

# Guidelines of COVID1-19 Lockdown Protocol for Zhemgang

## 1. Introduction

With nationwide lock down declared from 3:15 am., on 11<sup>th</sup> August, 2020, the following lockdown guidelines are activated for implementation within Zhemgang Dzongkhag during the entire lockdown period.

## 2. Purpose of the lockdown

- To break the chain of local transmission
- To control further spread of virus
- To trace the peoples' contact details
- To maintain the strict compliance of COVID-19 protocols
- To quarantine those traced with primary contact and home quarantine those traced with secondary contact

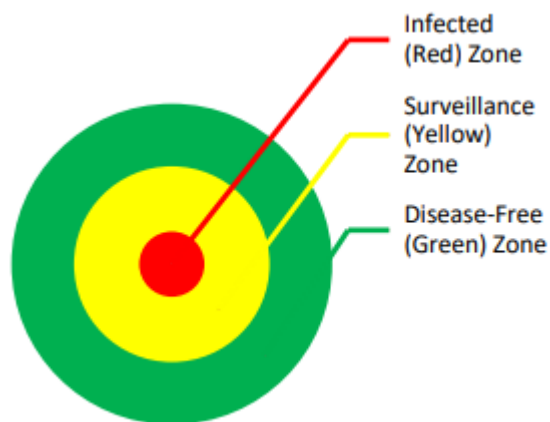
## 3. Types of Lockdown

Complete Lock down

4. **Lockdown Zone:** Surveillance Zone (Yellow)

5. **Lockdown Zone**

Parameters	Infected Zone (Red)	Surveillance Zone (Yellow)	Disease-Free Zone (Green)
Definition	Area where either locally transmitted sporadic cases (One or more) or community transmission (one or more clusters) is detected.	Area outside the infected zone where close/primary contacts would have travelled within the infectious period of COVID-19 case(s)	Area where no contacts have travelled within the infectious period of COVID-19 case(s) and no locally transmitted cases are reported
Criteria for Zoning	Presence of positive case (s) and or Presence of high number of primary	Presence of primary or secondary contacts (high-risk contacts) of the confirmed cases but no individual testing positive • Presence of people who have moved from the infected zone (before lockdown) during the infectious period of the confirmed case(s)	• Absence of primary and secondary contacts • Absence of movement of people from the infected zone (before lockdown) during the infectious period of the confirmed cases



## 6. Zoning Process

- Conduct outbreak investigation within 24-48 hours of report of a confirmed case using line-listing form
- Considering infectiousness for three days prior to onset of symptoms (symptomatic confirmed case) and three days prior to laboratory confirmation (asymptomatic confirmed case), contact tracing should be applied retrospectively.
- Conduct contact tracing and may require home visits in certain cases
- Conduct outbreak investigation in the community
- Test all symptomatic contacts
- Isolate confirmed cases immediately
- Quarantine primary contacts at identified quarantine facilities/home
- Map affected area and list vulnerable populations (elderly, people living with pre-existing medical conditions like cardiovascular diseases, diabetes, hypertension, cancer).
- Demarcate zones as above
- The zoning of the area will be dynamic and contingent upon continuous risk assessment by technical team.

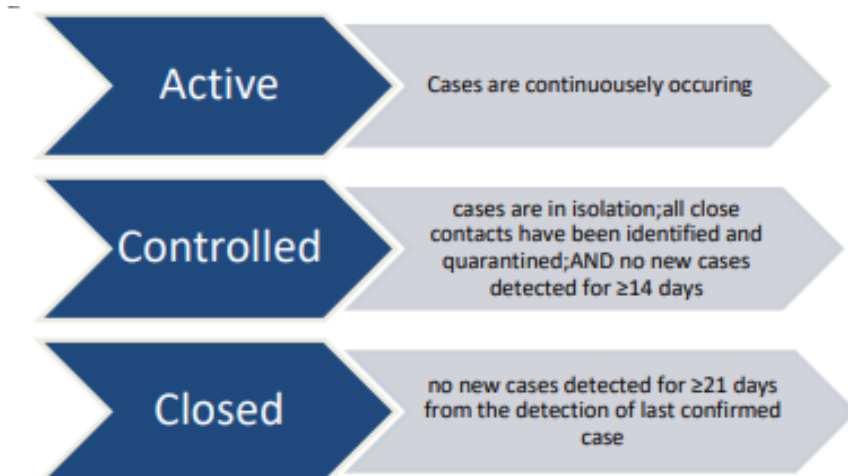
The containment measures to be implemented in each of these zones are specified in the table below:

Parameters	Infected zone (Red)	Surveillance zone (Yellow)	Disease-free zone (Green)
Lockdown	Complete lock down for a minimum of 21 days	Complete lockdown for a minimum of 7 days followed by partial lockdown	Put under high alert but no lock down
What is not allowed?	<ul style="list-style-type: none"> <li>• Movement of individual outside the house or house compound (Everyone must stay in their homes)</li> <li>• All offices, schools, colleges and institutions</li> <li>• All hospitality, entertainments and commercial establishments</li> <li>• All factories and manufacturing establishments</li> <li>• Religious activities,</li> </ul>	For first 7 days as in red Zone for complete lockdown	N/A

	ceremonies and celebrations • Agriculture activities • Construction work		
What is allowed?	Movement of authorized and designated COVID-19 response teams • Vehicles delivering food and essential items • Access to emergency medical services • Funeral service (with minimal people)	Complete lock down • Movement of authorized and designated COVID-19 response teams • Vehicles delivering food and essential items • Access to emergency medical services lockdown guideline protocol lockdown guideline protocol • Funeral service (with minimal people) Partial lockdown • Selective opening of shops/Groceries at strategic locations with imposed restrictions • Movement of individuals with restrictions for essential services • Construction and manufacturing companies in isolated/confined location •Agricultural/livestock activities at individual household level	N/A
Type of essential services to be provided in the areas under lockdown	<ul style="list-style-type: none"> <li>• Supply of food and essential items</li> <li>• Essential services (power, water, telecommunication, waste management)</li> <li>• Evacuation of medical emergency case (emergency delivery cases, stroke, heart attack, acute trauma, etc.)</li> <li>• Essential healthcare services</li> <li>• Fuel and LPG stations</li> <li>• Facilitate funeral services</li> </ul> <p>Important Note: All service providers should be wearing basic or full PPE depending on the risk of contact.</p>	<p>Complete lock down • Supply of food and essential items • Essential services (power, water, telecommunication, waste management) • Evacuation of medical emergency case (emergency delivery cases, stroke, heart attack, acute trauma, etc.) • Essential healthcare services</p> <ul style="list-style-type: none"> <li>• Fuel and LPG stations</li> <li>• Facilitate funeral services</li> </ul> <p>Important Note: All service provider should be wearing basic PPE Partial Lockdown: • Essential services to be availed by individual household under restrictions</p>	N/A
Surveillance	Continued contact tracing and risk identification • Listing of individuals showing signs and symptoms including all ILI or SARI cases • Phone calls to check for development of sign/symptoms in close contacts	<ul style="list-style-type: none"> <li>• Continued contact tracing of primary and secondary contacts</li> <li>• Listing of individuals showing signs and symptoms including all ILI or SARI cases</li> <li>• Conduct active surveillance and testing for people who moved from infected zone before lockdown during the infectious period of the confirmed cases</li> </ul>	N/A
Testing	Testing of primary and	Testing of primary and secondary	N/A

	<p>secondary contacts on 3-5 days after the last close contact with a case</p> <ul style="list-style-type: none"> <li>• Testing of suspected cases showing signs and symptoms including ILI and SARI cases</li> <li>• Conduct testing assuming 50% prevalence on day 14 from the last positive case during the lockdown</li> </ul> <p>Test to be used:</p> <ul style="list-style-type: none"> <li>• RT-PCR (Consider testing of pooled samples in case of large cohort)</li> </ul>	<p>contacts on day 5-7 from the last day of contact with confirmed case</p> <ul style="list-style-type: none"> <li>• Testing of suspected cases showing signs and symptoms including ILI and SARI cases</li> </ul> <p>Test to be used</p> <ul style="list-style-type: none"> <li>• RT-PCR</li> </ul>	
Isolation of positive cases	<p>Manage all symptomatic cases at nearest COVID-19 treatment center</p> <ul style="list-style-type: none"> <li>• Manage asymptomatic and mild cases at designated quarantine facility</li> </ul>	<p>Manage all symptomatic cases at nearest COVID-19 treatment center</p> <ul style="list-style-type: none"> <li>• Manage asymptomatic cases at designated quarantine facility</li> </ul>	
Quarantine	<ul style="list-style-type: none"> <li>• Home quarantine if all household members are primary contacts or secondary contacts</li> <li>• Release secondary contacts if the primary contact test negative on day 3-5</li> </ul>	<p>Quarantine primary contacts at the designated facilities</p> <ul style="list-style-type: none"> <li>• Quarantine secondary contacts at home</li> <li>• Release secondary contacts if the primary contact test negative on day 3-5</li> </ul>	N/A
Lifting lock down	<p>Lockdown may be lifted if there are no new case detected for <math>\geq 21</math> days from the date of detection of the last case</p>	<p>Lockdown may be lifted if there are no case detected for <math>\geq 14</math> days from the date of contact with confirmed case(s)</p>	N/A

## 7. Staging of containment or management



## **8. Issuance of lockdown order**

His Majesty the King will issue the Royal Command for lockdown through National COVID-19 Task Force (NC19TF). The duration of the lockdown will be announced depending on severity of the situation through mainstream and social media by the Prime Minister.

Accordingly, the order for lockdown at Dzongkhag level will be issued by the Dzongkhag Incidence Commander.

## **9. Definitions**

### **9.1 Suspect:**

- a) Any individual with fever OR signs/symptoms of a lower respiratory tract illness (cough or sore throat) OR loss of smell/taste OR gastrointestinal symptoms (diarrhea or vomiting).
- b) A patient with severe acute respiratory illness (cough, shortness of breath) OR with fever or history of fever within last 10 days and AND requiring hospitalization
- c) Any individual including health workers with fever OR signs/symptoms of a lower respiratory tract illness (cough or sore throat) OR loss of smell/taste OR gastrointestinal symptoms (diarrhea or vomiting) AND close contacts of confirmed case/s
- d) Any individual or frontline workers in high risk area with acute respiratory illness OR loss smell/taste OR any gastrointestinal symptoms (diarrhea or vomiting).
- e) Any individual with COVID-19 like signs and symptoms with the history of exposure or close contact with individuals who have been recently (up to 21 days) released from quarantine or isolation.

### **9.3 Confirmed Case:**

A person with laboratory confirmation of COVID-19 infection by RT-PCR, irrespective of clinical signs and symptoms.

### **9.4 Primary/ Close Contacts:**

- a) Any individual living in the same household with a probable or confirmed case;
- b) Any individual having direct physical contact with a probable or confirmed case
- c) Any individual having unprotected direct contact with infectious secretions of a probable or confirmed case (e.g. being coughed on, touching used paper tissues with a bare hand);
- d) Any individual having face-to-face contact with a probable or confirmed case within 2 meters for more than 15 minutes;
- e) Any individual who was in a closed environment (e.g. classroom, meeting room, hospital waiting room, etc.) with a probable or confirmed case for 15 minutes or more and at a distance of less than 2 meters;

Note:

- a) For symptomatic: the period of contact is three days before the date of the onset of symptoms of a probable or confirmed case

b) Asymptomatic: the period of contact is three days before the date on which the sample was taken which led to confirmation.

### **9.5 Secondary Contact:**

The close contacts of Primary contact of a confirmed case. They should meet the following criteria:

- a) Any individual having unprotected direct contact with infectious secretions of the primary contacts (e.g. being coughed on, touching used paper tissues with a bare hand);
- b) Any individual having face-to-face contact with primary contact within 2 metres for more than 15 minutes;
- c) Any individual who was in a closed environment with primary contact (e.g. classroom, meeting room, hospital waiting room, etc.) for 15 minutes or more and at a distance of less than 2 meters;

### **9.6 Standard Operation Procedure (SOP)**

Standard Operation Procedure (SOP) for all the COVID-19 related activities and programs to be framed/prepared for smooth and effective operation of the entire lock down period.

- Transportation
- Security and Surveillance
- Quarantine
- Logistic
- Contact Details
- Health Services
- Communication Center

### **9.7 Local Channel for Educative Information and Advocacy Programs**

Use local channel to disseminate important information and advocacy program to public

Chechog Leyrim [spiritual talks by Lam Neten]

### **9.7 COVID-19 Death**

A COVID-19 death is defined for surveillance purposes as a death resulting from a clinically compatible illness in a confirmed COVID-19 case, unless there is a clear alternative cause of death that cannot be related to COVID disease (e.g., terminal diseases, trauma). There should be no period of complete recovery between the illness and death.

Two types of death can be handled as following:

**Normal death:** The cause of death that cannot be related to COVID-19 disease (e.g. terminal diseases, trauma). Funeral rites for such death will be performed by Dzongkhag Dratshang as per the COVID-19 guideline.

**Death due to COVID-19:** Death resulting from a clinically compatible illness in a confirmed COVID-19 case. Such death will be handled as per the SOP of MoH for COVID -19 death.