




















Surveillance






APRIL

08

2020

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

COUNTRY						
 Bangladesh	164	+41	17	+5	33	LT
 Brunei	135	0	1	0	85	LT
 Cambodia	115	+1	0	0	58	LT
 Indonesia	2,738	+247	221	+12	204	LT
 Lao	14	+2	0	0	0	LT
 Malaysia	3,963	+170	63	+1	1,321	LT
 Myanmar	22	0	1	0	0	LT
 Pakistan	4,005	+239	55	+2	429	LT
 Philippines	3,764	+104	177	+14	84	LT
 Singapore	1,481	+106	6	0	377	LT
 Sri Lanka	185	+7	6	+1	42	LT
 Thailand	2,258	+38	27	+1	824	LT
 Timor Leste	1	0	0	0	0	IT
 Vietnam	249	+4	0	0	123	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

STAY HOME. SAVE LIVES.



Trivia

WATCH YOUTUBE VIDEOS

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PLAN A ROUTINE (BE ACTIVE)



WATCH INSPIRATIONAL VIDEOS

EAT HEALTHY



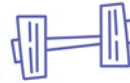
READ BOOKS



Pr Ted Wilson's message to all Seventh-day Adventists during the COVID-19 Crisis



Seventh-day Adventist Diet



Managing Anxiety: Breathing Exercise Amid COVID-19 Crisis | UC San Diego Health



The Final Events Of Bible Prophecy - Doug Batchelor (Amazing Facts)

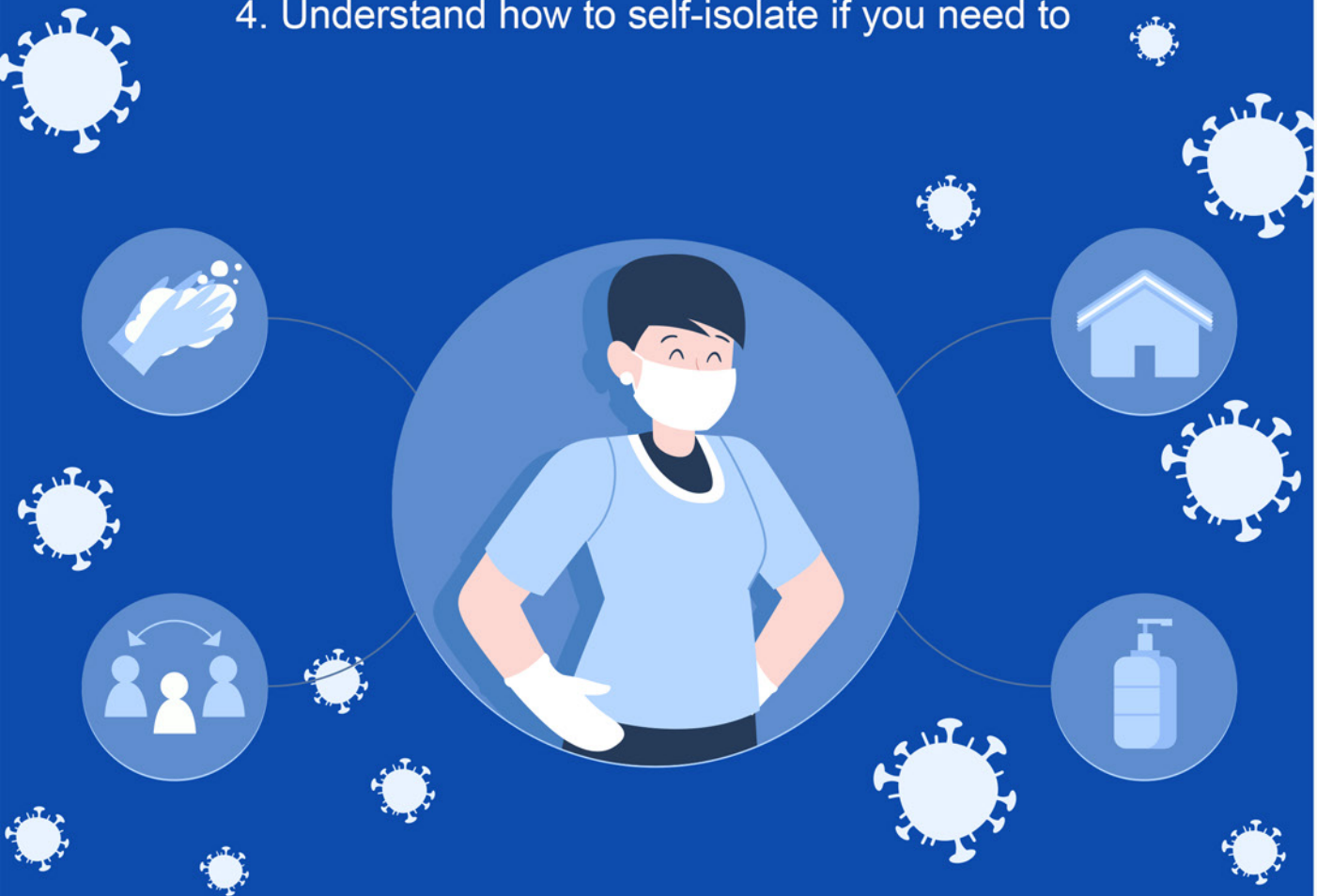
Here some ideas to stay healthy:

Trivia

Protect others and stop the spread

To protect others, you must:

1. Practice good hygiene
2. Practice social distancing
3. Follow the limits for public gatherings
4. Understand how to self-isolate if you need to



Trivia

When you practice good hygiene you:

- cover your coughs and sneezes with your elbow or a tissue
- put used tissues straight into the bin
- wash your hands often with soap and water, including before and after eating and after going to the toilet
- use alcohol-based hand sanitizers
- avoid touching your eyes, nose and mouth
- clean and disinfect frequently used surfaces such as benchtops, desks and doorknobs
- clean and disinfect frequently used objects such as mobile phones, keys, wallets and work passes
- increase the amount of fresh air available by opening windows or adjusting air conditioning



Preventive Measures



Physical Fitness (to follow)

1. Do exercise every day if possible in the morning. Take 30 minutes daily.
2. When you are stay at home, every 1 hour take 5 minutes break for eyes and making stretching.
3. Give children a time to do physical active for 1 hour per day.
4. Exercise with timing music at least 20 minutes.
5. Take deep breathing 5 times in the early morning for lungs health.

Note: Exercise is as a life saver.

Physical Fitness (to Avoid)

1. Over Exercise, and Exercise at night time (after 9:00 pm)
2. Gym exercise rather than home exercise because of close contact, crowded spaces, heavy breathing and frequently touched equipment.
3. Eating before exercise.



Healthy Juice

ABC Juice

Ingredients:

- 2 Apples, 1 Carrot, 1/2 Beetroot

Apples contain nutrients like Vitamin A, B1, B2, B6, C, E and K, Folate, Niacin, Zinc, Copper, Magnesium, Potassium, Phosphorus, Iron, Calcium, Sodium, and Manganese. Also, the dietary fibers found in apples are very beneficial for health. High Vitamin C in apples is beneficial for immune and nervous system. While apples also contain anti-oxidants such as Vitamin E to help protect body cells from free radicals.

Carrots contain a wide variety of vitamins such as Vitamin A, B1, B2, B3, B6, C, E and K, Folate, Niacin and Pantothenic Acid. There are minerals like Potassium, Calcium, Phosphorus, Magnesium and Selenium packed in it. One of the most important components found in carrots is beta-carotene. Beta-Carotene is converted to Vitamin A by our body to aid in the function of eyes and immune system.

Heart friendly **Beetroots** are enriched with nutrients like vitamin A, C, B-complex, potassium, iron, magnesium, and copper. Beetroots are rich in antioxidants like lycopene and anthocyanins. They contain anti-aging agents as well.

With the combined effect of the three, you can get enough nutrients that will not just keep you going through the day but would also have long-term beneficial effects on your skin & health.



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Healthy Juice

Orange and Grapefruit Juice

Vitamin C has antioxidant and other properties that protect your cells from substances that damage the body.

A deficiency of vitamin C can lead to delayed wound healing, inability to properly fight infections, and impaired immune response.

Fortunately, this **citrus explosion** by The Black Peppercorn contains more than enough of your daily intake of vitamin C.

- vitamins A, B-6, and, folic acid, zinc



Health and Nutrition Tips

Eat fresh and unprocessed foods every day

Eat fruits, vegetables, legumes (e.g. lentils, beans), nuts and whole grains (e.g. unprocessed maize, millet, oats, wheat, brown rice or starchy tubers or roots such as potato, yam, taro or cassava), and foods from animal sources (e.g. meat, fish, eggs and milk).



Daily, eat: 2 cups of fruit (4 servings), 2.5 cups of vegetables (5 servings), 180 g of grains, and 160 g of meat and beans (red meat can be eaten 1–2 times per week, and poultry 2–3 times per week).

For snacks, choose raw vegetables and fresh fruit rather than foods that are high in sugar, fat or salt. Do not overcook vegetables and fruit as this can lead to the loss of important vitamins.

When using canned or dried vegetables and fruit, choose varieties without added salt or sugar.



Health and Nutrition Tips

Drink enough water every day

Water is essential for life. It transports nutrients and compounds in blood, regulates your body temperature, gets rid of waste, and lubricates and cushions joints.

Drink 8–10 cups of water every day.

Water is the best choice, but you can also consume other drinks, fruits and vegetables that contain water, for example lemon juice (diluted in water and unsweetened), tea and coffee. But be careful not to consume too much caffeine, and avoid sweetened fruit juices, syrups, fruit juice concentrates, fizzy and still drinks as they all contain sugar.



Health and Nutrition Tips

Eat moderate amounts of fat and oil

Consume unsaturated fats (e.g. found in fish, avocado, nuts, olive oil, soy, canola, sunflower and corn oils) rather than saturated fats (e.g. found in fatty meat, butter, palm and coconut oils, cream, cheese, ghee and lard).

Choose white meat (e.g. poultry) and fish, which are generally low in fat, rather than red meat.

Avoid processed meats because they are high in fat and salt.

Where possible, opt for low-fat or reduced-fat versions of milk and dairy products.

Avoid industrially produced trans fats. These are often found in processed food, fast food, snack food, fried food, frozen pizza, pies, cookies, margarines and spreads.



Health and Nutrition Tips



Eat less salt and sugar

When cooking and preparing food, limit the amount of salt and high-sodium condiments (e.g. soy sauce and fish sauce).

Limit your daily salt intake to less than 5 g (approximately 1 teaspoon), and use iodized salt.

Avoid foods (e.g. snacks) that are high in salt and sugar.

Limit your intake of soft drinks or sodas and other drinks that are high in sugar (e.g. fruit juices, fruit juice concentrates and syrups, flavoured milks and yogurt drinks).

Choose fresh fruits instead of sweet snacks such as cookies, cakes and chocolate.

Health and Nutrition Tips

Avoid eating out

Eat at home to reduce your rate of contact with other people and lower your chance of being exposed to **COVID-19**. We recommend maintaining a distance of at least 1 metre between yourself and anyone who is coughing or sneezing. That is not always possible in crowded social settings like restaurants and cafes. Droplets from infected people may land on surfaces and people's hands (e.g. customers and staff), and with lots of people coming and going, you cannot tell if hands are being washed regularly enough, and surfaces are being cleaned and disinfected fast enough.



Nutritious Menu

Ingredients:

- 2 ounces lettuce leaves
- 1 ounce soba noodles
- 1 ounce egg noodles
- 1 ounce bean thread noodles
- 1 red onion shaved
- 12 pieces red bell pepper peeled and julienned
- 12 pieces yellow bell pepper peeled and julienned
- 1 tablespoon peanuts toasted
- 1 tablespoon split peas cooked in salted water until al dente dredged in seasoned flour, and fried
- 7 pieces garlic thinly sliced and fried
- 7 pieces shallots cut into rings, dredge in seasoned flour, and fried
- Tomatoes sliced
- Cilantro small sprigs
- Scallions thin rings
- 1/4 teaspoon sesame seeds toasted
- Tea leaves

Directions:

1. Toss the lettuce leaves with the dressing (see recipe below) and arrange in a fan at the top of a large plate.

2. Place the tomato slices across the bottom of the plate.

3. Make separate mounds of the 3 types of noodles (by twisting the noodles around a fork) and place above the tomatoes.

4. Sprinkle the rest of the ingredients over the plate but refrain from covering the lettuce and spritz with more dressing.

5. This salad is meant to be interactive. Once placed in front of your guest, instruct them to toss everything together or if they prefer to enjoy it at their own leisure, mixing as they go.



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Nutritious Menu

Ingredients:

- 1 1/2 lbs broccoli florets, cut long with part of stem
- 6 cloves garlic, smashed
- 2 tbsp extra virgin olive oil
- kosher salt and fresh pepper



Directions:

1. Preheat oven to 450°.
2. In a baking dish combine broccoli, olive oil, garlic, salt and pepper.
3. Roast broccoli about 20 minutes, until broccoli is browned and tender.

Serving: 1/4th of broccoli, Calories: 126kcal, Carbohydrates: 13.5g, Protein: 4.5g, Fat: 7.5g, Fiber: 5.5g

Avoid Unhealthy Lifestyle

Losing Immune System

Stress;

Prolonged periods of intense stress can affect the immune system.

Sedentary Lifestyle; Over time, too much sitting and avoiding exercise can affect your body's ability to fight infection.

Too Much Exercise; Being a couch potato impairs your immune system, but the opposite extreme can also take a toll. Too much strenuous exercise, called overtraining syndrome, can be debilitating for the body and make it more vulnerable to infection.

Nicotine; Whether you're smoking traditional cigarettes or e-cigarettes, you're still being exposed to nicotine, which can have harmful effects on your immune system.

Alcohol; Even one bout of excessive drinking can reduce the immune system's response to invading pathogens, Spangler says. "Alcohol's major metabolite, acetaldehyde, likely impairs ciliary function in the lungs, making them more prone to bacterial and viral invasion,

Grief; A sudden or tragic event can weaken your body's immune response, according to the NIMH. Losing a loved one, for example, can boost production of nerve chemicals and hormones that increase your risk for more frequent and severe viral infections, such as the flu, the agency says. Bereavement is associated with increased cortisol response and immune imbalance.



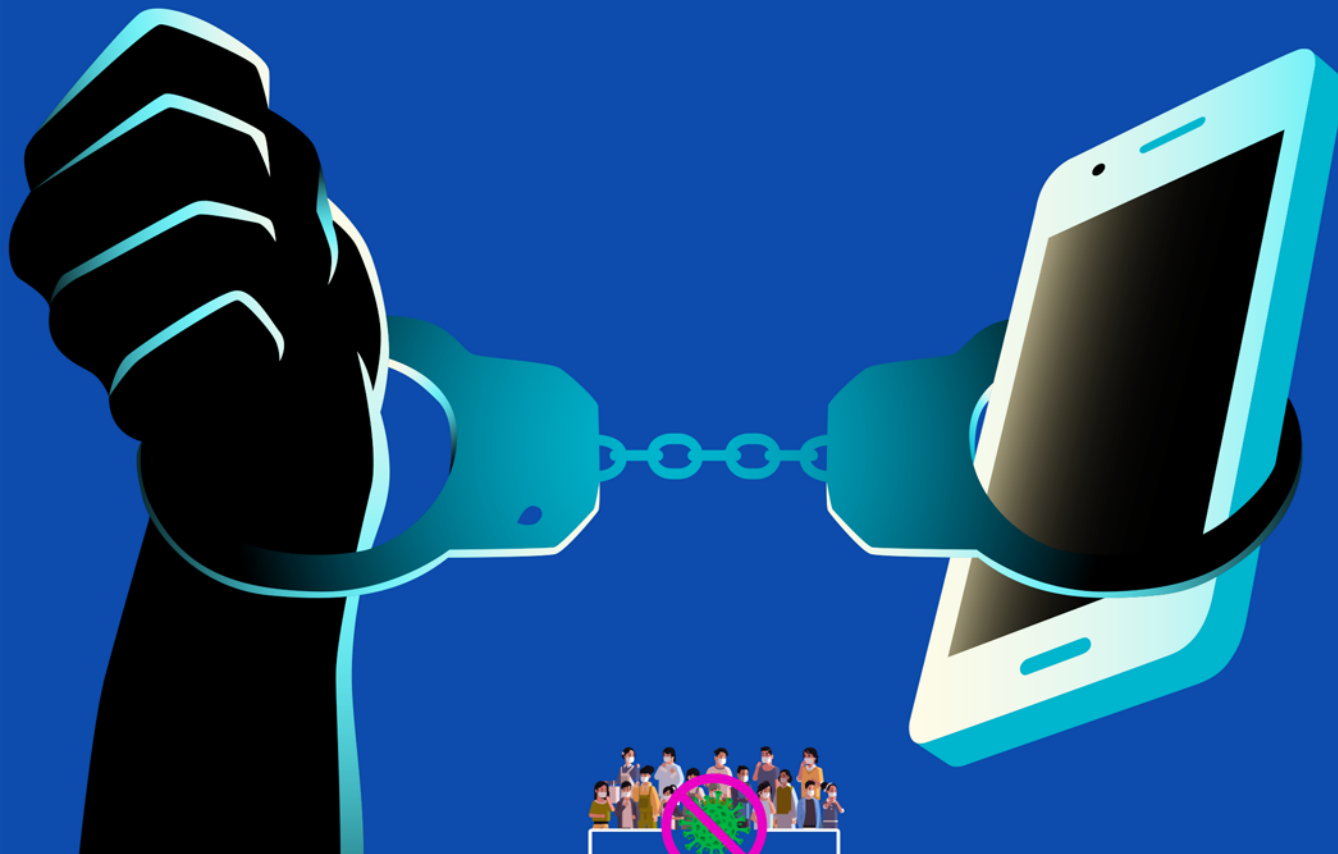
Avoid Unhealthy Lifestyle

Losing Immune System

Mobile Phone; Using Mobile Phone more than 2 hours can damage our brain, eyes and heart. And also effect to our immune system.

Disadvantages of using mobile phones for long hours

(Brain Cancer, increases stress level, weakens immune system, chronic pain, eye/vision problem, hinders sleep, germs, hampers your thinking process, nomophobia, anxiety, depression, skin allergies and infection).



Words of Hope and Cheer

Encouraging Bible Verses

1. Deuteronomy 31:8

The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

2. Isaiah 41:10

Don't be afraid, for I am with you.
Don't be discouraged, for I am your God.
I will strengthen you and help you.
I will hold you up with my victorious right hand.

3. Jeremiah 29:11-13

“For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for me wholeheartedly, you will find me.”

4. John 14:1, 27

“Don't let your hearts be troubled. Trust in God, and trust also in me.”

“I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.”



Words of Hope and Cheer

Spirit of Prophecy Quotes Encouragement

“Each morning consecrates yourselves and your children to God for that day. Make no calculation for months or years; these are not yours. Lay all your plans before God, to be carried out or given up, as His providence shall indicate.

– (Testimonies for the Church 7:44)

The Lord is the only healer. He is our life, and there is no life but from him. Only he can heal disease.

– (MEDM November 1904, page 348.3)

God will do great things for those who trust in Him. The reason why His professed people have no greater strength is that they trust so much to their own wisdom, and do not give the Lord an opportunity to reveal His power in their behalf. He will help His believing children in every emergency if they will place their entire confidence in Him and faithfully obey Him.

– Patriarchs and Prophets, pg. 493

