Can follow this tutorial https://www.youtube.com/watch?v=p1e6I5HTa5c  
Create .aab file  
<https://reactnative.dev/docs/signed-apk-android>  
go to google play console <https://play.google.com/console>  
click on create app fill all forms   
we need privacy url   
screen shots and one banner  
screen shots: 600\*1024(7 inch),720\*1280,800\*1280(10 inch),1080\*1920(TV)  
banner:1024\*512  
then create release and rollout.  
If you have to upload new version then create new release and upload updated build.  
But you have to change version code in file app/build.gradle file