

Short report of Covid-19 help program and Mobile health awareness.

Tukee Nepal Samaj is a non-profit social organization that has been working in health, education, women empowerment, and other development projects in Nepal rural area since 2005.

Last year when the 1st wave of COVID-19 arose, it did not hit the village much. That time we distributed facemask, soap, hand sanitizer and taught people about how to protect themselves, wash their hands, maintain social distance, etc.

But this year when 2nd wave arose, it hit the village hard. Many people started to have symptoms and some of them became serious and had to get oxygen. But, in the countryside, we did not have oxygen at all, and oxygen was scarce in the city as well due to the increasing number of COVID patients. But, we were able to bring oxygen cylinders to the health center which is run by our organization in Jyamung, Dhading, and we were also able to bring it for two other health posts in the neighboring village. We did that immediately so that people could feel safe around.

There were lots of people who got symptoms (not serious cases) but many people did not know what it was actually. They were very afraid of it and big rumors were spreading about COVID. People had lack of education regarding COVID and there was lack of enough medical test kits also. Altogether, there was high risk of spreading of Covid from one person to another, and many people had matching symptoms. So, we decided to launch COVID -19 MOBILE health awareness Programme. Hence, we asked permission with the local government and they gave us permission to launch the program for 14 villages in Dhading District.

We hired 4wheel drive, health person, bought basic medicine, fit the oxygen in 4whl jeep which went from village to village, counseled people, shared knowledge about COVID-19, conducted basic health check-ups, provided them masks, basic medicine like Paracetamol, Flexion, Aciloc, CTZ, ORS, Cough Syrup/Tablet), METRONIDAZOLE, Amoxicillin CAP, Vitamin B, Vitamin C, and Vitamin D, etc.

. Our mobile camp has facilitated 14 wards with a total of 2 lakhs fifty thousand population (ie.2,50,000). And among them, about 3000(three thousand) patients were checked and provided medicine directly. Other people who did not have symptoms were educated and awarded effectively.

We also purchased PCR test kits and worked together with Municipality Office to perform tests of suspicious patients with symptoms.

We also brought one oxygen conservator to our health centre and one more to nibour health post.

We believe that Covid-19 impacts can be controlled if the people follow proper rules of cleanliness, the importance of nutritious food during infection, proper hand washing

techniques, social distancing and avoiding false news, etc. Counselling made them feel a lot better,

To sum up, We found our program very effective and people were very very happy and we got many thanks call and message. We felt great that we could contribute to society in the right time.

Some picture of our COVID-19 Help activity.

Our health staff is calling Kathmandu senior to doctor and getting assistance, while treating patient at mobile service.



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our health person is counselling the patient before treatment at mobile service.



Oxygen concentrator we are handovering to health post.



Our 4whl drive that we are using for Mobile Service.



SWAB collecting for PCR test at Mobile Service.



Our health person in the left Giving Covid Health awareness for the locals.



Oxygen cylinder at local health post that we provide.



Checking the symptoms patient blood presser at mobile service.

Also, We would like to thank TUKI NEPAL SOCIETY and the Danish FAN network (www.flyingaidnepal.dk) , and the person who has been helping us for fund. We would also like to thank the local government and local social worker who has been assisting us.

Thank you.

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