals, doubling up on sanitizing all stairwells and lifts with regular intervals through the day.
2. **NO VISITORS.** No one will be allowed in and out of the building until the date decided by the RWA-MC & authorities
3. All house staff, drivers and cooks who come in from outside must be notified NOT to come in to work until the lockdown period is over.
4. Any incoming medical assistants/nurses, will be permitted to enter on prior permissions. They are required to be wearing a mask on arrival, and should be wearing gloves & at the gate, where they will be made to sanitize their hands.
5. For all members of the community who do not have a live-in cook, and are unable to cook themselves, meals may be arranged internally or some alternate provisions can be made.. A FOOD VOLUNTEER Team may be set up if possible for the duration.
6. RWA must ensure they set up any assistance team to handle & communicate & clarify all resident queries on this.
7. We understand that there maybe need to stock up on supplies, Pl work with RWA for bulk deliveries online- so that contacts can be minimized to extent possible for breaking the covid chain.
8. RWA must be prepared with Emergency Team to work on affected services during this lockdown stage.
9. Please reach out to the Committee / ERT/ C-19Task force members of RWA for any specific problems.



10. If you have any infants or elders in the home, you should look at separating them in their own quarters/rooms as much as possible, with minimal contact. Should you find that you are experiencing a cold, sore throat, fever and coughing, do not panic. You must just ensure to seclude yourself from the rest of the family, Rushing to a hospital may not be necessary unless the illness is severe. USE TELEMEDICINE FACILITY AT EMERGENCY NOS PROVIDED IN THIS DOCUMENT. Should anyone find out that they are affected by the COVID19 virus, please let the committee know immediately so we can help with required steps. Do not be afraid or ashamed to mention it, it is the biggest help that can be given, and all will appreciate it.
11. Please keep in mind that the confirmed case in the building is not the main issue we are dealing with, it is all the possible unidentified virus carriers amongst us. Any one of us can be potentially spreading the virus without knowing it, and for that reason precisely, we must isolate ourselves and act responsibly.
12. **The Government and the BBMP are doing their part to contain the virus, but nothing will work unless every citizen proactively acts to make it all work. Mortality rates are very low, and the vast majority of affected people recover just fine, so we have no reason to panic, and every reason to be smart.**
13. Read the example of an Apartment in Bangalore whose consideration and responsible behaviour comes at a time when there are also reports of people running away from isolation, hiding their travel history, and apartment residents locking others inside their apartment due to the latter's travel history. While such a restriction of movement and quarantine may not be possible for everyone, this is certainly a good example of cooperative and responsible behaviour given the pandemic.

**NOTE : THE COVID + PATIENT SHOULD NOT FLEE THE COMMUNITY . RWA CAN CALL AUTHORITIES TO PREVENT THIS. THIS IS A PUNISHABLE OFFENCE UNDER THE INDIAN LAW**



#### GOK OFFICAL FAQ

Residents can join the Official Telegram App link below for any FAQ on the COVID -19 queries:

[https://t.me/karnataka\\_Covid19](https://t.me/karnataka_Covid19)

#### GOI- DIRECTIVE 24/3/2020

Please Note: Based on the Hon PM's message & subsequent Central & State Government Directives – everyone has to stay home for 21 days starting 25/3/2020 and Not just Covid19 suspects. Let us all fully co-operate to “BREAK THIS COVID CHAIN”.

Reach out to BAF –COVID19 Task Force team by visiting <https://baf.org.in/covid-19/baf-guidelines>



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## **PRIMARY & SECONDARY CONTACT CONTAINMENT**

1. RWA must cooperate with authorities when they contact the primary & secondary contacts of the covid+ patient. And follow all HQ and other monitoring rules
2. The COVID + patient and family must co-operate and share all information of their primary & secondary contacts with authorities and not hide any information to protect the community & spread of the virus
3. RWA will have more stringent quarantine & lock down instructions from authorities as outlined below. THIS WILL HAVE TO BE STRICTLY COMPLIED WITH

## **STATE GOVERNEMENT CONTAINMENT PLAN INITIATIVES**

**If any community area is an emerging “hotspot” of Covid-19 infection , the Govt will employ a rigorous cluster containment strategy which involves demarcating an area of 3 kilometre radius around epicentre/ covid+home, a buffer zone of additional 5 kilometre radius & ensuring all quarantine protocols are followed here.**

<https://www.mohfw.gov.in/pdf/ModelMicroplanforcontainmentoflocaltransmissionofCOVID19.pdf>

States have been asked to identify containment zones, buffer zones and prepare a plan to avoid a panic situation, **This includes** - identifying isolation facilities to accommodate confirmed/suspected cases in every district, providing logistical requirements and enhancing community awareness to arrest its spread. There are guidelines to BBMP & other state authorities to conduct contact tracing, strengthening state and district surveillance teams to avoid widespread community transmission and also break the chain of transmission, if found.

**The rigorous containment strategy or the micro plan for containing local transmission involves first identifying the house of a Covid-19 positive patient and then tracing contact list and mapping all of them. In a scenario where this is taking time, the protocol is to demarcate an area of 3 kilometre radius as the epicentre. This epicentre would be the containment zone which would be sealed. All residents within this area would be asked to stay indoors and sanitisation would take place. Health workers in surveillance teams would be asked to go doorto-door and seek details such as number of people in a house, their age, gender and their health status, including any underlying conditions. A daily check would be kept on these. A 5 kilometre radius buffer zone would also be demarcated.**

**BAF NOTE : BAF HAS CREATED A COVID-19 TASK FORCE DIRECTORY. IT LISTS ALL TESTING & TREATMENT CENTERS, ALONG WITH IMPORTANT TELEPHONE NUMBERS, ESSENTIALS SUPPLIERS' & SERVICE PROVIDERS FOR C-19. ALSO INCLUDES REPUTED GROCERY SERVICE PROVIDERS. THIS WILL ENABLE THOSE HQ'ED TO FUNCTION EFFICIENTLY . Visit : <https://baf.org.in/covid-19/baf-guidelines>**



**PL. REACH OUT TO RWA-MC / DOCTORS ETC FOR ANY ASSISTANCE USING BELOW DETAILS:**

<b>RWA COVID19 Helpline Name and Contact Number:</b>	Karnataka helpline: 104 / 1075 Central Helpline Number: +91-11-23978046 Additional Numbers (refer baf.org.in)
<b>Rajiv Gandhi Institute of Chest Diseases (RGICD)</b> Address: Someshwarnagar 1st Main Road, Dharmaram College Post, 1st Block, Hombegowda Nagar, Bengaluru, Karnataka 560029. <b>Contact: +080 26088500</b>	<b>Manipal Hospitals:</b> Address: 98, HAL Old Airport Rd, Kodihalli, Bengaluru, Karnataka 560017. Dr. Mable: <b>Contact: 080-25211200 (hotline)</b>
<b>Narayana Health</b> 258/A, Bommasandra Industrial Area Anekal Taluk, Hosur Rd, Bengaluru, Karnataka 560099. <b>Phone: 080675 06870</b>	<b>Fortis Hospital</b> 154, 9, Bannerghatta Main Rd, Opposite IIM, Sahyadri Layout, Panduranga Nagar, Bengaluru, 560076. <b>Phone: 080-66214444.</b>

**COVID-19 TESTING LABORATORIES IN BANGALORE:**

Karnataka	<ol style="list-style-type: none"> <li>1. SRL Limited, Bangalore Reference lab, Next to Jal Bhavan, Bannerghatta Road, Bangalore</li> <li>2. SRL Limited, Fortis Hospital Limited, 14, Cunningham Road, Bangalore, Karnataka</li> <li>3. SRL Limited, Fortis Hospitals Limited, 154/9, Bannerghatta Road, Opp. IIM, Bangalore</li> <li>4. SRL Ltd, FortisHospital, #23, Gurukrupa Layout ,800 feet road, Nagarbhavi, Bangalore</li> <li>5. SRL Diagnostics Private Limited for its facilities at 51, Chintal Plaza, 10th Main Road, 33rd Cross, IV Block, Jayanagar, Bangalore</li> <li>6. NEUBERG ANAND Lab, Shivaji Nagar, Bangalore</li> <li>7. RV Metropolis Main Lab, 76/10, 15th Cross. 4th Main. Malleshwaram, Bengaluru (Will be ready by 1 April 2020)</li> </ol>
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**COVID-19 TESTING CENTERS IN KARNATAKA:**

1. Bangalore Medical College & Research Institute, Bangalore
2. National Institute of Virology Field Unit Bangalore
3. Mysore Medical College & Research Institute, Mysore
4. Hassan Inst. of Med. Sciences, Hassan, Karnataka
5. Shimoga Inst. of Med. Sciences, Shivamogga, Karnataka

**STAY ISOLATED, .. STAY QUARANTINED .. STAY SAFE – SELF & SOCIETY!**



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## INFORMATION RESOURCES FOR FURTHER READING

### MINISTRY OF HEALTH & FAMILY WELFARE PAGES

[https://www.mohfw.gov.in/pdf/Annexure\\_MHA.pdf](https://www.mohfw.gov.in/pdf/Annexure_MHA.pdf)  
<https://www.mohfw.gov.in/DraftGuidelinesforhomequarantine.pdf>  
<https://www.mohfw.gov.in/pdf/PreventionandManagementofCOVID19FLWEnglish.pdf>  
<http://m.theindependentbd.com/printversion/details/241111>  
[https://www.mohfw.gov.in/pdf/DOletter\\_secretary.pdf](https://www.mohfw.gov.in/pdf/DOletter_secretary.pdf)  
<https://karnataka.gov.in/english>  
<https://www.who.int/influenza/resources/documents/RapidContProtOct15.pdf>

### FOR ANY PET SUPPORT FOR QUARANTINED PATIENTS

[https://www.facebook.com/groups/TheCubbonParkCanines/?epa=SEARCH\\_BOX](https://www.facebook.com/groups/TheCubbonParkCanines/?epa=SEARCH_BOX)

(Contact person Vicky Mahanta - ...+91-8123769281 Pl. validate on above page. BAF has not verified this, but the FB page is trusted)

Follow Facebook pages : 1- The Cubbon Park Canines and 2- The CJ Memorial Trust. for updates and responses on any pet queries and support.

### NEWSPAPER ALERTS

<https://www.deccanherald.com/city/top-bengaluru-stories/bengaluru-apartment-building-under-lockdown-for-containment-of-covid-19-815242.html>

<https://vijaykarnataka.com/news/karnataka/lockdown-and-containment-of-covid-19-virus-in-major-apartment-in-bangalore/articleshow/74698997.cms>

<https://www.livemint.com/news/india/bengaluru-based-software-engineer-tests-positive-for-covid-19-11583764026853.html>

<https://www.newindianexpress.com/cities/bengaluru/2020/mar/12/as-bengaluru-techie-tests-positive-2662-under-observation-2115571.html>

<https://economictimes.indiatimes.com/news/politics-and-nation/coronavirus-outbreak-govt-working-on-a-containment-plan/articleshow/74504048.cms>

[https://economictimes.indiatimes.com/news/politics-and-nation/coronavirus-outbreak-govt-working-on-a-containment-plan/articleshow/74504048.cms?utm\\_source=contentofinterest&utm\\_medium=text&utm\\_campaign=cppst](https://economictimes.indiatimes.com/news/politics-and-nation/coronavirus-outbreak-govt-working-on-a-containment-plan/articleshow/74504048.cms?utm_source=contentofinterest&utm_medium=text&utm_campaign=cppst)

<https://economictimes.indiatimes.com/news/politics-and-nation/govt-identifies-covid-hostpots-plans-cluster-containment/articleshow/74879449.cms>



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**LIST OF HOSPITALS OFFERING TELEMEDICINE FACILITY. CALL EMERGENCY NUMBER 104 WHICH WILL CONNECT ANY ONE TO A PHYSICIAN & GET TELEGUIDANCE FOR COVID OR OTHER CLINICAL ADVICE**



**List of COVID-19 First Respondent Hospitals in Bangalore Urban & Rural Districts released by Government of Karnataka (21-03-2020)**

FIRST RESPONDER HOSPITAL	Contact Person	Mobile No	Landline	Email-ID
1 BOWRING LADY CURZON, Lady Curzon road, Shivajinagara, Bengaluru - 560001	RMO Dr. Muralidhar Dr. Pracianna Dr Ramesh Dr Suresh	9845169398	080-25591 325	<a href="mailto:bowringmedicalcollege@gmail.com">bowringmedicalcollege@gmail.com</a>
2 VICTORIA HOSPITAL / BMCRI, Fort Road near City Market, New Taragupet, Bengaluru - 560002	Dr. Basavaraj T.S, Dr. Deepa A.S Dr. Narasimhamurthy	9964657670, 9844003935	080-26701 150	<a href="mailto:drbaiutje@yahoo.com">drbaiutje@yahoo.com</a> , <a href="mailto:dedeepasri@gmail.com">dedeepasri@gmail.com</a> <a href="mailto:victoriahospitalbangalore@yahoo.com">victoriahospitalbangalore@yahoo.com</a>
3 K.C.General Hospital, 5th Cross, Malleshwaram, Bengaluru - 560003	1. Dr. Radha S 2. Dr. Sanjeev Kumar	9448772766 9980390518 9	080-23341 771 080-23568 937	<a href="mailto:kcghoffice@gmail.com">kcghoffice@gmail.com</a> <a href="mailto:rekhapdkq@gmail.com">rekhapdkq@gmail.com</a>
4 ESI Hospital, Peenya	1. Dr. K.S.Yogananda 2. Dr. Binduraj	9448975673 9448768072	080-29723 468	<a href="mailto:ms-peenya.ka@esic.nic.in">ms-peenya.ka@esic.nic.in</a>
5 i). SIR C.V.Raman General Hospital, 68/1, 4th B Cross Michael Palya, Indiranagara, Bengaluru - 560038	1. Dr. Radhakrishna 2. Dr.Vageesh	9901713029 9986618116	080-25281 245	<a href="mailto:vageesh67@gmail.com/">vageesh67@gmail.com/</a> <a href="mailto:qhibengaluru@gmail.com">qhibengaluru@gmail.com</a>
6 ii). ED Hospital, Indiranagar 1st Stage, Hoysala nagara, Bengaluru - 560038	Dr. Ansar	9480524518	080-25510 258	<a href="mailto:edh.bang@gmail.com">edh.bang@gmail.com</a>
7 ESI Hospital, 7th Main Rd, Appareddipalya Indiranagar, Bengaluru - 560038	Dr. Nayaran Dr. Geethalakshmi	9448781048 9845634811	080-25266 993 080-25266 994	
8 ESIC MODEL HOSPITAL PGIMSR, #2366/27, 12th Main, 2nd Stage A Block, Rajajinagara 3rd Block, Bengaluru - 560010	1)Dr.Vinay G, 2)Dr.Sharath 3),Dr.Ravi, 4)Dr.Basavaraj, 5)Dr.Sathyaranayana, 6)Dr. Vishwas HC,7)Dr. Anagha TS	1)981442293 3, 2)948014708 3, 3)735360214 2, 4)966348017 3, 5)984412665 3, 6)996499641 8, 7)725997266 6	080-23320 271/72 080-23013 327 080-23013 702 080-23013 792	1)vinaygopalaswamy@qmail.com, 2)sharathbn@yahoo.com, 3)dravigs@gmail.com, 4)basavaraj163@gmail.com, 5)nsatya99@yahoo.com, 6)vishwasdoc@gmail.com 7)anaghtshetru@gmail.com 8)esipqi.rajbl@gmail.com
9 RAJIV GANDHI INSTITUTE OF CHEST DISEASE, Someshwara nagara, 1st Main Road, Dharmaram College Post, Near NIMHANS Bengaluru - 560029	1)Dr. Deepak, 2)Dr. Pradeep Nayak G, 3)Dr. Yunus Ahmed Sheriff(RGICD) 4. Dr. Sathya Prakash	1)968094820 7, 2)789221737 3, 3)988694101 3	080-26088 682	1)director.rqicd@gmail.com, 2)director.rqied@gmail.com, 3)denunussheriff@gmail.com
10 K.R.PuramTaluka Hospital (BANGALORE EAST)	1. Dr. Chandrashekaraiiah 2. Dr. Leela Chandrakanth	9448332195	080-25612 238	<a href="mailto:amoghkrpuram@gmail.com">amoghkrpuram@gmail.com</a>
11 YelahankaTaluka Hospital (BANGALORE NORTH)	1. Dr. ASMA 2. Dr. Ramakrishna	9448694945	080-28564 436	<a href="mailto:amoghyelahanka@gmail.com">amoghyelahanka@gmail.com</a> <a href="mailto:amoyelahanka-hfws@karnataka.gov.in">amoyelahanka-hfws@karnataka.gov.in</a>

