

Coronavirus Disease 2019 (COVID-19)

Situation Report – 57

Timor-Leste

Data as reported by 07 August 2020

HIGHLIGHTS

- Swab samples of all the persons currently quarantining at the Tasi Tolu and Tibar sites have been collected for COVID-19 testing.
- The COVID-19 crash course programme designed for faculties of higher education institutions by Instituto Nacional Saude (INS) and WHO with support from USAID is now being implemented in three districts – Baucau, Oecusse, and Manufahi. In all, about 47 faculty members have been trained in the three districts combined.
- While responding to the COVID-19 pandemic, the MoH is also focusing on maintaining the essential health services. The MoH inaugurated the new emergency obstetric and newborn care (EmONC) to further improve the maternal and child health services.
- The first week of August also marked the World Breastfeeding Week. WBW is celebrated every 1-7 August in commemoration of the [1990 Innocenti Declaration](#). In 2018, a [World Health Assembly](#) resolution endorsed WBW as an important breastfeeding promotion strategy. During the COVID-19 pandemic, it is even more important to find innovative solutions to ensure that access to these essential services is not disrupted and that families continue to receive the breastfeeding support they need.

SITUATION IN NUMBERS

25 confirmed (0 new)
0 deaths

(As per data released by the [Ministry of Health](#))

Follow WHO Timor-Leste on [Facebook](#) and [Twitter](#).

More information and guidance by WHO regarding the current COVID-19 outbreak can be found [here](#).

GLOBAL SITUATION IN NUMBERS Total (new) cases in last 24 hours

Globally
18 614 177 confirmed (259 344)
702 642 deaths (6 488)

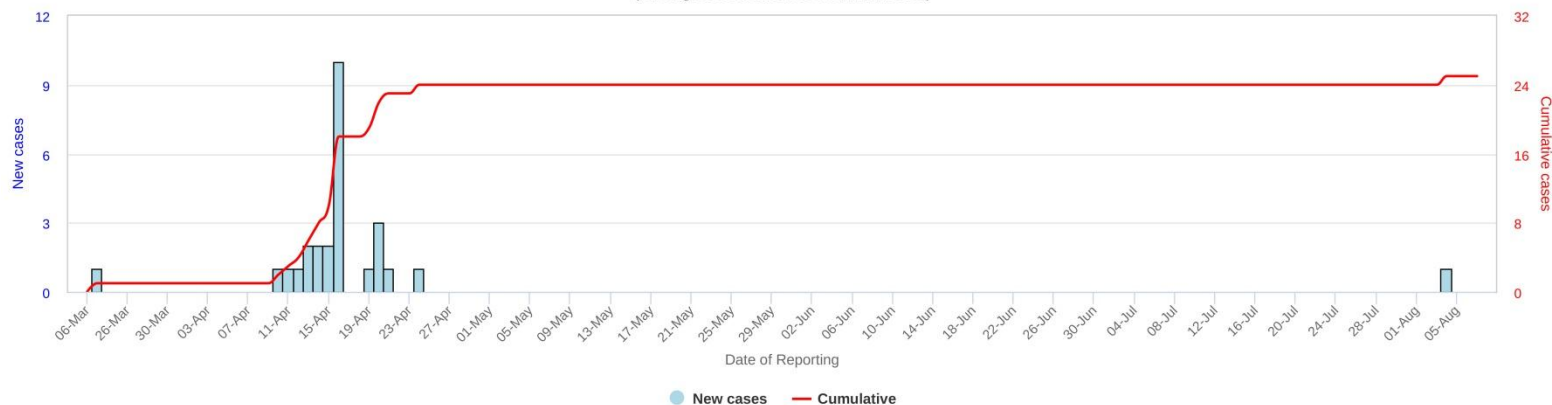
WHO RISK ASSESSMENT

Global Level Very High



New and cumulative COVID-19 cases in Timor-Leste by date of reporting

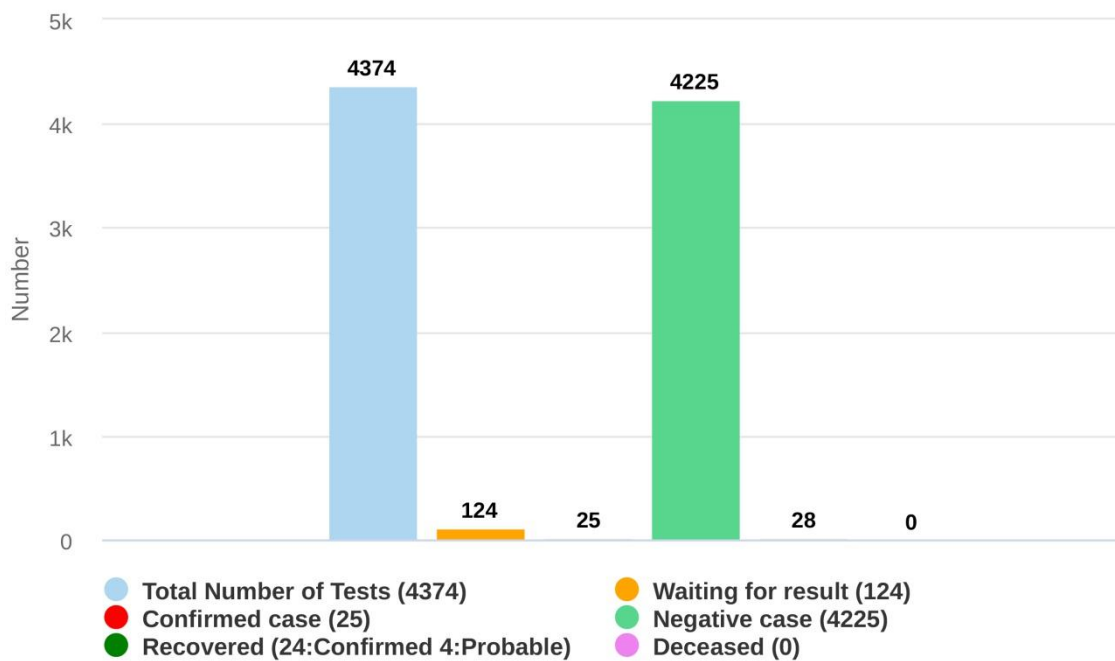
(07-Aug-2020 : New cases-0 Cumulative-25)



Source : National Directorate of Disease Control - Department of Epidemic Surveillance

Current Situation : COVID-19 Timor-Leste

(Cumulative figures)



Source : National Directorate of Disease Control - Department of Epidemic Surveillance

WHO TIMOR-LESTE STRATEGIC OBJECTIVES

- Interrupt human-to-human transmission including reducing secondary infections among close contacts and health care workers, preventing transmission amplification events;
 - Strengthening of surveillance systems and increasing laboratory capacity to detect COVID-19 cases;
 - Ensuring adherence to the strictest standards of infection prevention and control (IPC) and increase capacity for IPC;
 - Identify, isolate and care for patients early, including providing optimized care for infected patients;
 - Communicate critical risk and event information to all communities and counter misinformation;
 - Minimize social and economic impact through multisectoral partnerships.
-

RECOMMENDATIONS AND ADVICE FOR THE PUBLIC

Wash your hands frequently

Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.

Why? Washing your hands with soap and water or using alcohol-based hand rub kills viruses that may be on your hands.

Maintain physical distancing

Maintain at least 1 metre (3 feet) distance between yourself and others.

Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets, including the COVID-19 virus if the person coughing is infected.

Use face mask when physical distancing is not possible

Why? If when you're in a setting where maintaining the physical distance of 1 meter or more is not possible due to the space constraint, then it is imperative that you use a face mask as it can help in stopping the transmission of COVID-19

Avoid touching eyes, nose and mouth

Why? Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and make you sick.

Practice respiratory hygiene

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue safely immediately.

Why? Droplets spread virus. By following good respiratory hygiene you protect the people around you from viruses such as cold, flu and COVID-19.

If you have fever, cough and difficulty breathing, seek medical care early

Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of health authorities.

Why? Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also protect you and help prevent spread of viruses and other infections.

Stay informed and follow advice given by your healthcare provider

Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

Why? National and local authorities will have the most up to date information on whether COVID-19 is spreading in your area. They are best placed to advise on what people in your area should be doing to protect themselves.

Protect ourselves and our loved ones against #COVID19:

- ✚ **Wash your hands frequently**
- ✚ **Cover coughs and sneezes**
- ✚ **Avoid touching your face**
- ✚ **Avoid crowded places and limit time in enclosed spaces**
- ✚ **Keep a distance of at least 1 metre from others**
- ✚ **Use of mask is imperative when physical-distancing is not possible.**
- ✚ **Regularly clean and disinfect frequently touched objects and surfaces**
- ✚ **Isolate yourself from others if feeling unwell and seek care, if needed**

More guidance on preventive measures is available [here](#).

COVID-19 Information and media queries:

- The MoH has established a hotline number – 119 – for COVID-19 on which people can call to get any COVID-19 related information.
 - Additionally, [MoH Facebook page](#) provides timely updates on COVID-19 developments in the country.
 - WHO Timor-Leste through its [Facebook page](#) and [Twitter handle](#) also disseminates information on preventive measures, questions and answers, myth-busters and latest updates on COVID-19 globally and nationally. For media queries and interviews requests can be sent to singhsho@who.int and hasane@who.int
-