



- ✓ Stay at Home unless of Emergency
- ✓ Wash your hand frequently with soap and water or use alcohol-based rub.
- ✓ Avoid touching your face, especially your eyes, nose and mouth.
- ✓ Maintain distance of at least 1 metre from someone who is coughing or sneezing
- ✓ Seek immediate medical advice if you have fever, cough or are experiencing breathing difficulties
- ✓ When coughing or sneezing, cover your mouth and nose with flexed elbow or tissue or cloth
- ✓ When coughing or sneezing, discard the used tissue or other stuff immediately into a closed bin.

## EcoHimal's response to Pandemic of COVID-19 Volume II

### Nepal: The COVID-19 Pandemic Sequential Overview:

- The first case of the COVID-19 pandemic in Nepal was confirmed on 24<sup>th</sup> January 2020 in Kathmandu District. The patient showed mild symptoms and had been discharged a week earlier with instructions to self-quarantine at home; he was confirmed to be completely recovered by 31<sup>st</sup> January. It was an imported case from China.
- Nepal established health-desks at the international airport as well as on the border checkpoints with India, starting in mid-January.
- Land borders with India and China were completely sealed off on 23<sup>rd</sup> of March; and on 20<sup>th</sup> of March, all international flights were suspended.
- The second case was confirmed on the 23<sup>rd</sup> of March 2020 in Kathmandu.
- The SAARC countries have pledged to cooperate in controlling the disease in the region. India, the United States and Germany increased their support to Nepal health sector.
- Nepal cancelled its international promotional activities related to Visit Nepal Year 2020.
- The first case of local transmission was confirmed on 4<sup>th</sup> April in Kailali District.
- A country-wide lockdown came into effect on 24<sup>th</sup> March and is scheduled to end on 18<sup>th</sup> May. Due to increasing infected cases, it is uncertain as to how long this will extend.
- As of 15<sup>th</sup> May, a total of 258 cases have been confirmed, affecting 24 districts in six provinces.
- Thirty-three of them have been confirmed as recovered and three of them have been re-admitted. The health condition of people with the active case is normal for the time being.
- The economy is severely affected by the pandemic specifically impacting on foreign employment, agriculture, tourism, manufacturing, construction and trade.
- The infected people are increasing day by day and uncertainty is high. In this context, we are trying our best to mitigate the risks of the Coronavirus' spread into the community. We have given priority to our current project areas in coordination with the donor, local government and stakeholders. Wherever and whoever we are, this is our humankind to support with our capabilities and resources.

Following the Nepal Government's directives, we are strictly following and fully cooperating in the lockdown. We know the COVID-19 does not come all by itself to our home, do not go out to invite it.

*“Stay safe, keep others safe and healthy distancing”*



*“Maintain*

*social/physical*

### Activities on COVID-19 response from 22<sup>nd</sup> of April to 15<sup>th</sup> of May 2020.

- Bhotkhola Rural Municipality has been provided with food items transportation worth Nepali Rupees four hundred thousand.
- Mapya Dudhkoshi Rural Municipality has been supported with food items support for poor bandmembers worth Nepali Rupees two hundred Thousand.
- Provided 20 buckets and 40 soaps to Bhumlu Rural Municipality ward 9 to establish handwashing systems in public areas to fight against COVID 19.
- Preparing and submitting a number of concept notes and proposals for COVID-19 relief/response. One of the proposals submitted to Kindermissionswerk, Germany has been approved. We are in the process of agreement and ground preparation. Coordination with concerned line agencies' and stakeholders are continuing for project implementation.
- We have also received support from The Glacier Trust for Covid-19 relief for the second time.
- Social sites have been continuously used as a tool of alertness and awareness to the wider public. It has been proven very useful and effective to spread messages through Facebook, Instagram and Twitter. Google meet is adapted to communicate with officials and each other.
- Social distancing and physical distancing images have been created and published which are available in both English and Nepali versions in our website and official social medias. They are further shared by personal accounts of our staffs via social media to spread more awareness about COVID-19, which further goes on to prove its efficiency and wider outreach.
- Public awareness notices are recorded and updated regularly on EcoHimal's website.
- Three drinking water system projects in Bhotkhola Rural Municipality, Sankhuwasabha has reached the final stage of completion. One is fully completed and the other two are in their final stage. All works are done maintaining social distancing and proper health and safety rules for the workers.
- Improved Cooking stove project in Chepuwa: All cooking stoves have been delivered safely in Chepuwa and are now stored there. Distribution of stoves is planned on 18<sup>th</sup> of May 2020 (maintaining safe social distancing) with the help of ward chairperson, local leaders and police station Chepuwa. It will be inaugurated by Bhotkhola Rural Municipality Chief.
- Working remotely: 7 management staffs are conducting a regular virtual meeting twice a day (9:00 am and 5:00pm) and are sharing plans and progresses of the daily work. Two staff members are working in the actual field of two project sites. They are following every personal safety rule and are working regularly. Rest of the staffs are working from home and are in communication twice a day.
- First board of Directors meeting was conducted on 3<sup>rd</sup> May 2020. 2nd meeting is planned for the end of May 2020.
- Sharing and discussions through the online platform have been done regularly.
- Social media coverage of the organization in different sites are being documented.
- Photo documentation from the field has been regularized as monitoring tools.
- We are planning to start Drinking water project of Dugunagadi, Sindhupalchowk and Khiraule Solukhumbu. We are in coordination with ward chairperson, construction committee members for construction material procurement and management. The local materials collection is under process.
- COVID-19 focused Health Insurance schemes have been issued for all employees.
- Initiated COVID related Quiz Contest through Radio Program, Eco Balsansar with school children for awareness-raising.
- Connecting with stakeholders; teachers, SMC and PTA representatives of Kavre via phone to know how they are coping with COVID-19 situation, and their strategies in the education sector. More than 50 people have been contacted.
- Regularly in touch with the school students of Mandandeupur, Kavre district to know their situation in COVID-19 phase. More than 50 are contacted.
- Reconnecting child club member of local schools of Mandan Deupur Municipality to know their views on the current situation.
- Regular in touch with the local community to understand the current problems created by COVID-19.
- Weekly radio health program and fortnightly agriculture program produced and broadcasted focusing on COVID-19. The radio program (Eco Balsansar) is as follows:
  - *Episode 169: Awareness about COVID 19 elucidated by Ms Sushila Kathayat, Dr Nagendra Jha about the differences between common flu and coronavirus symptoms.*

- Episode 170: Interview with Rajendra Kaju: about quarantine, self-isolation, handwashing and social distancing.
- Interview with Bidyanath Koirala: About "How children can continue their study at home?"
- Episode 171: Interview with Psychosocial Counsellor Mr Gopal Dhakal regarding awareness on mental health in COVID 19 situation
- Episode 172: Information about awareness and relief activity conducted by EcoHimal, Interview with Dilli Acharya about how Mandandeupur municipality is planning to manage the pandemic.
- Episode 173: Difference between RT polymerase chain reaction and Rapid Diagnostic Test by Medical doctor.
- Episode 174: Repeat episode of 173: Difference between RT polymerase chain reaction and Rapid Diagnostic Test, Summarized views of local teachers, SMC/PTA members of Mandandeupur municipality and Interview with Chief executive Officer Mr Pranaraj Neupane about the education progress in MDM
- Episode 175: Interview with local students of Mandandeupur how they are facing COVID-19 impact on their education. Interview with resource person, Satyanarayan Maharjan of education sector about how students can continue their learning process?
- Episode 176: How to protect children from COVID-19 with an example of the situation of Nepalgunj where more cases have risen all of sudden.
- The radio program (Kishan sanga Ujyalo Bhavisya) is as follows:
  - Episode 4: Description on how farmers can keep continuing their crop harvest and production in lockdown period, explanation on the importance of integrated approach of agriculture, forest and animal in terms of food insecurity issues which is now becoming a global due to corona pandemic.
  - Episode 5: Exploring local market, Processing and storage of fruits and vegetables, the role of local government to establish proper and safe storage, collection and distribution center, medicinal plant promotion, use of organic fertilizer, use of barren land.
  - Episode 6: Importance of Kitchen Garden, problems in agriculture after lockdown and their solution.
- We are planning to restart construction work in Solukhumbhu maintaining proper social distancing.
- Regular communication with Mandan Deupur Agro forest resource centre management committee, since there are no staffs in current time, the operation committee is taking proper care of the centre.
- Tracking staff members, their performance and instructing them to be safe in quarantine.
- Participation in virtual meetings carried on the discussion about education scenario – e-learning/distance learning in COVID-19 situation.
- Regular coordination and communication with donor organizations, potential partners for COVID-19 relief, response and ongoing projects.
- Regular coordination with local governments and its COVID-19 control committee to mobilize relief initiatives smoothly.
- Regular collective discussion and sharing with staff members for creative refreshments in the lockdown situation.

The Ecohimal Nepal team are working from home until extended lockdown uplifts. We, the Ecohimal team members and our families are in good health till date. The office members are in regular contact with each other, updating their work progress every day. We are planning to be more interactive in the COVID-19 impact phase.

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## Glimpse of Photos

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### Der Kampf gegen die Pandemie

Vor genau fünf Jahren zerstörte eine Serie von Erdbeben hunderte Tausende Häuser und tötete über 10 000 Menschen, 20 000 Schulen waren so beschädigt, dass der Schulbetrieb nicht mehr möglich war und in den Epizentren brachen Krankheiten aus, weil Tierkadaver nicht schnell genug beseitigt werden konnten und viele Wassersysteme und Sanitäreinrichtungen geplatzt waren. Sie mussten neu errichtet werden, um Seuchen zu verhindern. Zu diesem Unglück kam noch die Sperrung der Grenze zu Indien, weil die große Nachbar auf die Verfassung der jungen Republik Nepal Einfluss nehmen wollte. So kappte er die Lieferung von Treibstoffen und Baumaterialien, aber auch von Arzneien und anderen lebensnotwendigen Gütern. Indien setzte sich durch, trieb Nepal aber dem nördlichen Nachbarn China in die Arme. In Geopolitik versiert bauen die Chinesen nun Straßen und Kraftwerke in Nepal, sind zu einem unüberschaubaren Machtfaktor geworden. Im Zentrum von Kathmandu entstand ein „Little Chinitown“ mit Hotels und den dazugehörigen Touristen. Als Gegenleistung schickte die nepalesische Regierung über die Himalaya-Pässe geflüchtete Tibeter sofort nach China zurück. Kaum aus dem taktischen Alptraum erwacht, spielte die Natur wieder verückt. In



Sträßen wegrollen, Felder zerstören und hunderten Menschen den Tod bringen. Dem Land bleibt wirklich nichts erspart und auch wenn es Hilfe aus dem Ausland gab, so ist doch das Leid vieler Menschen enorm. Das wird in dieser Pandemie nicht anders sein und auch diesmal wird es die Ärmsten am stärksten treffen. Die große Masse von Tagelöhnern hat nun keine Arbeit mehr und damit auch nichts zu es-

sen. Das ganze Jahr reichen und irgendwo anders eine Arbeit suchen, werden keine mehr finden. Außer der Landwirtschaft steht so gut wie alles still, auch die Schulen sind geschlossen. Die letzten Touristen wurden ausgeflogen, neue werden so schnell nicht ins Land kommen. Nicht weil auf den Trekkingrouten die Ansteckungsgefahr so groß wäre, sondern weil es keinen internationalen Flugverkehr gibt und der Einheimi-









