

Data as reported by 14 October 2020

HIGHLIGHTS

- On 10 October 2020, the Ministry of Health (MoH) confirmed a new case of COVID-19. The total number of COVID-19 cases in the country now stands at **29**. The patient was in quarantine upon arrival from Kuala Lumpur and admitted to the isolation and treatment facility at Vera Cruz. Investigation and contact tracing are being done by the surveillance team as per the national guideline. More details about new case can be accessed on MoH's Facebook Page [Palacio das Cinzas](#).
- The United Nations Development Programme (UNDP) supported the MoH in procuring medical equipment for COVID-19 response. The equipment and supplies which include ventilators, diagnostic kits and personal protective equipment (PPE) were handed over to the SAMES – an autonomous agency under the MoH. WHO provided technical guidance in identification and selection of equipment and supplies, and WFP, using its humanitarian aviation services, ferried the consignment into the country.
- WHO and UNFPA in collaboration with the MoH and the National Health Laboratory (NHL) carried out refresher training for surveillance and quarantine staff under Pillar 3 of the COVID-19 Strategic Preparedness and Response Plan (SPRP). The topics covered during the training including updated national surveillance guidelines, infection prevention and control, basic communication skills, gender-based violence & code of conduct, and the COVID-19 testing procedure from the NHL. As many as 80 health care workers underwent the two-day training.
- Hospital Nacional Guido Valadares (HNGV), WHO and partners are training as many as 18 mid-level doctors and intensive care unit (ICU) nurses on critical care, shock, sepsis, Arterial Blood Gas (ABGs) among various other critical care aspects. In addition, there's also special emphasis on ventilation.
- UNICEF is providing financial support to the MoH to continue the Integrated Management of Childhood Illnesses (IMCI) follow-up after concluding training in Dili, Bobonaro, Liquica, Manatuto, Viqueque and Oecusse.
- UNICEF conducted WASH assessment of the Atauro Community Health Center.

SITUATION IN NUMBERS

29 confirmed (1 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 seven days

Globally
37 109 851 confirmed (2 268 892)
1 070 355 deaths (39 228)

- UNICEF conducted a groundwater feasibility study at the Batugade quarantine facility.
- UNICEF conducted scoping and budgeting of WASH improvements of 32 community health centres in five municipalities; Dili, Baucau, Manatuto, Ermera, and Covalima.



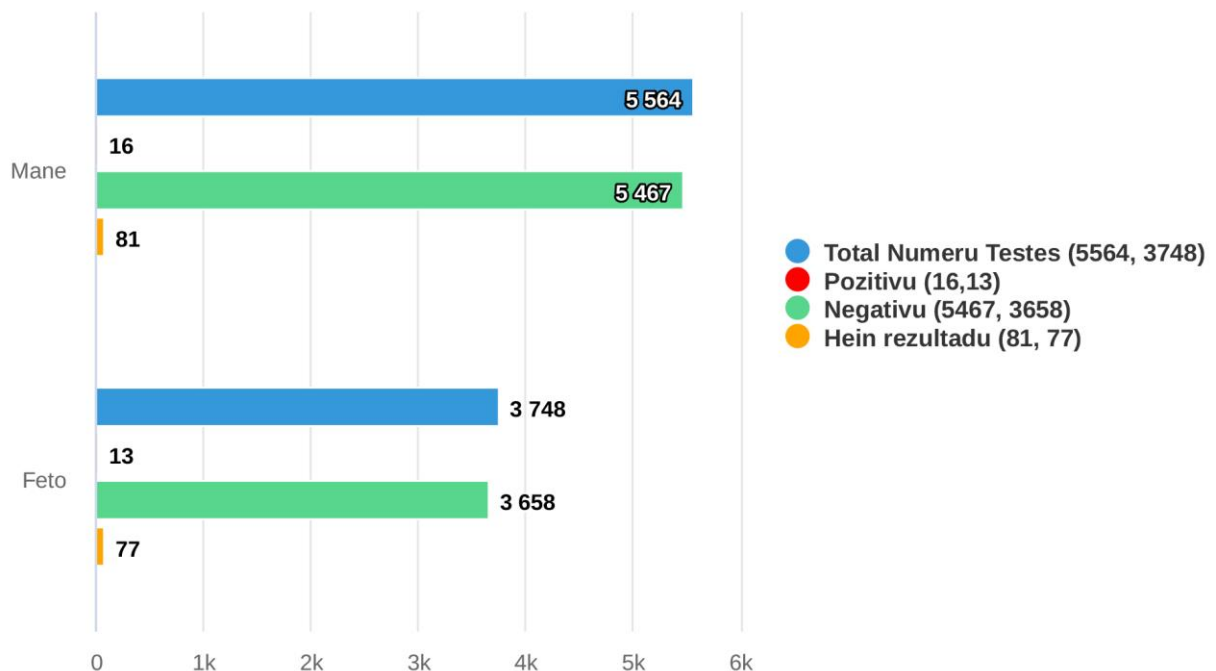
New and cumulative COVID-19 cases in Timor-Leste by date of reporting
(14-Oct-2020 : New cases-0 Cumulative-29)



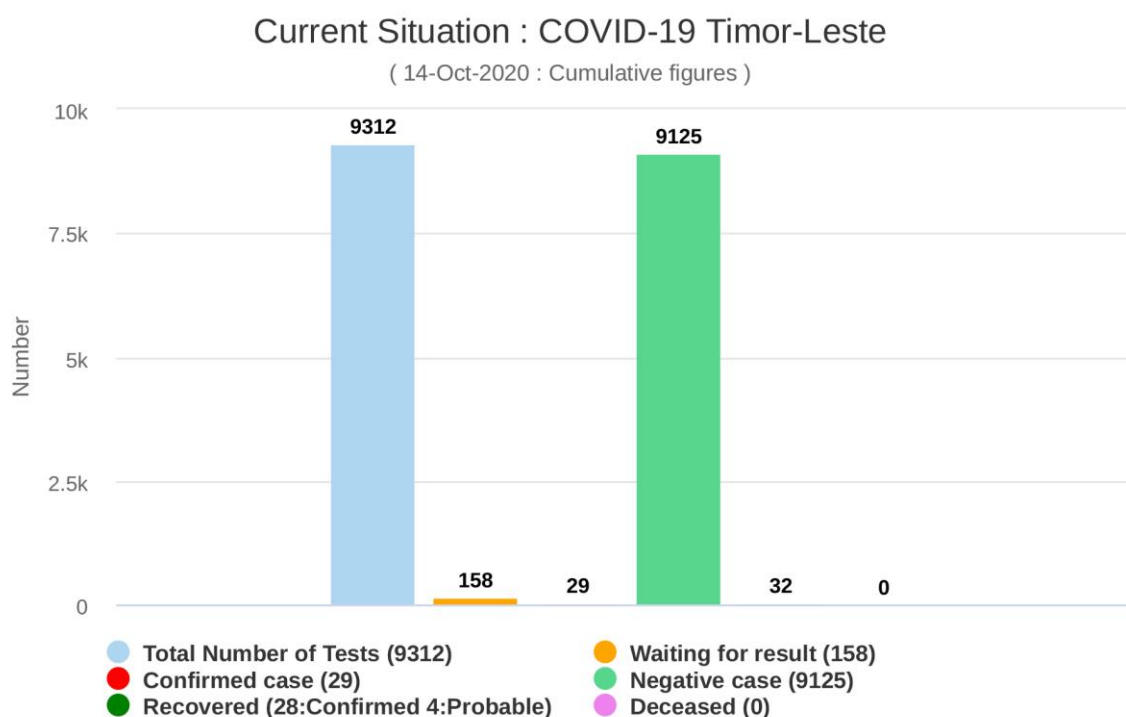
Source : National Directorate of Disease Control - Department of Epidemic Surveillance

Teste Laboratoriu : COVID-19 Timor-Leste

(14-Oct-2020 : Kumulative figures)



Source : Direcção Nacional Controlo de Doenças - Departamento Vijiância Epidemiologia



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
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