

Ambassador's message

US Ambassador's
Eid Message
to Kuwait

By US Ambassador Alina Romanowski

On behalf of the entire US Embassy community, I extend my best wishes to His Highness the Amir, the Kuwaiti people, and all those celebrating Eid Al-Fitr, ending the period of fasting.

This has been a unique time. A Ramadan unlike any other we have known. Social distancing and the curfew caused us to think of new ways to celebrate this holy month of Ramadan safely.

Religious rituals and family gatherings had to be curtailed, and yet we still found ways to celebrate virtually with our family and friends. I am grateful for the many roundtable discussions I had with our contacts during this holy month and look forward to meeting them all in person.

Despite these new ways of celebrating, the Kuwaiti people have been no less generous in their outpouring of support to those in need, maintaining the real spirit of Ramadan. To all those selfless people, we extend our appreciation for your generosity. Eid Mubarak!

Kuwait Amir praises frontliners in
Eid Al-Fitr address to the public

The world after coronavirus will not be the same as it was: Sheikh Sabah

KUWAIT: His Highness the Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah on Friday addressed the people of Kuwait ahead of the advent of Eid Al-Fitr expressing congratulations to the citizens and residents on the happy occasion. His Highness the Amir began the address, voicing his felicitations on the Eid, expressing good wishes to the Arab and Islamic nations, renewing his gratitude and praise for the Kuwaiti nationals whom he described as heroes for dedicating themselves for service of the homeland and the nationals, employing their sincere efforts for facing the novel coronavirus since its outbreak and start of spreading.

Full devotion

His Highness the Amir expressed deep admiration for all the activists who devoted themselves day and night, namely the medics and health personnel, all personnel serving in various sectors: the ministries of interior and defense, the firemen, the concerned ministries, other state and private authorities, the charitable and cooperative associations who worked devotedly for containing the pandemic. "It is rather necessary that we remember with pride and deep appreciation those who passed away in facing this pandemic and we consider them as martyrs in Heaven," His Highness the Amir said, also expressing deep gratitude to those who got injured, hurt or sick in the combat against the contagion.

His Highness the Amir Sheikh Sabah Al-Ahmad expressed deep regret for false reports and harmful rhetoric broadcast by the media and social media, that conform neither with sanctity of this revered month nor with the current hard circumstances in the country. Such rhetoric neither serves reforms nor constitutes guidance to raised issues, therefore "I call on everybody to adhere to the ideal media message and be keen on playing a positive and responsible role in supporting joint efforts for annihilating this pandemic."

"This cruel pandemic that broke out in our dear homeland and the whole world should prompt us, as I said on previous occasions, to take lessons for the world of tomorrow after the coronavirus will not be the same as it was before the breakout, for it will leave behind direct and effective repercussions locally and internationally on various aspects of life namely health, economic and social sectors and others," His Highness the Amir said. "The Government and the National Assembly and all active civil associations should take a new approach to face this serious challenges for sake of redrawing the

Amir laments
false reports

KUWAIT: His Highness the Amir Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah makes a public address on the occasion of Eid Al-Fitr. — KUNA

future of Kuwait."

Collaboration of efforts

His Highness the Amir, in this context, called for effective steps parallel to the requirements of the current phase and its ramifications; "this can only be attained with cooperation and collaboration of efforts, shouldering the responsibility, depending on ourselves and placing the higher national interest above any other consideration."

His Highness the Amir Sheikh Sabah Al-Ahmad renewed the gratitude to the citizens and the residents for their understanding of the need for the measures undertaken by the state to face the pandemic, hailing their adherence to health guidance for their safety and wellbeing as well as for the interest of the homeland. "Such conducts of awareness and responsibility will, by His Almighty's will, contribute to speeding up restoration of normal life, which we all aspire to very soon, by His Almighty's will," he said.

"We are certain," His Highness the Amir continued, "His Almighty will make this gloominess cease to exist, by His mercy and grace. We ought to sense the joy and happiness with advent of the

happy Eid, boost the spirit of hope and optimism and spread such spirit among our families and relatives. We pray to His Almighty in these blessed days that he may preserve our dear homeland, take away this pandemic and relieve all mankind of this gloomy plight."

Upcoming changes

His Highness the Amir has affirmed in less than two weeks necessity to foresee the future noting upcoming changes in the world, the parliament speaker said on Friday. Commenting on His Highness the Amir's Eid address, the National Assembly Speaker Marzouq Al-Al-Ghanem said the Amir statement marking the happy Eid focused for the second time during two weeks on the necessity to predict the future, noting that Kuwait appeared facing "existential challenges." His Highness the Amir has called for a new approach, self-reliance, revision and correctness to re-affirm his vision: that mankind world after the coronavirus will not be as it was before it broke out at the health, economic and social levels. He called on all local stakeholders; the government, the parliament and the civil society to foresee the drastic challenges looming on the horizons of the future. The Kuwaiti people will succeed in the upcoming tests, Ghanem affirmed, assuring His Highness the Amir. — KUNA

In My View

Live your life



By Abdellatif Sharaa

local@kuwaittimes.com

Allow me first to wish you a happy Eid Al-Fitr and may Allah accept your worship and bestow His blessings on you all. I had a feeling that Saturday may be the first day of Eid and the start of the new lunar month, yet technology proved me wrong! Technology in our modern day life is in every major and minor detail, and we have no choice but to accept it.

I saw the following post on Facebook and would like to share it with you. The post starts by saying "Fear will kill you!", then goes on with some sort of a chronicle as follows: They told us on the news in 2001 anthrax will kill you, 2002 West Nile Virus will kill you, 2003 SARS will kill you, 2005 bird flu will kill you, 2006 E coli will kill you, 2008 the financial collapse will kill you, 2009 swine flu will kill you, 2012 the Maya calendar predicts the end of the world, 2013 N Korea will cause WWII, 2014 Ebola will kill you, 2015 Daesh will kill you, 2016 Zika virus will kill you, 2018 Nipah virus will kill you, and 2020 coronavirus will kill you. The fact is that fear will kill you - if you become addicted to this type of news. Stop believing everything on social media, preoccupy yourself with reading and give yourself time for prayers and positive thinking. Do not relinquish your share of this life, be happy and enjoy it. Keep your trust in God strong, because you are going to live as long as God decides, so do not spend your years in fear.

Adopt a healthy way of life - eat healthy food so you can get a potent immune system. Get rid of illusions and worries - you will not live any longer than your age, so do not waste it in fear of losing it. Life has become too fast - the days are going as fast as a soaring rocket into the heavens, so we must be open minded to changes and new developments that we may not be familiar with.

This will definitely affect our way of thinking and affect our psychological behavior, and we must adapt to the environment around us so to enjoy better psychological health. World Health Organization studies revealed that psychological problems increase the risk of getting many physical diseases, and define health as indivisible and a condition of physical perfection.

So, in order to maintain a healthy psychological life, one has to be optimistic and be around optimistic people, while at the same time have self-respect. We should not think about certain matters more than it is necessary. When we go out, we must be easy in dealing with others and behave as ourselves. Physical activity is something effective in having a good mood, including sports and exercise.

These are a few simple steps that help in maintaining peace of mind and a healthy psychological state of mind.

Final Word: "Optimism is essential to achievement and it is also the foundation of courage and true progress."

— Nicholas M Butler

Coronavirus in Kuwait: What we know so far

KUWAIT: Kuwait has recorded 19,564 cases infected with the novel coronavirus (COVID-19) as of Friday, in addition to 138 deaths. With the exception of 180 cases in intensive care, all infected cases are in stable condition and are recovering in quarantined locations designated by the government for this purpose, while thousands have been discharged from quarantine after exhibiting no symptoms during their 14-day quarantine period, the Ministry of Health confirmed. Meanwhile, 5,515 people have recovered completely after previously being infected with the virus, while there are 13,911 people receiving treatment and 2,619 quarantined.

Curfew

Kuwait imposed a total curfew from May 10 to May 30, allowing room for people to walk out for daily exercise between 4:30 pm to 6:30 pm, and to shop at co-ops and supermarkets once every six days during the curfew hours by making an appointment through www.moci.shop. Earlier, Kuwait enforced a country-wide partial curfew from 5:00 pm to 6:00 am, which was later extended to start from 4:00 pm until 8:00 am during Ramadan, while allowing restaurants and food stores to make home deliveries from 5:00 pm until 1:00 am. The government also locked down Mahboula and Jleeb Al-Shuyoukh in a bid to contain the spread of the virus and enable health workers to test inhabitants. Earlier, the government decided to close all shopping malls, beauty salons and barber shops as part of its measures to prevent the spread of the coronavirus. The government also allowed supermarkets, restaurants and shops to host a maximum of five people at a time and in case there are lines, the distance must be at least one meter between people. The Ministry of Commerce launched a website (www.moci.shop) to enable people to book appointments to shop at co-operative societies in their areas. The Public Authority for Industry also announced that companies can apply to evacuate their workers from Jleeb Al-Shuyoukh and Mahboula. To do so, they must fill a 'workers evacuation form' available on www.pai.gov.kw, and send the form via email to: Jasiri@moh.gov.kw.

Precautions

Kuwait halted all commercial flights until further notice, and has sent special flights to repatriate Kuwaitis back home from countries affected with the virus' spread. Kuwait took all measures to test Kuwaitis repatriated from infected areas for potential infection. Kuwait had required all expatriates who arrived from travel on March 1 and beyond to visit Kuwait International Fairground where the Ministry of Health has set up a center to test people for possible infection. Meanwhile, the Cabinet announced on April 9 the operation of all airline flights for expats who are wishing to return back to their countries. Authorities also announced a public holiday in the country from March 12 to May 28,

with work resuming on May 31, while entities providing vital services will remain open. Meanwhile, the Ministry of Education has suspended classes for March at all public and private schools (for both students and teaching staffs): first from March 1 to March 12, and later extended it until March 29, before eventually suspending schools until August for grade 12 and October for other stages. State departments have been on high alert to take precautions against the potential spread of the virus. The Ministry of Commerce and Industry has taken measures to make sure that facial masks, hand sanitizers and other goods remain accessible to the public.

Kuwait suspended issuing entry permits and visas unless those issued through diplomatic missions. The Interior Ministry issued an amnesty allowing residency violators to leave the country between April 1 and April 30 without paying any fines or airfare with a chance to return to Kuwait later. The amnesty was issued in view of the circumstances the country is currently going through and as part of the precautionary measures taken to fight the novel coronavirus (COVID-19). During the amnesty period, individuals desiring to procure valid residencies in Kuwait and were willing to pay the fines without being subjected to investigations were allowed to pay the fines and legalize their status if they meet the required conditions.

Hotlines

The Ministry of Health has set the following hotlines to receive inquiries about the coronavirus 24/7: 24970967 - 96049698 - 99048619.

The Education Ministry set the following hotlines to receive inquiries on school closures related to the anti-coronavirus measures:

- 24970967 (24/7 hotline)
- 51575591 (Capital Educational Zone)
- 51576117 (Hawally Educational Zone)
- 51576576 (Farwaniya Educational Zone)
- 51577055 (Jahra Educational Zone)
- 51577655 (Ahmadi Educational Zone)
- 51577951 (Mubarak Al-Kabeer Educational Zone)
- 51578171 (Religious Studies Department)
- 51588599 (Private Education Department)
- 51592515 (Services Department)
- 51594544 (Public Relations Department)

Medicine delivery

Kuwait's Ministry of Health (MOH) launched a new medicine delivery service for people in Kuwait, which they can use to order medications to be delivered during curfew hours. The medications will be delivered within 72 hours after the order is submitted. To place an order, patients should send a WhatsApp to the numbers for the hospitals and medical centers as listed below. The patient should include their name, Civil ID number, hospital or clinic file number, mobile phone number and the medicine needed to the following numbers:

Amiri Hospital: 50880699
Mubarak Al-Kabeer Hospital: 50880755
Farwaniya Hospital: 50880852
Adan Hospital: 50880908
Jahra Hospital: 50881066
Sabah Hospital: 97632660
Jaber Hospital: 96992079
Ibn Sina Hospital: 99613948
Chest Hospital: 99258749
Razi Hospital: 97633487
Kuwait Cancer Control Center: 96735242
Psychiatric Hospital: 97350113
Physiotherapy Hospital: 99824037
Maternity Hospital: 98559531
As'ad Al-Hamad Dermatology Center: 98514508
Infectious Diseases Hospital: 96989164
NBK Hospital: 96931761
Al-Rashed Allergy Hospital: 94162470
Infectious Diseases Hospital: 96989164
Palliative Care Hospital: 94024786
Sabah Al-Ahmad Urology Center: 90952469
KFH Addiction Treatment Center: 94169363

Meanwhile, all licensed pharmacies in Kuwait delivering medicine are allowed to continue their services 24 hours a day. The Ministry of Health is also asking doctors and nurses affiliated with the private medical sector to volunteer in order to contribute to the fight against the virus. Volunteering is available through the link: <http://volunteering.q8-ehhealth.com>. The ministry had closed all private clinics and medical centers effective March 22, 2020 until further notice.

Mental health assistance

The Kuwait Psychological Association (KPA) is providing consultation through the phone for people suffering from the psychological impacts of coronavirus. Different doctors are working on the hotline in different timings as follows:
Dr Rashed Al-Sahh: on Monday and Wednesday 10:00 am - 1:00 pm. Call 9797-6168.
Dr Fahad Al-Tasha: daily from 8:00 pm - 12:00 am. Call 9904-8258.
Dr Othman Al-Asfour: daily 5:00 pm - 8:00 pm. Call 9938-5350.
Dr Mohammed Al-Khalidi (head of this team): daily 9:00 am - 12:00 pm. Call 9903-6470.
Dr Ahmad Al-Khalidi: daily 6:00 pm - 9:00 pm. Call 9910-7965.
Dr Muneera Al-Qattan: Monday and Wednesday 9:00 am - 1:00 pm. Call 9953-3108.
Dr Zainab Al-Saffar: Sunday and Thursday 7:00 pm - 9:00 pm. Call 9954-9908.
Dr Sameera Al-Kandari: Tuesday 9:00 pm - 12:00 am. Call 6770-9434.
Dr Kawthar Al-Yaqout: Monday and Wednesday 6:00 pm - 9:00 pm. Call 5521-0088.
For information and other concerns, call 9401-4283.