

Topics and Talking Points for Public Sensitization and Advocacy on Basic Information on COVID-19, Risk of Transmission and Various Preventive Response and Measures.

Topics	Talking Points on COVID-19 and preventive measures
Current global updates of Covid-19	<ul style="list-style-type: none"> • COVID-19 pandemic continues to spread across the globe, experiencing 2nd and 3rd wave. • The risk level has been increased with emergence of new variants. • Indian scientists predicts 3rd wave of COVID-19 to hit India again around October 2021. • Lambda variant of COVID-19 detected in Bangladesh.
National updates of Covid-19	<ul style="list-style-type: none"> • Currently no outbreak in the country • P/ling did not have community cases since 12th August, 2021. • There is only one red building and four active cases.
Our strengths in COVID-19 war	<ul style="list-style-type: none"> • Exemplary Leadership of the country • Religious and spiritual role of Dratsang and Choedey Lhentshok • Enhanced surveillance system & 3T strategy (trace, test and treat) • Strict COVID-19 safety protocols in place at all the Dzongkhags • Multi-sectorial and public support
Is Phuentsholing residents still in risk of COVID-19?	<ul style="list-style-type: none"> • Yes, not only P/ling but all the districts bordering with neighbouring countries are at high risk. • New variants of SARS-COV-2 prevailing in the neighboring countries can reach Bhutan any time • Complacency in public and frontliners • Illegal activities due to porous borders. • Vaccines do not guarantee 100% protection
What is Coronavirus (COVID-19) Disease?	<ul style="list-style-type: none"> • COVID-19 is a disease caused by coronavirus named as SARS-CoV-2. • It is the smallest microorganism on the earth (size: 0.06 -0.14 microns) with spike proteins on its surface and can be detected only by electron microscope. • First identified in Wuhan, China, in Dec 2019
Types of human coronaviruses	<ul style="list-style-type: none"> • 229E (alpha), NL63 (alpha), OC43 (beta), HKU1 (beta) • MERS-CoV (the beta coronavirus that causes Middle East Respiratory Syndrome, or MERS) • SARS-CoV (the beta coronavirus that causes severe acute respiratory syndrome, or SARS) • SARS-CoV-2 (the novel coronavirus that causes coronavirus disease 2019, or COVID-19) • <i>Note:</i> 229E, NL63, OC43, and HKU1 cause common cold.
Origin of COVID-19	<ul style="list-style-type: none"> • The exact origin of SARS-CoV-2 has not yet been identified, but believe it originated in bats and mutated through intermediate species, possibly pangolins. • Other sources have not been explicitly established.
Risk groups	<ul style="list-style-type: none"> • All age groups can be affected • Elderly, unvaccinated and those with underlying co-morbidities and immuno-compromised individuals are at higher risk of complication and deaths.
Mode of transmission	<ul style="list-style-type: none"> • Through Direct or close contact (droplet transmission): Through saliva or respiratory droplets, expelled while coughing, sneezing, talking and singing within 1 m. • Through Indirect Contact (Fomite transmission): Touching mouth, nose, ears and eyes after touching the infected or contaminated surfaces. • Airborne transmission (Latest finding): Usually occur during medical procedures that generate aerosols (endoscopy and dental checkup). It can also occurs while talking, breathing or evaporation of aerosols.
Incubation period	<ul style="list-style-type: none"> • Theoretical incubation period is 2-14 days however in Bhutan, 54% of the patients showed symptoms within 3 days, 85% within seven days and 95% within 14 days. • This provides the basis for seven days quarantine and testing plan.
Symptoms	<ul style="list-style-type: none"> • Common symptoms: Fever, dry cough but also tiredness, Blocked nose, Loss of smell/taste • Uncommon symptoms: Runny nose, sore throat, diarrhea, vomiting, breathing difficulties

Topics	Talking Points
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General preventive measures	<ul style="list-style-type: none"> • Wash your hands frequently with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer • Avoid touching your eyes, nose, and mouth with unwashed hands • Avoid social gathering, crowd, close contact & maintain physical distancing >1 meter • Avoid handshake and other physical greetings/no-touch methods • Sneeze and cough etiquette in the bend of your elbow • Dispose used tissue papers and facemask properly • Avoid spitting in the open areas, public places, walls and pillars. • Do not share doma with others.
COVID-19 safety measures at your home	<ul style="list-style-type: none"> • Keep doors and windows opened to ensure good ventilation • AC room with exhaust vent need not open the windows and doors as there is air exchange system. • If the AC is air circulation system, windows and doors should be opened. • If you get flu like symptoms, visit nearby flu clinic to get tested for COVID-19 • Update COVID-19 information from reliable sources and avoid sharing fake news.
Risk areas and activities you should avoid during COVID-19 outbreak	<ul style="list-style-type: none"> • Gatherings: wedding, birth day party, funeral and other religious gatherings • Games: archery, degor, khuru, football, basketball, etc. • Risk areas in Phuentsholing: MDP areas, truck parking, road leading from Main gate to Thuenlam gate and MDP and truck parking, places nearby quarantine facilities and red buildings. • Other risk places: restaurants, hair saloon, beauty parlour, movie theatre, amusement park, gym • Activities: travelling by buses, hugging and shaking hands, going for shopping, organizing any gatherings and parties.
Dos and Donts while visiting hospital	<ul style="list-style-type: none"> • Do not enter hospital without washing hands with soap and water • Do not enter hospital without wearing face mask • Avoid touching walls, doors, hand rails, counter tables as far as possible. • Avoid eating while inside the hospital. • Always maintain physical distance and obey the advice and instruction of security personnel and duty.
Dos and Donts while going out for Shopping	<ul style="list-style-type: none"> • Wear face mask properly • Wash hands before and after entering the shops • Always use Druk trace QR code • Do not spend more than 10-15 minutes inside the shop • Buy things quickly and leave the shop as soon as possible. • Do not cross the demarcation inside the shop
Dos and Donts while travelling out of P/Ling	<ul style="list-style-type: none"> • Should not stop on the way at the public places or towns • Do not eat in the restaurant • Do not pick up parcel or passengers on the way. • Do not throw trashes out of vehicle while in the car. • Carry pack lunch to avoid stop on the way.
Role of community during this COVID-19 pandemic.	<ul style="list-style-type: none"> • Community surveillance and reporting by identified focal person. • Inform local authority if you see anyone breaching the safety protocol • Early seeking of care for individual having fever and flu-like symptoms • Support during case investigation and contact tracing with necessary information. • Always remain mentally and physically prepared-Keep groceries for at least 1 week. • Support people with comorbidity and vulnerable people. • Advise your children and elders not to visit risk areas and places.
Our way forward	<ul style="list-style-type: none"> • Only cluster lockdown will be implemented but may depend on extend of community transmission. • Further relaxation will be discussed in the SC19TF and submit to NC19TF.
Important supplementary questions on COVID-19	
Can we use AC while travelling through Indian	<ul style="list-style-type: none"> • Yes, car AC can be used while travelling through high risk places but AC should be turn on to vent system not air circulatory system (there is knob to turn). • No need to close the car window but if you are moving slowly through a crowd places,

town and should we close the car window?	you can close it and open while reaching the open spaces.
Does the cloth mask prevent COVID-19?	<ul style="list-style-type: none"> • Quality of face mask depends on the thickness of the cloth mask. • Filtering efficiency of face mask ranges from 60% to 80%. • Filtering efficiency drops by 20% after the 4th washing and drying cycle. • Frequent stretching of the mask also reduces the filtering efficiency
Which type of mask should we select in the market?	<ul style="list-style-type: none"> • There are different types of mask available. • N95 is suitable and commonly used by health workers. • N95 is safe but expensive and suffocating to be used. • Surgical mask has efficiency of 90-95% which is more than enough for common people however, surgical mask should have three plies (do not buy if it has only 1 or 2 plies) • Cloth mask should be thick enough to ensure filtering efficiency.
When should we disinfect our work space and constant touched surfaces?	<ul style="list-style-type: none"> • Disinfection and decontamination can help prevent not only COVID-19 but also other viruses and bacteria. • Your work places and frequently touch surfaces should be frequently disinfected prevent to kill the virus.
What is the best disinfectants we should use for disinfection?	<ul style="list-style-type: none"> • 0.05% sodium hypochlorite (NaClO) is suitable for concrete metallic and concrete surfaces as it is corrosive. • 60-70% alcohol can be used for other surfaces which is non-corrosive.
What is containment centre and what are the protocols to be followed by frontliners while in CCs?	<ul style="list-style-type: none"> • CCs are the facilities or structure that house frontline workers, particularly those who work in high risk environments due to involvement in COVID-19 intervention to prevent transmission of infection to their families, relatives and to the community.
Important safety protocols to be followed in containment centres (CCs).	<ul style="list-style-type: none"> • All the frontline workers shall be mandatorily housed in a facility approved as CC by the respective task force. • All frontline workers shall be stationed in a CC from where they shall shuttle between work place and CCs until the completion of duty period. • No movements of frontline workers shall be allowed besides the movement between CC and the designated area of work while in containment mode. • Mixing and gathering of frontline workers with the public shall be totally restricted, and mixing within themselves shall be as minimal as possible. • Meals shall be served in the CCs and they shall not be allowed to go to any restaurants or hotels. • CC staff such as cooks, cleaners, drivers and other helpers shall remain in the CCs and they shall not be allowed to move out of the CCs. • Except for the frontline workers and CC staff, no other person shall be allowed in the CCs. • Vehicle and driver shall be designated for pick-up and drop-off of the frontline workers to the quarantine facilities after the completing duty at CC. • The vehicle shall be disinfected after individuals have been transported safely to quarantine facilities. • Ensure all frontline workers strictly follow health safety protocols (wear face mask, maintaining physical distance > 1 m and washing hands with soap regularly. • Ensure that any frontline worker showing COVID-19 symptoms visits the nearest flu clinic immediately for COVID-19 testing. • Ensure all frontline workers in the CC have availed scheduled testing for COVID-19 as per the enhanced surveillance testing strategy of the MOH. • Checklist on safety Compliance shall be used every week to monitor the COVID-19 safety compliance by staff/workers.