

Surveillance

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

Data as of **March 20, 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	18	0	1	0	LT	0	0	0
Brunei	73	5	0	0	LT	0	0	0
Cambodia	37	0	0	0	LT	0	0	0
Indonesia	309	0	25	0	LT	0	0	0
Lao	0	0	0	0	-	0	0	0
Malaysia	900	0	2	0	-	0	0	0
Myanmar	0	0	0	0	-	0	0	0
Pakistan	454	0	2	0	LT	0	0	0
Philippines	217	0	17	0	LT	0	0	0
Singapore	345	0	0	0	LT	0	0	0
Sri Lanka	60	0	0	0	LT	0	0	0
Thailand	272	0	1	0	LT	0	0	0
Timor Leste	0	0	0	0	-	0	0	0
Vietnam	85	0	0	0	LT	0	0	0

Source: **WORLDOMETER**

* LT = Local 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/>)



ADVISORY ON
COVID-19



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Trivia

about COVID-19

1. To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.



Options include:

- **Diluting your household bleach.**
To make a bleach solution, mix:
 - ◇ 5 tablespoons (1/3rd cup) bleach per gallon of water or
 - ◇ 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.**
Ensure solution has at least **70% alcohol**.

2. Other common EPA-registered household disinfectants.

Products with EPA-approved emerging viral pathogens (<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>) claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.)



Preventive MEASURES



MILD

1. Everything is a-okay!
There is absolutely nothing wrong.
You're probably cuddling a fluffy kitten right now. Enjoy!
2. You're a bit frustrated or disappointed,
but you're easily distracted
and cheered up with little effort.
3. Things are bothering you, but you're coping.
You might be overtired or hungry.
The emotional equivalent of a headache.



MODERATE

4. Today is a bad day (or a few bad days).
You still have the skills to get through it,
but be gentle with yourself. Use self-care strategies.
5. Your mental health is starting to impact on your everyday
life. Easy things are becoming difficult.
You should talk to your doctor.
6. You can't do things the way you usually do them due
to your mental health. Impulsive and compulsive thoughts
may be hard to cope with.



SEVERE

7. You're avoiding things that make you more distressed,
but that will make it worse. You should definitely seek help.
This is serious.
8. You can't hide your struggles anymore. You may have
issues sleeping, eating, having fun, socializing, and work/study.
Your mental health is affecting almost all parts of your life
9. You're at a critical point. You aren't functioning anymore.
You need urgent help. You may be a risk to yourself
or others if left untreated.
10. The worst mental and emotional distress possible.
You can no longer care for yourself. You can't imagine things
getting any worse. Contact a crisis line immediately.



ADVISORY ON
COVID-19

Juice to Combat COVID-19

Beet, Carrot, Ginger, and Turmeric

This juice consists of four root vegetables which not only boosts our immunity but also provides strength to our body. These four root vegetables play an essential part in fighting inflammatory diseases and show an immune response in our body. If we consume this juice, our body also becomes immune to flu and cold symptoms like headaches, runny nose, body aches, and cough. Individuals suffering from a condition called rheumatoid arthritis should consume this juice as this extract has proven to provide a soothing effect on the symptoms. This juice is packed with Vitamin C, A, and E, as well as Iron and calcium.

Ingredients:

- 1 beet root
- 1 carrot
- 1 ginger
- 1 blood orange
- 2-inch piece turmeric
- 2-inch ginger root
- Cayan pepper
- Black salt

Method:

Mix all the ingredients and blend them well together.



Simple Menu to Fight COVID-19

Ingredients

- 1 pound sliced fresh mushrooms
- 2 small onions, chopped
- 1/2 cup all-purpose flour
- 2 teaspoons Italian seasoning
- 1/2 teaspoon onion powder
- 1/2 teaspoon pepper
- 1/8 teaspoon paprika
- 4 cups milk
- 2 packages (10 ounces each) frozen chopped spinach, thawed and squeezed dry

Directions

- In a large saucepan, saute mushrooms and onions in butter until tender. Stir in flour and seasonings until blended; gradually add milk and broth. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Stir in spinach. Reduce heat; cover and simmer for 5 minutes or until heated through.

Nutrition Facts

1 cup: 179 calories, 11g fat (6g saturated fat), 30mg cholesterol, 524mg sodium, 15g carbohydrate (6g sugars, 3g fiber), 7g protein.



Exercise to Fight COVID-19

Exercise @ Home



Please click the links below:

Home Workout to Boost Immune System

https://www.youtube.com/watch?v=vZUXKNNniDc&feature=youtu.be&fbclid=IwAR0VIW-z1lquK5Vwwic9NNsqXtw-1_U97-uPvh11y60ZO10zb6woB_C0o5Bk

Exercises to help you Boost your Immunity: 14-Minute Class

https://www.youtube.com/watch?v=06CVbc0CEHI&feature=youtu.be&fbclid=IwAR-2RTqTswFUf-ObaeO1y3bt50_Uc7YXagcQFxdcmSBIKEioiulJT4Co-WQ

Southern Asia-Pacific Division



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Words of Hope and Cheer

A 10 year old boy is the contributor of this section. While at home with the parents because Community quarantine, the parents asked him and his siblings to reflect and write about COVID 19.

