

Protocol for COVID-19 Management for VVIPs



Submitted by Ministry of Health

15th September 2020

4th Edition

Overview of Quarantine and Isolation

Quarantine and isolation are public health intervention measures used to protect the family members and public by limiting the spread of diseases through isolating the apparently healthy individual who may be incubating the disease (quarantine) or sick individuals (isolation).

1. Quarantine

The purpose of the quarantine is to keep an apparently healthy individual under observation for signs/symptoms of COVID-19 infection. It is also to provide necessary medical support, and to prevent the spread of the disease to immediate family members, friends/colleagues or to the community. The maximum time period required to develop signs and symptoms of COVID-19 after infection (incubation period) is 14 days.

1.1 Quarantine at designated facility

A person will be quarantined in the designated place if he/she had a close contact with a confirmed case of COVID-19. This quarantine facility is also applicable to any individual travelling from the affected places/countries. The quarantine duration will be for 21 days from the last day of the exposure/arrival.

The Ministry of Health has designated quarantine facilities for VVIPs at Paro and Thimphu as follows:

- Hotel Olathang, Paro
- Ludrong Hotel, Thimphu

2. Isolation

Isolation is the separation of persons who are ill from a communicable disease to prevent the transmission of the infection to others who are free of the infection. For COVID-19, a person will be isolated only after being confirmed positive by laboratory testing.

The isolated patient shall be managed at a designated hospital. For Thimphu, the *2nd floor of the Eye Hospital, JDWNRH* has been identified as isolation wards for VVIPs.

Protocol for VVIPs returning from COVID-19 affected countries

1. Screening

The following health staffs are identified for the task:

- Mr. Namgyal Lhendup, Ministry of Health (17633341)
- Dr. Jangchub Choden, Medical Officer, JDWNRH (77406065)
- Mr. Dorji Tshering, Sr. Lab Technician, RCDC (17613570)

The screening for VVIPs may be required in two settings:

1.1 Screening on arrival at Paro Airport

- Kindly notify Mr. Namgyal Lhendup (17633341) on the flight arrival detail and the reception team
- Mr. Namgyal shall inform health team and the team shall brief all Changarps at Thimphu prior to leaving for the airport
- The health team will depart for the airport
- On arrival, the team will offer surgical mask to VVIP member and Changarps
- Briefing and history taking of VVIP members at VVIP Lounge Airport, Paro by the health team
- If symptomatic, sample (throat and nasal swab) shall be also collected at the VVIP Lounge and sent to the Royal Centre for Disease Control (RCDC) for testing. The sample result will be available within 24 hours.

1.2 Screening at Zimchung

- If a VVIP member develop signs/symptoms of fever, cough, respiratory illness or any other symptoms, with travel history to the affected countries, Mr. Namgyal Lhendup, should be contacted
- The identified medical team will visit the *Zimchung* and verify the symptoms and do the necessary actions
- The attending health team will visit the *Zimchung* with the appropriate personal protective equipment (PPE)

2 Facility Quarantine

In the case of a VVIP member travelling from high risk countries of COVID-19 infection or exposure confirmed COVID-19 infection, the VVIP member will require to be facility quarantined for 21 days, even if the test result is negative.

During the quarantine period, the medical team will monitor daily at 10.00 AM for fever and other signs and symptoms. Additional attendance will be carried out whenever required. The VVIP member may be quarantined at *Zimchung* or any identified facility with the following measures:

- Occupy a well-ventilated single room and avoid close contacts or maintain a distance of 1 meter
- Avoid the use of shared spaces and cutlery
- Use face mask in case of conversation
- Perform hand hygiene frequently (handwashing and sanitization)
- Re-use of surgical mask is not advisable
- In coordination with the Changarps, daily follow-up will be conducted by the identified health staff for the duration of the quarantine, including daily body temperature and symptom screening
- In case of signs/symptoms of fever, cough, respiratory illness or any other illness signs, contact identified medical team
- If signs and symptoms are suggestive of suspect COVID-19, the identified health staff will collect the sample for COVID-19 test

3 Isolation ward for COVID-19 infection

- The Clinical Management team of JDWNRH to be notified by Mr. Namgyal Lhendup
- Any VVIP member testing positive for COVID-19 will be transported by designated ambulance to JDWNRH and managed at 2nd floor of the Eye Hospital, JDWNRH
- Identified nurses and Physician will attend the ill VVIP member; nurses will attend round the clock and doctors will attend routine rounds at 9.00 AM and also attend whenever required
- The attending medical team will attend the VVIP in isolation in full PPEs at all time

3.1 Clinical Management Team

Clinical management of COVID-19 will be initiated as per the protocol by the following medical team:

1. Dr. Gaki Nima (77452566)
2. Capt. Dr. Phuntsho Choden (17820960)
3. Mr. Dechen Wangdi (17395775)
4. Mr. Dorji Tashi (17125877)
5. Mr. Zimba Lethro (17564053)
6. Ms. Tshering Yangzom (17554767)
7. Ms. Karma Yangchen (17313951)
8. Ms. Pema Choden (17341745)
9. Specialist Doctors from RBA on standby

4 Medical Supplies

- Adequate stock of surgical mask, gloves, hand sanitizer are being maintained
- As soon as the stock is issued, the health team will refill the stock
 - 3 thermal scanners are reserved
 - 1000 sets of advance PPEs (N95, gown head hood, gum boots, goggles for health team) are reserved
 - 2 ventilators will be kept aside

5 Precaution measures for Royal Attendants

In order to prevent the transmission and spread of COVID-19 in the VVIP Zimchungs, the following testing protocol will be followed with immediate effect:

5.1 Test method

- 1.1 RT-PCR: for all officers, troops and attendants with immediate contact with the VVIPs
- 1.2 Rapid antibody test (RDT): for all duty officials and family members in the surrounding areas

1.3 Officials in **Sl. no (1.1)** above who have undergone RT-PCR in the previous months may be tested with RDT in alternate months.

5.2 Test time and frequency

1.4 Testing of all officers, troops and attendants with immediate contact using RT-PCR will be carried out two days before the resumption of duty

1.5 Testing of duty officials and family members in the surrounding areas will be carried out at a regular interval of two months through a random sampling method

5.3 Contact officials

1.6 Test center – Royal Center for Disease Control (RCDC)

✓ **Dr. Sonam Wangchuk (17760958), Head, RCDC**

1.7 Other officials: The health officials as per the **VIP medical team list** for COVID-19 will be the point of contacts

5.4 Procedures:

- The official from the RBG office will plan and inform Dr. Sonam Wangchuk at the above mobile number at least two days before the planned day of test
- A time and place (*sample collection area*) should be fixed and informed
- Dr. Sonam Wangchuk will deploy his team for sample collection on the scheduled day
- The samples will be collected and transported to the RCDC for testing
- Reports will be prepared in group and submitted to the concerned official on the same or the next day

5.5 Note to Royal Attendant

- The attendant shall be provided with a surgical facemask
- Use dedicated linen and eating utensils for the VVIP member under quarantine; these items should be immediately washed with soap and water after use and can be re-used instead of being discarded.
- Daily clean and disinfect surfaces that are frequently touched in the room where the VVIP member is being cared for, such as bedside tables, bedframes and other bedroom furniture.

- Regular household soap or detergent should be used first for cleaning, and then, after rinsing, regular household disinfectant should be applied
- Clean and disinfect bathroom and toilet surfaces at least once daily
- Gloves, masks and other waste generated at *Zimchung* should be placed into a waste bin with a lid in the VVIP member room. The waste will be collected by the Thromde team (Mr. Nado #17645875) and disposed appropriately

Note- In case a VVIP tests positive, the Ministry of Health will carry out decontamination and disinfection as per the SOP for decontamination and disinfection of COVID-19 contaminated areas.