




















Surveillance






APRIL

13

2020

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

COUNTRY						
 Bangladesh	621	+139	34	+4	39	LT
 Brunei	136	0	1	0	106	LT
 Cambodia	122	+2	0	0	77	LT
 Indonesia	4,241	+399	373	+46	359	LT
 Lao	19	+1	0	0	0	LT
 Malaysia	4,683	+153	76	+3	2,108	LT
 Myanmar	39	+1	4	+1	2	LT
 Pakistan	5,183	+172	88	+2	1,028	LT
 Philippines	4,648	+220	297	+50	197	LT
 Singapore	2,299	0	8	0	528	LT
 Sri Lanka	203	+5	7	0	55	LT
 Thailand	2,551	+33	38	+3	1,218	LT
 Timor Leste	2	0	0	0	1	IT
 Vietnam	260	+2	0	0	144	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

What does it mean to "flatten the curve"?

When coronavirus hit Wuhan, China, it traveled fast. By February hospitals were filled to capacity, and the waiting list to get an ambulance stretched into the hundreds. Medical practitioners hadn't yet gotten a handle on what they were dealing with, so social distancing measures weren't taken until it was too late. As a result, the epidemic curve, a graphic representation of the rapid spike in infections, was steep.

If we do nothing, more people will get Covid-19 sooner, making the curve a steep mountain on a graph.

That's when health care facilities will get overwhelmed with overworked staff and not enough equipment and supplies.

If we follow recommendations like social distancing, the curve becomes flatter on that graph, closer to a molehill.

It may not mean fewer people get sick in the long run. But there will be fewer people getting sick at one time. So, there won't be such a strain put on equipment, supplies and staff members.



Trivia

The idea of **flattening the curve** is to stagger the number of new cases over a longer period, so that people have better access to care.

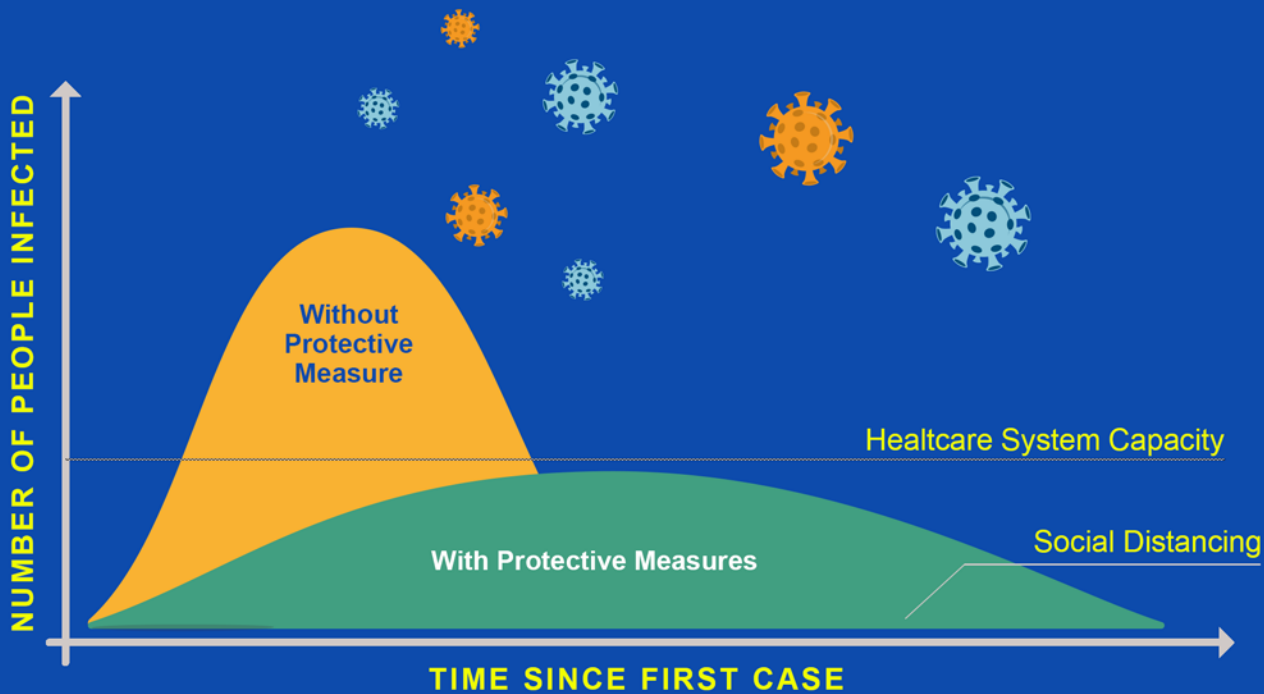


It explains why so many countries are **implementing draconian policies**, such as *social-distancing guidelines, “shelter in place” orders, restrictive travel measures and asking citizens to work or engage in schooling from home.*



Trivia

So, how do we **flatten the curve**?



By all the measures that have been taken so far:

- Isolate people who are sick
- Try to find out who those sick people may have had contact with
- Quarantine people who may have been exposed to the virus
- Close schools and businesses
- Avoid crowds and live with social distance.

Source: Centers for Disease Control and Prevention



Preventive Measures

Georgetown University Medical Center researchers have found that **SUNLIGHT**, through a mechanism separate than vitamin D production, energizes T cells that play a central role in human immunity.

Source: Forbes and Georgetown University Medical Center

Here is why you should soak up some sunshine every day:

1 . It elevates mood. “The sun works through a number of receptors in the brain to affect our mental status and alertness,” says Dr. Michael Roizen, Chief Wellness Officer at Cleveland Clinic, Ohio. Moderate sunlight exposure helps improve your mood and focus by boosting the serotonin levels in your body. Also known as the ‘happiness hormone’, it makes you calm and alert. Also, “sunlight decreases the risk of depression in those at risk of seasonal affective disorder (SAD),” adds Dr. Roizen.



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2. It improves sleep. “The brighter your daylight exposure, the more melatonin you produce at night,” says Dr. Mithu Storoni, physician, researcher and author of Stress-Proof. Melatonin is a type of hormone that’s “produced by the pineal gland in the brain during darkness at night”, she explains. Also known as the sleep hormone, melatonin has “a range of effects on the brain, from improving sleep to synchronizing your biological clocks, and lowering stress reactivity,” adds Dr. Storoni. Additionally, the amount of daylight exposure you get is crucial in maintaining a normal circadian rhythm. “Distorted circadian rhythms can induce symptoms of both depression and bipolar disorder, depending on the pattern of disruption,” says Dr. Storoni.



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3. It promotes bone growth.

Vitamin D is “a hormone that promotes calcium absorption and is essential for bone growth and formation,” tells Dr. Roizen. Since sunlight is a primary source of Vitamin D, the hormone is also dubbed as ‘the sunshine vitamin’. “The Vitamin D found in our body needs activation. The sun helps to convert inactive Vitamin D levels to active,” explains Dr. Roizen.

According to the World Health Organization (WHO), getting anywhere from 5 to 15 minutes of sunlight on your arms, hands, and face twice or thrice a week is enough to reap the vitamin D-boosting benefits of the sun.



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4. It helps strengthen the immune system. “Strong association studies have found that Vitamin D is also very important in signaling the immune system. It appears to be necessary in adequate amounts to turn on your ability to survey the rest of your cells,” says Dr. Roizen. Since regular sun exposure is one of the most robust ways to up active Vitamin-D levels in your body, it can help beef up your immune system as well. “Inadequate levels of this vitamin have been associated with an increased rate of infection, cancer, and mortality rate after surgery,” he adds.

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5. It lowers blood pressure.

Nearly half of Americans have high blood pressure. According to a recent study conducted by researchers at the Edinburgh University, moderate exposure to the sun's UV rays can cause a significant drop in blood pressure levels. Lower blood pressure levels help cut down the risk of stroke and heart disease.



Southern Asia-Pacific Division

 **Adventist**
Health Ministries



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6. It may reduce the risk of melanoma.

Yes, you read that right! Safe sun exposure may actually protect you from skin cancer. According to a study published in the Lancet Journal, the skin's exposure to ultraviolet radiation of short wavelength (UVB) has been associated with a decreased risk of melanoma. The research found that outdoor workers who were exposed to regular sunlight had a lower risk of developing skin cancer compared to their indoor counterparts. Other than that, an adequate amount of sunlight has also been linked to a reduced risk of certain cancers (including colon, ovarian, pancreatic and prostate cancer), suggests a study published in the Environmental Health Perspectives journal.



ADVISORY ON
COVID-19

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7. It promotes weight loss.

Latest research reveals that basking in morning sunshine can reduce body fat and help you shed those extra pounds. The study suggests that as little as 20 to 30 minutes of early morning sun exposure is sufficient for you to lower your Body Mass Index (BMI) and trim your waistline.



ADVISORY ON
COVID-19



Preventive Measures

Hydrotherapy (Water Therapy)

Hydrotherapy is any use of water for therapeutic purposes. This could be drinking water to prevent dehydration, taking a mineral bath at home, or even walking barefoot in the morning dew. Water can be used as a powerful tool to help a patient get well or stay well.

HYDROTHERAPY AT HOME

Neutral Temperature baths

Hop into the tub and submerge your body up to your neck in water that is slightly cooler than body temperature. These neutral temperatures are used to treat insomnia and emotional agitation. Soaking for as little as 15 minutes can offer sedative benefits.

Steam

Inhaling steam is great for clearing congested sinus passages, but it is also beneficial in improving circulation in the body. Your skin benefits from steam exposure as well. Steam has been shown to help shed dead skin cells, allowing new cells to provide a natural glow. You may find a hot shower works well for this, but you could also put a pot of water on the oven to boil and breathe in steam that way.



Source:
Forbes and Georgetown
University Medical Center

Preventive Measures

Salt Water

Saltwater has been shown to help increase your immune system function, improve circulation throughout your body, and even hydrate your skin. The salt cleanses pores and reduces inflammation. Some people travel to destinations to dip into the healing sea waters, but at home, you may find that drawing a warm bath and adding your personal favorite sea salt to the water is just the boost you need to feel less stress and get your glow on.

Hydrotherapy improves digestion and boosts the immune system. The treatments are clinically proven to detoxify the body and reduce inflammation.

Hydrotherapy is used to treat:

Colds, flu and other infectious diseases
Chronic pain, stress and fatigue
Digestive disorders
Women's health concerns
Chronic illness
Pneumonia
Constipation
Asthma
Aliver disease
and much
... more



Source:
Forbes and Georgetown
University Medical Center



Nutritious Menu

Curry Pumpkin

INGREDIENTS:

1 Pumpkin, middle size
1 capsicum, diced
2 potatoes
1 onion, chopped fine
5 cloves garlic, chopped fine
1T curry powder (without chilli),
1T light soy sauce/ Braggs
1t salt
1C baked cashews

METHOD:

1. Wash potatoes and pumpkin clean, remove the pumpkin skin and seeds and cut them into small pieces.

2. Pour 1C water into non-stick pan and bring to boil. Add garlic, potatoes, pumpkin, onion and simmer for a while, then add in curry powder, salt, light soy sauce and cook till soft. Add in capsicum and stir fry lightly, then off the fire.

NUTRITIONAL FACTS:

A delightful and very nutritious dish. High in carotene (a cancer-protective phytochemical), calcium, phosphorous, iron and vitamins. Pumpkin seeds are high in zinc, iron, phosphorus, protein, calcium, vitamins A, B, B2, C and fat; beneficial to men suffering from prostate problems.



Healthy Juice

Immune Booster Drink

Sip on this to stay well all year. "Broccoli is very high in vitamin C, which increases the production of infection-fighting white blood cells," Wignall says." Garlic contains sulfur-containing compounds that have powerful immune-boosting antimicrobial properties."

Ingredients:

- 1 small beet
- 3 carrots
- 8 stalks celery
- 1 stalk broccoli
- 2 cloves garlic

Procedure:

Cut into small pieces and put everything in a blender.

Put 3 glasses of water in a blender and blend for 2 minutes, chill in the refrigerator then serve.



Words of Hope and Cheer

STOP LOOK & LISTEN

Have you realized that He is smoothly doing the traffic thing and not the MMDA's?

Stop. You are always in a race. You never slow down. Don't you know that you are only allowed to run 60 kilometers per hour. (Just like telling you that you have only six days for working. Save God your 7th. That's His! Remember?) Why do you like speeding up? What for? Money and fortune are not your jurisdiction. That is God's. "The earth is His and all the fullness thereof". Why not try delighting him?" Delight in Him and He will give you the desires of your heart". See?

Look. Because you don't stop your 24/7 feat, you never notice that some essentials to a man's life are taken for granted. You relied on your judgment too much and look at the pile of work on your table and the filled-up calendar that you forget to LOOK UP and acknowledge that SUPER BEING who provided you that job.

Listen. You are too engrossed with yourself that you failed talking and listening to His instructions. Now he silently talked to you aloudSTOP....and the streets went hush.

No traffic aid needed. No color coding. No jay walking to be observed.

Do you get his message? No need for any web portals. Go back to that BOOK for more instructions. Stop. Look. Listen. God is talking. Give your reverence to HIM only.

- Promise Joy De Castro

