

From: VCN
Sent: Wednesday, June 9, 2021 7:30 PM
To: Ganesh
Subject: Re: Re Covid 19 Antigen testing in Solukhumbu and Sindhupalchowk

Dear sir,

Greetings and Namaste.

Hope all is well with and your team.

To assure the best result and collaboration in testing activities, I have elaborated few highlights in the attached file for better outcomes and results.

I look forward for your support and cooperation ahead.

Thank you.

Kind Regards,

Deepak Chapagain

Attachment:

Mass Testing in Response Second Wave of COVID-19

With reference to our last proposal, there are certain measures that we would like to adjoin along with our antigen testing program. The measures will be adopted for people having COVID-19 positive status after serological tests. The measures are:

1. **Isolation of the positive cases:** Isolation of the positive cases from those who do not have COVID-19 positive status is a major strategy for containment of this highly infectious virus. Thus, we will be categorizing people with positive status of COVID-19 for two isolation alternatives as per the Isolation Management Guidelines of Ministry of Health and Population, Nepal.
 - a. Home Isolation: People with no symptoms at all and those with mild symptoms who will be able to isolate themselves in home, will be referred for home isolation after the consultation with our medical team. They will be thoroughly informed about the procedures they have to follow during the period of isolation to avert the complications and minimize the chances of transmission to other family members.
 - b. Institutional Isolation: Those with moderate, severe and critical symptoms will promptly be shifted to the competent isolation centers with the support of our

medical team and the protocols of MoHP will be strictly followed. Those with no or mild symptoms who are not capacitated to isolate themselves in their home will also be opted for isolation centers.

2. **Telemedicine:** Positive cases who are in home isolation will be offered medical help through telemedicine. It will be arduous for them to seek medical help personally amidst this pandemic. Thus, telemedicine will enable them to get medical consultation in the safest possible way.
3. **Psychological support:** The speculations such as increased loneliness, anxiety, depression, insomnia, harmful alcohol or drug use, self-harm and suicidal behavior are being drawn out due to alterations in usual activities, routine and livelihood of people. Declined self-esteem and self-confidence has been reported by the COVID-19 patients. Thus, psychological support will help them keep up their spirits high and lessen their fear of the disease. We will be focusing on the same through our network of psychology experts and counselors.

In close coordination with Health Foundation Nepal (Health Foundation Nepal) the testing will follow the public health measures like testing protocols guided by science, contact tracing, provision of isolation for the needy, follow up testing and more activities will be follow up.