

# Surveillance

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

Data as of **March 23, 2020**

COUNTRY	TOTAL NUMBER OF CONFIRMED CASES	TOTAL NUMBER OF CONFIRMED NEW CASES	TOTAL NUMBER OF DEATHS	TOTAL NUMBER RECOVERED	TRANSMISSION CLASSIFICATION	SEVENTH-DAY ADVENTIST # OF CONFIRMED CASES	TOTAL NUMBER OF NEW DEATHS	TOTAL NUMBER OF DEATHS
Bangladesh	27	3	2	3	LT	0	0	0
Brunei	88	5	0	2	LT	0	0	0
Cambodia	84	31	0	2	LT	0	0	0
Indonesia	514	64	48	29	LT	0	0	0
Lao	0	0	0	0	-	0	0	0
Malaysia	1306	123	10	139	LT	0	0	0
Myanmar	0	0	0	0	-	0	0	0
Pakistan	646	1	3	13	LT	0	0	0
Philippines	380	73	25	15	LT	0	0	0
Singapore	455	23	2	144	LT	0	0	0
Sri Lanka	82	5	0	3	LT	0	0	0
Thailand	599	188	1	1	LT	0	0	0
Timor Leste	1	0	0	0	-	0	0	0
Vietnam	113	0	0	17	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/>)



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# Trivia

Do you know that the following are the underlying medical conditions that may increase the risk of serious **COVID-19** for individuals of any age.

- **Blood disorders** (e.g., sickle cell disease or on blood thinners)
- **Chronic kidney disease** as defined by your doctor. Patient has been told to avoid or reduce the dose of medications because kidney disease, or is under treatment for kidney disease, including receiving dialysis
- **Chronic liver disease** as defined by your doctor. (e.g., cirrhosis, chronic hepatitis) Patient has been told to avoid or reduce the dose of medications because liver disease or is under treatment for liver disease.
- **Compromised immune system (immunosuppression)** (e.g., seeing a doctor for cancer and treatment such as chemotherapy or radiation, received an organ or bone marrow transplant, taking high doses of corticosteroids or other immunosuppressant medications, HIV or AIDS)
- **Current or recent pregnancy** in the last two weeks
- **Endocrine disorders** (e.g., diabetes mellitus)
- **Metabolic disorders** (such as inherited metabolic disorders and mitochondrial disorders)
- **Heart disease** (such as congenital heart disease, congestive heart failure and coronary artery disease)
- **Lung disease** including asthma or chronic obstructive pulmonary disease (chronic bronchitis or emphysema) or other chronic conditions associated with impaired lung function or that require home oxygen
- **Neurological and neurologic and neurodevelopment conditions** [including disorders of the brain, spinal cord, peripheral nerve, and muscle such as cerebral palsy, epilepsy (seizure disorders), stroke, intellectual disability, moderate to severe developmental delay, muscular dystrophy, or spinal cord injury].



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# Preventive MEASURES

by AMCM Lifestyle Medicine Department

## MINIMISE what damages the body



### IMMUNE SUPPRESSING FOOD:

Energy-rich food such as high fat, sugar and refined processed food.

### INFLAMMATION AND OXIDATIVE STRESS PROMOTER:

Smoking, alcohol use, processed meat (mechanical, chemical or microbial).



### INADEQUATE REST WATER INTAKE & IMBALANCE DIET STRESS AGENTS:

Negative thoughts, hurtful words and indifference.



# Preventive MEASURES

by AMCM Lifestyle Medicine Department

## MAXIMISE what repairs and sustains the body



### NUTRITION:

whole-plant based food includes whole grains, vegetables, beans, nuts, seeds are loaded with phytochemicals and nutrients to strengthen the defense of our body.



### EXERCISE:

simple 15 minutes workout at home energized your body and improves immunity.

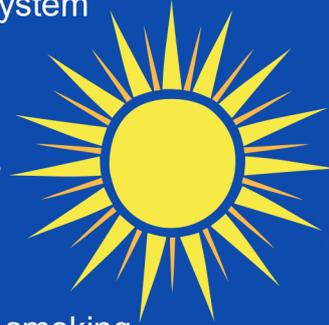


### WATER:

adequate water intake cleanse the system from waste and toxins

### SUNLIGHT:

improves circulating immune T-cells to fight off an infection in our body.



### TEMPERANCE:

avoidance of all bad things (alcohol, smoking and illegal drugs) and in moderation of all good things (enough eating, exercise, sleeping)



### AIR:

Deep breathing oxygenized our system and reduce stress



### REST:

time for rest and repair of cell components

### TRUST IN GOD:

prayer and reading the Bible and faith in God prove to boost the immune system and relieve us from all anxiety.



# Juice to Combat COVID-19

## Carrot Apple Glow Juice

By Keisha Reyes

Serves: 2 eight ounce servings

### Ingredients

2 large organic carrots tops trimmed  
1 organic Granny Smith apple cut into quarters  
1 Naval orange quartered and peeled  
Special equipment: Juicer

### Instructions

1. Place the ingredients into the juicer according to the manufacturer's directions.
2. Drink or place in a tightly sealed glass container and refrigerate immediately. Keeps for about two days.



# Menu

## to Combat COVID-19

The best way to stay healthy is through frequent hand-washing and avoiding sick people. It's also important to stay hydrated and load up on certain nutrients like the ones found on this recipe. Your immune system needs nutrients like vitamin A, vitamin C, vitamin E and zinc, to keep you healthy.

### What's In This Immune-Boosting Soup Recipe:

**Mushrooms** – the soup is made in a mushroom broth (simmering mushrooms for an hour+) and mushrooms are a power food that contains Ergothioneine, a powerful antioxidant that helps to eliminate free radicals. They're also a powerful source of Vitamin D.

**Coconut Oil** – contains two important anti-viral compounds, lauric acid and caprylic acid. Together these help ward off bacterial and viral infections.

**Garlic** – eating garlic can actually boost the number of virus-fighting T-cells in your bloodstream. It also contains alliin which converts to allicin, which is believed to be the major antibacterial compound in garlic.

**Turmeric** – probably best known for its ability to fight inflammation, turmeric contains a powerful antioxidant called curcumin which is responsible for this decrease in inflammation that is oftentimes found to be related to various illnesses.

**Bok Choy** – it is very high in Vitamin A, which is essential for a properly functioning immune system, while also containing high amounts of vitamin C, an antioxidant that shields the body from free radicals.

**Kale** – It's packed full of iron, which is essential for your body working at its ultimate level, along with being a great source of vitamins and antioxidants.



# Menu

## to Combat COVID-19

### Ingredients

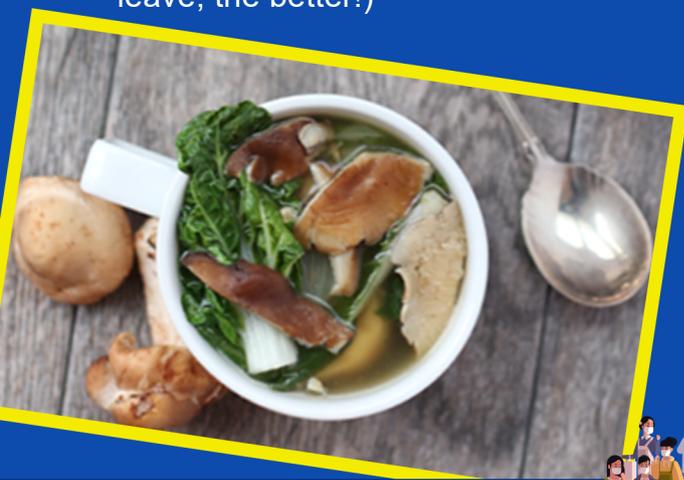
- 1 T coconut oil
- 1 large yellow onion, chopped
- 6 garlic cloves, minced
- 2 celery stalks, sliced
- 1 lb shitake mushrooms
- 1 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 tsp turmeric
- 12 cups water
- 4 heads baby bok choy, bottoms chopped off
- 1/2 head kale, chopped
- optional: 1 tablespoon freshly grated ginger

### Instructions

1. Chop off the bottom of the stem from your mushrooms and discard. Separate stems from tops and slice tops and remaining stem if necessary, into large pieces. You will only discard the very bottom of the stems, not the full stems as they contain many nutritional benefits.
2. Heat up coconut oil in a large pot over medium heat.
3. Add onions and sauté for 5 minutes or until translucent.
4. Add in garlic and cook for 1 more minute.
5. Add in celery and mushrooms and sauté for about 10 minutes or until mushrooms have wilted.
6. Add in spices (including ginger, if using) and water and bring to a boil.
7. Then let simmer, covered for 1 hour or as long as you want (the longer you leave, the better!)
8. Add bok choy and kale in the last 10 minutes of cooking to wilt.
9. Serve warm or store for up to 1 week in the refrigerator.

Source:

<https://www.thehealthymaven.com/the-ultimate-immune-boosting-soup>



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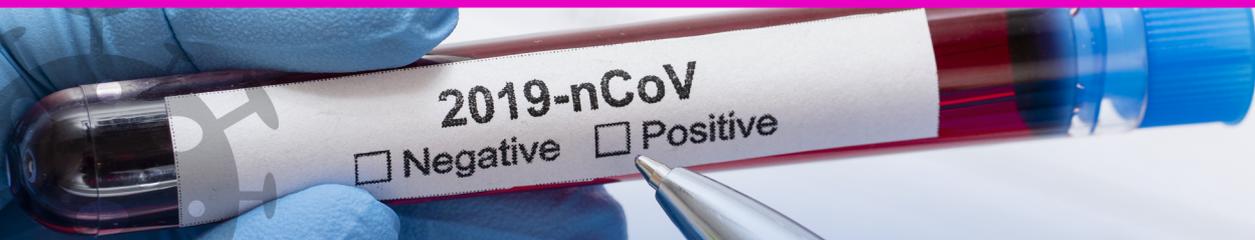
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# Words of Hope *and* Cheer



## When God allows hardship, *where is He?*

“And we know that all things work together for good to those who love God, to those who are called according to His purpose. For whom he foreknew, He also predestined to be conformed to the image of His son, that He might be the firstborn among many brethren.” -Romans 8:28-29

Have you ever baked a cake and tried to take and eat each ingredient? First, with butter - it's yuck! And then with a few spoonful of flour- not nice! And how about chow down the salt- not impressing! Taken individually, these ingredients do not taste good. But put them together in the right proportion and you get a beautiful cake. Not all things are good but if you allow them to “work together” for good, purpose is excellently reached! Dump them together to create something beautiful. The different sufferings in our lives do not feel good. But they are working together to produce something good. Not somethings, not most things, but all things work together for good. God is doing something. CHRISTLIKENESS is the good that God is working towards our lives. This is a wonderful promise of God to hold on to.

Allowing us to live in this world, God's love isn't the kind that will spoil us. Neither would he allow us to do everything we want in life. We might get bored when there is nothing else to do when no one is around. It is not about getting all what we want. It isn't self-



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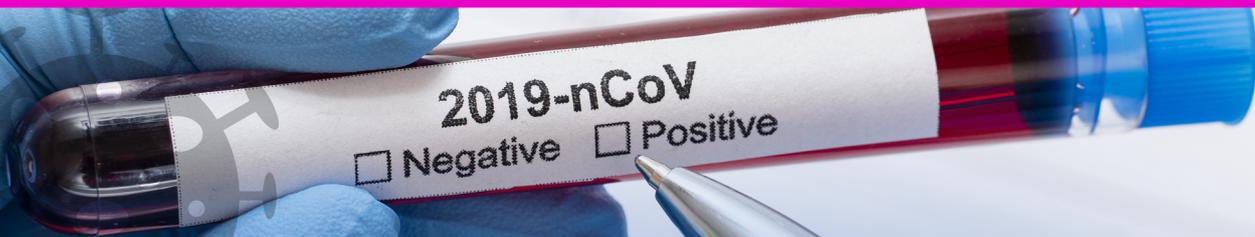
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# Words of Hope *and* Cheer



## When God allows hardship, *where is He?*

seeking. Sometimes, God's love could mean hardships. These are special blessings for us to undergo in order to gain life. This is how he loves us. When our environment is comfortable and easy, all we do is enjoy our fleshly lusts and we simply are unable to sincerely rely on God or look up to or draw close to Him. But when faced with hardships, we learn how to sincerely rely on Him. Not everything in this life would go on smoothly. We must encounter some unpleasant circumstances such as brokenness, failures, poverty, being vilified by worldly people, and worse FACING THIS PANDEMIC. When these circumstances come upon us, we sometimes fall into pain and negativity and develop misunderstanding and complaint about God because we don't understand His will. What is His will behind these hardships? He does not give suffering, but God allows these hardships to happen to redirect, inspect, correct, protect and perfect our faith, and transform our corrupt disposition to being incorruptible. Let us know how God works in this incidence. He arranges circumstances to temper us according to our needs. Only when we are willing to let go of ourselves, submit to God's processes and sovereignty to conduct ourselves according to God's words, could we be qualified to receive God's blessings and promise. That's why hardships are God's special blessings for us!



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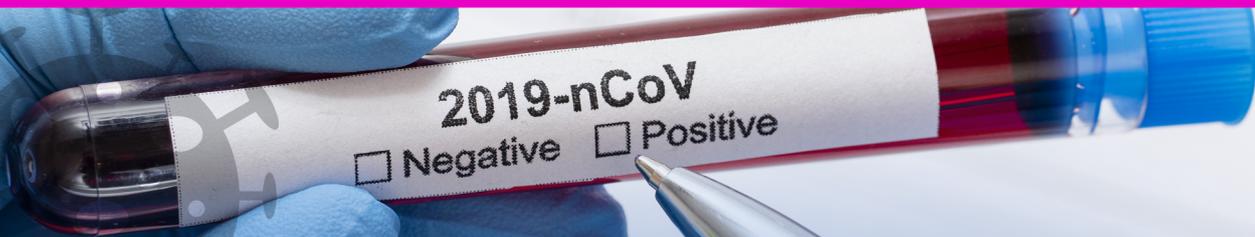
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# Words of Hope *and* Cheer



## When God allows hardship, *where is He?*

Everything that God allows to come our way is always with a purpose. It is never easy for any of us to get what we dream of in life, what we want in life. Every step to pursue our dreams is a step towards bringing us more suffering and pain. However, if we want to get hold of our dreams, we must endure those hardships and stay on the battleground. God allows us to face hardships in life to know if we are worthy enough to get what we want to achieve. However, he provides us strength to endure if we are found worthy and faithful. Never blame the Almighty for these hardships. We all have problems: we all are somehow bearing the same pain. Instead, let us prove ourselves worthy to get the strength to endure and get through them in order to mold us into a better version of ourselves. He is keeping us humble and stronger. Hard times create strong men. Strong men create good times. Good times create weak men. Weak men create hard times. Be thankful for the unexpected path God leads you to. Remain standing on the promises of God, to attain an everlasting life.

Written By

**Ms. Charo Gretchen N. Olvina**

*BSED-3rd Year*



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