




















# Surveillance






APRIL

**10**

2020

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

| COUNTRY   |  |  |  |  |  |    |
|---|---|---|---|---|---|----|
|  Bangladesh    | 330   | +112  | 21  | +1  | 33  | LT |
|  Brunei        | 135   | 0   | 1   | 0   | 92  | LT |
|  Cambodia      | 119   | +2  | 0   | 0   | 63  | LT |
|  Indonesia     | 3,293   | +337  | 280   | +40   | 252   | LT |
|  Lao           | 16  | +1  | 0   | 0   | 0   | LT |
|  Malaysia      | 4,228   | +109  | 67  | +2  | 1,608   | LT |
|  Myanmar       | 23  | +1  | 3   | 0   | 1   | LT |
|  Pakistan      | 4,489   | +226  | 63  | +2  | 572   | LT |
|  Philippines   | 4,076   | +206  | 203   | +21   | 124   | LT |
|  Singapore    | 1,910   | +287  | 6   | 0   | 460   | LT |
|  Sri Lanka   | 190   | +1  | 7   | 0   | 49  | LT |
|  Thailand    | 2,423   | +54   | 32  | +2  | 940   | LT |
|  Timor Leste | 1   | 0   | 0   | 0   | 0   | IT |
|  Vietnam     | 255   | +4  | 0   | 0   | 128   | 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/>)



# Why do we sneeze in our sleeves

<https://youtu.be/CtnEwvUWDo0>



Play (k)



0:09 / 5:13



# Cucumber Juice

## Ingredients

- 1 cucumber
- Juice of 1/2 lemon
- 1/4 teaspoon black salt

## Recipe

1. Roughly chop the cucumber and toss the pieces into the blender.
2. Give it a spin.
3. Pour the cucumber juice into a glass.
4. Add lemon juice and black salt. Stir well

## Benefits

Cucumber juice is a thirst quenching, refreshing, and cool beverage. It acts as a natural diuretic, removing toxins and fat cells from the body. Drink a glass of cucumber juice before every meal to curb your appetite.

# GARBANZO CROQUETTES



## INGREDIENTS:

- 1 cup garbanzos – boiled
- 1 medium potato – boiled
- 1 onion
- 1 cup parsley or kintsay – chopped
- Oil to fry

## PROCEDURE:

1. Grind the potato, garbanzos and onion through food grinder.
2. Mix the parsley or kintsay and mold into patties.
3. Fry and serve as sandwich filling (as burgers) – good with lettuce and catsup.



### GARBANZO CROQUETTES



(Viant / Middle East)

Chef: Enle San Juan

# CHOICES

*"With God things are possible"*  
- Matthew 19:26

Choice is the most powerful tool we have.  
Everything in your life is a reflection of the  
choices you made.

If you want to see changes and to see the  
person you want to become,  
make the best choice.

Love yourself  
Eat well  
Exercise  
Meditate  
and  
Pray.

**"THE BEST CHOICES YOU MAKE TODAY,  
CAN IMPROVE ALL OF YOUR TOMORROWS."**

# C ELEBRATIONS



Ma. Pheena Lovelle H. Tuzon  
Section SAIS  
Health Education

# ENVIRONMENT

*"When your environment is clean you will feel happy, motivated, and healthy"*  
- Lailah Gifty Akita

- Protect God's creation.
- Ecotherapy helps us to unwind and connects us to nature. Walking, Hiking, gardening, star gazing and sitting or standing on grass are just few ideas to add nature into your life.
- Relax and go grass walk.
- Sit under the shade of a tree and take time to appreciate the beauty of God's masterpiece.

Relax and enjoy nature.

Find healing in your environment. Where the environment affects a person to develop a better or bitter version of himself.

*"From the creation of the world, God's invisible qualities his eternal power and divine nature have been clearly observed in what he made."*

- Romans 1:20

# CELEBRATIONS



Ma. Pheena Loveille H. Tuzon  
Section SAIS  
Health Education

## 10 Commandments of COVID

1. Thou shalt not go out of the house. When Noah got locked down for 40 days ( of raining and flooding) in the ark and more days to get the water down, there was a pandemic flood. God kept them in and all supplies were provided. We are quite in a similar occurrence. He will provide!
  
2. Thou shalt not get close to anyone ( at least 1 meter) in mobbed area or public places. You are a chosen generation, a royal priesthood, a holy nation, a peculiar people....you are not promised not to be contaminated if you are in a crowd and everyone seems to be doing what is for them is the norm ( for some, because of vulnerability). You will be tempted to emulate what is trending( as it is termed today) if you are around them. The law of emulation is still in existence.

3. Thou shalt always wash your hands with water and soap for 20 seconds at least. Washing means cleansing. Recognizing that we always attract dirt and bacteria compels us to do this. On the otherhand, confessing our sins specifically, means accepting our sinfulness thus claiming God's cleansing through Jesus Christ's death makes us clean all the time.

4. Remember to take full rest to sustain your immunity against sickness. It is not a license to stay up late just because we are in a forced resting period time. We must maintain a good healthy sleeping hours to keep up with the required rest periods our body needs. Just like.. " remember the the Sabbath day to keep it holy." ..we must remember our body as the temple of the Holy Spirit. Take good care of it extra ordinarily.



5. Honor the orders of the government officials, not only for your welfare, but for the good of the whole community. As we are task to respect our parents, we must also give the "authority that was given to Ceasars" things that are Ceasar's. They were placed in those positions by God's leading.

6. Thou shalt not go out without quarantine pass. Inorder to maintain safety thus easy contact tracing whenever suspected Covid infected persons are detected, this must be seriously followed. That your life may be spared from fear, learn the virtue of obedience.

7. Thou shalt cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze. And don't touch them as well with unclean hands. Why? Cause droplets from you(if you may be a covid suspect which is generally all people is suspected to be) may be a cause for someone's death. Do not spread sin. You are not an agent of the enemy. You are God's special creation and had been bought at a price. You cannot be a carrier of death. You must be a banner of life.

8. Thou shalt always remember the answered prayers you had in the past (recent and current too) and the rewards (you think they are categorized that way because they were unexpectedly) and blessings so that your spirit be brought back to God and His complete protection for your life and the predicament He allows you to be.

9. Thou shalt take vitamin C to sustain your immune system. Take vitamin Christ always to drive away enemy. Satan cannot be at par with what Jesus has done for us.

10. Thou shalt always be happy and at peace. Jesus is at the door. He is peeping now. The door is ajar. He is almost coming out. Are you ready?

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