

Situation Update #26 - Coronavirus Disease 2019 (COVID-19)

WHO Country Office for Nepal

Wednesday 14 October 2020

HIGHLIGHTS

- Case load is increasing daily, especially the Kathmandu District of Bagmati Province, which is driving the national caseload
- Currently, home isolation represents over half of the active cases in the country
- Home quarantine and Isolation pose challenges in following up the clinical status
- Teams for case investigation and contact tracing; and arrangements for additional Isolation, intensive care and ventilatory beds need to be ramped up rapidly in Kathmandu valley to manage the case surge
- Strategies to shield the vulnerable population - geriatric and with co-morbidities are needed
- Availability of beds lower in some COVID-19 hospitals due to increased case load
- The imminent festival season and the large volume of travel in and out of the Kathmandu valley needs special attention in terms of risk communication and safe public transport travel arrangements to mitigate the risk of spread of infection

SITUATION OVERVIEW

NEPAL

(Data as of 14 October 2020, 07:00:00 hours)

115357 confirmed cases

562 deaths

12,07,091 RT-PCR tests (As of 13 October 2020)

SOUTH-EAST ASIA REGION

(Data as of 10am CEST 11 October 2020)

79,11,036 confirmed cases

1,26,917 deaths

GLOBAL

(Data as of 10am CEST 11 October 2020)

3,71,09,851 confirmed cases

10,70,355 deaths

NEPAL EPIDEMIOLOGICAL SITUATION

- As of 14 October 2020, 07:00 hours, (Week no. 42), a total 115357 COVID-19 cases were confirmed in the country through polymerase chain reaction (RT-PCR). All 7 provinces and 77 districts have reported one or more cases since beginning of the COVID-19 epidemic in Nepal.
- In the last 14 days, 39100 cases were reported which constitutes 33.9 %of total confirmed cases. Out of total 77 districts, 2 districts – Manang and Jajarkot did not report any COVID-19 cases in the last 14 days.
- All 7 provinces in the country are now having transmission as clusters of cases. Bagmati province is showing significant increase in 7-day rolling average case incidence and total 46197 cases have been reported (40% of total cases) so far.

- Observed doubling time - 3 days doubling time in April which gradually lengthened to 6 days, 10 Days, 18 days and up to 49 days. The most recent national doubling time is 28 days, observed on 22 September as total 66631 cases were reported crossing 65536 mark of doubling case count.
- Total 74% (85438/115357) of total cases were reported from 3 provinces, namely- Province 2, Bagmati and Province-5. The Kathmandu valley area (Kathmandu, Bhaktapur, Lalitpur) in Bagmati province is experiencing high and steeply increasing case load with 40% of national total (46197/115357), and 84% of the provincial total (46197/54392).
- Overall, the gender distribution remains skewed towards males, who constitute 70% (80498/115357) of the confirmed cases. Amongst the males, 85% (68404/80498) are in the economically productive age group (15-54-years). However, this skewed sex and age distribution is changing in some of the provinces, especially in Bagmati province where relatively high proportion of females are getting infected (37% of total cases in the province). Nationally, in the last week the female proportion in total cases moved up by 1 percentage point.
- As of date, total 662 deaths have been reported. Out of 662 deaths (details of one death awaited), 470 (71%) were males and 192(29%) were females. Amongst the deaths, 458 persons (69%) had at least one or more known co-morbid conditions. All deaths occurred in the country between weeks 20 and 41. Although the overall case fatality ratio (CFR) across all ages is less than 1 per cent, it progressively increases with age beyond 65 years of age in the range of 4% to 11%.

Figure 1: WHO SEAR countries: Number of COVID-19 confirmed cases (data as of 11 October 2020 from #Global Weekly Epidemiological Update 9) and cumulative incidence rate (per 100,000)

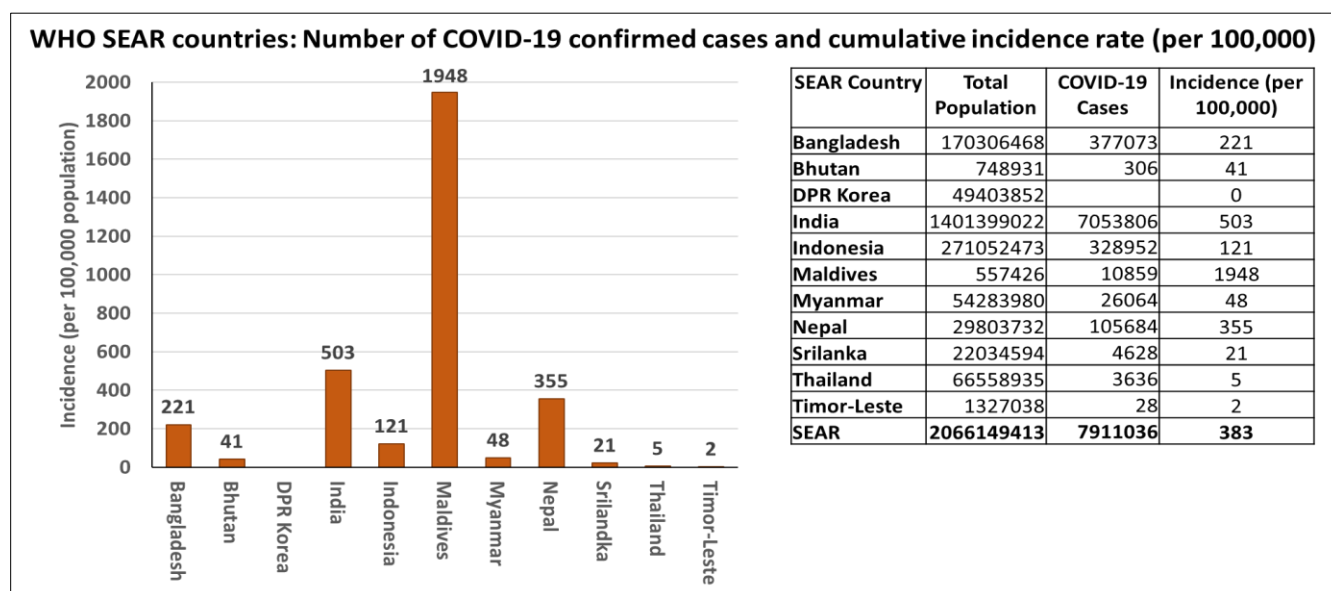


Figure 2 A: Laboratory confirmed COVID-19 cases and average number of COVID-19 cases over the last seven days, by date of onset/sample/confirmation (N = 115357) (Data updated on 14 October 2020 T07:00:00)

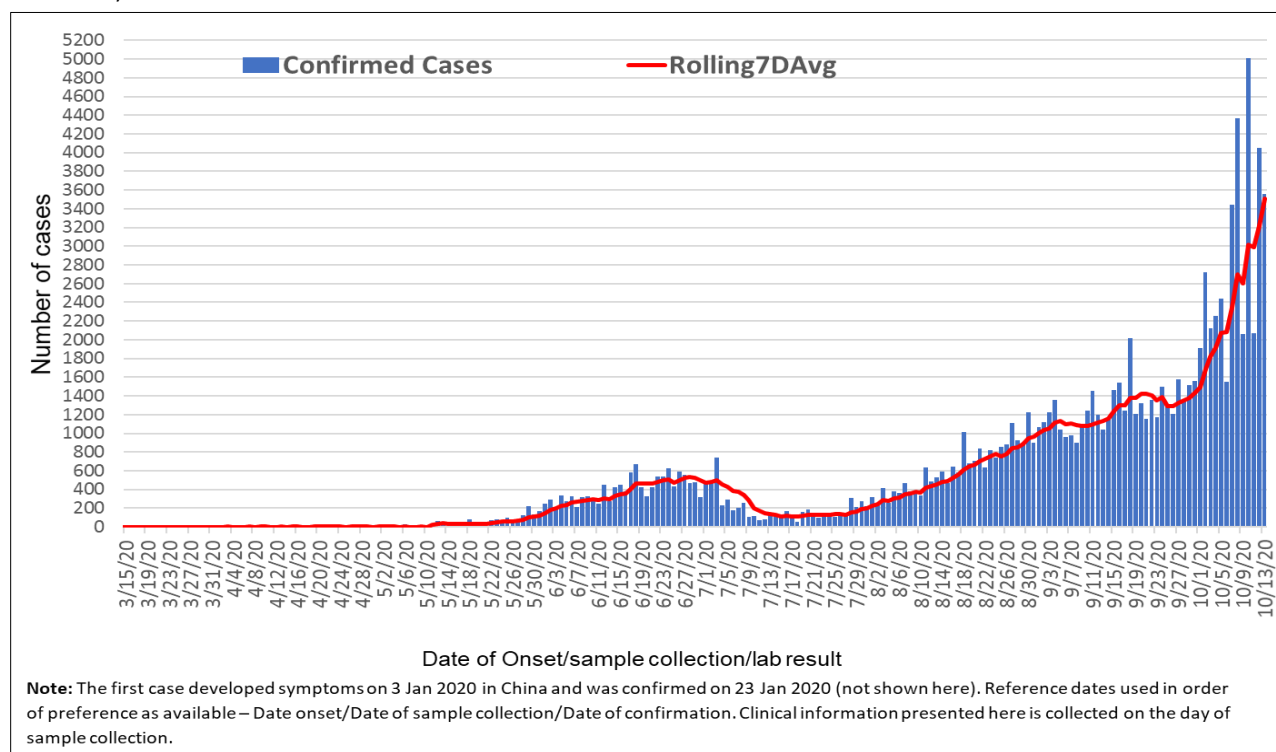
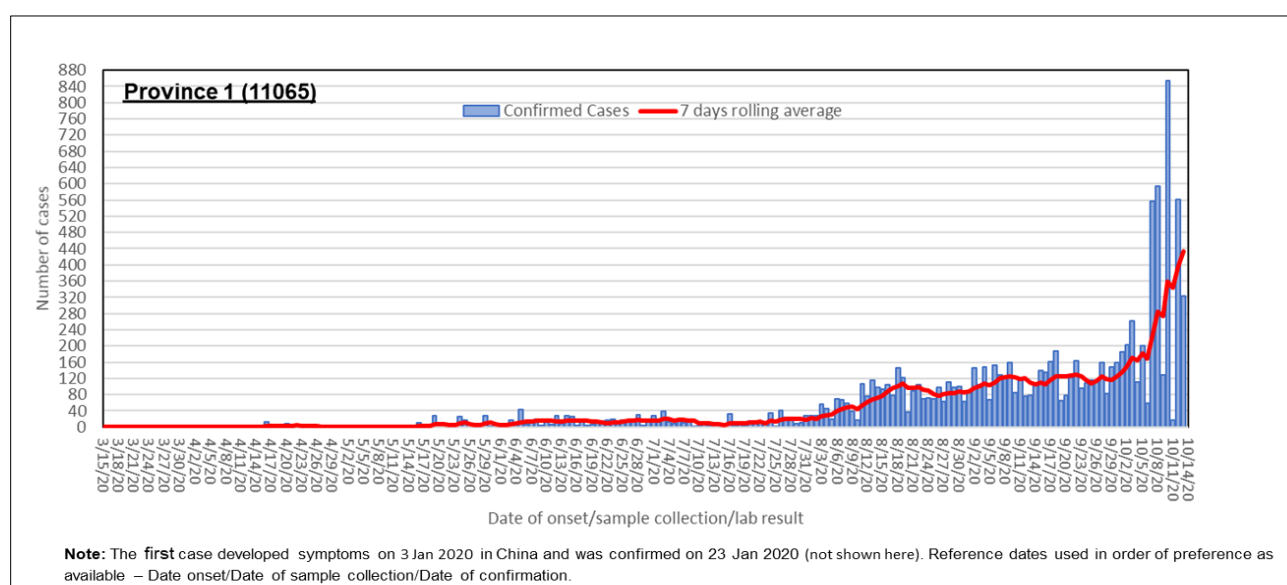
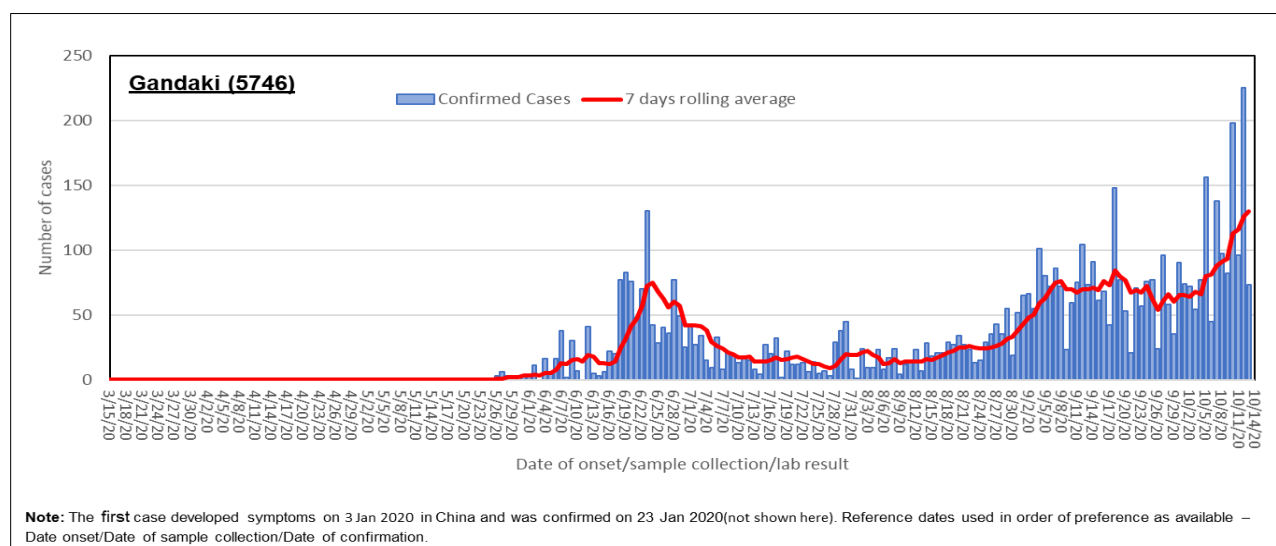
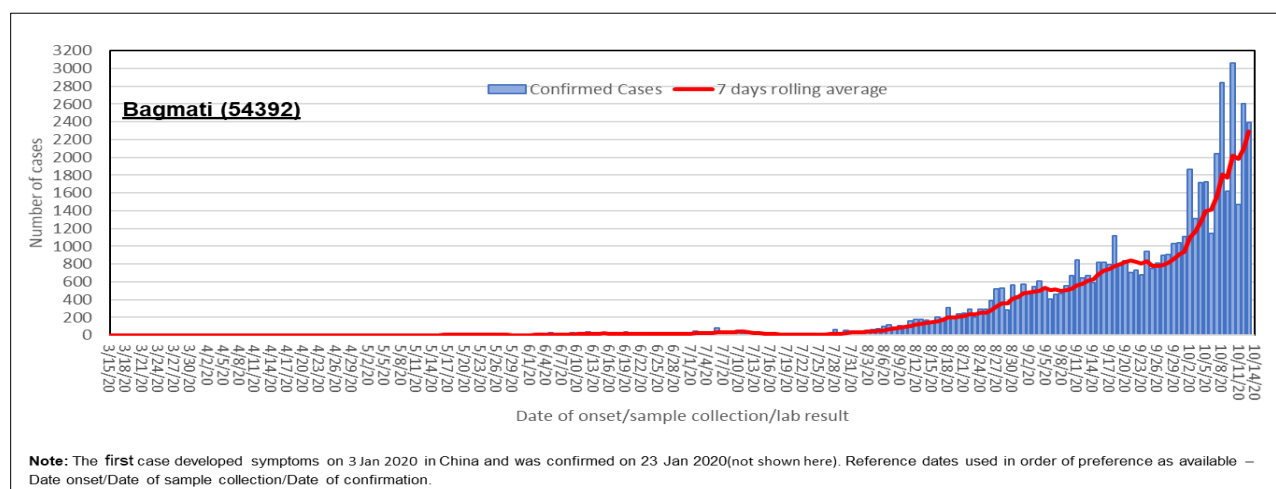
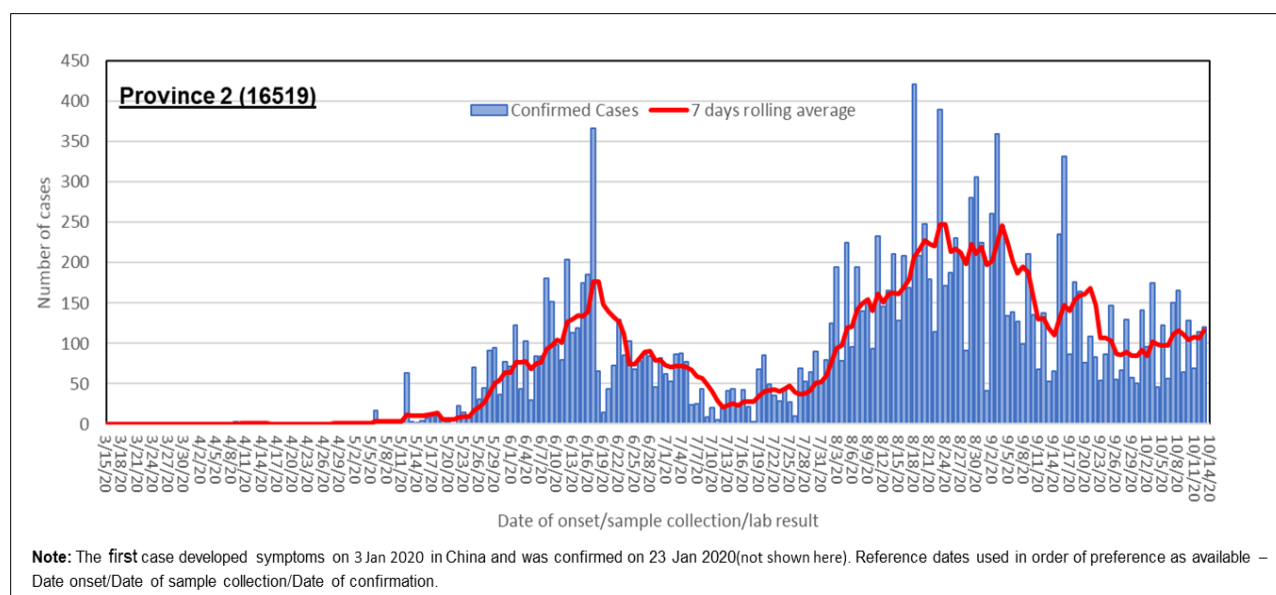
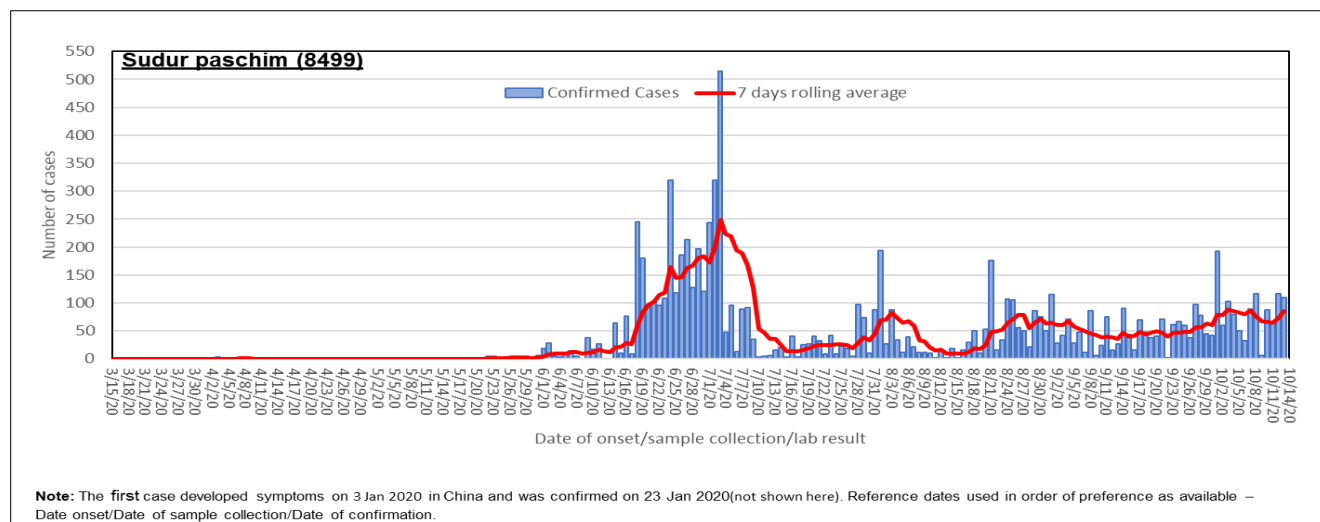
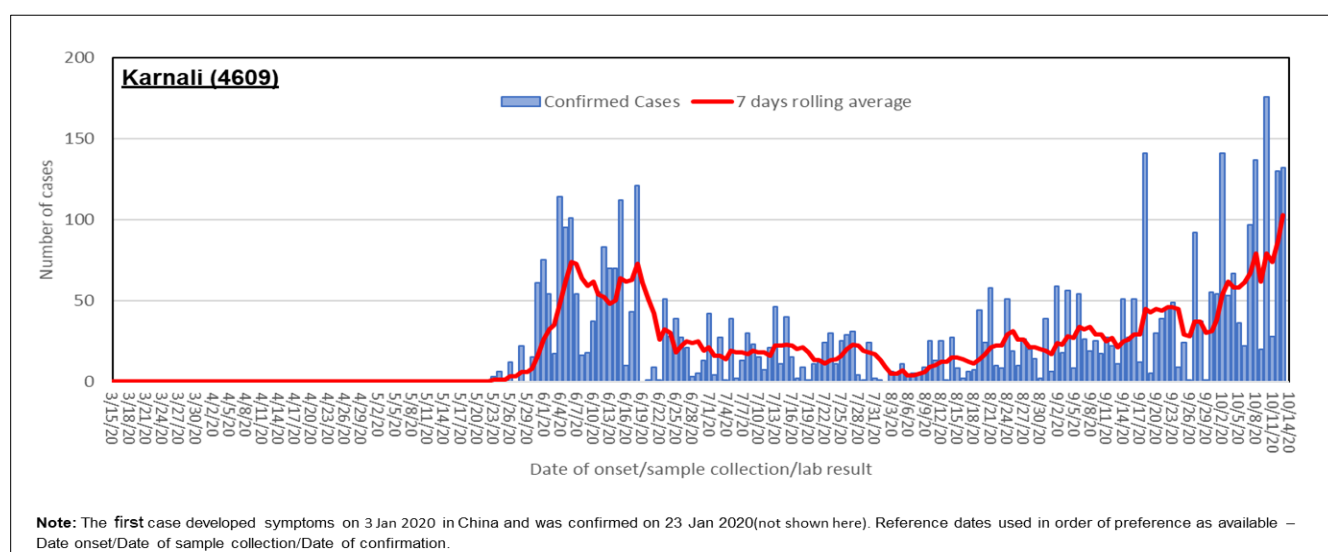
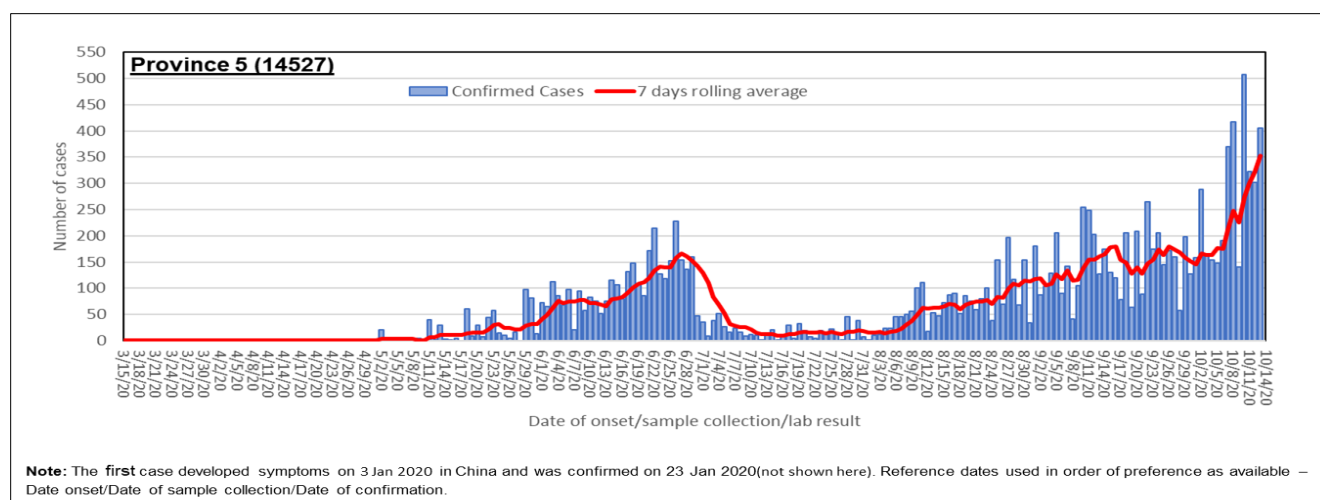


Figure 2B: Lab confirmed COVID-19 cases and a 7-day rolling average of cases by date of onset/sample/confirmation by Provinces (Data updated on 14 October 2020 T07:00:00)







Note for all the Provinces (Figure 2 B):

- Y-axis scale varies between Provinces.

Figure 2C: Cumulative case count of laboratory-confirmed COVID-19 by province (N = 115357) (Data updated on 14 October 2020 T07:00:00)

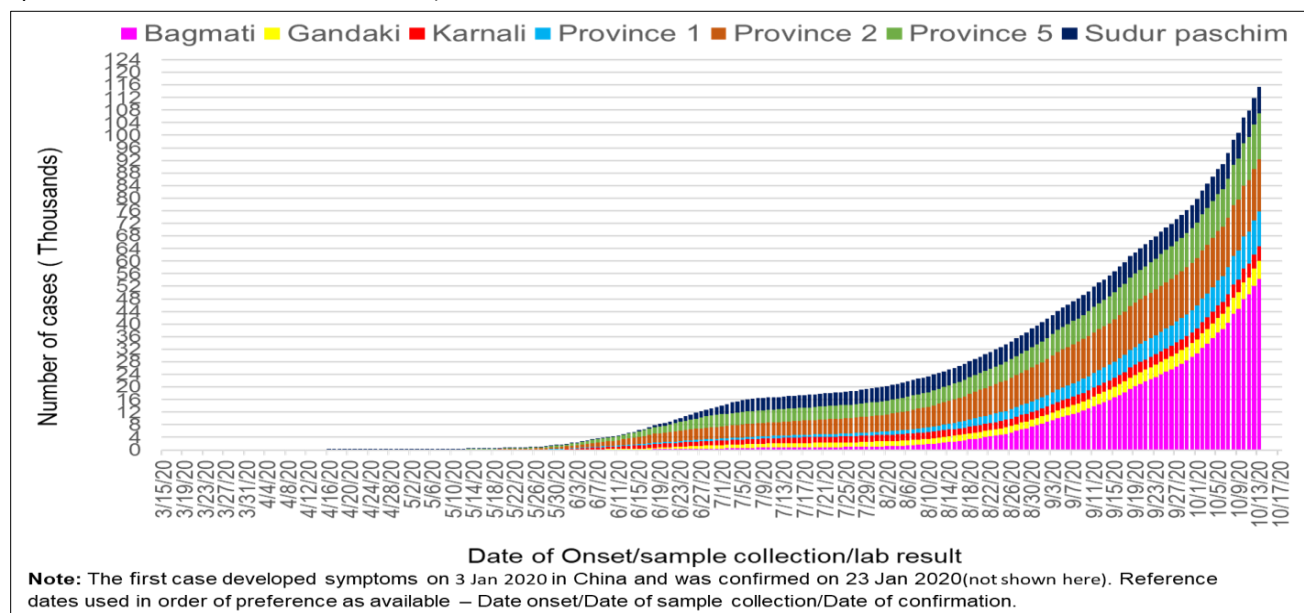


Figure 3: Municipalities (By domicile) with reported laboratory-confirmed COVID-19 cases and districts shaded by current transmission status (N = 115357) (Data updated on 14 October 2020 T07:00:00)

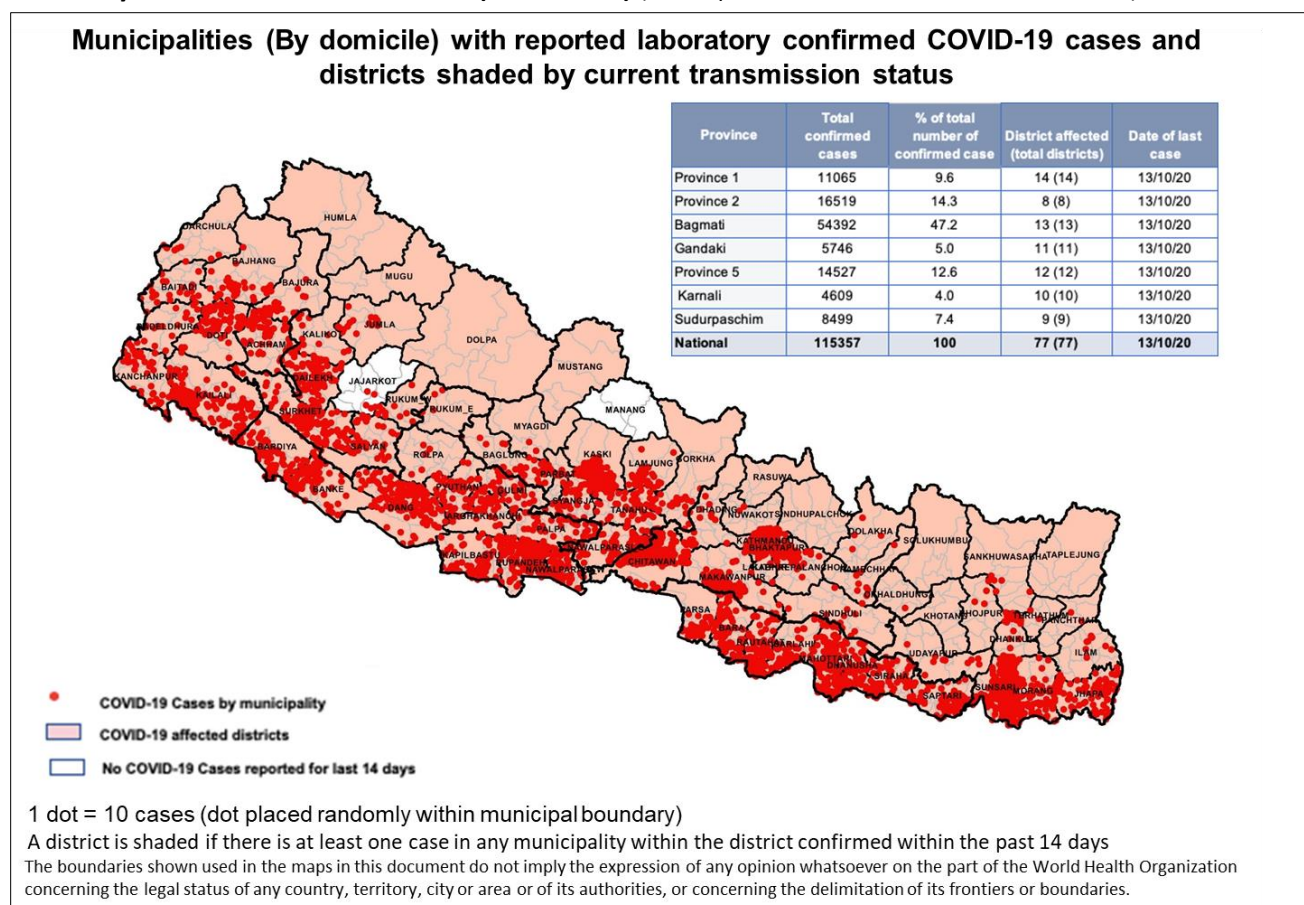


Table 1: Summary of laboratory-confirmed COVID-19 cases, deaths and transmission by provinces.

(N = 115357) (Data updated on 14 October 2020 T07:00:00)

Transmission classification based on [WHO definitions](#)

Reporting Province	Total confirmed cumulative cases	% of the total confirmed cumulative cases	Total cumulative deaths	Transmission classification*	Districts affected (total districts)	Date of most recent case [#]
Province 1	11065	9.6	83	Cluster of cases	14 (14)	13 October 2020
Province 2	16519	14.3	138	Cluster of cases	8 (8)	13 October 2020
Bagmati	54392	47.2	290	Cluster of cases	13 (13)	13 October 2020
Gandaki	5746	5.0	34	Cluster of cases	11 (11)	13 October 2020
Province 5	14527	12.6	96	Cluster of cases	12 (12)	13 October 2020
Karnali	4609	4.0	7	Cluster of cases	10 (10)	13 October 2020
Sudurpaschhim	8499	7.4	14	Cluster of cases	9 (9)	13 October 2020
National Total	115357	100	662	Cluster of cases	77 (77)	13 October 2020

[#] Date of the last case is the date of onset or date of sample collection or date of lab report based on information available.

* Case classification is based on [WHO transmission classification](#)

No cases - provinces with no cases; **Sporadic cases**- provinces with one or more cases, imported or locally detected[#]

Cluster of cases - provinces experiencing cases, clustered in time, geographic location and by common exposures

Community transmission- experiencing larger outbreaks of local transmission defined through an assessment of factors including, but not limited to: - Large numbers of cases not linkable to transmission chains

- Large numbers of cases from sentinel lab surveillance

- Multiple unrelated clusters in several areas of the country/territory/area

Figure 4: Distribution of COVID-19 cases by age and sex (N = 114261) (Data updated on 14 October 2020

T07:00:00)

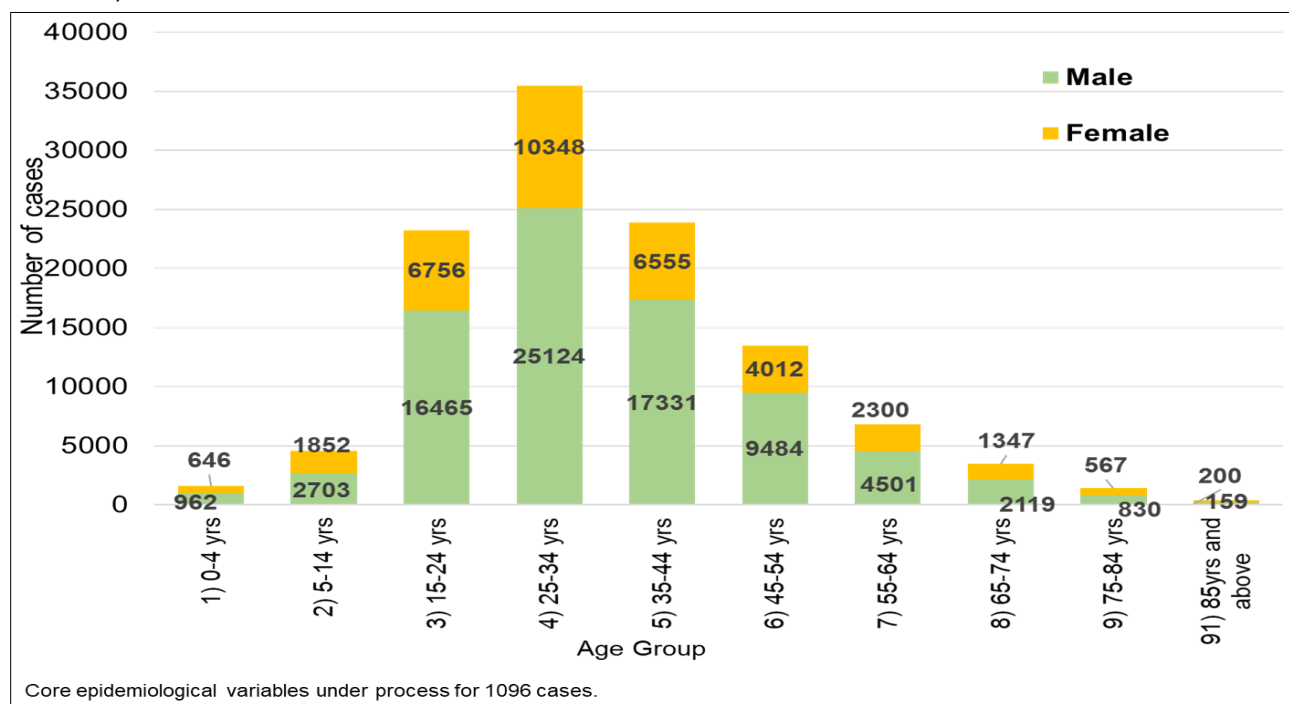


Table 2: Age Specific Case Fatality Ratio and Co-morbidity of Deaths* in COVID-19 confirmed cases (N = 115357) (Data updated on 14 October 2020 T07:00:00)

Age Group	Total confirmed cases	Death (male)	Death (female)	Deaths with any known comorbid condition	Age specific case fatality ratio (%)
0-4 yrs	1608	2	2	1	0.25
5-14 yrs	4555	2	1	3	0.07
15-24 yrs	23221	9	8	9	0.07
25-34 yrs	35472	26	13	23	0.11
35-44 yrs	23886	55	19	36	0.31
45-54 yrs	13496	73	28	70	0.75
55-64 yrs	6801	106	36	101	2.09
65-74 yrs	3466	102	45	118	4.24
75-84 yrs	1397	66	28	67	6.73
85+ yrs	359	27	12	29	10.86
Unknown	1096	2	0	1	0.18
National	115357	470	192	458	0.57

$$\text{Case Fatality ratio (CFR, in\%)} = \frac{\text{Number of deaths from disease}}{\text{Number of confirmed cases of disease}} \times 100$$
 COVID-19 positive lab result is temporally associated with death; causal association under investigation.

PREPAREDNESS AND RESPONSE

What are the Government of Nepal (GoN) & the Ministry of Health & Population (MoHP) doing?

- Ministry of Health and Population has endorsed following guidelines:
 - Revised guideline on COVID-19 Dead body Management Guideline, 2020 Link [Here](#)
 - Validation Protocol For COVID-19 Diagnostic Items Link [Here](#)
- High level meetings have been held to discuss, decide on and implement needed actions to manage the surge in cases in Kathmandu valley and also mitigate the potential for transmission from the valley to other parts of Nepal due to the imminent festival related travel of people their home towns / villages for celebration
- High level political leaders, bureaucrats, health authorities and societal opinion leaders are providing risk communication messages to the public to ensure compliance to individual and collective public health measures
- Laboratory services – continued expansion and quality assurance
 - A total of **12,07,091** RT-PCR tests performed nationwide by **61** designated COVID-19 labs functional across the nation (*As of 13 October 2020*). The latest addition to the designated COVID-19 labs this week is as listed below; Link [Here](#)
 - a. Nobel Medical College Teaching Hospital, Biratnagar, Province 1
 - b. Neuro COVID Hospital, Biratnagar, Province 1
 - c. Birat Medical College, Province 1

- d. NMC Molecular and Clinical Genetic Laboratory, Jorpati, Bagmati Province
- e. Kamalbazar Municipality PCR Lab, Sudurpaschim Province
- This week, six laboratories participated in the **National Quality Assurance Program (NQAS)** through retesting strategy (5 positives and five negatives samples). All of them passed the quality control. WHO consultants have been providing technical support to NPHL in NQAS.

What is the WHO Country Office for Nepal doing?

- WHO Nepal has provided technical assistance through WHO consultants for
 - validation of one newly established designated COVID-19 laboratory (**Nepal Medical College, NMC, Kathmandu**). The laboratory shared their 10 positive and 10 negatives samples which were validated at NPHL. WHO consultant supported in the validation, report preparation and dissemination. The results for the was found to be satisfactory.
 - Onsite assessment of designated COVID-19 laboratories in Lumbini Province. along with NPHL representatives.
 - Facilitated NPHL team in addressing the issues of automatic extraction machine along with result analysis. Frequently reviewed the SARS-CoV-2 real time PCR results and audited the process including result interpretation as part of the continuous laboratory quality improvement activities. Audit results were shared with the NPHL staff which helped them to do root cause analysis to address the non-conformities.
 - Support for training and orientation of the SARS-CoV-2 sero-surveillance study team organized by EDCC, NPHL, Center for Molecular Dynamics Nepal (CMDN), Centre for Health and Disease Studies-Nepal (CHDN) and WHO-Nepal from 7- 9, October, 2020. WHO consultants and FMOs are also providing technical support in receiving and tracking the sero-surveillance sample received at NPHL.
- Two laboratory Experts from **Global Outbreak Alert and Response Network (GOARN)** along with NPHL representatives has completed the assessment of Provincial Public Health Laboratories in **Province 1**, and **Sudurpaschim** and the experts are currently visiting PPHL in **Province 2** and **Karnali**. Assessment reports awaited.
- WHO Country office for Nepal supported in Organizing the weekly online technical training session for COVID19 laboratories and facilitated a session on **“Experience Sharing -Pre-analytical issues in COVID-19 related samples”**. Participants from different laboratories discussed their challenges and the WHO consultant and NPHL resource person provided recommendations to address the challenges.
- WHO Technical Expertise & Training pillar has developed its first Evidence Brief for the WR, this will be produced on a twice weekly basis and shared by the WR with the Secretary.
- The concept on COVID-19 Health Care Worker (HCW) pilot project was shared with Epidemiology and Disease Control Division (EDCC) officials. The concept note has been shared with CSD and dialogue with CSD is pending.

- National Health Training Center (NHTC) has requested WHO for support to establish a pool of trainers & Training of Trainers (ToT) for management of critical care patient. ToT for Bagmati province is scheduled to take place from 20-22 October, 2020
- WHO has developed a curriculum database in collaboration with NHTC.
- Weekly Disability Inclusion and Rehabilitation (DIR) Sub-cluster meeting and reporting to health & nutrition of Gandaki province.
- WHO is looking to expand support to the MoHP to scale up disability inclusion and rehabilitation initiatives – ‘virtual help desk’ and ‘telerehabilitation’ - at the federal level.
- WHO is working closely with NHTC & Management Division to increase the IPC health care waste management to all level health care facilities.
- The Government of Nepal, Epidemiology and Disease Control Division (EDCD) plans to conduct a nationwide seroprevalence survey to determine the prevalence of SARS-CoV-2 infection in the community in Nepal with support from WHO Nepal.
- Costed proposal received from UNOPS for the establishment of MoHP & WHO endorsed temporary and semi-permanent health desks at PoEs; OSL pillar lead verifying requirements through site visits
- Additional facilities to conduct health screening at the international airport are being prepared based on the request of the MoHP to ensure adequate physical distancing
- WHO Media monitoring output shared every day with **MoHP spokesperson, HEOC officials, as well as EDPs and other partners**
- Media coverage of newly appointed WHO Representative to Nepal presenting Letter of Credence to the Honorable Minister of Foreign Affairs
- Swasthya Khabar Patrika Video: What are the similarities and differences between COVID-19 and influenza? (Dr. Jos Vandelaer quoted): [Link](#) | October 12
- The following guidelines were translated:

SN	TRANSLATION DOCUMENT	Type
1	Guidance on COVID-19 for the care of older people and people living in long-term care facilities, other non-acute care facilities and home	Summary
2	The impact of COVID-19 on mental, neurological and substance use services: results of a rapid assessment 5 October 2020	Summary
3	Emergency Global Supply Chain System (COVID-19) _Catalogue Summary	Summary

- WHO video on Science in 5 Episode 1 was translated in [Nepali](#) & [Maithili](#) languages

- Video Capsules released by WHO, Country Office for Nepal- WHE, about Mental Health in the context also of COVID19 in English & Nepali language to celebrate World Mental Health Day on 10 October 2020

SN	TITLE	URL	LANGUAGE	SPEAKER	DESIGNATION
1.	Let's support those on the frontlines in the battle against COVID19	Link	English	Dr Rajesh Sambhajirao Pandav	WHO Nepal Representative
2.	Mental Health COVID 19 stress for the elderly.	Link	Nepali	Dr. Kedar Marahatta	WHO NPO-Mental Health
3.	Your mental health matters	Link	English	Dr. Rajesh Sambhajirao Pandav	WHO Nepal Representative
4.	Mental Health misconceptions and suicide	Link	Nepali	Dr. Kedar Marahatta	WHO NPO-Mental Health
5.	How can managers and leaders of health teams help their teams during Covid19?	Link	English	Dr. Rajesh Sambhajirao Pandav	WHO Nepal Representative
6.	Stress and mental health during COVID 19	Link	Nepali	Dr. Kedar Marahatta	WHO NPO-Mental Health
7.	Protect yourself and your close ones from COVID19.	Link	English	Dr. Rajesh Sambhajirao Pandav	WHO Nepal Representative
8.	Suicidal symptoms	Link	English	Dr. Rajesh Sambhajirao Pandav	WHO Nepal Representative
9.	What if one feels life is not worth living?	Link	Nepali	Dr. Kedar Marahatta	WHO NPO-Mental Health
10.	Mental Health on the occasion of World Mental Health Day	Link	English	Dr. Rajesh Sambhajirao Pandav	WHO Nepal Representative
11.	Mental Health and suicidal people	Link	Nepali	Dr. Kedar Marahatta	WHO NPO-Mental Health

12.	Message for Health Care Workers on the occasion of World Mental Health Day.	Link	English	Dr. Rajesh Sambhajirao Pandav	WHO Nepal Representative
13.	Mental Health and suicidal people	Link	Nepali	Dr. Kedar Marahatta	WHO NPO-Mental Health
14.	Message for front line Health Workers on the occasion of World Mental Health Day.	Link	English	Dr. Rajesh Sambhajirao Pandav	WHO Nepal Representative
15.	Mental Health stress on children during COVID 19	Link	Nepali	Dr. Kedar Marahatta	WHO NPO-Mental Health
16.	Who is at risk of committing suicide?	Link	Nepali	Dr. Kedar Marahatta	WHO NPO-Mental Health
17.	Coping with COVID-19 on the occasion of World Mental Health Day	Link	English	Dr. Rajesh Sambhajirao Pandav	WHO Nepal Representative

- Audio assets released by WHO, Country Office for Nepal- WHE, about Mental Health in the context also of COVID19 in Nepali language to celebrate World Mental Health Day on 10 October 2020

SN.	TITLE	URL	LANGUAGE
1	How to take care of our mental health during COVID-19?	Link	Nepali
2	Coping with stress during COVID-19 Pandemic.	Link	Nepali
3	How can we help the person dealing with suicidal thoughts?	Link	Nepali
4	How can you help yourself when you feel like life is not worth living?	Link	Nepali
5	How can we help the people who are feeling hopeless or are having thoughts of harming themselves?	Link	Nepali
6	Taking care of elderly people during Isolation.	Link	Nepali
7	A proper guide to reporting the issues of suicide in the media.	Link	Nepali
8	Taking care of elderly people during COVID-19 Pandemic.	Link	Nepali

- Ongoing COVID-19 messages for video content production in line with Strategic communication plan to support MoHP from political leaders and eminent social influencers

for preventive measures for celebration of upcoming National festivals (Dashain, Tihar and Chhath).

- The United Nation Office for Project Services (UNOPS) team have visited 6 out of 10 proposed sites for Point of Entry (POE). The 6 sites are: Morang, Gaur, Rautahat, Birgunj, Kanchanpur and Kailali Districts. The initial visit showed that municipalities are not clear about the sites and location of POE. This visit also showed considerable filling has to be done in the ground so as to avoid flooding due to rain.
- Based on the visit UNOPS team provided the evaluation cost for building the POE. A meeting with UNOPS team was held to discuss on the costing for the POE. No finalization has been done yet on structure to be built in the POE.
- WHO Nepal received official letter from the MoHP to support to build temporary Health Desk at Tribhuvan International Airport along with provision of operational support for human resources. WHO-Nepal team to visit the site and conduct an assessment (size of the area, number of tents required etc) of the site.

What are the health cluster partners doing?

- Health Cluster partners and its sub-clusters (Sexual & Reproductive Health and Mental Health) are robustly supporting for the continuation of COVID-19 response interventions and non-COVID-19 essential health services throughout the country.
- Partners have extended their support for the continuation of COVID-19 response and essential health care services in their respective geographical areas.
- Partners have also provided COVID response commodities to Management Division including 6 PCR machines and 6 Fully Automated RNA extraction machines, 100 Oxygen concentrators and 50 Pulse oximeters, Gown, Sanitizer, Cidex etc.
- Cluster coordination meeting for health sector response are ongoing at the Federal and Provincial levels for coherent actions at all levels.

WHO's STRATEGIC OBJECTIVES FOR COVID-19 RESPONSE- [link here](#)

RECOMMENDATION AND ADVICE FOR THE PUBLIC

- [Protect yourself](#)
- [Questions and answers](#)
- [Travel advice](#)
- [EPI-WIN](#): tailored information for individuals, organizations and communities

USEFUL LINKS

- MoHP COVID-19 official portal is available [here](#).
- Nepal COVID-19 regular updates and resources are available [here](#)
- For COVID-19 updates from the WHO South-East Asia Region Office, please visit [here](#).
- For information regarding coronavirus disease from WHO, please visit [here](#)

- Please visit this [site](#) for all technical guidance from WHO.
- Online courses on COVID-19 from WHO can be found [here](#)
- Global coronavirus disease situation dashboard can be found [here](#)
- Visit the WHO Nepal [Facebook page](#) and webpage on COVID-19 [here](#)

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