



























Surveillance

MARCH
24
2020

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

COUNTRY							
 Bangladesh	33	6	3	5	LT	0	0
 Brunei	91	3	0	2	LT	0	0
 Cambodia	86	2	0	2	LT	0	0
 Indonesia	579	65	49	30	LT	0	0
 Lao	0	0	0	0	-	0	0
 Malaysia	1,518	212	14	159	LT	0	0
 Myanmar	0	0	0	0	-	0	0
 Pakistan	873	97	6	13	LT	0	0
 Philippines	462	82	33	18	LT	0	0
 Singapore	509	54	2	152	LT	0	0
 Sri Lanka	94	12	0	3	LT	0	0
 Thailand	721	122	1	52	LT	0	0
 Timor Leste	1	0	0	0	LT	0	0
 Vietnam	123	10	0	17	LT	0	0

-  Total Number of Confirmed Cases
 -  Total Number of Confirmed New Cases
 -  Total Number of Deaths
 -  Total Number Recovered
- LT = Local Transmission
-  SDA Total Number of Confirmed Cases
 -  SDA Total Number Recovered

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

How long COVID-19 can live on common surfaces*

SURFACE	LIFESPAN OF COVID-19
 Air	3 hours 
 Copper	4 hours 
 Cardboard	24 hours 
 Stainless Steel	2–3 days 
 Polypropylene plastic	3 days 

*At 69.8 to 73.4°F (21 to 23 °C) and 40% relative humidity

Source: New England Journal of Medicine

BUSINESS INSIDER

Preventive Measures

PROTOCOLS FOR ENTERING YOUR HOME

ACTION AGAINST COVID-19



1



When you come home, try not to touch anything

2



Take off your shoes.

3



Disinfect your pet's paws if you were walking it.

4



With bleach, recommended at more than 140f.

Take off your outer clothing and put it in a laundry bag.

5



Leave bag, purse, keys, etc. in a box at the entrance.

6



Hands, wrists, face, neck, etc.

Shower or, if you are not able, wash all exposed areas well

7



Clean your phone and glasses with soap and water, or alcohol.

Prepare a mixture of bleach 20 ml. per liter of water. 5 tbsp (1/3 cup) of bleach in one gallon of water or 4 tsp. of bleach in one quart of water.

8



Don't forget to wear gloves

Clean the surfaces of what you have brought outside with bleach before storing.

9



Remove your gloves carefully, throw them away and wash your hands

10



Remember that it is not possible to do a total disinfection, the objective is to reduce the risk

By: Rebecca Thornburg website: <https://www.wkbw.com>

Healthy Juice

Juice to Boost IMMUNE SYSTEM

by Dr. Linda Lim Varona

Watermelon juices are best if you have flu or a cold, but it also does the perfect job for boosting your immune system. Since watermelon helps relieve muscle soreness which is a common symptom found in older adults. Moreover, it contains Vitamins A and C along with magnesium and zinc which are extremely useful for the body.

Ingredients:

Blacksalt
Mintleaves
Watermelon(diced and cubed)
Ice cubes

Method:

Blend mint and watermelon together in some of the best juicer machines then sprinkle black salt over it.



ADVISORY ON
COVID-19



Nutritious Menu

CHICKENLESS TINOLA

Ingredients:

Malunggay leaves – 1 cup

Mushroom (bamboo m or oyster m) 1 cup

(Dried Shitake mushroom can be an alternate for above mushroom, soaked till soft, sliced thin)

Sayote or unripe papaya – Salt or mushroom powder to taste (about 1 tsp)

Ginger, crushed – thumb size

Water- 4 cups

Procedure:

1. Boil water & ginger in a casserole or boiling pan
2. Add mushroom and bring to a boil for 1-2 minutes.
(If using shitake mushroom, boiling time is longer till it becomes soft & cooked)
3. Add sayote or papaya and continue to boil till almost cooked
4. Add malunggay leaves and boil just enough to soften the leaves.
5. Add salt or mushroom seasoning.
6. Serve hot and steaming.

OPTIONS/VARIATIONS:

- May use petchay or sili leaves as alternative to malunggay leaves.
- If with no mushroom available, omit it
- May add potato as alternative
- May add green pepper (sili) if available



Menu to strengthen IMMUNE SYSTEM

by Dr. Linda Lim Varona



Words of Hope and Cheer

While the rest of the world is full of fear,
LET'S EMBRACE COVID!



C- COURAGE.

In times like this, be of good courage.
Pray without ceasing. This too shall pass.

O- OBEDIENCE.

Obey before you complain. It's for you
and your family's safety.

V- VIGILANT.

Be brave enough in facing life's circumstances.
Boost your immune system. Trust GOD above all.

I- INTELLIGENT.

Be wise and know the issues. Be updated
with the news. Remember: knowledge is power.

D- DOER OF GOOD.

Be kind to everyone. Practice social distancing
and share only info from reliable sources.
Spread FACTS not FEAR.

#homequarantineCOVID-19

-Dr. Ramil Marquez



SUPPORT OUR COMBAT AGAINST COVID-19



FACE MASK



FACE SHIELD



ALCOHOL



RAIN COAT



NOURISHMENTS

EVERY ACT OF
COMPASSION COUNTS.

Let's
end this
Pandemic
together!

For donations, please contact:

LADY MATAYA-DAPAT

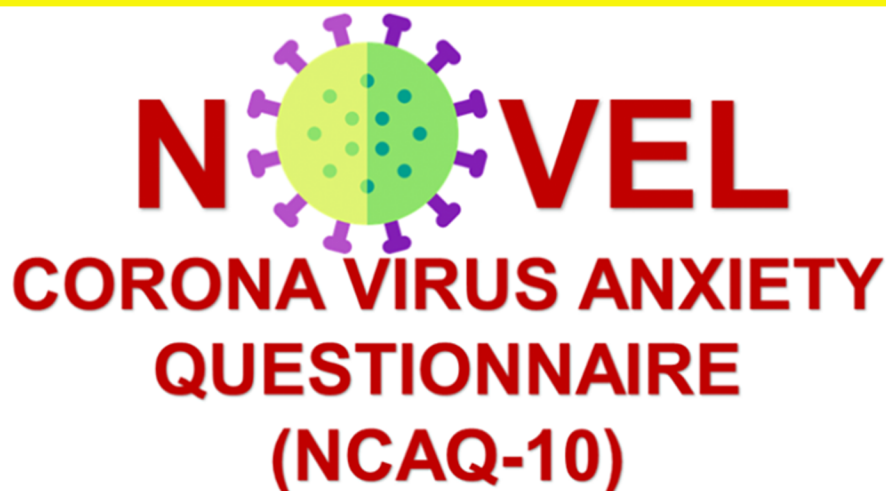
☎ (02) 8525 9191 to 98 local 641 | 📱 0977 855 7675

✉ Imdapat@adventisthealth-mnl.com

Looking after your mental health during the Coronavirus outbreak is important, so we have created a questionnaire (NCAQ-10) to help you evaluate and check your current level of distress. Our mental health experts are ready and will to help.

Please click the link and answer

<http://forms.gle/PLB7J9WoWHMcL4VY6>



NOVEL
CORONA VIRUS ANXIETY
QUESTIONNAIRE
(NCAQ-10)



If you feel overwhelmed or too concerned that COVID-19 is affecting your current situation now, we are here to help. As we all face uncertainty about COVID-19, there are measures we can do to remain calm. Let's talk!

Stressed about COVID-19? We are here to help.

HELPLINES

Open for families and individuals experiencing panic, fear and worry caused by **COVID-19 outbreak**

CRISIS CALL CENTER

(Dialing Code: +63)
Text ANSWER and call
0943-132-8487 or 0917-642-9964

CRISIS TEXT LINE

Text HOPE to 0909-859-1577
or 0917-634-9229



ONLINE SPACES

Open to provide support through chat, message us through this page <https://www.facebook.com/mentalhealthssd> and talk with our mental health experts

