




















# Surveillance






APRIL

17

2020

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

COUNTRY						
 Bangladesh	1,572	+341	60	+10	49	LT
 Brunei	136	0	1	0	108	LT
 Cambodia	122	0	0	0	98	LT
 Indonesia	5,516	+380	496	+27	548	LT
 Lao	19	0	0	0	2	LT
 Malaysia	5,182	+110	84	+1	2,766	LT
 Myanmar	85	+11	4	0	2	LT
 Pakistan	6,919	+536	128	+17	1,645	LT
 Philippines	5,660	+207	362	+13	435	LT
 Singapore	4,427	+728	10	0	683	LT
 Sri Lanka	238	0	7	0	68	LT
 Thailand	2,672	+29	46	+3	1,593	LT
 Timor Leste	18	+10	0	0	1	IT
 Vietnam	268	0	0	0	177	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

## Myth <sup>vs</sup> Facts about **COVID-19**

As dangerous as the coronavirus that causes COVID-19 is, equally dangerous is the amount of misinformation that seems to spread just as rapidly, well-intentioned as it may be. Relying on hearsay or questionable sources can put you at increased risk for contracting the virus and spreading it to your family, friends or colleagues. Healthcare experts address some common myths – and facts – about COVID-19.

Source: Peter B. Laird

Southern Asia-Pacific Division



 **Adventist**  
Health Ministries



# Trivia

The flu vaccine can protect me



## MYTH:

Also, vaccines against pneumonia and flu do not provide protection against the novel coronavirus, says the WHO. It's simply too new, and work on a vaccine specifically for the new virus is still in process. At the World Economic Forum Annual Meeting in Davos, the Coalition for Epidemic Preparedness Innovations announced a new partnership to develop vaccines for COVID-19 as quickly as possible.

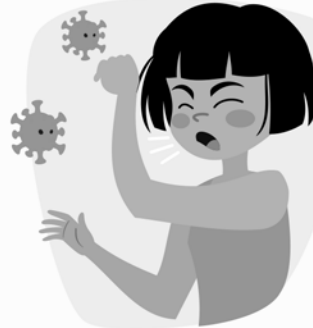


Source: Peter B. Laird



# Trivia

The virus can only be spread through the air, when people cough or sneeze.



## MYTH:

Some scientific experts believe that COVID-19 can be spread not just from an infected person coughing or sneezing but also from merely talking or breathing. In an April 1 letter to the White House, Dr. Harvey Fineberg, chairman of the Standing Committee on Emerging Infectious Diseases and 21st Century Health Threats for the National Academy of Sciences, stated, “Currently available research supports the possibility that SARS-CoV-2 (novel coronavirus) could be spread via bioaerosols generated directly by patients’ exhalations.” Social distancing of at least six feet from other people should be sufficient to protect you, Dr. Fauci says.

Additionally, and even more concerning, the virus can remain viable on surfaces for variable periods of time, according to Dr. Fauci – from a few hours for cloth to up to two or three days for hard surfaces like stainless steel and certain types of plastic. “People also continually touch their nose or mouth,” Dr. Fauci says. “They shake hands with people, they grab a doorknob – that’s also the way it’s transmitted.”



Source: Peter B. Laird



# Trivia

COVID-19 can  
be spread  
through  
food.



## MYTH:

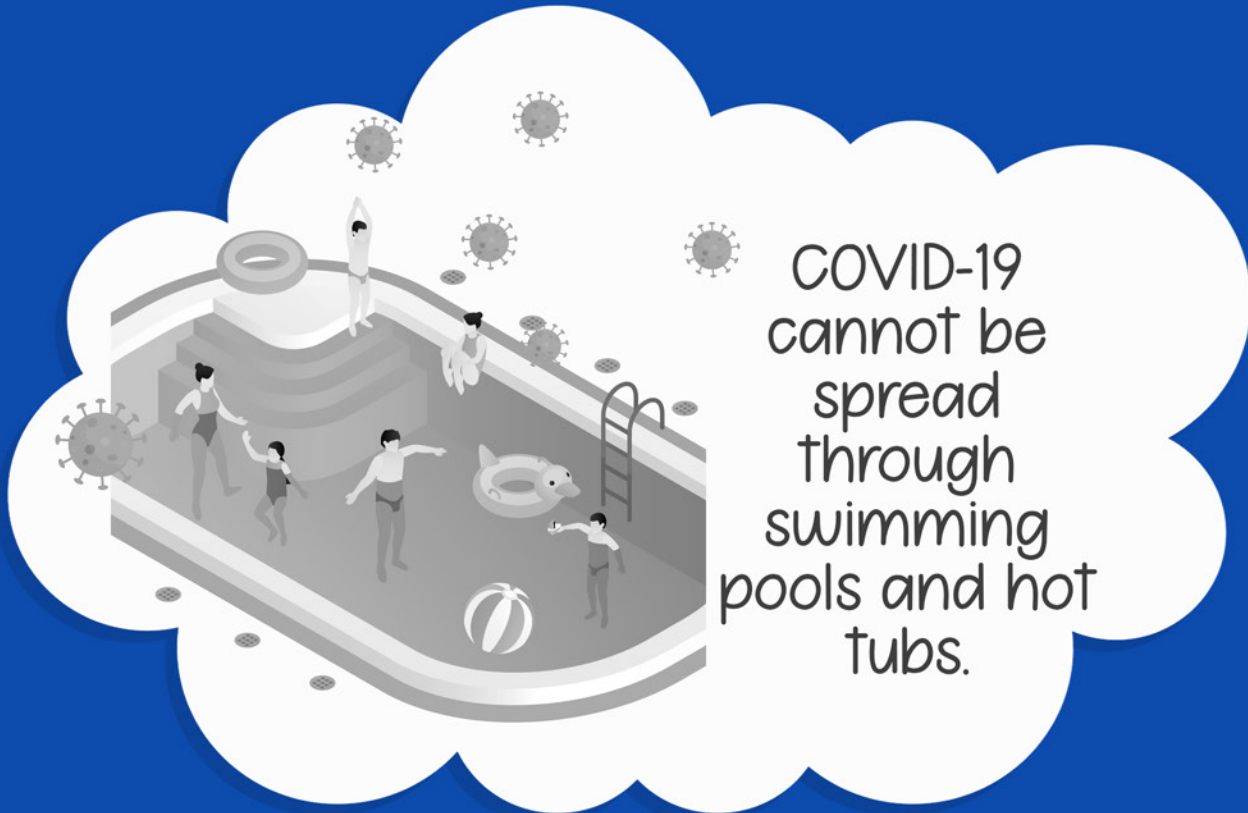
Currently there is no evidence to support transmission of COVID-19 associated with food, according to the U.S. Centers for Disease Control and Prevention (CDC). Before preparing or eating food, however, the CDC advises that you always wash your hands with soap and water for 20 seconds for general food safety. You should also wash your hands throughout the day, especially after blowing your nose, coughing or sneezing, or going to the bathroom.



Source: Peter B. Laird



# Trivia



COVID-19 cannot be spread through swimming pools and hot tubs.



## FACT:

There is no evidence that the Coronavirus Disease 2019, COVID-19, can be spread to humans through the use of pools and hot tubs, states the CDC. But there is a caveat: "Proper operation, maintenance, and disinfection (e.g., with chlorine and bromine) of pools and hot tubs should remove or inactivate the virus that causes COVID-19."



# Preventive Measures

## OPTIMISM PRESCRIPTION

**IN REALITY** - We experience brokenness, sickness, and even death.

**NATURE'S CHOICE** - Optimism

**SOUND REASON** - A substantial amount of research (Harold G. Koenig) demonstrates that hope and optimism are associated with better mental and physical health. Additionally, people with higher levels of optimism have more effective coping mechanism.



**WHY OPTIMISM** - An enduring tendency to expect good personal outcomes in the future. It is the face of our faith, and it is built on hope and trust in God, and belief the He can work things out for our best.

Source: Rosemarie Leño, MMVS

Southern Asia-Pacific Division



 **Adventist**  
Health Ministries



# Preventive Measures



## PESSIMIST

## OPTIMISM

- tend to believe that bad events will last a long time, and they often relinquish the idea that setback and be spurred on to try harder. situations will improve.
- take challenges and problems into account toward the situations
- sees the difficulty in every opportunity.

- is to view a negative event as a temporary setback and be spurred on to try harder.
- choosing to believe and work improvement of circumstances and situations
- sees the opportunity in every difficulty.

**HEAVEN SPEAKS** - "We know that in all things God works for the good of those who love him" (Rom. 8:28)

Why can't you enjoy wholeness even in our human brokenness!  
Choose now and be Optimistic!

Source: Rosemarie Leño, MMVS

Southern Asia-Pacific Division





# Preventive Measures



Nurturing positive thoughts and emotions about people and situations impacts our own personal well-being. Social support and connectedness also strongly influence our emotional, spiritual, mental, and physical health.

The positive effects of hope and optimism impact human life at all ages and in many settings. Optimism significantly influences mental and physical well-being by helping to promote a healthful lifestyle as well as coping and adaptive responses/behaviors with more robust coping and problem-solving skills.

There will be times when we may feel trapped, buried alive by the events and circumstances that befall us. But we are never alone. We may choose to be optimistic, especially as call the wonderful promises of Scripture such as Lamentations 3:21-23: “Yet this I call to mind and therefore I have hope: Because of the Lord’s great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness” (NIV).

With such assurance we may celebrate life and enjoy wholeness, even in our present brokenness. Optimism and hope are truly the joy in life!

Source: Rosemarie Leño, MMVS



Southern Asia-Pacific Division

 Adventist  
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# Nutritious Menu

## HEALTHY BOK CHOY RECIPE

### INGREDIENTS:

- 2 Tablespoons vegetable oil
- 3 garlic cloves, minced
- 1/4 of a large sweet onion, diced
- 2 pounds of bok choy, quartered or chopped
- 5 green onions, white and green parts chopped
- 1/8 teaspoon black pepper
- 1/2 to 1 teaspoon, crushed red pepper (optional)
- 1 teaspoon toasted sesame oil
- 1/2 teaspoon salt



### HEALTH FACTS

Bok choy also contains vitamin C, vitamin E, and beta-carotene. These nutrients have powerful antioxidant properties that help protect cells against damage by free radicals. Unlike most other fruits and vegetables, bok choy contains the mineral selenium.

### INSTRUCTIONS:

1. Heat the 2 Tablespoons of vegetable oil over medium heat.
2. Add the garlic and onion and saute for 2 minutes, until soft and fragrant.
3. Add the bok choy, toasted sesame oil, crushed red pepper, salt and pepper and saute for another 2 minutes. Cover and cook for another 2-4 minutes or until the bok choy is cooked to your liking.
4. Garnish with the green onion. Taste and adjust seasoning.
5. Enjoy while it's warm!



ADVISORY ON  
COVID-19

Source: Dahlia Panal, MMVS



# Healthy Juice

## Sweet Potato Tops Juice and Calamansi

### INGREDIENTS:

#### Calamansi

The top benefits of calamansi juice include its ability to BOOST THE IMMUNE SYSTEM, soothe acidity in the stomach, and in weight loss, stimulate growth and repair, bleach the skin, detoxify the body, lower cholesterol, manage diabetes and give RELIEF from RESPIRATORY INFECTIONS among others.



#### Sweet potato top juice

Helps prevent premature aging(vitamin c)  
great for anemic person (vitamin c and iron)

Helps prevent degenerative  
Diseases(polyphenols)

#### DIRECTIONS:

- wash camote leaves
- boil camote leaves in water until the water turns green red.
- add calamansi juice

*Note: simple and easy and most of all  
Affordable.*



Source: Lovely Rose Dupais, MMVS



# Words of Hope and Cheer

The churches are empty,  
The schools are empty,  
The shelves are empty.  
But that's OK because  
The tomb is empty too!

The theaters are empty,  
The arenas are empty,  
The offices are empty.  
But that's OK because  
The grave is empty too!

Don't touch your face,  
Don't touch your mouth,  
Don't touch your eyes.  
That's OK because  
He touched my life.

Wipe clean your house,  
Wipe clean your car,  
Wipe clean your food.  
Yes, and Jesus  
Wiped clean my heart.

The President said  
Stay safe, Stay home,  
The Governor said  
Stay safe, Stay home,  
The Doctors said  
Stay safe, Stay home.  
Jesus said You're safe,  
Your heart is my home.

By: Maritess Robles Branson, MMVS

The tiny, invisible  
enemy may be  
here for now,  
But My God is  
Real, Bigger and  
Forever!

