

# Novel Coronavirus (2019-nCoV)

## Situation Report

### Timor-Leste



World Health  
Organization  
Timor-Leste

Data as reported by 03 February 2020

## CURRENT SITUATION

- Currently, there are NO cases of the Novel Corona Virus reported in Timor Leste.
- Two Timorese nationals who returned to Dili on 20 January 2020 from Wuhan in China are being observed at the isolation facility at the National Hospital in Dili as a precautionary measure. Of the two, one was discharged on 31 January 2020 and the second person on 02 February 2020. They remain well, without any of the symptoms. They pose no risk to public health.
- However, the Ministry of Health remains vigilant and ready to respond appropriately as the situation develops.

## MEASURES TAKEN

Steps being taken by the government with WHO and partners' support to respond to the situation include:

- Screening instituted at entry points — land, air, and sea border controls. This includes the use of temperature scanning and use of Health Declaration cards at Dili International Airport. Vigilance and screening has also been introduced at sea ports and land border controls.
- Efforts to raise awareness and promote prevention measures have been introduced through brochures and pamphlets (e.g. at the airport and health facilities) and prominent standees at border controls.
- Arrangements for quarantine and isolation of any suspected cases both at Points of Entry (e.g Dili Airport) are in place. There is also a dedicated isolation ward for suspected cases at the national hospital, Hospital Nacional Guido Valadares (HNGV). Alternative Isolation facilities are also being identified across Dili.
- Reinforcements of protective gear and medical supplies are underway to deal with the situation.
- Refresher training being provided to all health staff and emergency responders involved in the management of this evolving situation.
- Arrangements have been made – both in Timor and with specialist laboratories at centres of excellence internationally - to test samples from patients suspected of having this illness.
- Officials from the Ministry of Health are providing updates to the public through interviews, press conferences, social media, television and radio.
- The Ministry of Health is working closely with other agencies within the government (such as Ministries of Interior, Agriculture and Foreign Affairs) and UN agencies to provide a coordinated and concerted response

# GLOBAL SITUATION

## SITUATION IN NUMBERS

### Globally

14557 confirmed cases

### China

14411 confirmed  
2110 severe  
304 deaths

### Outside of China

146 confirmed  
24 countries  
1 death

## WHO RISK ASSESSMENT

China	Very High
Regional Level	High
Global Level	High

# ADVICE TO THE PUBLIC

## How to prevent yourself from infection?

Reduce your risk of **coronavirus** infection:

-  Clean hands with soap and water or alcohol-based hand rub
-  Cover nose and mouth when coughing and sneezing with tissue or flexed elbow
-  Avoid close contact with anyone with cold or flu-like symptoms
-  Thoroughly cook meat and eggs
-  Avoid unprotected contact with live wild or farm animals

 World Health Organization

Protect yourself and others from getting sick

**Wash your hands**

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste



 World Health Organization

**Wash your hands**

Wash your hands with soap and running water when **hands are visibly dirty**

If your **hands are not visibly dirty**, wash them with soap and water or use an alcohol-based hand cleanser





 World Health Organization

**Protect others from getting sick**

Cover **mouth and nose** with tissue, sleeve or elbow when coughing or sneezing



 Throw tissue into closed bin after use

Clean hands after coughing or sneezing and when caring for the sick



 World Health Organization

**Protect yourself from getting sick**

Avoid unprotected contact with **sick people** (including touching one's eyes, nose or mouth) and **with live farm or wild animals**





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**Protect others from getting sick**

Avoid close contact when you are experiencing cough and fever

Avoid spitting in public



If you have fever, cough and difficulty breathing **seek medical care early** and share previous travel history with your health care provider



 World Health Organization

**Practise food safety**

Use different **chopping boards and knives** for raw meat and cooked foods



Wash your hands between handling raw and cooked food.



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**Practise food safety**

Sick animals and animals that have died of diseases **should not be eaten**




 World Health Organization

**Practise food safety**

Even in **areas experiencing outbreaks**, meat products can be safely consumed if these items are **cooked thoroughly and properly handled** during food preparation.







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**Shopping in wet markets? Stay healthy!**

Wash hands with soap and water after touching animals and animal products



Avoid touching eyes, nose and mouth



Avoid contact with sick animals and spoiled meat



Avoid contact with stray animals, waste and fluids in market



 World Health Organization

**Working in wet markets? Stay healthy!**

Frequently wash your **hands** with soap and water after touching animals and animal products



Disinfect equipment and working area at least once a day



 World Health Organization

**Working in wet markets? Stay healthy!**

Wear **protective gowns, gloves and facial protection** while handling animals and animal products



Remove **protective clothing after work**, wash daily and leave at the work site



Avoid exposing family members to soiled work clothing and shoes



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# Should I wear mask?


### Should you wear a mask?













**YES**, if you are experiencing uneasiness in breathing, cough

**YES**, while caring for persons with respiratory (breathing) symptoms

**YES**, all health workers should while attending to persons with respiratory symptoms

**NOT** required for general public without respiratory symptoms





# How do I stay healthy while travelling?

### STAY HEALTHY WHILE TRAVELLING

**Avoid travel if you have a fever and cough**

**If you have a fever, cough and difficulty breathing seek medical care early and share previous travel history with your health care provider**





### STAY HEALTHY WHILE TRAVELLING

**Avoid close contact with people suffering from a fever and cough**

**Frequently clean hands by using alcohol-based hand rub or soap and water**

**Avoid touching eyes, nose or mouth**





### STAY HEALTHY WHILE TRAVELLING

**When coughing and sneezing cover mouth and nose with flexed elbow or tissue – throw tissue away immediately and wash hands**

**If you choose to wear a face mask, be sure to cover mouth and nose – avoid touching mask once it's on**

**Immediately discard single-use mask after each use and wash hands after removing masks**





### STAY HEALTHY WHILE TRAVELLING

**If you become sick while travelling, inform crew and seek medical care early**

**If you seek medical attention, share travel history with your health care provider**





### STAY HEALTHY WHILE TRAVELLING

**Eat only well-cooked food**

**Avoid spitting in public**

**Avoid close contact and travel with animals that are sick**



