

Surveillance

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

Data as of **March 18, 2020**

COUNTRY	TOTAL NUMBER OF CONFIRMED CASES	TOTAL NUMBER OF CONFIRMED NEW CASES	TOTAL NUMBER OF DEATHS	TOTAL NUMBER OF NEW DEATHS	TRANSMISSION CLASSIFICATION	SEVENTH-DAY ADVENTIST # OF CONFIRMED CASES	TOTAL NUMBER OF NEW DEATHS	TOTAL NUMBER OF DEATHS
Bangladesh	8	3	0	0	LT	0	0	0
Brunei	50	10	0	0	LT	0	0	0
Cambodia	24	12	0	0	LT	0	0	0
Indonesia	172	55	5	1	LT	0	0	0
Lao	0	0	0	0	-	0	0	0
Malaysia	553	315	0	0	-	0	0	0
Myanmar	553	0	0	0	-	0	0	0
Pakistan	52	24	0	0	LT	0	0	0
Philippines	187	47	12	0	LT	0	0	0
Singapore	243	0	0	0	LT	0	0	0
Sri Lanka	29	10	0	0	LT	0	0	0
Thailand	147	33	1	0	LT	0	0	0
Timor Leste	0	0	0	0	-	0	0	0
Vietnam	61	4	0	0	LT	0	0	0

Source: World Health Organization

* LT = Local Transmission



ADVISORY ON
COVID-19

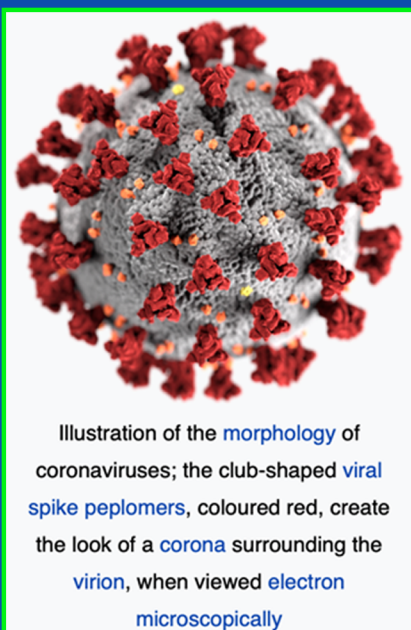
Trivia


about COVID-19

Why the name Corona?

CORONAVIRUSES are a group of related viruses that cause diseases in mammals and birds. In humans, coronaviruses cause respiratory tract infections that can be mild, such as some cases of the common cold (among other possible causes, predominantly rhinoviruses), and others that can be lethal, such as SARS, MERS, and COVID-19. Symptoms in other species vary: in chickens, they cause an upper respiratory tract disease, while in cows and pigs they cause diarrhea. There are yet to be vaccines or antiviral drugs to prevent or treat human coronavirus infections.

Coronaviruses constitute the subfamily Orthocoronavirinae, in the family Coronaviridae, order Nidovirales, and realm Riboviria. They are enveloped viruses with a positive-sense single-stranded RNA genome and a nucleocapsid of helical symmetry. The genome size of coronaviruses ranges from approximately 27 to 34 kilobases, the largest among known RNA viruses. The name coronavirus is derived from the Latin corona, meaning “crown” or “halo”, which refers to the characteristic appearance reminiscent of a crown or a solar corona around the virions (virus particles) when viewed under two-dimensional transmission electron microscopy, due to the surface covering in club-shaped protein spikes. *Source :Wikipedia*



Virus classification 	
(unranked):	Virus
Realm:	Riboviria
Phylum:	incertae sedis
Order:	Nidovirales
Family:	Coronaviridae
Subfamily:	Orthocoronavirinae
Genera^[1]	

Preventive MEASURES

Environmental cleaning and ventilation

Refers to routine cleaning of frequently used surfaces and objects to help to prevent the transmission of COVID-19 to help to mitigate the risk of people becoming infected through self-inoculation after touching contaminated surfaces. The virus that causes COVID-19 has the potential to survive in the environment for up to several days. Footnote iv Cleaning, particularly of frequently touched surfaces, can kill the virus, making it no longer possible to infect people.



- Cleaning the home and co-living setting: Frequently touched areas such as toilets, bedside tables, light switches and door handles should be first cleaned (to physically remove dirt) and disinfected daily with water and regular household cleaning products or a diluted bleach solution (0.5% sodium hypochlorite). If they can withstand the use of liquids for disinfection, frequently touched electronics such as phones, computers and other devices may be disinfected with 70% alcohol (e.g. alcohol prep wipes). All used disposable contaminated items should be placed in a lined container before disposing of them with other household waste.
- Cleaning public spaces: Cleaning of high traffic public spaces (e.g. malls, airports, public transportation) should follow regular cleaning and disinfecting regimes, both in terms of products used and surfaces targeted, as it is not likely practical/sustainable to increase the frequency of cleaning. Community settings are encouraged to develop protocols for cleaning public spaces if they currently do not have an established cleaning routine. Workplaces and other similar community settings are encouraged to clean highly touched surfaces (e.g. phones, elevator buttons, washrooms, tables) frequently and to recommend and facilitate increased hand hygiene. It is also recommended that items that cannot be easily cleaned (e.g., newspapers, magazines, stuffed toys) be removed.

Increasing ventilation (e.g. opening windows when weather permits) may help reduce transmission, though evidence is limited as to its effectiveness. Simulation studies show that increased ventilation was shown to reduce influenza transmission and is usually simple and feasible in many locations.



Healthy Juices & Nutritious Menu to Combat COVID-19

During the **COVID-19 war**, it is very important to boost the defenses of our body. **Choosing healthy food** on daily basis will prevent us from sickness and support our immunity. A simple way to plan for your menu is to look at your plate and divide them into four.

- The first part should be consisted of whole grains such as **rice, rolled oats, granola or rootcrops — sweet potato, taro, and corn.**
- Another part will be for your fruits loaded with **phytochemicals and anti-inflammatory properties.**
- Third part will be for **vegetables such as the dark leafy ones, and other deep-colored vegetables.**

They are rich in vitamins, minerals and fibers that help our good bacteria do their job and support to our T-cells and Natural killer cells.

- Lastly, plant-based protein such as **legumes, beans, nuts and mushrooms** are good source of protein enough to build and repair damages in our cells. A day sample menu, juices and drinks that will surely nourish our body and strengthen our immunity.



Healthy Juices & Nutritious Menu to Combat COVID-19

MENUNITY (MENU FOR IMMUNITY)

By Eden L. Elisan, RND, MPH, DipIBLM

BREAKFAST		JUICES / DRINKS
Fruits	Ponkan	1. Carrot and Calamansi Juice
Rice	Steamed Brown Rice	2. Watermelon, Pineapple, and Banana Blend
Meat	Grilled Tofu Marinated in Herb	3. Mango, Apple, Honey Dew Blend
Vegetables	Steamed Okra, Eggplant and Camote Tops with Tomato, Onion, Calamansi and Salt	4. Pure Coco Water Juice
Drinks	Corn coffee	5. Sugarbeets, Banana, Dates, Cucumber 6. Cucumber, Carrots, Sugarbeets, Celery (1/4 stalk) Juice
Snacks	Boiled Sweet Potato with Grated Coconut, Roasted Sesame and Muscovado Sugar Mango-Soy milk Shake	7. Ginger and Lemon Grass Tea 8. Ginger, Garlic and Lemon tea
LUNCH		BENEFITS OF JUICING / BLENDING/NATURAL TEA
Fruits	Papaya	1. Improve appetite
Rice	Brown Rice	2. Better digestion
Vegetables	Malunggay (Moringa) and Corn Soup	3. Nutrient-dense drink that support daily needs for normal body functions
Meat	Fried Breaded Oyster Mushroom	4. Loaded with phytochemicals and antioxidant that fight diseases
Dessert	Carrot-Oat Bar	5. Helps repair the damages in our cells
Snacks	Lemon Juice, Inihaw na Saging Saba	6. Energizes the body and enhance mood
DINNER		
Pasta	Vegetarian-tomato spaghetti	
Vegetables	Mixed Vegetable Salad Sprinkled with Sunflower Seeds, Pumpkin Seeds, Raisins, and Slice Almonds. Orange-Mango Dressing	
Fruits	Apple	
Drink	Soy milk	



ADVISORY ON
COVID-19



Adventist
Health Ministries



COVID-19 Fitness

14-DAY quarantine WORKOUT PLAN

QUARANTINE CARDIO

DAY 1

1. Squat touches x 25
2. Knee-in lunge R x 25
3. Knee-in lunge L x 25
4. Air sumo squats x 25
5. Side to side squats x 30
6. Plie punches x 1 min
7. Front kicks x 20

ANTI-COVID ABS

DAY 2

1. Scissors x 20
2. L-Crunch R x 25
3. Butt ups x 15
4. Hip twists x 30
5. L-crunch L x 25
6. Criss cross x 40

SLEEK & SANITIZED ARMS

DAY 3

1. Golf balls x 1 min
2. Soccer balls x 1 min
3. Prayer pulses x 1 min
4. Walnut crushers x 1 min
5. Scarecrow x 1 min
6. Goal post punchers x 1 min
7. Milk jugs x 1 min

PLUMP PANDEMIC BOOTY

DAY 4

1. Bridges x 50
2. Single leg bridge R x 25
3. Single leg bridge L x 25
4. Pointed butt lift R x 30
5. Cross butt kick R x 20
6. Pointed butt lift L x 30
7. Cross butt kick L x 20

LONG, LEAN & CLEAN LEGS

DAY 5

1. Alt. lunges x 20
2. Plie quats x 25
3. Narrow squat pulses x 25
4. Side leg lift R x 25
5. Side leg lift L x 25
6. Straddle scissors x 30

EMPTY SHELVES SCULPT

DAY 6

1. Charleston kicks R x 20
2. Wall sit x 1 min
3. Charleston kicks L x 20
4. Up up down downs x 20
5. Straight leg heel lift R x 30
6. Straight leg heel lift L x 30
7. Eagle crunch x 20

SOCIAL DISTANCE STRETCHES IN BED*

DAY 7

1. Straddle circles x 1 min
2. Hamstring stretch R x 1 min
3. Hamstring stretch L x 1 min
4. Happy baby x 1 min
5. Pike x 1 min
6. Spinal twist R x 1 min
7. Spinal twist L x 1 min

QUIET CARDIO

DAY 8

1. Air squats x 30
2. Alt. lunges x 20
3. Lunge pulse R x 25
4. Lunge pulse L x 25
5. Walking burpee kicks x 15
6. Side Squats R x 20
7. Side squats L x 20

NO MORE CORONA CORE

DAY 9

1. T-arm roll up R x 25
2. T-arm roll-up L x 25
3. Double leg lift x 20
4. Single leg drop x 20
5. Cross crunch R x 30
6. Cross crunch L x 30
7. Plank knee cross x 20

COUCH POTATO UPPER BODY

DAY 10

1. Tricep dips x 25
2. Couch climbs x 20
3. Couch taps x 20
4. Angel wings R x 30
5. Angel wings L x 30
6. Double Angel Arms x 30
7. Couch arm balance x 20

NEVER BORED BOOTY

DAY 11

1. Mermaid leg lift R x 30
2. Straight leg lift R x 25
3. Hamstring extension R x 25
4. Mermaid leg lift L x 30
5. Straight leg lift L x 25
6. Hamstring extension L x 25
7. Butterfly bridges x 30

NOT OUT OF STOCK THIGHS

DAY 12

1. Side leg triangle R x 20
2. Bicycle leg R x 25
3. Leg circ. R x 15fwd/15bwd
4. Side leg triangle L x 20
5. Bicycle leg L x 25
6. Leg circ. L x 15fwd/15bwd
7. Froggers x 25

TONED UNLIKE TOILET PAPER TOTAL BODY

DAY 13

1. Squat lunges x 20
2. Curtsy lunge kick R x 20
3. Curtsy lunge kick L x 20
4. Russian twists x 30
5. Leg outs x 20
6. Shoulder tap alt leg lifts x 20

STOP HOARDING START STRETCHING*

DAY 14

1. Butterfly head circles x 1 min
2. Cradle the baby R x 1 min
3. Cradle the baby L x 1 min
4. Side to side straddles x 1 min
5. Straddle x 1 min
6. Bow pose x 1 min
7. Back hug x 1 min

Do 4 rounds of each circuit for a daily 30 min. apartment friendly workout.
Check the when you're done! * = do once. Have fun and be safe! - @blogilates

Words of Hope and Cheer

During infectious disease outbreak such as the **COVID-19**, **strengthening our psychological wellbeing** is as important as **strengthening our physical health**. Our good and stable **mental health** can help us better cope with the COVID-19 outbreak and the uncertainty and frustration it creates. The feelings of **fear, panic, and anxiety caused by the COVID-19** can be **overwhelming** to a lot of people especially to those with pre-existing mental health concerns. Thus, it must be carefully acknowledged and processed. Because if not, **sleep concerns, anxiety-related behaviors, uncontrollable thoughts, work-life-balance issues**, may be experienced and intensified.



Managing our mental health while looking after our physical health will enable us to keep things in perspective in a better way, **while still acknowledging the associated serious concerns about the COVID-19**. In times like this, **we need to see things in proper perspective**. It is still important **to remain informed**, but let us try to stick with the facts and **share only useful information**. **Fake news will only intensify fear and panic** so we need **to filter what share**. It is encouraged that we **share positive news or images** about those people who have recovered or those people who have supported a loved one through recovery. Furthermore, **let us acknowledge the efforts of our front liners such as the health workers** who are working very hard to treat those affected. Remember that **we are not alone** in this fight with the COVID-19, vaccines are being created, preventive measures are being given, and more importantly **we have a God who loves us so much**.



Words of Hope and Cheer

My dear brothers and sisters. Let us not look on the dark side of life but let us cultivate cheerfulness of spirit during this COVID-19 outbreak. If we instruct our souls to have more faith, more love, greater patience, a more perfect trust in our heavenly Father, we would have more peace and happiness as we pass through the conflicts of this life (2MCP, 466).

The Lord has wonderful promise,

*“I will not leave you
comfortless” He said*

(John 14:18).

Let us cherish **His words**,
believe **His promises**,
repeat them by day and meditate
upon them in the night season,
and be happy (MS 75, 1893).

Our **RIGHT THINKING**,
RIGHT ATTITUDE
and **FERVENT PRAYERS**
will surely make a difference.

written by Mr. Rhalf Guanco

