

## COVID-19 GUIDELINES FOR SETTLEMENTS

The outbreak of novel Corona virus disease (COVID-19) in Wuhan, China and subsequent spread to many countries including the South Asia region is a matter of concern. WHO has already declared the infection as **pandemic**, which means it is spreading all over the world.

Nepal has reported six cases of COVID-19 till date<sup>1</sup>. Currently the whole country is under lockdown, which is the best preventive measure to control the spread of COVID-19.

Keeping in mind the special needs of the Tibetans communities living in the settlements across Nepal, these guidelines have been developed to guide the management of health services during the current COVID-19 crisis.

These guidelines are aimed at providing general guidance to Settlement Officers, CHW's and other community leaders involved in preventing the spread of COVID-19, through awareness raising, appropriate management and referral of **suspected patients** to hospitals based on GON MOHP and WHO guidelines<sup>2</sup>.

**It is recommended that with effect immediately, all clinics within settlements follow this guide for the prevention of COVID-19 and the management of suspect cases.**

## CLINIC OPERATION

1. All consultations at the clinic will be on an appointment basis. No walk-ins' will be entertained.
2. Residents of all settlements will phone their relevant CHWs' who will allocate a specific date and time for the appointment.
3. For this, all CHWs' will henceforth maintain an appointment register and will document all appointments as well as consultations done. Reports will be sent every week to SLF and copied to Settlement Officer.
4. CHWs will share their phone number and information about the new system of appointments to all residents in the camps. For this, the support of the Settlement Officers will be solicited.
5. When providing appointments, CHWs will ask reasons for requesting appointment. Any non-urgent cases will be discouraged from visiting the clinic.
6. In the situation that a case requesting appointment indicates COVID-19 symptoms, CHWs will inform their Settlement Officer. The immediate referral of the case to the nearest fever clinic operated by GON will be facilitated by the Settlement Officer and managed by the

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<sup>1</sup> Date of document: April 2 2020

<sup>2</sup> [https://apps.who.int/iris/bitstream/handle/10665/331492/WHO-2019-nCoV-HCF\\_operations-2020.1-eng.pdf](https://apps.who.int/iris/bitstream/handle/10665/331492/WHO-2019-nCoV-HCF_operations-2020.1-eng.pdf)  
[https://heoc.mohp.gov.np/recent\\_alert/update-on-novel-corona-virus-2019\\_ncov/](https://heoc.mohp.gov.np/recent_alert/update-on-novel-corona-virus-2019_ncov/)

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CHW. This facilitation could range from arranging transportation, arranging a pass from local GON authorities to coordination with the nearest fever clinic.

7. All urgent cases not suggesting COVID-19 will be provided appointment time to visit clinic.
8. A gap of at least 30 minutes between one appointment ending and the time for next appointment starting will be ensured so there is time for disinfection and no overlap of patients.
9. In the situation that some cases will need to be accompanied, one other person will be allowed. The person accompanying will be required to wear a mask, sit outside in the waiting room and maintain a distance of at least 6 feet from the CHW. This information will need to be provided when fixing the appointment over the phone.
10. All persons provided appointment times will be advised to compulsorily wear a mask when visiting the clinic.
11. CHWs will wear basic Personal Protective Equipment (PPE) provided when dealing with all patients in the clinic.
12. Each person visiting the clinic for their appointment will be required to follow hand hygiene before entering the clinic. For this, hand washing facility/sanitizer will be made available outside the clinic.
13. After each appointment, the CHW will disinfect the clinic room ensuring all general surfaces as well instruments are disinfected. Please refer to Annex.... for disinfection guidelines.
14. People will not be allowed to congregate in the waiting room or outside the clinic.

## **IDENTIFYING SUSPECT CASES**

**All cases that request appointment should be assessed for Covid19 with the following parameters:**

1. Fever  $>38^{\circ}\text{C}$  or  $100.4^{\circ}\text{F}$   
**AND**
2. Cough or
3. Shortness of breath or
4. Sore throat or
5. Body ache.

If any person presents any of the above symptoms, they should be referred to the nearest fever clinic operated by GON.

***If a person is diagnosed as COVID-19 positive, regardless of their symptom status, they will be managed by GON, according to their isolation and quarantine protocol.***

## **MANAGEMENT OF SUSPECTED CASES**

**For management of any and all suspect cases, the following recommendations will apply:**

1. No suspect case will be managed by the CHWs.
2. All suspect cases have to be mandatorily referred to the fever clinics being run by the Government of Nepal.
3. Based on the findings of the fever clinics and recommendations, the next step for management of the negative cases will be led by the CHWs.
4. If the case has been recommended for home quarantine by the fever clinic, CHWs will need to monitor their home quarantine.

## **COMMUNITY SURVEILLANCE**

**A Response Team will be established under the leadership of the Settlement Officer and will be responsible for community surveillance and awareness raising.** The Response Team will include the CHWs, social mobilizers, any settlement office employee and other community leaders.

**Community Surveillance will include but not be limited to the following:**

### **AWARENESS RAISING**

- Conduct regular community raising activities about COVID-19 symptoms, preventive measures, importance of hand washing, social distancing, following self-isolation and complying with the lock down. The methods used for awareness raising will be *microphoning*, mass messaging or any method that is effective in that particular community. The methods utilized as well as the schedule for awareness raising activities will be decided by the Settlement Officer in consultation with the Response Team.

### **SURVEILLANCE**

- Identify residents who have recently (since March 15) travelled out of the country. Trace them and counsel for home quarantine. As per Govt. guidance, trace if any passenger travelled via flight QR 652 on March 17 and share with relevant GON local authorities.
- Monitor residents with history of recent out of country travel for Covid-19 symptoms.
- Ensure the aforementioned residents self-quarantine at their respective homes. See annex for quarantine guidelines.
- Monitor the daily movement of residents and enforce social distancing.

### **REFERRAL**

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- Inform Settlement Officers and CHWs' about persons with Covid19 symptoms.

**PARTICIPATION OF SETTLEMENT OFFICERS**

1. Appoint a response team in each settlement to coordinate awareness raising and community surveillance.
2. Ensure strict adherence to lockdown in the settlements as per GON policy.
3. Restrict movement of residents out of the settlement or outsiders into the settlement.
4. Facilitate and support CHWs in the referral of COVID-19 suspect cases to closest fever clinic and/or if required to HUB hospital operated by GON.
5. Ensure the given disinfection recommendations are followed:
  - a. Regular community disinfection twice a week.
  - b. Community quarantine facility disinfection twice a day.
  - c. Where applicable, residences of suspect cases under home quarantine are disinfected daily.
  - d. Where applicable, residences of positive cases are disinfected daily.

*Please refer to annex 3 for disinfection guidelines.*
6. Finalize method, schedule and implementation of regular awareness raising activities.
7. With support from the Response Team, prepare a list of all residents who have recently returned from out of Nepal. Share the list with relevant local ward authorities as required by GON.
8. Identify space, equip and bring into operation community quarantine facility as per guidelines in annex.
9. Identify and address existing gaps in the preparedness of response to COVID-19.
10. Ensure mechanism for proper medical waste disposal for settlement.

## ANNEX 1

### SOCIAL DISTANCING RECOMMENDATION

#### **What does social distancing mean?**

Social distancing practices are changes in behavior that can help stop the spread of infections. These often include curtailing social contact, work and schooling among seemingly healthy individuals, with a view to delaying transmission and reducing the size of an outbreak.

#### **How do you practice social distancing?**

As an individual, you can lower your risk of infection by reducing your rate of contact with other people. Avoiding public spaces and unnecessary social gatherings, especially events with large numbers of people or crowds, will lower the chance that you will be exposed to the new coronavirus as well as to other infectious diseases like flu.

[World Health Organization recommends](#) maintaining a distance of at least 1 meter between yourself and anyone who is coughing or sneezing. It is also recommended that you avoid physical contact with others in social situations, including handshakes, hugs and kisses

## ANNEX 2

### QUARANTINE RECOMMENDATIONS

Quarantine is a restriction on the movement of people and goods which are intended to prevent the spread of disease. Two types of quarantine are relevant to this situation.

#### HOME QUARANTINE

- If possible, allocate a separate room with adequate ventilation and separate bathroom.
- If possible, household members should stay in another room.
- Always maintain at least one meter distance from the family members.
- Other household should use a separate bathroom. If sharing the same bathroom, clean and/or disinfect the door knob, taps, and utensil with soap and water.
- Assign separate dishes, glasses, cups, eating utensils, towels, bedding and other items for the quarantined person.
- Minimize the visitors to house. The returnee should not interact with any visitors.
- Frequent hand washing with soap and water for at least 20 sec at a time. Where hand washing facilities are inadequate, maintain alcohol based sanitizer available.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Body temperature of the quarantined person should be monitored twice i.e. morning and evening.
- If s/he develops fever, cough, difficulty in breathing, sore throat, body ache and pain, including flu like symptoms, the CHW and SO should be immediately notified for further action.

Each person required to self-quarantine will be provided with a quarantine kit from CHW.

**Quarantine kit:**

- 1. Soap**
- 2. Hand sanitizer**
- 3. Digital thermometer**
- 4. Masks**
- 5. Gloves**
- 6. Cleaning products**

**\*NOTE: Any person on quarantine (Home/Community) will be provided Tibetan traditional medicine by appointed Tibetan Medicinal physician of department of Health, CTA, India to boost their immunity or immune system which indeed play vital role to fight against any disease.**

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## COMMUNITY QUARANTINE FACILITY

### INFRASTRUCTURE

1. Where possible, provide one room and one bathroom per person.
2. If more than one person is allocated in a room, there should be one meter distance between two beds.
3. Electricity and water should be provided by Settlement administration.
4. One guard should be arranged at the entrance of the quarantine facility and provided Personal Protective Equipment (PPE)
5. Every quarantined person should be assigned the following:
  - Bed
  - Chair
  - Table
  - Dustbin
  - Gloves - 4 pairs
  - Mask- 2 pieces mask
  - Sanitizer- 1 piece (75ml)

### REGULATIONS

1. At all times, quarantined persons should strictly:
  - a. Maintain at least one meter distance from each other.
  - b. Wear mask.
  - c. Wash hands regularly.
2. A regular routine for meals and exercise should be followed.
3. The following should be provided by the family:
  - a. Where necessary daily medication.
  - b. Pillow
  - c. Blanket
  - d. Sheet and pillow cases – 2 sets
  - e. At least 3 sets of clothes including a few undergarments
  - f. One night clothes set
  - g. Slippers
  - h. Bucket
  - i. Mug
  - j. Two towels – one face and one body
  - k. Toothbrush

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- l. Toothpaste
  - m. Soap
  - n. Shampoo
  - o. Bag to keep the above.
4. Food for quarantined persons can either be provided by settlement administration or their family members.
- a. Meals brought by family will be handed over to the guard on duty at the quarantine facility entrance. They will not be allowed to enter the facility.
  - b. The meal will be served in his/her plate and the unwashed meal box/ tiffin will be immediately returned to the family member at the gate.
  - c. Family member delivering food should:
    - Wear a mask at all times,
    - Use the same tiffin every day when bringing food,
    - Not use the tiffin to serve any other person,
    - Wash the tiffin separately,
    - Regular follow hand hygiene.
5. CHW and/or assigned staff at quarantine required to wear Personal Protective Equipment (PPE) at all times.

## **MANAGEMENT**

1. A focal person for the quarantine should be identified. The person could be a social mobilizer or any other project staff living in the community. The said person should be a member of the Response Team.
2. All clothes, linen, blankets, plates, cups and other utensils should be washed separately.
3. Plate, cups and all utensils etc. must be washed separately.
4. Proper disposal of waste created by each quarantined person should be maintained.
5. Temperature of all quarantined persons should be checked and recorded twice a day i.e. morning and evening.
6. Any quarantined person exhibiting COVID19 symptoms should be directly referred to the nearest HUB hospital in consultation with Settlement Officer.
7. During quarantine period, if any person tests positive, the other persons staying in the same room will be referred for COVID-19 test at the nearest GON HUB hospital. Based on the recommendations of the hospital, if the person is negative, they will be kept at the quarantine facility in the settlement for 14 more days. If positive, they should remain in the hospital quarantine. In no situation, should the positive persons return to the settlement until full recovery.
8. CHWs are not required to stay at the quarantine facility for 24 hours. However, they will need to be accessible by phone at all times.

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9. In the case of emergencies, the contact person for the quarantine will be the Settlement Officer and the CHW who can be contacted by both the focal person on duty, the guard on duty and/or the quarantined persons. For this, the numbers of the SO and the CHW will be shared with all quarantined persons as well as clearly displayed on the wall in the quarantine facility.
10. The quarantine facility will be disinfected twice daily. Person doing the disinfecting must wear all the Personal Protective Equipment (PPE)  
*Please refer to annex7 for PPE guidelines.*
11. Anyone who has **arrived in the settlement since March 15 from outside Nepal should be identified** and placed in quarantine them for 14 days. Counseling should be provided by CHWs.  
*Please refer to annex 8 for counseling guidelines.*
12. If within 14 days, s/he shows symptoms of COVID-19 refer them to the nearest GON allocated HUB hospital.
13. If within 14 days, s/he does not show any symptoms of COVID-19, s/he should be allowed to go home.

#### **RECOMMENDATIONS FOR SECURITY GUARD**

- Security guard enforces use of hand sanitizer at the main gate for use by all persons entering the premises. This includes family members and all visiting people.
- Screening at the main gate of the home/residence by the security guard where available for any COVID-19 symptoms.
- Questions will be asked and required actions will be taken by the guard.

#### ***Risk assessment questions to determine potential exposure to COVID-19***

- Do you have symptoms like cough, sore throat, fever, body ache, fatigue, and/or difficulty in breathing?
- Have you been sick in the past 14 days?
- Did you have any contact recently with someone sick with respiratory symptoms, fever or gastrointestinal symptoms?
- Have you recently visited any health care facilities for any reason?

#### ***Actions to be taken***

- Ensure everyone is using a mask.
- Ensure social distancing (1m) while interacting.
- Enforce use of hand sanitizer by other staff and all visitors.
- Restricts entry of person(s) with respiratory illness. Informs Quarantine office in charge

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- Cleaning/disinfecting all packages, parcels, grocery packets before bringing inside the quarantine facility and sanitizing hands right after the process. Preferably wear disposable gloves.
- Frequent usage of hand sanitizer by guard present in the residential premises/compound.

**ANNEX 3**

**DISINFECTION SPECIFICATIONS**

**1. Floor Mopping**

***Frequency:*** Twice a day

***Disinfecting agent:*** Diluted Bleach solution (0.05% chlorine), 50 ml of sodium hypochlorite solution in 5 liters of water.

***Required cleaning materials:*** Bucket 10 liter and wet mop set

***Standard Operating Procedure:***

- a. Before starting cleaning, put on mask and gloves. Do not touch your face and eyes during cleaning. Limit the touch during cleaning.
- b. Open windows for ventilation.
- c. Clean and remove all the visible dust before applying disinfectant as the organic matters and dust reduces the effectiveness of disinfectant.
- d. Prepare fresh bleach solution/disinfectant in the clean water, according to the instructions using appropriate protective gears. Chlorine solutions gradually lose strength, thus freshly diluted solutions must be prepared daily.
- e. Mop floor from one end to the other, from clean to dirty area.
- f. Clean the mop and dry in sunlight as far as possible.
- g. Keep the cleaning materials in designated area.
- h. Throw gloves and mask into double-lined plastic/trash bags.
- i. Perform hand hygiene.

**ANNEX 4**  
**WASTE MANAGEMENT**

**Waste segregation, collection and transportation will be done in the following way:**

- a. Every person will be provided with small pedal dustbin for non-biodegradable waste only.
- b. Quarantined people have to throw the waste collected from 20 liter pedal dustbin in the designated container at the mentioned time by labeling the waste collection bag with their room number.
- c. Opening of the waste collection bag should be sealed properly before removing from bin.
- d. Quarantined people have to replace the waste collection bag after every removal with double-lined plastic bag.
- e. Food waste and bio-degradable waste should be thrown in designated pit directly.
- f. Biodegradable and non-biodegradable waste should not be mixed as the mixing of waste makes the treatment and disposal of waste difficult. Proper segregation of waste will be strictly supervised.

**Note:** Numbers of dustbin are minimized as far as possible to reduce the possible source of contamination. So, quarantined people are kindly requested to put the specific waste in the specified bins and pits only to help us reduce the source of contamination and facilitate us in the safe handling, treatment and disposal of waste.

## ANNEX 5

### PREVENTIVE MEASURES TO BE TAKEN AT HOME DURING COVID-19

#### Screening recommendations at the point of entry of home

##### **1. Home personnel**

- At all entrances, hand sanitizing or hand washing with soap and water for 20 sec.
  - For risk assessment for exposure, maintain social distancing (1m).
- a. Cleaning and Disinfection of house hold premises**
- Cleaning followed by disinfection is the best practice measure for prevention and limiting spread of corona virus in the household setting.
  - Practice routine cleaning/disinfection of frequently touched surfaces (e.g. Tables, doorknobs, light switches, remotes, cupboard handles/knobs, handrails, desks, toilets, faucets, sink etc.)
  - Using diluted house-hold bleach and alcohol sanitizers.
- b. Kitchen hygiene and safe practices**
- Wash your hands well with warm, soapy water before and after handling or preparing food.
  - Use hot soapy water to wash utensils, cutting boards and other surfaces.
  - First wash kitchen surfaces, food preparation areas and cooking surfaces with soap and warm clean water to remove dirt and debris. Next, sanitize the surface with diluted household bleach or alcohol solutions with at least 70% alcohol. Follow the instructions of the manufacturer.
  - Collect and dispose garbage and food waste appropriately
- c. Food safety and hygiene**
- Keep liquid hand soap and hand sanitizer near sink for person cooking to specifically, clean/sanitize hands as soon as they enter kitchen or begin to prepare food
  - All vegetables/fruits to be cleaned under warm running water before preparation or storage
  - Cook raw food thoroughly
  - Eat cooked food immediately
  - Prepare food for only one meal
  - Avoid contact between raw food and cooked food
  - Use safe water and safe raw materials
  - Keep food at safe temperatures
  - Refrigerate or freeze perishable foods promptly

##### **d. Safe Practices at home**

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- Practice good personal hygiene.
- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the main door and schedule regular hand washing reminders to family and visitors.
- Create habits and reminders to avoid touching your face and covering coughs and sneezes.
- Strictly follow Social Distancing and limit food sharing.
- Put up awareness posters around the house to remind occupants & visitors regarding preventive measure.

**e. Care of Vulnerable seniors or those with chronic underlying medical conditions**

These chronic medical conditions include, heart, lung & kidney disease; diabetes and conditions or medications (steroids/cancer drugs) that suppress the immune system and risk acquiring infection and delaying recovery.

Have the healthy people in the household conduct themselves as if they were a significant risk to the elderly person with underlying chronic medical conditions e.g. wash hands before/after interacting with the person or when feeding/caring for the person. If possible, provide a separate and protected space for vulnerable household members. Ensure all utensils and surfaces are cleaned regularly

**f. Care of sick family members**

- Give sick family members their own room with good ventilation and separate toilet if possible.
- Clean the sick room and bathroom, only as required, to reduce the risk of acquiring infection during cleaning by caregiver.
- Caregiver wears disposable face mask in presence of patient or when in the same room.
- Have only one family member as the caregiver.
- Consider providing additional protections or more care for household members over 60 years old with underlying chronic medical conditions.
- Disposable face mask to be used by the patient in the presence of caregiver
- Dedicated linen and utensils for patients.

**g. Use of Public transport**

- Avoid non-essential commuting.
- Limit use of public transport and do not travel when sick.
- Maintain a safe distance of 1 m while commuting.
- To reduce risk, wash your hands/use hand sanitizer after leaving the metro/train/bus and do not touch your face or bite your nails.
- Wear a mask, if you are coughing or sneezing

#### **h. Mental Health**

Fear and anxiety are part of the normal response to this new situation and it is normal to feel sad, stressed, confused, scared or angry during a crisis. There are simple things you can do that may help, to stay mentally and physically active during this time such as:

- Learn simple daily exercises (aerobics/yoga) to perform at home to maintain mobility and reduce boredom. Yoga and meditation may help relieve anxiety.
- Spend time doing things you enjoy – this might include reading, cooking, other indoor hobbies or listening to the radio or watching TV programs.
- Try to eat healthy, well-balanced meals, drink enough water, exercise regularly, and try to avoid smoking, alcohol and drugs.
- Help children find positive ways to express feelings such as fear and sadness.
- Keep your windows open to let in fresh air, get some natural sunlight if you can, or get outside into the garden.
- You can also go for a walk outdoors if you stay more than 2 meters from others

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**ANNEX 6**

**GOVERNMENT OF NEPAL FACILITIES**

**PROVINCE 1**

- |  |             |
|--|-------------|
| 1. Koshi Zonal hospital                    | 021-530103  |
| 2. Mechi Zonal Hospital                    | 023-5520172 |
| 3. BP Koirala Institution of Health        | 025-525555  |
| 4. Birat Medical College Teaching Hospital | 021-421182  |
| 5. Nobel Medical College Teaching Hospital | 021-460736  |

**BAGMATI PRADESH**

- |  |            |
|--|------------|
| 1. Kirtipur Hospital (Nepal Cleft and Burn Centre)   | 01-4331390 |
| 2. Sukraraj Tropical And Infectious Disease Hospital | 01-4253395 |
| 3. Bir Hospital                                      | 01-4221119 |
| 4. Alka Hospital                                     | 01-5555555 |
| 5. Patan Hospital                                    | 01-5522295 |
| 6. B&B Hospital                                      | 01-5531933 |
| 7. Kist Medical College                              | 01-5201682 |
| 8. Nidan Hospital                                    | 01-5531333 |
| 9. Sumeru Hospital                                   | 01-5275333 |

**GANDAKI PRADESH**

- |                                       |            |
|---------------------------------------|------------|
| 1. Gandaki Medical College            | 061-533400 |
| 2. GP Koirala Hospital                | 061-533400 |
| 3. Pokhara Academy Of Health Sciences | 061-530378 |

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**FEVER CLINICS& HOSPITAL NEAR SETTLEMENTS**

S.N.	Settlement	Nearest Fever Clinic	Nearest Hospital	
1	SAMDUPLING (JAWALAKHEL) SETTLEMENT	PATAN HOSPITAL 01-5522295	PATAN HOSPITAL 01-5522278	
		B & B HOSPITAL 01-5531933	ALKA HOSPITAL 01-5551555	
2	CHOEJOR BOUDHA SETTLEMENT	HELPING HANDS COMMUNITY HOSPITAL 01-4473518	NEPAL ORTHOPEDIC HOSPITAL 01-4911725	
		OM HOSPITAL AND RESEARCH CENTER 01-4476225	STUPA COMMUNITY HOSPITAL 01-4916287	
3	JAMPALING (DHULEGAUDA) SETTLEMENT	JAMUNE HEALTH POST	POKHARA ACADEMY OF HEALTH SCIENCES HOSPITAL 061-522674	
		SHUKLA GANDAKI HEALTH POST 065-414448		
4	TASHI PALKHIEL (HEMJA) SETTLEMENT	WESTERN REGIONAL HOSPITAL 061-520066/520067		
5	TASHILING SETTLEMENT			
6	PALJORLING SETTLEMENT			GANDAKI MEDICAL TEACHING HOSPITAL 061-538595
7	DELEKILNG (CHIALSA) SETTLEMENT	SOLUKHUMBU DISTRICT HOSPITAL 038-520188		THE MOUNTAIN MEDICAL INSTITUTE 038-540006
8	NORZINLING (DHORPATAN) SETTLEMENT	MUKTINATH HOSPITAL 068-522269		DHAULAGIRI ZONAL HOSPITAL 068-520188
9	SAMPHELING (WALUNG) SETTLEMENT	TAMOR HOSPITAL 024-460599		DISTRICT HOSPITAL TAPLEJUNG 024-460877
10	MANANG SETTLEMENT	NEAREST HEALTH POST/ PRIMARY HEALTH CARE CENTER		DISTRICT HOSPITAL MANANG 9856049229
11	NAMGYALING (TSEKOK) SETTLEMENT			DISTRICT HOSPITAL MUSTANG 069-440088

## ANNEX 7

### PERSONAL PROTECTION EQUIPMENT, PPE

PPE is a most important preventive measure which includes gloves, medical masks, goggles or face shield and gowns as well as for specific procedure, respirators and aprons. PPE kit includes the following:

- Gowns
- Gloves
- Medical Masks
- Eye Protection (goggles or face shield)
- Boots
- Cap
- Visor

*Health care workers involved in the direct care of patients should use the following PPE: gowns, gloves, medical mask, and eye protection (goggles or face shield).*

Some of the most important preventive measures require taking in the community are:

- Frequent Hand wash with soap and water if visible dirty are seen whereas the alcohol based hand rub can be used for not visibly dirt.
- Avoid touching your nose, face and mouth
- Practice respiratory hygiene by coughing or sneezing into a bent elbow or tissue and then immediately dispose the tissue
- Wear a medical mask if handling the respiratory symptoms
- Maintain the Social distance of 1metre with respiratory symptoms

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**RECOMMENDATION OF PPE BASED ON THE TYPE OF ACTIVITY**

<b>Person</b>	<b>Activity</b>	<b>Type of PPE</b>
Community Health Care Workers/ Nurses	Taking care of quarantined patients	Medical Mask, Gloves
	When coming close with a patient with respiratory symptoms	Medical Mask, Gloves, Goggles <i>(Medical masks for patients also)</i>
	When visiting a suspected case house	Medical Mask, Gloves <i>until no respiratory symptoms</i>
	When handling the general patients, pregnant ladies and old people	Medical Mask, Gloves
	When entering the suspected and quarantine case	Medical mask, Eye protection, Cap, Gloves and Gowns <i>Remove after exiting quarantine.</i>
Social Mobilizer	When talking to public for information	Mask
Clinic Cleaner	Frequent disinfection of all surfaces	Mask, Gloves <i>Discard gloves after each use</i>
Guard	During duty.	Mask, Gloves
Disinfecting person	While disinfecting the quarantine premises	Mask, Gloves, Gown, Cap, Goggles and boots. <i>Discard mask, gloves, and cap after each use. Soak gowns, goggle and boots in disinfectant solution for 15 min and then wash and dry in sunlight.</i>
Anyone	When visiting quarantine premise.	Mask <i>Discard after visit</i>

## ANNEX 8

### COUNSELLING GUIDELINE FOR QUARANTINE PEOPLE

Community quarantine and home quarantine can be a difficult experience for the people who are directly and indirectly involved. Those who are directly involved are the ones in the social and geographic area under quarantine. The people who can be expected to be indirectly involved include immediate family, relatives and close friends who fall outside the quarantined area.

For those in the area under quarantine, quarantine can quickly become claustrophobic and tense. If not well managed, it can give people the sensation of having been cut off and abandoned by the “outside world”. Feelings such as these can push people to lose interest in looking after their health as well actively participating in the quarantine.

- An interpersonal communication needs to make to all of them by CHWs.
- Make sure people understand all quarantines decision.
- Make it clear that quarantine is temporary present “participation” as an act for the greater public good.
- Ensure easy communication with family and “outside world”.
- Make sure they are aware of the sign and symptoms of COVID-19.
- Make it clear that they inform CHWs if they face any sort of problem during quarantine.
- A quarantine person needs to be explained on Universal infection control measures, personal protective measures.
- Importance of frequent Hand washing specially after touching surfaces like door handles, stair railings, bed railings, etc. to be instructed for strict compliance.

*\*The information included in this document is correct on date of 3rd April, 2020. Since the situation is changing quickly, this document may be updated and revised based on new information received.*

Tenzin choedon  
Health officer  
Snow Lion Foundation