

HUMANITY NEWS

TOWARDS THE FRIENDSHIP OF CITIZENRY

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30-DAY GRACE PERIOD FOR RESIDENTIAL, COMMERCIAL RENT ENFORCED

MANILA - The Department of Trade and Industry (DTI) released Memorandum Circular (MC) No. 20-12, series of 2020 on April 4 granting a 30-day grace period for residential rent as well as commercial rent of the micro, small, and medium enterprises (MSMEs) during the enhanced community quarantine (ECQ) period in Luzon.

"To provide economic relief to

Filipinos and MSMEs during the Covid-19 (coronavirus disease 2019) public health emergency, DTI is implementing these guidelines to ensure their survival during the ECQ, as well as to help brace them afterwards," Trade Secretary Ramon Lopez said in a statement Monday.

Following Republic Act 11469, or the "Bayanihan to Heal

as One Act," DTI will enforce a 30-day grace period for commercial rents that fall within the duration of ECQ to give respite to MSMEs that have temporarily ceased operations.

These enterprises will also not incur interest, penalties, fees, and other charges under the grace period.

Similarly, DTI will ensure that a minimum of 30-day grace period shall

be granted for residential rent that fall due within the ECQ under the same terms.

Under the same circular, the grace period will be determined as 30 calendar days following the last due date of the rent during the ECQ. Cumulative amount of rents that need to be paid within the ECQ must be amortized equally in the six months following the end of the said period. This can be added to the rent owed for succeeding months without interest, penalties, fees, and charges.

On the other hand,

lessors are not obligated to refund residential and commercial rents already paid by lessees during the ECQ.

However, lessors must grant a minimum of a 30-day grace period from the next due date of residential and commercial rents without interest and other penalties as well.

Likewise, the MC calls on lessors of MSMEs to extend their generosity, if possible, the following: total or partial waiving of commercial rents due during the ECQ; granting a reprieve or discounted amount of commercial



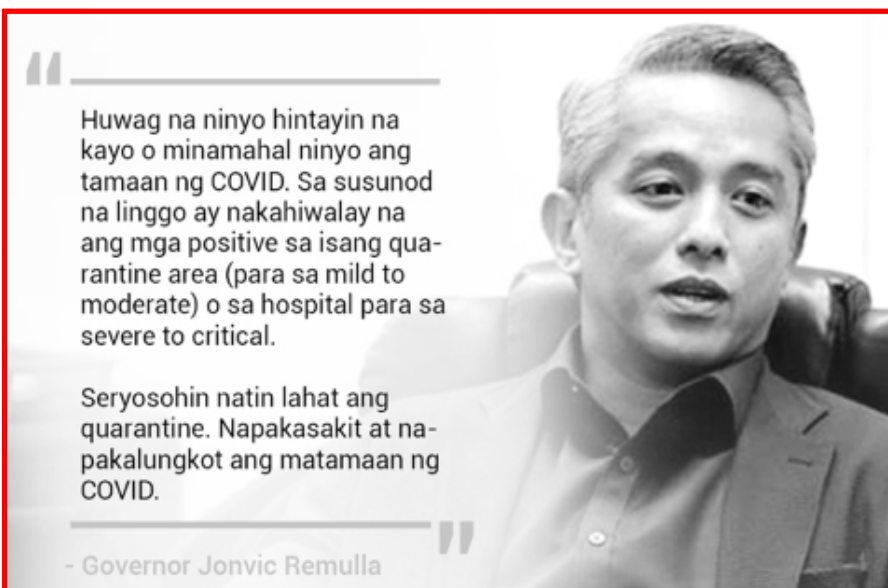
DEPARTMENT OF TRADE & INDUSTRY PHILIPPINES

rents due after the ECQ; opening renegotiation of the lease term agreements with lessees; and using other ways to mitigate the impact of the ECQ for MSMEs.

Lopez said there should be no eviction for failure to pay residential or commercial rent due within a 30-day period after the lifting of the ECQ.

"No Filipinos should lose their residence during the ECQ period. Moreover, the importance

(cont. P.2)



Pinaalalahanan ni Cavite Governor Jonvic Remulla ang mga residente na seryosohin ang quarantine.

Kaniyang binigyang-diin ang hirap na dinadanas ng mga natatamaan ng sakit na ito kaya't kaniyang pinakiusapan ang mga kamag-anak na matapos ang planong paghiwalayin ang moderate at severe cases ay BAWAL ang bumisita, mag-dala ng pagkain, o magbantay para sa mga pasyente.

Humingi rin ng paumanhin ang gobernador dahil sa bigat ng kaniyang pahayag.

To Act and Trust in Hope

By Risa Hontiveros

I was taught to pray all my life. From childhood it was a recitation of memorized words; but as I grew older and I began to understand more the difficulties and pains of life, it became the glue in times when nothing else could hinge my hope together.

Today, the world faces what the United Nations Secretary-General Antonio Guterres called 'our worst crisis since World War II'. This pandemic is a time that literally has kept us apart. Everything has come to a halt. This is a war with no peace talks.

The only peace talks possible come in prayer. Whether or not one is a believer of a particular or

any faith, the Holy Week of 2020 is a stark reminder of the suffering we inevitably face in life, and how sacrifice in love will ultimately be our saving grace.

As a mother of an immunocompromised child and as a daughter taking care of her senior citizen mother, the anxiety brought by this pandemic is personally worrying and stressful. I am neither doctor nor scientist, so there is little I can do to protect my family other than making sure everyone stays healthy. We wash our hands, we wear masks, we practice social distancing, and we hope that it will be enough to remain safe.

But when there is



nothing left to do, prayer remains the ultimate sanctuary. It does not matter what faith you are from; it only matters that in your heart you think about the many people who suffer today.

The virus cannot tell

(cont. P.2)

To act and trust... (from p. 1)

the difference between the rich or the poor, the politician, businessperson, jeepney driver or construction worker. It is a time to remember our shared vulnerability, our shared humanity. It is in meditating upon that shared humanity that we are anchored in the things that matter and the work that needs to be accomplished to pull us through.

It is that shared humanity that pushes our workers, medical & non-medical, to the frontlines of this life-threatening battle every day. It is because they know they carry the knowledge and the capability to make a difference that they do what they can—even if their lives are on the line.

It reminds me so

much of what my own faith has taught me—the belief that each and every one of us deserves to be fought for and cared for. This pandemic is a reminder that our health and wellbeing is inherently tied to one another's. That we must look out for each other the same way we look out for ourselves. It is love, paired with a concrete plan, with the creativity and conscientiousness of everyone, that will save us.

Architects and fashion designers, who crafted temporary quarantine units and protective equipment, are an example of intersectional collaboration and creative thinking that has reinforced our own competencies in facing

the COVID-19 crisis. Teamwork, in ways we once thought unnecessary, holds the solutions we need.

We must continue to follow health protocols and share what we can—talent, time or treasure—to our frontliners. We must root for them in all ways that we can, through the donations that we share to the innovative measures we come up with.

This is a time that calls for us to partake in each other's pains and to participate in safeguarding each other's wellbeing. This is the path we must take from here on out, during and after these hard times. This pandemic teaches us that we all matter; and we must act

like it. The strength of our hope and how we act on it is what will define us.

Our prayers, our generosity and our kindness are acts of hope, that our frontliners in this war against COVID-19 can and will make it through, for the sick, for the dying, towards and forward to the end of this pandemic.

Thank you to all our frontliners—our doctors, nurses, technicians, janitors, delivery people, transportation drivers, security guards, waste collectors, military & police personnel, so on and so forth. We find hope in you. It is your willingness to do the work that must be done when all are afraid that will save the Filipino people as we face these times of suffering.



MAKATANG KABITENYO

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DR. AURELIO PAREDES BAUTISTA

PAGTITIMPI

1. Ang timpi ay isang magandang ugali, Nagpigil sa galit hanggang sa mapawi, Nagpigil sa tukso at di napalungi, Nagpigil sa layaw at di naging sawi.
2. Ang galit na hindi natin pinigilan, Ay kapahamakan ang kahahantungan, Ang galit sa kapwa ay pagsisihan, Kapag lumikha na nitong kasalanan.
3. Ang tukso'y laganap sa hindi nagtimpi, Tukso nitong laman sumira sa puri, Tukso nitong pera sinira'y ugali, Tukso kaninuman dapat na mapawi.
4. Ang layaw maraming klase sa lipunan, May layaw na bunga ay ang katamaran, May layaw na bisyo ang patutunguhan, Layaw na ganito ay pagsisihan.
5. Ang timpi sa layaw dapat may katapat, Dapat maging simple saka merong sikap, Sapagka't sa layaw lamang at pasikat, Walang nagtatagal na angat sa pugad.
6. Timpi ay nanggaling sa ating kaluluwa, Kaluluwa'y kasama ang ating konsenya, Ang timpi ay tatag ng naunang dal'wa, Kaya umaayos, buhay may pag-asa.
7. Kaya ang marapat tao ay maglimi, Subuking linangin ang sariling timpi, Kapag nagtagumpay, sarili'y nagapi, Ikaw itong kampeon, wala nang pighati.
8. Tayo'y manalangin na timpi'y dagdagan, Ito'y mahalagang alay mo sa bayan, Ang bayang marami sa timpi humusay, Bayan umuunlad, magaan ang buhay.

30-day grace period... (from p. 1)

of MSMEs in jumpstarting our economy once the ECQ has been lifted cannot be understated," he said.

Through these measures, Lopez said the government ensured that

fellow Filipinos "have a future after the ECQ with homes that they can live in and through jobs and employment provided by our MSMEs."

Complaints of violations of the MC can

be brought to DTI in person or electronically by emailing the agency, either through the Fair Trade and Enforcement Bureau (FTEB) through FTEB@dti.gov.ph or with the regional offices.

Lessors who violate these guidelines will need to answer the notices of violations (NOVs) issued

by DTI.

As provided under RA 11469, lessors that are found guilty of refusing to provide the 30-day grace period to lessees shall be penalized with imprisonment of not less than two months or a fine of not less than PHP10,000, or both. (PNA)

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GOV. JONVIC REMULLA, NAGPADALA NG 200 SAKO NG BIGAS SA GENERAL TRIAS

Mensahe mula sa City Government of General Trias:

Maraming Salamat po Gov. Jonvic Remulla para sa additional 200 sacks of rice na ipapamahagi sa mga apektadong sambahayan. Kasalukuyang nirerepack ito kasama ang mga food items mula sa City Government bilang paghahanda sa resumption ng relief operations sa Lunes.



COVID-19 UPDATES & MEASURES

by the Municipal Government of *Carmona*

Carmona obtains COVID-19 swab test booths. The Municipality of Carmona received swab test booths donated by Mr. and Mrs. Ordinanza from C.A. Oridinaza Inc. on April 9, 2020. The swab test booths were patterned after the ones used in South Korea and Taiwan. These booths will be used in designated isolation and quarantine facilities in Carmona. The swab test booths would help the health workers minimize their risks from exposure every time they would tend to patients who will undergo COVID-19 swab tests. It would also help in reducing the consumption of personal protective equipment (PPEs).



Carmona LGU delivers situation reports through drone shots. In line with the local government's mitigation efforts to prevent coronavirus disease (COVID-19) in the community, drone shots situation reports at the Carmona Public Market were released on April 10, 2020 for strict monitoring of the implementation of the local government's social distancing measures.




Carmona frontliners receive multivitamins from LGU. The local government of Carmona continuously supports its frontliners through the provision of multivitamins and ascorbic acid tablets on April 9, 2020. This is to help strengthen their immune systems especially that they are working everyday to keep the community safe against the coronavirus disease (COVID-19).



Citizens continue to donate to Carmona residents. On April 10, 2020, concerned citizens continue to help residents in Carmona through giving fresh vegetables.

Carmona confirms availability of isolation and quarantine facilities. The Municipality of Carmona announced on April 10, 2020 that there are isolation and quarantine facilities available in each barangay in the municipality for citizens who have travel history from countries and provinces with existing COVID-19 cases, overseas Filipino workers (OFWs), people who experience symptoms of cough, colds, and fever, persons under monitoring, and persons under investigation, especially those who have pending COVID-19 swab test results, to proceed with their 14-day quarantine to avoid risks of spreading the virus in the community.



Isolation & Quarantine Facilities sa Carmona

Para sa ating mga kababayang may **travel history** sa bansa o bayan na may confirmed cases ng COVID-19, mga **OFWs**, may sintomas ng **ubo/sipon/lagnat**, o iyong tinatawag nating persons under monitoring (**PUM**) at persons under investigation (**PUI**) lalo na iyong may mga inaantay na resulta ng COVID-19 swab test, maaari na pong magamit ang ating mga **designated isolation and quarantine facilities** sa bawat barangay.



NGOs and companies continue to donate to Carmona frontliners. On April 9, 2020, non-government organizations and companies continue to help frontliners in Carmona through various donations such as face shields.

Pagbati Mula kina:



Mayor Socorro Rosario
"Corie" F. Poblete
Silang Cavite



Mayor Lani Mercado
Bacoor 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

MAMBOG - Ang Mambog, Bacoor ay isinunod sa ngalan ng halamang mambog na noon ay marami sa lugar.

SM FOUNDATION, UNIQLO SEND FOOD PACKS TO SM CARES VILLAGES

SM Foundation Inc together with Japanese clothing company Uniqlo, recently brought smiles to residents of SM Cares Villages when they distributed food packs to almost 900 families in Bogo City, in Cebu province, Concepcion in Iloilo, Ormoc City, and in Tacloban City.

Like us, many of them are homebound by the enhanced community quarantine due to the COVID-19 pandemic, and they were happy to receive kilos of rice, cup noodles, cans of sardines and tuna, and bottles of distilled water.

The SM Foundation and Uniqlo Philippines respond to the needs of almost 900 beneficiaries of the SM Cares Village who are unable to continue their livelihood brought about by the enhanced community quarantine by the local government units due to COVID-19 pandemic.

"Thank you SM Foundation and Uniqlo for bringing these relief packs to our place," said Neralyn Montejo, one of the beneficiaries of the SM Cares Village in Bogo City, Cebu. "Thank you



Families from the SM Cares Village in Concepcion, Iloilo are all smiles after receiving their food packs from SM Foundation, Inc.



Each SM Foundation food pack contains 4pcs of cup noodles, 2 kilos of rice, 3 cans of sardines, 2 cans of tuna, and 4 bottles of distilled water.

for not abandoning us during this time of crisis." It will be recalled that SM Cares Villages were built to help survivors of Super Typhoon Yolanda in 2013 rebuild their lives. It is a joint undertaking

of SM and its service providers, tenants, business partners, employees, and communities.

The first SM Cares Village was turned over to 200 beneficiaries last November 9, 2014 in Bogo City, Cebu. This was followed by SM Cares Villages in Concepcion, Iloilo (200 houses), Tacloban (400 houses), and Ormoc City (200 houses).

The disaster-resilient houses were given to the beneficiaries for free, with SM working with several NGO partners for its community development, including livelihood and values-formation activities.

Each village has utilities, basic amenities like street lights, as well as a community center, and



The SM Cares Village in Bogo City, the first of the four Villages constructed by the SM Group, is located in a one-hectare lot in Barangay Polambato, Bogo



A note of thanks from a beneficiary from the SM Cares Village in Ormoc City



Neralyn Montejo of the SM Cares Village in Bogo City, Cebu was grateful SM had not forgotten them.



SILANG MAYOR CORIE POBLETE TO GIVE HER 1-YEAR SALARY AMID COVID-19

Mayor Socorro Rosario "Corie" Poblete of Silang town vowed to give her full-year salary to provide additional food packs to more than 85,000 households in the municipality.

a basketball court. There are also chapels and convenience stores for its residents.

Aside from the houses, the SM Cares Village also has amenities such as street lamps, sewage treatment plant, materials recovery facility, rain-catchment system and provisions for water and electricity. **KAREN CHRISTINE H. TIQUI**



ENGR. VIR CAMPAÑA BAUTISTA
(TWIN BROTHER OF VER)

HUMANITY TRIVIA

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

- Parking meter - 1932
- Photography - 1930s
- Strawberry - Asia
- Water melon - Africa
- Talong - asthma

Noveleta Mayor Dino Chua, idinonate ang suweldo hanggang Disyembre para sa mga nasasakupan



Upang matugunan ang pangangailangan

ng kaniyang mga nasasakupan sa mga susunod na araw ng enhanced community quarantine (ECQ), nagdesisyon si Noveleta Mayor Dino Reyes Chua na i-donate ang kaniyang suweldo hanggang sa katapusan ng taon.

Sa isang Facebook live video ay sinabi ng alkalde na tutuparin niya ang pangakong linggu-linggong food packs para sa mahigit 15,000 pamilya sa Noveleta, Cavite.

Sa unang linggo, namahagi sila ng hygiene kits na may lamang alcohol, sabon, at bleach. Sa ikalawa at ikatlong



linggo naman ay namahagi sila ng food pack mula sa pondo ng barangay, mayor, at Sangguniang Bayan.

“[Sa ika-apat na linggo], inaasahan natin na may matatanggap tayong tulong from national government, from DSWD man, pero wala pong dumating,” aniya.

Dito niya raw naisip na kumasa sa hamon ni Manila Mayor Isko Moreno na i-donate

ang suweldo para sa taumbayan. Ngunit alam niya raw na kung isang buwang suweldo lang ay hindi kakasya para mabigyan ang lahat ng mga taga-Noveleta.

“Ang suweldo ko hanggang Disyembre ay idonate ko para mapunan yung mga bigas, delata, pagkain, para lahat ng 15k families sa bayan ng Noveleta ay mabigyan,” sabi ng alkalde.

Ihahatid daw ang mga

ito sa mga bahay upang hindi malabag ang social distancing.

Hiling pa ni Mayor Chua, sana raw ay manalangin ang lahat na matapos na ang kinahaharap na pandemic ng maraming bansa sa buong mundo.

“Sana ngayong Holy Week ay magdasal tayong lahat na malagpasan natin ito at alam kong kaya po nating malagpasan ang krisis na ito.” ###

DPWH Continues to Help in Fight Vs. COVID-19



Road Link Project, Sino Road and Bridges Group Co. Ltd. through its General Manager Li Hui donated 6,000 pieces face mask and 40 pieces PPE.

On the otherhand, China Road and Bridge Corporation General Manager Ren Xiaopeng handed 12,000 pieces surgical face masks, 1,000 pieces N95 masks, and 50 pieces PPE. China Road and Bridge Corporation presently undertakes the construction of the Binondo-Intramuros bridge in Manila, and the Estrella-Pantaleon bridge between Makati and Mandaluyong under implementation of DPWH Unified Project Management Office-Roads Management Cluster 1.

Secretary Mark A. Villar instructed Undersecretary Emil Sadain to turn-over these donations to the following hospitals and DPWH service frontliners dealing in the campaign against COVID-19: Philippine General Hospital 4,000 pcs, Lung Center of the Philippines 4,000 pcs, Philippine Heart Center 2,000 pcs, Manila Doctors Hospital 2,000 pcs, Veterans Memorial Hospital 2,000 pcs, National Kidney and Transplant Institute 2,000, and Fabella Hospital 2,000.

Meanwhile, the DPWH acting on the request of the Lung Center of the Philippines, will facilitate the installation of electrical / cable wiring of CCTV and patient monitors in the new hospital wards.

Secretary Villar said that all skilled workers will be wearing the donated personal protective equipment to prevent getting direct exposure to Lung Center patients and hospital environment.

Living up the spirit of “Bayanihan to Heal as One”,

North Star Construction President Mr. Al Tengco has volunteered to DPWH their service by assigning 30 workers to handle the job at Lung Center anytime once all sensitive preparation including disinfection are completed by the hospital management.

Secretary Villar acknowledged the support on their personal capacities given by various construction industry partners of the Department in respond to COVID-19 pandemic.

EDITORIAL


Ang mga kalakal sa malalayong kanayunan ay nailuluwas matapos ang mahabang hirap gamit ang pasan at kabayo. Marami sa mga magsasaka ay hindi makapagtanim nang marami dahil ang mga kalsada ay hindi maayos.

Sa Amerika sa panahon ni Pres. Eisenhower ay ginawa ang maraming kalsadang naglagos sa maraming mga bukid. Ito ay nagbigay ng insentibo upang magtanim ang mga magsasaka. Ngayon ay maunlad na ang sakahan ng Amerika dahil sa mga lansangang nilikha sa panahong yaon.

The Department of Public Works and Highways (DPWH) will once again turn over health commodities such as surgical face masks donated by Chinese contractors to hospitals and other service frontliners.

About 18,000 pieces of surgical face masks, 1,000 pieces N95 masks, and 90 pieces personal protective equipment (PPE) were received from two (2) Chinese construction groups on Holy Monday, April 6, 2020 by DPWH, as donation to help in the Philippine government’s effort to halt the spread of the coronavirus.

The contractor of the BGC to Ortigas Center



CAVITE HIGHLIGHTS

By:
Yna Palparan Bautista

Gen. Emilio Aguinaldo started as Captain Municipal of Kawit on January 1, 1836 and since then was known as Capitan Emilio Aguinaldo to the Public and Capitan Miong to close friends. He was head of the Magdalo chapter of the Katipunan when hostilities broke out against Spain. By a twist of fate, he became President of the Republic of the Philippines and led the Filipinos in the fight against the Americans who replaced the Spaniards as Colonizers. He was captured in Palanan, accepted American rule and led a civilian life.



 HONGKONG noodles & dimsum house	BREAKFAST MEAL w/ Free Brewed Coffee HK Hotdog w/ Garlic Rice P145.00 HK Longanisa w/ Garlic Rice P200.00 HK Beef Tapa w/ Garlic Rice P220.00 HK Smoked Bangus w/ Garlic Rice P155.00 HK Gong Hiong w/ Garlic Rice P130.00	NOODLES SOLO Good for 2 to 3 persons Lomi P135.00 Pancit Bihon P110.00 P195.00 Miki Bihon P110.00 P195.00 Pancit Canton P115.00 P205.00 Crispy Fried Noodles (All Meat) P130.00 P220.00 Crispy Fried Noodles (Seafood) P130.00 P220.00 Birthday Noodles P135.00 P225.00 Hofan Noodles P150.00 P255.00	ALA CARTE (Good for 2 to 3 persons) Salt & Pepper Squid P220.00 Fish Fillet Tausi & Beancurd P240.00 Chopsuey P190.00 Lohan Vegetables P190.00 Sweet & Sour Fish Fillet P240.00 Sweet & Sour Pork P220.00 Beef w/ Ampalaya P230.00 Beef Brisket Hot Pot P320.00 Beef w/ Broccoli P320.00 Lechon Macau P300.00 Canton Special P275.00	SOUP Spinach Seafood Soup P135.00 Pumpkin Soup P125.00 Crab Meat Corn Soup P160.00 Hot & Sour Soup P135.00 Solo Serving P60.00
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 WE DELIVER CALL US: HK IMUS 09083350572 09152359237 (046) 416 4883 HK DASMA LANDLINE (046) 416 9650 CEL NO. 09257136292 www.hknoodles.com.ph	MAMI Wanton P 90.00 Soy Chicken P 95.00 Pork Asado P105.00 Beef Brisket P105.00 Beef Brisket w/ Wanton P110.00	HOUSE SPECIAL (Good for 2 to 3 persons) Seaweed & Century Egg P220.00 Pork Asado Roastin P320.00 Assorted Cold Cuts P320.00 Soy Chicken (whole) P490.00 Soy Chicken (half) P270.00 HK Fried Chicken (whole) P430.00 HK Fried Chicken (half) P220.00 Salt & Pepper Fried Chicken (whole) P490.00 Salt & Pepper Fried Chicken (half) P260.00 Patatim P490.00 Steam White Chicken (whole) P530.00 Steam White Chicken (half) P260.00	RICE TOPPINGS Squid Tausi P105.00 Sze Chuan Squid P105.00 Fish Fillet Tausi & Beancurd P150.00 Pork Asado Rice P150.00 Chopsuey P145.00 Soy Chicken P195.00 Sweet & Sour Fish Fillet P135.00 Pork Asado & Soy Chicken P145.00 Sweet & Sour Pork P145.00 Beef Brisket P155.00 Spareribs Tausi P140.00 Chicken Feet & Spareribs P145.00 Salt & Pepper Squid w/ Egg Rice P160.00 HK Fried Chicken w/ Egg rice P160.00 Lechon Macau w/ Egg Rice P160.00 Steamed White Chicken w/ Egg Rice P195.00	BEVERAGE Instant Coffee P 40.00 Brewed Coffee P 45.00 Iced Tea P 45.00 Pineapple P 45.00 Red Tea P 45.00 Mango Smoothie P 85.00 Milk Tea P 69.00 Banana Smoothie P 75.00 Mineral Water P 25.00 Soda in Can P 70.00 Bottomless Iced Tea P 90.00
	ADD ONS Century Egg P 60.00 Prawn Chips P 70.00 Lechon Con Tofu P 55.00			*Price are subjected to change without prior notice Price INCLUSIVE of 12% VAT.

Health Benefits...

KAALAMAN TUNGKOL SA UTI (URINARY TRACT INFECTION)

Buod

Ang urinary tract infections (UTI) ay mga uri ng sakit na umaapekto sa daluyan ng ihi at ari ng tao. Ito ay dulot ng mga mikrobyo, lalo na ng ilang uri ng mga bacteria, na nagpapahina sa kakayahan ng katawan na labanan ang sakit na maaaring umaapekto sa bahaging ito ng katawan.

Ang sakit na ito ay umaapekto sa mga bato, pantog (bladder), maging sa ibang mga bahaging umuugnay sa mga ito. Ito ay karaniwang mas umaapekto sa mga kababaihan.

Ang mga karaniwang sintomas ng UTI ay ang madalas na pagkakaroon ng pangangailangang umihi, pagkakaroon ng lagnat, maging ang pagkakaroon ng mahapdi at mainit na pakiramdam sa ari sa tuwing umihi.

Ginagamot ang UTI sa pamamagitan ng mga antibiotic at karaniwang nawawala ang sakit na ito sa loob ng dalawa hanggang tatlong araw.

Kasaysayan

Ang UTI ay isinalarawan na noon pang sinaunang panahon. Ang kauna-unahang pagsalarawan nito ay naidokumento sa Ebers Papyrus noon pang 1550 B.C. Ayon sa paglalarawan dito, ang sakit na ito ay "nagpapadala ng init mula sa pantog."

Noon lamang mga 1930 nagkaroon ng mabisang lunas sa UTI nang magkaroon na ng mga antibiotic laban dito. Subalit, bago noon, ang mga lunas na herbal, pagtatanggal ng kaunting dugo sa katawan (bloodletting), maging ang wastong pagpapahinga ang mga inirerekomendang lunas para rito.

Mga Uri

Ang paghanay sa mga uri ng UTI ay batay sa kung aling bahagi ng urinary system ang apektado. Subalit, ang mga ito ay pawang dulot ng bacteria. Ang iba't ibang uri ng UTI ay ang mga sumusunod:

- UTI sa bato (acute pyelonephritis)
- UTI sa pantog (cystitis)
- UTI sa urethra (urethritis)
- UTI sa ari ng babae (vaginitis)

Mga Sanhi

Nagkakaroon ang tao ng UTI kapag ang bacteria na nagdudulot nito ay nakapasok sa urinary system. Sa mga kababaihan, ang bacteria ay pumapasok sa katawan sa pamamagitan ng urethra. Mula roon ay kumakalat ito sa pantog. Bagama't ang urinary system ay may kakayahang labanan ang anumang uri ng impeksyon, kung minsan ay may mga bacteria pa rin na maaaring lumusot. Dahil dito ay nagkakaroon ng ganap na UTI sa bahaging ito ng katawan.

Ang mga sumusunod naman ay ang ilan sa mga dahilan ng pagkakaroon ng UTI:

- E. coli. Ang UTI na cystitis ay karaniwang dulot ng Escherichia coli o mas kilala bilang E. coli, isang uri ng bacteria na karaniwang matatagpuan sa mga bituka. May mga pagkakataon naman na ang sakit na ito ay dulot ng ibang uri ng bacteria.

- Hindi ligtas na pakikipagtalik. Lahat ng mga kababaihan ay may panganib na magkaroon ng cystitis. Kapag labis na nakabukas ang pwerta ng ari ng babae kagaya ng nangyayari tuwing pakikipagtalik, mas malaki ang posibilidad na makapasok ang bacteria sa loob ng urethra. Ito ay dahil malapit lamang ito sa puwet..

- Impeksyong dulot ng sexually transmitted bacteria. Ang mga mikrobyong dulot ng sexually transmitted na mga sakit, kagaya ng herpes, tulo (gonorrhea), klamidyia (chlamydia),

maging ang mycoplasma, ay maaari ring magdulot ng UTI sa mga kababaihan.

Sintomas

Ang mga sintomas ng UTI ay nakaayon sa bahagi ng urinary system na apektado.

- UTI sa lower tract o sa urethra at pantog

Ang sintomas sa mga bahaging ito ay ang mga sumusunod:

- Mahapding pakiramdam sa ari tuwing umihi
- Dumadalas na pakiramdam na naihi kahit walang lumalabas na ihi

- Pagkakaroon ng dugo sa ihi (hematuria)

- Malabo na ihi

- Ihi na kakulay ng tsa o kaya ay ng soft drink

- Ihi na may masangsang na amoy

- Pananakit ng balakang sa mga kababaihan

- Pananakit sa may puwetang mga kalalakihan

- UTI sa upper tract o kidneys

Ang uri ng UTI na ito ay lubhang nakababahala. Kapag ang bacteria ay nakapasok sa kidney ay maaari itong makaapekto sa dugo. Kapag nangyari ito ay magkakaroon ng urosepsis, isang uri ng kondisyon na nakamamatay.

Ang mga sintomas ng upper tract na UTI ay gaya ng mga sumusunod:

- Pananakit sa mga tagiliran at itaas na bahagi ng likod

- Pagkakaroon ng lagnat

- Panginginig

- Pagkahilo

- Pagsusuka

Mga Salik sa Panganib

Ang mga kababaihan ang may pinakamataas na posibilidad na magkaroon ng sakit na UTI. Sa katunayan, mahigit sa 50% ng mga kababaihan ang maaaring magkaroon nito minsan sa kanilang buong buhay. Ang may 20% hanggang 30% naman ay makararanas ng pabalik-balik na uri ng sakit na ito.

Ang iba pang mga salik sa panganib ng pagkakaroon ng UTI ay ang mga sumusunod:

- Pakikipagtalik, lalo na sa higit sa isang katalik

- Pagbubuntis

- Pagdanas ng menopause

- Malabis na paggamit ng mga antibiotic na nagiging sanhi ng pagkawala ng balanse sa natural na flora sa loob ng ari

- Pagkakaroon ng diabetes

- Pagkakaroon ng hindi wastong kalinisan sa pangangatawan

- Pagkakaroon ng problema sa kumpletong pag-ihing

- Pagkakaroon ng urinary catheter

- Hindi mapigil na pagdudumi

- Baradong daloy ng ihi

- Pagkakaroon ng sakit sa bato o kidney stones

- Paggamit ng ilang uri ng contraceptive

- Pagkakaroon ng medikal na operasyon sa urinary system

- Pagkakaroon ng pinsala sa immune system

- Kawalan ng kakayahang kumilos sa mahabang panahon

- Paggamit ng tampon

Pag-Iwas

Maaaring iwasan ang UTI sa pamamagitan ng mga sumusunod na mga hakbang:

- Pag-inom ng maraming tubig. Lubhang napakahalaga nito sa ikapananatiling malinis ng urinary tract. Mapadadalas nito ang pag-ihing na ang resulta ay ang dalas din ng pag-alis ng mga bacteria mula sa urinary system.

- Ugaliing umihi pagkatapos makipagtalik. Uminom din ng maraming tubig pagkatapos. Ito ay tumutulong na maalis ang anumang sangkap na naiwan sa loob ng ari na maaaring magdulot ng UTI.

- Tiyaking magpunas mula sa harap papunta sa likod pagkatapos umihi o kaya dumumi. Maiwasan nito ang pagpasok ng dumi mula sa puwet papunta sa ari.

- Iwasan ang mga matatayang na mga feminine wash. Maaari nitong masira ang natural na balanse ng mga bacteria sa loob ng ari.

- Ugaliing palitan ang mga birth control item na ginagamit. Nakatutulong ang hakbang na ito para maiwasan ang pagdami ng mga mikrobyo sa loob ng ari. (kalusugan.ph)



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Coronavirus found in air samples up to 13 feet from patients

A new study examining air samples from hospital wards with novel coronavirus disease (COVID-19) patients has found the virus can

travel up to 13 feet (four meters), which is twice

Mensahe ni Mayor Lani Mercado Revilla para sa ating mga kababayang Bacooreño.

Ngayong halos isang buwan na tayong nasa community quarantine at dumadami ang may positibong kaso ng Covid-19 sa bansa at maging sa ating lungsod, nakakalungkot lang isipin na sa kabila ng mga pang-yayari ito ay may ilang kababayan pa tayong iba ang reaksyon sa mga pamilya ng PUMs, PUIs at maging mga positive patients natin. Hindi ko maisip bakit kailangan nating pag-usapan sa social media ang mga sitwasyon nila.

Pati ang mga OFWs natin na bagong dating sa ating bansa ay halos kinatatokan na din ng mga kapwa nating kababayan.

Nakikiusap ako sa lahat ng aking kababayan, huwag naman nating ituring na ibang tao ang mga kababayan nating nakakaranas ng karamdaman. Mas lalong kailangan nila ng tulong natin. Isa ang diskriminasyon sa rason bakit kailangan nating protektahan ang identity ng mga pasyente natin.

At kung sakaling alam niyo o kilala niyo ang pasyente o pamilya ng pasyente, pakiusap itigil ang pagkuha ng pictures ng kanilang mga bahay at ipost niyo pa sa inyong Facebook accounts. Kailangan nila tayo. Kailangan nilang magpatuloy sa buhay. Kailangan nila ng karamay sa kanilang kalagayan.

Kaya sana naman ipakita natin ang ating malasakit sa kanila. Una ay isama sila sa ating mga panalangin at pangalawa manatili na lamang tayo sa ating mga bahay at iwasang magkalat ng mga tsismis dahil hindi naman ito nakakatulong.

Muli, sama-sama, tulong-tulong tayong labanan ang Covid-19! Tayo ay mag-Bayanihan! We heal as ONE! (CGB)



the distance current guidelines say people should leave between themselves in public.

The researchers, led by a team at the Academy of Military Medical Sciences in Beijing, tested surface and air samples from an intensive care unit and a general COVID-19 ward at Huoshenshan Hospital in Wuhan.

They learned that the virus has a high-level concentration on the floors of the wards, "perhaps because of gravity and air flow causing most virus droplets to float to the ground."

They also found out that virus-laden aerosols were mainly concentrated near and downstream from patients at up to 13 feet, though less were found upstream at up to eight feet.

Aerosolization or 'being airborne' of the coronavirus is a debatable

area for scientists who study it. As of now, it is not clear how infectious the disease is in the small quantities found in ultrafine mist.

The World Health Organization has so far downplayed the risk.

Source: U.S. Centers for Disease Control and Prevention

DO YOU KNOW ?

The fruit takes 30 minutes to digest; carbohydrates take an hour; protein, 2 hours and fats, 4 hours.

(Shared by Fellowship with Humanity)

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 HUMANITY

Province of Cavite

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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.