

**" We need to be #HealthyAtHome not just for our physical wellbeing but also our mental health!" - Dr Tedros Adhanom Ghebreyesus**

## Highlight

- A total of 133,186 (4,681 today) confirmed cases from 22 countries in the East Mediterranean Region and total deaths are at 6,153 (144 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)".
- Currently, **155** COVID-19 cases have been reported as recovered by hospitals; this number might however underestimate the true number of recoveries in self-isolation.
- A total of 340 tests performed today. The breakdown is as follows:
  - 340 residents 4 tested positive (1.2%)
  - 0 expatriated tested

### Global update

*as per WHO dashboard\_ 20 April 2020 at 6pm*

<b>Globally cases</b>	<b>2,285,210</b> (82,180 new)
<b>Countries, areas or territories with cases</b>	<b>213 countries</b>
<b>Total deaths</b>	<b>155,124</b> (9,036 new)
<b>Confirmed cases in China</b>	<b>84,237</b> (14 new)
<b>Confirmed cases in USA</b>	<b>723,605</b> (28,252)
<b>Confirmed cases in Spain</b>	<b>195,944</b> (4,218)
<b>Confirmed cases in Italy</b>	<b>178,972</b> (3,017)
<b>WHO RISK ASSESSMENT</b> <b>Global Level - Very High</b>	

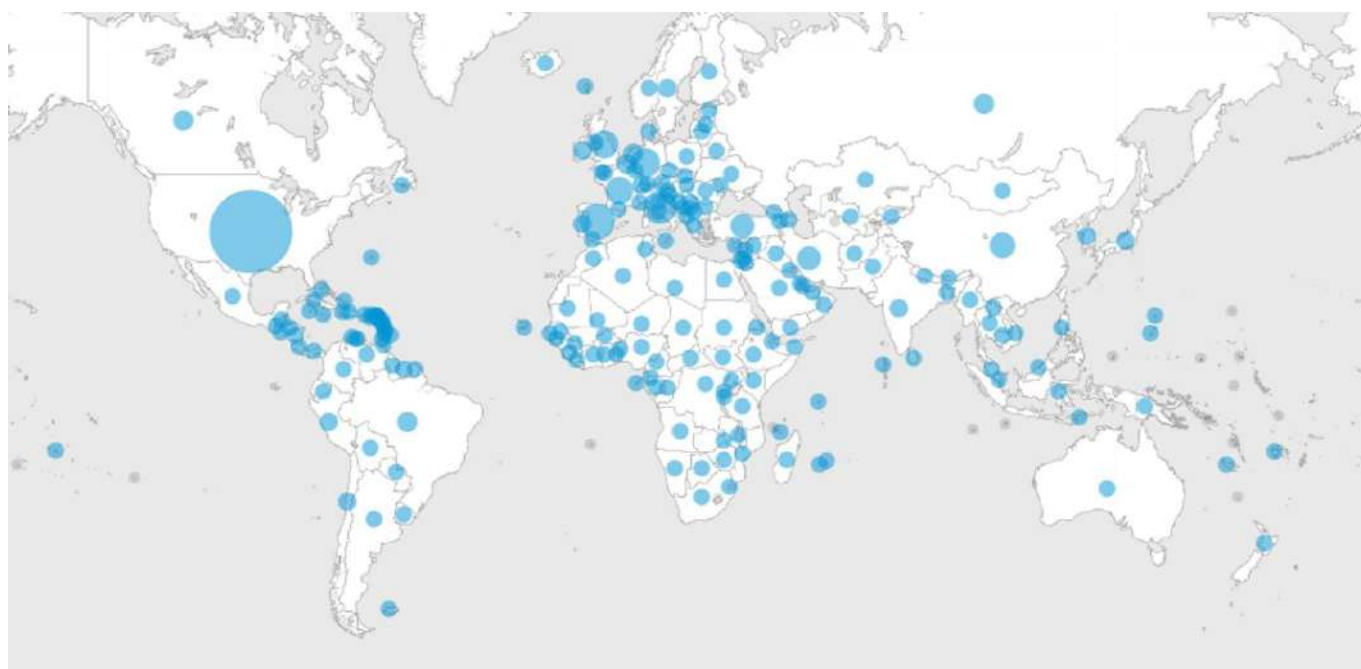


Figure 1. Countries, territories or areas with reported confirmed cases of COVID-19, 20 April 2020



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

Figure 1: Cases by age group

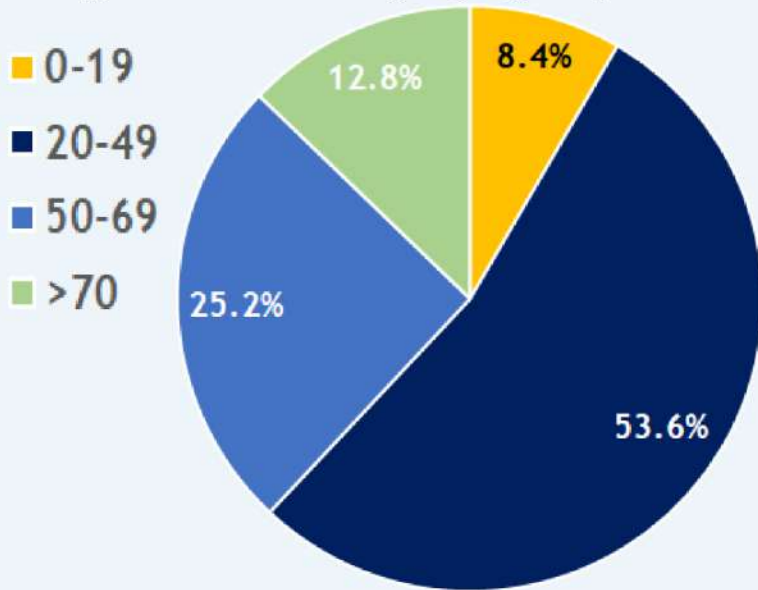
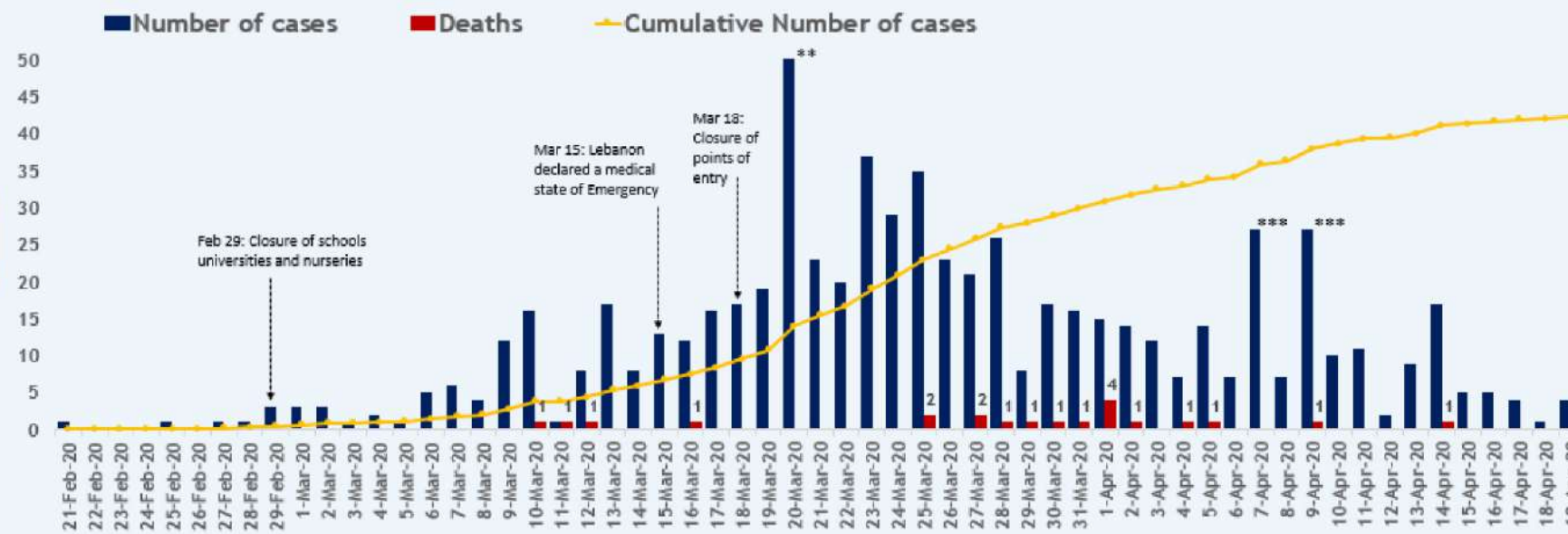


Figure 4: Cases by date of confirmation



**677 Cumulative cases of COVID-19**

- 4 new cases
- 52 healthcare workers
- 21 associated deaths

**Call center:**

- 6072 Cumulative calls received
- 430 referred to RHUH

Figure 2: Cases by source of exposure

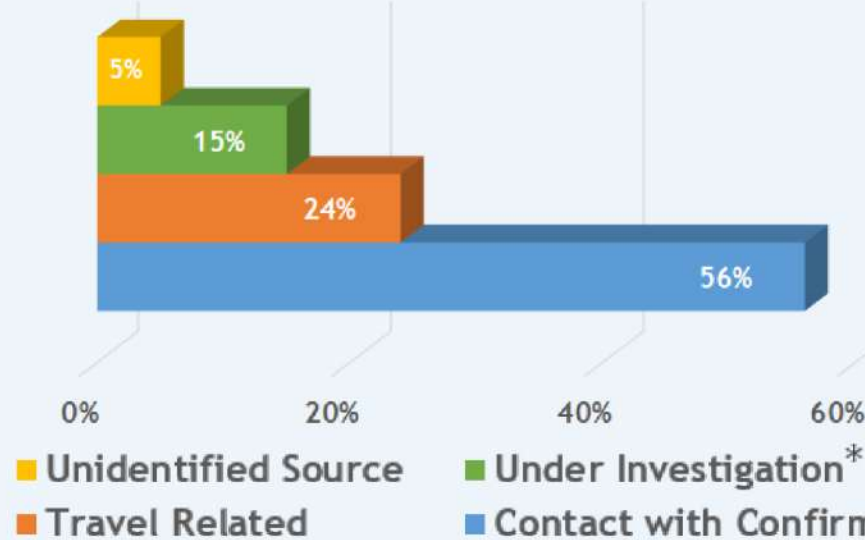


Table 1: Distribution of fatalities by age group

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	1.0%
50-59y	4	3.8%
60-69y	3	4.6%
70-79y	7	13.5%
80+y	6	17.6%
<b>Total</b>	<b>21</b>	<b>3.1%</b>

Map 1: Cases by district of residence

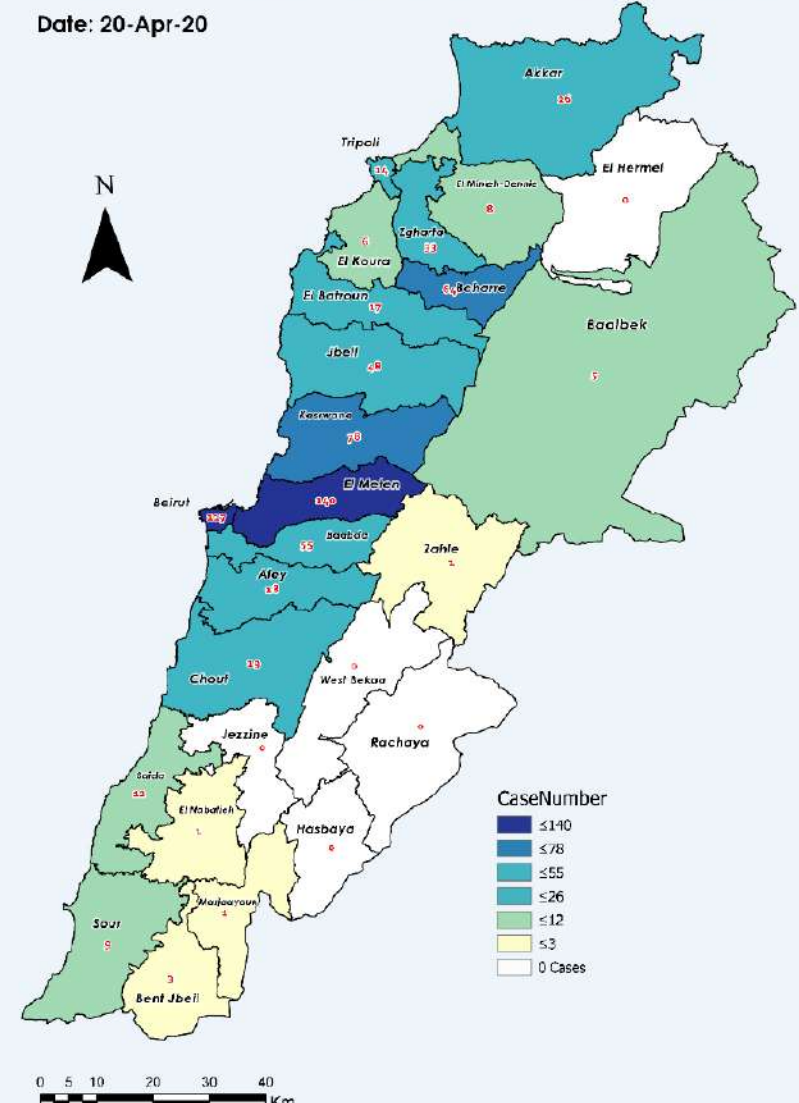
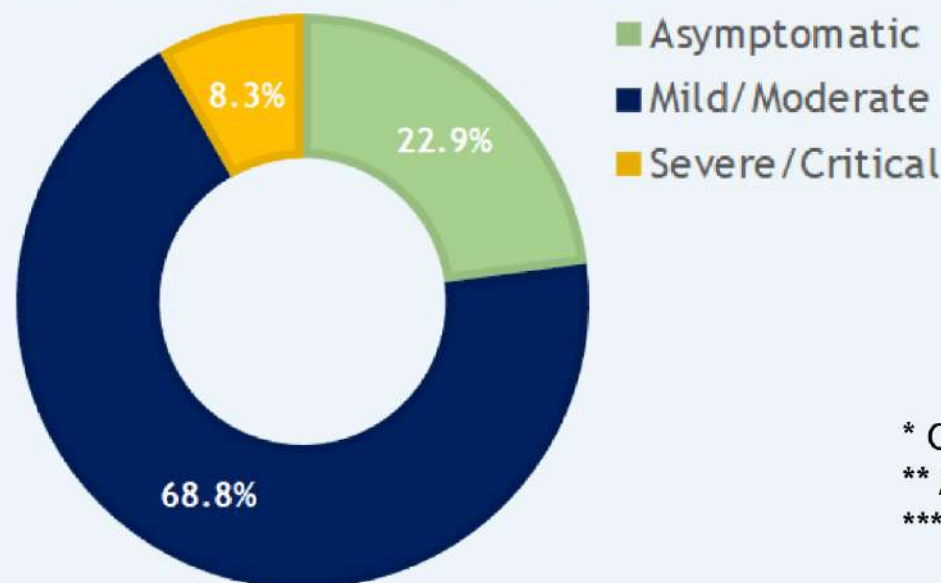


Figure 3: Cases by clinical presentation



\* Cases under investigation have not yet been classified by exposure  
 \*\* Addition of new reporting laboratories  
 \*\*\* Massive testing of repatriates





## Impact of the COVID-19 on children and older person's mental health

### Impact on children

Children are facing an enormous disruption to their lives and are likely to be experiencing worry, anxiety and fear as a result. With schools closing, children may no longer have that sense of structure and stimulation provided by that environment. This is in addition to a disruption of social support deemed essential for their wellbeing. Some children may also be subject to protection issues.

### Impact on elderly

Older adults are particularly vulnerable to COVID-19 given their weaker immune systems, limited information sources, and the higher COVID-19 mortality rate found in the older population. They may become more anxious, stressed, agitated, and angry during the outbreak and while in quarantine and are at more risk of worsening of their mental health.



### COVID-19 Mental Health and Psychosocial Response (MHPSS) in Lebanon

MHPSS should be a core component of any public health response. As part of the COVID-19 response in Lebanon, the MOPH- National Mental Health Programme, WHO, and UNICEF developed an [action plan](#) that aims to:

1. Promote mental health and mitigate COVID-19 related stressors (including stigma and discrimination).
2. Provide mental health support to the persons in quarantine in the hospital or at home and their families.
3. Support the mental health of health workers and first responders.
4. Ensure continuity of mental health care for persons with mental health conditions.

### Achievements so far

- Mainstreaming MHPSS and anti-stigma messages into the risk communication activities.
- Providing mental health consultations and support through video calls to persons in RHUH quarantine.
- Development of a checklist to help nurses working in quarantine follow-up on MHPSS aspects of care.
- Training of health staff on Psychological First Aid, Emotional Crisis management, Red flags for referring to mental health care and tips for selfcare.
- Development of a patient leaflet on coping with stress and accessing the mental health support system in place.
- Training of operators (1214, COVID line, 1564 Embrace Lifeline for emotional support, and Ministry of Education and Higher Education hotline) on different aspects of mental health support during COVID-19.
- Offering child-friendly kits and cognitive stimulating games (such as sudokus and crosswords) to RHUH quarantine.

### References on MHPSS aspects of COVID-19

- Mental health and psychosocial support during COVID-19: page with reference to resources: [link](#)
- Inter-Agency Standing Committee Interim Briefing Note addressing mental health and psychosocial aspects of covid-19 outbreak: [link](#)
- MHPSS response to the COVID-19 outbreak in Lebanon: [link](#)
- Awareness materials around mental health and COVID-19 as follows:
  - Five steps to cope with the stress linked to COVID-19 [EN](#) – [AR](#)



- Five tips to take care of older adult's mental health during COVID-19 outbreak [EN](#) – [AR](#)
- Five Tips for managers to support the mental health of their teams during this period [EN](#) – [AR](#)
- Five steps to take care of your mental health while working from home during COVID-19 [EN](#) – [AR](#)
- Let's stand by all health workers [EN](#) – [AR](#)
- Let's be kind together we can fight COVID-19 [EN](#) – [AR](#)

#### Useful Links

- WHO real time [036](#)
- 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
- Epidemiological Surveillance  
Unit 01-614194 | 01-614196

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