

## Annexure-5

## SELF DECLARATION FORM

## A. Personal information

Name	
Age	
Employee ID Number	

## B. Health Condition

Date:

a	Are you suffering from any of the following symptoms		
	Fever :	Yes	No
	Cough :	Yes	No
	Sore throat :	Yes	No
	Difficulty in breathing :	Yes	No
b	Did You download Arogya setuApp.?	Yes	No
c	Did you download ApthamitraApp.?	Yes	No
d	Are you from containment Zone.?	Yes	No

- For downloading mobile apps related to COVID-19, please visit the link <https://covid19.karnataka.gov.in/new-page/Mobile%20Applications/en>
- In case you develop symptoms such as fever and cough, call 104 Arogya Sahayavani, Apthamitra helpline number 14410 or inform district surveillance officer

For COVID related queries please contact:

Helpline numbers 9745697456, 080-46848600, 080-66692000 &amp; 104

Downloading of "Arogya Setu App" and "Apthamitra App"

c Arogya Setu: <https://play.google.com/store/apps/details?id=nic.gol.aarogyasetu>c Apthamitra: <https://play.google.com/store/apps/details?id=com.kargov.apthamitra>

Official Websites for advisories and information on COVID-19

Government of Karnataka: <https://covid19.karnataka.gov.in/english>Government of India: <https://ncdc.gov.in/WriteReadData/18925/18579749311583919448.pdf>WHO Advisory: <https://www.who.int/dccs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf>