Guidelines

Guidelines to Implement Preventive Health Measures for Passengers, Conveyances and Cargo at Ground Crossings

Objective

This document aims to provide a Standard Operative Procedure in order to implement Public Health Measures by Health Authorities at Ground Crossings to combat all infectious diseases/Health hazards that can spread through person, conveyance, cargo, goods and parcels etc.

Rationale

The COVID-19 pandemic is the new public health challenge around the globe, with high propensity to spread across several borders. Hence, prompted the demand for the detection and management of suspected cases at Points of Entry (PoEs). Lockdowns and other coordinated restrictive measures are necessary to save lives. However, these measures may also severely slow down our economies and can delay the deliveries of essential goods and cargo services. These guidelines have been developed to regulate measures to ensure continued and uninterrupted land crossing for passengers and cargo services.

General preparations at Land crossings/ Border Check Points

It is of utmost importance that necessary preparations are made at land crossing to effectively deal with the challenge, following are to be estimated/ensured;
- Average number of travelers crossing the borders per day.
- Demarcation of screening premises, temporary isolation areas, waiting areas and quarantine facilities for suspected or infected travelers
- Availability of necessary equipment such as thermal guns, thermo scanners, PPEs etc.
- Identification and employment of trained staff at health counters.
- Clear guidelines to the staff for their roles and responsibilities
- Establishing coordination with following agencies / Departments: -
    - LEA (law and enforcement agencies)
    - FIA
    - Relevant Provincial DG Health
    - District Health Officer
    - Availability of ambulances through relevant dept

General Operating Procedures

Immediately after Crossing Zero Line

- On arrival of travelers after crossing the border, proper queuing shall be ensured by LEA keeping them at least 6 feet apart from each other in view to maintain social distancing.
- Masks should be worn by travelers
- Hand Sanitizers to be placed by local administration at arrival points and travelers are advised to rub and sanitize their hands often
- Handing over of filled Health Declaration Forms (HDF) and travel history forms to all the travelers by the Health Check post staff and ensuring that both forms are submitted to Health Officials

Definitions

Contacts

- Any person sitting within 2 meters of the suspected case
- Any travel companions or persons providing care who had close contact with the suspected case
- Any vehicle staff member designated to look after the ill traveler(s)

Symptomatic means developing the symptoms specific to a disease - COVID-19.
Either of the following signs/symptoms should initiate the protocols of suspicion of COVID-19:

- Fever
- Cough
- Difficulty in breathing

Asymptomatic means absence of any symptoms specific to a disease - COVID-19

Summary of Criteria for Passengers at Land Crossings

- All passengers are required to install and register on the Pass Track App and insert data on the pass track app before entering in Pakistan (available at Android Play store https://play.google.com/store/apps/details?id=com.passtrack.nitb.gov.pk) with details of interface presented as Annex A
- The passengers would need to fill a health declaration form (HDF) at land crossing (Annex B)
- Countries will be categorized into category A and B primarily based on epidemiological risk assessment reviewed fortnightly by MoNHSR&C
- Returning travelers from Category A countries
  - No COVID 19 RT-PCR test required before or after travel
- Returning travelers from Category B countries
  - Show proof of a negative RT-PCR test not older than 96 hours prior to travel Category A. The Passenger from these countries do not need to quarantine after arrival as well, with the essential premise that they are symptoms free based on screening conducted by authorities at land crossing.

- o All the passengers arriving if found to have symptoms when screened at the port of arrival by Pakistani authorities or missed COVID-19 PCR test on departure from origin will be required to have a COVID 19 RT-PCR test conducted in Quarantine Facility and its result essentially submitted to the designated authorities within 48 hours of their arrival. Contact details of such suspected cases will be acquired by Health Authorities and information about test report submission process will be provided to such suspected cases before they leave the Quarantine Facility. Such suspected cases (based on screening at the port/point of Entry) are not required to be retained/quarantined by the authorities at the time of arrival and can proceed to their destination.
- o In instances where the test is found to be negative, they do not need to be quarantined at their respective homes/place of visit; however, in case of a positive RT-PCR result, such cases would be required to self-isolate as per the guidelines for positive cases and isolation procedures. Furthermore, the contacts of positive case need to self-quarantine in accordance to the guidelines for self-quarantine

Category B

The people coming from this category of countries would need to get tested and provide a negative COVID 19 RT-PCR test result at land crossing in order to travel Pakistan. The COVID 19 RT PCR test is required to have been conducted within 96 hours prior to the time of departure. It is recommended that all non-essential international travel is avoided due to the current level of risk for disease transmission during travel.

Health check post reception desk / health declaration counter

- Health counter shall serve as a point of first contact for the travelers with uploaded App, PCR Report and their filled-in HDFs
- Filled HDFs shall be collected at the counter and analyzed as per the questions; helping segregation and preliminary decisions
- The travelers are screened with thermal guns/scanner by health staff and are inquired about symptoms, if any
- Results of screening should be evaluated by the Health Staff
- Travelers with fever shall be marked on HDF and report to this effect is made immediately to In-charge Health Check Post for action
- All travelers with no fever shall be allowed to go home

Disposal of Travelers

Once all travelers have passed through the above said screening process, there will be two classes of travelers:

If either of these symptoms is present, as per the prescribed SOPs, the traveler shall be sent to Isolation Area at Health Check Post. A detailed verification shall be done by medical officer who will take a detailed Travel History from any endemic zone or contact evidence of the traveler with COVID-19.

Following actions will be taken by Health officer:
- Immediately provide PPEs to the traveler if required

- Report to the on-spot immigration /Law enforcement agency (LEA) officials 'relevant stakeholders
- In case any relatives/family is accompanying, examine them immediately with provision of surgical/medical masks to them
- Medical Officer/psychologist will conduct a brief awareness session and reassure the travelers by counseling session on the disease modality and current protocols for such patients thereby instilling confidence and facilitating evacuation
- The In-charge Health Check post shall then coordinate with: -
  o Rapid Response Team designated by Provincial Govt for evacuation of the suspected patient.
  o Designated hospital focal person
- The LEA shall then escort the suspected patient/traveler to designated ambulance and further to the designated hospital
- In case of more than one traveler with suspicion of the COVID-19, more than one ambulance might be required therefore an assessment based on the need be done to ensure smooth running
- Finally, all staff coming in contact with a suspected case shall ensure full protection and use of PPEs like surgical/medical masks, gloves
- The PCR sampling will be done at Quarantine/Hospital

Asymptomatic Travelers

- All other-than-above travelers will be allowed to go home with written instructions/guideline to STAY HOME.
- CNIC No and contact details of all will be collected at health check post
- All such asymptomatic will be sent home after routine formalities
- They would be sent home for Home Quarantine for a period of 14 days to ensure that guidelines for home quarantine are being followed in spirit or appearance of sign and symptoms of COVID-19
- They will be followed /Tracked and Traced by a mobile App. for their location
- Regular follow up of travelers by local administration

Safety Measures for staff

- Clear policy for staff as to when and how quarantine/Isolate may apply e.g. if a staff member has been in contact with an infected person
- Developing staff training specific to Covid-19 e.g., how to protect themselves, how to deal with the various situations they will face during their work, how to avoid discrimination, learn appropriate measures for taking care of a sick person (e.g., to wear a mask or not), etc.
- All staff should be reminded to wash their hands frequently, ideally with soap and water or alternatively using a hand sanitizer containing at least 60% alcohol
- Vulnerable staff should be protected and not allowed to come in contact with general public

Data Collection

- The Data of symptomatic travelers will be entered on Covid-19 Travelers Surveillance Management Information System-TSMIS and sent to the Directorate of Central Health Establishment (CHE) daily.
- It will contain the traveler screening data and contact tracing details as per template.

Disinfection of Conveyances and Cargo

To date, there is no epidemiological information to suggest that contact with goods or products shipped from countries affected by the COVID-19 outbreak have been the source of COVID-19 disease in humans (this excludes live animals, animal and biological products). WHO is continuing to closely monitor the evolution of the COVID-19 outbreak and will update recommendations as needed.

Disinfection of passenger cabin of vehicles

- Disinfection of surfaces (steering wheel, gearshift, dashboard, door, knobs etc.)
- All driver switches, controls, door handles (interior and exterior), and glass from inside and outside
- Surfaces in the sleeper should be wiped off also
- All passenger cabins (Trucks, Buses, Vans, Cars) be disinfected by any of the following chemicals at border crossings:
    - Ethanol wipes: 5 minutes
    - Lysol disinfecting wipes/spray: 10 minutes

General Preventive Measures for Drivers

- Drivers must wear face/medical masks and head gear while traveling
- Drivers/Loaders must wear gloves when at loading and unloading cargo, gas stations, and terminals
- Disinfect hands with hand sanitizer or wash with liquid soap and water for at least 30 seconds every time on entering or returning to vehicle

OPERATIONS

- Once administrative and logistic requirements are met, operational modalities would need exact specifications, following is what is recommended:

STEP-1: INSIDE THE -VEHICLE

- All passengers are mandated to download Pass Track App to insert their data prior to travelling.

- If passengers do not have a smart phone, they will need to fill the Health Declaration Forms (HDF) prior to departure.
- Passengers travelling from category B countries will be needed to show proof of negative COVID-19 RT-PCR test prior at land crossing.

STEP-2: FIRST CONTACT AFTER DISEMBARKING -THERMOSCREENING

- All travelers should be in queue with a distance of 6 feet and will be undergoing thermo screening by thermo guns and/or thermo scanners
- The staff of CHE will evaluate the results of scanning:
  - Traveler detected with fever shall be marked, supervisor will be informed immediately and shall be taken to Health Counter
  - Travelers with no fever shall go through process as such after providing RT-PCR test results if coming from category B country
- LEA will help management:
  - Mandatory check of RT-PCR test for passengers arriving from category B countries. Passengers are required to have a negative RT-PCR test not older than 96 hours. prior to departure,
  - Passengers arriving from category B countries without negative RT-PCR test (if any) will be taken aside, information will be collected, and passengers will undergo mandatory testing by Surveillance/RRT within 48 hours of arrival into the country. Non-compliance will be reported, and local administration will proceed with disciplinary action to ensure compliance.
- Passengers with filled out Pass Track App and negative health screening allowed fast track access to FIA counters.

STEP-3: HEALTH COUNTERS – SEGREGATION OF TRAVELERS

- Each Health counters will be managed by a quarantine assistant and/or health worker
- Pass Track App or filled HDFs shall be collected at the counters and analyzed helping segregation and preliminary decisions

STEP-4: PRECAUTIONS TAKEN FOR STAFF
- Overall precautions against the spread of COVID-19 shall be observed by all the staff concerned in these guidelines. It is also important that if any of the staff members during this cycle of SOPs has symptoms of the disease post exposure has to be reported at the earliest and isolated as per protocols. IEC material to be explained to the staff at the land crossing during detailed briefs.

STEP-5: DATA COLLECTION

- Primary source of data will be coming from the Pass Track App which will share the data with NADRA and subsequently with NEOC. Travelers Surveillance Management Information System TSMIS shall be updated by integration between Pass Track App data base or IDIMIS

- Where applicable NIH and respective labs will be required to convey results of travelers in the Pass Track App and to CHE.

Note: For truck drivers carrying perishable food items will be allowed to cross the border with a negative RT-PCR test report within 48 hours.

References

1. https://reliefweb.int/sites/reliefweb.int/files/resources/logistics_cluster_covid-19_cargo_entry_points_update_200507.pdf
2. https://safety4sea.com/cm-cleaning-and-disinfection-practices-in-covid-19-case/
3. SADC Guidelines on Harmonization and Facilitation of Cross Border Transport Operations across the Region During the COVID-19 Pandemic
4. https://www.osce.org/secretariat/88238
5. References: 1. World Health Organization. Operational considerations for managing COVID-19 cases or outbreak in aviation, Interim guidance, March 2020 2. ICAO Global Aviation Safety

Note: The above recommendations are being regularly reviewed by the Ministry of National Health Services, Regulations & Coordination and will be updated based on the international recommendations and best practices.

The Ministry acknowledges the contribution of Dr Urooj Aqeel, Dr. Irfan Tahir and Dr. Saira Kanwal HSA/ HPSIU/ NIH team to compile these guidelines.

For more information, please contact:
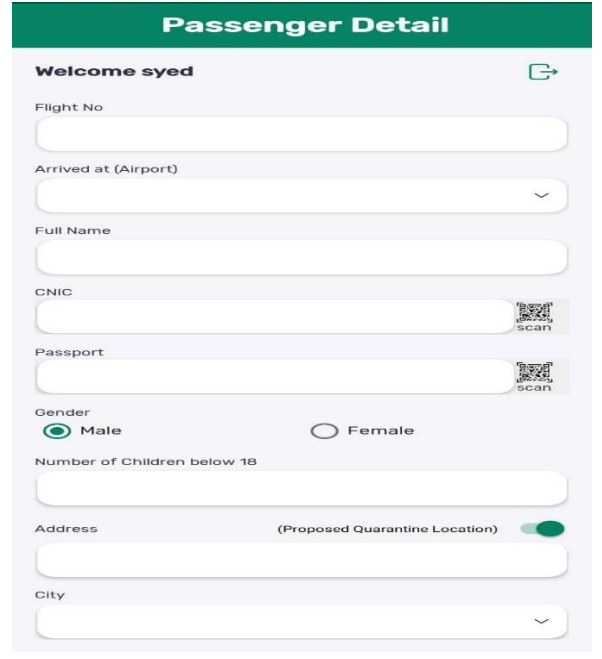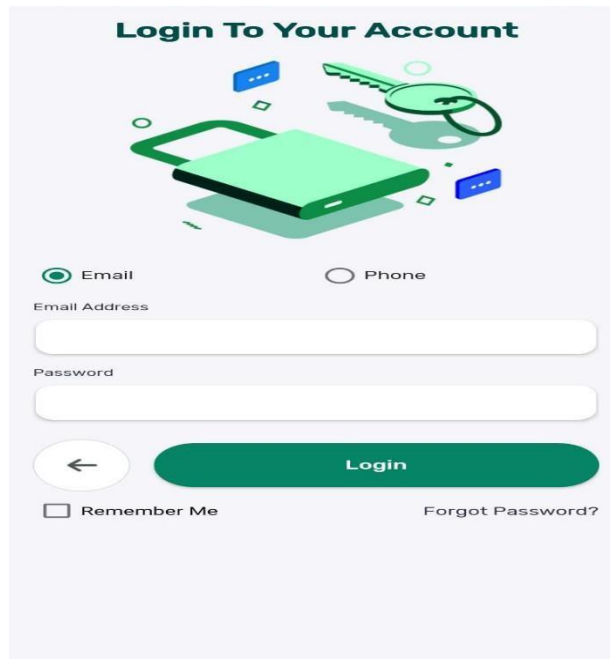
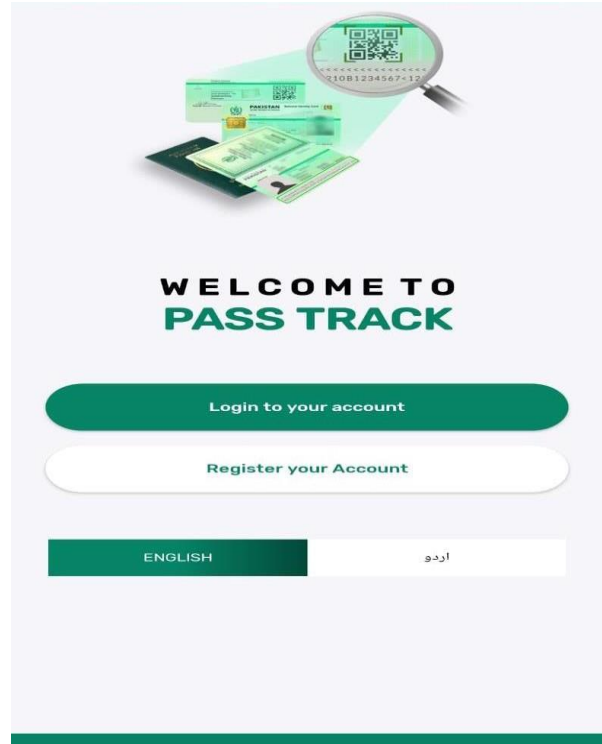HSA/ HPSIU/ NIH, PM National Health Complex, Islamabad
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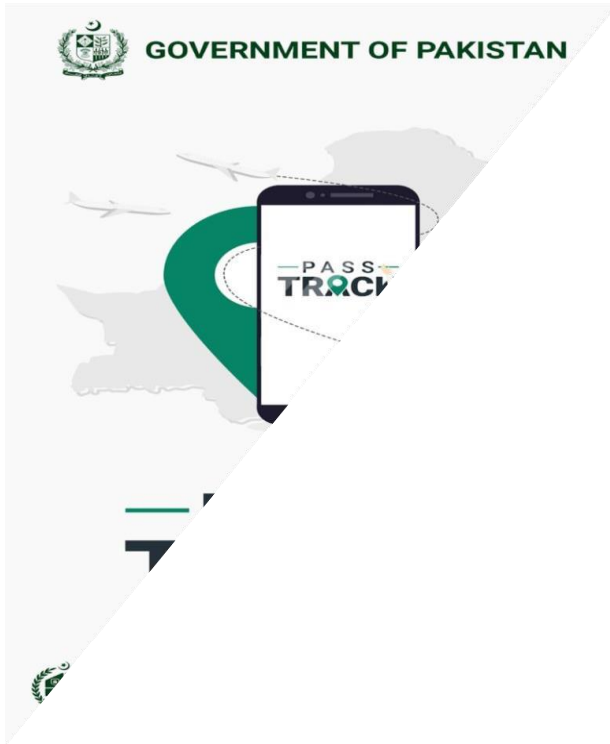
Annex A

PASS TRACK APPLICATION INTERFACES

Annex 'B'

GOVERNMENT OF PAKISTAN

حکومتِ پاکستان

(See Rule 9 (1) (a)

ضابطہ9(۱)(الف)

PERSONAL DECLARATION OF ORIGIN AND HEALTH

اقرارنامہ برائے صحت وشہریت

QUESTIONNAIRE FOR TRAVELERS

Demographic Information   آبادیاتی معلومات

Name	نام
Contact number in Pakistan	پاکستان میں رابطہ نمبر
Passport Number	پاسپورٹ نمبر
Nationality شہریت	Flight No. فلائٹ نمبر
Age عمر Sex : Male جنس مرد Female عورت	
Address in Pakistan	پاکستان میں پتہ

Travel History: سفری معلومات

Name of countries you have visited in last 14 days آپ نے گذشتہ 14 دنوں میں کن ممالک کا سفر کیا ہے	_____ _____ _____
Have you being in Contact with COVID-19 Patient in last 14 Dayes کیا آپ کا گذشتہ 14 دنوں میں کسی COVID-19 کے مریض سے رابطہ یا تعلق رہا	Yes ہاں ☐ No نہیں ☐
Visited Africa or South America in the last 5 days کیا آپ افریقہ یا جنوبی امریکہ آخری 5 دنوں میں گئے تھے	Yes ہاں ☐ No نہیں ☐

Health Status: صحت کی معلومات

Do you have any of the following	کیا آپ کو مندرجہ ذیل میں سے کوئی علامات ہے	
Fever / بخار	Yes ہاں ☐	No نہیں ☐
Cough / کھانسی	Yes ہاں ☐	No نہیں ☐
Difficulty in breathing / سانس لینے میں تکلیف	Yes ہاں ☐	No نہیں ☐

1. I will follow all public health measures adopted at the departure and arrival airport for **COVID-19**.
2. I hereby declare that the details furnished above are true and correct to the best of my knowledge. In case any of the above information is found to be false or in correct, I am aware that I may be held liable for offence under Pakistan Panal Code. 1860 and public health safety laws and all applicable law(s) of Pakistan .

Date & Placed _____ _____   تاریخ اور جگہ   Signature _____   دستخط

FOR MORE INFORMATION, SEE OVERLEAF ☞