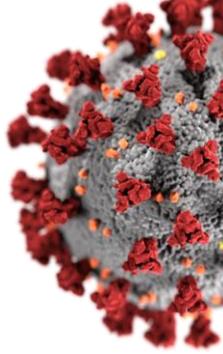




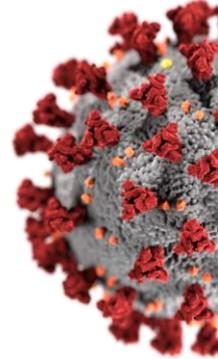
Government of Nepal
Ministry of Health and Population
Department of Health Services
Epidemiology and Disease Control Division



Updated Testing guidelines for COVID-19

26 April, 2020

1. All those with active symptoms of fever, or cough, or shortness of breath (with no alternative explanation such as congestive heart failure)
 - AND,*
 - has a history of foreign return within past one month prior to the onset of symptoms;
 - OR,*
 - has a history of close contact with a person who had entered Nepal within past one month prior to the onset of symptoms;
 - OR,*
 - has a history of close contact with a probable or confirmed COVID-19 case within the past one month prior to the onset of symptoms;
 - OR,*
 - has been in an area that has had community transmission of COVID-19 within the past one month prior to the onset of symptoms;
 - OR,*
 - healthcare workers;
 - OR,*
 - patients with SARI;
 - OR,*
 - any patient that the examining clinician has a high suspicion of COVID-19
 - Test: PCR (May repeat in a 48-72 hours if high suspicion)
 - All SARI cases if worsening may go for RDT (if PCR test/result awaited)
2. All those in quarantine (institutionalized)
 - Test: Pool PCR (1:10) within first 5-10 days (still has to stay in total 14-day quarantine even if negative PCR result).
 - If negative PCR result, test with rapid test at the end of 2 weeks.
 - If still negative, discharge to home with self-quarantine for another week



3. All Asymptomatic frontline healthcare workers – those taking care of suspected/confirmed COVID-19 patients.
Test: Rapid test (plus PCR if positive); Repeat rapid test every month only if previously Negative RDT.
4. All asymptomatic who returned from outside the country within the past three months, if not tested before;
Test: Rapid test (Plus PCR if positive)
5. All asymptomatic contacts (including health workers) of COVID infected cases
Test: PCR between 5 to 10 days of the last day of exposure (still has to stay in total 14-day quarantine even if negative PCR result). If negative PCR result, or had not been tested before, conduct rapid test at the end of 2 weeks since last day of exposure. If still negative, discharge to home with self-quarantine for another week.
6. Random sampling every week – possible hotspots (as identified by COVID Crisis Management Center), areas with high number of visitors, returning workers, high population density, locations where segregations may not be possible (e.g., Jails): decision regarding the number of samples and exact location to be made by EDCD/HEOC every week.
Test: Rapid test (Plus PCR if positive)
7. All transport staff that cross the border for essential supplies: If possible, change driver at the border. If not possible to change the driver, conduct Rapid test at the health desk near the border (Conduct PCR if Rapid Test is positive); repeat every two weeks if the same person is travelling again and was tested negative before.
8. For surgeries/procedures requiring general anesthesia:
 - For life and limb-threatening conditions, and high suspicion of COVID-19, conduct PCR/RDT if available, but do not wait for tests/results, and proceed with surgery/procedure with appropriate COVID-precautions.
 - For elective cases, conduct RDT and if negative proceed with surgery/procedure; if positive conduct PCR. If PCR is negative, proceed with surgery/procedure.