

Recent Health Activities in Response to COVID-19 in Myanmar

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Abstract – Myanmar braced the first wave of COVID-19 Pandemic in early 2020 with the first case confirmed on March 23rd. Intensive mitigation plans were implemented boosted both by the Government and the Public, the generosity of the latter forming a virtual health insurance. Coincident readiness of Monasteries which actually were meant to be Meditation Centers and annual traditional Thingyan Holidays rendered Myanmar to quarantine a large number of people coming into Myanmar. Myanmar formed National Level Central Committee for Prevention, Control and Treatment of COVID-19 and managed COVID-19 spread in Myanmar. Although the Containment Strategy worked well during the first wave, the larger amplitude of the second wave greatly impinged upon the health and education of people and the social economic stability of Myanmar despite utmost efforts from government, private sector, international sector and the public. Prompt preparation of dedicated COVID19 Centers greatly alleviated the health impact of COVID19. In the meantime, expansion of testing capacity, intensive care capacity, plans for immunization, resurrection of economy and bringing back of education system to normal mode are under way. In fact, COVID19 has made paradigm shift with respect to the use of information technology in most sectors including education. Myanmar will do its utmost to save people and help live in a new normal.

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