




















# Surveillance






APRIL

09

2020

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

COUNTRY						
 Bangladesh	218	+54	20	+3	33	LT
 Brunei	135	0	1	0	91	LT
 Cambodia	117	+2	0	0	63	LT
 Indonesia	2,956	+218	240	+19	222	LT
 Lao	15	+1	0	0	0	LT
 Malaysia	4,119	+156	65	+2	1,487	LT
 Myanmar	22	0	3	+2	0	LT
 Pakistan	4,196	+161	60	+3	467	LT
 Philippines	3,870	+106	182	+5	96	LT
 Singapore	1,623	+142	6	0	406	LT
 Sri Lanka	189	+4	7	+1	44	LT
 Thailand	2,369	+111	30	+3	888	LT
 Timor Leste	1	0	0	0	0	IT
 Vietnam	251	0	0	0	126	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

**DON'T LET CARONA  
TURN YOUR CHILDREN INTO CRYONA.**



# Preventive Measures

## Free and Fun Activities for Kids

Let these fun and free kids' activities serve as a first step toward engaging your children in deeper conversations strengthening the bond you share:

- Make a "tent" out of sheets.
- Take turns reading to each other.
- Conduct kitchen science experiments.
- Paint your nails together.
- Have a spa night with facials.



- Look through old photo together.
- Watch your child's favorite TV show or movie together.
- Play a video game together.
- Exercise together.
- Do a puzzle.



# Preventive Measures

- Play a board game.
- Help them clean their room.
- Rearrange furniture.
- Pull out a box of toys they haven't played with for a while.
- Build Legos together.



- Play with dolls together.
- Play store, restaurant, or ice cream stand together.
- Go to the park.
- Ride bikes.
- Sit outside and look at the stars.



- Eat breakfast together.
- Teach your child how to cook.
- Style your child's hair.
- Let your child style your hair.
- Share a memory about how you handled conflict or stood up to a bully when you were a kid.



ADVISORY ON  
**COVID-19**

# Preventive Measures

- Take a walk in the woods.
- Plant seeds from something you've eaten, such as an apple or watermelon.
- Draw on the sidewalk with sidewalk chalk.
- Bake healthy food together.
- Have a tea party.



- Play school or office together.
- Swing on the swings together.
- Make your own treasure map.
- Play 20 questions.
- Play I Spy.

- Fix you bicycle together.
- Listen to your favorites songs together.
- Listen to an audio CD together.
- Make pancakes in a fun shape together.
- Race matchbox cars.



ADVISORY ON  
**COVID-19**

# Preventive Measures

- Create a new voicemail message together.
- Make a slideshow of your favorite digital photographs.
- Pick flowers and press them in wax paper.
- Make bookmarks.
- Go bird watching.
- Collect leaves and then try to identify them by researching them online. Let your child teach you about something they know or do well.
- Make life-size drawings of each other on the back of some old wrapping paper.
- Play in the sand together, at the beach, a local park, or your child's own sandbox.
- Help your child practice a sport they enjoy.
- Write messages on the mirror for one another with soap.
- Create memory boxes for your child's favorite pictures, artwork, and mementos.
- Create a special place in your home for displaying your child's artwork.
- Let your child choose what to display in the place mentioned above.
- Help your child fix a broken item or toy.
- Watch your child play a sport.
- Climb a tree.
- Put on skits for your family.
- Have something unusual for dinner like air-popped popcorn and fresh fruit.
- Pray and study the Bible together.



## Modified Version

By Jennifer Wolf Fact  
checked by Donna Murray, RN,  
BSN Updated on February 26, 2020

# Nutritious Menu

## TIMOR-LESTE CORN AND BEAN SOUP

### INGREDIENTS:

3 CUPS DRIED CORN OR HOMANY  
(YELLOW OR WHITE)  
1/2 CUP DRIED BEANS OF ANY KIND  
6 1/2 CUPS WATER  
  
SALT TO TASTE

### DIRECTIONS:

MIX. RINSE AND CLEAN. FILL RICE COOKER OR PAN WITH WATER.  
COOK ABOUT 3 HOURS UNTIL SOFT. ADD WATER AS NEEDED.

WHEN CORN AND BEANS ARE SOFT ADD SEASONING

### OPTIONS:

COCONUT MILK OR CREAM  
CHOPPED GARLIC AND ONION  
CHILLIE SALSA  
CHOPPED GREEN ONION



# Nutritious Menu

## CHILE SALSA

### INGREDIENTS:

1/2 CUP CHOPPED ONION (RED OR WHITE)  
1/2 CUP CHOPPED GREEN ONION  
1/4 CUP CHOPPED CILANTRO  
1 CUP CHOPPED TOMATOES  
1 CUP CHOPPED CUCUMBER  
1-2 CHOPPED CHILE (DEPENDS HOW HOT YOU LIKE)  
1 TBS LEMON JUICE (OR TO TASTE)  
SALT AND SEASONING TO TASTE



### DIRECTIONS:

MIX AND SERVE WITH THE TIMOR-LESTE CORN AND BEAN SOUP.

ENJOY!!!



# Healthy Juice

## TIMOR-LESTE LEMONGRASS & GINGER TEA

### Ingredients:

12 LEMONGRASS LEAVES BRUISED

1 LARGE GINGER CLEAN AND CUT INTO THIN PIECES

8 CUPS WATER OR DESIRED AMOUNT

ADD ALL TO PAN AND BOIL 10 MINUTES AND LET SIT.  
STRAIN INTO GLASS JAR OR CUP. ADD SWEETENER IF  
DESIRED. DRINK HOT OR COLD. ENJOY DURING THIS  
CHALLENGING TIME!!!



# Words of Hope and Cheer

## Psalms 107:19-21

<sup>19</sup>“Lord, help!” they cried in their trouble,  
and he saved them from their distress.

<sup>20</sup>He sent out his word and healed them,  
snatching them from the door of death.

<sup>21</sup>Let them praise the Lord for his great love  
and for the wonderful things he has done for them.

## 2 Kings 20:5

I have heard your prayer and seen your tears. I will heal you.

## Jeremiah 17:14

O Lord, if you heal me, I will be truly healed;  
if you save me, I will be truly saved.  
My praises are for you alone!

## Revelation 21:4

He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.

## Psalms 30:2

O Lord my God, I cried to you for help,  
and you restored my health.

