

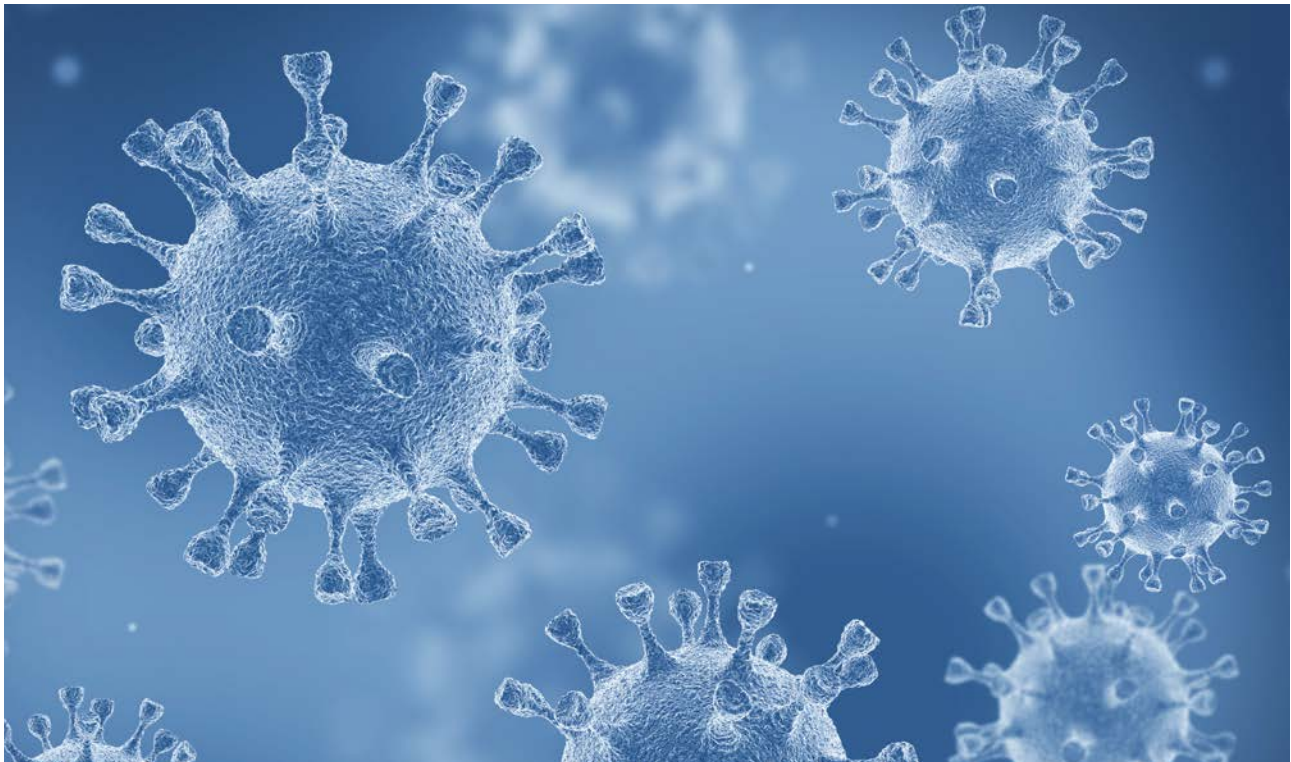
www.covid-information.org

नेपाल कोरोनाभाइरस अनलाइन सूचनाहरु

Nepal Coronavirus Online Information

Coronavirus SARS-CoV-2

Information and practical advice



नेपालको लागै देश संस्करण (Country version for Nepal)

अंग्रेजी (English)



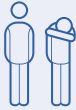
Act safely and respectfully!

- We must show **discipline** and act in **solidarity**. This will help protect your health and slow down the spread of the virus.
- Only trust **information sources** that are accurate and reliable.
- **In Nepal**, you can obtain current and reliable information from the national daily news portal Gorkhapatra (गोरखापत्र), the Health Emergency Operation Centre (स्वास्थ्य आपतकालीन संचालन केन्द्र) or the Ministry of Health and Population (स्वास्थ्य तथा जनसंख्या मंत्रालय).
- Also refer to the latest information from the World Health Organisation (WHO). The WHO offers current and reliable information, some of it also available in a range of languages.
- Please also consider your actions in order **to protect the health of medical and care personnel**.
They are the heroines and heroes who are risking their own health to protect us from the infection and to provide our medical care.
- **Those infected or ill** must under all circumstances comply with the instructions of medical and care personnel.
- Please make sure you comply with all the latest **instruction and notices** issued by public authorities.

Stay healthy!

How can I best protect myself?

Social distancing + hygiene + face covering: The following main protective measures are simple and very effective! Protective hygiene rules when coughing or sneezing, hand washing and keeping a distance should become habitual. Also educate your family, friends and acquaintances about these protective measures.



Protective hygiene rules when coughing or sneezing

- When coughing or sneezing, keep a distance of at least 1.5 meters from other people and turn away from them.
- Cough or sneeze into a facial tissue. Use the tissue only once. Dispose of tissues in a rubbish bin with a lid.
- If there are no tissues available, hold the crook of your arm (not your hand!) in front of your mouth and nose when coughing or sneezing.
- If you have had visitors, open the windows wide and air the room for 10 minutes.



Hand washing

- Wash your hands often and thoroughly with soap, including the spaces between your fingers and the fingertips. Ideally for half a minute. Use liquid soap if available. Rinse your hands under running water.
- Dry your hands carefully, including between your fingers. At home, everyone should use their own towel. In public toilets, it is best to use disposable towels. If unavailable, it is recommended to carry your own handkerchief for this purpose. In public toilets, close the tap with a disposable towel or your handkerchief, or use your elbow.



Social distancing and face coverings

- Avoid close contact, including handshakes or hugs. You are not being rude; you are merely protecting yourself and others.
- If you are sick, stay at home to recover and to prevent spreading the pathogens.
- Even people who are infected but do not show any symptoms of the disease can infect others. Keep a distance of at least 1.5 meters to avoid the direct transmission of pathogens.
- Those who are sick should stay away from particularly vulnerable individuals, such as older people and those with pre-existing health conditions.
- Please stay informed about current restrictions **in Nepal** regarding contact between people.
- It is strongly recommended to wear a face covering (e.g. a fabric face mask) in places where it may become difficult to maintain social distancing at all times. Your country has issued regulations regarding the wearing of face coverings while shopping and on public transport. Please check the rules that are currently in force where you are.
- Face coverings should ideally be laundered at 95 °C, but at least at 60 °C after each single use, and then dried completely. Boiling in water for 10 minutes is an alternative option.

Important facts about the novel coronavirus

The novel coronavirus is spreading globally. Its official name is 'SARS-CoV-2'. The respiratory disease that it causes is called 'COVID-19'.

The virus can be transmitted by droplets, but also through aerosols. Aerosols are tiny respiratory particles that are released especially by talking loudly or singing. They can remain suspended in the air over a longer period and transmit the virus. Rooms that are used by several people should therefore be aired regularly. Smear infections also play a role. The virus can be transferred indirectly via the hands, from contaminated surfaces to the mucous membranes of the mouth, the nose or the eyes.

The virus causes a respiratory infection. Apart from cases of asymptomatic or mild illness, symptoms that may occur include fever, cough, breathing difficulties or shortness of breath, as well as headache and muscle soreness. In severe cases, pneumonia may develop. At this time, it is assumed that up to 14 days may pass between infection and the onset of symptoms.

Older people and those with a chronic illness are especially at risk. In most cases, symptoms are markedly milder among children.

Are there any risks of transmission to the baby during pregnancy?

Transmission to the baby during pregnancy and childbirth is extremely rare. Nevertheless, if the mother is infected, the virus can be transmitted to the newborn.

There is no evidence that a mother's coronavirus infection or COVID-19 illness damages the unborn child or leads to miscarriages.

Is there a vaccine?

There is not yet a vaccine against the novel coronavirus. Every effort is being made to make a vaccine available.

Do other vaccinations help?

Vaccinations against other respiratory diseases do not protect against the novel coronavirus. However, they can prevent other respiratory infections. These include influenza and pneumococcal pneumonia. Other vaccinations can therefore help avoid double infections.

Are imported goods contagious?

There is no known risk from goods, mail items or luggage. Objects in the immediate vicinity of sick people must be kept clean.

Have I got the novel coronavirus?

If you notice you are having symptoms, or if you had contact with a person who has been confirmed to have the novel coronavirus:

- **In Nepal**, the government has designated 25 hospitals and health centers for COVID-19 treatment, along with laboratory tests across the country. If you have symptoms, and in order to access testing, you first need to fill in the online form provided by the Ministry of Health and Population (स्वास्थ्य तथा जनसंख्या मन्त्रालय) at <https://covid19.mohp.gov.np/#/forms>
- The responsible authority will then contact you. The authority will guide you to one of the 25 designated hospitals or health centers **in Nepal**.
- If you had contact with an infected person, but don't have symptoms yourself, please contact the local health authority or visit one of the 25 local hospitals or health centers designated for coronavirus treatment.
- In an emergency, please call emergency medical services by dialing 1115 (from 6am to 10pm) or 1133 (available 24 hours).*
- Tell the medical and care personnel if you have, for example, existing conditions such as high blood pressure, diabetes, cardiovascular disease, chronic respiratory illness, or if you have a disease or are taking a treatment that lowers the immune system.
- Find out who to contact and what precautions you have to take so that you don't infect others.

* You can find the information about local health centers near you at www.mohp.gov.np

In an emergency, contact emergency medical services by dialing 1115 (available from 6am to 10pm) or 1133 (available 24 hours).

Additional contact numbers:

+977 9851 255 834, +977 9851 255 837,
+977 9851 255 839
(available from 8am to 8pm)

Is wearing a face covering necessary?

There are situations where the recommended 1.5 meters of social distancing cannot be maintained. In these cases, wearing a non-medical mouth and nose covering, also called face covering or everyday face mask, may help to contain the spread of SARS-CoV-2.

The government have issued regulations regarding the wearing of face coverings while shopping and on public transport. Regulations may differ and adjustments may be made on a regional basis. Please check the rules that are currently in force where you are.

Important: face coverings must fit well and must be changed when they have become damp. Damp coverings do not provide a barrier to viruses.

Face coverings should ideally be laundered at 95 °C, but at least at 60 °C after each single use, and then dried completely. Boiling in water for 10 minutes is an alternative option.

Social distancing always applies, whether you are wearing a face covering or not: keep at least 1.5 meters apart from others, practice good hand hygiene and observe cough and sneeze etiquette.

Is it necessary to use disinfectants?

Regular and thorough hand washing is usually sufficient. If hand washing is not possible, hand disinfection may be sensible.

What should I watch out for in a shared accommodation facility?

Are you noticing that you are having symptoms, or have you had contact with a person who has been confirmed to have the novel coronavirus? If you live in a shared accommodation facility, let management or social services know. Also inform your school, language school, the place where you are being trained or work etc.

When are quarantine measures necessary?

If you have been confirmed to have coronavirus infection. If you had close contact with someone who is infected. If the responsible public authority orders you to be quarantined. If you are entering **Nepal** from a risk area and cannot provide proof of a negative test result.

How long does quarantine last?

The duration of quarantine will be determined by the public health authority. If the illness is mild, quarantine currently lasts for two weeks in most cases. You must stay at home during this time. This also applies to individuals who were in close contact with the person who is ill.

Two weeks also corresponds to the time from possible infection with the novel coronavirus SARS-CoV-2 until the onset of symptoms or confirmation of the virus in a throat swab.

If quarantine is imposed, you will be informed by the responsible health authority about what to do if, for example, symptoms appear. Such as whether you need to check your body temperature, or when quarantine will be lifted.

What should I keep in mind when quarantined at home?

- Avoid close contact with others in your household.
- Ask family members, acquaintances or friends for help with shopping, which should then be left outside your door.
- Make sure to air your apartment or house regularly.
- Cutlery, crockery and personal hygiene items should not be shared with other family members or people living in the household. Utensils and dishes must be washed regularly and thoroughly. This also applies to clothing.
- Contact your local health centre or the emergency health services if you urgently need medication or medical treatment.
- Inform your doctor if you have a cough, runny nose, shortness of breath or fever.
- Contact local support services if you need help looking after your children.

An exceptional situation for the whole family

For many people, crisis situations such as the current coronavirus pandemic trigger existential fears about health, the family, and job security.

Family conflicts and arguments between parents and children, but also between partners may become more frequent or more intense.

Here is what you can do about it:

- Address problems early and look for solutions together.
- Talk with another person on the phone about how you are doing.
- Go out to get some fresh air by yourself, e.g. take a walk or a bike ride.
- Discuss each person's wishes and needs regularly as a family. Make sure you also take your children seriously in these discussions.
- The best way to get through this time is for all of us to be patient with ourselves and with others, and to realise that everyone is finding this state of emergency difficult to handle.

At the same time, it is important not to lose sight of the positives, and to make good use of the increased amount of time you are now spending with your children.

You can support your children:

- By setting up a daily schedule, with fixed times for learning, playing, eating and sleeping. It can help to write down a plan for the whole week and put it up for everyone to see.
- By talking to your children about their fears and feelings. Listen patiently, even if your children repeat themselves.
- By explaining the ban on social contact in ageappropriate language, e.g. why they can't visit their grandparents or friends.
- By making sure that you limit the amount of media reporting that your children are exposed to, or by using age-appropriate information sources.
- By trying to consciously notice what your children are doing well, praise them for it.
- By ensuring that your children can let off steam outside in the fresh air.

Information for travellers

Current restrictions may be gradually eased or tightened. Please always find out about currently applicable regulations.

Travel inside Nepal

Long-distance public transport resumes gradually during autumn 2020. To travel between cities, you may still need to obtain a permit from local officials at your point of departure.

Kathmandu Valley remains in lockdown, with some restrictions being eased during autumn 2020. A negative coronavirus test (PCR test) result and a permit from a Chief District Officer are required to enter the Kathmandu Valley from other districts.

Authorities in other cities and towns may impose local lockdowns as needed.

Nepali citizens entering Nepal

All land border crossings **into Nepal** are currently closed. Limited commercial flights into Nepal have resumed in autumn 2020, mainly in order to repatriate **Nepali citizens** currently staying abroad.

A **negative coronavirus test result (PCR test)** from a test taken in the country of origin no more than **72 hours before departure** is required for all persons entering Nepal.

A self-assessment form for newly arrived persons is available at <https://covid19.ndrrma.gov.np/>

Nepali migrants returning home from abroad need to fill in another form, available at https://ccmc.gov.np/arms/person_add_en.php

Quarantine for entry into Nepal

All persons arriving in Nepal must remain in mandatory quarantine. You must then remain there permanently for a period of 14 days after you entered Nepal. The legislation also contains provisions for some very rare exceptions.

Returning Nepalese citizens can elect to stay at one of the hotels designated for this purpose (at their own cost), or stay in a local government quarantine facility allocated by the officials.

Only returnees with a verified negative coronavirus test result (PCR test) can stay at home for the 14-day quarantine period.

The International Organization for Migration (IOM) has produced a video about electing to stay at a government quarantine facility. It is available at www.youtube.com/watch?v=AXmQmOVbu4k&t=4s

Foreign citizens entering Nepal

Entry for foreign citizens is currently prohibited. The only exceptions available are for diplomatic personnel and the staff of some international organisations and non governmental organisations (NGO). Please always find out about currently applicable regulations.

You can find current and reliable sources of information on the next page.



For smartphone access, the Ministry of Health and Population (स्वास्थ्य तथा जनसंख्या मंत्रालय) provides an application called 'Hamro Swasthya' (हाम्रो स्वास्थ्य). The app, which includes all updates and information related to coronavirus, is available free of charge from Google Play: <https://play.google.com/store/apps/details?id=np.com.naxa.covid19>

Where can I find further information?

The hospitals and health centres designated for the coronavirus response offer information and assistance.

You can find the telephone number of the hospital or health centre nearest to you at

<https://covid19.mohp.gov.np/#/>

The Sukraraj Tropical and Infectious Disease Hospital is the primary hospital for the treatment of COVID-19.

Address: Teku, Kathmandu

Contact numbers: +977 01 4253396, +977 01 4253395

Email: info@istidh.org

The Ministry of Health and Population (स्वास्थ्य तथा जनसंख्या मंत्रालय) offers centrally collated information about the novel coronavirus at

<https://covid19.mohp.gov.np/#/>

For people with hearing loss, this website includes information and the latest updates related to coronavirus in sign language.

The sign language videos can also be found at

<https://youtu.be/raVDM7u0dsk>

For smartphone access, the Ministry provides an application called 'Hamro Swasthya' (हाम्रो स्वास्थ्य), which includes all updates and information related to coronavirus at Google Play:

<https://play.google.com/store/apps/details?id=np.com.naxa.covid19>

The Health Emergency Operation Center (स्वास्थ्य आपतकालीन संचालन केन्द्र) provides information about coronavirus at <http://heoc.mohp.gov.np/>

The Epidemiology and Disease Control Division (EDCD) provides current data and facts about the coronavirus at: www.edcd.gov.np

The International Organization for Migration provides information and health assessments to refugees and migrants at <https://nepal.iom.int>

Contact numbers: +977 9801108407, +977 9818447676, +977 9818447660

Email: iomnepal@iom.int

The Ministry of Foreign Affairs provides information for travellers in Nepal at <https://mofa.gov.np/>

Contact numbers: +977-1-4200182/ 183/ 184/ 185

Toll Free No: 1660-01-00186

Email: info@mofa.gov.np

The Nepal Tourism Board provides information for tourists at www.welcomenepal.com

UNICEF Nepal offers information materials for families and children at www.unicef.org/nepal/

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30175 Hannover, Germany

कोभिड गठबन्धन नेपाल हब (The COVID Alliance Nepal Hub)

तपाईंले हामीलाई सम्पर्क गर्न सक्नुहुने माध्यम (Contact):

ईमेल (Email) miray@mimi.eu

we@covid-alliance.net

www.covid-information.org

www.globalshapersmunich.org

अन्तर्राष्ट्रिय नेपाल समर्थन टीम र सह-संस्थापकहरू

International Nepal Support Team and Co-Founders:

Dipisha Bhujel (cand. MA Tribhuvan University, Kathmandu, Nepal),

Miray Salman (COVID Alliance, Hanover, Germany), Abishek Thapa

(Childaid Network, Kathmandu, Nepal), Dr. Pravash Regmi (Leopoldina

Hospital, Schweinfurt, Germany), PD Dr. Pushpa Joshi (Martin-Luther

University, Halle, Germany), Fabien Matthias (NePals Inc., Berlin,

Germany), Dhan Schroeter (Interpreter, Munich, Germany)

कोविड एलायन्स नेपाल हबको स्थापना अन्तर्राष्ट्रिय र नेपाली चिकित्सक र सामाजिक विज्ञहरूले गरेका थिए। हामी कोरोनामाइरस महामारीको बखत स्वास्थ्य, स्वच्छता, सुरक्षा र शिक्षाको बारेमा अनुकूलित, सुरक्षित र भरपर्दो जानकारी प्रदान र प्रसार गर्छौं। हाम्रो समर्थनले स्थानीय, यात्रीहरू, आप्रवासीहरू, शरणार्थीहरू र 40 भन्दा बढी भाषाहरूमा उनीहरूलाई जरुरि जानकारी गराउन मद्दत गर्दछ। हामीलाई अनुवाद, सूचना, वा अनुदानको साथ समर्थन गर्न, कृपया हामीलाई सम्पर्क गर्नुहोला।

The COVID Alliance Nepal Hub was founded by international and Nepalese medical and social experts. We provide and disseminate adapted, secure and reliable information about health, hygiene, safety and education during the coronavirus pandemic. Our support helps to keep locals, travellers, migrants, refugees and those undocumented informed in more than 40 languages. Please contact us if you would like to support us with translations, information or donations.

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