

HUMANITY

NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY

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Mayor Emmanuel Maliksi
Imus City, Cavite

DTI'S SSF LIKHA FAB LAB MAKES FACE SHIELDS FOR FRONTLINE WORKERS




As the number of COVID-19 cases increases in the country, there is also an increasingly growing concern about the lack of personal protective equipment for our frontline workers.

Thus, the Labspace for Innovation, Knowledge-Honing and Application (LIKHA) Fab Lab of the Batangas State University, together with the Department of Trade and Industry Region 4-A, is

manufacturing face shields using 3D printed face bands and acetate films for our health workers as communities from makers and Fab Labs in and outside the Philippines

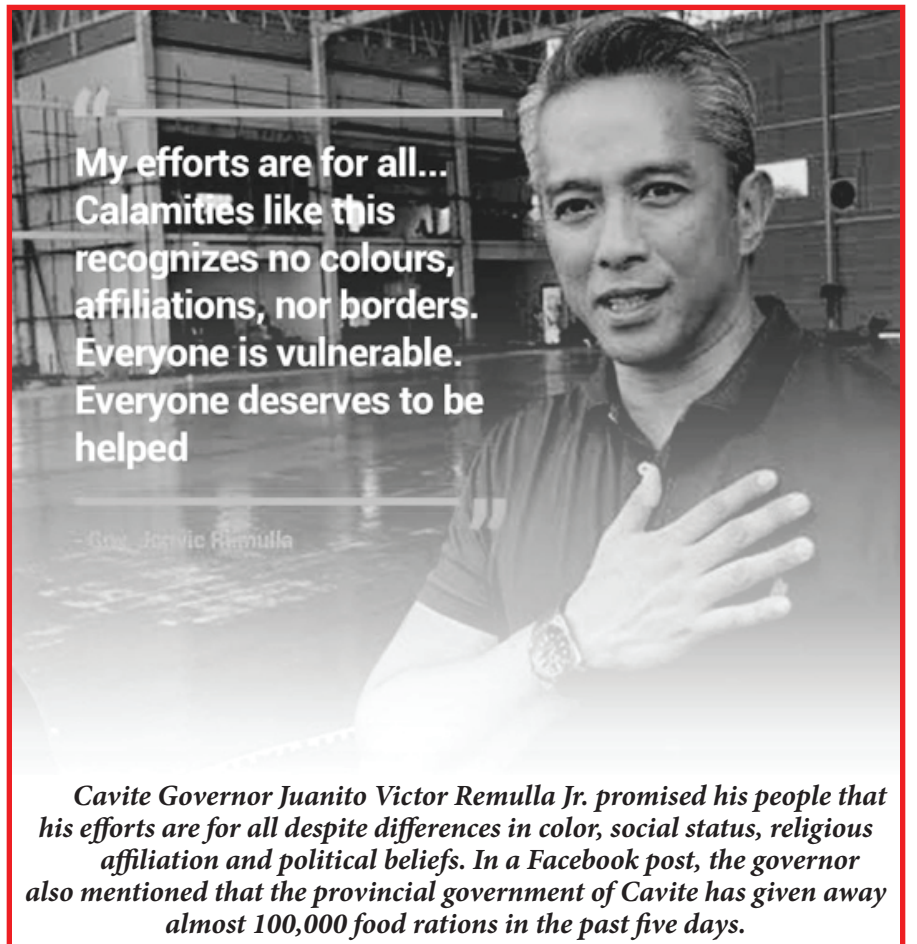
(cont. P.2)



“
COVID-19 ANG KALABAN.
Humihingi po ako ng tulong sa bawat mamamayan na magkaisa at sabay sabay natin labanan ang covid-19 at manalangin tayo upang mapag tagumpayan ang giyerang ito.
”

Mayor Totie S. Paredes
March 25, 2020

~United we stand,
Divided we fall...
OFFICE OF THE CITY MAYOR - CAVITE CITY
cavitecity.gov.ph Office of the City Mayor - Cavite City
#germwar #pray #stayathome

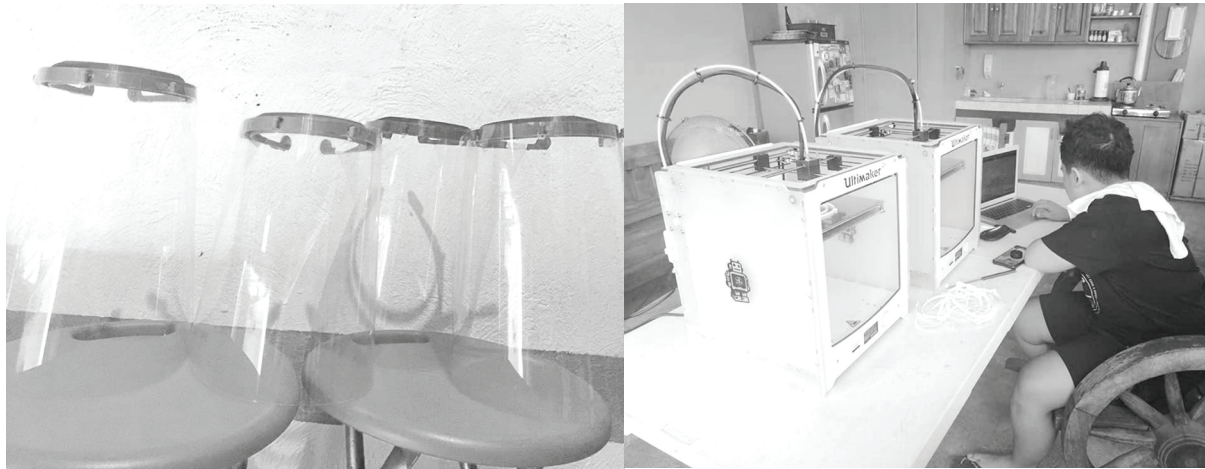


My efforts are for all...
Calamities like this recognizes no colours, affiliations, nor borders. Everyone is vulnerable. Everyone deserves to be helped

— Gov. Juanito Remulla

Cavite Governor Juanito Victor Remulla Jr. promised his people that his efforts are for all despite differences in color, social status, religious affiliation and political beliefs. In a Facebook post, the governor also mentioned that the provincial government of Cavite has given away almost 100,000 food rations in the past five days.

DTI's SSF LIKHA Fab Lab... (from p. 1)



are collaborating for this endeavor.

The LIKHA Fab Lab, established on December 27, 2018, is a Shared Service Facility funded by the DTI 4-A where business enterprises engaged in top industries in the region such as furniture-related processes and electronics, can converge with modelers/designers to create and develop models/designs, and make prototypes for mass production. It is a digital fabrication that enables collaboration and promotes transparency among designers and modelers aided by

computer-controlled machines. Stored digital design using the sophisticated technology provides an array of services to help the whole furniture design and manufacturing team for detailed designs, analysis, documentation, and fabrication.

"The supply of additional protective face shields is our way of solving the problem in the lack of PPE for our frontliners," said LIKHA Fab Lab Center Head Engr. Louie Villaverde.

According to Engr. Villaverde, they already donated 130 face shields to Batangas Medical

Center. They are also planning to provide more by producing 30-40 face shields a day to different hospitals in Batangas, then later on to the hospitals in the CALABARZON region and to other frontline workers like the PNP.

The team is composed of BatStateU President Dr. Tirso Ronquillo, Vice-President for Research and Development and Extension Services Engr. Albertson Amante, Head of LIKHA FabLab Engr. Louie Villaverde, 2D/3D Designer Jo Louis Valencia, and Machine Operator Arvin Cedrick Gutierrez.

The team is currently working from home, operating at regular hours with 8 3D printers distributed in three locations. Through rapid prototyping, a machine can print a face shield within an hour and 42 minutes, allowing them to produce a maximum of 48 face shields a day with their 8 3D printers.

Engr. Villaverde noted that for now, they are in need of additional materials. Any donations or supplies of raw materials will be of great help.

"We are strongly supporting the effort and initiative of LIKHA in developing innovative and effective solutions to help in combatting COVID-19. As we, in the DTI, work alongside with LIKHA, we are urging everyone, especially in the CALABARZON region, to support their very important work," said DTI 4-A Director Marilou Q. Toledo.

"We are in the position to help others. Kahit maliit o malaki, ito ay tulong pa rin," said Engr. Villaverde.

The Center for Technopreneurship and Innovation of the Batangas State University is accepting raw materials for fabrication of face shields:

- Acetate or PVC Sheets, Size A4
- Rubber Bands (natura)
- 3D Printer Filament (PLA-type fro Ultimaker)
- ABS Sheet and Acetate for Vacuum Forming Machine

Here are some suppliers that you can contact directly as it will be difficult for the Fab Lab to accept monetary donations:

- Puzzlebox (3D Printer Supplier)
Mr. Clark Merano,
09663383175
 - ES Print Media, Inc. (ABS and Acetate)
Mr. Ron Mariano,
09177129190
- Donations may be sent to BatStateU Pablo Borbon Main II, Alangilan, Batangas City. (MIA CORTEZ)



PANAHAON

1. Paano nalaman nitong siyentipiko, Ang gulang ng ating tinitirhang mundo? Sabi'y carbon dating ang ginamit dito, Radioactive dating, gamit ding totoo.
2. Ang sample ng bato'y kinuha't pinili Saka pa dinurog, kinuha ay konti, At sa instrumento'y nakita't namuni, Yaong tamang edad matapos masuri.
3. Paano nalaman nitong mga Paham Yaong gulang nitong ating sanlibutan? Ginamit ay light-year upang masukatan Ang pagitan nitong kaliwa at kanan.
4. Dakong hatinggabi, gamit ay telescope, Sinilip ay dakong may bituing tampok Bilis ng liwanag kung saan umabot, Yaon itong lawak nitong sansinukob.
5. Isang tabi pa lang yaong nasusukat, Ang kabilang tabi'y napakaliwanag Dahil yaong araw sa tanghaling tapat, Doon nakahadlang sa gustong masipat.
6. Kaya hinintay pa ang anim na buwan, Upang yaong kabiyaq naman masukatan, Sa kabilang banda ng orbit sa araw Doon masisipat ang bituing tanglaw.
7. At nasukat na rin, alam na ang lawak Ng kaliwa't kanang ating masisipat, Ang lawak na ito'y kalahating edad Kung pagbabatayan ay sentrong sambulat.
8. Ang teorya natin sa pagkakalikha, Ang sabi ay Big Bang sumabog sa gitna, At pumailanlang sa kanan, kaliwa, Harap at likuran, taas at ibaba.
9. Gamit ay ang spectrum ng puting liwanag, Alam din ang init ng bituing hanap, Pati elementong doon nakasangkap, Alam na ng Paham sa kanyang pagganap.
10. Matter at energy ay iisang tunay, Halinhinan lamang, nagbabagong lagay, Panahon at space man, sila'y magkasabay, Yaong ukol sa space ay ukol din sa time.

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The city of Dasmariñas, Cavite confirmed its third case of the novel coronavirus disease (COVID-19), Congressman Elpidio "Pidi" Barzaga Jr. announced in a Facebook post on Thursday, March 26.

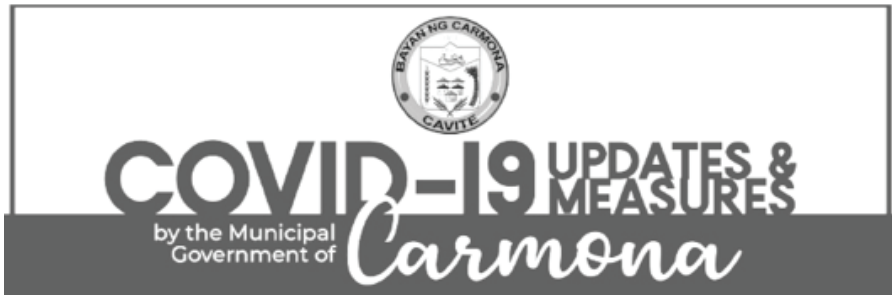
The patient, a 50-year-old married woman with no travel history, consulted Dasmariñas City Medical Center on March 16 after showing symptoms like fever, cough and difficulty and breathing. She was admitted in the hospital on the same day and underwent swab testing on March 17.

Barzaga also reminded the residents of Dasmariñas City to "abide the rules of the enhanced community quarantine."



DASMARIÑAS, CAVITE CONFIRMS THIRD COVID-19 CASE

The city of Dasmariñas, Cavite confirmed its third case of the novel coronavirus disease (COVID-19), Congressman Pidi Barzaga announced on Thursday, March 26.

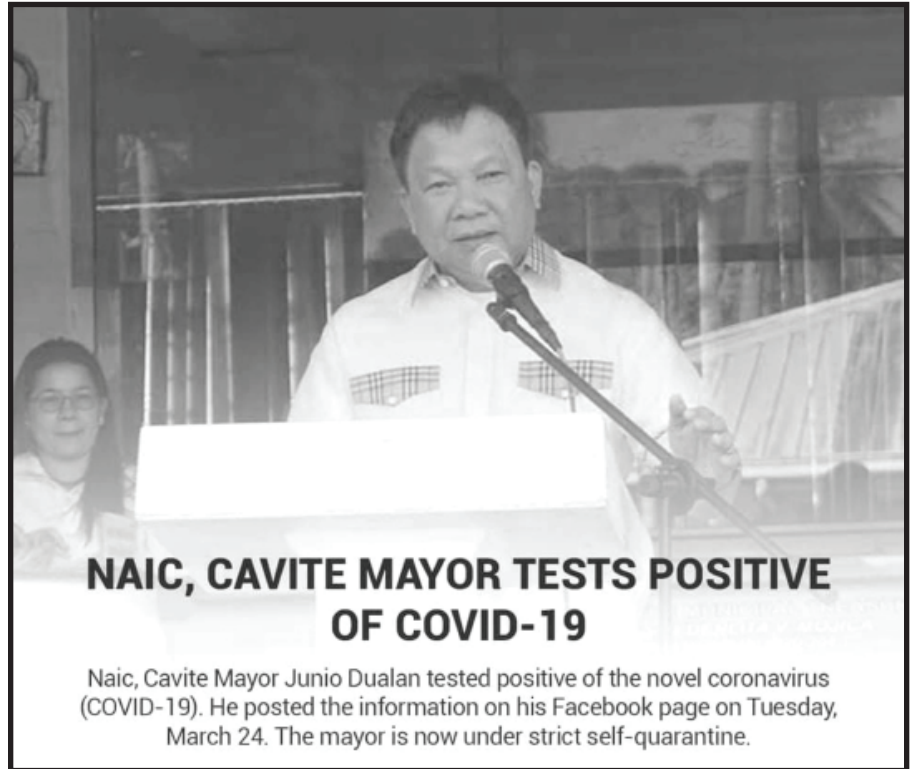


Carmona LGU tests DIY improvised Sanitation Tents. On March 24, 2020, the Municipal Government of Carmona tests the do-it-yourself improvised Sanitation Tents needed for the disinfection of healthworkers, patients, and local government employees who work everyday, entering and leaving facilities such as the hospital and municipal hall. The design was sourced from the UP Diliman-based volunteer group SaniTents PH.



NGOs and companies continue to donate for Carmona residents. As the whole Luzon is still under Enhanced Community Quarantine as declared by President Rodrigo Duterte, scarcity of basic necessities are inevitable in each town. Hence, non-government organizations and companies in Carmona donated food and rice to Carmona residents as well as health supplies and Personal Protective Equipment (PPEs) to frontliners to keep Carmona safe and coronavirus-free.

BML Delivery now used for medicine delivery. In line with the preventive measures and mitigation efforts of the local government of Carmona against the coronavirus disease (COVID-19), the Bayan, May Libreng (BML) Delivery was initiated to provide a free delivery service from the public market to the community. Other than delivering food and basic necessities to the residents, BML Delivery disseminated maintenance medicine to residents who are diabetic, pregnant and DOTS patients on March 24, 2020.



NAIC, CAVITE MAYOR TESTS POSITIVE OF COVID-19

Naic, Cavite Mayor Junio Dualan tested positive of the novel coronavirus (COVID-19). He posted the information on his Facebook page on Tuesday, March 24. The mayor is now under strict self-quarantine.

More testing, facilities, support for the people and frontliners, not more powers for Malacañang

Statement of Senator Risa Hontiveros on the Proposed Additional Executive Powers vs. COVID-19

Ngayong may krisis, mas malawakang testing laban sa COVID-19 at dagdag-pondo para sa pagkain, personal protective equipment (PPE), at health facilities ang agarang kailangan ng publiko, hindi dagdag-kapangyarihan para sa Pangulo.

I fully support the allocation of a supplemental budget to boost the government's efforts to immediately contain the novel coronavirus outbreak.

However, the proposed grant of additional powers to the Executive Branch are clearly unnecessary to address the most pressing needs of health workers, COVID-19 patients, and poor Filipinos alike in this critical period.

Our existing laws already grant government the powers and other necessary tools needed to mount an effective response against COVID-19. Notably, the Mandatory Reporting of Notifiable Diseases and



Senator Risa Hontiveros

Health Events of Public Health Concern Act or Republic Act No. 11332, of which I am an author, provides comprehensive mechanisms during epidemics or other health emergencies.

(cont. P.5)

Pagbati Mula kina:



Coun. Tito V. Monzon
Imus City, Cavite



Coun. Exequiel 'Totie' Ropeta
Imus City, Cavite



Mayor Nonong Ricafrente
Rosario, Cavite

**ROSARIO,
BAYANG
TAHIMIK,
MASAYAAT
MAUNLAD**



**LET THERE
BE LIGHT!**

By
ENG'R. VER CAMPAÑA BAUTISTA
F & A.M. Luis Olimpo Ferrer Lodge 366

PALIPARAN - Ang Paliparan sa Dasmariñas ay lugar kung saan laging malakas ang hangin at ugma sa pagpapalipad ng saranggola.

**THE BODY SHOP'S COASTAL
CLEAN-UP WITH PLANET CORA**



Planet CORA founder Antoinette Taus and Cleanup volunteer Yassi Pressman.



Yassi Pressman has given her time and strength to help curb our waste problem.



Antoinette Taus with the little eco hero Dianelle Mikaella.



Joey Mead King, who has always been passionate in beating the alarming rise of plastic pollution, joined the group in this endeavor.



Libreng Sakay from "Noveleta to Epza" para sa mga Empleyado na Taga-Noveleta! Mabuhay ka Mayor Dino Reyes Chua sa malasakit mo sa ating kababayan!



The Body Shop Philippines fighting to change the world one step at a time.

Conscious of the social and environmental problems the society of today exposes its inhabitants, The Body Shop has been one of the pioneers of sustainability. With that, it constantly seeks for new projects in order to help the world we live in.

In the Philippines, as well as the rest of the world, piles of our mismanaged wastes wind up on our shores. Plastics and other non-biodegradable wastes may be low-cost and

convenient but they stay long in our environment and may kill marine animals as they mistaken plastics for food. Single-used plastics such as plastic straws, plastic bottles and plastic bags are big contributors to pollution.

In line with this, The Body Shop Philippines partnered with Planet CORA a non-profit organization dedicated in protecting the planet in gathering almost 200 volunteers for a Coastal

Cleanup in Las Piñas Parañaque Critical Habitat Eco-Tourism Area (LPPCHEA). This cleanup helped in physically reducing wastes as well as creating awareness and inspiration for the volunteers to instill change in their lifestyles. A total of 2.29 tons of waste were collected in just a span of two hours wherein majority of the collected were plastic bottles.

The Ocean Cleanup with Planet CORA is

just one of the many advocacies of The Body Shop Philippines.

About The Body Shop

The Body Shop was founded in 1976 by Dame Anita Roddick in Little Hampton, England. The beauty brand pioneered corporate activism and was built on a philosophy that business can be a force for good. With its brand expression, Beauty with Heart, the company continues to be focused on five core values: Against Animal Testing, Support Community Fair Trade, Activate Self Esteem, Defend Human Rights and Protect The Planet.

All products are created using the finest ingredients sourced from the four corners of the globe, which are not tested on animals and are 100% vegetarian. The Body Shop has been in the Philippine market for eighteen years with over 55 strategically located stores nationwide. (KAREN CHRISTINE H. TIQUI)

Philippine Health Insurance Corporation
ADVISORY
No. 2020 - 021

PhilHealth
Your Partner in Health

Extension of Deadline of Premium Payment

In view of the national declaration of the state of calamity due to the increasing number of cases in various parts of the country as a result of the Corona Virus Disease 2019 (COVID - 19) pandemic, PhilHealth is extending the deadline of payment of premium contributions for the first quarter of 2020 for **Self-Earning Individuals, Professional Practitioners and Members under the Group Enrolment Schemes** from March 31, 2020 to April 30, 2020.

Further inquiries may be referred to the PhilHealth Action Center at (02) 8441-7442 or to any PhilHealth Regional and Local Health Insurance Offices.

BGEN. RICARDO C. MORALES, AFP (RET) FICD
President and Chief Executive Officer

HUMANITY TRIVIA

(IT TELLS THE DATES OF INVENTION, PLACES OF PLANT ORIGIN AND CURES OF DISEASE)

ENGR. VIR CAMPAÑA BAUTISTA
(TWIN BROTHER OF VER)

Airship - 1900
Speedometer - 1902
Persimmons - East Asia
Plum - temperate region
Bitchuelas - kidney disease

SM ASSURES EMPLOYEE COMPENSATION, GIVES FINANCIAL ASSISTANCE FOR GUARDS AND JANITORS

With the unprecedented global health crisis, companies under SM today stand in solidarity with the nation and the citizenry in the battle against COVID-19.

SM today assured all of its employees their regular compensation as well as the extension of an Emergency Financial Assistance to its front liners, security guards and janitorial staff during the Enhanced Community Quarantine (ECQ) period from March 16 to April 14, 2020. The extent of this assistance includes the following:

All employees will receive their regularly scheduled salaries during the ECQ period without deductions made against their Vacation and Sick Leaves;

The company's front liners, who comprise the skeletal workforce, will, in addition, be provided with premium pay;

All Security Guards and Janitorial staff will receive financial assistance of PHP5,000 for the period.

It is focused on

helping these key resources so that they in turn can be of service to others.

On a daily basis since the ECQ, SM has also been undertaking measures to protect the safety and welfare of its front line personnel with protective gear, meals, and transportation whenever possible.

"In these trying times, we are in uncharted territory. Let's be one with each other, united in the spirit of service. Let's be mindful of our front liners and help with their need to be alert so they can continue to do their best in working for the safety and health of our communities," said Hans T. Sy on behalf of the Sy family.

SM continues to assess the health crisis with vigilance; enjoining its employees and the public to follow guidelines and precautions to help combat the virus.

This financial assistance is another commitment to fighting the negative effects of COVID-19. Earlier, SM made separate announcements to

waive tenant rentals nationwide as well as to support health workers as they actively fight the spread of COVID-19 with PHP100 million worth of protective equipment, testing kits and supplies. **(SM Supermalls/KCHT)**



More testing, facilities... (from p. 3)

Likewise, the Government Procurement Reform Act (RA 9184) at present authorizes government agencies to engage in speedier, alternative methods of procurement of resources – such as negotiated procurement – during calamities. In fact, the Government Procurement Policy Board issued Resolution 03-2020 to approve the efficient and expedient procurement procedures during this state of public health emergency.

What needs to be done is the immediate allocation of a supplemental budget that will allow economic safety nets for the most vulnerable affected by COVID-19 and all other programs the government must undertake to expand the capacity of our healthcare system and complement local government initiatives.

I also join the public's call for more and speedier mass testing, with priority to those who are at risk such as our health workers, frontliners and the elderly, and to detect and isolate more asymptomatic cases. Temporary health facilities should also be put

up as isolation, treatment and rehabilitation centers as we expect a growing number of infected persons.

Furthermore, I reiterate my call for relief packages that include cash assistance and food subsidies for poor Filipino families whose lives have been severely affected by the enhanced community quarantine. The government must also ensure ample funding to complement our local government units' efforts in providing their constituents' basic necessities.

Maraming doktor at health workers na ang nagkakasakit at may ilan na ring nababalitang namatay bilang mga frontliners. Marami na ring pamilya ang nagugutom dahil nawalan ng pinagkakakitaan. These are urgent problems which cannot be solved by more centralization and more executive powers.

The people need real solutions that present an overall health strategy to contain COVID-19 and protect the public's well-being; more funds to expand our health capacity, more economic safety nets, more testing and care for COVID-19 patients. ###

CAVITE HIGHLIGHTS

By:
Yna Palparan Bautista

The declaration of Martial Law had no marked negative effect on Cavite. The construction of the Coastal road even hastened the flow of goods, services and people from Cavite to Manila. This is the reason why the people of Cavite had fond memories of President Ferdinand E. Marcos.

REPUBLIC OF THE PHILIPPINES
FOURTH JUDICIAL REGION
REGIONAL TRIAL COURT
BRANCH 15, NAIC, CAVITE

HOME DEVELOPMENT MUTUAL FUND
(Pag-Ibig Fund)
Mortgagee/Petitioner,

FNC-2020-60
For : Extra-Judicial Foreclosure of Real Estate Mortgage under Act 3135, as Amended by Act No. 4118

-versus-

ELIZA ALONZO RIVERO,
Mortgagor/Respondent.
x-----x

NOTICE OF EXTRA-JUDICIAL SALE

Upon Extra-Judicial petition for sale under Act 3135, as amended by Act 4118 filed by HOME DEVELOPMENT MUTUAL FUND (Pag-IBIG Fund) mortgagee/petitioner, a government financial institution duly organized and existing under and by virtue of Republic Act No. 9679 with principal office at The Petron Mega Plaza Building, No. 358 Sen. Gil Puyat Avenue, Makati City, which mortgage against ELIZA ALONZO RIVERO, with postal address at #0036, Pasong Camachile Uno Subdivision, Gen. Trias, Cavite, to satisfy the mortgage indebtedness which as of December 20, 2019 amounts to **FOUR HUNDRED FIFTY THOUSAND SIX HUNDRED SEVENTY FOUR PESOS & 78/100 (P450,674.78)** Philippine currency, inclusive of interest and other charges, the undersigned Sheriff will sell at public auction on **April 7** at 10:00 o'clock in the morning or soon thereafter at the main entrance of the Office of the Ex-Officio Sheriff at the Hall of Justice formerly Mayor Macario B. Pena Memorial Hall, Naic, Cavite, to the highest bidder, for cash and in Philippine currency, the following described property with all the improvements existing thereon, to wit:

TRANSFER CERTIFICATE OF TITLE NO. T-057-2018032837

A CERTAIN LAND SITUATED IN BARANGAY OF SABANG (FORMERLY TIMALAN) MUNICIPALITY OF NAIC, PROVINCE OF CAVITE. ISLAND OF LUZON, bounded and described as follows: LOT NO : 23. BLOCK NO : 34 PLAN NO : PSD-04-246094 PORTION OF SUBD. OF BLOCK 32, PCS-04-030597 LRC RECORD NO. 8340 LOCATION : BARANGAY OF SABANG (FORMERLY TIMALAN) MUNICIPALITY OF NAIC, PROVINCE OF CAVITE, ISLAND OF LUZON TECHNICAL DESCRIPTION BOUNDARIES : LINE DIRECTION, ADJOINING LOT (S) 1-2 NE LOT 9, BLOCK 34, PSD-04 246094, 2-3, SE LOT 24, BLOCK 34, PSD-04 246094 3-4 SW ALLEY LOT 20, PSD-04-24609 NW LOT 22, BLOCK 34, PSD-04 246094.

TIE POINT : MON. NO. 17, NAIC ESTATE, PROVINCE OF CAVITE LINE, BEARING DISTANCE TO CORNER, 1 S. 40 34' E 2562 . 43 M . 1-2 s . 29 . 26 . E 3 : 50 M 2 - 3 8 . 00 M . 3 - 4 N . 29 ° 26 ' 3 . 50 M 4 - 1 60 ° . 34 8 . 00 M. AREA : TWENTY EIGHT SQUARE METERS (28) . x x x x x

All sealed bids must be submitted to the undersigned on the above-stated time and date.

Prospective bidders or buyers are hereby enjoined to investigate for themselves, the title herein above-described and the encumbrances thereon, if any there be.

In case of the absence of any participating bidder on the above-scheduled date, said auction sale will be reset and finally held on April 14, 2020 at the same place and time above-mentioned.

Naic, Cavite, March 7, 2020.

(SGD) JANELLE V. LAGADON, MBA
Sheriff IV

HOME DEVELOPMENT MUTUAL FUND
(Pag-Ibig Fund)
The Petron Mega Plaza Building, No. 358
Sen. Gil Puyat Avenue, Makati City

MARIA VICTORIA D. CAPIRAL
c/o POMPEYO MAYNIGO
Attorney-In-Fact, Vision Credit and
Collection Services Inc., JRDC Building
117 Sen. Gil Puyat, Pasay City

ELIZA ALONZO RIVERO
#0036, Pasong Camachile Uno
Subdivision, Gen. Trias, Cavite/Lot 23,
Block 34, Phase 2 Pasinaya
Homes, Sabang, Naic Cavite

HUMANITY NEWS
MARCH 16, 23 & 30, 2020

EDITORIAL

Ang mga Pilipino ay malikhain. Mag-ing sa larangan ng pagkukumpuni ay mahusay din ang Pilipino, subali't ang ating magagandang katangiang ito ay hindi nagagamit sa pagbuo ng isang bansang patungo sa mabilis na industriyalisasyon.

Ang mga kumpanyang dumating sa atin sa mga Export Processing Zone ay ginagamit ang ating labor force upang magawa ang mga produktong iluluwas na muli.

Dapat pagtuunan natin ng pansin ang mga hakbang patungo sa industriyalisasyon ng bansa kahit pansariling gamit muna. Saka na isipin ang pagluwas.

Health Benefits...

COVID-19 (NCOV/ WUHAN CORONAVIRUS)

Ang COVID-19 ay unang nakilala sa pangalang 2019-nCoV o nCoV (novel coronavirus). Ang sakit na ito ay sanhi ng bagong strain o uri ng coronavirus na nagsimula at nagdulot ng outbreak sa Wuhan, Hubei, China at iba't ibang mga panig ng mundo. Kapag naapektuhan ng kondisyong ito, ang pasyente ay makararanas ng mga sintomas na gaya ng lagnat, ubo, at hirap sa paghinga. Bagama't ang mga sintomas nito ay tila pangkaraniwan lamang, ito ay mapanganib at nakamamatay sapagkat nagdulot ito ng mga malulubhang komplikasyon, gaya ng pulmonya at respiratory failure.

Naihalintulad ang COVID-19 sa mga viral na sakit na Severe Acute Respiratory Syndrome (SARS) at Middle East Respiratory Syndrome (MERS) sapagkat magkakatulad na coronavirus ang mga sanhi nito, subalit magkakaiba ang strain. Karaniwang nakukuha ang mga coronavirus sa mga hayop. Sa katunayan, ang COVID-19 ay pinaniniwalaan na nagsimula sa pagkain o direktang pagkahawa sa mga hayop, pagkaing-dagat, at karne na nabibili sa isang palengke sa Wuhan.

Wala pang tiyak na paraan kung paano malulunasan ang kondisyong ito. Gaya ng nabanggit noong una, ito ay bagong uri ng coronavirus. Upang bumaba ang posibilidad na manganib ang buhay ng pasyenteng nahawa sa sakit na ito, kailangan niyang manatili sa ospital nang sa gayon ay mabigyan siya ng mga lunas upang maibsan ang kanyang mga sintomas. Maari ring resetahan ang pasyente ng mga gamot para sa lagnat at ubo. Kailangan ding lagyan ang pasyente ng suwero upang hindi makararanas ng dehydration. Kung nahihirapan namang huminga ang pasyente, maaari rin siyang sumailalim sa oxygen therapy o respiratory support.

Kasaysayan

Ang pag-usbong ng sakit na COVID-19 (na unang naitawag na nCoV) ay nagsimula noong bandang katapusan ng Disyembre 2019, bago sumapit ang bagong taon. Ayon sa datos, may unang naitala na 59 na mga pinaghihinalaang kaso ng sakit na ito sa isang ospital sa China. Sa 59 na pasyente, 41 sa kanila ay nagpositibo sa nCoV. Batay sa pagsusuri, 2/3 ng mga pasyenteng nagpositibo ay nanggaling sa Huanan Seafood Wholesale Market kung saan ay may itinitindang mga buhay na hayop, pagkaing-dagat, at karne.

Hindi pa noon nababahala ang pamunuan ng Wuhan sapagkat maituturing na kakaunti pa lamang ang mga kaso. Subalit pagsapit ng ika-20 ng Enero 2020, nagkaroon ng biglaang pagtaas ng mga kaso ng nCoV na umabot sa 140. Pagkalipas lamang ng limang araw, pumalo ang bilang ng mga kumpirmadong kaso sa China ng mahigit sa 2,000. Maging ang ibang mga bansang gaya ng Hongkong, Macau, Australia, Malaysia, Singapore, Pransya, Japan, South Korea, Taiwan, Estados Unidos, Canada, Vietnam, Nepal, at iba pa ay nagkaroon na rin ng mga kumpirmadong kaso ng nCoV.

Sa pagkakasulat ng artikulong ito, wala pa namang mga kumpirmadong kaso ng nCoV sa Pilipinas. Subalit, ayon sa Department of Health (DOH), mayroong 11 mga pasyente ang inoobserbahan sa iba't ibang mga ospital ng bansa. Kasama na rito ang ilang mga ospital sa Muntinlupa, Pasay, Palawan, Camiguin, Aklan, Leyte, at Cebu. Ang mga pinaghihinalaang kaso ng nCoV ay kadalasang mga dayuhan na may kasaysayan ng paglalakbay mula sa China. Sa kasalukuyan, hinihintay pa rin ang mga laboratory result na isinasagawa ng Research Institute for Tropical Medicine.

Noon namang Pebrero 2020 ay nagdedisyon ang World Health Organization (WHO) na baguhin ang pangalan ng sakit na ito upang ma-iwasan ang pag-ugnay ng pangalan na ito sa isang partikular na lugar o grupo ng mga tao. Kaya, inanunsyo nila ang bagong pangalan nitong COVID-19.

Mga Sanhi

Ang sanhi ng COVID-19 ay isang bagong strain ng coronavirus na unang tinawag bilang 2019-nCoV. Pinaniniwalaan ng iba't ibang mga mananaliksik ng Tsino na ang bagong virus na ito ay nagmula sa mga hayop na gaya ng paniki at ahas.

Dahil ang kondisyong ito ay dulot ng isang bagong uri ng coronavirus, ito ay lubos na nakahahawa at maaaring makuha sa pamamagitan ng mga sumusunod:

- Pagkakalantad, pagkakahawak, at pagkain sa mga hayop na infected
- Paglanghap ng maliit na laway ng infected na tao
- Pakikipag-usap o paghawak sa infected na tao
- Kapag na-ubohan ng infected na tao
- Pagkakahawak sa mga bagay na may laway ng infected na tao

Noong bago pa lamang umusbong ang mga kaso ng COVID-19, tila hindi ito gaanong pinag-ukulan ng pansin ng pamunuan ng Wuhan at ng gobyerno ng Tsina. Sa katunayan, ang Wuhan ay nagsagawa pa ng isang pampublikong pagdiriwang na tinatawag na "Wanjiayan" kahit na may kasalukuyan silang isyung pangkalusugang kinakaharap. Dahil dito, nakatanggap ang pamunuan ng Wuhan ng matinding kritisismo

mula sa iba't ibang panig ng mundo. Apat na araw matapos ang pagdiriwang, biglang tumaas ang bilang ng mga taong nagkaroon ng COVID-19 na siyang nag-udyok upang isailalim sa isang lockdown ang lungsod.

Mga Sintomas

Ang mga sintomas ng COVID-19 ay hindi nalalayo sa normal na ubo at trangkaso. Kung maapektuhan ng kondisyong ito, maaaring makararanas ng mga sumusunod:

- Mataas na lagnat
 - Pagkakaroon ng sipon
 - Matinding pag-ubo
 - Hirap sa paghinga
- Bukod sa mga nabanggit, maaari ring makararanas ang mga pasyente ng mga sumusunod na sintomas:

- Pananakit ng ulo
- Pananakit ng katawan
- Matinding pagkapagod
- Pagtatae
- Pag-ubo ng may kasamang dugo

Ayon sa mga doktor, ang mga sintomas ay maaaring lumabas 2 hanggang 14 na araw magmula sa araw ng pagkakalantad sa virus. Subalit maaaring ang mga sintomas ay lumabas nang mas huli pa sapagkat ang pinagbatayan lamang nito ay ang mga nakaraang outbreak ng SARS at MERS.

Mga Salik sa Panganib

Dahil lubos na nakahahawa ang COVID-19, maaaring magkaroon ang kahit na sinuman ng kondisyong ito. Subalit, mas tataas ang posibilidad na magkaroon nito ng dahil sa mga sumusunod na salik:

- Paninirahan o paglalakbay sa mga lugar na may mga kumpirmadong kaso ng COVID-19, hindi lamang sa China
- Pagkain o paghawak ng mga hayop na gaya ng mga paniki at ahas
- Pagiging sakitin o pagkakaroon ng mahinang pangangatawan
- Pagkakaroon ng ibang kondisyong gaya ng diabetes, altopresyon, o ipa pang sakit sa puso
- Pagtratrabaho sa mga ospital at iba pang pangkalusugang pasilidad
- Pagpunta sa sikikang mga lugar ng walang sapat na proteksyon

Mga Komplikasyon

Kung hindi agad maaagapan, maaaring magdulot ang COVID-19 ng mga sumusunod na komplikasyon:

- Pulmonya
- Lung injury
- Acute respiratory distress syndrome (ARDS)
- Respiratory failure
- Septic shock
- Acute kidney injury
- Virus-induced cardiac injury

Ang lahat na nabanggit na mga komplikasyon ay nakamamatay. Kumpara rin sa ibang mga uri ng sakit, mas mabilis magkaroon ng mga komplikasyon ang sakit na hatid ng isang uri ng coronavirus. Kaya naman kung nakaramdam ng mga sintomas, agad na pumunta sa ospital.

Pag-Iwas

Kumpara sa ibang mga uri ng virus, ang coronavirus ay higit na nakahahawa, kaya naman iminumungkahi ng mga doktor na lubusang mag-ingat. Upang maka-iwas sa sakit na ito, nangangailangang gawin ang mga sumusunod:

- Magsuot ng face mask kahit wala pang mga kumpirmadong kaso ng COVID-19 sa Pilipinas. Palitan din ang nagamit na face mask araw-araw at huwag paulit-ulitin ang suot, lalo na kung ito ay
- Iwasan ang mga taong may sakit. Kung hindi lubusang maiiwasan, magsuot ng face mask.
- Pagkauwi ng bahay, maligo muna upang maalis ang mga kumapit na mikrobyo sa katawan. Hangga't maaari, huwag munang hahawakan o yayakapin ang mga anak, asawa, o ibang kasama sa bahay kung hindi pa nalilinis ang katawan.
- Ugaliing maghugas ng mga kamay gamit ang sabon at tubig. Kung walang sabon at tubig, gumamit ng alcohol o
- Iwasang hawakan ang mukha, mata, ilong, at bibig hangga't hindi pa naghuhugas ng mga kamay.
- Palakasin ang resistensya ng katawan sa pamamagitan ng pagkain ng mga prutas at gulay na mayaman sa bitamina C. Maaari ring uminom ng mga vitamin o
- Iwasan ang paghawak sa mga palaboy-laboy na mga hayop. Kung may mga alagang hayop naman, regular na paliguan ang mga ito at linisin palagi ang kanilang mga kulungan.
- Kung may ubo o nababahing, takpan nang maigi ang ilong at bibig gamit ang tisyu upang hindi makahawa sa iba. Itapon nang maayos ang tisyu pagkatapos.
- Maglinis at mag-disinfect ng buong bahay, lalo na ang mga bagay na madalas na hinihawakan.
- Kung hindi naman kailangan lumabas ng bahay ay huwag na munang lumabas.



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PhilHealth ipatutupad ang Interim Reimbursement Mechanism (IRM) sa ilalim ng Public Health Emergency

Upang masiguro na patuloy na makapagbigay ng serbisyong medikal ang mga pasilidad sa panahon ng pandemic dulot ng COVID-19, ipapatupad ng PhilHealth ang Interim Reimbursement Mechanism (IRM).

Ang Interim Reimbursement Mechanism (IRM) para sa mga Health Care

Institution (HCI) ay isang probisyon para magbigyan ng agarang tulong ang isang HCI na naapektuhan ng hindi inaasahang pangyayari (fortuitous event) at maipagpatuloy ang pagbibigay serbisyong medikal sa mga miyembro ng PhilHealth.

Upang magamit ang IRM, kinakailangang

magsumite ang HCI ng sulat sa PhilHealth Regional Office (PRO) na nakakasakop sa kanila. Nakapaloob sa nasabing sulat ang paglalarawan ng epekto ng fortuitous event sa kanilang pasilidad.

Ang aplikasyon ng IRM ay dapat may lagda ng kanilang Medical Director/Chief o kung sino man na awtorisadong

kinatawan ng pasilidad na dadaan sa ebalwasyon ng tanggapan ng PhilHealth. Magkakaroon ng isang Memorandum of Agreement (MOA) sa pagitan ng HCI at PhilHealth. Ang pinal na pagaaprubang sa IRM request ay manggaling pa rin sa Tanggapan ng Punong Presidente at Punong Tagapagpatupad

ng PhilHealth.

Gayundin, nakapaloob sa PhilHealth Circular 2020-007 na ang pinalalawig ang pagpapasa ng claims sa PhilHealth mula sa 60 araw hanggang sa 120 na araw mula sa petsa ng paglabas sa pagkaka-ospital ng pasyente. Binibigyan din ng exemption ang polisiya ukol sa 45 day confinement limit at Single Period of Confinement (SPC) kung

mao-ospital sa ilalim ng fortuitous event.

Pinalalawig din ang validity ng akredistasyon o ang pagpapasa ng aplikasyon ng akreditasyon ng mga health care provider sa ilalim ng naturang polisiya.

Para sa kumpletong impormasyon ukol sa PhilHealth Circular 2020-007, maaaring bumisita sa www.philhealth.gov.ph.
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General Trias LGU, namahagi ng improvised face shields para sa mga healthcare workers! Ayon sa Facebook page ng LGU, "Bilang tugon sa pangangailangan ng ating mga Bayaning Health Workers, namahagi ng improvised face shields at mga bagong safety shoes sa staff ng City of General Trias Medicare Hospital. Nakatanggap din ng face shields ang Divine Grace Medical Center, City of General Trias Doctor's Hospital, at General Trias Medical Center. Salamat po sa inyong Serbisyo at Sakripisyo!"



DO YOU KNOW?

The Japanese is not a homogeneous race. Part of their blood is Malay who migrated in Southern Japan during pre-historic times.

(Shared by Fellowship with Humanity)

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HUMANITY

Province of Cavite

PRESIDENT: AURELIO PAREDES BAUTISTA

Fellowship with Humanity is a Family-Based Masonic Charity Group registered in Cavite to help in a small way alleviate the conditions of the poor. The funds come from the family income of the Bautista Family members.