

IMET2000-PAL NEWSLETTER



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IMET2000 Launches a New Musical Therapy Programme for Children with Autism and Learning Difficulties

March 2, 2020

IMET2000 has organised its first art therapy session for children with autism and learning difficulties on the 02/03/2020 at the Jasmine Society headquarters in Ramallah, and it was attended by over 50 children. Therapeutic specialist Omar Jabr focused on varying methods of therapy. The session included many different activities including singing, dancing, improvised kinetic interaction and more. The aim of these activities was to increase communication, especially with children who find expressing themselves with words difficult, in addition to improving speaking skills and pronunciation and increase the children's understanding of vocabulary. As proven by recent studies, music therapy helps improve children's speaking skills and make them more confident and less worried.



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It is acute infectious respiratory disease caused by infection with the coronavirus subtype SARS-CoV-2, and is currently classified by WHO as a pandemic. The disease is currently spreading worldwide. To date, the highest number of confirmed cases and deaths has been reported from United States, Mainland China and Italy.

Country, Other	Total Cases	New Cases	Total Deaths	New Deaths	Total Recovered	Active Cases	Serious, Critical	Tot Cases/ 1M pop	Deaths/ 1M pop	1 st case
World	621,592	+25,280	28,791	+1,450	137,364	455,437	24,016	79.7	3.7	Jan 10
USA	105,161	+1,035	1,722	+26	2,538	100,901	2,494	318	5	Jan 20
Italy	86,498		9,134		10,950	66,414	3,732	1,431	151	Jan 29
China	81,394	+54	3,295	+3	74,971	3,128	886	57	2	Jan 10

COVID-19 is reported to be very infectious because it has a long incubation period ranges from 2–14 days compared to other known viruses. So the best way to prevent and slow down COVID-19 transmission is through the understanding of how it spreads:

Virus	(typical cases)
Novel Coronavirus (COVID-19)	2-14 or 0-24 days *
SARS	2-7 days, as long as 10 days
MERS	5 days (range: 2-14)
Swine Flu	1-4 days, as long as 7 days
Seasonal Flu	2 days (1-4 range)

COVID-19 transmits through respiratory droplets directly from an infected person or infected surfaces, self-contact by hand to face transmission. New evidence supported by WHO claims that coronavirus can survive in the air in some settings.

To protect yourself and others from infection you need to wash your hands and/or use an alcohol based rub frequently. In addition, it is also crucial to put one-meter distance between yourself and others, clean and disinfect frequently touched surfaces daily and not touch your face as much as possible.



On other hand, Personal Protection Equipment (PPI) is vital in healthcare facilities to limit and prevent the spread of the virus. WHO recommends that frontline medical staff to wear both protective eyewear and N95 masks in this cold war. However, surgical masks are most likely ineffective



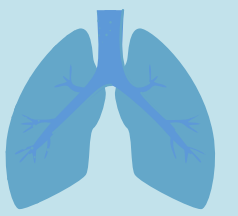


- 1. Seasonal influenza continues to be more common and deadly than COVID-19.
- 2. COVID-19 appears to spread by close person-to-person through respiratory droplets.
- 3. Healthcare workers can protect themselves by adhering to the Centers for Disease Control and Prevention’s (CDC) recommendations for infection control and prevention.
- 4. Hand hygiene remains the single most effective action everyone can take to keep any infection from spreading.
- 5. Routine cleaning and disinfection practices are effective against COVID-19.

Who Among Us Is At Greatest Risk?



WHO-China Joint Mission on Coronavirus Disease 2019 (COVID-19) Report February 16-24, 2020	
High Risk Factors	Crude Fatality Rate (CFR)
Elderly – over 80 years of age	21.9%
Cardiovascular disease	13.2%
Chronic lung disease	8.0%
Diabetes	9.2%
Cancer	7.6%



Prevent the spread of COVID-19 in 7 STEPS

- 01 Wash your hands frequently
- 02 Avoid touching your eyes, nose and mouth
- 03 Cover your cough using the bend of your elbow or a tissue
- 04 Avoid crowded places and close contact with anyone that has fever or cough
- 05 Stay at home if you feel unwell
- 06 If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07 Get information from trusted sources



SOURCE: WORLD HEALTH ORGANIZATION