

## UN Medical Services Division

### Pre-Deployment Checklist for Staff Deploying to Nepal

On Saturday, April 25, 2015, a 7.8 magnitude earthquake struck 48 miles (77km) northwest of Nepal's capital, Kathmandu. The earthquake also caused avalanches around Mount Everest and many aftershocks. Damage to infrastructure varies considerably across Kathmandu, with some areas minimally affected whilst others are severely affected. Before deploying to this region, please review the following checklist to help you prepare for your travel.

#### Pre-departure

- ❑ **Obtain visa or UNLP.** Depending on your nationality, a visa may be purchased on arrival. A gratis visa is available to those who are part of the rescue or response effort, and at this stage all that is required is a UN *laissez-passer*.
- ❑ **Obtain mandatory medical clearance for travel.** Receive the full suite of mandatory and recommended vaccinations before leaving for Nepal. Make your physician aware of any chronic conditions. Upon arrival, stop by UN clinic at UN House to update medical personnel on any particular health needs.
- ❑ **Check your health insurance plan** to see if they will cover your health needs abroad.

#### Recommended Packing list

- ❑ **Travel health kit.** Please refer to CDC guide for items to include in your personal travel health kit: <http://wwwnc.cdc.gov/travel/page/pack-smart>
- ❑ **Wide mouthed 1-litre bottle and purification drops, tablets, or UV sterilizers.**
- ❑ **Torch/headlight.** Include spare batteries.
- ❑ **Wet weather gear.** Whilst the temperature is mild (20 °C), basic wet weather gear is recommended in case further time outdoors is required.
- ❑ **Sleeping bag.** Sleeping bags may be needed in areas where sufficient lodging is not available.
- ❑ **Oral rehydration salts**
- ❑ **Copies of your passport and travel documents** in each piece of luggage. Don't forget to leave a copy with a friend or relative at home.

#### Transportation, Lodging and Safety

- ❑ **Check with your sponsoring agency on the amount of travel required and access to transport.** Transport to the various agency buildings is relatively easily accomplished by taxi.
- ❑ **Be aware that transport capabilities may be limited.** You are unlikely to easily obtain a vehicle or have a place to park it in UN House. The situation in the compounds of other agencies will become clearer once visited.

#### Transportation, Lodging and Safety (continued)

- ❑ **Secure lodging.** Hotels have limited availability, and if open, may well be unsuitable due to loss of facilities (elevators), structural damage, or location (e.g. you may be placed on the upper floors). Numerous hotels are open but still have tents in their grounds either as primary or emergency shelter. Ask local staff to check the suitability of hotels.
- ❑ **Avoid injury in disaster area.** Injuries and motor vehicle accidents are common risks anywhere in the world so select safe transportation and always wear a seatbelt.
- ❑ **Be sensitive to possible physical dangers, such as debris, unstable buildings, and downed power lines.** Aftershocks are a significant danger. For more information about what to do during an earthquake or aftershock, click here: <http://emergency.cdc.gov/disasters/earthquakes/index.asp>

#### Food, Water, and Personal Hygiene

- ❑ **Use only clean sources of water or purify or sterilize it yourself.** Use purification drops, tablets or UV sterilizers.
- ❑ **Ensure that water used for drinking, washing and preparing food, washing dishes, making ice, brushing teeth is safe.** For information on general rules concerning water for drinking and cooking, click here: <http://emergency.cdc.gov/disasters/earthquakes/food.asp>
- ❑ **Avoid stray or frightened animals.** Seek medical help if you are bitten or scratched by an animal and wash out wound.
- ❑ **Avoid bug bites.** Mosquito illness such as malaria, dengue, and Japanese encephalitis are found in specific endemic locations in Nepal. Note that there is no risk of malaria in Kathmandu, Pokhara and trekking routes.
- ❑ **Keep hands, skin, and clothing clean and free from mold-contaminated dust.**
- ❑ **Avoid direct contact with human remains.**

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**Communication**

- **Be aware of possible communication difficulties.** Communication is limited and unreliable. Mobile phone reception appears good at times however international calls frequently drop out and cannot be re-established. Satellite phones also have limited reception in the region of the UN House.

**Health Services**

- **Contact UN doctor, nurse, counselor if you feel ill.** Contact information for local UN clinic and local hospitals can be found below.

**UN Clinic in Kathmandu**

*Dr Sarita Pandey*

*UN House, Pullchowk road, 44700 Nepal*

*Tel: +977-1-552 3200 ext 1080*

*Emergency only or after hours, +977-9-851-081108*

**CISMU Counselling Focal Point**

*Elias de Almeid*

*+937-9-839 7704*

*(or contact via the UN Clinic number above)*

**Norvic Hospital**

*Maternity Hospital Road*

*Kathmandu 44600, Nepal*

*+977-1-425 8554*

**CIWEC Clinic**

*British-Indian Embassy Road, Lainchaur*

*Kathmandu, Nepal*

*+977-1-422 4111*

*+977-1-433 5232*

*+977-1-441 3163*

**Grande International Hospital**

*Dhapasi, Kathmandu*

*Contact International Patient relations*

*+ 977-1-4380223, +980-1-202504*

**After Your Trip**

- **Seek medical attention if you are not feeling well after your trip.** If you are not feeling well after your trip, you may need to see your local doctor and/ or communicate with local UN Medical Services. Be sure to tell your doctor about your travel, including where you went and what you did on your trip. Also tell your doctor if you were bitten or scratched by an animal while traveling.

- **If you have difficulty coping after your trip, contact your local mental health counselor.**

**Additional Resources and Information**

- **UN Nepal Information Platform**  
<http://un.org.np/>
- If you have any questions related to your upcoming trip to Nepal, please feel free to contact the UN Medical Services Division at [msdpublichealth@un.org](mailto:msdpublichealth@un.org)