




















# Surveillance






APRIL

**14**

2020

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

COUNTRY						
 Bangladesh	803	+182	39	+5	42	LT
 Brunei	136	0	1	0	107	LT
 Cambodia	122	0	0	0	77	LT
 Indonesia	4,557	+316	399	+26	380	LT
 Lao	19	0	0	0	0	LT
 Malaysia	4,817	+134	77	+1	2,276	LT
 Myanmar	41	0	4	0	2	LT
 Pakistan	5,374	+144	93	+2	1,095	LT
 Philippines	4,932	+284	315	+18	242	LT
 Singapore	2,532	0	8	0	560	LT
 Sri Lanka	217	+7	7	0	56	LT
 Thailand	2,579	+28	40	+2	1,288	LT
 Timor Leste	4	+2	0	0	1	IT
 Vietnam	265	+3	0	0	145	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

Is it enough to wash our hands with just plain water when in contact a COVID-19 patient?

## FACTS:

**No.** Regularly use detergent and water for hand washing and do not forget to use disinfectant. But this does not mean drink disinfectant for it is harmful to ingest and not a medicine.



source: DOH HealthyPilipinas

Southern Asia-Pacific Division



Adventist  
Health Ministries



# Trivia

Is it right to condemn or shame  
COVID-19 patient?

## FACTS:

**No.** While no one chooses to be infected with the virus but the truth is that anybody can be contaminated by the virus and those patient needs our encouragement instead.



source: DOH HealthyPilipinas



# Trivia

Does quarantine period affect our mental health?

## FACTS:

**Yes.** This is especially true with children for they respond to stressful situations by being more demanding, more agitated, or more fearful. Let us listen to children, give them affection, and be patient, supportive, and gentle.



source:  
DOH  
HealthyPilipinas





# Preventive Measures

## How to Stay Physically and Mentally Healthy While COVID-19 Has You Stuck at Home

*Choices often determine our destiny. To a large extent even our health can be determined by the choices we make on how we live, the risks we take, and the balance we seek in life. We each come into the world with an endowment for health that may vary from that of others, but how we care for the gift of our health influences the expression of our genetic capacities.*



### NUTRITION

While most people are going straight for grains and canned goods right now, Byker Shanks says it's actually a good time to buy fresh produce. "Buy those fruits and vegetables, cut them up and put them in your freezer, because they can be used for months to come," she recommends. Sturdy veggies and starches — like broccoli, Brussels sprouts and sweet potatoes — also keep for a long time outside the freezer. If you do buy canned, dried or frozen goods, choose those low in saturated fat, salt and added sugars. Look for foods with less than less than five grams of added sugar per serving, less than 200 milligrams of salt per serving and less than 1.5 grams of saturated fat per serving.

source: TIME.COM/ JAMIE DUCCHARME



Southern Asia-Pacific Division

 Adventist  
Health Ministries



# Preventive Measures

## How to Stay Physically and Mentally Healthy While COVID-19 Has You Stuck at Home



### FITNESS

You may not be able to go to the gym, but it's okay to walk, run or bike outside, so long as you keep a safe distance — ideally about six feet — from other people, says Dr. Jennifer Lee, a clinical assistant professor of family medicine and community health at Penn Medicine. Many gyms and fitness instructors are also offering virtual classes right now, she adds. There are also plenty of no-equipment-required exercises — like squats, burpees, sit-ups, planks, push-ups and mountain climbers — you can do in even a small space. Brabec recommends choosing five exercises, doing each for a minute, then repeating the circuit three to five times.

And take comfort in the fact that physical activity doesn't have to mean a gym-style workout. Plenty of research shows that everyday activities like walking, gardening and cleaning slash your risk of premature death and improve your overall health — so any amount of movement you can squeeze in counts.

source: TIME.COM/ JAMIE DUCCHARME



Southern Asia-Pacific Division

 Adventist  
Health Ministries





# Preventive Measures

## How to Stay **Physically and Mentally Healthy** While COVID-19 Has You Stuck at Home



### **STRESS AND SLEEP**

Managing stress and anxiety is crucial for getting enough sleep — and getting enough sleep is crucial for just about every other aspect of your health.

Over-exposure to news, over-exposure to chaos, creates a lot of anxiety. “If you can create a quiet space to reflect, to journal, it helps to calm you.” Jamie Gold, a wellness design consultant recommends, to the extent possible, designating specific areas for work and fitness, to mentally separate the parts of your day.

Balance that quiet time with responsible social interaction,, since loneliness can compound mental and physical health issues. “Using FaceTime and the phone and video chats ... [can help you] feel not quite so alone when you’re at home.

source: TIME.COM/ JAMIE DUCHARME



Southern Asia-Pacific Division

 **Adventist**  
Health Ministries



# Preventive Measures

## How to Stay **Physically and Mentally Healthy** While COVID-19 Has You Stuck at Home



### **CLEANING**

Research suggests SARS-CoV-2, the virus that causes COVID-19, can live on plastic and stainless steel surfaces for 72 hours, cardboard for 24 hours and copper for four hours. While the U.S. Centers for Disease Control and Prevention has said surface contamination doesn't seem to be the primary way the virus spreads (instead, it's through respiratory droplets expelled by a sick person), it can't hurt to wipe down high-touch objects like door knobs, railings and faucets, in addition to regular household upkeep.

source: TIME.COM/ JAMIE DUCHARME



Southern Asia-Pacific Division

 **Adventist**  
Health Ministries





# Healthy Juice

## SPINACH APPLE JUICE

### Ingredients:

1 ½ cups spinach  
½ grapefruit, peeled, white pith removed  
2 green apples, cut into eighths  
1 1-inch piece peeled fresh ginger  
2 large stalks celery  
Ice (optional)

### Procedure:

#### Step 1

Working in this order process spinach, grapefruit, apples, ginger and celery through a juicer according to the manufacturer's directions. (No juicer? See Blender Variation.)

#### Step 2

Fill 2 glasses with ice, if desired, and pour the juice into the glasses. Serve immediately.



source: EATINGWELL.COM

# Nutritious Menu

## Eggplant Tofu Steak

### INGREDIENTS:

3-4pcs medium-sized eggplant, fried  
1C tofu fried till golden brown  
1 small onion, minced  
3 cloves garlic, minced  
1 white onion, rings.  
Enough oil to fry and saute.  
1/2C soy sauce  
1 pinch sugar  
1/2 tsp kalamansi juice  
Pepper

### METHOD:

Cut eggplant in half lengthwise and into 2inch pieces. Fry til tender.

Slice tofu to large strips fry til golden brown.

Remove extra oil. Saute garlic, onion, onion rings set aside some rings for garnish.

Add soysauce, sugar, kalamansi juice.

Add eggplant and tofu. Stir until soysauce is well mixed.  
Serve in platter top with onion rings.

Makes 2-3 servings.



ADVISORY ON  
COVID-19

source: Gladdens Azupardo



# Words of Hope and Cheer

Life is what we make it, and we shall find what we look for. **If we look for sadness and trouble, if we are in a frame of mind to magnify little difficulties, we shall find plenty of them to engross our thoughts and our conversation.** - ML 195.4

But **if we look on the bright side of things, we shall find enough to make us cheerful and happy. If we give smiles, they will be returned to us; if we speak pleasant, cheerful words, they will be spoken to us again.** - ML 195.4

It is Satan's studied plan to push persons from one extreme to the other. As children of the light, God would have us cultivate a cheerful, happy spirit, that we may show forth the praises of Him who hath called us out of darkness into His marvelous light. - ML 195.5

-Maritess Robles





Boredom busters on April 16 with our guest speaker. Prepare your questions and see you online!



See you online!

## How to beat lockdown **BOREDOM:** Practical Tips and Strategies

*with Dr. She Ann Castillo*  
*Licensed Counselor*



Apr 16, 2020, Thursday  
2:00PM (GMT+8)

