

# Coronavirus Disease 2019 (COVID-19)

## Situation Report – 74

### Timor-Leste

Data as reported by 18 November 2020

#### HIGHLIGHTS

- The last active case of COVID-19 was discharged on 14 November 2020. Currently, there are no active cases of COVID-19 in the country.
- WHO supported one-week of health promotion activity at community level in several locations in Dili carried out by Timor-Leste Midwives Association. The activity mainly promoted and stressed on COVID-19 preventive measures among communities with focus on infection prevention control (IPC) followed by two-days seminar on COVID-19 case management of mild cases and case management for pregnant woman with COVID-19.
- SAMES together with UNICEF completed the distribution of IPC supplies to 15 health facilities in five municipalities (Manatuto, Baucau, Covalima, Ermera and Dili (including Atauro). These IPC supplies will help protect the health workers as they provide health services in these municipalities.
- The National Directorate for Pharmacy and Medicines with support from WHO conducted a two-day consultative meeting to discuss the draft of the Standard Treatment Guideline (STG) for primary health care with medical doctors from HPs, CHCs in and referral hospital Maliana.
- To strengthen Water Safety Plan auditing programme in the country, WHO facilitated a 5-days virtual training on Water Safety Plan (WSP) principles and plans. The objective of the weeklong training is to strengthen understanding of WSP principles and steps as a prerequisite to WSP auditing, provide detailed guidance and tools on planning, carrying out and following up WSP audit. In addition, WHO also handed over WSP auditing training materials that can be adapted into country context to support national scale-up of WSP auditing capacity and development and practice. Representative from the Ministry of Health, Ministry of Public Works, Universidade da Paz participated in this virtual training.

#### SITUATION IN NUMBERS

**30 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](#).

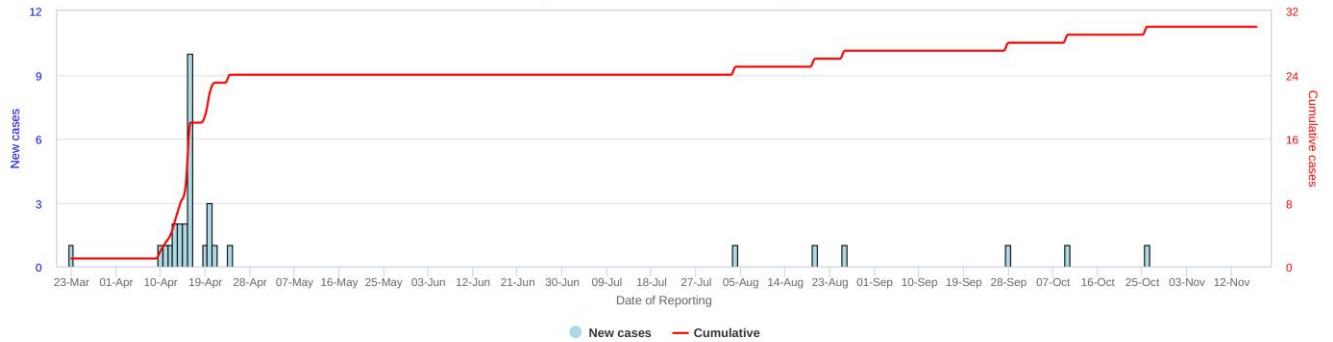
#### GLOBAL SITUATION IN NUMBERS

**Total (new) cases in last seven  
days**

**Globally**  
**53 766 728 confirmed (3 977 223)**  
**1 308 975 deaths (59 699)**



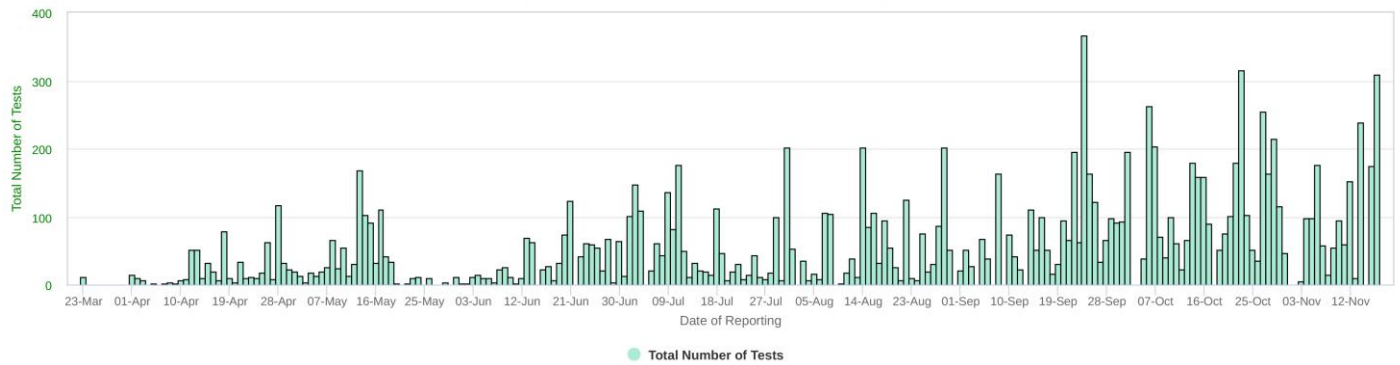
New and cumulative COVID-19 cases in Timor-Leste by date of reporting  
( 17-Nov-2020 : New cases-0 Cumulative-30 )



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

Total Laboratory Test

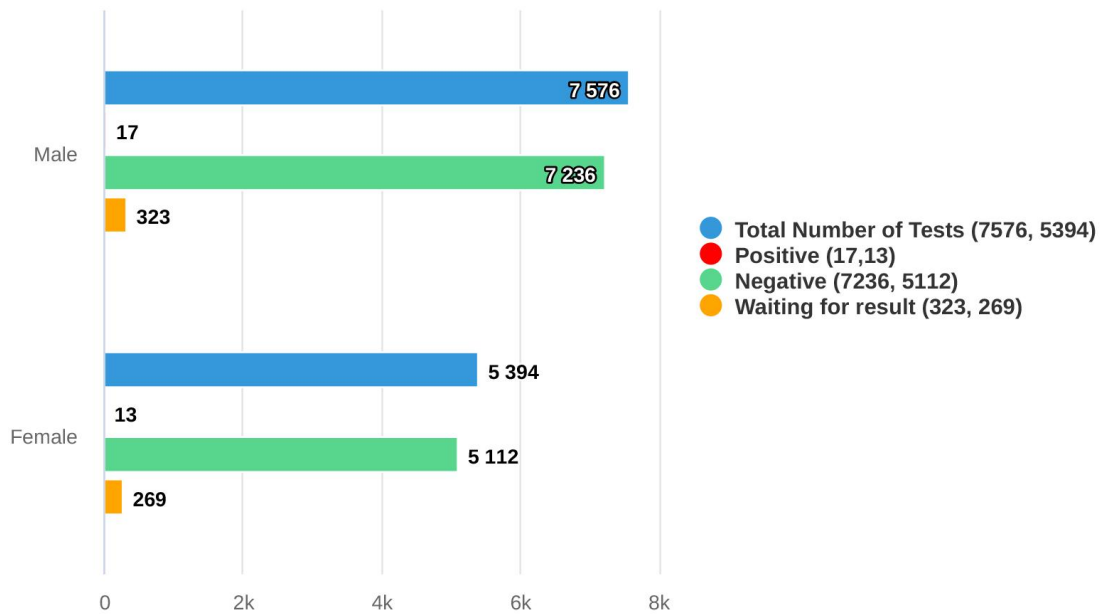
( 17-Nov-2020 : Total Number of Tests-309 Cumulative-12970 )



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

## Laboratory Test Results : COVID-19 Timor-Leste

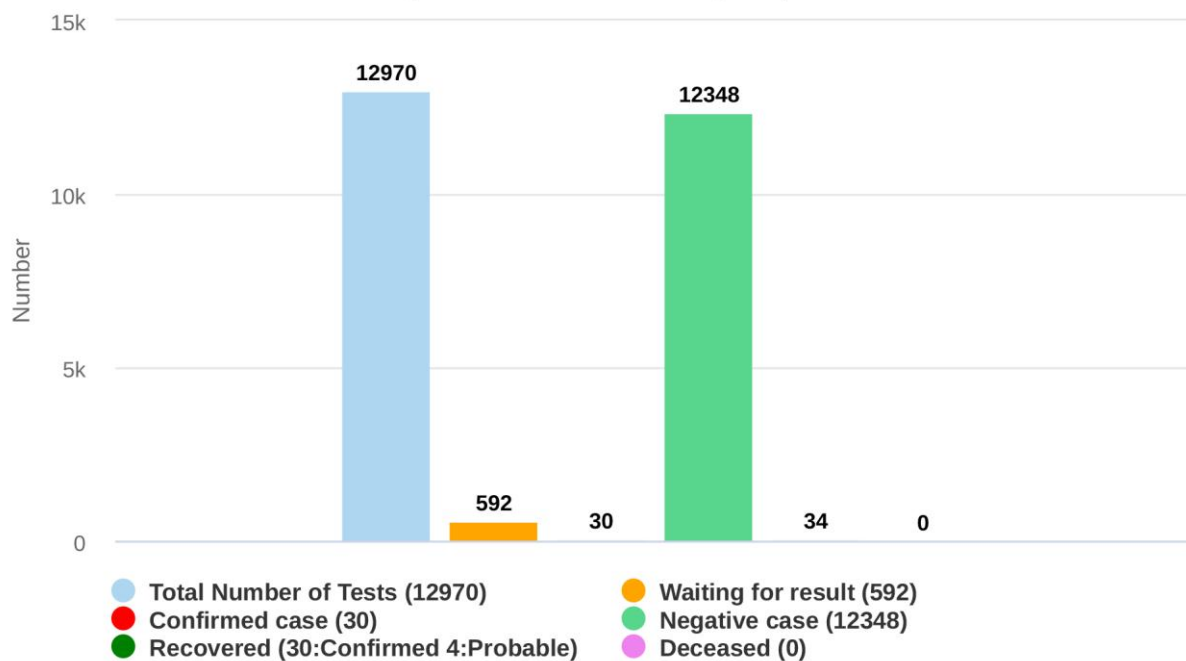
( 17-Nov-2020 : Cumulative figures )



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

## Current Situation : COVID-19 Timor-Leste

( 17-Nov-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](#).

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**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](mailto:singhsho@who.int) and [hasane@who.int](mailto:hasane@who.int)