

Surveillance

APRIL

01

2020

Countries under **Southern Asia-Pacific Division Territory** with reported laboratory-confirmed **COVID-19** cases and deaths.

COUNTRY						
 Bangladesh	51	2	5	0	25	LT
 Brunei	129	2	1	0	45	LT
 Cambodia	109	2	0	0	23	LT
 Indonesia	1,528	114	136	14	81	LT
 Lao	9	1	0	0	0	LT
 Malaysia	2,766	140	43	6	537	LT
 Myanmar	15	1	1	0	0	LT
 Pakistan	1,914	197	26	5	76	LT
 Philippines	2,084	538	88	10	49	LT
 Singapore	926	47	3	0	240	LT
 Sri Lanka	142	20	2	0	16	LT
 Thailand	1,651	127	10	1	342	LT
 Timor Leste	1	0	0	0	0	IT
 Vietnam	207	3	0	0	58	LT

-  Total Number of Confirmed Cases
-  Total Number of Confirmed New Cases
-  Total Number of Deaths
-  Total Number of New Deaths
-  Total Number of Recoveries

LT = Local Transmission
IT = Imported Transmission

Information Link:

<https://www.worldometers.info/coronavirus/#countries>

Source: **Worldometer** is run by an international team of developers, researchers, and volunteers with the goal of making world statistics available in a thought-provoking and time relevant format to a wide audience around the world.

(<https://www.worldometers.info/about/>)



Trivia

Source: COVID-19 myths and facts: Straight talk from UTHealth experts

Houston physicians and scientists debunk rumors about the novel coronavirus



Myth:

I need to stockpile as many groceries and supplies as I can.

Fact:

Please only buy what your family needs for a week. It is important to remember that many families may be unable to buy a supply of food and water for weeks in advance. Consumer demand has recently been exceptionally high – especially for grocery, household cleaning, and some healthcare products. Freight flows are not disrupted, but stores need time to restock.



Myth:

Drinking water every 15 minutes reduces your risk of contracting the virus.

Fact:

Another rumor suggests that drinking water regularly will help flush the virus through the body. Although drinking water can help with dehydration, there's no evidence of protection against contracting COVID-19.

“Gargling warm water won't help either,” warned Luis Ostrosky, M.D., professor of internal medicine at McGovern Medical School and an infectious disease specialist with UT Physicians.

Still, water is a great idea for staying hydrated and during recovery from any infection, Wootton added.



Trivia

Myth:

COVID-19 can mutate into a deadlier strain.

Fact:

All viruses mutate over time and COVID-19 is no different. However, that does not mean it becomes deadlier. According to Chang, virus mutations are not bad; in fact, they typically make a virus less severe.

“Viruses mutate pretty frequently, but not all mutations have to be bad. Many mutations in viruses are silent—and some can even lead to a strain that is less fit with less virulence. In fact, many of our live-virus vaccines are essentially mutated, wild-type strains,” he said.

“Given all of the above, it is very unlikely for COVID-19 to develop a mutation that makes it deadlier.”

Myth:

Using hot water to wash your hands will remove germs better than cold water.

Fact:

Frequent hand-washing is one of the best ways to limit the spread of COVID-19. According to the Centers for Disease Control and Prevention (CDC), many diseases and conditions are spread by not washing hands with soap and water.

As simple as it sounds, a thorough technique with soap and clean, running water lasting at least 20 seconds is the best approach to preventing the further spread of germs. The temperature of the water when washing does not matter.

“When washing hands with soap and water, it’s really the mechanical scrubbing action that’s cleaning your hands. You can use warm or cold water,” Chang said. “You have to be sure you wash or scrub long enough and completely dry your hands.”



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Preventive Measures

RESILIENCE

is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress - such as family and relationship problems, serious health problems or workplace and financial stressors. It means “bouncing back” from difficult experiences.

Here are 10 Ways to Build Resilience:

1. Make connections
2. Avoid seeing crises as unconquerable problems
3. Accept that change is a part of living
4. Move toward your goals
5. Take decisive actions
6. Look for opportunities for self-discovery
7. Nurture a positive view of yourself
8. Keep things in perspective
9. Maintain a hopeful outlook
10. Take care of yourself



Source:

Philippine
Mental Health
Association



Healthy Juice

Watermelon Orange Juice

Ingredients:

4 to 5 cups chopped watermelon cubes, deseeded
¾ to 1 cup orange juice or 1 medium or large sized orange, juiced
4-5 fresh mint leaves (optional)
organic unrefined cane sugar or powdered jaggery as required
a few fresh mint leaves for garnishing

Instructions:

- Peel, chop the orange and extract the juice.
 - You can use a juicer to extract the orange juice.
 - Blend the watermelon, mint leaves and sugar in a blender.
 - Pour the watermelon juice in a jar or bowl.
 - Add the orange juice to the watermelon juice.
 - Stir well and serve with or without ice cubes garnished with mint leaves.
 - Serve watermelon orange juice immediately.
- 1 CUP = 250 ML)



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Nutritious Menu

Okara Pancooked Bread Sticks (Original Recipe)

Dr. Diana Javier Tecson

Ingredients:

- * 1 cup Okara
- * 1 cup whole wheat flour
- * 2 tbs starch (for binding, milled flax or chia will do)
- * 1 tbs coconut milk (optional)
- * 1 tbs molasses
(or mascovado or brown sugar) optional
- * optional flavouring- cinnamon with or without sugar
- * Garlic powder
- * Dried basil or other dried herbs *optional
- * dash with salt

Procedure:

Mix all then make a dough.
Flatten it to your desired shape.
Cook on a low heat pan.
If you want it to be crispier cook it longer.



Words of Hope and Cheer

CARE LESS ATTITUDE ON “COVID 19”

By **Dr. Konis Gabu**

Health and Education Director, South East Asia union Mission

We live in a time of uncertainties. **The pandemic “Covid 19” is no joke.** It is spreading at an alarming speed and there seem to be no end to it. As in many countries, Malaysian Government also took a drastic action trying to combat the deadly virus. On March 17 the government decided to impose the Movement Control Order. The order is for everyone to stay at home for two weeks. On the first day, March 18, only **about 60 percent of the people abided with the order.** The **other 40 percent seems to show a careless attitude.** *“If I get infected what to do, if I die by it that's my fate.”* What a sorry state of thinking. As a result the order is extended for another fourteen days and may still be extended after that.

Proverbs 22:3 says “A prudent man foresees evil and hides himself. But the simple pass on and is punish.”

May we all be prudent and hide through the precautions given by the health authorities and practicing the Bible principals of health and God will shield us from the Coronavirus. **Stay calm, stay safe, stay vigilant and stay in God's abiding promises.** When we do our part God will do the rest. Let us not live in fear.

“He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress; My God, in Him I will trust.” **Psalms 91:1-3**

