Surveillance

09 2020

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

	COUNTRY	+	+	+	+	+	
	Bangladesh	218	+54	20	+3	33	LT
	Brunei	135	0	1	0	91	LT
144	Cambodia	117	+2	0	0	63	LT
	Indonesia	2,956	+218	240	+19	222	LT
	Lao	15	+1	0	0	0	LT
(*	Malaysia	4,119	+156	65	+2	1,487	LT
*	Myanmar	22	0	3	+2	0	LT
C	Pakistan	4,196	+161	60	+3	467	LT
*	Philippines	3,870	+106	182	+5	96	LT
(:)	Singapore	1,623	+142	6	0	406	LT
	Sri Lanka	189	+4	7	+1	44	LT
	Thailand	2,369	+111	30	+3	888	LT
>	Timor Leste	1	0	0	0	0	IT
*	Vietnam	251	0	0	0	126	LT



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/)









DON'T LET CARONA TURN YOUR CHILDREN INTO CRYONA.









Preventive Measures

Free and Fun Activities for Kids

Let these fun and free kids' activities serve as a first step toward engaging your children in deeper conversations strengthening the bond you share:

- Make a "tent" out of sheets.
- · Take turns reading to each other.
- Conduct kitchen science experiments.
- Paint your nails together.
- Have a spa night with facials.





- Look through old photo together.
- Watch your child's favorite TV show or movie together.
- Play a video game together.
- Exercise together.
- Do a puzzle.







Preventive Megsures

- Play a board game.
- Help them clean their room.
- Rearrange furniture.
- Pull out a box of toys they haven't played with for a while.
- Build Legos together.

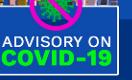




- Play with dolls together.
- Play store, restaurant, or ice cream stand together.
- Go to the park.
- · Ride bikes.
- Sit outside and look at the stars.

- Eat breakfast together.
- Teach your child how to cook.
- Style your child's hair.
- Let your child style your hair.
- Share a memory about how you handled conflict or stood up to a bully when you were a kid.









(3)

Preventive Megsures

- Take a walk in the woods.
- Plant seeds from something you've eaten, such as an apple or watermelon.
- Draw on the sidewalk with sidewalk chalk.
- Bake healthy food together.
- Have a tea party.





- · Play school or office together.
- Swing on the swings together.
- Make your own treasure map.
- Play 20 questions.
- Play I Spy.

- Fix you bicycle together.
- Listen to your favorites songs together.
- Listen to an audio CD together.
- Make pancakes in a fun shape together.
- Race matchbox cars.





ADVISORY ON





Preventive Measures

- Create a new voicemail message together.
- Make a slideshow of your favorite digital photographs.
- Pick flowers and press them in wax paper.
- Make bookmarks.
- Go bird watching.
- Collect leaves and then try to identify them by researching them online. Let your child teach you about something they know or do well.
- Make life-size drawings of each other on the back of some old wrapping paper.
- Play in the sand together, at the beach, a local park, or your child's own sandbox.
- Help your child practice a sport they enjoy.
- Write messages on the mirror for one another with soap.
- Create memory boxes for your child's favorite pictures, artwork, and mementos.
- Create a special place in your home for displaying your child's artwork.
- Let your child choose what to display in the place mentioned
- Help your child fix a broken item or toy.
- Watch your child play a sport.
- Climb a tree.
- Put on skits for your family.
- Have something unusual for dinner like air-popped popcorn and fresh fruit.

Pray and study the Bible together.

Modified Version

By Jennifer Wolf Fact checked by Donna Murray, RN, BSN Updated on February 26, 2020







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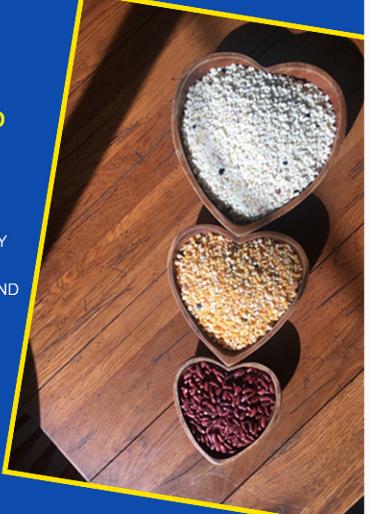
Nutritious Menu

TIMOR-LESTE CORN AND BEAN SOUP

INGREDIENTS:

3 CUPS DRIED CORN OR HOMANY (YELLOW OR WHITE) 1/2 CUP DRIED BEANS OF ANY KIND 6 1/2 CUPS WATER

SALT TO TASTE



DIRECTIONS:

MIX. RINSE AND CLEAN. FILL RICE COOKER OR PAN WITH WATER. COOK ABOUT 3 HOURS UNTIL SOFT. ADD WATER AS NEEDED.

WHEN CORN AND BEANS ARE SOFT ADD SEASONING

OPTIONS:

COCONUT MILK OR CREAM
CHOPPED GARLIC AND ONION
CHILLIE SALSA
CHOPPED GREEN ONION







Nutritious Menu

CHILE SALSA

INGREDIENTS:

1/2 CUP CHOPPED ONION (RED OR WHITE)

1/2 CUP CHOPPED GREEN ONION

1/4 CUP CHOPPED CILANTRO

1 CUP CHOPPED TOMATOES

1 CUP CHOPPED CUCUMBER

1-2 CHOPPED CHILE (DEPENDS HOW

HOT YOU LIKE)

1 TBS LEMON JUICE (OR TO TASTE)

SALT AND SEASONING TO TASTE



DIRECTIONS:

MIX AND SERVE WITH THE TIMOR-LESTE CORN AND BEAN SOUP.

ENJOY!!!







Healthy Juice

TIMOR-LESTE LEMONGRASS & GINGER TEA

Ingredients:

12 LEMONGRASS LEAVES BRUISED
1 LARGE GINGER CLEAN AND CUT INTO THIN PIECES
8 CUPS WATER OR DESIRED AMOUNT

ADD ALL TO PAN AND BOIL 10 MINUTES AND LET SIT. STRAIN INTO GLASS JAR OR CUP. ADD SWEETENER IF DESIRED. DRINK HOT OR COLD. ENJOY DURING THIS CHALLENGING TIME!!!



ADVISORY ON





- Words of Hope and Cheer

Psalms 107:19-21

19 "Lord, help!" they cried in their trouble, and he saved them from their distress.

He sent out his word and healed them, snatching them from the door of death.

Let them praise the Lord for his great love and for the wonderful things he has done for them.

2 Kings 20:5

I have heard your prayer and seen your tears. I will heal you.

Jeremiah 17:14

O Lord, if you heal me, I will be truly healed; if you save me, I will be truly saved.
My praises are for you alone!

Revelation 21:4

He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.

Psalms 30:2

O Lord my God, I cried to you for help, and you restored my health.





