




















Surveillance






APRIL

02

2020

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

COUNTRY						
 Bangladesh	54	+3	6	+1	25	LT
 Brunei	131	+2	1	0	52	LT
 Cambodia	109	0	0	0	25	LT
 Indonesia	1,677	+149	157	+21	103	LT
 Lao	10	1	0	0	0	LT
 Malaysia	2,908	+142	45	+2	645	LT
 Myanmar	15	0	1	0	0	LT
 Pakistan	2,042	+104	26	0	82	LT
 Philippines	2,311	+227	96	+8	50	LT
 Singapore	926	0	3	0	240	LT
 Sri Lanka	143	0	2	0	18	LT
 Thailand	1,771	+120	12	+2	416	LT
 Timor Leste	1	0	0	0	0	IT
 Vietnam	212	0	0	0	63	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.

[\(https://www.worldometers.info/about/\)](https://www.worldometers.info/about/)



Trivia

Who is "Patient Zero" in the Coronavirus Outbreak?

"Chinese authorities originally reported that the first coronavirus case was on 31 December [2020] and many of the first cases of the pneumonia-like infection were immediately connected to a seafood and animal market in Wuhan, in the Hubei province...

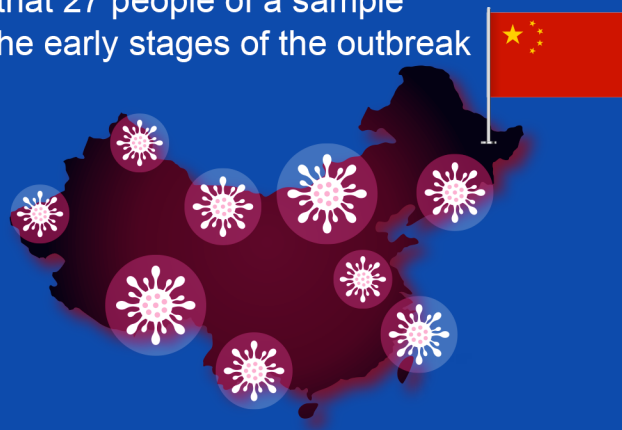
However, a study by Chinese researchers published in the Lancet medical journal, claimed the first person to be diagnosed with Covid-19, was on 1 December 2019 (a lot of earlier) and that person had "no contact" with the Huanan Seafood Wholesale Market.

Wu Wenjuan, a senior doctor at Wuhan's Jinyintan Hospital and one of the authors of the study, told the BBC Chinese Service that the patient was an elderly man who suffered from Alzheimer's disease.

"He (the patient) lived four or five buses from the seafood market, and because he was sick he basically didn't go out," Wu Wenjuan said. She also said that three other people developed symptoms in the following days – two of whom had no exposure to Huanan either.

However, the researchers also found that 27 people of a sample of 41 patients admitted to hospital in the early stages of the outbreak "had been exposed to the market."

The hypothesis that the outbreak started at the market and could have been transmitted from a living animal to a human host before spreading human-to-human is still considered the most likely, according to the World Health Organization (WHO)."



Source: <https://www.bbc.com/future/article/20200221-coronavirus-the-harmful-hunt-for-covid-19s-patient-zero>



Preventive Measures

What is steam inhalation?

Steam inhalation is one of the most widely used home remedies to soothe and open the nasal passages and get relief from the symptoms of a cold or sinus infection.



Also called steam therapy, it involves the inhalation of water vapor. The warm, moist air is thought to work by loosening the mucus in the nasal passages, throat, and lungs. This may relieve symptoms of inflamed, swollen blood vessels in your nasal passages.

While steam inhalation won't cure an infection, like a cold or the flu, it may help make you feel a lot better while your body fights it off. But as with any home remedy, it's important to learn best practices so you don't hurt yourself in the process.

What are the benefits of steam inhalation?

A stuffy nose is triggered by inflammation in the blood vessels of the sinuses. The blood vessels can become irritated because of an acute upper respiratory infection, such as a cold or a sinus infection.

The main benefit of breathing in moist, warm steam is that may help ease feelings of irritation and swollen blood vessels in the nasal passages. The moisture may also help thin the mucus in your sinuses, which allows them to empty more easily. This can allow your breathing to return to normal, at least for a short period of time.



Preventive Measures

Steam inhalation may provide some temporary relief from the symptoms of:

- the common cold
- the flu (influenza)
- sinus infections (infectious sinusitis)
- bronchitis
- nasal allergies

While steam inhalation can provide subjective relief from the symptoms of a cold and other upper respiratory infections, it won't actually make your infection go away any faster.

Steam inhalation doesn't actually kill the virus responsible for the infection. At best, steam inhalation might make you feel a little better as your body fights your cold.

One review of six clinical trials evaluating steam therapy in adults with the common cold had mixed results. Some participants had symptom relief, but others didn't. Additionally, some participants experienced discomfort inside the nose from the steam inhalation.

Another recent clinical trial looked at the use of steam inhalation in treating chronic sinus symptoms. The study, however, didn't find that steam inhalation was beneficial for the majority of sinus symptoms, except for headache.

Although the results of clinical studies have been mixed, anecdotal evidence claims steam inhalation helps alleviate:

- headache
- congested (stuffy) nose
- throat irritation
- breathing problems caused by airway congestion
- dry or irritated nasal passages
- cough



Preventive Measures

How to inhale steam

You'll need the following materials:

- a large bowl
- water
- a pot or kettle and a stove or microwave for heating up water
- towel

Here's the process:

1. Heat up the water to boiling.
2. Carefully pour the hot water into the bowl.
3. Drape the towel over the back of your head.
4. Turn on a timer.
5. Shut your eyes and slowly lower your head toward the hot water until you're about 8 to 12 inches away from the water. Be extremely careful to avoid making direct contact with the water.
6. Inhale slowly and deeply through your nose for at least two to five minutes.

Don't steam longer than 10 to 15 minutes for each session. However, you can repeat steam inhalation two or three times per day if you're still having symptoms.

You can also purchase an electric steam inhaler (also called a vaporizer) online or at a drugstore. For these, you just need to add water to the level indicated and plug in the system. The vaporizer uses electricity to make steam that cools before exiting the machine. Some vaporizers come with a built-in mask that fits around your mouth and nose.

Steam vaporizers can get dirty with germs quickly, so you'll need to wash it often to prevent bacterial and fungal growth. Wash the bucket and filter system every few days during use, too.

source: <https://www.healthline.com/health/steam-inhalation#side-effects>



Preventive Measures

Health Tips: **THE BENEFITS OF VITAMIN D**

Medically reviewed by Debra Rose Wilson, PhD, MSN, RN, IBCLC, AHN-BC, CHT
HEALTH TIDBITS
Healthline

Sunshine Vitamin (Vitamin D) has several important functions. Perhaps the most vital are regulating the absorption of calcium and phosphorus, and facilitating normal immune system function. Getting a sufficient amount of vitamin D is important for normal growth and development of bones and teeth, as well as improved resistance against certain disease like **COVID-19**.

Here are the surprising benefits of vitamin D:

1. **Vitamin D fights disease.** In addition to its primary benefits, research suggests that Vitamin D reduce your likelihood of developing flu from a virus, according to 2010 research published in the American Journal of Clinical Nutrition Trusted Source.
2. **Vitamin D reduces depression.** Research has shown that Vitamin D might play an important role in regulating mood and warding off depression. In one study, scientists found that people with depression who received vitamin D from sunlight noticed an improvement in their symptoms.

In another study of people with fibromyalgia, researchers found vitamin D deficiency was more common in those who were also experiencing anxiety and depression.

In times like these, we really need to expose ourselves to sunlight 15-30 minutes a day to fight COVID-19 and to reduce anxieties and fears which may lead to depression.



Healthy Juice

IMMUNE BOOSTER TONIC

Ingredients:

- 2 large grapefruits
- 2 large oranges
- 10 lemons, squeezed (2 cups)
- 1 large apple, chopped
- 1 large carrot, chopped
- 2 inches ginger
- 2 inches turmeric
- ¼ teaspoon cayenne pepper
- 2 cups water

Method:

Remove the skin and seeds from the grapefruits and oranges, then place all ingredients in a high-speed blender. Blend until smooth. Drink ½ cup twice daily.

NATURE'S PENICILLIN

Ingredients:

- 1 orange
- 1 grapefruit
- 2 lemons
- 3 cloves garlic
- ½ of a large onion
- 3 drops peppermint oil

Method:

Place all ingredients into the blender and add enough water to just be able to blend. Drink 1 cup throughout the day.



ADVISORY ON
COVID-19

Words of Hope and Cheer

Why Worry When You Can Pray

Jesus told his disciples not to worry about what their life, particularly on what they will eat or drink and what they will wear. He cited as an example the ravens who do not sow or reap, nor do they have storehouses and barns, and yet God provides for them. He also mentioned the lilies on the field that do not labor or spin but God has clothed them with splendor.

Worry will not do any good to us. We can claim God's promise that He will not forsake His children when we trust and obey Him. One of the divine attributes of God is "Jehovah Jireh" which means, "The Lord will provide." He will surely provide us with our needs.

"Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on. Life is more than food, and the body is more than clothing. Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds? And which of you by worrying can add one cubit to his stature?" - Luke 12:22-25

- Lilibeth De Belen-Casel

Director, Health Ministries Department
North Philippine Union Conference



Devotional

From the Pen of Inspiration

“If we take counsel with our doubts and fears, or try to solve everything that we cannot see clearly, before we have faith, perplexities will only increase and deepen. But if we come to God, feeling helpless and dependent, as we really are, and in humble, trusting faith make known our wants to Him whose knowledge is infinite, who sees everything in creation, and who governs everything by His will and word, He can and will attend to our cry, and will let light shine into our hearts.”

Ellen G. White, Steps to Christ 96.3

Prayer

Our dear Heavenly Father, the world is facing a great crisis right now. Many people are beset by worry, anxiety, and fear. We pray for the indwelling of the Holy Spirit so that we will experience the peace of God that surpasses all understanding.

Please touch all the sick people with Your mighty healing hands. We also lift up to you our front liners who are risking their lives in performing the call of duty. Protect them also from harms and danger.



May we learn to trust in you even if we don't see the light at the end of the tunnel. And in so doing, we would like to commit our lives to you. Thank you for the assurance that you will hear our prayers together with the forgiveness of our sins, in Jesus' name. Amen.

