

Coronavirus Disease 2019 (COVID-19)

Situation Report – 40

Timor-Leste

Data as reported by 05 June 2020

HIGHLIGHTS

- OpenWho.org – the online and app-based learning platform by WHO is now offering courses in the Tetum language – Timor-Leste's one of the two national languages. The first course to be made available in Tetum is "Vírus respiratóriu emergente sira, inklui COVID-19: métodu ba deteksaun, prevensaun, resposta no kontrole" (A general introduction to emerging respiratory viruses, including novel coronaviruses). In the coming days, seven more courses will be available in Tetum. The translation of courses has been possible with the funding support from USAID.

OpenWHO is WHO's new, interactive, web-based platform that offers online courses to people preparing to work in epidemics, pandemics and health emergencies or already doing so.
- The Ministry of Health (MoH) is conducting supervisory visits in all the border municipalities and meeting with each municipality administration. The supervisory team from MoH also comprise in-charge of all the 9 pillars of the strategic preparedness and response plan. The supervisory visit is being conducted with support from WHO, IOM and other partners to assess the preparedness and response, in particular, quarantine, isolation and immigration in border municipalities.
- Putting Timor-Leste communities at the centre of COVID-19 preparedness and response is our priority. IOM is complementing government efforts in conducting awareness reaching out to 10,000 families in 242 border communities using local community radio stations, electronic pre-recorded voice on vehicle PA system, distribution of posters and car stickers written in local dialect (Bunak and Kemak). This is in partnership with PNTL (Border Police), MoH, Immigration with financial support from WHO through USAID.
- The MoH and UNICEF launched the country's first telephone hotline dedicated to mental health as a part of the ongoing response to the COVID-19 pandemic. The mental health and psychosocial support hotline can be accessed by calling 12123.
Calls to the hotline are answered by trained mental health counsellors, who offer over-the-phone support as well as referrals to other health services. The support from the Government of Japan has enabled the setting up of the hotline.
- The Ministry of Health (MoH), Instituto Nacional Saude (INS), Hospital Nacional Guido Valadares (HNGV) is conducting COVID-19 preparedness and response training for the health staff of community health centers and referral hospitals in Suai, Ermera and Bobonaro municipalities with support from WHO, USAID, John Snow Inc. (JSI) and Health Alliance International (HAI).

SITUATION IN NUMBERS

24 confirmed (0 new)

0 deaths

(As per data released by [Centro Integrado Gestao de Crise](#))

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

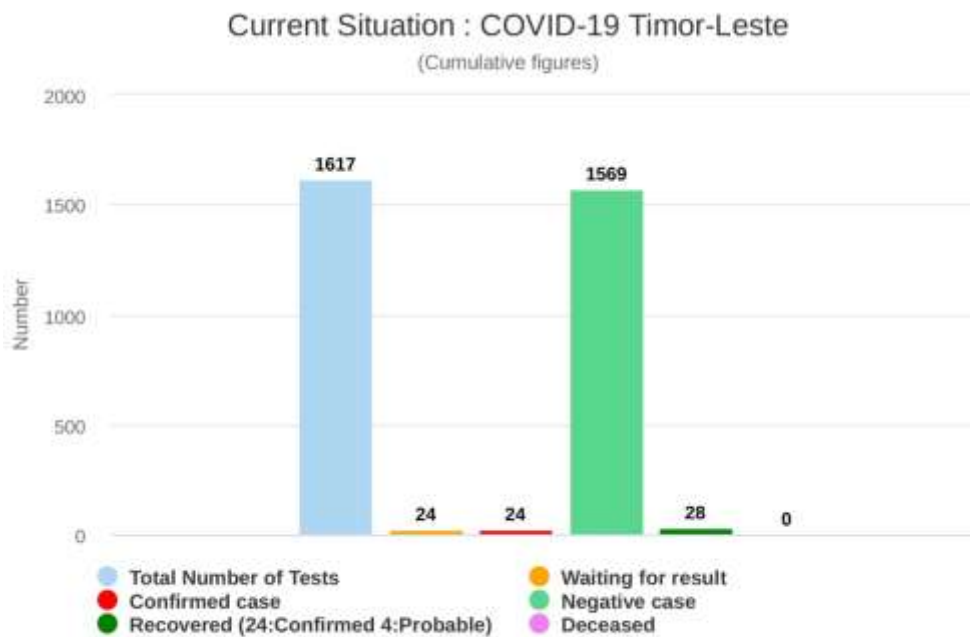
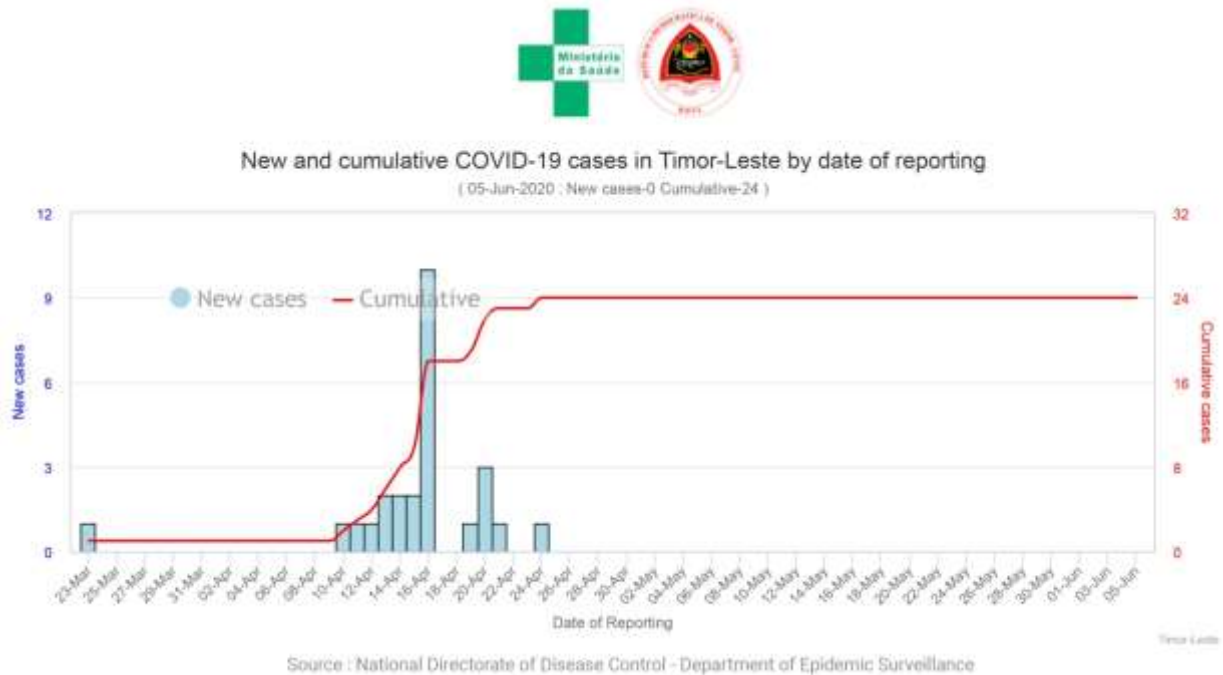
Globally

6 416 828 confirmed (129 281)
382 867 deaths (4 842)

WHO RISK ASSESSMENT

Global Level **Very High**

The technical curriculum for this training has been developed jointly by INS, WHO, Maluk Timor, and St John of God. The training covers 12 main areas of COVID-19 preparedness and response and several other sub-topics. The 12 main areas are; i) introduction to COVID-19, ii) IPC, iii) Triage, iv) PPE, v) Mild and moderate case management, vi) Psychology, vii) Safe transfer of patients, viii) Communicating with patients and families, ix) TB & HIV care in the context of COVID-19, x) Maintaining essential health services xi) Health promotion, and xii) Palliative care.



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.

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.

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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