



" I grew up poor and understand this reality. I call on countries to develop policies which provide economic protections for people who can't earn or work amid the COVID19 pandemic. Solidarity! - WHO DG, Dr. Tedros Adhanom Ghebreyesus

Highlight

- A total of 61,418 (3,587 today) confirmed cases from 21 countries in the East Mediterranean Region and total deaths are at 3,417 (142 today).
- Lebanon is still in level 3 of COVID 19 transmission scenarios "Lebanon is experiencing cases clusters in time, geographic location and/or common exposure (Clusters of cases)".
- Public health and social measures to slow or stop the spread of COVID-19 must be implemented with the full engagement of all members of society.
- Starting today 2 April 2020 the current call center number is **01-594459**.

Global update

as per [WHO dashboard](#) 02 April 2020 at 9pm

Globally cases	896,450 (72,824 new)
Countries, areas or territories with cases	205 countries (0 new)
Total deaths	45,526 (4,928 new) (CFR: 3.4%)
Confirmed cases in China	82,724 (93 new)
Confirmed cases in USA	187,302 (24,103)
Confirmed cases in Italy	110,574 (4,782)
Confirmed cases in Spain	102136 (7,719)
WHO RISK ASSESSMENT Global Level - Very High	

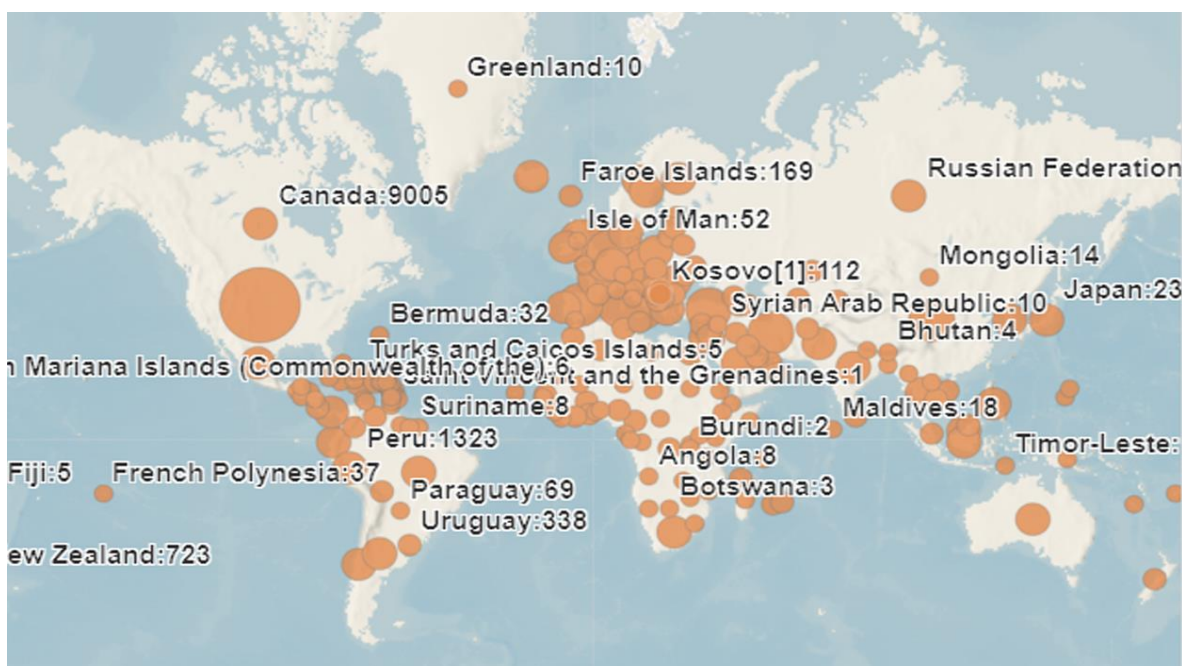


Figure 1. Countries, territories or areas with reported confirmed cases of COVID-19, 02 April 2020

Distribution of COVID-19 cases as reported by the Epidemiological Surveillance Unit at the MOPH dashboard at 4pm

Figure 1: Cases by age group

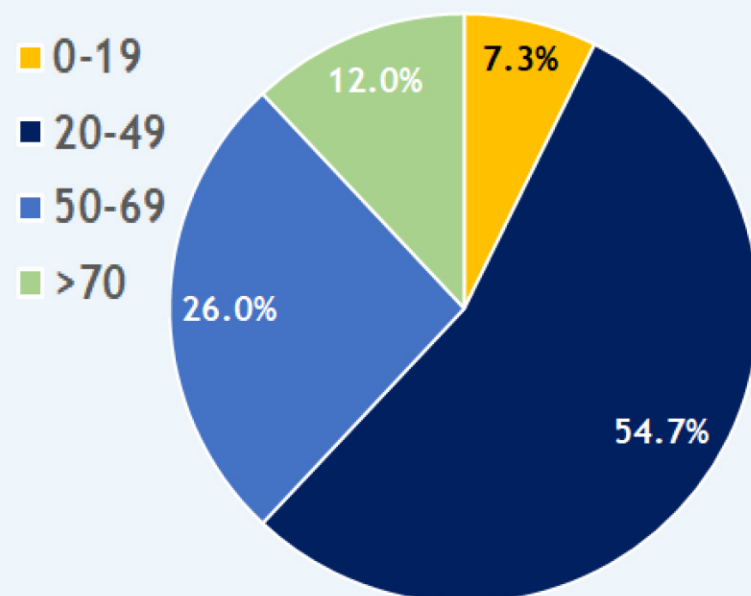


Figure 2: Cases by source of exposure

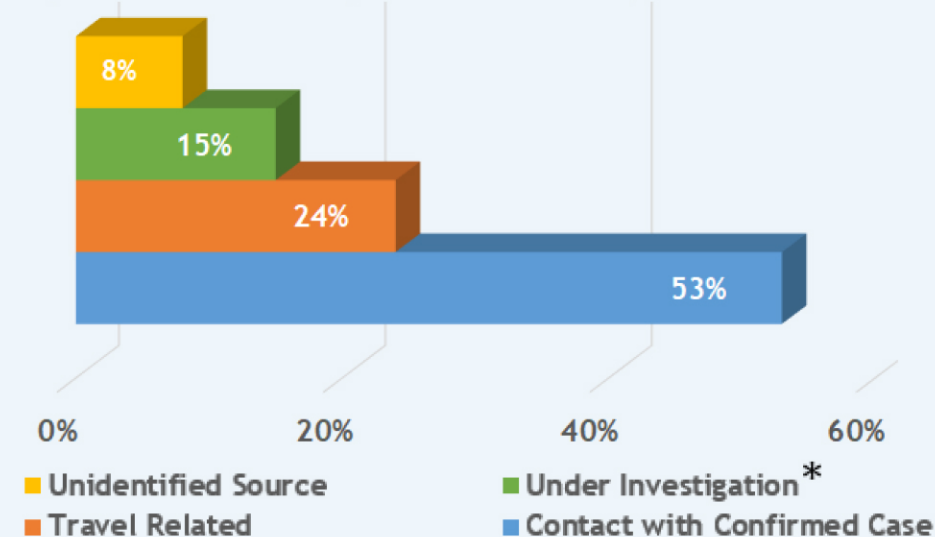


Figure 3: Cases by clinical presentation

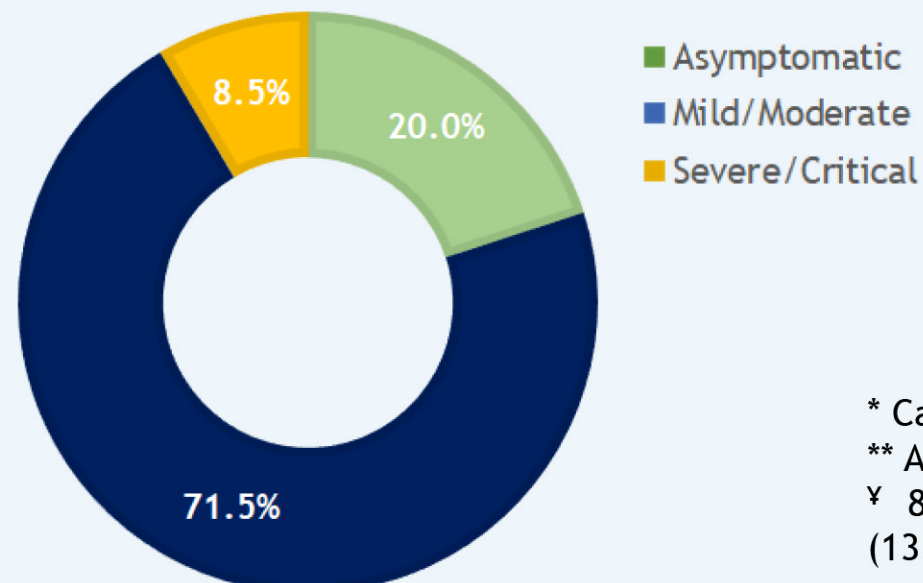
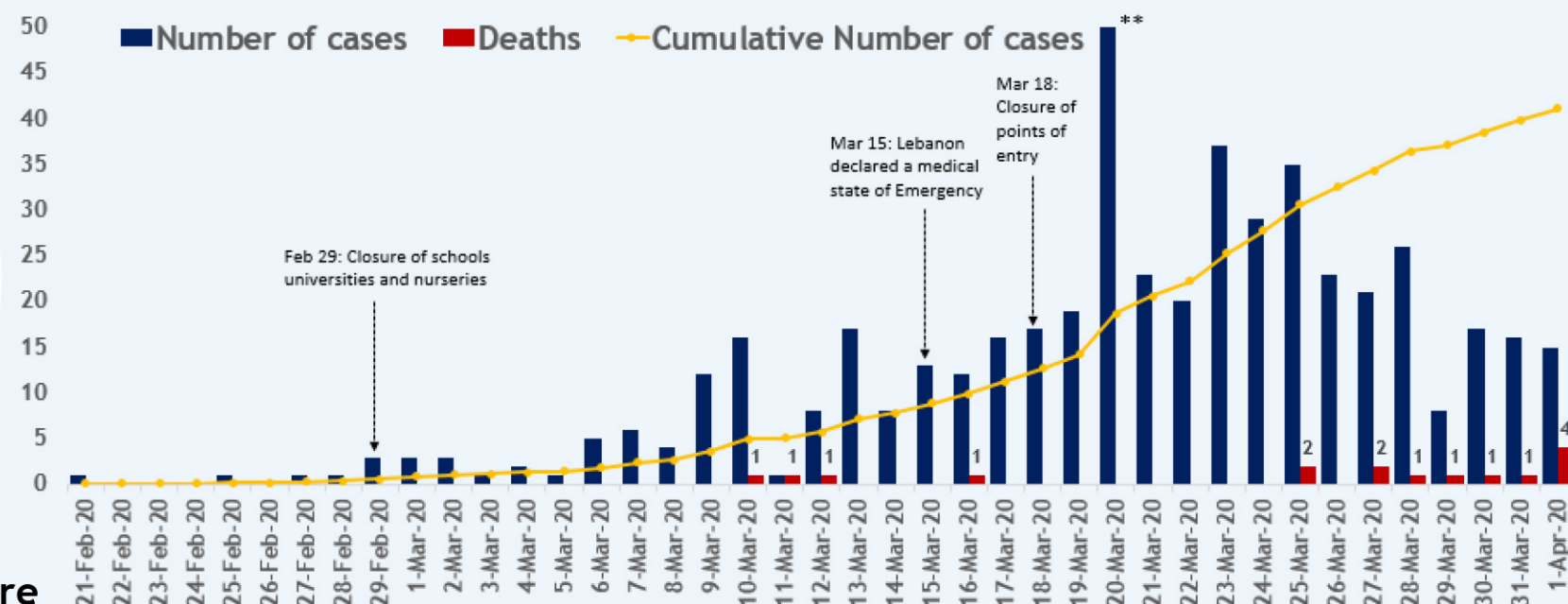


Figure 4: Cases by date of confirmation



494[¥] Cumulative cases of COVID-19

- 15 new cases
- 40 healthcare workers
- 16 associated deaths

Call center:

- 3793 Cumulative calls received
- 296 referred to RHUH

Table 1: Distribution of fatalities by age group

Age (years)	Deaths (n)	CFR
< 10y	0	0.0%
10-19y	0	0.0%
20-29y	0	0.0%
30-39y	0	0.0%
40-49y	1	1.2%
50-59y	4	4.9%
60-69y	3	6.3%
70-79y	6	15.0%
80+y	2	10.0%
Total	16	3.2%

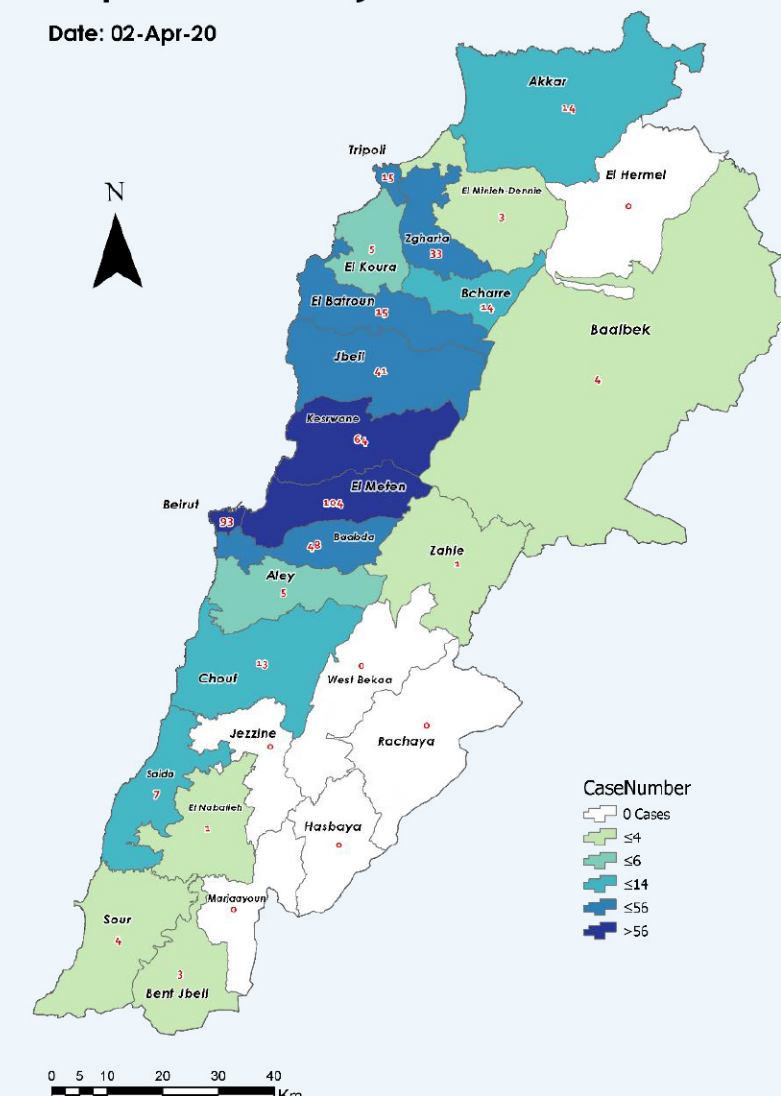
* Cases under investigation have not yet been classified by exposure

** Addition of new reporting laboratories

¥ 81.58% recovered or mild cases at home, 15.18% hospitalized (13.56% admitted to regular ward, 1.62% ICU), case fatality of 3.24%

Map 1 : Cases by district of residence

Date: 02-Apr-20





Parenting in the time of COVID-19

To help parents interact constructively with their children during this time of confinement, these tips for parents cover planning one-on-one time, staying positive, creating a daily routine, avoiding bad behaviour, managing stress, and talking about COVID-19. Use them to your and your kids' advantage, and have fun in doing so.

One on one time School shutdown is also a chance to make better relationships with our children and teenagers. One-on-One time is free and fun. It makes children feel loved and secure, and shows them that they are important.

Set aside time to spend with each child It can be for just 20 minutes, or longer – it's up to us. It can be at the same time each day so children or teenagers can look forward to it.

Ask your child what they would like to do Choosing builds their self confidence. If they want to do something that isn't OK with physical distancing, then this is a chance to talk with them about this.



Structure up

COVID-19 has taken away our daily work, home and school routines. This is hard for children, teenagers and for you. Making new routines can help.

Create a flexible but consistent daily routine

Make a schedule for you and your children that has time for structured activities as well as free time. This can help children feel more secure and better behaved. Children or teenagers can help plan the routine for the day – like making a school timetable. Children will follow this better if they help to make it. Include exercise in each day - this helps with stress and kids with lots of energy at home.

You are a model for your child's behavior If you practice keeping safe distances and hygiene yourself, and treat others with compassion, especially those who are sick or vulnerable – your children and teenagers will learn from you.

Teach your child about keeping safe distances If it is OK in your country, get children outside.

You can also write letters and draw pictures to share with people. Put them up outside your home for others to see! You can reassure your child by talking about how you are keeping safe. Listen to their suggestions and take them seriously.

Keep calm and manage stress

This is a stressful time. Take care of yourself, so you can support your children.

You are not alone Millions of people have the same fears as us. Find someone who you can talk to about how you are feeling. Listen to them. Avoid social media that makes you feel panicked.

Take a break We all need a break sometimes. When your children are asleep, do something fun or relaxing for yourself. Make a list of healthy activities that YOU like to do. You deserve it!

Listen to your kids Be open and listen to your children. Your children will look to you for support and reassurance. Listen to your children when they share how they are feeling. Accept how they feel and give them comfort.



Talking about covid-19 Be willing to talk. They will already have heard something. Silence and secrets do not protect our children. Honesty and openness do. Think about how much they will understand. You know them best.

What Parents can do with their children at home during COVID-19 #stayhome period

Ideas with your baby/toddler

- Copy their facial expression and sounds.
- Sing songs, make music with pots and spoons
- Stack cups or blocks
- Tell a story, read a book, or share pictures

Ideas with your teenager

- Talk about something they like: sports, music, celebrities, friends
- Cook a favorite meal together
- Exercise together to their favorite music

Ideas with your young child

- Read a book or look at pictures
- Make drawings with crayons or pencils
- Dance to music or sing songs
- Do a chore together – make cleaning and cooking a game
- Help with school work

Useful Links

- WHO real time [dashboard](#)
- WHO [COVID-19 page](#)
- Protect yourself ([English](#)/[Arabic](#))
- Q&A ([English](#)/[Arabic](#))
- WHO Lebanon [website](#)
- WHO Lebanon [Facebook](#) [Twitter](#) [Instagram](#)

Important numbers

- MOPH Hotline 1214
- Airport quarantine section 01-629352
- Preventive medicine center 01-843769 | 01830300
- **Call Centre 01-594459**
- Preventive medicine center 01-843769 | 01-830300
- Call Centre 76-592699
- Epidemiological Surveillance Unit 01-614194 | 01-614196

For more information Hala Habib | Communication Consultant | +961 3 870459