



COEXISTING WITH COVID

Survive, Protect & Contribute

Dr Gershu Paul
Chief Executive Officer
YOMA-OUE Healthcare
Pun Hlaing Hospitals

Dr Zaw Win Sandy
Chief Operating Officer
Emerging Health, YOMA-OUE Healthcare
Pun Hlaing Hospitals

Khant Zaw Maw @ Henry
GM, Business Development
Emerging Health, YOMA-OUE Healthcare
Pun Hlaing Hospitals



Global Situation

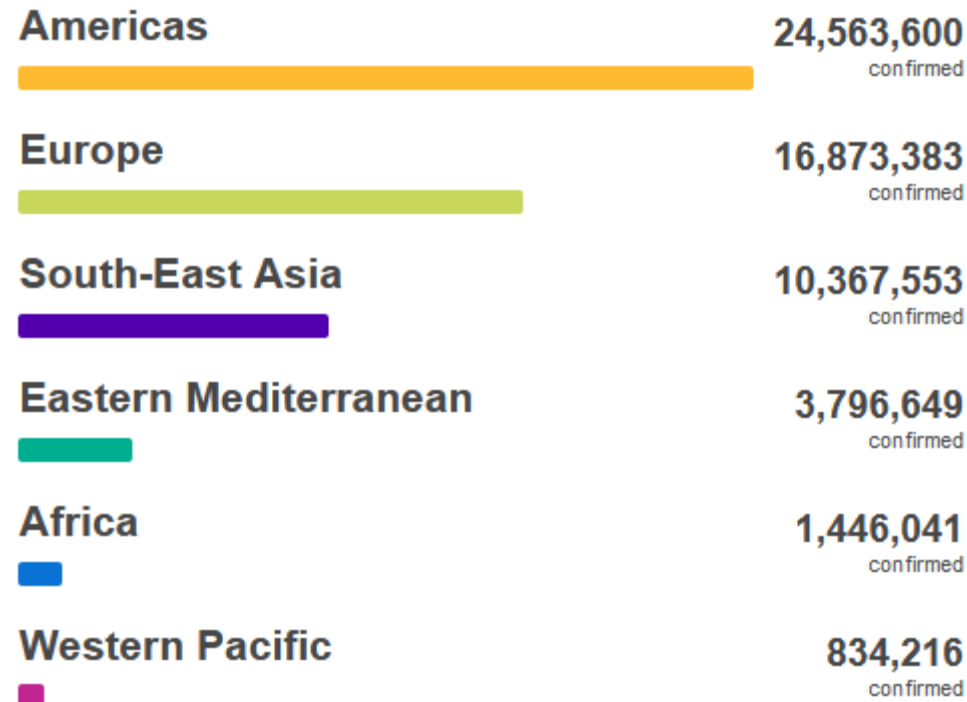
57,882,183
confirmed cases

1,377,395
deaths

Source: World Health Organization
Data may be incomplete for the current day or week.

Data as at Nov 23, 2020

Situation by WHO Region



Source: World Health Organization
Data may be incomplete for the current day or week.

MYANMAR

Total Specimen tested: 1,019,238

Lab Confirmed: 79,246

Death among lab confirmed: 1,739

Recovered: 58,758

YOU ARE NOT ALONE...

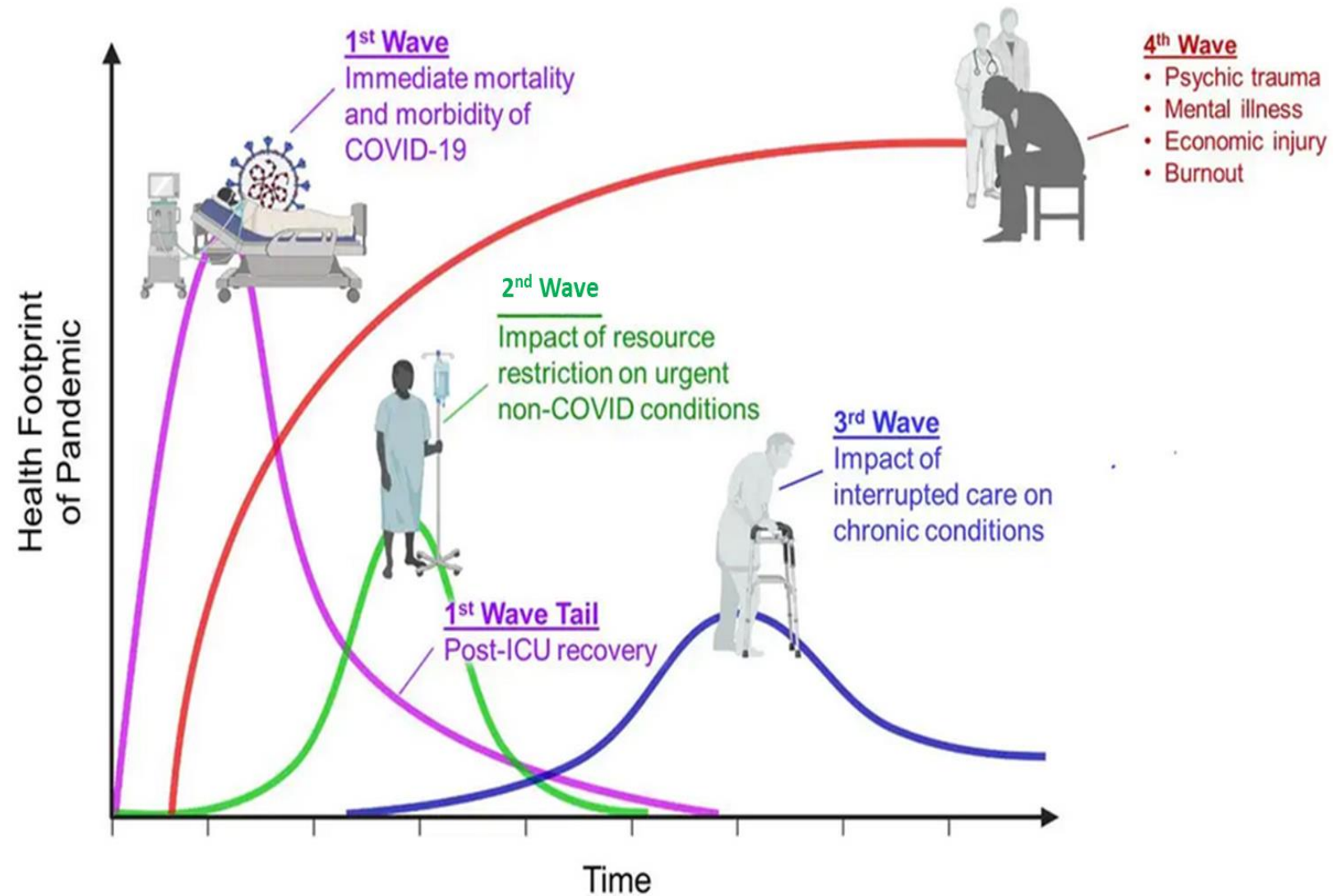


**DON'T
PANIC**

COVID-19: A NEW LENS FOR NON-COMMUNICABLE DISEASES



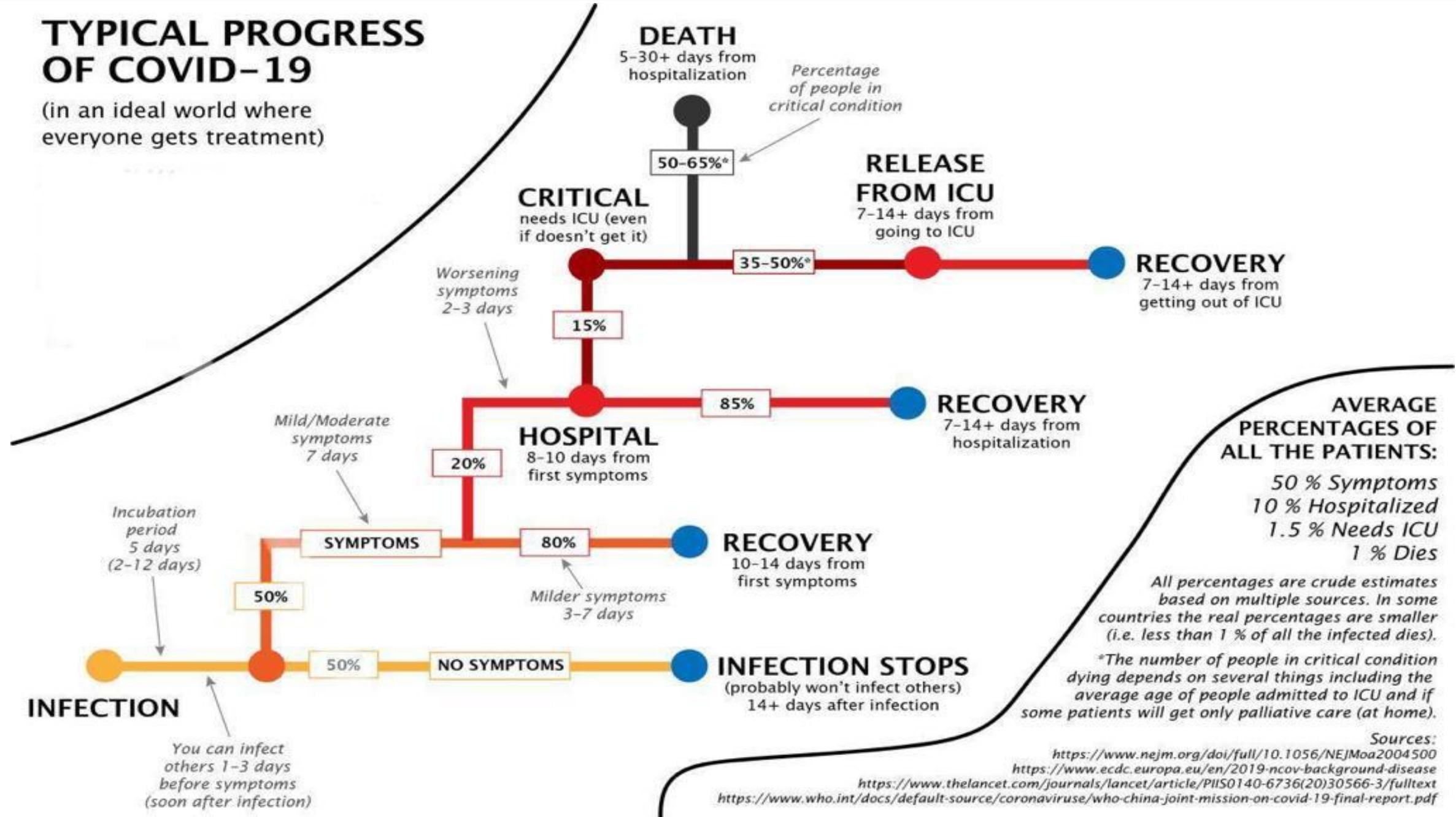
- WHO completed a rapid assessment survey in May, 2020, and found that 75% of countries reported interruptions to NCD services.
- COVID-19 is not a pandemic. It is a SYNDEMIC.
- The total number of people living with chronic diseases is growing.
- Limiting the harm caused by SARS-CoV-2 will demand far greater attention to NCDs and socioeconomic inequality than has hitherto been admitted.
- Addressing COVID-19 means addressing **high blood pressure, obesity, diabetes, heart attack and asthma, and cancer.**





TYPICAL PROGRESS OF COVID-19

(in an ideal world where everyone gets treatment)



SYMPTOMS OF COVID-19



Symptoms	Coronavirus ⁺ (COVID-19) Symptoms range from mild to severe	Cold Gradual onset of symptoms	Flu Abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Asthma Gradual or abrupt onset of symptoms
Length of symptoms	7-25 days	Less than 14 days	7-14 days	Several weeks	Can start quickly or last for hours or longer*
Cough	Common (usually dry)	Common (mild)	Common (usually dry)	Rare (usually dry unless it triggers asthma)	Common (can be dry or wet/productive)
Wheezing	No	No**	No**	No**	Common
Shortness of breath	Sometimes	No**	No**	No**	Common
Chest tightness/pain	Sometimes	No**	No**	No**	Common
Rapid breathing	Sometimes	No**	No**	No**	Common
Sneezing	No	Common	No	Common	No***
Runny or stuffy nose	Rare	Common	Sometimes	Common	No***
Sore throat	Sometimes	Common	Sometimes	Sometimes (usually mild)	No***
Fever	Common	Short fever period	Common	No	No
Feeling tired and weak	Sometimes	Sometimes	Common	Sometimes	Sometimes
Headaches	Sometimes	Rare	Common	Sometimes (related to sinus pain)	Rare
Body aches and pains	Sometimes	Common	Common	No	No
Diarrhea, nausea and vomiting	Sometimes	Rare	Sometimes	No	No
Chills	Sometimes	No	Sometimes	No	No
Loss of taste or smell	Sometimes	Rare	Rare	Rare	No

LAYERS TO ENSURE SAFETY



Temperature Screening,
Visitor Control and Routing

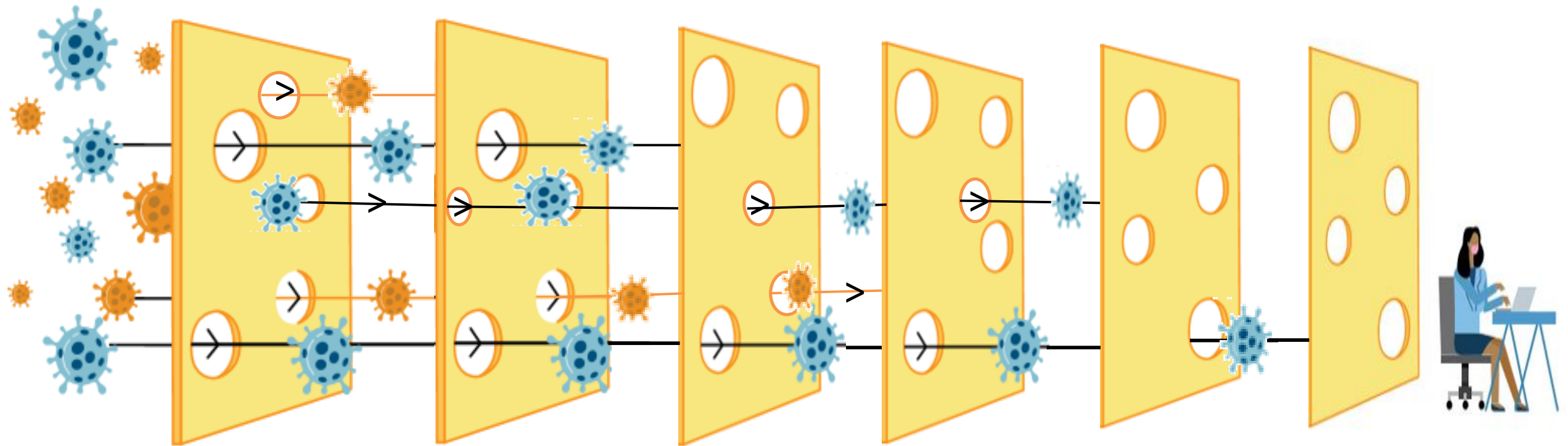
Mask

PPE

Physical
Distancing

Cleaning and
Disinfection

Handwashing



AVOID THE THREE Cs



There are certain places where COVID-19 spreads more easily:



1 Crowded places

with many people nearby



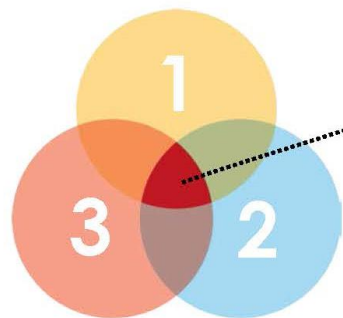
2 Close-contact settings

Especially where people have close-range conversations



3 Confined and enclosed spaces

with poor ventilation



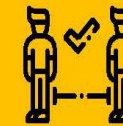
The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

WHAT SHOULD YOU DO?



Avoid crowded places and limit time in enclosed spaces



Maintain at least 1m distance from others



When possible, open windows and doors for ventilation



Keep hands clean and cover coughs and sneezes



Wear a mask if requested or if physical distancing is not possible

If you are unwell, stay home unless to seek urgent medical care.

CLUSTER, SPIKE OR WAVE - IT'S UNAVOIDABLE



- Get used to living with waves of activity spread over months.
- In Asia/ASEAN, we have two distinct patterns – Indonesia, India, Philippines, Pakistan, Bangladesh and Myanmar in one cluster, and Taiwan, China, South Korea, Vietnam, Thailand and Singapore in another cluster.
- The virus may be here to stay, nations need to understand that they will experience new cases. The challenge is how to predict, track and handle them.
- A successful lockdown does not mean an area will be free of the coronavirus.
- There is no 'one solution'.
- Many of the countries and areas in this region continue to combat this scourge through a comprehensive whole-of-government and whole-of-society approach.
- Current evidence indicates that the pandemic will continue through 2023.
- Most of the likely first-generation vaccines will not be good enough to stop the pandemic. They will reduce mortality in high prevalence countries but provide much less benefit to low prevalence countries.



Wear a MASK and appropriate PPE at all times without compromise



Take extra care of your hygiene and always ensure a clean and tidy space around you at home and work



The four Vaccines we currently have and should always practice diligently to protect and survive



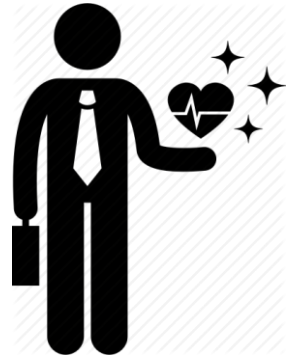
Practice physical distancing, while you work or take a break.



Create your Bubble at home and work and stay in it.



PUN HLAING HOSPITALS' RESPONSES TO PANDEMIC



**Employee Health & Wellness
(Managed Care)**



Mental Wellness Programs



**24/7 on-demand telehealth
service**



**Infection Control & Safety
Advisory**



**Covid-19 Care Services
(Q Care Package, Antigen Testing)**



International Patient Center

Testing, treating, containment with PHH Q Care Package



Q Care 14-Day Package

Inclusions

- 24/7 unlimited telehealth video consultations with PHH General Practitioners (10 minute per session)
- Call support for guidance by TeleHealth Coordinator (Dos and Don'ts)
- Motivational activities and games conducted by TeleHealth Coordinator (every 2 days, if requested)
- Daily monitoring and reporting of vital signs by virtual nurse
- Digital Thermometer x1
- Pulse oximeter x1
- Masks x42
- 500 ml Hand Sanitizer x1
- 1L Disinfectant x1
- Vitamin C 1,000 mg/day (14 -day dosage)
- Vitamin D 60,000 ug/week (14 -day dosage)

Available add-ons per person, upon request

- Virtual physio rehab per person per day (30 min session)
- 14-day diet plan creation with Nutritionist per person (up to 30 min session)
- Virtual consultation with Psychologist per person per day (30 min session)
- Pharmacy delivery service

Services:

- Daily monitoring with registered nurses
- Pharmacy delivery within 24 hours
- Care essentials delivered to your doorstep
- Virtual motivational activities
- Do's and Don'ts guidelines
- Convenient booking and easy payment

Benefits:

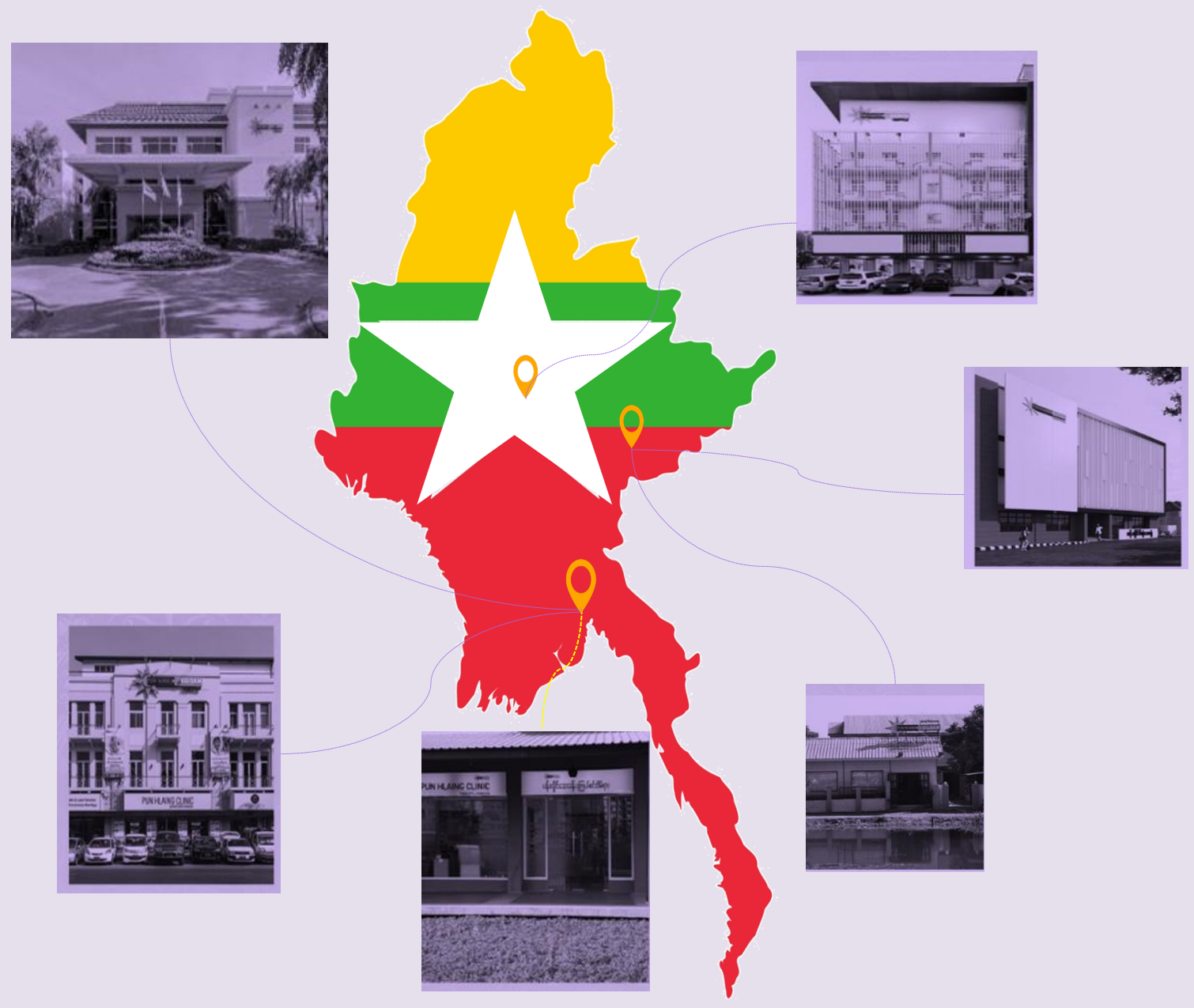
- 24/7 Telehealth available
- 24/7 Expert doctor advice and treatment
- Peace of mind for you and your family
- Feel safe and secure at home
- Ensures you of early intervention



KEEP CALM AND Q CARE

For those exposed to COVID-19 and are in a required home quarantine

Thank You



Care with Compassion for the Nation