

This newsletter is published by the American Citizen Services Unit, U.S. Embassy, Kathmandu, Nepal.

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U.S. Citizen emergencies, after hours only
Tel: 977-1-400-7266/7269

American Citizen Service Hours:

1:30 to 4:00 pm, Monday through Friday, excluding holidays. To schedule an appointment:

<http://go.usa.gov/Yjc>

Website:

<http://nepal.usembassy.gov>

U.S. Department of State's Consular travel website:
<http://travel.state.gov>

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Meet

Chris Collington

ACS Chief

Chris Collington arrived in Kathmandu in June 2013 after serving two years at U.S. Embassy Guatemala, where he also worked in the consular section. In his first year in Nepal, Chris worked in the Political/Economic section covering economic/commercial issues. Prior to joining the State Department, he was a high school chemistry teacher and later worked as an administrator for Nova Southeastern University.

Chris is originally from Orlando, Florida. He is a graduate of the University of Florida and holds a Master's degree from the University of Wisconsin-Madison. He speaks Spanish and (some) Nepali.

Chris looks forward to connecting with the American community throughout Nepal during his tenure as ACS Chief.



4TH of JULY CELEBRATION

AT PHORA DURBAR

JOIN US FOR AN OLD-FASHIONED
INDEPENDENCE DAY
CELEBRATION!

- . PONY RIDES
- . KIDS' CARNIVAL RIDES
- . WATERMELON EATING CONTEST
- . COTTON CANDIES, BALLOONS
- . JELLY BEAN COUNTING
- . DUNK TANK
- . FACE PAINTING, HENNA, TATTOOS
- . AMERICAN BBQ
- . AND MORE.....

SATURDAY JUNE 28TH, 2014
10 AM - 3 PM

Sponsored by the American Mission Association (AMA)

Entry Requirements:

Every person attending, including children, must bring his/her passport or other photo identification. American citizens may bring immediate family members (spouse/partner, children, parents, and brothers/sisters). American Mission Association (AMA) members may also bring guests, in accordance with standard AMA guidelines. Non-AMA members are not permitted to bring guests, other than immediate family members as described above.

RSVP Instructions: If you are a member of the AMA you do not need to RSVP, although you are encouraged to RSVP for any guests whom you wish to bring, in order to facilitate entrance into the compound. All attendees who are not AMA members must RSVP by writing to ConskTM@state.gov, or by calling the Embassy during normal business hours at 423-4068, 4120 or 4494, providing all of the names of those attending, their relationship, and their nationality.

You must RSVP no later than Thursday June 26.

Rally Points for Emergency Preparedness

Dear American Registrants,

We have had a small but very important change to the way we approach “Rally Points”. Please read this update to the Emergency Preparedness Manual.

We have assembled a list of Rally/Contact points around the city. In the event of an emergency you should send a representative from your household or community to communicate with a warden at the nearest Rally/Contact point at 12 o'clock noon. The warden may or may not be at the Rally/Contact point at that time, but hopefully at least there will be posted information concerning the emergency contingency plans. The Rally/Contact point will be where information regarding communicating with friends and family (via the Embassy) as to your welfare as well relaying general news and possible evacuation procedures.

Please familiarize yourself with the nearest Rally/Contact point to your home, school and place of work. This is sensitive information so we ask that you use this information with care and do not release it.

Kathmandu:

Hyatt Hotel

Shangri-La Hotel

Soaltee Hotel

Yak & Yeti Hotel

Everest Hotel

Himalaya Hotel

St. Xavier's School

Lincoln School

Park Village Resort & Spa

Pokhara:

Mount Kailash Resort, Lakeside

A Fourth of July Voting Reminder

Celebrate democracy this 4th of July by taking the necessary steps to vote in the 2014 U.S. elections! One of our most treasured values is the right and the privilege to vote – to participate actively in our country’s democratic process.

Register and request a ballot. In order to vote in the November 2014 elections, all overseas U.S. citizens need to have completed a Federal Post Card Application (FPCA) in 2014. Whether you are a first-time voter or have already received ballots and voted absentee in past elections, you must complete an FPCA each year to participate in elections as an overseas absentee voter.

If you would like to drop off your completed Federal Post Card Application during the Embassy’s Independence Day Celebration for delivery to the United States via diplomatic pouch free of charge, the U.S. Embassy is organizing the following event to provide voter assistance and accept Federal Post Card Applications:

Date: Saturday, June 28 Time: 11:00am-3:00pm Place: Phora Durbar, Kathmandu

If you can’t make it to this event, you can drop off your Voter Registration Requests, Absentee Ballot Requests, and Voted Absentee Ballots at the U.S. Embassy for delivery to your local election official in the United States. The U.S. Government offers this service to U.S. Citizens living overseas to make absentee voting as easy as possible.

The box is located inside the consular section security checkpoint building. Any U.S. Citizen can drop off the mail items listed above and the Embassy will send them via Diplomatic Pouch to the United States Postal Service in Virginia. The mail will then enter the USPS system.

It will take approximately three weeks for the mailed item to reach your local election official. You must include proper postage and complete “to” and “from” addresses on envelopes. Proper postage is needed for domestic mail, as if the envelope was deposited in a mailbox in the United States. If the envelope says postage paid on it, then no additional postage is necessary.

Mailing guidance. Print out the completed FPCA and the (U.S.) postage-paid envelope containing the address of your local election officials. You can drop off the postage-paid envelope (containing your

FPCA) at the Embassy, and we will mail it back home for you without the need to pay international postage. If it’s easier for you to use Nepal’s postal system, be sure to affix sufficient international postage and allow sufficient time for international mail delivery.

If you have never voted while overseas before, the process is easy -- just follow these steps:

1. Complete a Federal Post Card Application (FPCA)

Whether you are a first-time voter or have voted absentee in past elections, complete an FPCA to receive your ballot this fall. It allows you to register to vote and request absentee ballots for all elections for federal offices (presidential and state primaries, run-off, special, and the November

general elections) during the course of the year in which you submit the FPCA. Local election officials in all U.S. states and territories accept the FPCA.

The online voting assistant available at FVAP.gov is an easy way to complete the FPCA. It will ask you questions specific to your state and tell you if electronic ballot delivery is possible. No matter which state you vote in, we encourage you to ask your local election officials to deliver your blank ballots to you electronically (by email, internet download, or fax, depending on your state). Be sure to include your email address to take advantage of electronic delivery. The online voting assistant will generate a printable FPCA, which you can then print and sign.

2. Submit the Federal Post Card Application (FPCA)

See the information at the beginning of this message for options to drop off your FPCA in person to the U.S. Embassy in Kathmandu.

If it's more convenient for you, you can have a friend or family member drop off your FPCA to the embassy on your behalf or you can send your FPCA or ballot directly to your local election officials via international mail or professional courier service at your own expense.

3. Receive Your Ballot

After submitting your FPCA, most states allow you to confirm online your registration and ballot delivery selection. States are now required to send out ballots 45 days before an election for federal office (President, U.S. Senate, or U.S. House of Representatives) to any overseas U.S. citizen who has completed an FPCA.

4. Return Your Ballot

As with the FPCA, you can return your voted ballot to your local election officials free of charge via the nearest embassy or consulate or mail it directly at your own expense.

Your Vote Counts

Many U.S. elections within the past ten years have been decided by a margin of victory of less than 0.1%. All states are required to count every absentee ballot as long as it is valid and reaches local election officials by the absentee ballot receipt deadline (differs by state).

Be an educated voter. Check out the [FVAP links page](#) for helpful resources that will aid your research of candidates and issues.

Non-partisan information about candidates, their voting records, and their positions on issues is widely available and easy to obtain via numerous websites such as Project Smart Voter. You can also read national and hometown newspapers online, and search the Internet to locate articles and information. To receive information by email about election dates and deadlines, subscribe to FVAP's Voting Alerts (vote@fvap.gov). FVAP also shares Voting Alerts via Facebook and Twitter. If you have any questions about registering to vote overseas, please contact U.S. Embassy Kathmandu's Voting Assistance Officer at +977-423-4500 or at VoteKathmandu@state.gov.

Healthy Tip

What is *Cyclospora*?

Cyclospora is a parasite that causes diarrhea, fatigue and loss of appetite, is mainly found in leafy greens such as lettuce during the rainy season. *Cyclospora* is not killed by bleach or iodine like most other bugs that linger on fresh produce and can make you sick. Lettuce, with all its crinkles and crevices, is difficult to scrub properly, and therefore it is more likely that fresh greens, even when scrubbed, soaked and rinsed properly, will harbor cyclospora.

Should you eat lettuce or not? That is a personal decision.

Please see below for more information from the CDC (Centers for Disease Control and Prevention).

Cyclosporiasis FAQs

What is *Cyclospora*?

Cyclospora cayetanensis is a parasite composed of one cell, too small to be seen without a microscope. This parasite causes an intestinal infection called cyclosporiasis.

How is *Cyclospora* spread?

Cyclospora is spread by people ingesting something - such as food or water - that was contaminated with feces (stool). *Cyclospora* needs time (days to weeks) after being passed in a bowel movement to become infectious for another person. Therefore, it is unlikely that *Cyclospora* is passed directly from one person to another.

Who is at risk for *Cyclospora* infection?

People living or traveling in tropical or subtropical regions of the world may be at increased risk for infection because cyclosporiasis is [endemic](#) (found) in some countries in these zones. In the United States, foodborne outbreaks of cyclosporiasis have been linked to various types of imported fresh produce.

What are the symptoms of *Cyclospora* infection?

The time between becoming infected and becoming sick is usually about 1 week. *Cyclospora* infects the small intestine (bowel) and usually causes watery diarrhea,

with frequent, sometimes explosive, bowel movements. Other common symptoms include loss of appetite, weight loss, stomach cramps/pain, bloating, increased gas, nausea, and fatigue. Vomiting, body aches, headache, fever, and other flu-like symptoms may be noted. Some people who are infected with *Cyclospora* do not have any symptoms.

How long can the symptoms last?

If not treated, the illness may last from a few days to a month or longer. Symptoms may seem to go away and then return one or more times (relapse). It's common to feel very tired.

What should I do if I think I might be infected with *Cyclospora*?

See your health care provider.

How is *Cyclospora* infection diagnosed?

Your health care provider will ask you to submit stool specimens to see if you are infected. You might be asked to submit more than one specimen from different days. Identification of this parasite in stool requires special laboratory tests that are not routinely done. Therefore, if indicated, your health care provider should specifically request testing for *Cyclospora*. In addition, your health care provider might have your stool checked for other organisms that can cause similar symptoms.

How is *Cyclospora* infection treated?

The recommended treatment is a combination of two antibiotics, trimethoprim-sulfamethoxazole, also known as Bactrim*, Septra*, or Cotrim*. People who have diarrhea should also rest and drink plenty of fluids.

I am allergic to sulfa drugs; is there another drug I can take?

No highly effective alternative drugs have been identified yet for people with *Cyclospora* infection who are unable to take sulfa drugs. See your health care provider to discuss potential options.

How is *Cyclospora* infection prevented?

Avoiding food or water that might have been contaminated with stool may help prevent *Cyclospora* infection. People who have previously been infected with *Cyclospora* can become infected again.

Please Use Caution when Trekking during Monsoon!

Himalayan Rescue Association (HRA) has provided some advice about when landslides occur and which areas are more prone to them. Note that these are not limited to the areas listed below as similar incidents can happen anywhere in the trekking routes due to the difficult terrains of Nepal.



- ◆ Near Thorang-la pass between the trails of Manang and Mustang. Every year few incidents of death from rock falls are reported in these trails says HRA;
- ◆ Trails near Annapurna base camp and Macchapuchhre base camp. Rock falls and landslides, including avalanche are reported to have annually occurred especially in the summer time after the snows frozen in winter start melting with the rising mercury;
- ◆ Barun Valley area after crossing the Makalu Barun National Park area towards the base camp of Mt. Makalu

The Himalayan Rescue Association (HRA) is a voluntary non-profit organization formed in 1973 with an objective to reduce casualties in the Nepal Himalayas, especially keeping in view the increasing number of Nepalese and foreigners who trek up into the remote wilderness.

Please consult their website and stay safe!

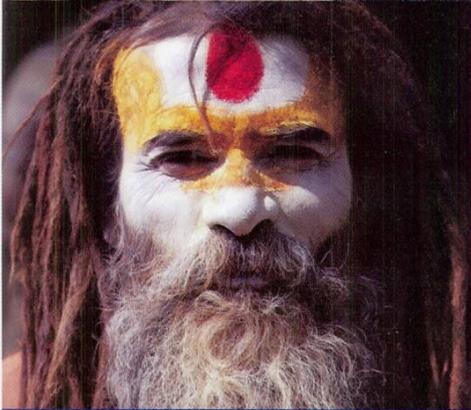
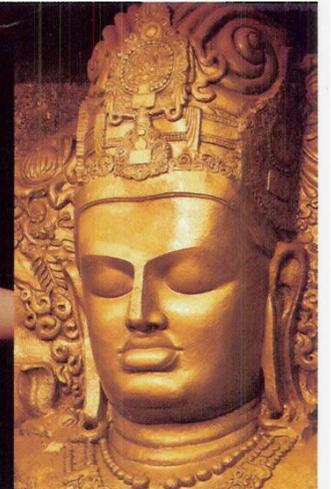
<http://www.himalayanrescue.org/introduction.html>



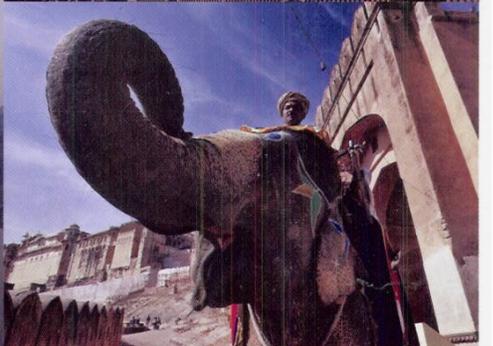
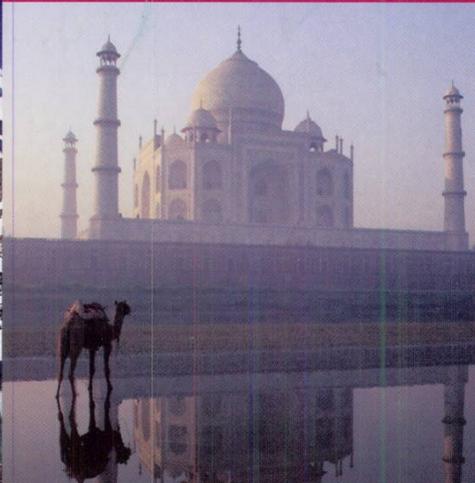
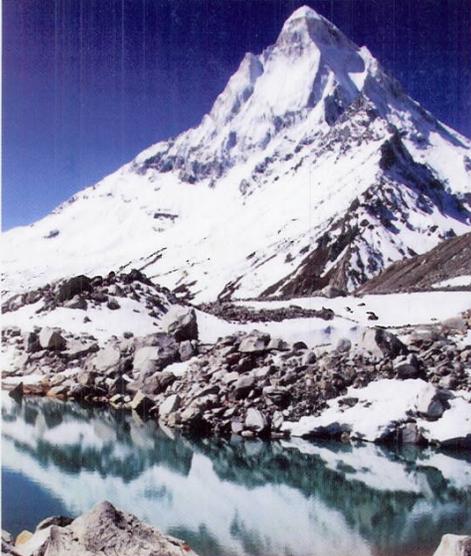
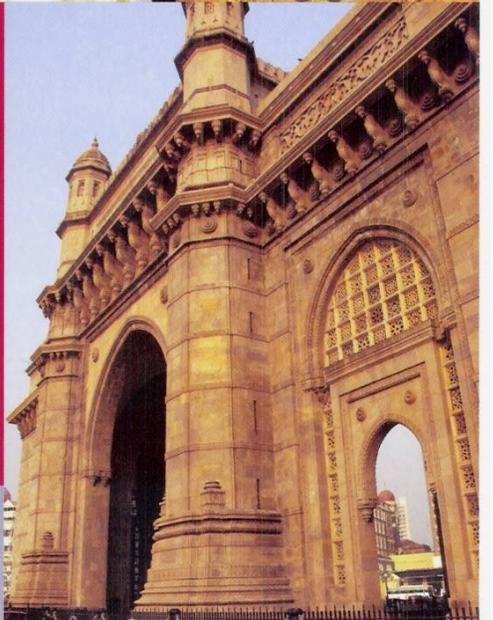
Upcoming Holidays

The U.S. Embassy will be closed:

- ◆ On Friday, July 4, 2014 in observance of Independence Day.
- ◆ On Monday, September 1, 2014 in observance of Labor Day.



Are you
an American
Citizen visiting
South Asia ?



STAY INFORMED.

STAY CONNECTED.

STAY SAFE.

Tell us where you're going as you travel through this amazing region!

All American citizens are encouraged to sign up for our free Smart Traveler Enrollment Program (STEP). By providing the details of your stay in South Asia, you will automatically receive the most current safety and security information about your trip. In case of a local emergency or should we need to contact you because of an emergency at home, our Embassy and Consular personnel will be better able to locate and assist you.



<http://www.travel.state.gov/step>