




















Surveillance






APRIL

16

2020

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

COUNTRY						
 Bangladesh	1,231	+219	50	+4	49	LT
 Brunei	136	0	1	0	108	LT
 Cambodia	122	0	0	0	96	LT
 Indonesia	5,136	+297	469	+10	446	LT
 Lao	19	0	0	0	1	LT
 Malaysia	5,072	+85	83	+1	2,647	LT
 Myanmar	74	+11	4	0	2	LT
 Pakistan	5,988	+151	107	+11	1,446	LT
 Philippines	5,453	+230	349	+14	353	LT
 Singapore	3,252	0	10	0	611	LT
 Sri Lanka	235	+2	7	0	63	LT
 Thailand	2,643	+30	43	+2	1,497	LT
 Timor Leste	8	+2	0	0	1	IT
 Vietnam	267	+1	0	0	171	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

1. **NO AMOUNT** of **CITRUS FRUIT** will prevent illness if you're exposed to the coronavirus.



If you're in contact with coronavirus, it doesn't matter how many oranges you eat, you're going to get it," Dr. Caroline Apovian, Director of the Nutrition and Weight Management Center at Boston Medical Center, previously told Business Insider.

It is true that malnutrition can impair your ability to fight off illness and infection, but if you eat an otherwise balanced diet, loading up on specific "super" foods like kale, berries, or anything else won't provide any additional benefits.

So, if you're not in the habit of eating a variety of fruits, veggies, and lean sources of protein, now is a good time to start. Following common-sense dietary advice is enough to keep your immune system in good shape, no superfoods required, according to Apovian.

Source: Insider.com/ Gary Landsverk



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Trivia

2. AVOIDING SUGAR won't boost your immune system.



While sugar and heavily-processed foods are linked to chronic health issues over time, there's no evidence that a single donut is going to increase your risk of catching a virus. Research has also shown that over-nutrition, or an excess of empty calories, can have negative consequences for health overall, though, including inflammation, higher risk of type 2 diabetes and metabolic syndrome.

In order to cut back on sugar (as well as sodium and trans fats that also dominate processed foods), consider stocking up on more healthy variations of long-lasting foods for quarantine, including frozen vegetables, oats, lentils, canned tuna, and nuts.

Source: Insider.com/ Gary Landsverk



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Trivia

3. **MASSIVE DOSES** of **VITAMINS** are unhelpful, and can be potentially dangerous.



Unless you have a nutritional deficiency, experts say no amount of vitamin shots, juices, or infusions will prevent you from getting sick if you come into contact with a pathogen like the coronavirus.

Recently, so-called wellness gurus have been recommending extremely high levels of vitamin supplements, enough to potentially become a health hazard.

Some popular Youtube naturopath have recommended IV doses of vitamins A and C that are up to 15,000 milligrams a day, 166 times the recommended daily amount for men, and shots of vitamin D3 up to 160 times the recommended daily dose, Insider previously reported. These extremely high doses can cause serious side effects like dizziness, nausea, and headaches. Even more alarming consequences include damage to organs like the kidneys and liver, possible coma, and even death.

Source: Insider.com/ Gary Landsverk



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Trivia

4. But **GETTING ENOUGH VITAMIN D** is a good idea.



There is an exception to the general rule that supplements won't really help prevent illness, and that's vitamin D (in moderate doses). Research has shown that the immune system needs vitamin D to fight off viruses — while it won't protect you from getting the virus if you're exposed, it could reduce the severity of the illness and help make recovery easier.

It's also a common cause of nutrient deficiency. You can get vitamin D naturally through sunlight, which many people have less access to during darker, colder months of flu season.

Source: Insider.com/ Gary Landsverk



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Preventive Measures

Coronavirus tips: Practical ways to stay safe when you leave the house

IF YOU'RE NOT ALREADY USING THESE PRACTICAL TIPS FOR GROCERY SHOPPING, OPENING DOORS AND SIGNING YOUR NAME WHEN YOU'RE OUT IN PUBLIC, NOW'S A GOOD TIME TO START.



WHAT'S THIS ABOUT WEARING FACE MASKS IN PUBLIC?

The institute now recommends that people who reside in areas with high transmission rates, and those who are going to places where they can't maintain social distancing (that is, six feet of space between you another person who isn't a household member) drape their nose and mouth with cloth or another type of breathable fabric, including face masks you make at home or buy. The CDC considers this a voluntary health measure, and a recommendation. While it isn't law, there is a strong grassroots movement that has circulated homemade face mask patterns and tips for weeks, for personal use and for donation to hospitals and other healthcare facilities.



Source: CNET.com/ Centers for Disease Control and Prevention



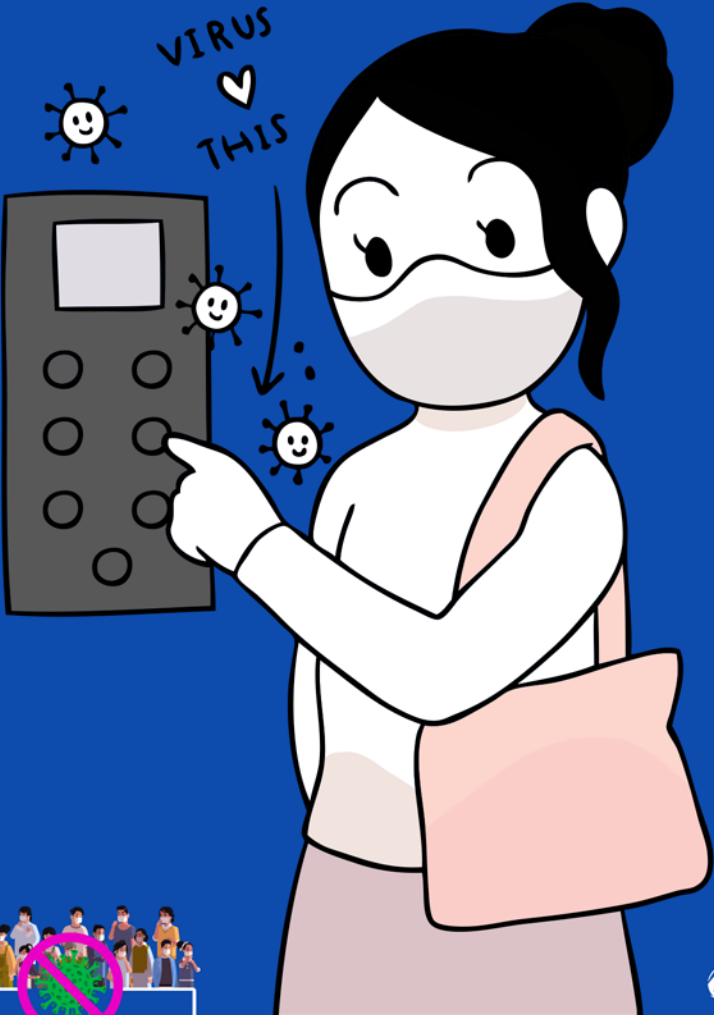
Preventive Measures

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ENOUGH WITH THE FINGERTIPS: USE YOUR KNEES, FEET, ELBOWS AND KNUCKLES INSTEAD

If you're still pressing buttons for walk signs with your fingertips, stop. Any time you have to open a door, push a button, pull a lever or digitally sign for something, use a different body part instead. You have plenty.

For example, I'll often tap out a PIN code or make a selection on a digital screen with my knuckle instead of the pad of my finger. I'll push open a door with my shoulder, hip or foot instead of my hands. You can usually flip on a light switch or sink faucet with your elbow or wrist, and you can wrap the sleeve of your sweater or jacket around the handle of any doors you have to physically pull open. It's easy enough to toss your clothing into the wash later rather than expose your skin now, especially if the chances you'll use your hands to touch food items or your face is high.



Source: CNET.com/ Centers for Disease Control and Prevention



Preventive Measures



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DISTANCE, DISTANCE, DISTANCE

Did we mention distance? Social distancing can mean anything from hunkering down at home and refraining from seeing outside friends and family in person to keeping a boundary between you and others when you do go out.

The practice of keeping 6 feet away from those outside your home group extends to waiting in line at the grocery store, going on walks (you can momentarily walk in the bike lane if you're careful about looking out for street traffic) and picking up food to go.

Some states are enforcing social distancing in grocery stores and some businesses are doing that themselves. But if you need to keep more distance between you and someone else while on a walk or when reaching for an item at the store, take a step back and wait or politely ask the person to give you more clearance ("Oh, I'm trying to keep my distance from everyone.")

Source: CNET.com/ Centers for Disease Control and Prevention



Preventive Measures



4

LOOK FOR THE AUTOMATIC OPTION

If the doors to whichever building you're entering aren't already propped open or have automatic sensors, look around before you pull a handle. Most modern buildings have accessibility buttons to open doors for people with mobility concerns. You can easily touch this with your forearm, hip or foot (some are pretty low down) and wait the few seconds for the doors to open.

Consider buying an automatic soap dispenser for home so you don't have to worry about transferring germs to the pump.

Source: CNET.com/ Centers for Disease Control and Prevention



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WATCH WHERE YOU PUT YOUR PHONE

While we've gotten the go ahead to use disinfecting wipes on phones, another smart idea is to avoid placing your device on iffy surfaces to begin with. Do you really need to put your phone down, or can you just stash it in a coat pocket or purse? The less you can expose your phone to shared surfaces, the less you need to worry about them in the first place.

If you do put your phone down on a shared surface, lay down a napkin and set your phone on that. It'll save you having to disinfect your device quite so often.



Source: CNET.com/ Centers for Disease Control and Prevention

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SET ASIDE YOUR REUSABLE TOTE BAGS

Increasingly, store policy excludes you from bringing outside tote bags and other bags into grocery stores - or at least, using them in the bagging area. If you want to lessen your environmental impact, find ways to reuse the store's fresh bags at home.

The stores I shop at continue to make baskets and carts available, and only some offer sanitary wipes. Others have assigned gloved staff to wipe down carts and baskets for you with disinfectant, before you shop.

Regardless, it's a good idea to thoroughly wash your hands before you leave home to protect others, bring your own sanitary wipes if you have them and the store doesn't offer that option and be sure to wash your hands when you get home. Really, we can't stress that enough.

Source: CNET.com/ Centers for Disease Control and Prevention



Preventive Measures

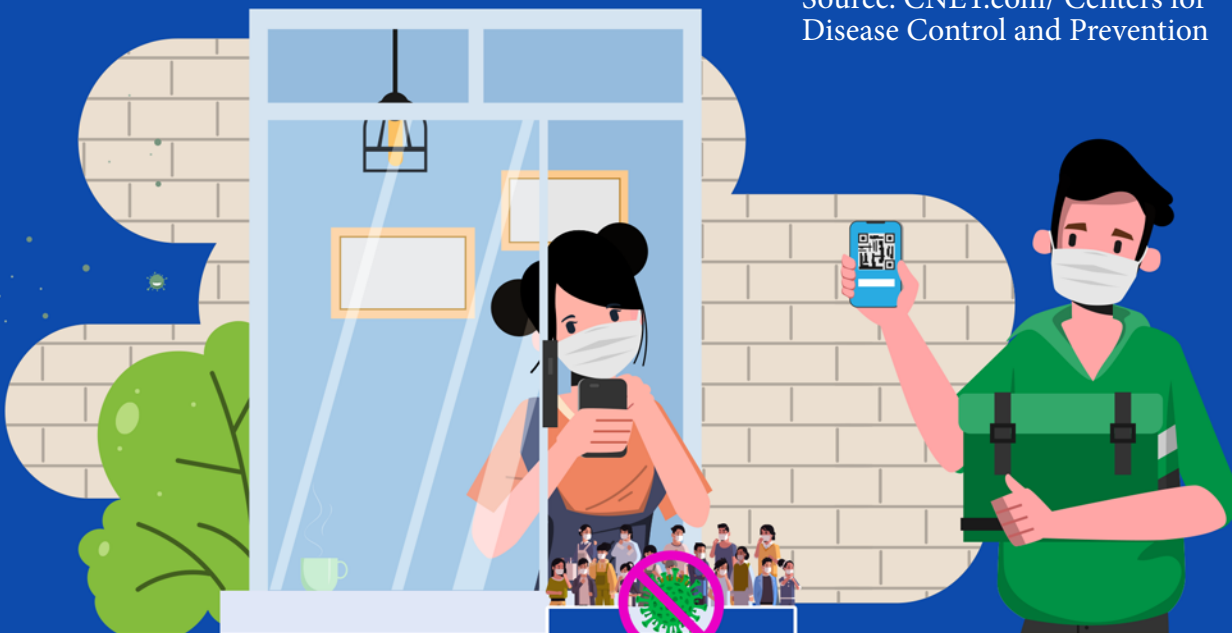
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FOR FOOD AND PACKAGE DELIVERY, EMBRACE THE AWKWARD

Keeping your distance means that you'll need to get comfortable speaking through closed doors and hanging back rather than rushing forward to help the person delivering you packages, mail and food. For example, if you happen to be outside, it's not rude to let the mail carrier walk all the way up to the front door and place the mail in the box rather than take it directly -- it's appropriately cautious for the times, and helps protect you and them by keeping your distance.

Equally, if a food delivery person or neighbor drops something off, give a warm thank you through the closed door and wait for them to recede six feet before opening to door to thank them again and wave. They'll appreciate your consideration and seriousness.

Source: CNET.com/ Centers for Disease Control and Prevention



Preventive Measures

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DON'T NEGLECT YOUR CAR AND HOME

After getting back from running errands, it doesn't hurt to wipe down your car and surfaces in your home, especially if you share it with others. Person-to-person contact is the most common vector, but viruses and bacteria do spread through objects and other forms of indirect physical contact.

Source: CNET.com/ Centers for Disease Control and Prevention



Preventive Measures

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CARRY EXTRA NAPKINS, DISINFECTING WIPES AND FACIAL TISSUE

Packing extra tissues, disinfecting wipes, wet wipes and other paper products in my purse is already part of my habit, but now I pay extra attention to how much paper I have on hand. Normally, I might use a spare napkin to wipe my hands after an impromptu snack (also in my bag). Today, these products could come in handy to clear away germs, or act as a barrier between you (or your phone) and a surface. For example, opening a door handle if you just saw someone cough into their hands before turning a knob.



Source: CNET.com/ Centers for Disease Control and Prevention

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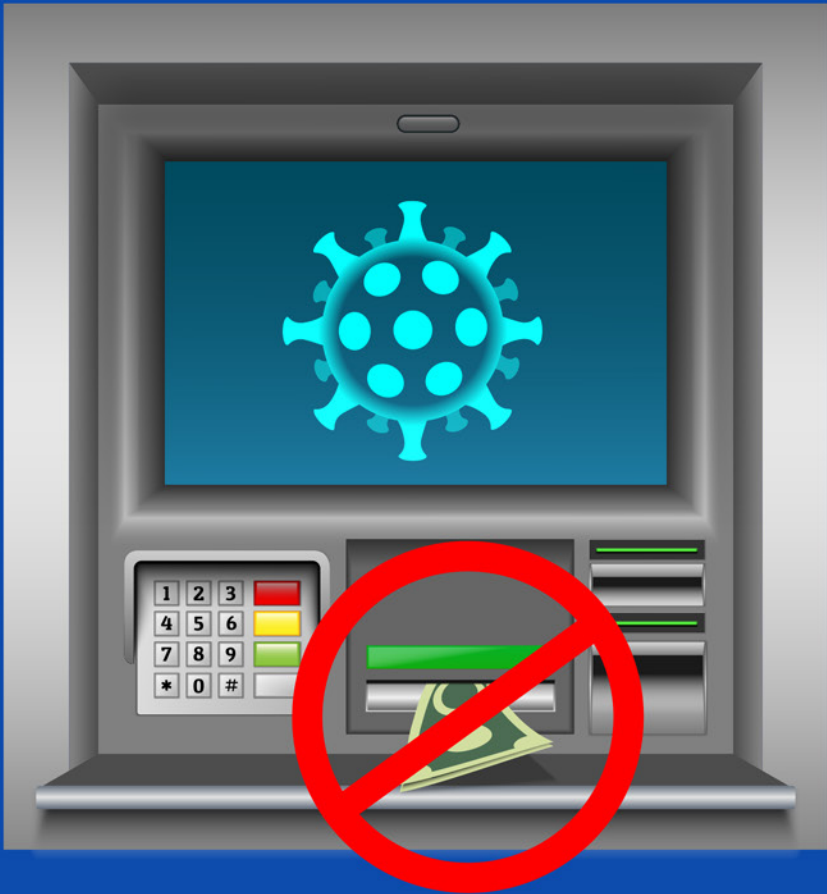


Preventive Measures

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STOP HANDLING CASH

While it's believed that the highest risk of acquiring coronavirus comes from person-to-person transmission, we do know that shared surfaces can harbor the virus. Play it safe by setting the cash aside for now and relying more on contactless payments.



Source: CNET.com/ Centers for Disease Control and Prevention



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Preventive Measures

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BANISH QUESTIONABLE ITEMS TO A LONG TIME OUT

Coronavirus can cling to surfaces, such as your jacket or a tabletop, for up to nine days at room temperature, studies have found. However, the CDC found that the coronavirus RNA remained in cabins about the Diamond Princess Cruise ship up to 17 days after passengers departed.

We know that a thorough cleaning with good ol' soap and water will kill the virus' structure, but if you're not sure how to disinfect an item, like a dry-clean-only jacket or pair of boots, setting it aside for three or four weeks is another option.

Source: CNET.com/ Centers for Disease Control and Prevention



Nutritious Menu

TOFU WITH CALDERETA SAUCE

PROCEDURE:

Heat the pan then pour the cooking oil,
Saute the garlic & onion until golden brown
Add the carrots and potato
Add water and a little amount of salt bring to a boil
Add the tomato sauce, bell pepper and green peas
and tokwa simmer for atleast 5 mins.
Best serve when its hot.

INGREDIENTS:

1kl tokwa
1 can green peas
2pcs. Potato
2pcs. Carrots
2pcs. bell pepper red
and green
-salt
-garlic
-onion
-coconut oil



Source: Noah Abucar Jr.

Healthy Juice

SAVORY KALE-TOMATO JUICE

Ingredients:

- 3 medium plum tomatoes
- 1 cup loosely packed flat-leaf parsley leaves
- 2 medium stalks celery
- 3 medium kale leaves with stems
- 1/2 large juicy lemon, peel and pith removed
- 1 tablespoon chia seeds, optional



Directions:

Juice, in this order, the tomatoes and parsley (together), celery, kale and lemon, following your juicer's specific settings for each. Stir in the chia seeds if using and let soak for 5 minutes. Serve the juice immediately over ice, if desired.

Healthy Facts

Parsley particularly rich in vitamins A, C, and K. The vitamins and beneficial plant compounds in parsley may improve bone health, protect against chronic diseases, and provide antioxidant benefits. You can incorporate dried or fresh leaves easily into your diet by adding them to soups, salads, marinades, and sauces. Celery is rich in vitamins and minerals with a low glycemic index. You'll enjoy vitamins A, K, and C, plus minerals like potassium and folate when you eat celery. It's also low in sodium. Plus, it's low on the glycemic index, meaning it has a slow, steady effect on your blood sugar. Lemons are an excellent source of vitamin C and flavonoids, which are antioxidants. Tomatoes can provide almost half the daily recommended intake of Vitamin C among their numerous other health benefits and Kale is very high in iron and antioxidants. The combination of sweet tomatoes with the heartiness of the vegetables creates a wonderfully wholesome balance.

Source: Dahlia Panal

