

# Coronavirus Disease 2019 (COVID-19)

## Situation Report – 64

### Timor-Leste

Data as reported by 09 September 2020

#### HIGHLIGHTS

- Director General of Health Services, Dr Odete Maria Viegas led the Timor-Leste delegation in the 73<sup>rd</sup> WHO South East Asia Regional Committee (RC) meeting. The RC73 meeting this year is focused on deliberating over the measures to contain the outbreak, ways to maintain essential health services, and transition to the COVID-19 'new normal'. The RC committee is being held virtually for the first time due to the COVID-19 pandemic.
- To maintain essential health services in the midst of COVID-19 pandemic vis-à-vis noncommunicable diseases (NCDs), the MoH with support from WHO installed the first of the five open-air gyms in Ermera municipality. The goal is to encourage communities to be more physically active to reduce the risk of NCDs. It is well established fact that those with underlying conditions like diabetes, hypertension and cardiovascular diseases which are major NCDs are also the most vulnerable.
- A training of trainers (ToT) programme for integrated management of adult and adolescent illness (IMAI), a WHO initiative, kicked off on 2 September. The initial curriculum of the training focuses on COVID-19 pandemic response and management. Five nurses and four doctors from Hospital Nacional Guido Valadares (HNGV) are undergoing the training.
- The MoH with technical support from UNICEF and WHO are pursuing the introduction of the Human Papillomavirus Vaccine (HPV) into the national Expanded Immunization Programme in Timor-Leste with GAVI. The vaccine will be administered through a two-dose schedule to girls who are 11 years of age in class 6 before they leave primary school. HPV vaccination protects women against cervical cancer.
- UNICEF supported the MoH's Maternal and Child Health Department to conduct Reproductive, Maternal, Newborn and Child Health (RMNCH) review meetings in Ermera municipality to assess the impact of COVID-19 on critical RMNCH indicators.
- UNICEF and WHO briefed immunization focal points from the Ministry of Health and partners on recent developments with the COVID19 Vaccine (COVAX) and discussed on preparatory work that needs to be completed in order to be ready for the arrival of vaccines in the country.
- UNICEF handed over IT and communications equipment to the Ministry of Health's Maternal and Child Health Department in order to ensure a continued focus on improving coverage of routine essential health services for mothers and babies.

#### SITUATION IN NUMBERS

**27 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**

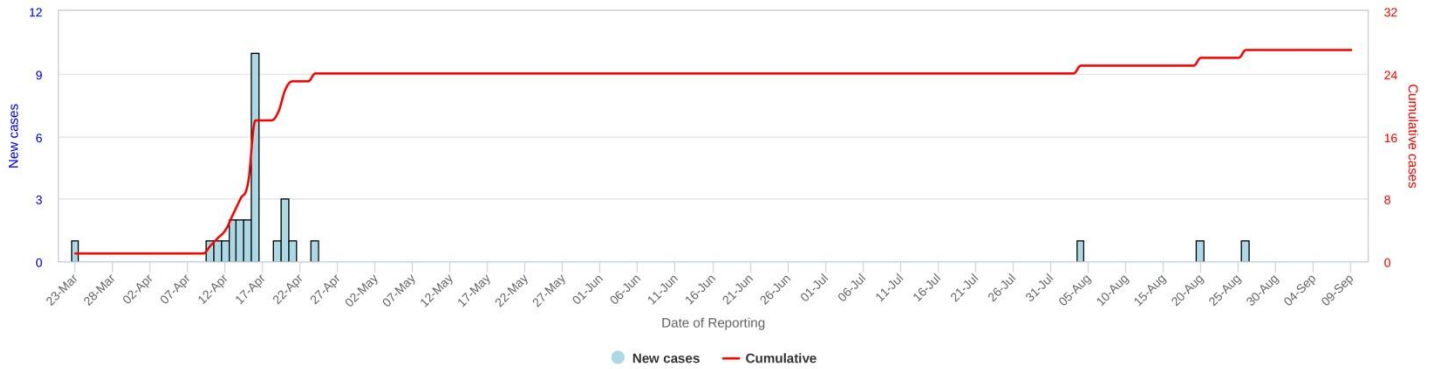
**Globally**  
**26 763 217 confirmed (1 886 643)**  
**876 616 deaths (37 559)**

**WHO RISK ASSESSMENT**  
**Global Level    Very High**



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

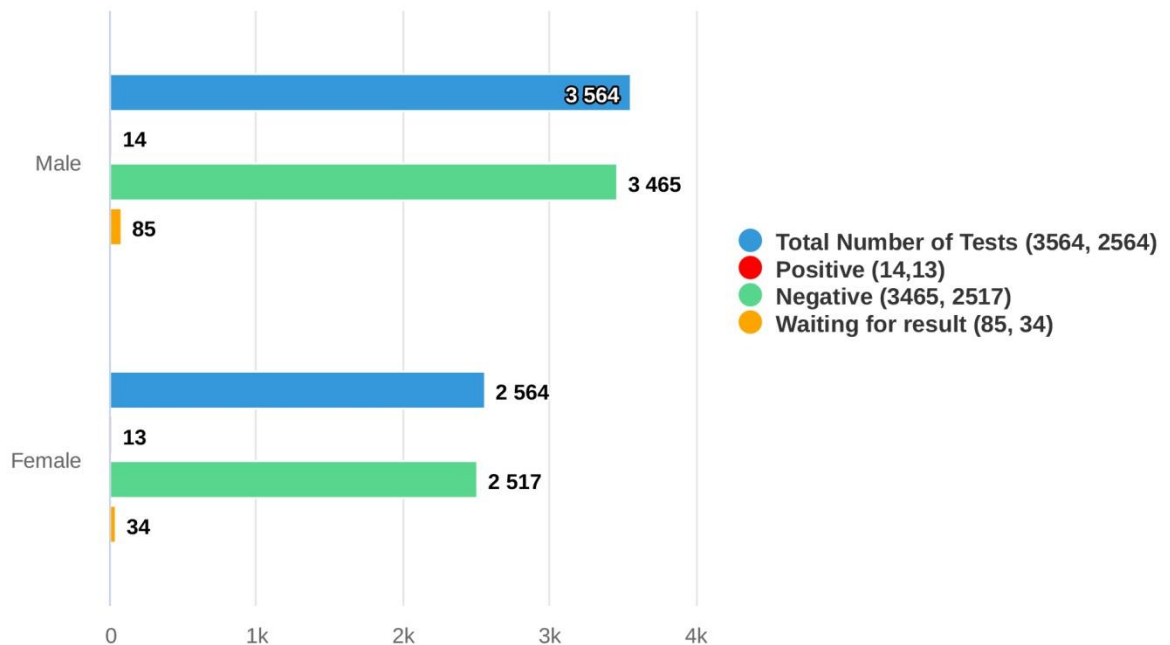
( 09-Sep-2020 : New cases-0 Cumulative-27 )



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

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

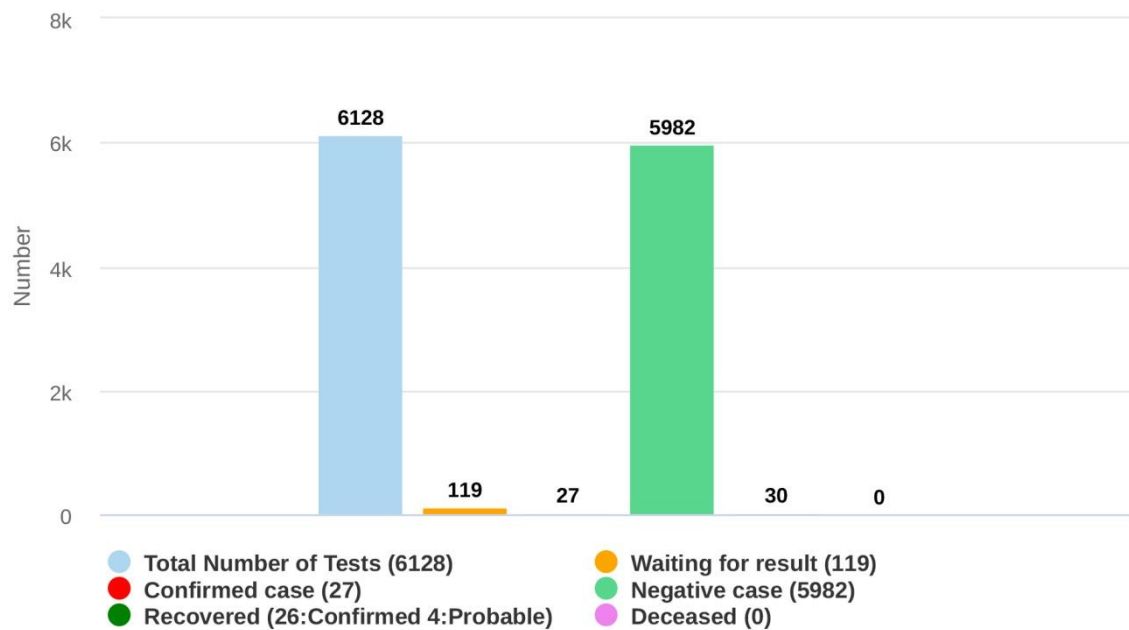
( 09-Sep-2020 : Cumulative figures )



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

## Current Situation : COVID-19 Timor-Leste

( 09-Sep-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.

## 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)
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