

The **Coronavirus CivActs Campaign (CCC)** gathers rumours, concerns and questions from communities across Nepal to eliminate information gaps between the government, media, NGOs and citizens. By providing the public with facts, the CCC ensures a better understanding of needs regarding the coronavirus and debunks rumours before they can do more harm.

Eat these nutrients to boost your immune system against COVID-19

Vitamin A

Meat, liver, egg yolk, fish, ghee, milk, ripe papaya, orange coloured sweet potato, carrot, green vegetables and yellow fruits.



Vitamin C

Sour fruits such as lemon, orange, seasonal fruits and green vegetables



Vitamin E

Cashew, almond, walnut, ghee, avocado, flax-seed and other grains, fish, green vegetables



Zinc

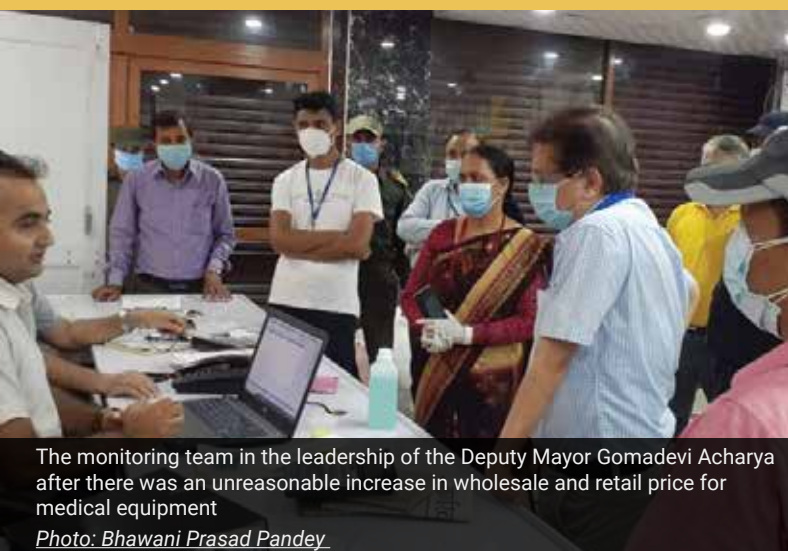
Beans and pulses, grains with bark, cashew, almond, walnut, dairy products, red meat



The detailed menu of nutritious food to be eaten by different age groups and patients with other disease and COVID-19 is given in the link below:

Source: <https://www.facebook.com/457161001021145/videos/1032488617173276>

Nepal Update



The monitoring team in the leadership of the Deputy Mayor Gomadevi Acharya after there was an unreasonable increase in wholesale and retail price for medical equipment

Photo: Bhawani Prasad Pandey

Tested

PCR Tested: 923,823

Positive: 65,276

Active: 17,611

Deaths: 427

NEPAL



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

Rumors & Facts



There are complaints that patients staying in home and hotel isolation do not follow the safety criteria. Who is monitoring this?

The infected individuals with mild and no symptoms will be allowed to stay in home or hotel quarantine with the mutual consent of the concerned infected individual and designated health worker. The infected individual should fill out a form stating that he/she will follow the safety criteria and provide information about his/her health condition to the designated health worker every day while staying in isolation. The responsibility to ensure whether or not it has been followed lies in the health worker who signs the approval.

Source: <https://drive.google.com/file/d/1L6YkCZTFcaFgbDmHIM-hr4lkxIB4nQbu/view>



It is heard that the Nepali Embassy in Bahrain has asked Nepalis returning to Bahrain to send necessary documents. What documents is it and how to send them?

Those Nepalis who came to Nepal on leave but were stuck due to corona had sent details in the form provided by the Embassy seeking permission to come to Bahrain. But for those Nepalis whose names are on the list of individuals who have submitted other details but are yet to provide passport number and CPR number, the Nepali Embassy in Bahrain has requested those individuals to submit their passport number along with their full name in the Whatsapp number of the Embassy 32095041 or 35427717. Likewise, the Embassy has made the list of 215 Nepalis who want to return to Bahrain public.

Source: <https://bh.nepalembassy.gov.np/notice-of-chartered-flight-to-nepal-3/>



The contact tracing in Rupandehi is currently delayed and there is a situation of having to wait upto a week for the report. What is the reality?

The swabs of all 6 districts of Lumbini zone currently reach Provincial Public Health Laboratory, Bhairahawa. As the community infection rate has increased, around 1,200 swabs are pending at the moment. This is also a reason why the test results have been delayed. At present, the results of 200 to 300 tests are released daily. Lack of automatic machines, lack of test kits, divergence of the swabs tested in private and other places, increase in the rate of positive results and collection of swabs of unrelated individuals have also caused delay in the results.

Source: Dr. Rajendra Giri, Provincial Publichealth Laboratory, Bhairahawa



The exams of grade 12 are said to be conducted online, but the concerned schools haven't issued any information?

Although some media outlets have reported that the exams of grade 12 will be conducted through online medium, the official body, National Examination Board (NEB) has not made any decision on conducting the exams yet. The Board has issued a notice requesting all the concerned outlets to not disseminate such misleading news.


Source: <http://www.neb.gov.np/uploads/photos/J457xzYLVc200917090521.pdf>

To receive our regular updates through WhatsApp

1. Add +27 60 080 6146 to your contact list.
2. Send a message saying **Nepal** to the contact.



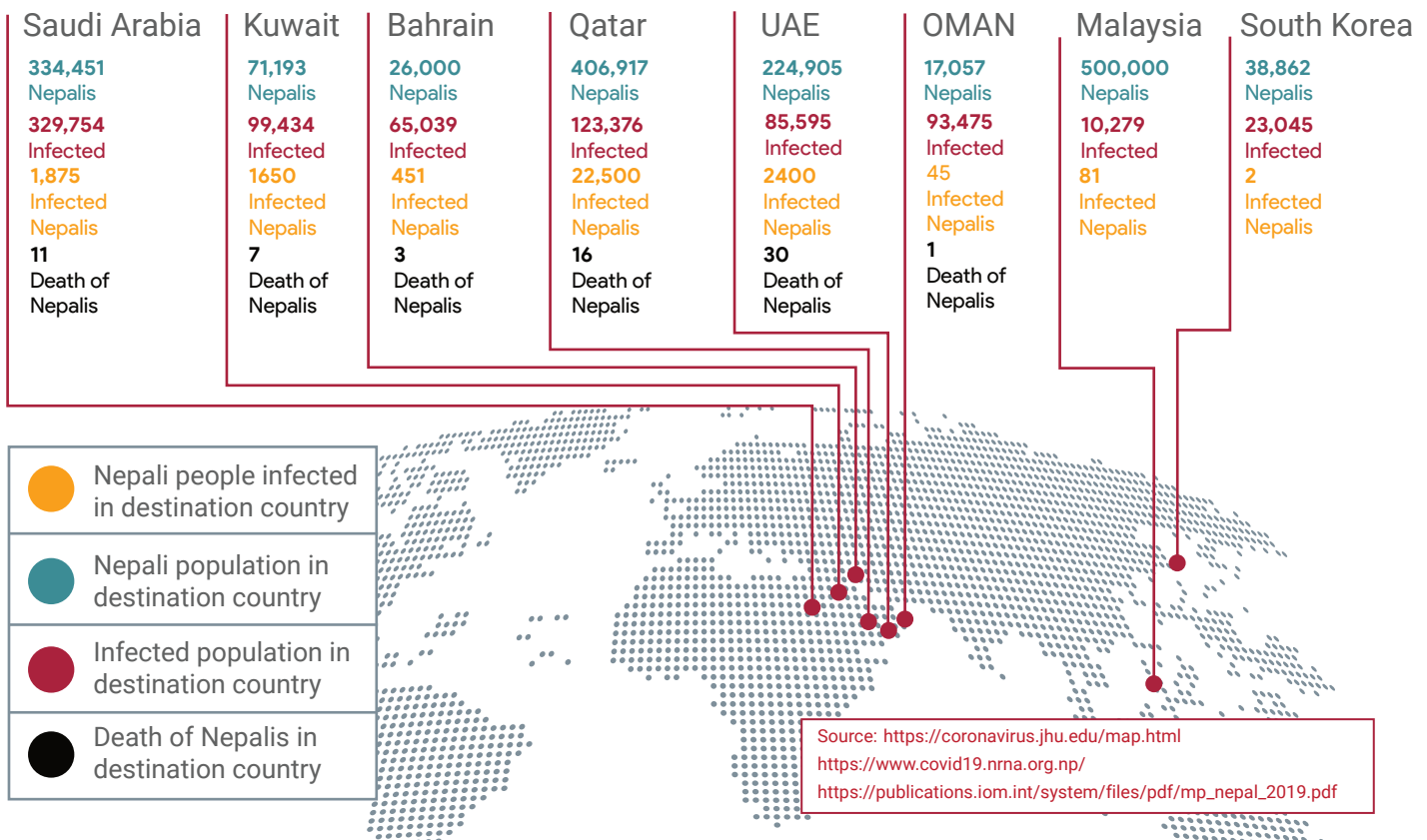
Toll-free **HOTLINE** on
COVID-19

Brought to you by  **viamo**

DIAL 32100
from your NTC simcard for accessing
all COVID-19 information for FREE

Open Migration

Migrant workers in major destination countries



ShramikSanjal

Complete this process to return to Saudi Arabia from Nepal

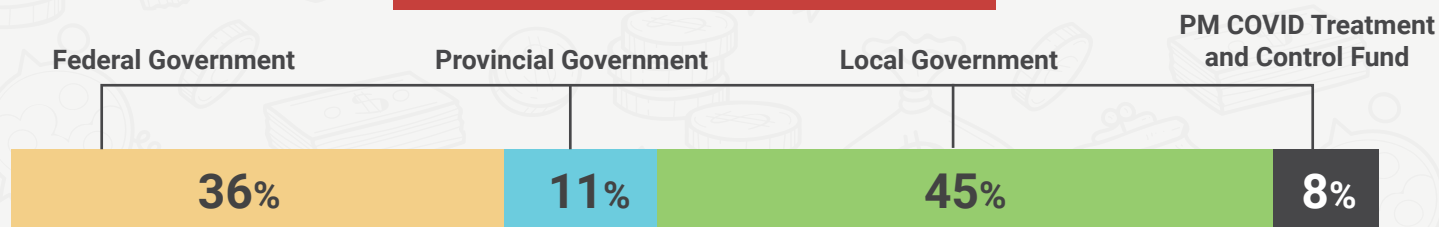
1. Your Saudi Arabian visa period should be remaining. To check if your visa has expired or not, go to <https://muqeen.sa/#/visa-validity/check> and check your Iqama number or visa number.
2. If there is no labor permit, then get the permit. Now to get the labor permit, you also need a company NOC along with other documents.
3. Talk to an air ticket provider (Himalayan or Nepal Airlines). Book a ticket inquiring about when is the flight scheduled for the city in Saudi Arabia where you are travelling to.
4. Then, you can go for the PCR test. In order to return to Saudi Arabia, you need a **PCR negative** report of less than 48 hours.
5. Now you can leave for Saudi Arabia following all the rules and all the health

You can listen to our Facebook live at www.facebook.com/shramik.sanjala every Sunday, Wednesday and Friday evening **UAE time (8: 00 PM)**, **Kuwait (7: 00 PM)** and **Malaysia (12 Midnight)**.

\$ Follow the Money

Total expenses by the Government of Nepal until Shrawan 2077 to Fight Against Coronavirus

13.37 Billion NRS



Expense Headings at the Federal Government


Medicine and Health Equipments
Rs. 1,755,240,000

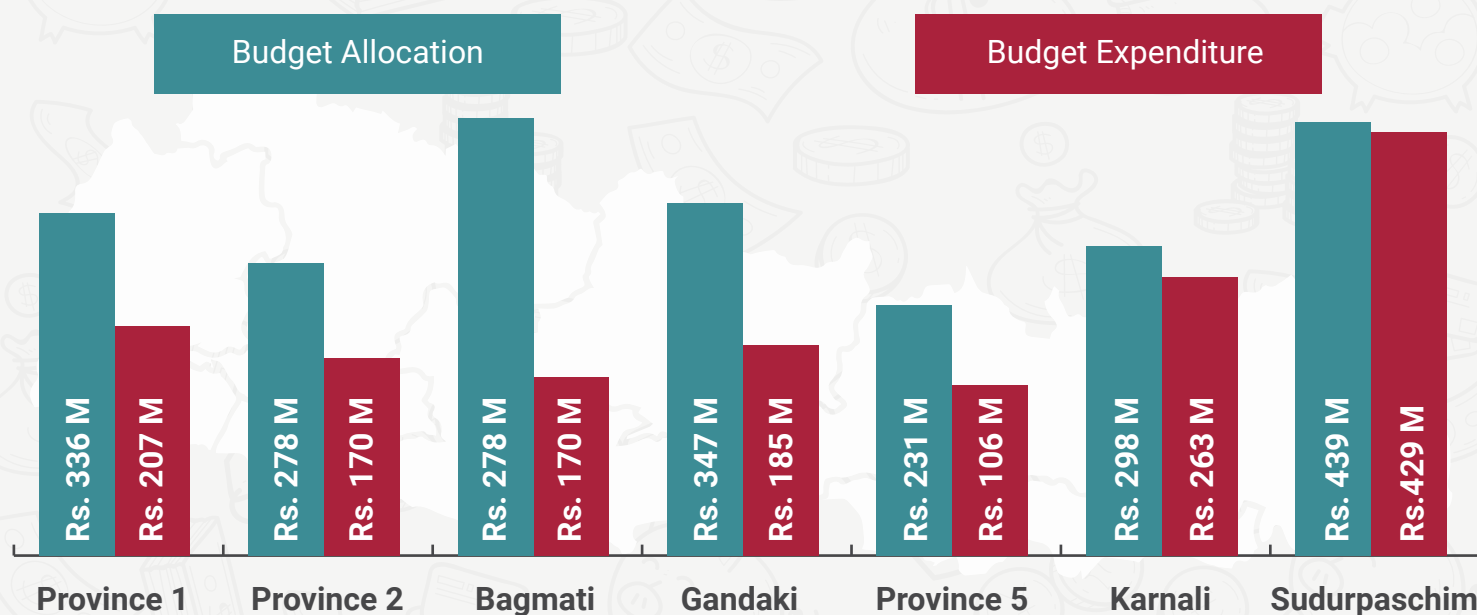

Quarantine Management
Rs. 46,946,000


Health Infrastructure
Rs. 2,938,896,000


Other Expenses
Rs. 12,473,000

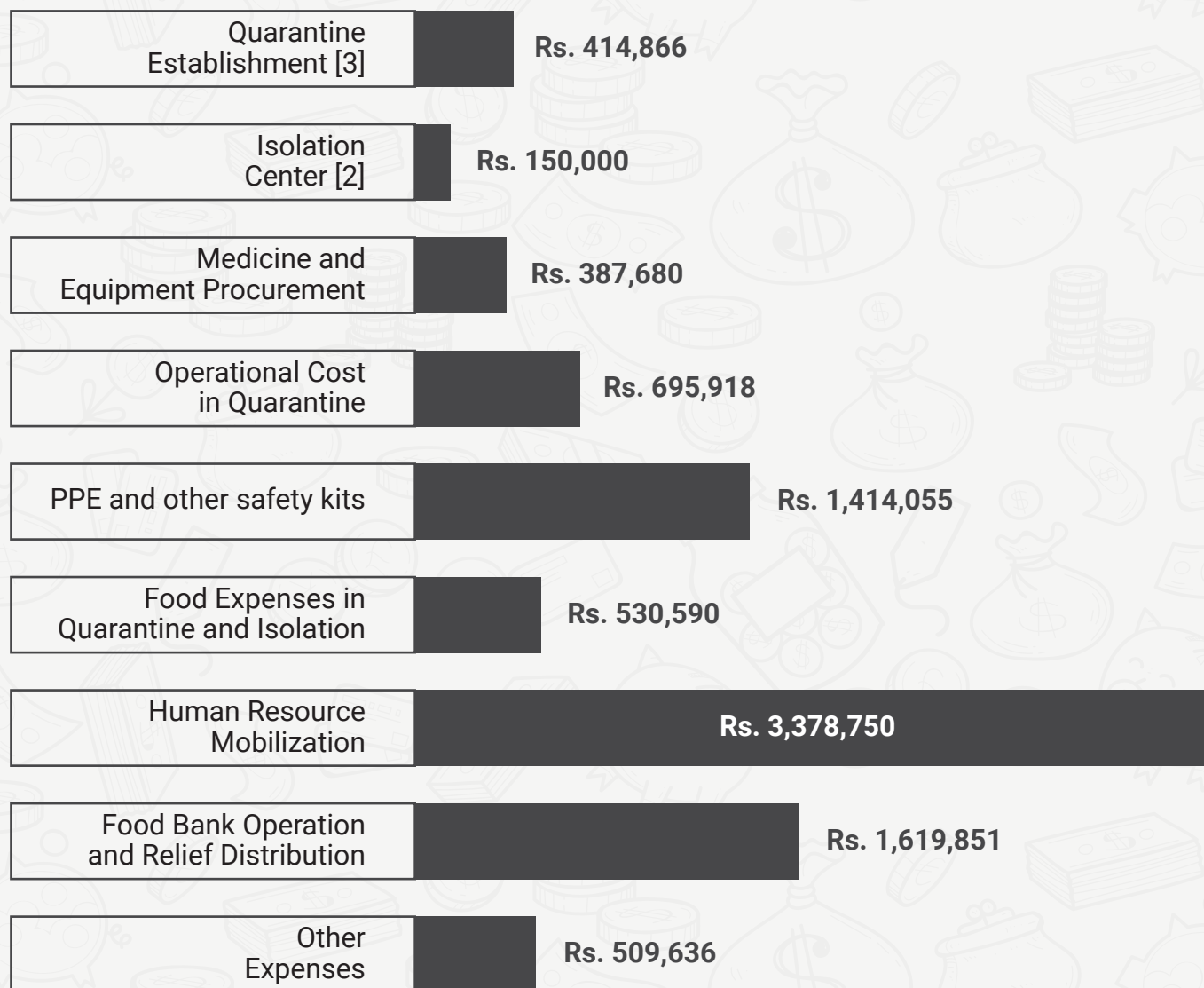

Human Resource Mobilization
Rs. 57,443,000

Expense made by Provincial Government



\$ Follow the Money

Expenses in Panauti Municipality regarding COVID-19



The total expenses made by the Panauti Municipality for COVID-19 is over 9.1 million NRS. The highest expense made by the municipality is on human resource mobilization. This amount seems high when compared to the low overall expense made by the municipality, but the other expense items prove to be very reasonable. A large part of the expenses is made on relief distribution and on PPE procurement which shows a good sign towards corona control and prevention. The expense released by the municipal government shows no sign of questionable expenses, and so with more detailed information on expense and evaluation at a micro-level, Panauti Municipality is moving towards becoming a transparent local unit, earning trust from its citizens.

Note: This information is not complete. It has been brought together from different sources available. We will keep collecting the data and revise it in the days ahead.



Earnings of years from foreign employment enough only to pay off bank loans due to COVID-19

Ganesh Prasad Pandey, 38 of Chhatradev Rural Municipality - 07 of Arghakhanchi reached Malaysia leaving his studies of grade 12 in between his studies. Pandey, who happens to be the eldest among three brothers and a sister, built a house in the hills with his income of three years as the financial condition of the family was poor. Later, one of his friends told him that he earns more in Nepal than in Malaysia and he would help Pandey for it, so he cancelled his Malaysian visa and returned to Nepal.



After coming to Nepal, the friend didn't show any concern towards him, so he thought of going abroad again. Pandey then reached Qatar through one of a manpower company in Nepal. He had to work 8 hours daily. His monthly salary was 700 Riyal. Overtime was also available. Pandey, who was said that he would be working as an office worker in Mansalu Company in Qatar, didn't get the promised work after reaching there. He was told that he would get 700 Riyals for 10 hours of work and he had to spend money for food himself.

He had to pay 225 Riyals monthly for food only. Still, he didn't give up. He learned to drive and got a license. Pandey, who had been working there for the past 12 years, now earned 3000 Riyals or about 1 Lakh in Nepali rupees a month. Pandey, who was working as a salesman in the electronic department of Manaslu Company came to Nepal on 18 February 2077 on a 35-day leave.

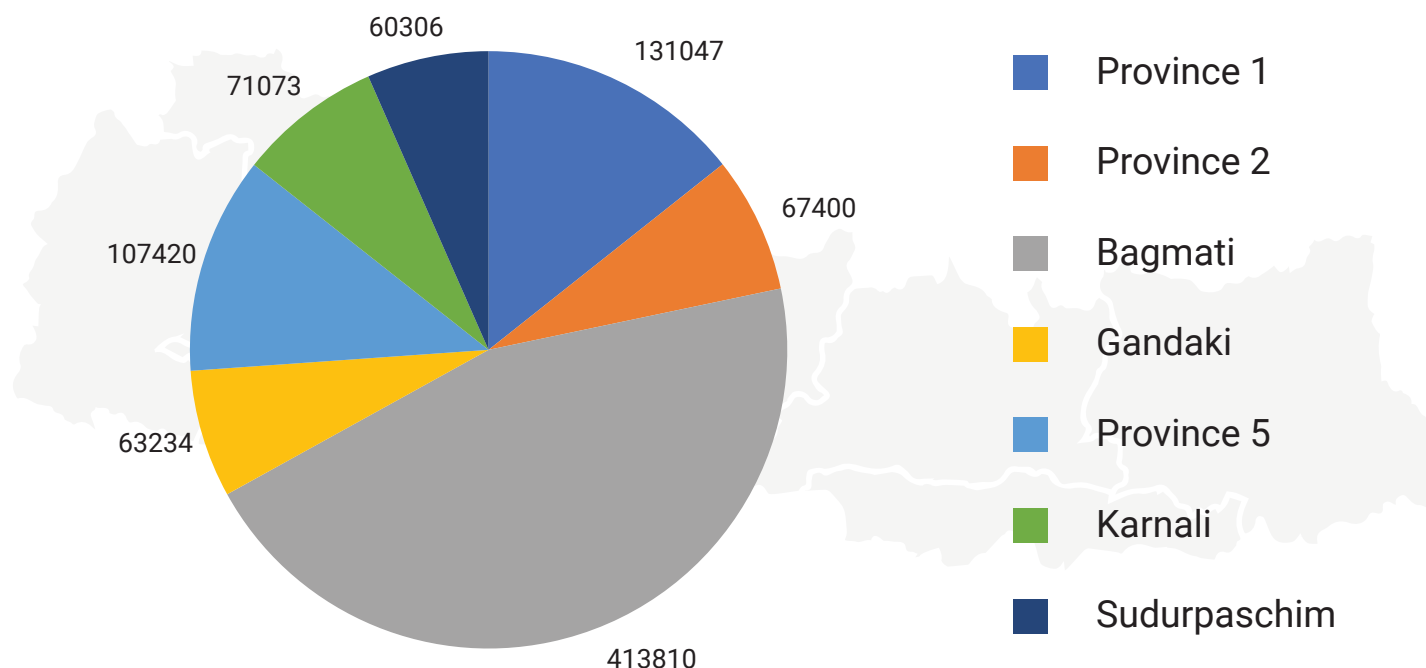


After coming to Nepal, the government imposed lockdown from 24 April due to the risk of corona pandemic. Due to which, he couldn't return on April 5 for which he had purchased a ticket. Meanwhile, Pandey's family, who had built a house at Tilottama-9 with a loan from a bank, started having problems in paying installments due to the lack of monthly income.

The economic problems started being observed in his family of 6 consisting his two sons, wife and his parents as he had to stay in Nepal due to lockdown, had no monthly income, and the savings were spent on household expenses. The fancy shop run by his wife, Geeta was also closed due to lockdown. The Pandey's family who are regularly receiving calls from bank to pay the installments while they themselves are struggling to run their household, have proposed to transfer the loan to another bank.

How long will there be the risk of Corona? How long will the lockdown continue? What will be the situation? What to do if he fails to pay the installment of the loan taken to build his house? What to do if he can't go to Qatar again and can't also repay the loan? After these thoughts started coming over again and again, he has now made a decision to sell the house to pay the installments and eliminate the burden.

Total number of PCR tests conducted in different provinces



The above chart shows that Bagmati province has the highest number of PCR tests performed in Nepal. Previously, all samples were brought to Kathmandu for tests but the testing facilities have been expanded to all provinces now. Yet, Bagmati still performs almost half of the daily tests of the country. Kathmandu district has topped the chart for active infection for the last four weeks, and it might be justifiable to have more tests in Bagmati. However, lack of equal distribution of volume of tests shows the disparity in fighting COVID-19 in other parts like Province 2, with the highest population density.

Source: HEOC, MoHP, SitRep

DISCLAIMER

The sources of rumors, information, and issues presented here are collected from a variety of organizations, government agencies, international organizations, news articles, social media, and Community Frontliners in all 7 provinces of Nepal, as well as the CivActs team based on their conversations with different people, directly and indirectly, over the past week. The issues highlighted are chosen based on prevalence, relevance, and its potential impact on society. The information presented here is correct at the time of the issue.



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