

Coronavirus Disease 2019 (COVID-19)

Situation Report – 78

Timor-Leste

Data as reported by 16 December 2020

HIGHLIGHTS

- The Ministry of Health (MoH) with technical assistance from WHO and St John of God, Maluk Timor, Menzies School of Health Research conducted five-days refresher training on COVID-19 course at Maliana Referral Hospital in Infection Prevention Control (IPC), triage and orientation on the current testing capacity and role of the lab in processing and transporting samples. About 112 health workers were trained in this week-long capacity building exercise.
- The surveillance department under the MoH with the support from WHO conducted a two-day surveillance data entry system refresher training for surveillance staff in the context of COVID-19. Health professionals from the five referral hospitals, HNGV and doctors from the MoH took part. Over 40 medical doctors and health professionals underwent refresher training.
- Besides maintaining focus on COVID-19 prevention, the MoH is also committed to maintaining the essential health services. The MoH, in collaboration with WHO and Instituto Nacional Saude (INS), conducted a weeklong training on people-centred PEN integration in two municipalities – Baucau and Bobonaro. The WHO Package of Essential Noncommunicable Disease Interventions (WHO PEN) for primary care in low-resource settings is an innovative and action-oriented set of cost-effective interventions that can be delivered to an acceptable quality of care, even in resource-poor settings.
- The MoH, with the support from WHO conducted validation workshop on clean energy to discuss the key findings for Energy and Health Assessment in Timor-Leste. At least 60 participants took part in the conference comprising district public health officers from 13 municipalities, Unicef, the Ministry of Education, Secretary State of Environment, Ministry of Social Solidarity and Inclusion.
- The MoH with support from WHO and the European Union (EU) under the Universal Health Coverage (UCH) umbrella concluded the national review of data and the Timor-Leste Health Information System (TLHIS). The national review workshops were conducted in two municipalities covering the entire country – Baucau and Bobonaro – spread over two weeks. Regular reviews are important in promoting an information culture where health workers, program managers, department heads, directors and other staff, share, access, and use data for informed and effective decision-making.

SITUATION IN NUMBERS

31 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 seven days

Globally
70 476 836 confirmed (4 329 927)
1 599 922 deaths (75 038)



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

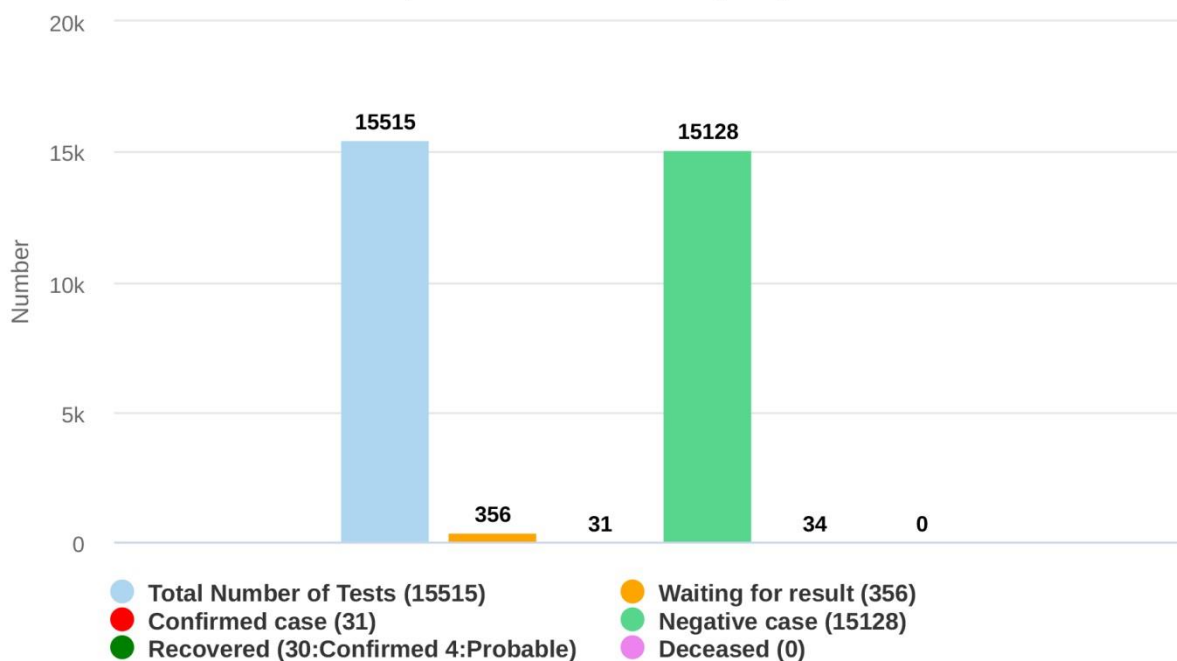
(16-Dec-2020 : New cases-0 Cumulative-31)



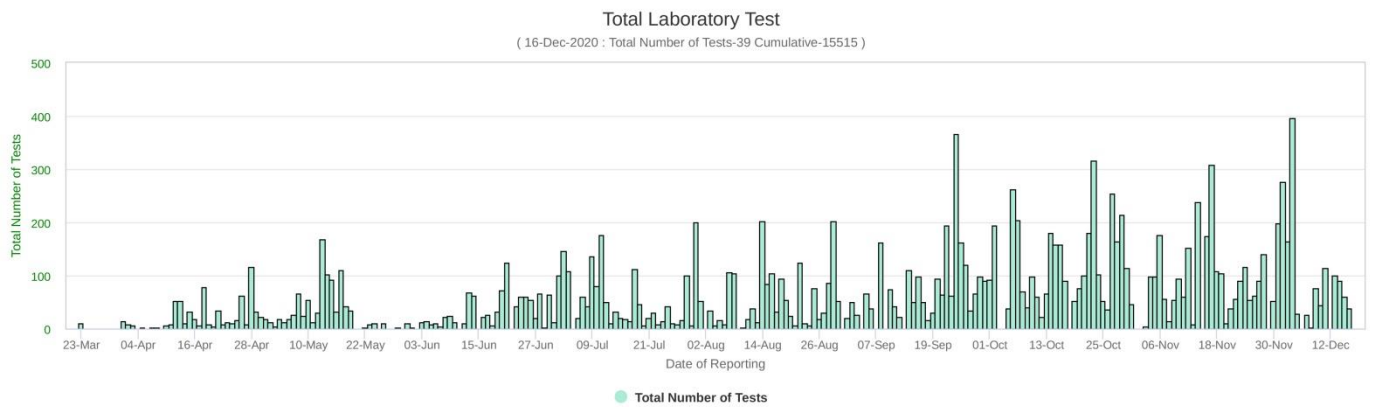
Source : National Directorate of Disease Control - Department of Epidemic Surveillance

Current Situation : COVID-19 Timor-Leste

(16-Dec-2020 : Cumulative figures)



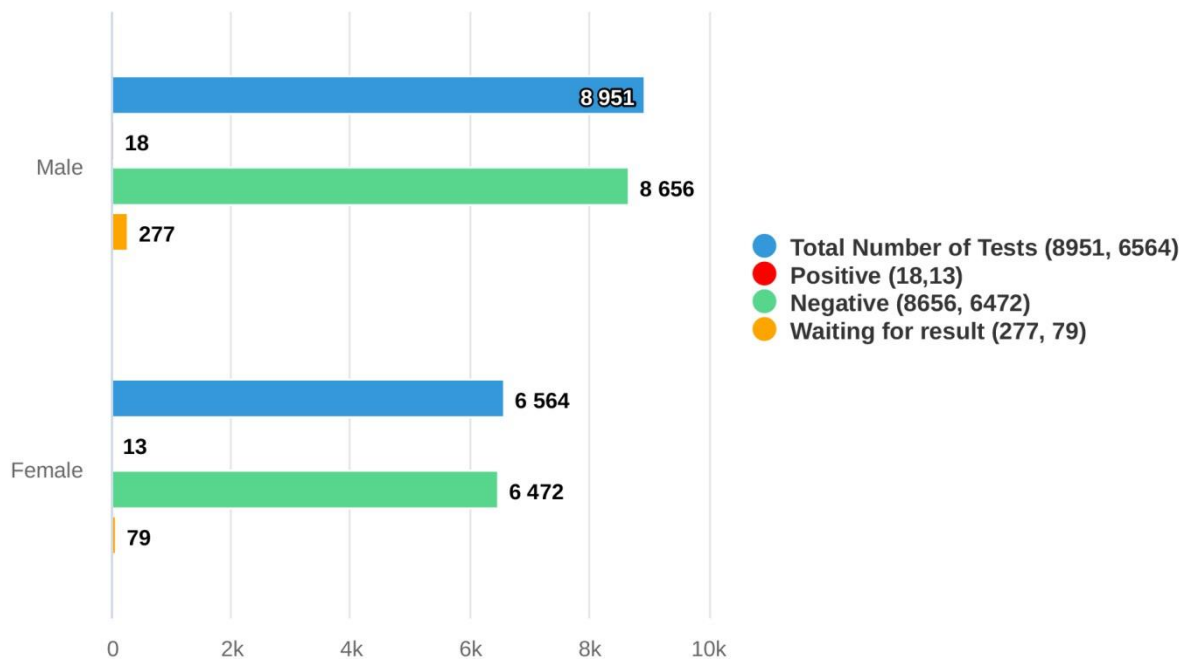
Source : National Directorate of Disease Control - Department of Epidemic Surveillance



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

Laboratory Test Results : COVID-19 Timor-Leste

(16-Dec-2020 : 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.
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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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