




















Surveillance






APRIL

15

2020

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

COUNTRY						
 Bangladesh	1,012	+209	46	+7	42	LT
 Brunei	136	0	1	0	107	LT
 Cambodia	122	0	0	0	91	LT
 Indonesia	4,839	+282	459	+60	426	LT
 Lao	19	0	0	0	1	LT
 Malaysia	4,987	+170	82	+5	2,478	LT
 Myanmar	62	0	4	0	2	LT
 Pakistan	5,837	+341	96	+3	1,378	LT
 Philippines	5,223	+291	335	+20	295	LT
 Singapore	3,252	+334	10	+1	611	LT
 Sri Lanka	219	+2	7	0	61	LT
 Thailand	2,613	+34	41	+1	1,405	LT
 Timor Leste	6	+2	0	0	1	IT
 Vietnam	266	+1	0	0	169	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

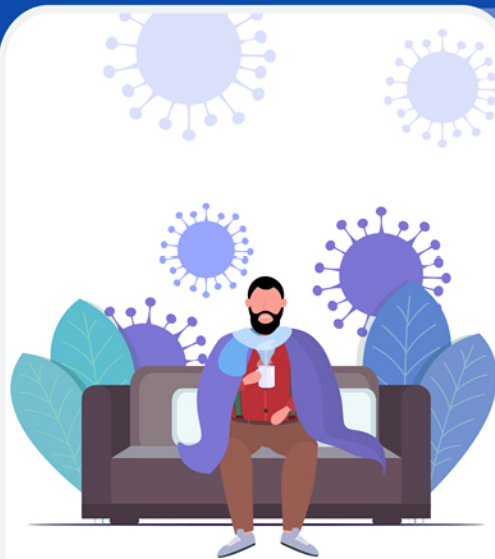
Everything you wanted to know about self-quarantine, from a person who's living it

SELF-QUARANTINE VS. SELF-ISOLATE

Is there a difference? Technically, yes. In theory, the act of making sure you are not in contact with others is the same, but the Center for Disease Control (CDC) defines the two slightly differently.



Self-isolating is for people who have already been infected with the virus and are ill.



Self-quarantining is for those who may be ill and need to keep themselves separate from others on the chance they become sick over the incubation period.

Source: The Verge.com/ Natt Garun

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Trivia



HOW DO I KNOW IF I HAVE TO SELF-QUARANTINE?

On a virtually empty flight from Italy. Maybe that was the first sign that something was off.

Have you traveled to China, Iran, South Korea, Italy, Hong Kong, or Japan in the last 14 days? If the answer is yes, you should probably self-quarantine for two weeks from the last day you were in the affected country. Other countries that are also experiencing smaller outbreaks include Macau, Singapore, and Mongolia. If you've recently returned from those areas, you may also want to consider self-quarantine out of extra precaution.

COVID-19, the disease caused by the novel coronavirus, can exhibit symptoms between two and 14 days after exposure, according to the CDC. So even if you feel fine in the first few days, you should wait for a full two weeks to make sure nothing develops within that incubation period.

Source: The Verge.com/ Natt Garun



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Trivia



I HAVEN'T BEEN TO THOSE PLACES RECENTLY, BUT SOMEONE IN MY CLASS / OFFICE / FAMILY HAS.

Have you been in close contact with those people in the last 14 days? You're probably fine if you just waved at each other from across the hallway, but if you've been in the same meeting room for an extended time or went out for food with them, it's likely a good idea to also stay home to monitor for symptoms, especially if that person begins exhibiting them, too.

Source: [The Verge.com/](https://www.theverge.com/) Natt Garun



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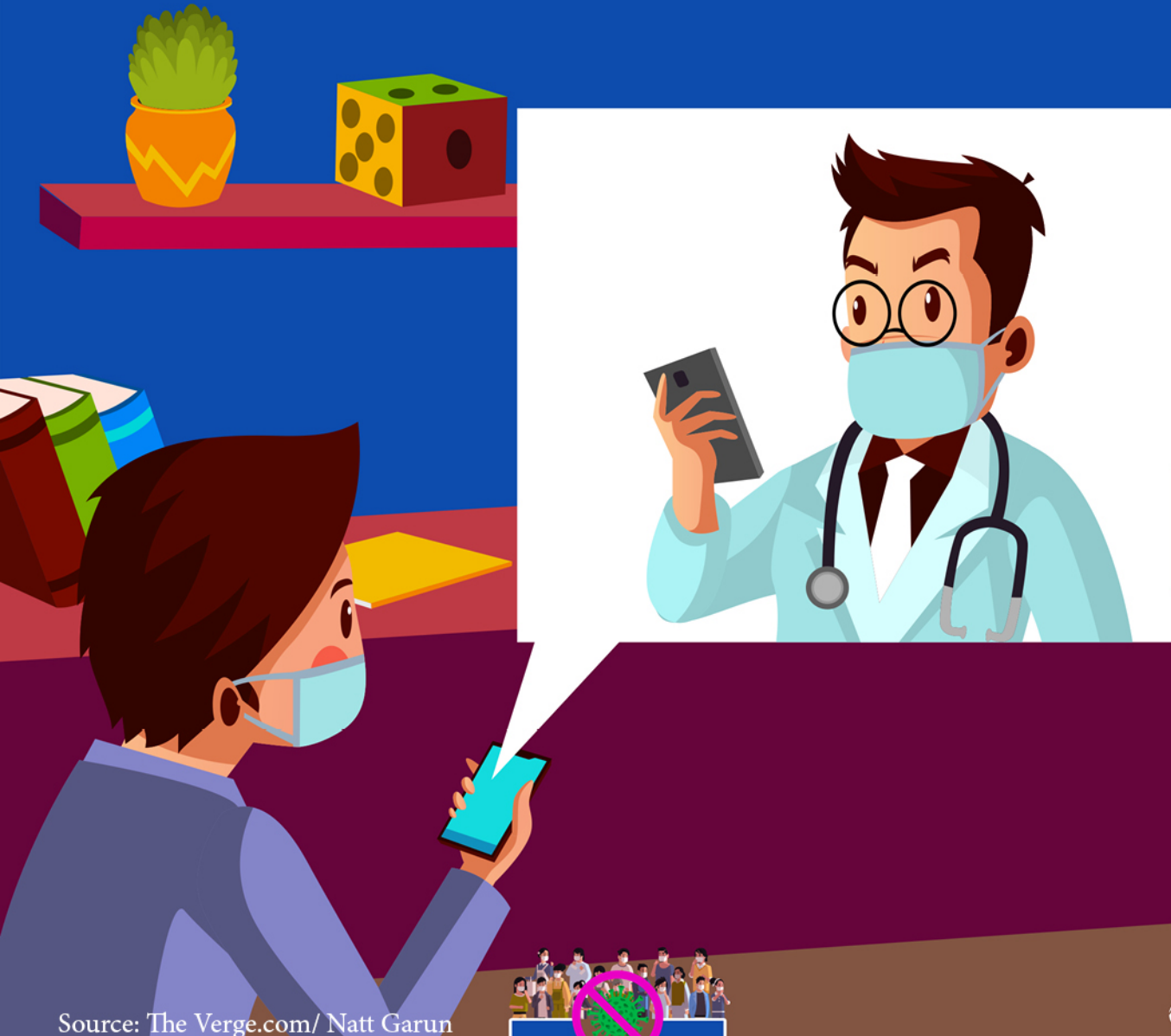
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Trivia

**FINE, I GUESS I'LL GO INTO QUARANTINE.
WHAT AM I LOOKING FOR DURING THIS PERIOD?**

COVID-19 is a respiratory disease, and symptoms include fever, coughing, chest pains, and difficulty breathing. If you experience any of those symptoms during your self-quarantine, call your doctor to get advice on what to do next.



Source: The Verge.com/ Natt Garun



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Trivia

GOT IT. SO HOW AM I SUPPOSED TO LIVE WHILE STUCK AT HOME FOR TWO WEEKS?

If the coronavirus has taught us anything, it's how much we touch our faces without thinking about it or how much stuff we share with our community in daily living. The day I found out I had to self-quarantine; my immediate thought was to get groceries to last the weeks. Then I realized I couldn't leave my house to go pick my own vegetables and fruits at the risk of potentially infecting a whole supermarket.

There are several options here. You can also order from online supermarkets or ask friends and family to get you necessities like food, toiletries, and medicine while you're in isolation. Only use these options if you are truly self-isolating and need to be! You don't want to risk depleting supplies from those who actually need them.



Source: The Verge.com/ Natt Garun

ADVISORY ON
COVID-19

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Trivia



DISINFECT EVERYTHING — FROM DOORKNOBS TO DOORBELLS

Before your delivery arrives, it's a good idea to disinfect public areas that the delivery person might interact with, such as the doorknob or doorbell, by using wipes or cleaning solutions. When your savior arrives with the goods, ask them to call you or leave a sign out front to drop the items outside your door. Only when they've departed should you retrieve your goods to avoid potential person-to-person spread.

WHOA, MY HOUSE IS PILING UP IN TRASH!

Isn't it wild how much waste we generate in just a few days? Many cities are asking that those in self-quarantine line trash cans with double bags and do not take them out until the isolation period is over. Separate your wet and dry trash to contain the smell as best you can.

If you're in the clear after two weeks, take the garbage out as usual; otherwise, a medical professional will advise you on what to do. (If you have gloves on hand, it wouldn't hurt to take them out while wearing them.)



Source: [The Verge.com/](https://www.theverge.com/) Natt Garun

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Trivia

WHAT IF I HAVE ROOMMATES?

I hope you like your bedroom because this is your home for the next 14 days. You shouldn't leave it other than to get something to eat or use the bathroom — and you should let your roommates use the kitchen / bathroom before you go in. Remember to also thoroughly disinfect surfaces you touch after you're done to avoid contaminating shared spaces, and do not share household items like cups, plates, utensils, and towels during this time.

If you share a bed with your partner, it's best to also isolate from each other if possible, to avoid potentially transmitting the virus to one another. Even if you both were in an impacted country together, it's still possible one person could have caught it separately. **If you live in a small studio apartment** and have no place else to go, the CDC recommends wearing a face mask when you're around housemates.

If you're responsible for taking care of others (yes, that includes pets!), you'll need to make plans for someone to take over those duties for the next two weeks as COVID-19 can be particularly dangerous for those with **underlying health conditions or the elderly**. **If you're a nursing mother**, you should also consult with a medical professional. The CDC guidelines indicate that if you must breastfeed, wash your hands before handling the infant or a breast pump machine.

Source: The Verge.com/ Natt Garun



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Preventive Measures

Why we need exercise now more than ever. . .
9 TIPS TO GET YOUR WORKOUT IN AMID PHYSICAL DISTANCING, SOCIAL ISOLATION

1 OUTSIDE IS STILL OPEN.

Thanks to those who don't understand the concept of keeping apart even while outdoors, more and more of our beautiful public parks and trails are closed for the time-being. But there are still lots of places to go for a walk, run, bike ride, or hike. Remember, as Dr. Bonnie Henry said in her March 23 briefing, go with your immediate family only and keep your distance from others.



Source: The Georgia Straight/Gail Johnson



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2 GRAB A PAL.

If it seems way too boring to go for a walk solo, go with a friend--virtually. Leave home at the same time, connect via FaceTime, and catch up while satisfying your Fitbit.



Source: The Georgia Straight/Gail Johnson



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3 GO ONLINE.

It's no surprise that gyms, celebrity trainers, and everyone else who makes a living off fitness and exercise are offering classes on their website, Instagram account, YouTube channel, or other social media platform; some are free, some are not. There's every possible format at your fingertips.



Source: The Georgia Straight/Gail Johnson



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4 MAKE YOUR LIVING ROOM YOUR HOME GYM.

Remember you don't need a lot of space to exercise at home. Think of how little room you actually take up in a group fitness class. You might need to drag some furniture around, or maybe not. Even in small spaces, a little patch of living room floor, rec room, carport, deck, can be used a few times a week as your studio.

Source: The Georgia Straight/Gail Johnson



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5 TO GET THIS TO REALLY WORK, PLAY THE PART.

Don't shuffle from your newly formed work-at-home space to your in-home gym in the same clothes. Put on workout gear, complete with runners. Psych yourself up mentally with music that revs you up.

Source: The Georgia Straight/Gail Johnson



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6 DIY GYM EQUIPMENT.

If you don't have equipment at home, go the old-fashioned route and use soup cans for free weights; nylons for resistance bands; and dish cloths for gliding discs. Be creative.

Source: The Georgia Straight/Gail Johnson



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7 SAFETY FIRST!

Do a proper warmup. One of the easiest ways to get hurt is to launch into a run, or start doing squats, lunges, jumping jacks or any other vigorous or intense movement when our body is cold. Your warmup should last five to 10 minutes.

Have a cooldown and stretch afterward. Just like you can't go from zero to 60, you don't want to stop exercising abruptly. A cooldown lasting about five minutes followed by a full-body stretch helps bring the heart rate down gradually and release lactic acid. This will help reduce muscle soreness the next day. Stretching also helps the muscles recover and improves flexibility and range of motion.

Be sure to eat a light meal or snack one hour before exercising, and be well hydrated before, during, and after.

Source: The Georgia Straight/Gail Johnson



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8 SENIORS NEED TO KEEP MOVING, TOO.

Older people in apartment or condos, where possible, can walk the hallways and incorporate chair exercises. Even getting up and down from a seated position several times a day helps with mobility.



Source: The Georgia Straight/Gail Johnson

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9 KEEP A ROUTINE.

Instead of saying something vague like “I’ll work out today”, write down in your calendar a specific time and duration for exercise several times a week. Treat those entries like you would an appointment with a medical specialist or divorce lawyer, i.e., something that simply cannot be cancelled or rescheduled.

- Break it up. The Canadian Physical Activity Guidelines suggest at least 150 minutes of moderate - to vigorous - intensity aerobic exercise weekly. If you opt to do 30 minutes five times a week, remember you can break up that 30 - minute segment into three 10-minute slots. They still count, and they’re just as good for you as doing it all at once.

Who knows? Get into the habit of working out amid the coronavirus pandemic and you just might keep it whenever the world gets more normal.



Source: The Georgia Straight/Gail Johnson



Healthy Juice

Power C Plus

Ingredients:

Pineapple & Mango

Procedure:

Wash ingredients.

Cut mango and scoop flesh.

Skin pineapple and remove eyes.

Cut ingredients according to juicer entrance.

Blend....



Health Benefits:

Pineapple

- Improve digestion (bromelain)
- Lessen arthritic pains (bromelain)
- Strengthens gums and teeth (Vitamin C)
- Maintains strong and healthy bones (Manganese)
- Keeps the skin healthy and glowing (Manganese)
- Good for the eyes (Vitamin A)
- Reduces hypertension (Potassium)
- Combats high blood pressure (low sodium content)

Pineapple contain bromelain, an enzyme with anti-inflammatory properties. It fight infections and kills bacteria. The juice from fresh pineapple can suppress coughs 5x more effectively than cough syrup.

Mango

- Helps prevent muscle fatigue (Vitamin C, Iron)
- Keeps stress at bay (Vitamin C, Iron)
- Helps prevent eye dryness and night blindness (Vitamin A)
- Keeps blood pressure under control (Potassium & Magnesium)
- Maintain Collagen that provides structure to hair and skin (Vitamin C)
- Help decrease risk for cancer, heart disease, high blood pressure, and osteoarthritis (Vitamin C)

Mangoes contain high level of vitamin C, fibre and pectin making it a perfect fruit that helps in controlling high cholesterol level. Another benefit of eating mangoes is that it cleanses your skin from deep inside your body. It treats pores and gives a glow to your skin.

Source: Lovely Rose Duplais



Nutritious Menu

Banana Blossom in Coconut Cream

INGREDIENTS:

- 2 cans 15 ounce each banana blossoms (heart of banana)
- 1 cup coconut milk
- 1 medium onion sliced
- 4 cloves garlic crushed
- 1 1/2 tablespoons vinegar
- 1/2 teaspoon ground black pepper
- 2 pieces long green chili or banana pepper
- 1 teaspoons salt
- 2 tablespoons cooking oil

NUTRITION FACTS:

Serving Size: 1 serving

Amount Per Serving

Calories 220.7

Total Fat 14.5 g

Saturated Fat 12.8 g

Monounsaturated Fat 0.9 g

Sodium 425.3 mg

Potassium 180.6 mg

Total Carbohydrate 18.4 g

Dietary Fiber 7.2 g

Sugars 2.6 g

Protein 4.7 g

Vitamin A 1.5 %

Vitamin B-6 8.8 %

Vitamin C 11.4 %

Vitamin E 3.5 %

Calcium 10.9 %

Folate 3.7 %

Iron 4.9 %

Magnesium 3.9 %

Manganese 8.8 %

Phosphorus 2.8 %

Selenium 0.3 %

Zinc 1.2 %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie need



METHOD:

- * Heat a pan and pour-in cooking oil.
- * Saute garlic and onion.
- * When the onion becomes soft, add the banana blossoms. Cook for 2 minutes.
- * Add vinegar and long green chili. Let boil.
- * Pour in the coconut milk. Let boil, and then simmer until the liquid reduces.
- * Add salt and pepper to taste.
- * Turn the heat off, and then transfer the cooked banana blossoms on a serving plate.
- * Serve with steamed rice. Share and enjoy!

Source: Dahlia Panal, MMVS



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Words of Hope and Cheer

Power of Satan try to Paralyze our body Capacity:

- Physical
- Social
- Mental
- Spiritual

Many people today experience Impatience because of Lockdown and Covid-19.

1 Thessalonians 5:23

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

Colossians 3:2

Set your affection on things above, not on things on the earth.

Romans 8:37-39

Nay, in all these things we are more than conquerors through him that loved us.

For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come.

Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.



Words of Hope and Cheer

General Hygiene

The knowledge that man is to be a temple for God, a habitation for the revealing of His glory, should be the highest incentive to the care and development of our physical powers. Fearfully and wonderfully has the Creator wrought in the human frame, and He bids us make it our study, understand its needs, and act our part in preserving it from harm and defilement. MH 271.1

The Circulation of the Blood

In order to have good health, we must have good blood; for the blood is the current of life. It repairs waste and nourishes the body. When supplied with the proper food elements and when cleansed and vitalized by contact with pure air, it carries life and vigor to every part of the system. The more perfect the circulation, the better will this work be accomplished. MH 271.2

At every pulsation of the heart the blood should make its way quickly and easily to all parts of the body. Its circulation should not be hindered by tight clothing or bands, or by insufficient clothing of the extremities. Whatever hinders the circulation forces the blood back to the vital organs, producing congestion. Headache, cough, palpitation of the heart, or indigestion is often the result. MH 271.3

Respiration

In order to have good blood, we must breathe well. Full, deep inspirations of pure air, which fill the lungs with oxygen, purify the blood. They impart to it a bright color and send it, a life-giving current, to every part of the body. A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound, refreshing sleep. MH 272.1



Words of Hope and Cheer

The lungs should be allowed the greatest freedom possible. Their capacity is developed by free action; it diminishes if they are cramped and compressed. Hence the ill effects of the practice so common, especially in sedentary pursuits, of stooping at one's work. In this position it is impossible to breathe deeply. Superficial breathing soon becomes a habit, and the lungs lose their power to expand. A similar effect is produced by tight lacing. Sufficient room is not given to the lower part of the chest; the abdominal muscles, which were designed to aid in breathing, do not have full play, and the lungs are restricted in their action. MH 272.2

Thus an insufficient supply of oxygen is received. The blood moves sluggishly. The waste, poisonous matter, which should be thrown off in the exhalations from the lungs, is retained, and the blood becomes impure. Not only the lungs, but the stomach, liver, and brain are affected. The skin becomes sallow, digestion is retarded; the heart is depressed; the brain is clouded; the thoughts are confused; gloom settles upon the spirits; the whole system becomes depressed and inactive, and peculiarly susceptible to disease. MH 273.1

The lungs are constantly throwing off impurities, and they need to be constantly supplied with fresh air. Impure air does not afford the necessary supply of oxygen, and the blood passes to the brain and other organs without being vitalized. Hence the necessity of thorough ventilation. To live in close, ill-ventilated rooms, where the air is dead and vitiated, weakens the entire system. It becomes peculiarly sensitive to the influence of cold, and a slight exposure induces disease. It is close confinement indoors that makes many women pale and feeble. They breathe the same air over and over until it becomes laden with poisonous matter thrown off through the lungs and pores, and impurities are thus conveyed back to the blood. MH 274.1



Words of Hope and Cheer

Psalms 144:15

Happy is that people, that is in such a case: yea, happy is that people, whose God is the LORD.

Proverbs 28:14,28

Happy is the man that feareth alway: but he that hardeneth his heart shall fall into mischief.

James 5:11

Behold, we count them happy which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy.

God is good all the time...

- Noah Abucar Jr, MMVS



Boredom busters on April 16 with our guest speaker. Prepare your questions and see you online!



How to beat lockdown **BOREDOM:** Practical Tips and Strategies

with Dr. She Ann Castillo
Licensed Counselor



Apr 16, 2020, Thursday
2:00PM (GMT+8)

