



Covid Resources Guide

A compilation of resources prepared by various individuals, groups, and organizations to help navigate this crisis together.

Must Haves



At Home



Thermometer



Medicines (more on next page)



Oximeter



N95 Face Masks

Apps



WhatsApp

[Corona Helpdesk](#): Message 'Namaste' and start getting important information about vaccination centres, medical guidance, etc.



Telegram

[Telegram Groups by cities](#): Please join the relevant group to get information specific to resources in your city.



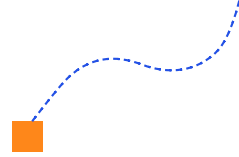
Twitter

[Twitter Search for COVID](#): Just select your city and find all information and resources being shared on Twitter.



Instagram

If you have emergency requirements, please make your profile public and post your needs on the Story feed, so that friends and followers can share it far and wide.



At home care

This comprehensive [diagnosis and management guide by Cleartax](#) will help you educate yourself and stay prepared in the event that you need to care for yourself or a loved one at home. The medications can be kept at home for better preparedness but must only be consumed after consulting with a doctor. You'll find more information on:

- Identifying symptoms like fever, dry cough, and others
- How to read SpO2 levels
- How to do Awake Prone to improve oxygenation
- The necessary tests for COVID – RT-PCR, RAT or CT
- Admission Indicators
- Immediate Treatment with ZINCOVIT, Vitamin-C, & other natural remedies.
- Medications upon testing positive (Azithromycin, Favipiravir, Ivermectin, & others)
- Investigations to build COVID profile
- Treatment for severe cases

Hospitalization

How can you tell when symptoms are beyond at-home care and will require hospitalization?

Please follow [this guide by AIIMS/ ICMR COVID-19 National Task Force](#) to identify moderate and severe cases. This provides identifying symptoms for Moderate and Severe COVID19, along with hospitalization guidance.

Govt. Helpline Numbers by State

Call these helpline numbers to resolve any questions and doubts. It can also be used to report symptoms, travel history, and seek medical guidance.

Link: [Government issued helpline numbers](#)

Oxygen, Plasma, Medical Supplies and Beds by City

If a loved one or someone in your community needs oxygen, plasma, remdesvir, or tocilizumab please use the link below to find verified resources in your city.

Link: [Resources based on your city/state](#)

Link: [Resources on Twitter - Covid19 - Twitter](#)

Link: [Plasma Therapy Resources](#)

Link: [Message IntroBot with the resources you need](#)


Donate / Volunteer

If you are able to contribute towards COVID relief efforts, please consider donating or volunteering with these organizations. Small, big, anything and everything helps.

 [Milaap](#)

 [Zomato Feeding India](#)

 [GiveIndia](#)

 [Khalsa Aid](#)

 [Paytm Oxygen for India](#)

 [Hemkunt Foundation](#)

We'd like to thank all the incredible people and organizations that have come together to create the above resources. Our team has simply researched and centralized information to serve as an emergency guide with verified links. If there are other links we should include, please email us at hello@maximl.com