



Coronavirus Disease (COVID-19) updates

- ✳ As of 4 April 2020, 207 countries/territories/areas reported 976,249 cases and 50,489 deaths from COVID-19.
- ✳ In Myanmar, on 23 March 2020, two cases were found positive. As of 3 April 2020, 20 confirmed positive cases are reported.
- ✳ On 11 Mar 2020 WHO announced COVID-19 as a pandemic.
- ✳ Most common symptoms of COVID-19 are fever, tiredness, and dry cough.
- ✳ Most people (about 80%) recover from illness without needing special treatment
- ✳ Around 5 out of 6 people with COVID-19 experience mild symptoms, like fever and dry cough
- ✳ Around 95% of people who have been sick with COVID-19 to date have recovered or are recovering.
- ✳ Older people are the hardest hit by COVID-19 but younger people are not spared
- ✳ People with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness
- ✳ Solidarity is the key to defeating COVID-19. Solidarity between countries and also between age groups.
- ✳ It is of great concern if the virus gains foothold in countries with weaker health system or with vulnerable population
- ✳ During this difficult time, it's important to continue looking after your physical and mental health. This will not only help you in the long-term, it will also help you fight COVID-19 if you get it.

This newsletter special updates our previous factsheets on COVID-19 (of 24 January and 7 February 2020). <https://bit.ly/30UVRT6> & <https://bit.ly/2vfHCMM>

Be **KIND** to support loved ones during #coronavirus



Check in regularly especially with those affected



Encourage them to keep doing what they enjoy



Share WHO information to manage anxieties



Provide calm and correct advice for your children

Learn more to Be **READY** for #COVID19:
www.who.int/COVID-19

Currently 4 of 5 people infected with COVID-19 will experience only mild symptoms, like fever and a dry cough.



- ✳ Regularly and thoroughly wash your hands with soap and water or with alcohol-based hand rub
- ✳ Physical distancing – maintain 2 metres (6 feet) distance between yourself and anyone who is coughing or sneezing
- ✳ Avoid touching eyes, nose and mouth
- ✳ Avoid spitting in public
- ✳ Follow good respiratory hygiene – cover mouth and nose with your bend elbow or tissue when you cough or sneeze. Dispose used tissue immediately
- ✳ Eat a healthy and nutritious diet, which helps your immune system to function properly.
- ✳ Avoid crowds & gatherings
- ✳ Stop smoking



- ✱ Limit your alcohol consumption and avoid sugary drinks.
- ✱ Don't smoke. Smoking can increase your risk of developing severe disease if you become infected with COVID-19.
- ✱ Exercise. WHO recommends 30 minutes of physical activity a day for adults, and one hour a day for children.
- ✱ Look after your mental health. It's normal to be stressed, confused and scared during a crisis. Talking to people you know and trust can help.
- ✱ Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19.
- ✱ Do some yoga or walk up and down the stairs when at home
- ✱ Get information from reliable sources
- ✱ Stay at home if you feel unwell. If you have fever, cough and difficulty in breathing report to nearby health facilities or health care professional.
- ✱ If you were and have recently visited (past 14 days) areas where COVID-19 is spreading (including mobile and migrant population) –
 - Follow the guidance as outline above
 - Self-isolate by staying at home to help protect you and others
 - If you develop fever, cough and difficulty in breathing, seek medical advice promptly. Share your recent travel or contact with travelers

Finally, COVID-19 provided us opportunity to come together as one humanity – to work together, to learn together and to grow together.

6 ways to prevent Covid-19 in 60 seconds, video link <https://bit.ly/2lxWhql>.

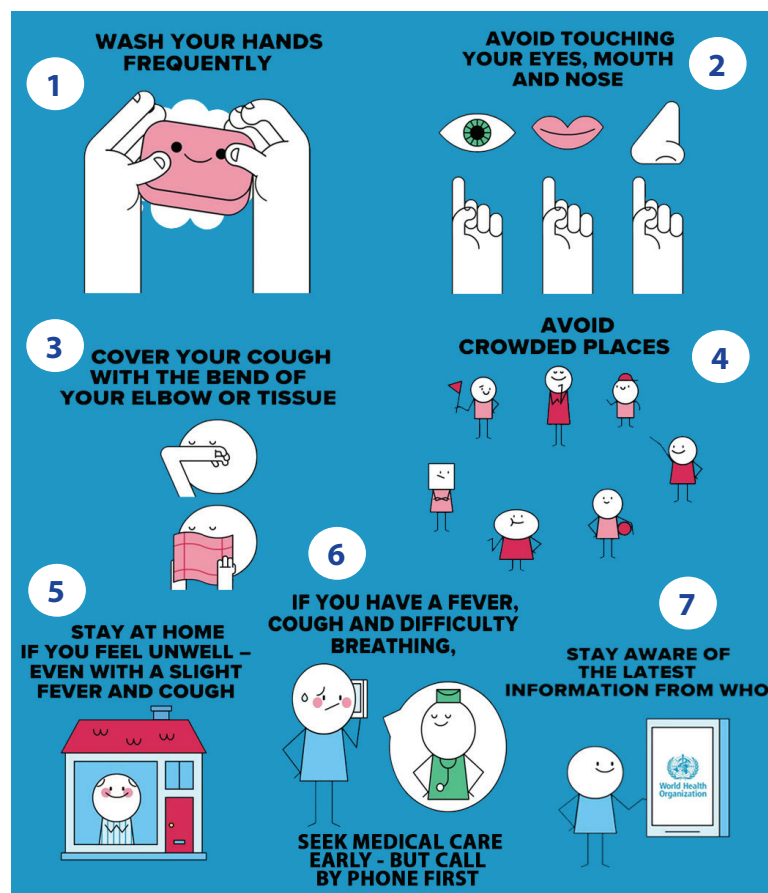
7 simple steps to prevent the spread of the coronavirus in 30 seconds, video link <https://bit.ly/2xVZmhB>.

Further information can be accessed from the links:
Ministry of Health & Sports at <https://bit.ly/3buBlqY>
 and **WHO Myanmar** at <https://bit.ly/2QP2z9i>

To help prevent COVID-19, non-essential travel before & during Thingyan is discouraged.

Finally, practice spreading healthy messages what you know

7 steps to prevent the spread of the coronavirus



COVID-19 and air pollution

- ✱ Many countries are being locked down due to COVID-19 pandemic.
- ✱ Outdoor air pollution is largely caused by traffic in cities and causes an estimated 40,000 early deaths in the UK each year alone.
- ✱ Satellite images have shown dramatic reduction in concentrations of the pollutants like nitrogen oxide and PM2.5 following the strict public health measures that have caused sharp reduction in travel or reduction of non-essential travels.
- ✱ Drop in outdoor air pollution has saved lives of 4,000 children under the age of 5 and 73,000 adults over the age of 70 in China alone*
- ✱ Air pollution is linked to respiratory, cardiovascular and non-communicable diseases for example cancer. Women, children and elderly are particularly at risk. Similar risk is applied for developing severe disease if someone is infected with COVID-19.

* <https://www.eco-business.com/news/has-covid-19-helped-ease-air-pollution/>

WHO Myanmar newsletter special, 4 April 2020