











































Travelling during COVID-19

Amit Arjyal, MBBS, MSc, DPhil Assistant Professor, School of Public Health Patan Academy of Health Sciences Nepal

Travel: The new determinant of infectious diseases



www.flightradar24.com

THE KATHMANDU POST

Construction of the second international airport to begin by mid-April

The construction of the second international airport at Nijgadh of Bara district is likely to start by mid April this year.



https://kathmandupost.com/national/2016/01/19

THE KATHMANDU POST

Health Ministry deputes a doctor, paramedics at the airport health desk

Currently, there's no facility in the country that isolates passengers suspected of carrying infectious diseases.



https://kathmandupost.com/health/2020/01/16

- Points to consider- Epidemiological
 - Is symptom/temperature screening sufficient?
 - What information should be obtained/recorded/retrieved?
 - What about the incubation period?
 - Are the travelers being educated and counselled enough about what precautions they should take? And why?
 - Don't meet people including family
 - Don't travel unnecessarily in-country
 - Wear mask/ Wash hands
 - Be in touch with health institutions if you are sick

- Points to consider- Managerial
 - Creating a health desk is not easy.
 - Who's in charge? Who'll fund it?
 - Multiple Govt Agencies:

Immigration,

Epidemiology and Disease Control,

Ministry of Home Affairs (Police)

Need 'simulation' or 'drills' to set up new offices/systems

Civil Aviation Authority of Nepal TIA Civil Aviation Office

TIA COVID-19 Crisis Management Procedure 2020 (Supplement to TIA Airport Emergency Plan 2019)

Approved by

Director General of Civil Aviation Authority of Nepal

Appendix – A

Script to be read by Pilot/Crew of aircraft prior to arrival at TIA

The following are health measures requested by the Epidemiology and Disease Control Division (EDCD), Department of Health, Nepal. If you have developed any of the following COVID-19 symptoms:

- Fever
- Cough
- Sere throat
- Runny nose

Breathing difficulty

Please stay on your seat and inform to the cabin crew.

If you have developed any of these symptoms upon arrival, please inform to TIA Health Desk in arrival lobby.

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> If you have developed any of these symptoms after arrival in Nepal, please call to Epidemiology and Disease Control Division (EDCD), HOTLINE: 0977 1 4255796; or

Health Emergency Operation Centre (HEOC), HOTLINE: 0977 1 4250845;

and inform about the symptoms and wait for their arrival.

Thank you for your cooperation."

Appendix - B Traveler Public Health Declaration Form

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Appendix – C

Public Health Passenger Locator Form

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- Sequence of events leading to airport closure
 - Europe started seeing a surge of cases and deaths in Early March
 - Travel restrictions were imposed first in Italy then France and Spain
 - Widespread lockdowns in Europe prompted the Nepal government to take preemptive measures

- Ramifications of airport closure
 - People who want to visit close family in direcircumstances
 - People who are abroad for health-care reasons

Our son was scheduled to come back from abroad after his studies anyway. His father was diagnosed with cancer after the start of lockdown. It was already in an advanced stage when first detected. Before the flights could resume he passed away. They were so close to each other.

Wife of a cancer victim

We had been to New Delhi for treatment of his esophageal cancer. After the flight suspension we waited for a few weeks. Then we reserved an ambulance which brought us to the Nepal land border and then took another ambulance to Kathmandu.

Wife of a cancer patient

Travel Restrictions: Sequence of events

- Sequence of events related to the travel restrictions in Nepal
 - Jan 2020 First case (student from Wuhan)
 - <u>11 March</u> Pandemic Declared
 - <u>18 March</u> Schools Closed; Exams Postponed
 - <u>20 March</u> All flights/arrivals stopped from 50 countries
 - March 2020 Second case (student from France)
 - 23 March Land Borders to India and China closed
 - <u>24 March</u> Nationwide lockdown
 - <u>21 July</u> Nationwide lockdown was lifted

• <u>23 September</u> Intercity Public Buses were allowed

Land Borders: multiple points of entry



Lockdown: Don't mind your own business



Lockdown: Is a border control possible?



Lockdown: Desperate times- Desperate Measures

Three arrested after swimming across Mahakali to Nepal



Darchula Police arresting a man who swam across the Mahakali river.

Prolonged Closure of an Open Border

- Points to consider
 - Can you actually seal an open land-border?
 - Can you screen the returnee migrants?
 - Can you handle the returnee migrants?

Quarantine: A socially acceptable option





Travel: The stigmatized traveller

The people of my municipality were stranded on the border in the hot sun, without food or water. They pleaded to me for help. I asked the busoperators for help. They denied because recently the fact that the virus even survives in steel and metal was in wide circulation and they were gripped in fear.

I eventually convinced a truck which carries rocks and gravel to help the migrants.

Despite the bumpy ride back home on the back of the tripper truck, the returning migrant workers heaved so much thanks and praise to me for my kindness.

Mayor of a rural municipality in the Nepal Hills

Lockdown: Was a sudden preemptive lockdown rational?



Lockdown: Aided by a resilient and hardy people



Walking 3 days to get home

Trapped by lockdown, and low on cash, Nepalis trek cross-country to get back to their villages

Sanjay Mishra in Rautahat April 2, 2020



Lockdown: The collateral health effects



Lockdown: Rationale for a National Lockdown

Epidemic Curve of the Confirmed Cases of Coronavirus Disease 2019 (COVID-19)



JAMA. 2020;323(13):1239-1242. doi:10.1001/jama.2020.2648

Lockdown: Did the lockdown determine this curve?

Dur World



Source: European CDC - Situation Update Worldwide - Last updated 30 October, 10:35 (London time) OurWorldInData.org/coronavirus • CC BY

Travel Restrictions: Can those in need be identified and helped?

I have been out of work since December/January as there have been almost no tourists this year. I decided to move back to my village. My family are self-sufficient in agriculture so food is not a problem. But for my friends who live in the city, it is, and they have had to rely on food hand-outs.

> Trekking Guide, female (Source:BBC Nepali Service)

I have been distributing hot meals of Daal-Bhat since the start of lockdown. The cost price of one good meal is about 35 rupees. I am not doing this work for profit.

Volunteer who feeds the destitute and homeless in Katmandu (Source:BBC Nepali Service)

Lockdown: Rationale for a Complete Travel Ban



Moritz U. G. Kraemer et al. Science 2020;368:493-497

Tourism: Can tourists travel in a bubble, a perpetual state of quarantine?



Nepal still tepid about reopening for foreign tourists as virus cases continue to rise

Scenario does not look good for the tourism sector as the government once again pushes back the date for welcoming foreign tourists, industry insiders say.



Acknowledgements

- CIH-LMU One Health Knowledge Café
- Dr Ashish Lohani, Dr Deepak Poudel, Sabina Sigdel
- Dr Shiva Raj Neupane (Quarantine Pictures)
- Dr Nishant Thakur (Airport Health Desk)

Points for Q&A session

- Was complete border closures and flight bans the right thing to do?
- Could the lockdown be done in a better way?
- How do you identify those in need?
- What was the social and economic impact of travel restrictions?
- Do social and economic contexts have to be factored in?



Covid-19 Pandemic: The Effects of Travel Guidelines on the UK.

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Infectious Diseases/Microbiology ST5

Clinical Research Fellow/ PhD Student

Darton Group

University of Sheffield

Instagram/Twitter: @dresmerelda



Content

- Disclaimer
- UK: First Wave
 - Guidance timeline
 - The benefit of hindsight
- UK: Second Wave
 - Impact of travel
 - Comparisons with our neighbours
- Conclusions

Timeline

- 31st December 2019: WHO announce novel coronavirus in China
- PHE testing guidelines in UK initially restricted to Wuhan then Hubei province and then eventually China
- W/b 27th January: first 2 cases diagnosed in the UK

<u>J Infect</u>. 2020 May; 80(5): 578–606. Published online 2020 Feb 28. doi: <u>10.1016/j.jinf.2020.02.020</u> PMCID: PMC7127394 PMID: <u>32119884</u>

Novel coronavirus disease (Covid-19): The first two patients in the UK with person to person transmission

Patrick J. Lillie,^a Anda Samson,^a Ang Li,^b Kate Adams,^a Richard Capstick,^b Gavin D. Barlow,^{a,c} Nicholas Easom,^a Eve Hamilton,^b Peter J. Moss,^a Adam Evans,^b Monica Ivan,^a PHE Incident Team,^d Yusri Taha,^b Christopher J.A. Duncan,^{b,e,*} Matthias L. Schmid,^{b,**} and the Airborne HCID Network^{f,1}

Author information > Article notes > Copyright and License information Disclaimer

This article has been <u>cited by</u> other articles in PMC.

Tang and colleagues reported in this journal their experience with COVID-19 disease¹, the outbreak of which began in December 2019 in Wuhan, Hubei province, China², ³ with spread to 33 additional countries⁴, ⁵, ⁶, ⁷, ⁸ as of the 21st February 2020. Here we report the clinical features and outcome of the first two cases of disease caused by SARS-CoV-2 infection in the United Kingdom (UK) – the first imported and the second associated with probable person-to-person transmission within the UK. Public health management will be reported separately.

However...

 Moss P et al. Lessons for managing highconsequence infections from first COVID-19 cases in the UK. https://doi.org/10.1016/ S0140-6736(20)30463-3

These first UK cases of COVID-19 raise important points about the management of cases of HCID in England. The decision to test for SARS-CoV-2 is based on a clinical and epidemiological case definition, and testing is only approved if this is met. When tested, neither of these people clearly met the current case definition, and had criteria been strictly applied, testing might not have been done. A decision to test was made because of high clinical suspicion and in response to latest available information about the distribution of infection. It is

Timeline

- 31st December 2019: WHO announce novel coronavirus in China
- PHE testing guidelines in UK initially restricted to Wuhan province and then eventually China
- W/b 27th January: first 2 cases diagnosed in the UK
- W/b 8th February: the "Brighton Superspreader"
- PHE testing guidelines expanded to cover more of Far East Asia (from memory!)
- 29th February: "first" UK transmission- man from Surrey with no travel history; 20th UK case but first without clear travel history
- Early March: Iran and Northern Italy added to the highest risk areas
- 23rd March: UK lockdown

Source: memory(!), media, PHE, British Foreign Policy Group Covid-19 Timeline

Guidance

[Withdrawn] COVID-19: specified countries and areas with implications for returning travellers or visitors arriving in the UK in the last 14 days

Updated 10 March 2020

This guidance was withdrawn on 13 March 2020

This content has been superseded by information in <u>COVID-19: stay at home guidance</u>.

Category 1: Travellers should self-isolate, even if asymptomatic, and use the <u>111 online</u> <u>coronavirus service</u> to find out what to do next. Go home or to your destination and then self isolate.

The guidance for Italy applies to travellers who returned from the country on or after 9 March 2020.

Category 2: Travellers do not need to undertake any special measures, but if they develop symptoms they should self-isolate and call NHS 111.

Category 2 countries/areas
Cambodia
China*
Hong Kong
Japan
Laos
Macau
Malaysia
Myanmar
Republic of Korea*
Singapore
Taiwan
Thailand
Vietnam

The effect of international travel restrictions on internal spread of COVID-19 Russell *et al.*

doi: https://doi.org/10.1101/2020.07.12.20152298 (Preprint)

"According to International Health Regulations (2005) travel restrictions "shall not be more restrictive of international traffic and not more invasive or intrusive to persons than reasonably available alternatives that would achieve the appropriate level of health protection." 4 . Hence there are strong economic, humanitarian and legal reasons to only impose international travel restrictions when the benefits outweigh the costs."

du Plessis *et al.* Establishment & lineage dynamics of the SARS-CoV-2 epidemic in the UK. (Preprint) **doi:** https://doi.org/10.1101/2020.10.23.20218446







Fig. S20. The estimated total fraction of importation events that are attributable to inbound travellers from each country.

- International arrivals ↓95% March through April
- EII peak = high inbound travel with high cases elsewhere
- 80% importations between 27th Feb and 30th March
- Delay between inferred date of importation and first lineage detection 14.13 +/- 5.61 days (IQR= 10-18) and declined through time



bioRxiv preprint doi: <u>https://doi.org/10.1101/2020.04.29.069054</u>. Spike mutation pipeline reveals the emergence of a more transmissible form of SARS-CoV-2. Korber B *et al*.

"Post Match" Analysis

Spain not included in early quarantine lists- an issue not exclusive to the UK

Home Affairs Committee

preparedness for

to the report

COVID-19 (coronavirus):

Fifth Report of Session 2019-21

Ordered by the House of Commons to be printed 30 July 2020

Report, together with formal minutes relating

management of the

Home Office

borders

Between 13th March and 8th June, no border measures in place for UKhighly unusual compared with other countries...

'Post Match" Analysis

Thousands of cases from Europe between 13th March and lockdown on 23rd likely contributed to the first wave

Border testing needed

Travel corridors and acknowledgment of travel not being "risk-free" welcomed. However, warnings on rapid changes should have been brought in at the time of travel corridor introduction







Second Wave

Source: PHE Covid Dashboard

Superimposing our curve (dark blue) roughly over France's and our trend does seem to be following theirs. They're count of cases for yesterday was around 9,000.

My knowledge of France's testing capacity is limited but I suspect their first peak also was not a true reflection of real numbers of infection. So this is what I mean when I say that if we keep following this trajectory, our counts peak will look like it's overwhelming the first time when



Roughly one month behind France in second wave...

Impact of international travel and border control measures on the global spread of the novel 2019 coronavirus outbreak

Chad R. Wells^a, Pratha Sah^a, Seyed M. Moghadas^b, Abhishek Pandey^a, Affan Shoukat^a, Yaning Wang^c, Zheng Wang^d, Lauren A. Meyers^{e,f}, Burton H. Singer^{g,1}, and Alison P. Galvani^a

^aCenter for Infectious Disease Modeling and Analysis, Yale School of Public Health, New Haven, CT 06520; ^bAgent-Based Modelling Laboratory, York University, Toronto, ON M3J 1P3, Canada; ⁵State Key Laboratory of Mycology, Institute of Microbiology, Chinese Academy of Sciences, 100101 Beijing, China; ^dDepartment of Biostatistics, Yale School of Public Health, New Haven, CT 06510; ^sDepartment of Integrative Biology, The University of Texas at Austin, Austin, TX 78712; ¹Santa Fe Institute, Santa Fe, NM 87501; and ^aEmerging Pathogens Institute, University of Florida, Gainesville, FL 32610

Contributed by Burton H. Singer, February 27, 2020 (sent for review February 12, 2020; reviewed by Yoav Keynan and Heman Shakeri)

Significance

opouros

To contain the global spread of the 2019 novel coronavirus epidemic (COVID-19), border control measures, such as airport screening and travel restrictions, have been implemented in several countries. Our results show that these measures likely slowed the rate of exportation from mainland China to other countries, but are insufficient to contain the global spread of COVID-19. With most cases arriving during the asymptomatic incubation period, our results suggest that rapid contact tracing is essential both within the epicenter and at importation sites to limit human-to-human transmission outside of mainland China.

- Mathematical model comparing impact of travel with local transmission
- Absent restrictions, with comparable travel to May 2019, imported cases
 <10% of total incidence in 103/142 countries; <1% in 48 countries.
- Number of countries increases (ie, less effect) when taking into account citizens self-imposing restrictions.

The effect of international travel restrictions on internal spread of COVID-19 Russell *et al.*

doi: https://doi.org/10.1101/2020.07.12.20152 298 (Pre-print) "Hence, our results suggest that in May 2020, travel restrictions may have done little in most countries to change the course of local epidemics, and may not be justified given the high economic and social costs required to prevent the arrival of travellers representing less than 10% (or in many cases, less than 1%) of new cases."

Second Wave

- UK: restrictions ease 23rd June
- UK: 12th July 367 cases (nadir)
- UK: 2000+ cases per day by 1st Sept
- France: phase 1 lifting: May 11th
- France: phase 2 lifting: 15th June (152 cases)
- France: 2000+ cases per day by 7th August
- Spain: restrictions ease 21st June (334 cases)
- Spain: approx. 2000+ cases per day by 23rd July
- Italy: ease of restrictions 15th June (301 cases)
- Italy: approx. 2000+ cases per day by 1st Oct







idom - Contractate of their first positive

Guidance

Get a discount with the Eat Out to Help Out Scheme

From 3 to 31 August, get a 50% discount when you eat in at restaurants that are registered with the Eat Out to Help Out Scheme.

Published 15 July 2020 Last updated 1 September 2020 — <u>see all updates</u> From: <u>HM Revenue & Customs</u>

This guidance was withdrawn on 1 September 2020

The Eat Out to Help Out Scheme closed on 31 August 2020.

Conclusions

- Travel restrictions best applied when local rates are lowest (e.g. NZ)
- There's limited explanation for border decisions in UK mid-end of March but we most likely missed the boat before this
- Testing capacity, population density, cultural and behavioural differences make it very difficult to pick apart transmission dynamics:
 - Were the UK and Italian populations more nervous to mix again than the French or Spanish...?!
 - It is likely more about in-country mobility than cross-border mobility at this point
- Adding countries to the UK quarantine list may be a little "after the fact" currently

Coronavirus (COVID

"...And Track & Trace..."

here are three simple actions we must all dot keep on protecting each other



Wash hands

keep washing your hands regularly



Cover face

wear a face covering in enclosed spaces



Make space

stay at least 2 metres apart - or 1 metre with a face covering precautions

Thank you.

Please submit questions.













Table 1. Risk Factors fo	or Severe Covid-1	9.*									
Older age											
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Cardiovascular diseas myopathy)	e (e.g., heart failu	re, coronary a	rtery disease	, or cardio-							
Type 2 diabetes mellit	us										
Obesity (body-mass ir	ndex, ≥30)										
Sickle cell disease											
Chronic kidney diseas	e										
Immunocompromised	d state from solid-	organ transpl	antation								
Cancer											
	Table 2. SARS-CoV-2	t Transmission Ac	cording to Stage	of Infection.							
	Stage of Infection*	RNA Detectable in Respiratory Samples, Blood, and Feces	Viable Virus Detectable in Respiratory Samples	Transmission Can Occur		,	Aechanism of	Transmissior	rî		Minimum Recommend Level of Precautions
					Droplet	Natural Aerosol	Aerosol- Generating Procedure	Direct Contact	Indirect Contact	Enteric Route	
	Presymptomatic or asymptomatic;	Yes	Yes	Yes§	Yes	Strongly suspected	Strongly suspected	Suspected	Suspected	Unknown	Protection from droplet contact transmission during routine care Protection from airborne and contact transmis sion during aerosol- generating procedure
	Symptomatic	Yes	Yes	Yes	Yes	Yes	Yes	Strongly suspected	Suspected	Unknown	Protection from droplet a contact transmission during routine care Protection from airborne and contact transmis sion during acrosol- generating procedun
	Post-acute symptomatic	Yes, often prolonged	No	No	No	No	No	No	No	No	Accordance with update standard precautions including use of eye protection (goggles of face shield) and med



Annals of Internal Medicine® Search Anywhere									
LATEST ISSUES IN THE CLINIC JOURNAL CLUB MULTIM	EDIA CME/	MOC AUTHORS	S/SUBMIT						
Reviews 3 Jun 2020									
Prevalence of Asympto	matic	SARS-C	CoV-2						
Table. Summary of SARS-CoV-2 Testing Studies									
Cohort	Tested, n	SARS-CoV-2 Positive, n (%)	Positive but Asymptomatic, n (%)	Notes*					
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Iceland residents (6) Vo', Italy, residents (7) Diamond Princess cruise ship passengers and crew (8) Boston homeless shelter occupants (9) New York City obstetric patients (11) U.S.S. Theodore Roosevelt aircraft carrier crew (12)	5155 3711 408 214 4954	102 (2.0) 712 (19.2) 147 (36.0) 33 (15.4) 856 (17.3)	43 (42.2) 331 (46.5) 129 (87.8) 29 (87.9) ~500 (58.4)	R, L - - L E					
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