

COVID-19 situation and response in Myanmar

Before some detailed information one basic observation:

Luckily, most of Myanmar people are generous to actively participate in the donation for COVID 19 responses. Some people offers their apartments or accommodations as well as food while others provides aids in volunteering for quarantine centers. Moreover, essential medicines and equipment are fulfilled in health centers and hospitals by not only charity organization but also individual merit. Lovely housewives in stay home prefer to cook home-made traditional food for volunteers and medical staff.

As we considered the other side of luckier, thousands of people from some corners of the country live in conflict-affected area who have little or no affordable access to government-supported health services. Myanmar's vulnerable people and refugees are still hopeless for the future, for every aspect of living though some non-governmental organizations are trying to give hands for help. The government possibly finds difficulties to tackle this long term complications in short time.

Quarantine

People returning from foreign countries and internally displaced persons have to stay quarantine as facility quarantine, home quarantine, hotel quarantine etc. Previously, number of days for quarantine was 14 days and then 21 days as positive cases were found in people after 14-day of facility quarantine.

Health Education

Health education and information are disseminated by Ministry of Health and Sport Myanmar website, Facebook, Viber and by announcing health education information by loud speakers, pamphlets, posters and sign boards both in urban and rural areas.

Law

In respect to lock down, control of public transport, local and international travel, home stay, wearing of mask, quarantine, etc., MOHS produced instructions according to Myanmar law of control for pandemic.

Social distancing

Meetings including government meetings are held by video conferencing. Social and religious gathering activities (wedding ceremonies, gathering and praying at religious temples, festivals, shows, etc.) are not allowed and will be penalty according to law.

COVID-19 testing

Previously, testing can be done only in Yangon. Currently testing can be done in Yangon, Military hospital in Yangon and in Mandalay.

Guidelines for health professionals

MOHS produced guidelines for COVID-19 case tracing and treatment and updated regularly according to new finding and research from WHO.

Treatment for the patients

COVID-19 positive patients are being hospitalized and give treatments at respective hospitals throughout Myanmar. Recovered patients are discharged from the hospitals according to discharge criteria.

Reports and website links

Website of Ministry of Health and Sports

<https://mohs.gov.mm/Home>

COVID-19 Situation Reports (Myanmar)

<https://mohs.gov.mm/page/9575>