




















Surveillance






MARCH

31

2020

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

COUNTRY						
 Bangladesh	49	1	5	0	19	LT
 Brunei	127	1	1	0	38	LT
 Cambodia	107	4	0	0	21	LT
 Indonesia	1,414	129	122	8	75	LT
 Lao	8	0	0	0	0	LT
 Malaysia	2,626	156	37	2	479	LT
 Myanmar	14	4	0	0	0	LT
 Pakistan	1,690	93	21	7	29	LT
 Philippines	1,546	128	78	7	42	LT
 Singapore	879	35	3	0	228	LT
 Sri Lanka	122	5	2	1	15	LT
 Thailand	1,524	136	9	2	229	LT
 Timor Leste	1	0	0	0	0	IT
 Vietnam	203	9	0	0	55	LT

-  Total Number of Confirmed Cases
-  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/>)



Trivia



Do's

Don'ts



Below are some **DOS** and **DON'TS** on language when talking about the new coronavirus disease (**COVID-19**):

DO - talk about the new coronavirus disease (COVID-19)

DON'T - attach locations or ethnicity to the disease, this is not a "Wuhan Virus", "Chinese Virus" or "Asian Virus". The official name for the disease was deliberately chosen to avoid stigmatization - the "co" stands for **Corona**, "vi" for **virus** and "d" for **disease**, **19** is because the **disease emerged in 2019**.

Do



talk about "people who have COVID-19", "people who are being treated for COVID-19", "people who are recovering from COVID-19" or "people who died after contracting COVID-19"

Don't



refer to people with the disease as "COVID-19 cases" or "victims"

Do



talk about "people who may have COVID-19" or "people who are presumptive for COVID-19"

Don't



talk about "COVID-19 suspects" or "suspected cases".

Do



talk about people "acquiring" or "contracting" COVID-19



Trivia



talk about people “transmitting COVID-19” “infecting others” or “spreading the virus” as it implies intentional transmission and assigns blame. Using criminalising or dehumanising terminology creates the impression that those with the disease have somehow done something wrong or are less human than the rest of us, feeding stigma, undermining empathy, and potentially fuelling wider reluctance to seek treatment or attend screening, testing and quarantine.



Speak accurately about the risk from COVID-19, based on scientific data and latest official health advice.



repeat or share unconfirmed rumors, and avoid using hyperbolic language designed to generate fear like “plague”, “apocalypse” etc.



talk positively and emphasize the effectiveness of prevention and treatment measures. For most people this is a disease they can overcome. There are simple steps we can all take to keep ourselves, our loved ones and the most vulnerable safe.



emphasize or dwell on the negative, or messages of threat. We need to work together to help keep those who are most vulnerable safe.



emphasize the effectiveness of adopting protective measures to prevent acquiring the new coronavirus, as well as early screening, testing and treatment.



Preventive Measures

1. As much as possible, don't leave the house

Rethink if you really need to go out of the house. Aside from the what is necessary, citizens are encouraged to stay at home.



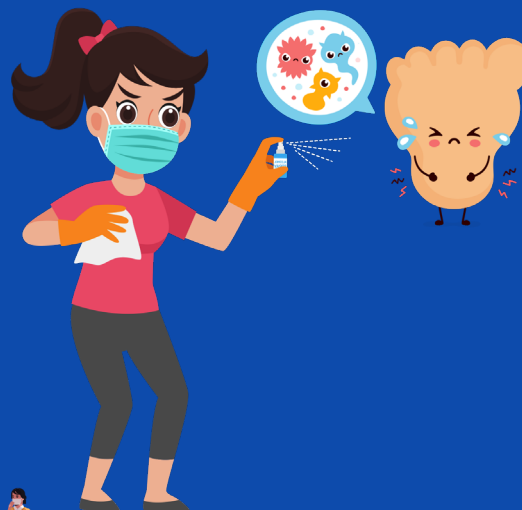
2. Always bring alcohol or hand sanitizer if you do need to go out

If you really need to go out, make sure to bring alcohol or a hand sanitizer with you. Avoid holding your face also while outside of your home.



3. Spray alcohol at the sole of the footwear

Once you've come home, spray alcohol on the sole of your footwear and remove your shoes before entering your house. Make sure to put your shoes in a designated area outside of your house.



Preventive Measures



4. Immediately remove your clothes and put in a separate laundry bag

Once you've come home from your trip outside, immediately remove your clothes and place it in a separate laundry bag. Wash your clothes using water, detergent and a small amount of bleach as soon as you can.

5. Make sure to throw PPEs (gloves, face masks) in a separate trash bin

If you used personal protective equipment such as face masks and gloves, make sure to throw it away in a different trash bin and immediately wash your hands after. Make sure to put the used PPEs in a sealed bag within 72 hours before you leave it outside for garbage collectors to pick up.



6. Put your bag, keys and other things you brought outside in a designated area

If you go out, make sure to put your bag, keys, loose change and other items you brought outside in a designated area near the door. Make sure to clean your bag and the other items by spraying bleach and water or a solution with 70% alcohol.



Preventive Measures



7. Leave a sanitizer by the door and clean your hands before entering

Make sure to leave alcohol or a sanitizer by the door of your house, and clean your hands before going in. While your hands haven't been cleaned yet, make sure not to touch anything inside the house.

8. Take a shower right after coming back home

Immediately take a shower after coming back home. Thoroughly clean your body with soap especially the areas that were exposed. Just like washing our hands, make sure to wash areas of your body properly for 20 seconds.

DOH said that you won't be able to disinfect your home 100% but it's always better to lessen the risk of exposing your loved ones to the disease.



Source: Department of Health



Healthy Juice

Purple Power Juice

Ingredients:

- 1 Apple
- 2 Beets
- 3 Carrots
- 1 Ginger
- 1/2 Lemon
- 1 Pear

Instructions:

Blender/Food Processor Directions: Peel the beets and and carrots and remove the stems. Cut the beets, carrots, apple and pear into small chunks and add them to the blender or food processor. Process with some water until smooth. Taste and add fresh-squeezed lemon juice and grated ginger if desired. The more ginger you add, the less you will taste the beets. Pour into a glass and enjoy!

Juicer Directions:

Cut the beets, apple and pear into sizes that will fit down the chute. Feed them down the chute one at a time until processed. Taste and add fresh-squeezed lemon juice and a knob of ginger if desired. The more ginger you add, the less you will taste the beets. Pour into a glass and enjoy!



ADVISORY ON
COVID-19

Nutritious Menu

Sweet Potato Burritos

Ingredients:

- sweet potatoes, peeled and diced (2 cups)
- frozen corn kernels (1 cup)
- low-sodium black beans, drained and rinsed (1 15-ounce can)
- very thinly sliced green onion (1 teaspoon)
- fresh lime juice (1 tablespoon)
- chili powder (1 teaspoon)
- sea salt (to taste)
- freshly ground black pepper (to taste)
- 8-inch whole-wheat tortillas, warmed (4)
- prepared salsa (1 cup)
- shredded lettuce (2 cups)

Procedure:

- Place the sweet potatoes in a medium saucepan and add water to come an inch up the sides. Place over medium-high heat and bring to a boil; cook for 5 minutes, or until the sweet potatoes are tender.
- Add the corn and cook 1 more minute.
- Drain and transfer to a large bowl.
- Add the black beans, green onion, lime juice, and chili powder; season with salt and pepper to taste.
- Divide the filling among the tortillas, top with the salsa and lettuce, roll the burritos, and serve.



Words of Hope and Cheer

Bill gates

'A SPIRITUAL PURPOSE'

I'm a strong believer that there is a spiritual purpose behind everything that happens, whether that is what we perceive as being good or being bad."

As I meditate upon this, I want to share with you what I feel the Corona / Covid-19 virus is really doing to us.

1. **It is reminding us that we are all equal**, regardless of our culture, religion, occupation, financial situation or how famous we are. This disease treats us all equally, perhaps we should too.
2. **It is reminding us that we are all connected** and something that affects one person has an effect on another.

It is reminding us that the false borders that we have put up have little value as this virus does not need a passport.

It is reminding us, by oppressing us for a short time, of those in this world whose whole life is spent in oppression.

3. **It is reminding us of how precious our health is** and how we have moved to neglect it through eating nutrient poor manufactured food and drinking water that is contaminated with chemicals upon chemicals.

If we don't look after our health, we will, of course, get sick.

4. **It is reminding us of the shortness of life** and of what is most important for us to do, which is to help each other, especially those who are old or sick.



Words of Hope and Cheer

5. It is reminding us of how materialistic our society has become and how, when in times of difficulty, we remember that the essentials that we need (food, water, medicine) as opposed to the luxuries that we sometimes unnecessarily give value to.
6. It is reminding us of how important our family and home life is and how much we have neglected this.

It is forcing us back into our houses so we can rebuild them into our home and to strengthen our family unit.

‘OUR TRUE WORK’

7. It is reminding us that our true work is not our job, that is what we do, not what we were created to do.

Our true work is to look after each other, to protect each other and to be of benefit to one another.

8. It is reminding us to keep our egos in check.

It is reminding us that no matter how great we think we are or how great others think we are, a virus can bring our world to a standstill.

9. It is reminding us that the power of freewill is in our hands.

We can choose to cooperate and help each other, to share, to give, to help and to support each other or we can choose to be selfish, to hoard, to look after only our self.

Indeed, it is difficulties that bring out our true colours.



Words of Hope and Cheer

10. It is reminding us that we can be patient, or we can panic.

We can either understand that this type of situation has happened many times before in history and will pass, or we can panic and see it as the end of the world and, consequently, cause ourselves more harm than good.

It is reminding us that this can either be an end or a new beginning.

This can be a time of reflection and understanding, where we learn from our mistakes, or it can be the start of a cycle which will continue until we finally learn the lesson we are meant to.

It is reminding us that this Earth is sick.
We are sick because our home is sick.

13. It is reminding us that after every difficulty, there is always ease.

Life is cyclical, and this is just a phase in this great cycle. We do not need to panic; this too shall pass.

14. Whereas many see the Corona/ Covid-19 virus as a great disaster, I prefer to see it as a *great corrector*

It is sent to remind us of the important lessons that we seem to have forgotten and it is up to us if we will learn them or not.

Adapted From **Bill gates**

William Henry "Bill" Gates III (born October 28, 1955) is an American business magnate, software developer, investor, and philanthropist. He is best known as the co-founder of Microsoft Corporation. During his career at Microsoft, Gates held the positions of chairman, chief executive officer (CEO), president and chief software architect, while also being the largest individual shareholder until May 2014. He is one of the best-known entrepreneurs and pioneers of the microcomputer revolution of the 1970s and 1980s - WIKIPEDIA

