



"Our message to all countries is clear: heed this warning now, back this plan politically & financially today & we can save lives & slow the spread of the COVID-19 pandemic" - WHO DG, Dr. Tedros

Highlight

- A total of 35,082 (2,726 today) confirmed cases from 21 countries in the East Mediterranean Region and total deaths are at 2,329 (169 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)"

Global update

as per WHO dashboard 26 March 2020 at 4pm

Globally cases	416,686 (41,988 new)
Countries, areas or territories with cases	196 countries (1 new)
Total deaths	18,589 (5,805 new) (CFR: 3.4%)
Confirmed cases in China	81,869 (102 new)

WHO RISK ASSESSMENT
Global Level - Very High

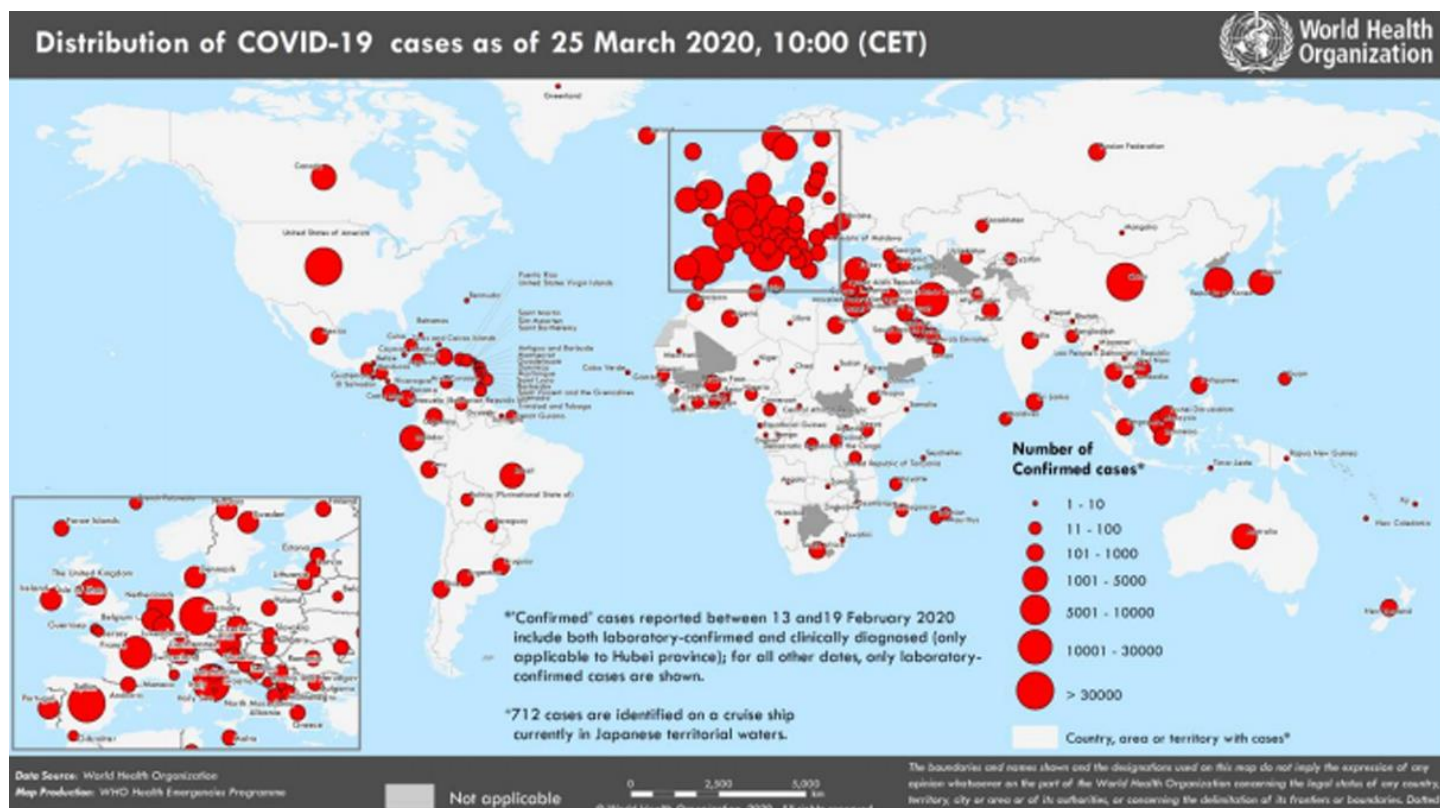
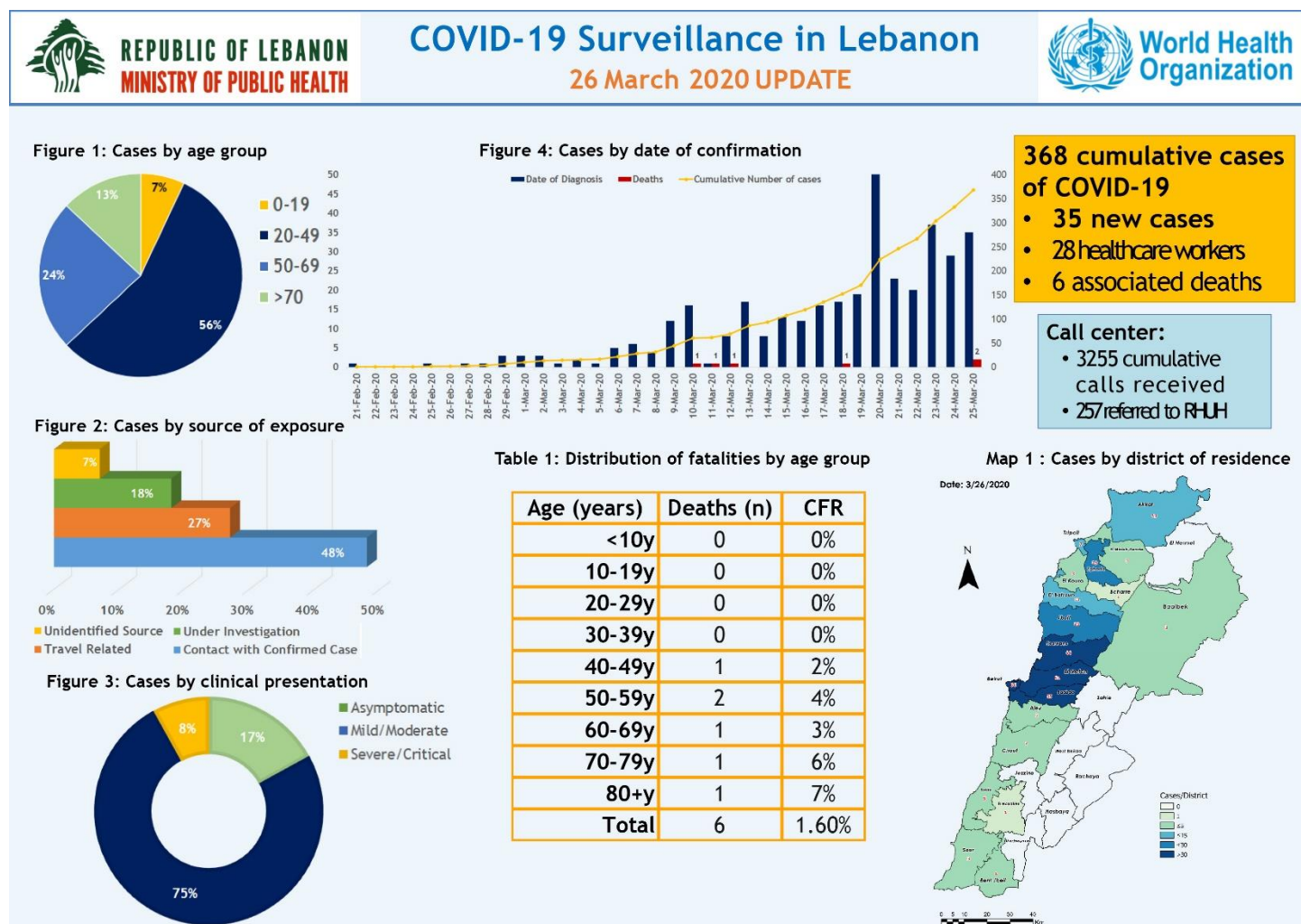


Figure 1. Countries with confirmed cases of COVID-19, 25 March 2020 as per WHO sitrep.



Distribution of COVID-19 cases as reported by the Epidemiological Surveillance Unit at the MOPH dashboard at 7pm



Out of 368 COVID-19 cases:

- 71.7% recovered or mild cases at home
- 26.7% hospitalized (24% non-ICU, 2.7% ICU)
- 1.6% deceased



Questions & Answers

When to use the mask

A medical mask is not required if exhibiting no symptoms, as there is no evidence that wearing a mask – of any type – protects non-sick persons. However, in some cultures, masks may be commonly worn. If masks are to be worn, it is critical to follow best practices on how to wear, remove and dispose of them and on hand hygiene after removal:

- People with no respiratory symptoms, such as cough, do not need to wear a medical mask.
- Use a mask only if you have respiratory symptoms (coughing or sneezing), have suspected COVID-19 infection with mild symptoms, or are caring for someone with suspected COVID-19 infection. A suspected COVID-19 infection is linked to travel in areas where cases have been reported, or close contact with someone who has travelled in these areas and has become ill.
- The use of masks is crucial for health workers and people who are taking care of someone (at home or in a health care facility).
- Wearing medical masks when not indicated may cause unnecessary cost, procurement burden and create a false sense of security that can lead to neglecting other essential measures such as hand hygiene practices. Furthermore, using a mask incorrectly may hamper its effectiveness to reduce the risk of transmission.”
- The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue and maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing.

Should you wear a mask?

✓ **Yes.** If you are providing care to individuals with respiratory symptoms

✓ **Yes.** If you are a health worker and attending to individuals with respiratory symptoms

✗ **NOT** needed for general public who do not have respiratory symptoms

✓ **Yes.** If you have respiratory symptoms - cough, difficulty breathing



Should I wear a mask to protect myself?

Only wear a mask if you are ill with COVID-19 symptoms (especially coughing) or looking after someone who may have COVID-19. Disposable face mask can only be used once. If you are not ill or looking after someone who is ill then you are wasting a mask. There is a world-wide shortage of masks, so WHO urges people to use masks wisely. WHO advises rational use of medical masks to avoid unnecessary wastage of precious resources and mis-use of masks. The most effective ways to protect yourself and others against COVID-19 are to frequently clean your hands, cover your cough with the bend of elbow or tissue and maintain a distance of at least 1 meter (3 feet) from people who are coughing or sneezing. See basic protective measures against the new coronavirus for more information.

How to put on, use, take off and dispose of a mask?

1. Remember, a mask should only be used by health workers, caretakers, and individuals with respiratory symptoms, such as fever and cough.
2. Before touching the mask, clean hands with an alcohol-based hand rub or soap and water
3. Take the mask and inspect it for tears or holes.
4. Orient which side is the top side (where the metal strip is).
5. Ensure the proper side of the mask faces outwards (the coloured side).
6. Place the mask to your face. Pinch the metal strip or stiff edge of the mask so it moulds to the shape of your nose.
7. Pull down the mask's bottom so it covers your mouth and your chin.
8. After use, take off the mask; remove the elastic loops from behind the ears while keeping the mask away from your face and clothes, to avoid touching potentially contaminated surfaces of the mask.



9. Discard the mask in a closed bin immediately after use.
10. Perform hand hygiene after touching or discarding the mask – Use alcohol-based hand rub or, if visibly soiled, wash your hands with soap and water.

WHO technical guidance

- Advice on the use of masks in the community, during home care and in healthcare settings in the context of the novel coronavirus (COVID-19) outbreak. [Click here](#).

Useful Links	Important numbers	
<ul style="list-style-type: none">➤ WHO real time dashboard➤ WHO COVID-19 page➤ Protect yourself (English/Arabic)➤ Q&A (English/Arabic)➤ WHO Lebanon website➤ WHO Lebanon Facebook Twitter Instagram	<ul style="list-style-type: none">➤ MOPH Hotline 1214➤ Airport quarantine section 01-629352➤ Preventive medicine center 01-843769 01830300➤ Call Centre 76-592699	<ul style="list-style-type: none">➤ 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		