

# Surveillance

MARCH  
**30**  
2020

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

COUNTRY							
 Bangladesh	48	0	5	15	LT	0	0
 Brunei	126	6	1	34	LT	0	0
 Cambodia	103	4	0	21	LT	0	0
 Indonesia	1,285	130	114	64	LT	0	0
 Lao	8	0	0	0	LT	0	0
 Malaysia	2,470	150	35	388	LT	0	0
 Myanmar	8	0	0	0	LT	0	0
 Pakistan	1,526	31	14	29	LT	0	0
 Philippines	1,418	343	71	42	LT	0	0
 Singapore	844	42	3	212	LT	0	0
 Sri Lanka	117	4	1	11	LT	0	0
 Thailand	1,388	143	7	97	LT	0	0
 Timor Leste	1	0	0	0	IT	0	0
 Vietnam	188	14	0	21	LT	0	0

-  Total Number of Confirmed Cases
  -  Total Number of Confirmed New Cases
  -  Total Number of Deaths
  -  Total Number of Recoveries
- LT = Local Transmission  
IT = Imported Transmission
-  SDA Total Number of Confirmed Cases
  -  SDA Total Number of Recoveries

### 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

In this special message,

**Pastor Ted Wilson and Dr. Peter Landless**

address the on-going COVID-19 coronavirus crisis.

You may also watch and download this video on  **YouTube**



<https://youtu.be/J5GwERHIH2M>



# Preventive Measures

## Recommendations for Potlucks During COVID-19 Pandemic

By **Fred Hardinge**

DrPH, RD, FAND, Associate Director of Health Ministries for the General Conference of Seventh-day Adventists GCNC  
Recommendations for Fellowship Meals During the COVID-19 Pandemic



The **Seventh-day Adventist Church** values the health of its members and also keenly senses an obligation to the larger community of which we are a part. Because we desire to do all we can to slow the spread (“**flatten the curve**”) of **infection** and protect the most vulnerable we believe our churches should to be at the forefront of community efforts. Therefore, we recommend the following during this pandemic:

1. Full cooperation with the prevailing **Public Health Recommendations** of the jurisdictions in which our churches exist.
2. All fellowship meals (**at church, home, parks or any other public places**) must be **cancelled** until such time it is deemed safe by civil and church administration. (Fellowship Meals do not lend themselves to adequate social distancing, and they pose significant hygienic challenges in both food preparation and serving.)
3. Doing this is a practical way of demonstrating love for our “neighbors” in these serious times.
4. We suggest that fellowship meals be temporarily replaced by **virtual support group meetings** (through **phone calls, text messages, Skype, WhatsApp, Zoom**, or other virtual methods) to maintain social interaction and check on the wellbeing of church members.



# Healthy Juice

## Ginger Shot

### Ingredients:

- 2 big, juicy lemons;
- 2-3 tablespoons of honey;
- 25 grams of ginger – I like my shot to be quite concentrated and I will admit that it is spicy (burning spicy). So you can lower the quantity;



### Tools:

- a blender
- a grater – optional (you can add the ginger grated if you don't have a blender)

### Instructions:

1. First, squeeze the juice from the lemon (or lemons) and strain it. You can leave the pulp in, but there will also be tiny bits of ginger in it so it might be too thick to drink.
2. Add the lemon juice and honey into your blender.
3. Chop ginger roughly and add it to the blender as well.
4. Mix everything for 30 seconds to one minute. Honey is quite thick and you want it to be well incorporated (trust me). Also, ginger has quite a hard texture and it won't be turned into a paste or something close to that consistency. You will still be able to feel some really small ginger bits in the shot. I like to strain it because I don't like the ginger bits.



# Nutritious Menu

## CUCUMBER PLUS SALAD

### Ingredients:

Cucumber, peeled and sliced – 1 pc  
Calamansi – 4 pcs juiced  
Black pepper – pinch  
Sugar – 1 tsp  
Salt – pinch

Optional ingredients to enhance salad

Tomatoes, sliced  
Onion diced  
Cilantro (Wansoy)  
Sliced Indian mango  
Salt to taste

### Procedure:

1. Mix all ingredients and cool in the refrigerator first and take out just before eating.
2. Sprinkle on top the optional ingredients to enhance presentation and nutritional values.

### VARIATION / ALTERNATIVES:

The following vegetable can be used as an alternate to cucumber for variation on next meal:

- Ampalaya, sliced thinly
- Radish (Labanos)
- Add onion to this salad



## Menu to strengthen IMMUNE SYSTEM

by Dr. Linda Lim Varona



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# Words of Hope and Cheer



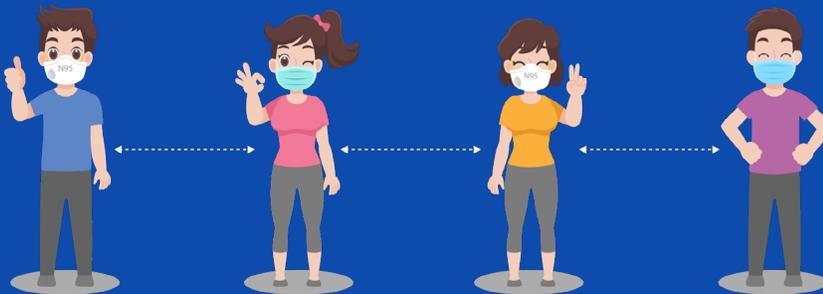
## COMMANDMENTS of COVID

By Promise Joy De Castro

**1. Thou shalt not go out of the house.** When Noah got locked down for 40 days (of raining and flooding) in the ark and more days to get the water down, there was a pandemic flood. God kept them in and all supplies were provided. We are quite in a similar occurrence. He will provide!



**2. Thou shalt not get close to anyone** (at least 1 meter) in mobbed area or public places. You are a chosen generation, a royal priesthood, a holy nation, a peculiar people...you are not promised not to be contaminated if you are in a crowd and everyone seems to be doing what is for them is the norm (for some, because of vulnerability). You will



be tempted to emulate what is trending (as it is termed today) if you are around them. The law of emulation is still in existence.



# Words of Hope and Cheer



## COMMANDMENTS of COVID

By Promise Joy De Castro

**3. Thou shalt always wash your hands** with water and soap for 20 seconds at least. Washing means cleansing. Recognizing that we always attract dirt and bacteria compels us to do this. **On the other hand, confessing our sins specifically, means accepting our sinfulness thus claiming God's cleansing through Jesus Christ's death makes us clean all the time.**



**4. Remember to take full rest** to sustain your immunity against sickness. It is not a license to stay up late just because we are in a forced resting period time. We must maintain a good healthy sleeping hour to keep up with the required rest periods our body needs. Just like...**"remember the Sabbath day to keep it holy."** We must remember our body as the temple of the Holy Spirit. Take good care of it extra ordinarily.



# Words of Hope and Cheer



## COMMANDMENTS of COVID

By Promise Joy De Castro



**5. Honor the orders of the government officials,** not only for your welfare, but for the good of the whole community. As we are task to respect our parents, we must also give the “authority that was given to Ceasars” things that are Ceasar’s. **They were placed in those positions by God’s leading.**

### 6. Thou shalt not go out without quarantine pass.

Inorder to maintain safety thus easy contact tracing whenever suspected COVID infected persons are detected, this must be seriously followed. **That your life may be spared from fear, learn the virtue of obedience.**



# Words of Hope and Cheer



## COMMANDMENTS of COVID

By Promise Joy De Castro

### 7. Thou shalt cover your nose and mouth

mouth with a disposable tissue or flexed elbow when you cough or sneeze. And don't touch them as well with unclean hands. Why? Cause droplets from you (if you may be a COVID suspect which is generally all people is suspected to be) may be a cause for someone's death. **Do not spread sin. You are not an agent of the enemy. You are God's special creation and had been bought at a price.** You cannot be a carrier of death. You must be a banner of life.



### 8. Thou shalt always remember the answered prayers you had in the past

(recent and current too) and the rewards (you think they are categorized that way because they were unexpected) and blessings so that your spirit be brought back to God and His complete protection for your life and the predicament He allows you to be.



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# Words of Hope and Cheer



## COMMANDMENTS of COVID

By Promise Joy De Castro

**9. Thou shalt take vitamin C to sustain your immune system.**  
Take vitamin Christ always to drive away enemy. Satan cannot be at par with what Jesus has done for us.



**10. Thou shalt always be happy and at peace.**  
Jesus is at the door. He is peeping now. The door is ajar. He is almost coming out. Are you ready?



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