



RISK COMMUNICATION FOR THE COVID-19 HEALTH SITUATION

Message Toolkit

Philippines

Version 1

As of April 6, 2020

The COVID-19 MESSAGE TOOLKIT

This Message Toolkit was designed to help the Department of Health (DOH) staff, local government stakeholders, non-government organizations, international organizations and others to communicate consistently and effectively about COVID-19.

It is a **one-stop-shop for all messages about COVID-19**. The messages here have been reviewed and approved by the Department of Health (DOH). You are welcome to put your “spin” on them and get creative, but please do not deviate from the facts.

WHY IS THIS MESSAGING IMPORTANT?

During an emergency, **the right message, from the right person, at the right time can save lives.** Unfortunately, the reverse is true as well. We, the communication community, have a duty to present consistent messages that are based on facts. We all have to say the same thing, though the way we say it may differ.

WHAT MAKES A GOOD MESSAGE?

A good message **appeals to the head and the heart.** It empowers a person to take action to impact their health and it gives them efficacy — the belief that he or she will be successful. In this case, we want people to avoid infection of COVID-19, take care of themselves if they do get sick, and stop the spread of the infection in their community.

A good message is...

- ✓ Positive
- ✓ Honest
- ✓ Accurate
- ✓ Empowering
- ✓ Empathetic
- ✓ Short
- ✓ Action-based
- ✓ Motivating
- ✓ Able to build trust and credibility
- ✓ Easy to understand (Think Grade 6 reading level)
- ✓ Jargon-free (There are tools you can use)
- ✓ Not judgmental or stigmatizing
- ✓ Clear, especially about risks
- ✓ Based on up-to-date evidence



REMINDER

- ▶ All our communication materials must **show empathy** for the people making this great sacrifice — for the health workers risking their lives and the patients affected by COVID-19 — they are more than just numbers. This is a team effort and everyone (individuals, frontline workers, and local and central government) has a role to play.
- ▶ All materials must have the attribution source so that in case it is shared, people know it is from a credible source.
 - For DOH, materials must have the **DOH logo and official channels**.
- ▶ We need to provide **predictability and consistency in the timing** of release of information and updates.
- ▶ All materials must try to provide the WHY. People need to understand the **reason/s behind actions** taken by the government, new policies, and guidelines, etc. and **how this new information will affect them**.
- ▶ All materials must have **versions in Tagalog, English and Cebuano, and as much as possible**, other major regional languages.

This Message Toolkit will be updated regularly as new information about COVID-19 becomes available and we understand better how the disease is progressing.

TABLE OF CONTENTS

COVID-19 Behavioral and Communication	4
Message House per Audience	6
Channels per Audience	8
Samples of Message Materials	9
For the General Public	9
For Health Care Workers	14
For Leaders (Decision Makers)	17
Pointers and FAQs (Per Topic)	19
Pointers: The Philippine Government's 4 Strategies to Combat COVID-19	19
FAQs on Enhanced Community Quarantine	22
FAQs on Testing Kits	25
Pointers on Preventing COVID-19 from Entering the Home	29
FAQs on Social Distancing	31
Pointers on Mental Health	32
FAQs on Stakeholder Responsibilities for COVID-19 Response	36
LGU Focused Responsibilities to combat COVID-19	40
FAQs for Health Care Workers	44
Rapid Antibody Test FAQs	51

COVID-19 Behavioral and Communication Objectives

GOALS

- Ensure the safety and health of all Filipinos during the COVID-19 health situation.
- Engender a sense of hope and confidence that the strategy to fight COVID-19 will work.
- Affect belief in the efficacy of the health system and individual behaviors to effectively reverse the COVID-19 outbreak.

BEHAVIORAL OBJECTIVES

- We know what to do to limit the spread of COVID-19.
 - All stakeholders know that there is an effective overall strategy to combat COVID-19 that is based on science and evidence
 - The general public knows what to do to protect themselves and their family.
 - The health workers know the protocols to manage patients.
 - Community health workers are able to find new cases through contact tracing, and effectively monitor patients under home quarantine.
 - Leaders (in health facilities and government) know the guidelines on containing the spread of COVID-19 in their jurisdiction.
- We are equipped and empowered to protect ourselves, our family, our patients, our community, and our country.
 - The general public is able to manage their symptoms at home.
 - The general public is able to take care of their sick loved ones at home.
 - Health workers are able to treat their patients.
 - Leaders (in health facilities and government) are able to effectively manage their area of jurisdiction.
- We protect ourselves and our community.
 - The general public, health workers, and leaders get their facts mainly from official Department of Health sources.
 - The public understands that what we do affects our community.
 - The public understands that by protecting ourselves from infection, we also protect our loved ones and those close to us.

COMMUNICATION OBJECTIVES

- General Public:
 - To give the general public accurate, simplified, and actionable life-saving information that encourage them to protect themselves and prevent the spread of COVID-19
 - To responsibly communicate to them the epidemiology – cases, new information about the virus, modifications to existing guidelines, that are relevant to the public – in proper perspective and comprehensible messages.
 - To inform the general public how the public health response is being conducted and health authorities are being proactive in monitoring, detecting, and preventing the spread of COVID-19, highlighting how it affects them.
 - To position country health officials as the main/first trusted source of information about COVID-19, thereby reducing the harmful impact of misinformation and disinformation (e.g., fake news) present in social media and traditional media channels.

- Health Care Workers
 - To ensure that healthcare workers know how to: engage with patients and caregivers; detect possible cases; communicate with patients about COVID-19; report to the relevant health authorities; and protect themselves in case they get exposed to the disease.
 - To keep them informed about new and changing community quarantine rules, guidelines, and roles and responsibilities of different agencies highlighting how it affects them.
 - To keep them updated about arrangements made specifically to make performing their tasks easier (such as transport arrangements, food provisions, health protection, compensation, etc.).

- Leaders (Health Facilities, LGUs, Businesses, etc.)
 - To keep leaders engaged for smooth implementation and uptake of public health measures.
 - To inform them about their respective options to respond to context-specific challenges.

Message House per Audience

1. OVERALL MESSAGE

MAIN MESSAGE: Paigtingin ang bayanihan. Together, we can beat COVID!		
Key Message: We know what to do to limit the spread of COVID-19.	Key Message: We are equipped and empowered to protect ourselves, our family, our patients, our community, and our country.	Key Message: We act to protect not only ourselves and our families, but also for our community and our country. We have 1,000 hospitals in the country but over 20 million households. We will have a better chance of winning this is 20 million households will do their part.
Theme: VIGILANCE	Theme: PREPAREDNESS	Theme: SOLIDARITY

2. GENERAL PUBLIC

MAIN MESSAGE: I know how to protect myself and my family from COVID-19.		
Key Message: I can save my life and my family's by being alert and well informed. Fighting COVID-19 starts with me. (Vigilance)	Key Message: I can take action to protect myself and others and prevent the spread of COVID-19. (Preparedness)	Key Message: When I protect myself. I protect my community. I am helping stop the disease in the Philippines. (Solidarity)
Content on Knowledge	Content on Efficacy	Content on Community
I practice social distancing. I practice hand hygiene. I cover my coughs and sneezes. I know how to manage mild symptoms at home. I know what to do in case I or my loved one has severe symptoms. I know how the enhanced community quarantine (ECQ) affects me.	I'm staying at home to prevent the spread of the virus. "Taong Bahay muna". I can take care of myself and my loved ones at home. I will not touch my mouth, eyes, and nose. I wash my hands thoroughly and regularly. I am boosting my immune system.	We all have our role in preventing the spread of COVID-19. COVID-19 stops at my doorstep. DOH is my main source of information. I do not believe in fake news and do not share unverified information I know that all my actions (staying at home, observing preventive measures, not sharing fake news) contribute to limiting the spread of this disease. The virus doesn't discriminate, neither should we.

3. HEALTHCARE WORKERS

(Note additional guidance for health care workers can be found in the RCCE plan for health workers)

MAIN MESSAGE:

I am on the frontline and I know how to prevent the spread of COVID-19.

Key Message:

I know what to do to treat my patients.

(Vigilance)

Content on Knowledge

I know how to report cases with COVID-19 symptoms for testing.

Key Message:

I am able to treat my patients effectively.

(Preparedness)

Content on Efficacy

I know what personal protective equipment (PPE) to wear in different situations and I know how to correctly wear them.

I am confident in managing my patients with COVID-19 based on the latest guidelines and recommendations.

Key Message:

When I treat my patient, I protect my community.

(Solidarity)

Content on Community

Gratitude to health care workers

Stories of people supporting and helping health care workers

I am one with my fellow health care workers in containing this disease.

I will volunteer my time, knowledge and skills to unload the burden from my overworked colleagues in the profession.

4. LEADERS

MAIN MESSAGE:

I know how to protect my community / facility / business, etc.

Key Message:

I know the guidelines on how to prevent the spread of COVID-19 in my area.

(Vigilance)

Content on Knowledge

10 actionable items for released DOH/FDA memos

I am cognizant of the IATF resolutions.

Key Message:

I can make the right decisions to prevent the spread of COVID-19 in my area.

(Preparedness)

Content on Efficacy

I know whom to talk to in DOH for technical support.

I know whom to partner with to implement my response plans.

I know which government agencies can help me support my constituents.

Key Message:

When I protect my constituents / employees, I protect my community.

(Solidarity)

Content on Community

Stories about good governance in the time of COVID-19.

The virus doesn't discriminate, neither should we.

Channels per Audience

AUDIENCE	CHANNEL	COMMUNICATION MATERIALS	KEY INFLUENCERS TO ENGAGE (IF ANY)
General Public	Media <ul style="list-style-type: none"> ▪ Broadcast media via news channels ▪ DOH COVID-19 website ▪ DOH FB ▪ DOH Viber ▪ FB Chatbot ▪ SMS alerts - like DRRMC or NTC 	<ul style="list-style-type: none"> ▪ Social Media Cards (SMCs) ▪ 30s - 1 min videos ▪ Infographics ▪ Songs ▪ Comics ▪ etc. 	<ul style="list-style-type: none"> ▪ Influencers (vloggers, celebrities, TV personalities) ▪ Trusted and known doctors ▪ (sympathetic) health workers ▪ patients who recovered ▪ Local health care workers (CHWs, etc.) ▪ Key people in the community (everyday people)
	Community <ul style="list-style-type: none"> ▪ Hand-out / brochures ▪ Alternative Social Mobilization Activities 		
Healthcare Workers	<ul style="list-style-type: none"> ▪ DOH COVID-19 website ▪ DOH FB for HCW ▪ DOH Viber for HCW ▪ Webinars 	<ul style="list-style-type: none"> ▪ SMCs ▪ 3 min training videos ▪ Infographics ▪ Online seminars ▪ etc. 	Influencers (vloggers, celebrities, TV personalities)
Leaders	<ul style="list-style-type: none"> ▪ DOH COVID-19 website ▪ DOH FB ▪ DOH Viber ▪ Email blasting ▪ Webinars 	<ul style="list-style-type: none"> ▪ 1 page brief of 10 actionable points (with full policy attached) ▪ Infographics ▪ Online seminars ▪ etc. 	<ul style="list-style-type: none"> ▪ Local Chief Executives ▪ Key community leaders

Samples of Message Materials

1. FOR THE GENERAL PUBLIC

A. VIGILANCE - I know what to do.

Concern/ Question	Message
What is COVID-19?	<p>Main: COVID-19 is the infectious disease caused by the recently discovered coronavirus. This new virus and disease were unknown before the outbreak began in Wuhan, China in December 2019.</p> <p>Supporting: It is possible that the COVID-19 virus originated from animals before it infected humans. However, the specific source of COVID-19 virus is yet to be confirmed.</p>
Do I need to worry about COVID-19?	<p>Main: It is normal to worry about how the COVID-19 outbreak will affect you and your loved ones. However, a majority (81%) of COVID-19 infections generally present with mild symptoms, especially for children and young adults. Of those infected, only a small percentage need hospital care.</p> <p>Supporting: To protect ourselves and prevent the spread of the virus to our loved ones and our communities, we can turn our worries and concerns into actions. Practice proper hand hygiene (thorough hand washing with soap and water, or with alcohol or alcohol gel) , social distancing, and cough etiquette. Stay informed and follow regulations on mass gatherings and frequent visits to public places. Let us do our own part to control the spread of the virus. Your contribution makes a lot of difference.</p>
What is the most effective protection measure against COVID-19?	<p>Main: Thorough and frequent handwashing is the most effective way to prevent all viral infections including COVID-19.</p> <p>Supporting: How you should do it:</p> <ul style="list-style-type: none"> ▪ Wet hands with water. ▪ Apply a generous amount of soap and lather hands well. ▪ Rub hands together for 20 seconds; pay special attention to the areas between fingers and under nails. ▪ Rinse hands thoroughly with warm water. ▪ Dry hands with a disposable towel.
How dangerous is the virus? Will I die if I get COVID-19?	<p>Main: COVID-19 can be fatal, but this happens rarely. According to WHO, 82% of infected patients will have mild symptoms, 15% will be severe, and only 3% will be critical.</p> <p>Supporting: Older people, people with weakened immune systems, and people with pre-existing medical conditions such as diabetes and heart disease are more prone to severe illness due to the virus. Around 2% of people infected with the disease have died.</p>

How do I practice “social distancing?”	Main: Stay at least one arm’s length away from others at all times.				
	Supporting: The virus can spread to other people through droplet transmission when an infected person coughs or sneezes. These saliva droplets can go as far as one meter.				
How do I know if I need to seek medical attention and testing?	Main: Three ways:				
	<ol style="list-style-type: none"> 1. If you have mild symptoms BUT do not live in a place under ECQ or have not traveled to/from a place under ECQ, stay at home and rest. No need to seek medical attention and testing. 2. If you have mild symptoms AND live in a place under ECQ or have recently traveled to/from a place under ECQ, call your local Barangay Health Emergency Response Team (BHERT) and inform them. BHERT will monitor you daily, and advise you if you need to seek medical attention and testing. You should still stay at home and rest. 3. If your symptoms are severe (you have breathing difficulty), call your local BHERT. They will assess and advise you if you need to seek medical attention and which nearest health facility you should go to. 				
	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;">Supporting:</td> <td style="vertical-align: top; width: 50%;">Severe symptoms:</td> </tr> <tr> <td> <ul style="list-style-type: none"> ▪ Mild symptoms (2-14 days exposure) ▪ Fever ▪ Cough ▪ Sore throat ▪ Other respiratory symptoms </td> <td> <ul style="list-style-type: none"> ▪ Difficulty breathing or shortness of breath ▪ Persistent pain or pressure in the chest ▪ Mental confusion or changes in alertness ▪ Bluish lips or face </td> </tr> </table>	Supporting:	Severe symptoms:	<ul style="list-style-type: none"> ▪ Mild symptoms (2-14 days exposure) ▪ Fever ▪ Cough ▪ Sore throat ▪ Other respiratory symptoms 	<ul style="list-style-type: none"> ▪ Difficulty breathing or shortness of breath ▪ Persistent pain or pressure in the chest ▪ Mental confusion or changes in alertness ▪ Bluish lips or face
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	Reference: Mar 16, 2020 DOH Algorithm				
How long does COVID-19 last on surfaces?	Main: According to WHO, there is no confirmed period on how long the COVID-19 virus survives on surfaces. However, it most likely behaves like other coronaviruses. Studies show that coronaviruses can survive on surfaces for a few hours up to several days depending on multiple factors (e.g. type of surface, temperature or humidity of the environment). Supporting: Disinfect surfaces regularly. Clean your hands with alcohol-based hand sanitizer or wash them with soap and water, and avoid touching your eyes, mouth or nose.				
Is it safe to receive packages from China?	Main: Yes. Receiving packages from China does not expose the recipient to the virus. Currently, there is no evidence that coronaviruses can survive long on objects, such as packages and letters.				

B. PREPAREDNESS - I am prepared to protect myself and my family from COVID-19

Concern/ Question	Message
How do I safely do home quarantine if I am sick?	<p>Main: Monitor your symptoms. Stay home except to get medical care. Stay away from other members of your household</p> <p>Supporting:</p> <ul style="list-style-type: none"> ▪ As much as you can, stay in a specific “sick room” or space away from other people in your home ▪ Clean your hands often ▪ Avoid sharing personal household items ▪ Clean all “high-touch” surfaces everyday, e.g., doorknobs, light switches, TV remotes, bed rails ▪ Monitor your symptoms.
How can I protect myself and my family from COVID-19?	<p>Main: The two most effective ways for protecting yourself and your family are:</p> <ol style="list-style-type: none"> 1. Hand washing, and 2. Maintaining your distance from other people. <p>Supporting: Protect yourself and your family through the general preventive measures:</p> <ol style="list-style-type: none"> 1. Practicing frequent and proper washing of hands 2. Observing cough etiquette 3. Maintaining social distancing 4. Avoiding touching the face, eyes, and mouth
How can I protect my young child?	<p>Main: Encourage your child to help stop the spread of COVID-19 by teaching them to do the same things everyone should do to stay healthy.</p> <p>Supporting:</p> <ul style="list-style-type: none"> ▪ Clean hands often using soap and water or alcohol-based hand sanitizer ▪ Avoid people who are sick (coughing and sneezing) ▪ Clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, doorknobs, light switches, remotes, handles, desks, toilets, sinks) ▪ Wash items, including toys.
How can I protect my elderly parents?	<p>Main: If your elderly parent has a serious underlying medical condition, advise them to:</p> <ul style="list-style-type: none"> ▪ Stay home if possible. ▪ Wash hands often. ▪ Avoid close contact (six feet, which is about two arms’ length) with people who are sick. ▪ Clean and disinfect frequently touched services. ▪ Call a healthcare professional if they have underlying condition or if they are sick <p>Supporting: Older adults and people of any age with certain serious underlying medical conditions like lung disease, heart disease, or diabetes are at higher risk for developing more serious complications from COVID-19 illness and should seek care as soon as symptoms start.</p>

How can I help my children understand what is happening?	<p>Main: Children respond to stress in different ways such as acting more needy, anxious, withdrawn, angry, or wetting the bed. You are advised to:</p> <ul style="list-style-type: none"> ▪ Respond to your child’s reactions in a supportive way, listen to their concerns, and give them extra love and attention. ▪ Keep them close as much as possible. If they are separated (e.g. hospitalization), give them regular contact (e.g. via phone) and reassurance. ▪ Follow routines and schedules as much as possible, or help create new ones in a new and safe environment, such as learning, playing, and relaxing. <p>Supporting:</p> <ul style="list-style-type: none"> ▪ Explain the current situation. Give them clear information about staying healthy in words that they can understand depending on their age. ▪ Let them know about what could happen in a reassuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).
What do I do if my child or loved one has symptoms of COVID-19?	<p>Main: Observe the person for worsening symptoms. Know the emergency warning signs. If symptoms become severe, seek medical help immediately.</p>
How do I cope with the changes that COVID-19 is bringing to myself and my family?	<p>Main:</p> <ul style="list-style-type: none"> ▪ Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting. ▪ Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs. ▪ Make time to unwind. Try to do some other activities you enjoy. ▪ Connect with others. Talk with people you trust about your concerns and how you are feeling.

C. SOLIDARITY - When I protect myself, I protect my community.

Concern/ Question	Message
Do I need a mask to protect myself against COVID-19?	<p>Main: Different people should use different types of masks:</p> <ol style="list-style-type: none"> 1. Surgical masks and/or N95 masks: For healthcare workers to protect themselves from getting COVID-19 while treating patients. 2. Surgical masks: For a) people with symptoms of COVID-19 and b) those caring for individuals who have symptoms such as cough and fever 3. Cloth or DIY masks: For the general public going outside their homes <p>Supporting: DOH, together with WHO, advises using medical masks (surgical / N95 masks) wisely to avoid wasting important resources and the misuse of masks. The most effective ways to protect yourself and others against COVID-19 include frequently cleaning or washing your hands, covering your cough with a tissue or the bend of the elbow, and staying away from people who are coughing or sneezing.</p>

How do I correctly wear a mask?	<p>It is important to remember that using a mask alone does not guarantee you'll be protected from COVID-19. The mask should always be combined with other measures, particularly hand washing, covering your nose and mouth when coughing and sneezing, and maintaining physical distance.</p> <p>If you are wearing a mask, you should learn how to do so correctly:</p> <ul style="list-style-type: none"> ▪ Before putting on a mask, clean hands with alcohol-based hand rub or soap and water. ▪ Always cover your mouth and nose with the mask, making sure there are no gaps between your face and the mask. ▪ Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water. ▪ Replace the mask with a new one as soon as it is damp. Do not re-use single-use masks. ▪ To remove the mask: remove it from behind without touching the front of mask. Discard of single-use masks immediately in a closed bin. Re-usable cloth masks should be dropped into the washing machine or laundry basket. Immediately clean hands with alcohol-based hand rub or soap and water. ▪ Wash re-usable cloth masks daily in hot water with detergent and bleach.
How do I take care of myself if I have COVID-19?	<p>Main:</p> <ul style="list-style-type: none"> ▪ If you live alone and you have symptoms of COVID-19, however mild, stay at home for 14 days from when your symptoms started. ▪ If you live with others and you are the first in the household to have COVID-19 symptoms, then you must separate yourself and stay at home. All other household members with no symptoms must stay at home and not leave the house for 14 days. The 14-day period starts on the day when the first person in the house became ill.
Which hospital or clinic should I go to be tested for COVID-19?	<p>Main: All Level 2 and 3 hospitals are attending to all patients suspected to have the COVID-19, and those confirmed COVID-19 patients with mild symptoms.</p>
What do I do if I think I, or a family member was exposed to the virus?	<p>Main: If you or your family had close contact with a confirmed case of COVID-19, you are advised to monitor yourself for symptoms and stay at home for 14 days. If you develop mild symptoms you can treat them at home. If your symptoms are severe, contact your Barangay Health Emergency Response Team for appropriate referral to a Level 2 or 3 Hospital.</p>
How long will it take to recover from COVID-19?	<p>Main: COVID-19 patients may be discharged from hospital and moved to home care (or other types of non-hospital care and isolation) once they have shown significant improvements such as:</p> <ul style="list-style-type: none"> ▪ No fever for more than 3 days ▪ Improved respiratory symptoms ▪ Chest X-ray shows significant improvement

Do I have to do anything special after I recover from COVID-19?	After release from hospital care, an additional 14 days of self-quarantine with regular health monitoring (e.g. follow-up visits, phone calls) is recommended as long as the patient's home is equipped for isolation and the patient takes all necessary safety measures (e.g. single room with good ventilation, face-mask wear, reduced close contact with family members, separate meals, good hand sanitation, no outdoor activities) to protect family members and the community from COVID-19.
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2. FOR HEALTHCARE WORKERS

A. VIGILANCE - I know what to do to treat my patients.

Concern/ Question	Message
Is COVID-19 the same with Severe Acute Respiratory Syndrome (SARS)?	Main: The COVID-19 virus is different from SARS-CoV, though both are coronaviruses and are genetically related to each other. SARS is more fatal and deadly, but less infectious than COVID-19.
What are the symptoms of COVID-19?	<p>Main: According to WHO, the most common symptoms of COVID-19 are fever, tiredness, and dry cough.</p> <p>Other reported symptoms include:</p> <ul style="list-style-type: none"> ▪ Aches and pains ▪ Nasal congestion ▪ Runny nose ▪ Sore throat <p>Symptoms are usually mild and start gradually.</p> <p>Supporting: Most patients recover at home without needing any special treatment. Only around 1 of 6 patients have difficulty breathing and become seriously ill.</p>
Do all individuals infected with COVID-19 present with signs and symptoms?	Main: Some people become infected but don't develop any symptoms and don't feel unwell.
Can COVID-19 be caught from a person who has no symptoms?	<p>Main: The risk of getting COVID-19 from a person without any symptoms is very low. COVID-19 is only spread through respiratory droplets coughed by an infected person. If an infected person does not cough, they most likely will not infect others.</p> <p>However, many infected persons only experience mild symptoms in early stages of the disease. It is therefore possible to get COVID-19 from an infected person with mild cough but is not feeling ill.</p>

How do I conduct contact tracing?	<p>Main:</p> <ol style="list-style-type: none"> 1. Contact identification: Once someone is confirmed as infected with the virus, contacts are identified by asking about the person's activities and the activities and roles of the people around them since their symptoms started. "Contacts" can mean anyone who has been in contact with an infected person: family members, work colleagues, friends, or health care providers. 2. Contact listing: All persons considered to have contact with the infected person should be listed as contacts. Efforts should be made to inform every listed contact of their status, what it means, the steps that will follow, and the importance of receiving early care if they develop symptoms. Contacts should also be informed about prevention of the disease. In some cases, quarantine or isolation is required for high-risk contacts, either at home, or in hospital. 3. Contact follow-up: Regular follow-up should be conducted with all contacts to monitor for symptoms and test for signs of infection.
Who are most likely to present with severe symptoms?	<p>Main: Older people and those with underlying medical conditions such as high blood pressure, heart problems or diabetes are most likely to have severe or critical symptoms from COVID-19.</p>
How do I monitor patients under home quarantine?	<p>Main:</p> <ul style="list-style-type: none"> Regularly contact the patient by telephone, text monitoring system, or video conference. <ul style="list-style-type: none"> Temperature monitoring could be reported by phone or shown to a provider via video conferencing. If public health personnel must interview a patient in their home, the public health personnel should wear recommended personal protective equipment (PPE).
Is the testing for COVID-19 free?	<p>Main: Testing is free for people with symptoms.</p> <p>Supporting: Hospitalization due to COVID-19 is also free in public hospitals. For private hospitals, you can avail of the benefits in your PhilHealth package.</p>

B. PREPAREDNESS - I am able to treat my patients effectively.

Concern/ Question	Message
What is the difference between PUI and PUM?	<p>Main:</p> <p>PUI = Person Under Investigation PUM = Person Under Monitoring</p> <p>Supporting:</p> <p>PUM:</p> <ul style="list-style-type: none"> Persons who have travel history or history of exposure to a COVID-19 patient. They will undergo 14 days of self-quarantine at home or at barangay isolation units. <p>PUI:</p> <ul style="list-style-type: none"> Persons with history of travel or history of exposure with a confirmed case Has symptoms of respiratory illness (cough and/or colds) and/or fever

What should hospitals with COVID-19 patient/s under investigation (PUI) do?	<p>Main: Healthcare providers should immediately inform the infection control personnel at their healthcare facility and report any event of a possible case of COVID-19 to the Municipal Health Officer (MHO) or City Health Officer (CHO) for verification and investigation. The MHO/CHO shall then report to the Regional Epidemiology Surveillance Unit (RESU) using the Event-Based Surveillance System (ESR) system of the Epidemiology Bureau (EB) of DOH.</p> <p>Supporting: The DOH also encourages health workers to be alert and take extra safety measures when in contact with patients with acute respiratory infection, especially those with travel history to China.</p> <p>All health facilities must enhance their standard infection prevention and control practices, especially in their emergency departments.</p>
What PPE is recommended for my assigned duty?	<p>Main: For most inpatient contacts between health care staff and patients, the following PPE are safe and appropriate and should be put on before entering the patient's room:</p> <ul style="list-style-type: none"> ▪ Long-sleeved gown ▪ Surgical mask ▪ Face shield or goggles ▪ Disposable non-sterile gloves when in contact with patient (use hand hygiene before donning and after removing gloves)
How to use and dispose of a medical mask?	<p>Main: This is how to use and dispose a medical mask:</p> <ul style="list-style-type: none"> ▪ Before picking an unused mask, clean hands with an alcohol based hand sanitizer or with soap and water; ▪ Pick up the mask and inspect for tears or holes; ▪ Orient yourself with the top side, where the metal strip is; ▪ Identify the proper side of mask facing outside, the colored side; ▪ Pinch the metal strip and mould it to your nose and face; ▪ Pull down the mask's bottom so it covers your mouth and your chin; ▪ After use, take off the mask, remove the elastic loops from behind the ears while keeping the mask away from your face and clothes; ▪ Do not allow the mask to touch or contaminate surfaces or clothes; ▪ Avoid touching potentially contaminated parts of the mask; ▪ Discard the mask in a closed bin immediately after use; and ▪ Clean your hands after discarding your mask.

C. SOLIDARITY - When I treat my patient, I protect my community.

Concern/ Question	Message
How long is the incubation period of COVID-19?	<p>Main:</p> <ul style="list-style-type: none"> ▪ Incubation period is the period between exposure to an infection and the appearance of the first symptoms. ▪ The "incubation period" means the time between catching the virus and beginning to have symptoms of the disease. According to the WHO, most estimates of the incubation period for COVID-19 range from 1-14 days, most commonly around 5 days. These estimates can change as new information is being shared with the DOH.

How long is a person contagious with COVID-19?	<p>Main: People are thought to be most contagious when they are most symptomatic (the sickest).</p> <p>Supporting: But people infected with COVID-19 who are not yet showing any symptoms can infect other people too.</p>
Is there a treatment and vaccine for COVID-19?	<p>Main: As of now, there is no specific treatment or vaccine against COVID-19. However, many of the symptoms can be treated based on the patient's clinical conditions. Supportive care for infected persons is highly effective, and most of those infected have recovered with only supportive care.</p> <p>Vaccines and specific drug treatments are currently being developed and are being tested through clinical trials.</p> <p>Supporting: DOH continuously advises the public to frequently clean or wash hands, cover cough with a tissue or the bend of the elbow and maintain a distance of at least one meter from other people.</p>

3. FOR LEADERS (DECISION MAKERS)

A. VIGILANCE - I know the guidelines on how to prevent the spread of COVID-19 in my area.

Concern/ Question	Message
Where can the public get information about COVID-19?	<p>Main: The public can get information about COVID-19 from the DOH's official press releases, website, and official social media platforms. Be wary of fake news and reports circulating online, and always verify the sources of your information.</p>
How does the virus spread?	<p>Main: COVID-19 is transmitted when an infected individual talks, sneezes, or coughs 'droplets' of saliva containing the virus and they enter the body of another person. COVID-19 transmission usually occurs among close contacts, including family members and healthcare workers.</p>
Why are we having a quarantine?	<p>Main: We are having a quarantine because the best way to stop the spread of the virus is to keep people from catching it from one another. That is why everyone advised to stay indoors and not visit malls or any crowded places.</p>
Can all hospitals accept COVID-19 patients?	<p>Main: All Level 2 and Level 3 hospitals are directed to attend to all patients suspected to have the COVID-19 and those confirmed COVID-19 with mild symptoms.</p>
Can hospitals refuse COVID-19 patients?	<p>Main: All Level 2 and Level 3 hospitals are reminded to not refuse patients suspected or diagnosed with COVID-19. To reiterate the Philippine Health Insurance Corporation (PHIC) or PhilHealth Advisory No. 2020-012, refusal to provide care to said patients shall be considered a violation of the signed Performance Commitment and shall be dealt with by PHIC accordingly.</p>
	<p>Only those with confirmed cases of COVID-19 and are in critical condition shall be referred to the Research Institute for Tropical Medicine, Lung Center of the Philippines, and San Lazaro Hospital.</p>

B. PREPAREDNESS - I can make the right decisions to prevent the spread of COVID-19 in my area.

Concern/ Question	Message
What are the DOH and other concerned agencies doing to contain the situation?	<p>Main: DOH has organized the Interagency Task Force for the Management of Emerging Infectious Diseases (IATF-EID), the agency in-charge for the overall management of COVID-19 preparedness and response.</p> <p>The Department holds virtual press conferences (virtual pressers) every day to ensure the government's transparency and accountability.</p> <p>DOH also enhanced its coronavirus laboratory testing capacity, hospital preparedness, rapid response, and its risk communication and information dissemination. Personal Protective Equipment (PPE) is made available at the Bureau of Quarantine, Centers for Health Development, and DOH Hospitals.</p> <p>The Bureau of Quarantine is working with airlines and airport authorities to strengthen border surveillance, while the Epidemiology Bureau is heightening its community surveillance.</p>

C. SOLIDARITY - When I protect my constituents / employees, I protect my community.

Concern/ Question	Message
What is a Public Health Emergency?	<p>Main: Under a State of Public Health Emergency, all government agencies and local government units are enjoined to render full assistance and cooperation, and mobilize the necessary resources to undertake critical, urgent, and appropriate response and measures in a timely manner to curtail and eliminate the COVID-19 threat. All citizens, residents, tourists, and establishment owners are urged to act within the bounds of the law and to comply with lawful directives and advisories to be issued by appropriate government agencies to prevent further transmission of COVID-19 and ensure the safety and well-being of all.</p>

Pointers and FAQs (Per Topic)

1: POINTERS: THE PHILIPPINE GOVERNMENT'S 4 STRATEGIES TO COMBAT COVID-19

ENGLISH

The Philippine government's strategy for beating COVID-19 has four components:

1. Enhanced community quarantine and social distancing
2. Contact tracing and surveillance
3. A triage system and increased testing
4. Improved case management of patients

The strategy will only work with the strict implementation of each component. If we all do our part, we will achieve:

Fewer Filipinos infected with COVID-19

1. A higher recovery rate among those infected by the virus
2. Better chances for our healthcare system to keep up with the number of cases
3. Better chances for our healthcare system to keep up with the number of cases

The bottomline: We will save lives.

1st Strategy: Enhanced community quarantine and social distancing

Enhanced Community Quarantine prevents the spread of the virus in a given community. It limits the movement of people so that there is a smaller chance for people to infect, or get infected by, others.

It protects us, especially the most vulnerable.

FILIPINO

May apat na bahagi ang estratehiya ng pamahalaan ng Pilipinas sa pagsugpo sa COVID-19:

1. Enhanced community quarantine and social distancing o pananatili ng mga mamamayan sa kanilang tahanan at paglalagay ng distansiya sa isa't isa
2. Contact tracing and surveillance o pagtunton sa mga taong nakasalamuha ang may sakit at mas pinaigting na pagsubaybay sa mga taong may malubhang sakit sa baga
3. A triage system and increased testing o unang isasailalim sa testing ang mga taong mas nangangailangan nito at pagpaparami ng mga taong maaaring bigyan ng test
4. Improved case management of patients o pinahusay na pangangalaga sa mga taong nagpositibo sa COVID-19

Magtatagumpay lamang ang estratehiya kung estriktong ipatutupad ang bawat bahagi. Kung gawin nating lahat ang inaasahan sa atin:

1. Mababawasan ang mga Filipinong mahahawa ng COVID-19
2. Dadami ang mga gagaling mula sa virus
3. Mas magiging epektibo ang pagtugon ng mga ospital sa bawat kaso

Ang punto: May maililigtas tayong mga buhay.

Unang Stratehiya: Enhanced community quarantine and social distancing

Pinipigilan ng Enhanced Community Quarantine ang pagkalat ng virus sa isang komunidad. Nililimitahan nito ang paggalaw ng mga tao upang lumiit ang tsansang mahawa o makahawa sila ng iba.

Poprotektahan tayo nito, lalo ang mga pinakananganganib magkasakit.

You can do your part by:

1. Staying at home
2. Maintaining a one-meter distance from people to lessen your risk of exposure, especially when you're in the market or drugstore
3. Avoiding crowds
4. Continuing to practice good hygiene by observing cough etiquette, frequently washing your hands, and not touching your mouth, ears, or nose

Makakatulong ka sa pamamagitan ng:

1. Pananatili sa loob ng tahanan
2. Pagdistansiya nang isang metro sa mga tao upang mabawasan ang panganib ng exposure, lalo na kung nasa supermarket o botika
3. Pag-iwas sa matataong lugar
4. Patuloy na pagkakaroon ng good hygiene sa pamamagitan ng wastong pag-ubo, palagiang paghuhugas ng kamay, at hindi paghawak sa bibig, tainga, o ilong.

2nd Strategy: Contact tracing and surveillance

Contact Tracing is the process by which DOH identifies people who have been exposed to a COVID-19 patient and reaches out to them. Please remember that even those without symptoms may have COVID-19 and could be spreading the virus unknowingly.

Surveillance is the process of finding potential COVID-19 cases among those suffering from severe acute respiratory illness. This is done to catch other possible COVID-19 cases outside the contact tracing activities.

Pangalawang Stratehiya: Contact tracing and surveillance

Ang Contact Tracing ay ang proseso na tinutunton ng DOH ang mga taong na-expose sa isang COVID-19 patient at kinokontak ang mga ito. Tandaan na maaari pa ring magkaroon ng COVID-19 kahit ang mga walang sintomas at maaari silang nagkakatat ng virus nang di nalalaman.

Ang surveillance ay ang proseso ng pagtukoy ng mga posibleng kaso ng COVID-19 mula sa mga taong may severe acute respiratory illness o malubhang sakit sa baga. Ginagawa ito upang mahanap pa ang ibang posibleng kaso ng COVID-19 sa labas ng ginagawang contact tracing.

What can you do? If DOH contacts you, please:

- Answer the questions honestly and as best as you can
- Keep in touch with DOH as you are monitored for symptoms
- Isolate yourself from other people, including your family
- Continue to do social distancing, proper handwashing, and other hygienic practices.

Ano ang maaari mong gawin? Sa oras na kontakin ka ng DOH, mangyaring:

- Sagutin ang mga itatanong nila nang buong tapat at husay
 - Makipag-ugnayan sa DOH habang minomonitor ang mga sintomas
 - Ihiwalay ang sarili mula sa ibang tao, kabilang na ang mahal sa buhay
 - Ipagpatuloy ang social distancing, wastong paghuhugas ng kamay, wastong pag-ubo, at iba pang good hygiene.
-

3rd Strategy: A triage system and increased testing

The DOH is currently improving its testing facilities and getting new kits so that more patients can be tested. In the meantime, individuals will be classified according to a process (called triage).

Priority in testing is given to those who have weakened immune systems (people over 65 years old, with existing conditions, etc.) or severe symptoms. They need to be treated right away as they are the most vulnerable.

What you can do:

Follow the testing protocol:

1. If you are experiencing mild symptoms but are (1) not over 65 years old and (2) without existing conditions, there is no need for you to be tested. Please stay at home and take the prescribed medicine for your symptoms. Please do not self-medicate with antibiotics.
2. If you are (1) experiencing severe symptoms or (2) experiencing mild symptoms but have (a) existing conditions or (b) are 65 years old and over, please go to the hospital.
3. If unsure, please feel free to call the DOH COVID-19 hotline at: 02 894 COVID (02 894 26843) or 1555 for Smart and PLDT subscribers.

Please do not be quick to believe articles and messages about how to treat COVID-19. Verify and validate your information through official DOH channels.

Please do not believe dishonest salesmen who claim to have COVID-19 test kits. Testing can be done only in specialized, DOH-licensed laboratories. There are 6 laboratories all over the country that are currently being strengthened so that we can test more people.

Pangatlong Stratehiya: Isang triage system para sa testing at diagnostics

Kasalukuyang pinabubuti ng DOH ang testing facilities nito at bumibili ng bagong testing kits upang mas maraming pasyente ang maipatest. Sa ngayon, gagamitin ang triage system sa paghawak ng mga kaso.

Sa triage system, priyoridad ng testing ang mga taong mahina ang resistensiya (edad 65 anyos pataas, matagal nang may karamdaman, atbp.) o may malubhang sintomas. Kailangan silang gamutin sa lalong madaling panahon dahil sila ang pinakananganganib na magkasakit.

Ang maaari mong gawin:

Sundin and Testing Protocol:

1. Kung ikaw ay nakararanas ng bahagyang sintomas subalit (1) mas bata sa 65 taong gulang at (2) walang iniindang karamdaman dati pa, hindi mo kailangang magpatest. Manatili lamang sa tahanan at uminom ng gamot para sa nararamdaman. Huwag mag-self-medicate ng antibiotics.
2. Kung ikaw ay nakararanas ng (1) matinding sintomas o (2) bahagyang sintomas subalit (a) dati nang may iniindang karamdaman o (b) 65 taong gulang pataas, mangyaring dumiretso na sa ospital.
3. Kung hindi sigurado, huwag mag-atubiling tumawag sa DOH hotline sa: 02 894 COVID (02 894 26843) o 1555 para sa Smart at PLDT subscribers.

Huwag basta maniniwala sa mga balita tungkol sa paggamot sa COVID-19. Tiyakin muna kung totoo ito gamit ang mga opisyal na channels ng DOH.

Huwag maniniwala sa mga manlolokong nagtitinda ng pekeng COVID-19 test kits. Mga lisensiyadong laboratoryo lamang ng DOH ang maaaring magsagawa ng test. Sa kasalukuyan, mayroong 6 na laboratoryo sa buong bansa na pinabubuti pa upang makapagtest ng mas maraming tao.

4th Strategy: Improved case management of patients

Improved case management means that DOH is:

1. Allocating additional health equipment and supplies (such as PPEs, respirators, medicines) to health facilities that manage COVID-19 cases
2. Capacitating health workers and updating them on the latest guidelines on how to take care of patients based on new evidence and developments from reputable health organizations

Improved case management increases a COVID-19 patient's chance of recovery.

What you can do:

1. If you are willing to donate PPEs, masks, medicines and other medical equipment to our health workers, please feel free to contact (02) 8651 7800 loc. 1149.
2. Health workers are requested to keep up-to-date with clinical guidelines shared on official DOH channels.

Pang-apat na Stratehiya: Improved case management of patients

Isinasagawa ito ng DOH sa pamamagitan ng:

1. Paglalaan ng dagdag na health supplies at kagamitan (PPEs, respirators, medicines, atbp.) sa health facilities na nangangasiwa ng mga kaso ng COVID-19.
2. Pagsasanay sa health workers at pag-update sa kanila tungkol sa pinakabagong kaalaman kung paano aalagaan ang mga pasyente batay sa bagong mga ebidensya at pag-aaral mula sa mapagkakatiwalaang mga health organizations.

Tataas ang tsansang gumaling ng isang COVID-19 patient dahil sa mas mahusay na pangangalaga.

Ang maaari mong gawin:

1. Kung nais mong mag-donate ng PPEs, masks, gamot, at iba pang medical equipment sa ating health workers, huwag mag-atubiling kontakin ang (02) 8651 7800 loc 1149.
2. Pinakikiusapan ang health workers na maging up-to-date sa mga clinical guidelines na ibinabahagi ng official DOH channels.

2: FAQs ON ENHANCED COMMUNITY QUARANTINE**ENGLISH**

Q: Who is **allowed to leave their home** during the ECQ?

A: Those who will be allowed to leave their homes are:

1. Employees of companies involved in the production, processing, and distribution of basic necessities such supermarkets, groceries, convenience stores, wet markets, pharmacies/drug stores, and banks or remittance centers;
2. PNP, AFP, and other uniformed personnel;
3. Personnel involved in health work, border control, emergency and other mission-critical service; and,
4. Media personnel with authorization from PCOO.

FILIPINO

Q: Sino ang **maaaring lumabas ng kanilang bahay** habang may ECQ?

A: Ang sumusunod ay maaaring lumabas ng kanilang bahay:

1. Mga empleyado ng mga kumpanyang gumagawa, nagproproseso at nagbibigay ng pangunahing serbisyo tulad ng supermarket, botika, bangko, atbp;
2. Pulis, militar, at iba pang uniformed personnel;
3. Mga health worker at ang mga nagtatrabaho sa emergency response teams; at,
4. Mga media personnel na may pahintulot mula sa PCOO.

Q: Will employees of non-essential businesses or services be allowed to report to work during the ECQ?

A: Employers are encouraged to adopt a work arrangement that will not require their employees to physically report for work.

Employers should not require their employees to report to work unless the company is engaged in basic necessities or services.

Q: May pasok pa rin ba ang mga empleyado ng mga hindi kinakailangang mga negosyo o serbisyo habang may ECQ?

A: Hinihikayat ang mga employer na bumuo ng work arrangement na hindi nangangailangan ng aktuwal na pagpunta sa lugar ng trabaho.

Hindi dapat papuntahin ng mga employer ang mga empleyado sa lugar ng trabaho maliban kung ang kompanya ay nagbibigay ng pangunahing pangangailangan.

Q: Who must stay in their homes during the ECQ?

A: Vulnerable persons are strongly reminded to **stay in their homes**. These are:

1. Senior citizens;
2. Persons with pre-existing medical conditions; and,
3. Pregnant women.

Q: Sino ang dapat manatili sa bahay habang may ECQ?

A: Mahigpit na pinapaalalahanan ang mga taong pinakananganganib na magkasakit na **manatili sa kani-kanilang mga bahay**:

1. Mga senior citizen;
2. Mga may iniindang sakit (altapresyon, diabetes, sakit sa puso, hika, atbp.); at,
3. Mga buntis.

Q: I have to leave my home to access basic necessities. Who is allowed to leave?

A: Only one person per household is allowed to leave the home to buy/access basic necessities.

Q: Kailangan kong lumabas ng bahay para bumili ng mga pangunahing pangangailangan. Sino ang puwedeng lumabas sa bahay?

A: Isang tao lamang sa bahay ang pinapayagang bumili ng mga pangunahing pangangailangan.

Q: I have to leave my home to go to work or access basic necessities. What should I bring?

A: Those who **need to leave their homes** (for essential activities) must bring and present the following to authorities:

1. Identification Card;
2. Proof of Residence;
3. Certification of employment or delivery receipt for those transporting goods to and from the quarantine area; and,
4. Authorizations and certifications (from government offices, if applicable).

Q: Kailangan kong lumabas ng bahay para magtrabaho o bumili ng mga pangunahing pangangailangan. Ano ang kailangan kong dalhin?

A: Para sa mga taong **kinakailangan lumabas ng bahay**, kailangang dalhin at ipakita sa mga awtoridad ang sumusunod:

1. Identification Card;
2. Patunay ng iyong panirahan
3. Certification of employment o delivery receipt para sa mga naghahatid ng mga kalakal sa o mula sa quarantine area; at,
4. Mga awtorisasyon at sertipikasyon (mula sa mga opisina ng pamahalaan, kung angkop).

Q: What businesses, utilities, or services will remain open for the duration of the ECQ?

A: The following utilities and critical services **shall continue their operations:**

1. Water, electricity, internet, and telecommunications;
2. Garbage collection;
3. Funeral and interment services; and,
4. Gasoline stations.

Q: Anong mga negosyo at serbisyo ang mananatiling bukas habang may ECQ?

A: Ang sumusunod na utilities at critical services ay **magpapatuloy sa operasyon:**

1. Tubig, kuryente, internet, at telepono;
2. Pagkolekta ng basura;
3. Mga punerarya at interment services; at,
4. Mga gasolinahan.

Q: What businesses, utilities, or services will be closed for the duration of the ECQ?

A: The following establishments will be closed during the ECQ:

1. Casinos, gambling places, and POGOs; and
2. Hotels and Inns.

Q: Anong mga negosyo at serbisyo ang sarado habang may ECQ?

Ang sumusunod ay sarado sa panahon ng ECQ:

1. Mga casino, pasugalan, at POGOs; at,
2. Mga hotel at Inn.

Q: Will public transportation be available during the ECQ?

A: All modes of public transportation, including tricycles, pedicabs, taxis and TNCs such as Grab, jeepneys, buses, and the MRT and LRT, are not allowed to operate.

Concerned LGUs should provide point-to-point transportation for people authorized to report for work, especially health workers.

Q: Mayroon bang pampublikong transportasyon habang may ECQ?

A: Hindi pahihintulutan ang anumang uri ng pampublikong transportasyon, kabilang ang mga tricycle, pedicab, taxi, Grab, jeepney, bus, MRT at LRT.

Inaatasan ang mga kinauukulang LGU na magbigay ng point-to-point transportation para sa mga taong awtorisadong pumasok sa trabaho, lalo na ang mga health worker.

Q: I am a Filipino citizen or permanent resident of the Philippines. Will I be allowed to return to the Philippines during the ECQ?

A: Filipinos overseas and their foreign spouses and children can return to the Philippines anytime.

Other permanent residents of the Philippines may also return. All returning Filipinos and permanent residents coming from China, Hong Kong, and Macau shall be subject to a 14-day quarantine in a quarantine facility. All other returning Filipinos and permanent residents arriving in Luzon shall comply with mandatory home quarantine.

Q: Ako ay isang Filipino citizen o permanenteng residente ng Pilipinas. Papayagan ba akong bumalik sa Pilipinas habang may ECQ?

A: Maaaring bumalik sa Pilipinas anumang oras ang mga Filipinong nasa ibang bansa, pati na rin ang kanilang mga dayuhang asawa at anak.

Maaari ring bumalik sa Pilipinas ang iba pang permanenteng residente. Lahat ng mga babalik galing sa China, Hong Kong, at Macau ay sasailalim sa 14 na araw na quarantine sa isang quarantine facility. Lahat ng mga babalik galing sa ibang lugar at lalapag sa Luzon kailangang manatili lamang sa loob ng kanilang tahanan sa loob ng 14 na araw para sa mandatory home quarantine.

Q: I am an OFW, balikbayan, or foreign national currently in the Philippines. Will I be allowed to leave the country during the ECQ?

A: OFWs, balikbayans, and foreign nationals, are allowed to leave the Philippines at any time during the ECQ, as long as their departure is 24 hours from the time they leave their homes or hotels.

No sendoff party will be allowed to accompany departing passengers. Only 1 person may accompany the traveller at the international port.

Q: I have a scheduled vacation abroad. Will I be allowed to leave the country during the ECQ?

A: Filipinos who will leave the country as tourists to any destination are not allowed to leave

Q: Ako ay isang OFW, balikbayan, o foreign national na ngayon ay nasa Pilipinas. Papayagan ba akong umalis sa bansa habang may ECQ?

A: Makalilipad paalis ng Pilipinas ang mga OFW, balikbayan, at dayuhan kahit na may ECQ basta't lilipad sila sa loob ng 24 oras mula sa pag-alis nila sa bahay o hotel.

Isang tao lamang ang papayagang maghatid sa pasahero sa airport.

Q: Magbabakasyon sana ako sa ibang bansa. Papayagan ba akong umalis ng bansa habang may ECQ?

A: Walang papayagang Filipino na magbakasyon sa ibang bansa

3: FAQs ON TESTING KITS

ENGLISH

Q: What tests are available to check if a person has COVID-19?

A: There are two types of tests available:

- **PCR method** - tests for the presence of virus in a sample, even before symptoms appear
- **Immunologic method (rapid test kits/ point-of-care kits)** - tests for the presence of an antibody to the virus. This test works best once symptoms appear.

Q: How is COVID-19 tested in the Philippines?

A: Here are the steps:

1. Your health care workers will get a sample from your throat or sputum
2. This sample will be sent to a laboratory for testing
3. The laboratory will use different processes to check if you have COVID-19

FILIPINO

Q: Anong mga test ang maaaring gamitin upang malaman kung ang isang tao ay mayroong COVID-19?

A: May dalawang klase ng test depende sa pamamaraan:

- **PCR method** - tinutukoy kung may virus ang tao bago pa man magpakita ng sintomas
- **Immunologic method o rapid test kit** - tinutukoy ang presensya ng antibodies (panlaban ng katawan sa virus) pagkatapos magpakita ng sintomas

Q: Paano tinetest ang COVID-19 sa Pilipinas?

A: Ito ang mga hakbang:

1. Kukuha ng sample ang mga health worker mula sa iyong lalamunan o plema
2. Ipadadala ang sample na ito sa labotaryo para itest.
3. Gagamit ang laboratoryo ng iba't ibang proseso para alamin kung positibo ka sa COVID-19.

Q: Does it work the same as a pregnancy test kit?

A: No. The COVID-19 'test kit' is very different from a pregnancy test kit that can be bought at the pharmacies. Pregnancy test kits can give you results right away but it takes time to get the result of a COVID-19 test. COVID-19 testing requires a specialized laboratory, sophisticated equipment, and highly trained personnel.

Q: Kapareho lang ba ito ng pregnancy test kit?

A: Hindi. Malaki ang pagkakaiba ng COVID-19 test kit at ng pregnancy test kit na mabibili sa botika. Habang mabilis malaman ang resulta ng pregnancy test, kailangan naman ng COVID-19 test kit ang isang biosafety laboratory, mga espesyalisadong kagamitan, at mga taong may sapat na kasanayan para isagawa ito.

Q: Among the two tests (PCR Tests and Rapid Tests) which is more accurate?

A: PCR Tests are more accurate than Rapid Tests! The PCR test can detect the COVID-19 virus in the body even before symptoms begin. The rapid test kit, on the other hand, does not detect the virus. It detects antibodies the body develops to fight the virus. Thus the rapid test kit detects the virus later, usually around the time symptoms begin and after.

Q: Ano ang mas mapagkakatiwalaan: PCR Test o Rapid Test?

A: Di hamak na mas mapagkakatiwalaan ang PCR Test! Natutukoy ng PCR Test kung may virus ang isang tao BAGO pa man magpakita ng sintomas. Samantala, natutukoy lamang ng Rapid Test ang antibodies (panlaban ng katawan sa virus) PAGKATAPOS magpakita ng sintomas.

Q: Why are Rapid Tests not advisable for diagnosing COVID-19?

A: The rapid test is more effective in detecting the virus once a person has symptoms. It's not advised for patients with no symptoms.

Q: Bakit hindi ipinapayo ang paggamit ng Rapid Test sa pag-diagnose ng COVID-19?

A: Dahil hindi nito kayang tukuyin ang presensya ng COVID-19 sa taong wala pang ipinapakitang sintomas. Hindi ito tulad ng PCR Test na kayang malaman kung may virus ang isang tao kahit wala pa itong ipinapakitang sintomas.

Q: Why are we not using the Rapid Test Kits to screen the public like other countries are doing ?

A: Because the rapid test kit usually provides negative results in people without symptoms of the COVID-19 infection. It can only provide a positive result to a persons with symptoms already. Those countries that are doing "drive-through" testing are generally testing people with symptoms. They do a "drive-through" test to minimize contact between lab personnel and patients.

Q: Bakit hindi tayo gumagamit ng Rapid Test Kits para sa publiko tulad ng ginagawa sa ibang bansa?

A: Dahil hindi nito kayang tukuyin ang presensiya ng COVID-19 sa taong wala pang ipinapakitang sintomas. Kaya lamang nitong makita ang virus kapag may sintomas na ang isang tao. May mga bansang nagsasagawa ng "drive-through" testing gamit ang rapid test kits subalit para lamang ito sa mga nagpakita na ng sintomas. Ginagawa nila ito upang bawasan ang kontak ng mga taga laboratoryo at ng pasyente.

Q: Is the COVID-19 PCR testing accurate?

A: Yes. RITM and sub-national Laboratories follow WHO guidelines and global biosafety standards. Several layers of verification are in place to ensure the integrity of our testing results.

Q: Mapagkakatiwalaan ba ang resulta ng PCR testing?

A: Oo. Ang RITM at mga sub-national laboratories ay sumusunod sa pandaigdigang alituntunin ng WHO. Nagsasagawa ng iba't ibang antas ng beripikasyon para matiyak na mapagkakatiwalaan ang resulta ng mga test.

Q: Can any hospital set up a laboratory for PCR testing?

A: No. There are many machines needed for PCR testing and only a few hospital laboratories have all of them. There are also strict requirements and standards to set up a laboratory.

Q: Why is RITM the lead laboratory that conducts COVID-19 testing?

A: RITM is the only WHO-recognized National Reference Laboratory for emerging infectious diseases in the Philippines. RITM serves as the confirmatory testing lab for infectious diseases in the country.

Q: What hospitals can do the PCR testing?

A: Aside from RITM, There are currently 4 sub-national laboratories that can do PCR Testing:

1. Baguio General Hospital and Medical Center (Baguio City)
2. San Lazaro Hospital (Metro Manila)
3. Southern Philippines Medical Center (Davao City)
4. Vicente Sotto Memorial Medical Center (Cebu City)

Other public and private laboratories are also being assessed for capacity to do the PCR tests.

Q: Maaari bang magtayo ng laboratoryo ang kahit anong ospital para magsagawa ng PCR testing?

A: Hindi. Maraming machine and kailangan bago magsagawa ng PCR testing at kakaunting ospital lamang ang mayroon nito. Mayroon ding striktong requirements at standards bago makapag-set up ng laboratoryo.

Q: Bakit RITM ang laboratoryong nangunguna sa pagsasagawa ng COVID-19 testing?

A: RITM lamang ang kinikilalang laboratoryo ng WHO para magtest ng mga nakahahawang sakit dito sa ating bansa.

Q: Aling mga ospital ang may kapasidad magsagawa ng PCR testing?

A: Bukod sa RITM, may apat (4) na subnational laboratories ang may kakayahang magsagawa ng PCR testing sa kasalukuyan:

1. Baguio General Hospital and Medical Center (Baguio City)
2. San Lazaro Hospital (Metro Manila)
3. Southern Philippines Medical Center (Davao City)
4. Vicente Sotto Memorial Medical Center (Cebu City)

Sa kasalukuyan, patuloy na pinag-aaralan kung may kapasidad ang iba pang pribado at pampublikong laboratoryo na magsagawa ng PCR testing.

Q: How do RITM and the sub-national laboratories perform COVID-19 testing?

A: All laboratories strictly follow guidelines set by the World Health Organization (WHO) when responding to outbreaks. They are required to conform to global biosafety standards, where every test is performed by highly-trained laboratory personnel, and regularly calibrated equipment. General steps for COVID-19 testing include:

1. Collecting sample of sputum or swab of throat
2. Sending to RITM/SNL
3. Evaluating specimens.
4. Virus inactivation
5. Nucleic Acid Extraction
6. Screening and Release

Before laboratories release COVID-19 results from the laboratory, several layers of verification are in place to ensure the integrity and credibility of the results.

Q: How long does the result of the COVID-19 laboratory confirmation take?

A: Laboratory confirmation of COVID-19 takes 24 to 48 hours. The turnaround begins from the time the samples are received by RITM and passed the criteria for acceptable specimen, and ends as the results are released to the Regional Epidemiology and Surveillance Units (RESUs).

Q: Where can we get our COVID-19 test results?

A: RITM will release the result to the hospital where the patient is admitted, Regional Epidemiology and Surveillance Units (RESU), and the Epidemiology Bureau of the DOH. The attending physician or the City/Municipal Health Officer will provide the patient with his/her test results.

Q: Is the cost for test kits covered by my PhilHealth membership?

Yes. The testing and test kits themselves are free for everyone, and hospitals who offer them will be reimbursed by PhilHealth for the costs.

Q: Paano isinasagawa ng RITM at ng iba pang laboratoryo ang COVID-19 testing?

A: Estriktong sinusunod ng RITM at mga sub-national laboratories (SNL) ang mga alituntunin na itinakda ng World Health Organization sa pagresponde sa mga epidemya. Ang bawat test ay isinasagawa ng mga taong may sapat na kasanayan at kagamitan. Ilan sa mga hakbang sa pagtest ng COVID-19 ay ang sumusunod:

1. Pagkolekta ng specimen
2. Pagpapadala nito sa RITM/SNL
3. Pag-evaluate ng specimen
4. Virus inactivation
5. Nucleic Acid Extraction
6. Pag-screen at paglalabas ng resulta

Bago ilabas ang mga resulta, maraming beses pang tinitiyak ang integridad at kredibilidad nito.

Q: Gaano katagal bago ilabas ng laboratoryo ang resulta ng COVID-19 test?

A: Aabot ng 24 hanggang 48 na oras bago mailabas ang resulta ng test. Mag-uumpisa ito sa oras na matanggap ng RITM ang mga sample at nakumpirma na tama ito. Matatapos naman ito sa oras na mailabas ang resulta sa mga Regional Epidemiology and Surveillance Units (RESUs).

Q: Saan makukuha ang resulta ng COVID-19 test?

A: Ipapadala ng RITM ang mga resulta sa ospital kung saan nakaadmit ang pasyente, sa Regional Epidemiology and Surveillance Unit (RESU), at sa Epidemiology Bureau ng DOH. Ang nakatalagang doktor o city/municipal health officer ang magbibigay sa pasyente ng kanyang resulta.

Q: Sakop ba ng aking PhilHealth membership ang gastos sa COVID-19 testing?

A: Oo. Libre ito para sa mga taong nakitang nangangailangan ng laboratory examination. Babayaran ng PhilHealth ang mga ospital na magsasagawa nito.

<p>Q: What will happen to the donated PCR-based kits?</p> <p>A: The donated test kits are being validated by the Research Institute of Tropical Medicine before they can be used . As of today, the Chinese Government has donated 4,167 complete test kit sets which can be used to run 100,000 test samples. RITM will distribute the test kits to the 4 subnational laboratories. All L2 and L3 hospitals are capable of gathering specimen samples</p>	<p>Q: Ano ang gagawin sa mga donasyong PCR-based kits?</p> <p>A: Susuriin muna ng Research Institute of Tropical Medicine ang mga donasyong test kit bago gamitin. Sa kasalukuyan, nagbigay ang pamahalaan ng Tsina ng 4,167 test kits na kayang magtest ng 100,000 samples. Ipapamahagi ng RITM sa 4 na subnational laboratories ang mga test kit na ito. Lahat ng L2 at L3 na ospital ay may kapasidad na mangalap ng specimen samples.</p>
<p>Q: Who will be tested?</p> <p>A: Testing will be prioritized for:</p> <ul style="list-style-type: none"> ▪ Patients with severe symptoms ▪ Patients Under Investigation who are 65 years old and above, those with pre-existing illnesses and weak immune systems, and those with high-risk pregnancies 	<p>Q: Sino ang mga maaaring bigyan ng test?</p> <p>A: Uunahing bigyan ng test ang mga pinakanangailangan nito:</p> <ul style="list-style-type: none"> ▪ Mga pasyenteng may malubhang sintomas ▪ Mga pasyenteng pinaghihinalaang may virus, na pasok alinman sa mga kategoryang ito: 1) 65 taong gulang pataas, 2) dati nang may karamdaman at mahina ang resistensya, at 3) maselan ang pagbubuntis.

4: POINTERS ON PREVENTING COVID-19 FROM ENTERING THE HOME

ENGLISH	FILIPINO
<p>MAIN: Whether it's to work or to get your family basic necessities, you may need to leave your house during enhanced community quarantine.</p> <p>SUB: The DOH has some tips to prevent COVID-19 from following you home.</p>	<p>MAIN: Ngayong ipinapatupad ang Enhanced Community Quarantine ay maaaring may mga pagkakataon na kinakailangan mong lumabas sa bahay upang magtrabaho o bumili ng basic necessities.</p> <p>SUB: Alamin ang tips mula sa DOH upang maiwasan ang pagpasok ng COVID-19 sa bahay.</p>
<p>MAIN: Remember that it isn't possible to totally disinfect your home.</p> <p>SUB: With proper practices in place, you are reducing the risk of COVID-19 entering your home.</p>	<p>MAIN: Alalahanin na hindi posibleng i-disinfect ang iyong bahay nang lubos.</p> <p>SUB: Pero kung may wastong pag-iingat, mababawasan ang panganib ng pagpasok ng COVID-19 sa bahay.</p>
<p>MAIN: Unless it is an emergency or absolutely necessary, do not leave your home.</p> <p>SUB: Always bring some alcohol or hand sanitizer with you when you leave the home. While outside, do not touch your face.</p>	<p>MAIN: Maliban kung may emergency o ganap na pangangailangan, huwag umalis sa bahay.</p> <p>SUB: Kung kailangan umalis sa bahay, magdala ng alcohol o hand sanitizer. Huwag din hawakan ang mukha habang nasa labas ng bahay.</p>

MAIN: When you get home, spray the soles of your shoes with alcohol, and remove them before entering the house.

SUB: Leave your shoes in a designated area outside or near your front door.

MAIN: Remove your clothing and put them in a separate laundry bag.

SUB: Wash them in water and detergent with some bleach as soon as possible.

MAIN: If you were wearing PPEs such as gloves or masks, throw them away in a separate trash bin and wash your hands thoroughly.

SUB: Remember to keep PPEs separate from regular trash. Keep them in a sealed bag for 72 hours before leaving them outside to be collected.

MAIN: Leave your bags, keys, spare change, and other items brought outside in a designated area or box near your front door.

SUB: Clean the surfaces of bags or other items brought outside by spraying them with diluted bleach or 70% alcohol solution.

MAIN: Have alcohol or sanitizer outside your front door, and sanitize your hands before entering.

SUB: As long as you have not sanitized your hands, try not to touch anything in the house.

MAIN: Take a bath as soon as you get home.

SUB: Thoroughly wash all exposed areas with soap. As with handwashing, scrub for at least 20 seconds.

MAIN: Continue practicing everyday preventive actions to avoid catching COVID-19.

SUB: Wash your hands, practice social distancing, cover your mouth and nose when you cough or sneeze, stay home or wear a face mask when you're sick, and clean frequently touched surfaces using bleach or household detergent and water.

MAIN: Pag nakauwi na, mag-spray ng alcohol sa swelas, at hubarin ang sapatos bago pumasok sa bahay.

SUB: Ilagay ang sapatos sa itinalagang lugar sa labas ng bahay, o malapit sa pintuan.

MAIN: Hubarin ang iyong damit at ilagay sa hiwalay na laundry bag.

SUB: Labhan ito gamit ang tubig, detergent, at konting bleach sa madaling panahon.

MAIN: Kung gumamit ng PPEs tulad ng gloves o face mask, itapon ito sa hiwalay na basurahan at hugasan ang iyong kamay ng mabuti.

SUB: Ihiwalay ang gamit na PPEs sa ibang basura. Ilagay muna ito sa selaydong bag sa loob ng 72 oras bago iwanan sa labas upang makolekta.

MAIN: Ilagay ang bag, susi, barya, at iba pang mga gamit na dinala sa labas sa itinalagang lugar o kahon malapit sa pintuan.

SUB: Linisin ang bag at ibang gamit na dinala sa labas sa pamamagitan ng pag-spray ng bleach at tubig o 70% alcohol solution.

MAIN: Mag-iwan ng alcohol o sanitizer malapit sa pintuan, at linisin muna ang kamay bago pumasok sa bahay.

SUB: Habang hindi pa malinis ang kamay, huwag munang hawakan ang mga bagay sa loob ng bahay.

MAIN: Maligo muna pagdating na pagdating sa bahay.

SUB: Hugasan ng mabuti ang lahat ng nakalantad na erya gamit ang sabon. Tulad ng paghuhugas ng kamay, kuskusin ng mabuti ang katawan ng 20 na segundo.

MAIN: Ituloy ang mga preventive measures para maiwasang mahawa sa COVID-19.

SUB: Ugaliing maghugas ng kamay, sumunod sa social distancing, takpan ang ilong at bibig kung bumahing o umubo, huwag umalis sa bahay at magsuot ng face mask kung ikaw ay may sakit, at linisin ang madalas na hinahawakang mga bagay gamit ang bleach o household detergent at tubig.

5: FAQs ON SOCIAL DISTANCING

ENGLISH

Q: What does Social Distancing mean?

A: Social distancing means minimizing close interactions with other people to help limit the spread of the COVID-19 virus.

Stay away from:
crowded places and non-essential gatherings
everyday touching, such as shaking hands and hugging
people at higher risk of getting the COVID-19 virus, such as e.g. older adults and those in poor health

Q: How to practice Social Distancing?

A: Here's how you can practice social distancing:
Keep a distance of at least 1 meter (about one arm's length) from others
Greet with a wave instead of a handshake, a kiss or a hug
Stay home as much as possible
Avoid crowded places and non-essential gatherings
Text, chat or call your friends or family instead of visiting

Keep in mind: Social Distancing is just one of the many ways to prevent COVID-19. You can also:
wash your hands often for at least 20 seconds
avoid touching your eyes, nose, and mouth
cough or sneeze into the bend of your arm
avoid touching surfaces that other people touch

FILIPINO

Q: Ano ang Social Distancing?

A: Ang Social Distancing ay ang pagbawas ng malapit na pakikipag-ugnayan sa ibang tao upang iwasan ang pagkalat ng virus.

Umiwas sa mga sumusunod:
Mga masisikip na lugar at di-mahalalagang pagtitipon.
Mga karaniwang pagbati, tulad ng pakikipagkamay, beso-beso at pakikipagyakap.
Pakikipag-ugnayan sa mga taong mas delikadong mahawaan ng virus tulad ng mga matatanda at mga may mahinang resistensiya.

Q: Paano Ginagawa ang Social Distancing?

A: Mga halimbawa ng social distancing na maaaring gawin ng bawat isa.
Pagpapantili ng hindi bababa sa 1 metrong layo o higit pa mula sa ibang tao
Kumaway nalang muna kapag bumati sa mga kaibigan. Huwag nang makipagkamay, magyakapan o makipagbeso-beso
Manatili muna sa loob ng bahay
Iwasan ang mga masisikip na lugar at mga di-mahalalagang pagtitipon.
Makipag-text, chat o telebabad na lang kaysa bisitahin ang mga kamag-anak at kaibigan.

Laging tandaan: Ang Social Distancing ay isa lang sa mga maraming paraan upang maiwasan ang COVID-19. Gawin din ang mga sumusunod:.

Laging hugasan ang iyong mga kamay ng hindi bababa sa 20 segundo
wasang hawakan ang iyong mata, ilong at bibig
umubo o bumahing sa loob ng siko
iwasang hawakan ang mga bagay na madalas hawakan ng ibang tao

6: POINTERS ON MENTAL HEALTH

ENGLISH	FILIPINO
Promote Psychosocial Wellbeing in Everyone	
<p>MAIN: Feelings of sadness, fear, and anxiety are normal during health emergencies. SUBHEAD: It's okay not to feel okay.</p>	<p>MAIN: Normal lang na makaramdam ng lungkot, takot, at pagkabahala sa panahon ng krisis. SUBHEAD: Okey lang na hindi ka okey.</p>
<p>We're here to support you.</p>	<p>Narito kami upang suportahan ka.</p>
<p>Everyday, we'll share Brain Break tips on how you can take care of your mental health. Because it's important too!</p>	<p>Araw-araw, magbabahagi kami ng Brain Break tips kung paano mo maaalagaan ang iyong mental health. Mahalaga rin ito!</p>
<p>Call the National Center for Mental Health (NCMH) Hotline if you need someone to talk to.</p>	<p>Tawagan ang National Center for Mental Health (NCMH) hotline kung kailangan mo ng makakausap.</p>
<p>NCMH COVID-19 Hotline SMART - 0949 568 2910 GLOBE - 0966 351 4518</p>	<p>NCMH COVID-19 Hotline SMART - 0949 568 2910 GLOBE - 0966 351 4518</p>
<p>USAP Hotline 0917 899 8727 989 - 8727 (Hindi ba 8 digit dapat?)</p>	<p>USAP Hotline 0917 899 8727 989 - 8727 (Hindi ba 8 digit dapat?)</p>
<p>MAIN: Keep in touch with family and friends over text, chat, phone or video calls. SUBHEAD: Share stories about what's happening and how you're feeling. You can also reach out to a mental health professional if you need more support.</p>	<p>MAIN: Makibalita sa iyong mga kamag-anak at kaibigan sa pamamagitan ng text, chat, phone o video call. SUBHEAD: Magkuwentuhan tungkol sa inyong mga karanasan at nararamdaman. Maaari ka ring makipag-ugnayan sa isang mental health professional kung kailangan mo ng dagdag na suporta.</p>
<p>National Center for Mental Health (NCMH) COVID-19 Hotline</p> <p>SMART - 0949 568 2910 GLOBE - 0966 351 4518</p>	<p>National Center for Mental Health (NCMH) COVID-19 Hotline</p> <p>SMART - 0949 568 2910 GLOBE - 0966 351 4518</p>
<p>MAIN: Do things that make you feel happy and relaxed. SUBHEAD: Have a daily exercise routine, prepare healthy food, and get enough rest. Prayer, meditation, or other enjoyable activities help, too.</p>	<p>MAIN: Gumawa ng mga bagay na nagpapasaya at nagpapa-relax sa iyo. SUBHEAD: Mag-ehersisyo araw-araw, kumain ng masustansiyang pagkain, at matulog nang sapat. Makakatulong din ang pagdarasal, meditation, at iba pang libangan.</p>

MAIN: Take breaks when reading the news.

SUBHEAD: Facts minimize fear. But too much negative news can also be stressful.

Alternate suggestion:

MAIN: Gather accurate information from reliable sources such as the WHO or the DOH at regular times only.

SUBHEAD: Facts minimize fear but overexposure to negative news can contribute to stress.

MAIN: Magsingit ng pahina kapag nagbabasa o nanonood ng balita.

SUBHEAD: Nababawasan ang takot dahil sa tamang impormasyon. Subalit nakaka-stress din ang masobrahan sa negatibong balita.

Alternate suggestion:

MAIN: Kumuha lamang ng impormasyon mula sa mga mapapagkatiwalaang source tulad ng WHO at DOH. Maglaan lamang ng regular na oras kung kailan magbabasa ng balita.

SUBHEAD: Habang nakababawas ng takot ang tamang impormasyon, subalit nakaka-stress din ang masobrahan sa negatibong balita.

MAIN: Stay hopeful.

SUBHEAD: Hope is a better motivator than fear. Trust that tomorrow, things will be different.

MAIN: Manatiling puno ng pag-asa.

SUBHEAD: Mas mabuting kumapit sa pag-asa kaysa sa takot. Magtiwala na bukas, may magbabago.

MAIN: Words matter. Remember that people who have COVID-19 are people too.

SUBHEAD: Let's stop stigma, negative stereotypes or assumptions about those, and dehumanizing those who have the virus.

Instead of "COVID-19 cases" or "victims" use:

"people who have COVID-19"

"people recovering from COVID-19"

"people who died after contracting COVID-19"

MAIN: Importante ang pagpili ng salita. Sa halip na sabihing "mga kaso" o "mga biktima" ng COVID-19, gamitin ang "positibo sa COVID-19," "nagpapagaling sa COVID-19," o "namatay dahil sa COVID-19."

SUBHEAD: Iwasan ang pagpapalaganap ng mga salitang nagdudulot ng takot, stigma, mga negatibong pagpapalagay, at di makataong pagtrato sa mga taong positibo sa COVID-19.

Promote Psychosocial Wellbeing among the Team of Frontline Workers and Their Supervisors (Tips for those around frontline workers)

MAIN: Be empathic when health workers express their fears and apprehensions.

SUBHEAD: This is a very stressful time to health workers, and they need to deload what they're feeling. Be there to support them.

MAIN: Maging maunawain sa ating health workers kapag nagpapahayag sila ng kanilang mga takot at pangamba.

SUBHEAD: Sobrang stressful ng sitwasyon ito para sa ating health workers at mahalagang makapaglabas sila ng sama ng loob. Damayan natin sila at suportahan.

MAIN: Recognize the contributions of our frontline health workers

SUBHEAD: Words of appreciation for their dedication and personal sacrifices can help our health workers get through these hard times

MAIN: Health workers need to take a time off from their work and do their own activities too.

SUBHEAD: Just like everyone else, health workers need to spend time with loved ones, exercise, pray, and continue their activities outside work. Support them as much as you can.

MAIN: Avoid thinking of frontliners as carriers of COVID-19.

SUBHEAD: Frontliners may experience stigma just because of the nature of their work, complicating an already challenging and stressful situation. The support of frontliners' personal networks is more important than ever.

MAIN: Policies and protocols of hospitals and other agencies involved in the frontlines **MAIN:** Ensure that proper work schedules and assignments and appropriate referral systems for mental health support are in place.

SUBHEAD: Due to the nature of the crisis, extreme stress and burnout are a real risk. The right support systems can make things easier!

MAIN: Kilalanin ang kontribusyon ng ating frontline health workers.

SUBHEAD: Malaking tulong ang mga pasasalamat natin para sa dedikasyon at sakripisyo ng ating mga health workers upang kayanin nila ang krisis na ito.

MAIN: Kinakailangan din ng mga health workers ng oras para sa kanilang mga sarili at magpahinga.

SUBHEAD: Tulad ng iba, ang health workers ay kailangan ding makasama ang kanilang mahal sa buhay, mag-ehersisyo, magdasal, at ipagpatuloy ang iba pa nilang pinagkakaabalahan sa labas ng trabaho.

MAIN: Huwag isipin na may dalang COVID-19 ang frontliners.

SUBHEAD: Maaaring pag-isipan nang masama ang frontliners dahil sa kalikasan ng kanilang trabaho. Dahil dito, mas magiging komplikado pa ang mahirap na nga nilang sitwasyon. Sa mga ganitong panahon, mas napakaimportante ng suporta ng kanilang pamilya at kaibigan.

MAIN: Tiyakin na may nakalatag na maayos na work schedule, assignment, at referral systems para alagaan ang mental health ng frontliners.

SUBHEAD: Lubhang mapanganib ang matinding stress at burnout sa gitna ng krisis na ito. Malaki ang maitutulong ng tamang support system sa ating frontliners!

Promote Psychosocial Wellbeing among the Team of Frontline Workers and Their Supervisors (Tips for frontline workers themselves)

MAIN: Finding time to reflect is important for your mental health!

SUBHEAD: Minimize the effect of stress on your mental well-being by drawing on skills and resources that have helped in the past.

MAIN: Maglaan ng oras para magnilay. Importante ito para manatiling malusog ang iyong isip!

SUBHEAD: Balikan ang mga skills at resources na nakatulong sa iyo noon at gamitin ito para mabawasan ang stress.

MAIN: Seek support from people you trust, or from a mental health professional.

SUBHEAD: Stress, anxiety, irritability, or other overwhelming feelings are best processed with the right people.

MAIN: Stress, anxiety, irritability, tiredness, and guilt are normal during crises.

SUBHEAD: They are NOT indicators of your failure as a health worker!

MAIN: Humingi ng suporta mula sa mga taong pinagkakatiwalaan mo, o mula sa isang mental health professional.

SUBHEAD: Pinakamainam na maproseso ang stress, kaba, pagkairita, o iba pang matinding damdamin sa tulong ng tamang mga tao.

MAIN: Normal na makaramdam ng stress, pagkairita, guilt, pagkabalisa, at pagod sa panahon ng krisis.

SUBHEAD: HINDI ito tanda ng kahinaan o pagkabigo bilang health worker!

Promoting Psychosocial Well-being among the Older Population and Children

Children

MAIN: Discuss COVID-19 with children in an honest and simple way.

SUBHEAD: During crises, children can pick up on the stress and anxiety exhibited around them. Explaining what's going on can help them manage their own emotions.

MAIN: Encourage children to continue to play, even just at home.

SUBHEAD: Keeping them in contact with friends or classmates can help ease children's anxiety or distress.

MAIN: Maintain familiar daily routines for children.

SUBHEAD: Provide regular time for learning activities, even if they're not in school.

MAIN: Listen to children, give them affection, and be patient, supportive, and gentle.

SUBHEAD: It's normal for children to respond to stressful situations by being more demanding, more agitated, or more fearful. This can be mitigated with the proper response.

MAIN: Ipaliwanag ang COVID-19 sa mga bata sa paraan na maiintindihan nila.

SUBHEAD: Sa oras ng krisis, normal na mahawa ang mga bata sa stress at pagkabalisa ng mga taong nasa paligid nila. Makakatulong na ipaliwanag sa kanila kung ano ang nangyayari.

MAIN: Hikayatin ang bata na maglaro, kahit sa bahay lang.

SUBHEAD: Hayaan silang makipag-usap sa mga kaklase at kaibigan upang mabawasan ang stress at pangamba nila.

MAIN: Ituloy ang nakasanayang routine ng mga bata sa pang-araw-araw.

SUBHEAD: Siguraduhing may regular na oras sila para sa pag-aaral, kahit wala sila sa eskwelahan.

MAIN: Kapag stressed ang bata, makinig sa kanya at kausapin nang may lambing, pasensya, at pagmamahal.

SUBHEAD: Normal lang na maging mas demanding, di mapakali, at matatakutin ang bata kapag stressful ang sitwasyon. Maaagapan ito gamit ang angkop na tugon.

Older adults, the elderly

MAIN: Prepare personal safety packs for the elderly to help them feel secure.

SUBHEAD: These should include the older person's personal information, available contacts, list and supply of regular medicines, storable food and snacks and bottles of water, for at least two weeks

MAIN: Let older relatives know you're there for them if they need it.

SUBHEAD: Emotional support for the elderly through families, neighbors, and health professionals will help reduce their anxiety during crises. .

MAIN: Encourage the elderly to take care of their own needs, and to stick to healthy, relaxing, and enjoyable routines.

SUBHEAD: Be present and patient for them when they need help, too.

MAIN: Be patient, clear, concise, and respectful when sharing information to the elderly about how to protect themselves from the virus.

SUBHEAD: Anxiety about COVID-19 can be more intense among the elderly.

MAIN: Maghanda ng personal na safety packs para sa mga matatanda para maramdaman nilang nasa mabuting kalagayan pa rin sila.

SUBHEAD: Kasama na dito ang kanilang personal na impormasyon, contact information, listahan at supply ng kanilang regular na gamot, at pagkain at tubig na aabot ng dalawang linggo.

MAIN: Ipaalam sa mas nakakatandang mga kamag-anak na nariyan kayo para sa kanila.

SUBHEAD: Nakakatulong ang emotional support mula sa kapamilya, kaibigan, at health professionals upang bawasan ang pagkabalisa ng mga matatanda.

MAIN: Hikapatin ang mga matatanda na alagaan ang sarili at laging gumawa ng mga masasayang aktibidad na mabuti sa kalusugan.

SUBHEAD: Sa oras na kailanganin nila ang inyong tulong, damayan sila at huwag iiwanan.

MAIN: Maging matiyaga, malinaw, at magalang tuwing nagbibigay ng impormasyon sa matatanda tungkol sa COVID-19.

SUBHEAD: Maaaring maging mas matindi ang pagkabalisa ng mga matatanda tungkol sa COVID-19.

7: FAQs ON STAKEHOLDER RESPONSIBILITIES FOR COVID-19 RESPONSE

ENGLISH

Q: What are the responsibilities of the DOH (National) in COVID-19 response?

A: The DOH is in-charge of:

- Creating standards and protocols for COVID-19 response
- Provision of expert guidance to LGUs
- Coordinating with other Government Agencies through the Inter-Agency Task Force
- Communicating and disseminating information on the COVID-19 Health Situation
- Augmenting medical supplies to health facilities

FILIPINO

Q: Anu-ano ang mga tungkulin ng DOH (National) sa pagresponde sa COVID-19?

A: Ang DOH ang nangangasiwa sa:

- Pagbuo ng mga alituntunin o pamantayan para sa pagresponde sa COVID-19
- Pagbigay ng ekspertong gabay para sa mga LGUs
- Pagsasaayos ng koordinasyon ng iba't ibang ahensya sa bansa sa pamamagitan ng Inter-Agency Task Force
- Pagbigay ng impormasyon tungkol sa COVID-19 Health Situation ng bansa.
- Pagtulong sa mga health facilities na punan ang kakulangan sa medical supplies

Q: What are your responsibilities in the COVID-19 response?

A: Cooperate and follow advisories and guidelines from the DOH and the IATF. Get your updates on guidelines and protocols from official DOH accounts

Q: What are the responsibilities of the Centers for Health Development (Regional DOH Offices) in COVID-19 response?

A: The Centers for Health Development are in-charge of:

- Coordinating COVID-19 health responses between the DOH and the Provincial/ City/ Municipal Health Offices
- Assessing COVID-19 response needs of the region
- Cascading information and risk communication from the DOH Central Office to the different local health offices

Q: What are your responsibilities in the COVID-19 response?

A: Work closely with the Centers for Health Development. Let them know the particular needs of your community, and help them spread the right information to your neighborhood.

Q: Anu-ano ang mga tungkulin mo sa pagresponde sa COVID-19?

A: Makiisa at sundin ang mga abiso at patakaran ng DOH at IATF. Alamin ang mga bagong balita at impormasyon tungkol sa COVID-19 mula sa official DOH channels.

Q: Anu-ano ang tungkulin ng Centers for Health Development (Regional Offices) sa pagresponde sa COVID-19?

A: Ang mga Centers for Health Development ang namamahala ng:

- Koordinasyon sa pagresponde sa COVID-19 sa pagitan ng DOH at mga Provincial/ City/ Municipal Health Offices
- Pagsusuri sa mga pangangailangan ng rehiyon ukol sa COVID-19
- Pagpapakalat ng impormasyon at maayos na risk communication mula sa DOH Central Office papunta sa iba pang lokal na mga pamahalaan

Q: Anu-ano ang mga tungkulin mo sa pagresponde sa COVID-19?

A: Makipag-ugnayan sa Centers for Health Development. Ipaalam sa kanila ang inyong mga hinaing at pangangailangan, at tulungan silang ipakalat ang tamang impormasyon sa iyong lugar.

Q: What are the responsibilities of the Local Government Units (LGUs) in COVID-19 response?

A: The LGUs are in-charge of:

- Assessing the COVID-19 situation in their areas
- Providing resources and services to respond to the COVID-19 situation:
 - Providing isolation units for patients with COVID-19 that does not need hospitalization
 - Providing transportation for both patients and healthcare workers
 - Contact tracing
 - Ensuring rules on sanitation are followed
 - Supporting mental health needs of the public
 - Enforcing social distancing measures such as physical distancing, prohibiting mass gatherings, and strict home quarantine
- Coordinating with the national government and the private sector
- Ensuring the availability of medical and emergency supplies of health facilities under the LGU
- Communicating and educating the public on proper COVID-19 response.

Q: Anu-ano ang tungkulin ng mga lokal na pamahalaan sa pagresponde sa COVID-19?

A: Ang mga lokal na pamahalaan ang mamamahala sa:

- Pagsusuri ng sitwasyon ng COVID-19 sa kani-kanilang lugar
- Paghahatid ng serbisyo na kinakailangan ng komunidad
 - Paglalaan ng mga isolation unit para sa mga pasyente na hindi kinakailangang ma-ospital
 - Paglalaan ng transportasyon para sa mga pasyente at health workers
 - Contact tracing
 - Pagsisiguro na nasusunod ang mga alituntunin sa kalinisan
 - Pagsuporta sa mental health needs ng publiko
 - Pagpapatupad ng mga hakbang upang mapigilan ang pagkalat ng sakit, gaya ng physical distancing, pagababawal ng mass gatherings, at istriktong home quarantine
- Pakikipag-ugnayan sa national government at mga pribadong sektor
- Pagsisiguro na sapat ang medikal at emergency supplies ng mga pasilidad na sakop ng LGU
- Pakikipag-usap at pagtuturo sa kanilang nasasakupan ukol sa tamang pagresponde sa COVID-19

Q: What are your responsibilities in the COVID-19 response?

A: Follow the protocols and advisories of your local government. Ensure that your LGUs' advisories and actions are in-line with the national response.

Q: Anu-ano ang mga tungkulin mo sa pagresponde sa COVID-19?

A: Sundin ang mga protokol at alituntunin na inilatag ng inyong lokal na pamahalaan. Bantayan din kung ang mga alituntunin at aksyon nila ay alinsunod sa pambansang mga batas.

Q: What are the responsibilities of the Local Government Units (LGUs) in COVID-19 response?

A: There are four main strategies that the LGUs should be implementing to manage the COVID-19 health emergency:

1. Contact Tracing - to contain spread of virus
2. Physical Distancing - to delay spread of virus
3. Diagnostics - to know how to handle the spread of the virus
4. Medical Management - to cure the infected

Q: Anu-ano ang responsibilidad ng mga lokal na pamahalaan sa pagresponde sa COVID-19?

A: Mayroong apat na istratehiya na dapat isinasagawa ang mga lokal na pamahalaan upang pangasiwaan ang COVID-19 health emergency:

1. Contact Tracing - upang iwasan ang pagkalat ng virus
2. Physical Distancing - upang i-delay ang pagkalat ng virus
3. Diagnostics - upang malaman ang mga susunod na hakbang upang maiwasan ang pagkalat ng virus
4. Medical Management - upang gamutin ang mga infected ng virus

Q: What are your responsibilities in the COVID-19 response?

A:

- Cooperate in contact tracing activities
- Stay at home and follow physical distancing measures
- Know when to get tested
- Avoid self-medicating.

Q: Anu-ano ang mga tungkulin mo sa pagresponde sa COVID-19?

A:

- Makipagtulungan sa contact tracing activities
- Manatili sa bahay at sundin ang physical distancing measures
- Alamin kung kailan dapat magpa-test, at
- Iwasang uminom ng gamot na walang patnubay ng mga health workers.

Q: What are the responsibilities of the private sector in COVID-19 response?

A: The private sector is expected to:

- Coordinate with the public sector on the sharing of resources and provision of other services
- Follow local and national guidelines in responding to the COVID-19 health situation in their community

Q: Anu-ano ang tungkulin ng pribadong sektor sa pagresponde sa COVID-19?

A: Ang pribadong sektor ay dapat na:

- Makipag-ugnayan sa pampublikong sektor upang tumulong sa pagresponde sa COVID-19
- Sumunod sa lokal at nasyunal na mga alituntunin sa pagresponde sa COVID-19 sa kanilang komunidad

Q: What are your responsibilities in the COVID-19 response?

A: Know what the private sector is offering and monitor/report if the private establishments (business, clinics, hospitals, etc.) within your community are following the guidelines and measures set by DOH and the National Government.

Q: Anu-ano ang mga tungkulin mo sa pagresponde sa COVID-19?

A: Alamin kung anu-ano ang mga tulong na ibinigay ng mga pribadong establisyemento sa inyong lugar (hal. business, klinika, ospital, atbp.) at bantayan ang mga ito kung sila ay sumusunod sa mga alituntunin ng DOH at ng Gobyerno.

Q: What are the responsibilities of PhilHealth in COVID-19 response?

A: PhilHealth is in charge of:
Providing additional funds to different health facilities to cover COVID-19-related costs (based on approved PhilHealth packages)

Q: What are your responsibilities in the COVID-19 response?

A: Ensure that your local hospitals are providing the right and needed services based on approved PhilHealth packages

Q: Anu-ano ang tungkulin ng PhilHealth sa pagresponde sa COVID-19?

A: Ang PhilHealth ay dapat na:
Mamahagi ng tulong pinansyal para sa mga iba't ibang pasilidad para sa mga gastos na nauugnay sa COVID-19 (base sa PhilHealth packages)

Q: Anu-ano ang mga tungkulin mo sa pagresponde sa COVID-19?

A: Siguruhin na ang inyong lokal na ospital ay nagbibigay ng tamang serbisyo base sa PhilHealth packages

8: LGU FOCUSED RESPONSIBILITIES TO COMBAT COVID-19

ENGLISH

LGUs are tasked to help in contact tracing activities. They should help in:

- Identifying and profiling of contacts
- Daily monitoring of identified contacts
- Reporting of identified contacts to the DOH provincial/regional/ surveillance teams
- Issuing certificate of completion for people who finished home quarantine

What you can do: Help in contact tracing activities, comply with strict home quarantine if instructed, and cooperate with your BHWs and BHERTs when they are monitoring you.

FILIPINO

Nakaatas sa LGUs ang pagtulong sa contact tracing. Dapat silang makiisa sa:

- Pagtukoy at pag-record sa mga contact
- Araw-araw na pagmo-monitor sa mga natukoy na contact
- Pag-uulat ng mga natukoy na contacts sa DOH surveillance teams
- Pagbibigay ng certification of completion sa mga taong nakatapos sa home quarantine

Anong magagawa mo: Tumulong sa pamahalaang lokal sa mga gawaing tulad ng contact tracing, pagtupad sa istriktong home quarantine measures, at pagkipagtulungan sa inyong BHWs at BHERT habang kayo ay binabantayan.

LGUs should enforce physical distancing measures such as:

- Ban on mass gatherings
- Closure of establishments/ observance of physical distancing in establishments
- Mandatory home quarantine
- Suspension of classes all levels
- Community isolation: Brgy/ municipality/ province-wide isolation, as necessary

What you can do: STAY AT HOME. You and your family are expected to follow the LGU's physical distancing measures or community quarantine procedures.

Ang pamahalaang lokal ay dapat magpatupad ng physical distancing measures tulad ng sumusunod:

- Pagbabawal ng mga malakihang pagtitipon
- Pagpapasara ng mga establisimento/ pagtupad sa physical distancing ng mga establisyemento
- Istriktong home quarantine
- Pagsuspinde ng klase sa lahat ng antas
- Pagbubukod ng komunidad mula barangay/munisipalidad/probinsya kung kinakailangan.

Anong magagawa mo: MANATILI SA BAHAY. Ikaw at ang iyong pamilya ay dapat na sumunod sa physical distancing measures o community quarantine procedures na ipinapatupad ng inyong lokal na pamahalaan.

LGUs should also provide basic social services to the people affected by the quarantine measures:

1. PUIs not requiring hospitalization,
2. PUMs, and
3. Vulnerable population such as senior citizens, people with underlying health problems, and pregnant women.

What you can do: Coordinate with your LGU on what services you can receive. Cooperate with their mechanism on the provision of basic services.

Dapat ding mamahagi ng LGU ng mga pangunahing pangangailangan ng kanilang mga nasasakupang apektado ng quarantine measures:

1. Mga PUI na hindi nangangailangan ng pagpapa-ospital,
2. Mga PUM, at
3. Mga taong kabilang sa vulnerable population tulad ng mga matatanda, mga taong may dati ng karamdaman, at mga buntis.

Anong magagawa mo: Makipag-ugnayan sa inyong LGU sa mga serbisyong maaari mong matanggap. Sumunod sa kanilang mekanismo kung paano matatanggap ang mga pangunahing serbisyo.

LGUs are also tasked to disseminate COVID-19 information to the public through their Barangay Health Emergency Response Teams (BHERTs) and Barangay Health Workers (BHWs).

What you can do: Listen to your Barangay Health Emergency Response Teams (BHERTs) and Barangay Health Workers (BHWs). Follow their advice to keep yourself safe and healthy.

Nakaatas din sa mga pamahalaang lokal ang pagmamahagi sa publiko ng mga impormasyon ukol sa COVID-19 sa pamamagitan ng mga Barangay Health Emergency Response Teams (BHERTs) at Barangay Health Workers (BHWs) nito.

What you can do: Makinig sa inyong Barangay Health Emergency Response Teams (BHERTs) at Barangay Health Workers (BHWs). Sundin ang kanilang mga abiso upang manatili kang ligtas at malusog.

The LGUs should implement the following measures in testing for people suspected with COVID-19:

- Identify primary care facilities that can do screening of possible patients with COVID-19
- Provide Personal Protective Equipment (PPEs) and other protective gears for health workers
- Provide guidelines in triaging patients/and referring patients
- Establish a telemedicine type of consult, if possible.

What you can do: STAY AT HOME. You can only be tested for COVID-19 if you fit the DOH's criteria for testing. See the DOH's latest algorithm for triage in its official online channels.

Dapat ipatupad ng LGUs ang mga sumusunod na hakbang sa pag-test sa mga hinihinalang may COVID-19:

- Pagtatala ng primary care facilities na unang susuri kung ang pasyente ay asymptomatic o mild case lamang.
- Pamamahagi ng Personal Protective Equipment (PPEs) at iba pang protective gears para sa frontliners at sa mga indibidwal na maituturing na vulnerable na mahawaan ng sakit, tulad ng mga nasa edad 60 taong gulang pataas, mahina ang immune system, may dalawa o higit pang chronic diseases, at buntis
- Maglabas ng mga gabay sa pagsusuri at referral ng mga pasyente
- Maglunsad ng telemedicine na konsultasyon, kung maaari

Anong magagawa mo: MANATILI SA INYONG TAHANAN. Maaari ka lamang magpa-test kung ikaw ay pasok sa pamantayan ng DOH para sa pagtest. Tignan ang pinakabagong algorithm for triage ng DOH sa mga opisyal na online channels nito.

The LGUs should implement the following medical management measures in response to COVID-19:

- Provide isolation facilities for patients with COVID-19 who are with no or mild symptoms
- Assign a COVID-19 health facility for the province
- Manage symptomatic patients
- Perform risk assessment and management of healthcare worker/s exposed to COVID-19

What you can do: Identify a medical facility closest to your place, so you know where to go in case of any urgent health concern. As much as possible, avoid self-medication and seek proper medical care when necessary.

Dapat ipatupad ng LGUs ang mga sumusunod na medical management measures:

- Paglalaan ng isolation facilities para sa mga pasyenteng hindi nagpapakita ng kahit anong sintomas at mga may mild na sintomas
- Pagtatalaga ng COVID-19 facility sa mga probinsya
- Pamamahala sa mga pasyenteng may sintomas
- Risk assessment at management para sa mga healthcare worker/s na na-expose sa COVID-19

Anong magagawa mo: Alamin kung saan ang pinakamalapit na medical facility sa iyong lugar, upang alam mo ang dapat puntahan kung sakaling mayroon kang agarang pangangailangan medikal. Iwasan din ang pagse-self medicate, at kumonsulta sa doktor kung kinakailangan

In response to COVID-19, LGUs are also called to:

- Organize Barangay Health Emergency Response Teams (BHERT)
 - Enforce and monitor price freeze of essential emergency medicines and medical devices due to COVID-19 Health Event
 - Provide transportation for health workers and other essential personnel
 - Ensure that sanitation, disinfection, and waste management is in place.
 - Assist in handling/transport/cremation of persons who died due to the disease
 - Provide PPEs in funeral homes
 - Implement innovation/s
 - Scaling up of best practices
 - Ensure availability of essential medicines
 - Communicate with the people information and updates on the COVID-19 health situation, translated to local languages
- Pagbuo ng Barangay Health Emergency Response Team (BHERT)
 - Pagpapatupad at pagmo-monitor ng price freeze para sa mga essential medicines at medical devices dulot ng COVID-19
 - Paglalaan ng sasakyan para sa mga kawani ng kalusugan at iba pang manggagawa
 - Pagsisiguro ng tamang sanitasyon, pagdisimpekta, at pangangasiwa ng basura
 - Pagtulong sa pag-aasikaso, paglipat at pag-cremate sa mga labi
 - Pagbibigay ng PPEs para sa mga nagtatrabaho sa punerarya
 - Pagi-implementa ng mga Innovation
 - Pag-aangat sa mga best practices
 - Pagsiguro na mayroong supply ng mahahalagang gamot
 - Pagpapakalat ng mensahe sa publiko ukol sa COVID-19 na nakasalin sa lokal na lengguwahe

What you can do: Support your LGU in COVID-19 response. Help monitor the availability of medicines and the implementation of price freeze in your area. Lastly, ensure proper waste management and sanitation at home and within your community to help contain the spread of the virus.

Anong magagawa mo:

Suportahan ang lokal na pamahalaan sa pagresponde sa COVID-19. Tumulong sa pagmo-monitor ng availability ng mga gamot at implementasyon ng price freeze sa inyong lugar. Siguruhin din na nasusunod ang kalinisan at tamang pagtatapon ng mga basura sa inyong bahay at buong komunidad upang makatulong sa pagpigil ng pagkalat ng virus.

9: FAQs FOR HEALTH CARE WORKERS

ENGLISH

FILIPINO

TRANSMISSION

Q: Is the virus airborne?

A: No, it is primarily transmitted via droplets.

However the WHO advises airborne precautions for medical staff performing aerosol-generating procedures (cardiopulmonary resuscitation, bronchoscopy, endotracheal intubation/extubation, nebulizer therapy, or sputum induction).

Q: Ang virus ba ay airborne o nasa hangin?

A: Hindi, ito ay pangunahing kumakalat sa pamamagitan ng mga droplets (sipon o laway mula sa pagbahing, pag-ubo, o pagsasalita).

Gayunpaman ipinapayo ng WHO sa mga medical staff ang posibilidad ng pagkalat nito sa hangin kapag nagsasagawa ng mga aerosol-generating procedures (cardiopulmonary resuscitation, bronchoscopy, endotracheal intubation/extubation, nebulizer therapy, o sputum induction).

Q: Does the virus stay on surfaces/transmit via fomites?

A: Yes, it can stay on surfaces since the virus can remain viable and infectious on surfaces up to days, depending on the inoculum shed. Make sure to disinfect these surfaces regularly and wash/sanitize your hands before and after handling these surfaces.

Q: Nananatili ba ang virus sa mga ibabaw ng kagamitan?

A: Oo, ito ay maaaring manatili sa mga ibabaw ng kagamitan dahil may kakayahan na mamuhay ang virus sa iba't ibang mga surfaces na tumatagal ng ilang araw, depende sa uri ng kagamitan.

Siguraduhin ang regular na paglilinis ng mga ibabaw nito, hugasan ang iyong kamay bago at pagkatapos gawin ito.

Q: Is transmission possible even without symptoms?

A: Yes. This is why social distancing and home quarantine are recommended, despite not having symptoms. Droplet transmission may still happen while the infected patient is talking or sneezing

Q: Posible ba ang pagkalat ng virus kahit walang sintomas?

A: Oo. Kung kaya't maigting na pinapairal ang physical distancing at home quarantine, kahit hindi pa nagkakaroon ng sintomas. Maaari pa ring mahawa ang iba sa pagsasalita at pagbahing ng walang sintomas na pasyente

DIAGNOSTICS

Q: Can CT scan be used in screening/diagnosing patients with COVID-19?

A: No. CT scan should not be used to screen for or as a first-line test to diagnose COVID-19.

Viral PCR testing is still the only specific method of diagnosis.

Q: Maaari bang gamitin ang CT scan bilang pang-screen o pangsuri sa mga pasyente na may COVID-19?

A: Hindi. Ang CT scan ay hindi dapat gamitin bilang pang-screen o pangsuri para malaman kung positibo sa COVID-19 ang isang pasyente.

PCR testing ang pangunahin at naaayon na paraan ng pagsusuri.

Q: Can CBC be used in determining a possible COVID-19 infection?

A: No. Viral PCR testing is still the only specific method of diagnosis. However, leukopenia and lymphopenia are common findings in more severe patients.

Q: Do I need to wait for a negative result before I discharge my COVID-19 positive patient?

A: No, since repeat testing is not a necessary criterion for discharge. However, advise the patient to:

1. Inform his/her local health authorities for monitoring
2. Return for a repeat testing after 14 days.

Fine print: For more information, refer to DOH Memorandum 2020-0108: Guidelines for Management of Patients with Possible and Confirmed COVID-19 here. <https://bit.ly/DOH-Management-Guidelines>

Q: I have an admitted patient classified as PUI who is clinically improving, however COVID-19 test results are still unavailable. What should I do?

A: You can send the patient home if he/she is improving even without COVID-19 test results. Advise the patient to continue quarantine at home for 14 days after improvement.

Q: Maaari bang gamitin ang CBC para malaman kung may posibleng COVID-19 ang isang pasyente?

A: Hindi. PCR testing pa rin ang pangunahin at naayong paraan ng pagsusuri. Ngunit ang pangkaraniwan resulta sa mga malulubhang pasyente ay ang leukopenia at lymphopenia.

Q: Kinakailangan bang hintayin na maging negatibo ang resulta bago pauwiin ang aking pasyente na nag positibo sa COVID-19?

A: Hindi, dahil hindi kabilang ang repeat testing sa batayan ng pagpapauwi ng pasyente. Gayunman, kinakailangang payuhan ang pasyente na:

1. Ipaalam sa kanyang local health authorities para sa monitoring.
2. Kailangang ulitin ang test pagkatapos ng 14 na araw.

Fine print: Para sa karagdagang impormasyon, basahin ang DOH Memorandum 2020-0108: Guidelines for Management of Patients with Possible and Confirmed COVID-19 dito. <https://bit.ly/DOH-Management-Guidelines>

Q: Mayroon akong isang PUI na pasyente na nakaadmit sa ospital na kasalukuyang gumagaling, ngunit hindi pa napapakumpirma ang mga naisagawang laboratoryo para sa COVID-19. Ano ang aking gagawin?

A: Maaari mong ipauwi ang pasyente kung siya ay gumagaling kahit hindi pa bumabalik ang resulta ng kanyang test. Abisuhan ang pasyente na ipagpatuloy ang home quarantine ng 14 na araw.

SYMPTOMS

Q: What should I do if my patient starts to develop symptoms?

A: If the symptoms are mild, advise the patient to stay at home and monitor. If severe, advise the patient to coordinate first with the nearest hospital before going to their ER.

Q: Ano ang aking hakbang kung ang aking pasyente ay nagsimulang magpakita ng sintomas?

A: Kung banayad ang sintomas, payuhan na manatili sa loob ng bahay at bantayan kung lulubha ito. Kung lumubha ang sintomas, makipagugnayan sa pinakamalapit na ospital bago pumunta sa kanilang ER.

Q: What will I advise for a patient experiencing mild symptoms?

A: Again, if with mild symptoms, advise the patient to stay at home. Instruct patient to observe proper precautions at home such as handwashing, regular disinfection, social distancing, having enough rest, taking fluids and doing supportive management.

Q: Ano ang aking ipapayo sa mga pasyenteng may banayad na sintomas?

A: Payuhan ang pasyente na manatili lamang sa kanilang bahay. Sundin ang mga gabay para hindi maikalat ang sakit tulad ng paghugas ng kamay, paglilinis ng paligid, pagsunod sa physical distancing, magpahinga, pag-inom ng maraming tubig, at iba pang mga lunas para mapabuti ang karamdaman.

Q: Is fever always the first symptom?

A: No, it appears in 70-80% of patients, so, while common, it should not be the only symptom to look out for.

Q: Ang lagnat ba ang palaging nauunang sintomas?

A: Hindi. 70-80 porsyento ng mga pasyente pangkaraniwang sintomas ang lagnat, ngunit hindi lamang ito ang dapat binabantayan.

Q: Is diarrhea a common symptom?

A: No, since only less than 5% worldwide have presented with diarrhea. That is why it has been dropped from the triage algorithm of DOH as of March 16, 2020.

Q: Karaniwang sintomas ba ang pagtatae?

A: Hindi, halos nasa 5 porsyento lamang sa buong mundo ang nakitaan ng pagtatae. Kung kaya't tinanggal ito sa triage algorithm ng DOH as of March 16, 2020.

TREATMENT

Q: Do I need to admit all patients with COVID-19? Are there protocols?

A: No. Only patients with moderate to severe disease require admission. As well as patients who have comorbidities and/or above 65 years old presenting mild symptoms.

Fine print: Read more on the WHO Clinical Management guidelines for Severe Acute Respiratory Infection (SARI) here. <https://bit.ly/WHO-SARI-Guidelines>

Q: Kinakailangan bang ipasok sa ospital ang lahat ng pasyenteng may COVID-19? Mayroon bang mga protocol?

A: Hindi. Ang mga kailangan lang maipasok ng ospital ay ang mga pasyenteng may katamtaman hanggang sa malubhang sakit. Pati na rin ang mga pasyenteng may ibang mga sakit at mga higit 65 na taon na may taglay na banayad na sintomas.

Fine print: Para sa karagdagang impormasyon, basahin ang WHO Clinical Management Guidelines for Severe Acute Respiratory Infection (SARI) dito. <https://bit.ly/WHO-SARI-Guidelines>

Q: My patient is unresponsive to antibiotics, should I test for COVID-19?

A: First evaluate them for Severe Acute Respiratory Infection (SARI) using the case investigation form found here.

<https://bit.ly/DOH-CIF-SARI>

Q: Ang aking pasyente ay hindi gumagaling sa natatanggap na antibiotics, kinakailangan ko ba siyang ipa-test sa COVID-19?

A: Imbestigahan muna ang pasyente para sa Severe Acute Respiratory Infection (SARI) gamit ang form dito. <https://bit.ly/DOH-CIF-SARI>

Q: What should I look for on x-ray/CT?

A: Primary findings would lead to a diagnosis of pneumonia. 75% of cases would also present with bilateral pneumonia. However, it should be noted that chest radiograph is insensitive and has been demonstrated to have normal results in the early or mild variants of the disease.

Q: Ano ang kailangan kong hanapin sa x-ray/CT?

A: Ang mga pangunahing resultang maibibigay batay sa pagsusuri ay pulmonya. 75 porsyento ng mga kaso ay may taglay na bilateral pneumonia. Gayunman, ang chest radiograph ay hindi sensitibo at may posibilidad na maging normal ang resulta sa maagang bahagi ng pagkakasakit nito.

Q: Can a patient get re-infected? Will the patient develop an immunity to COVID-19?

A: Early evidence shows recovered patients being positive for the virus. It is still too early to confirm possible reinfection.

Q: Maaari bang magkaroon muli ang isang pasyenteng dati nang nagkaroon ng COVID-19? Magkakaroon ba ng immunity laban sa sakit na ito?

A: Batay sa mga naunang ebidensya, naipakita na ang isang gumaling na pasyente ay nagkaroon muli ng sakit. Sa ngayon, masyado pang maaga para makumpirma kung posibleng mahawa muli.

Q: How should a patient classified as PUM be managed if he/she develops symptoms after 14 days of home quarantine?

A: Investigate as a differently new case, looking into possible new exposure of COVID-19 patients.

Q: Paano gagamutin at tutugunan ang isang PUM na nagkaroon ng sintomas pagkatapos ng 14 na araw ng home quarantine?

A: Suriin bilang posibleng bagong kaso, at tingnan kung nagkaroon siya ng mga panibagong exposure sa pasyenteng may kumpirmadong COVID-19.

PREVENTION

Q: Is there prophylaxis for COVID-19?

A: No, there has been no FDA approved prophylaxis for COVID-19, as of March 25, 2020.

Q: Mayroon bang gamot para sa COVID-19?

A: Wala pang naaprubahang gamot ang FDA para sa COVID-19, as of March 25, 2020.

Q: Is there medical management for COVID-19?

A: As of March 25, 2020, supportive management is the treatment of choice. Other forms of antiviral treatment are being studied and explored.

Q: Mayroon bang paraan kung paano magagamot ang COVID-19?

A: As of March 25, 2020, supportive management ang pangunahing lunas dito. Ang iba pang mga antiviral treatment ay kasalukuyang pinagaaralan.

Q: Can hydroxychloroquine be used to treat patients with COVID-19?

A: With informed consent, it may be used off-label for the treatment of severe cases of patients with COVID-19. However, the patients must be informed of the risks. There is no approved guideline regarding prophylaxis or prevention as of March 25, 2020.

Q: Maaari bang gamitin ang hydroxychloroquine para gamutin ang mga pasyenteng may COVID-19?

A: Bago ibigay ang off label na gamot sa pasyenteng may malalang kaso ng COVID-19, kailangang may informed consent. Dapat ipaalam sa pasyente ang mga panganib na idudulot ng gamot na ito. Wala pang naaprubahang gabay sa paggamit ng gamot na ito bilang gamot as of March 25, 2020.

Q: Is there a vaccine against COVID-19?

A: As of March 25, 2020, there is no vaccine for COVID-19. However, it is in the process of development. Details will be released with regards to this once it is available.

Q: May bakuna ba laban sa COVID-19?

A: As of March 25, 2020, wala pang bakuna para sa COVID-19. Gayunman, ito ay nasa proseso ng paggawa. Ang detalye ukol dito agad na ilalabas kapag mayroon na.

Q: A patient with COVID-19 has passed. What should be done?

A: Protocol dictates that cremation within 12 hours of death should follow. The body of the deceased still possesses the risk of being infectious. Details of which are outlined in DOH Memorandum 2020-0067: Guidelines on the Disposal and Shipment of the Remains of Confirmed Cases of 2019 Novel Coronavirus Acute Respiratory Disease (2019-nCoV ARD) here <https://bit.ly/DOH-Guidelines-Burial>

Q: Ano ang gagawin sa mga pasyenteng pumanaw sa COVID-19?

A: Kinakailangan sumailalim sa cremation ng katawan sa loob ng 12 na oras pagkatapos mamatay. Ang labi ng namatay ay maaaring magkalat pa rin ng sakit. Ang detalye ay nasasaad sa: DOH Memorandum 2020-0067: Guidelines on the Disposal and Shipment of the Remains of Confirmed Cases of 2019 Novel Coronavirus Acute Respiratory Disease (2019-nCoV ARD) dito para sa karagdagang impormasyon. <https://bit.ly/DOH-Guidelines-Burial>

DISINFECTION

Q: I don't have alcohol. What should I use?

A: Possible alternatives are soap and water, or a bleach solution of 1:100 (¼ cup bleach + 1 gallon water).

Q: Wala akong alcohol. Ano ang pwede kong gamitin?

A: Posibleng alternatibo ang sabon at malinis na tubig o ang 1:100 bleach solution (¼ cup bleach + 1 gallon ng tubig).

Q: As healthcare workers, how do we disinfect our clothes?

A: First, ensure that you follow proper PPE protocol. At home, ensure you wash your clothes using regular laundry soap and water, and sun-dry, as well as a full body bath as soon as possible.

Q: Bilang isang healthcare worker, paano i-disinfect ang aking damit?

A: Unang-una, siguraduhin na gamit mo ang sapat na PPE. Pagdating sa bahay, siguraduhing nalalabhan ang iyong damit gamit ang regular na detergent at tubig, patuyuin sa ilalim ng araw, kasama na rin ang agad na pagligo.

Q: What disinfectant spray is being used in fumigation tents, outdoors, etc?

A: Disinfectant sprays to be used may be hypochlorite- or alcohol-based. However it is important to note that it is still important to wash hands and sanitize equipment despite the spraying. More information can be read on the WHO Guidance on Water, Sanitation, Hygiene and Waste Management for COVID-19 here. <https://bit.ly/WHO-COVID-WASH>

Q: Anong mga uri ng disinfectant spray ang ginagamit sa mga fumigation tents at sa labas?

A: Ang maaaring gamitin na mga disinfectant spray ay hypochlorite- o alcohol-based. Gayunman mahalagang hugasan ang mga kamay at linisin ang mga equipment pagkatapos ng spraying. Mababasa ang karagdagang impormasyon ayon sa WHO Guidance on Water, Sanitation, Hygiene and Waste Management for COVID-19 dito. <https://bit.ly/WHO-COVID-WASH>

Q: Does sunlight kill the virus?

A: Not reliably. Disinfection via soap and water or bleach solution is still recommended.

Q: Namamatay ba ang virus kapag naarawan?

A: Walang itong kasiguraduhan. Ipinapayo pa rin ang paglilinis gamit ang sabon at tubig, o bleach solution.

Q: How do you properly disinfect hospital equipment which had contact with COVID-19 patients?

A: Linen should be washed in warm water and detergent or soaked in a drum with hot water or 0.05% chlorine solution for 30 minutes, then rinsed with clean water and dried in full sunlight.

Q: Paano ang wastong paglinis ng mga kagamitan o equipment sa ospital na ginamit para sa mga pasyenteng may COVID-19?

A: Kinakailangan malabhan ang mga lino gamit ang sabong panlaba o ibabad sa drum na may mainit na tubig, o 0.05% chlorine solution sa loob ng 30 minuto. Pagkatapos, banlawan gamit ang malinis na tubig at ibilad sa araw hanggang matuyo.

QUARANTINE

Q: What is home quarantine?

A: Home quarantine means staying at home with minimal interaction, including the people at home. This also includes separating personal belongings, disinfecting shared areas, wearing a mask if symptomatic, and looking out for development of new symptoms.

Q: Ano ang home quarantine?

A: Ang home quarantine ay pamamaraan ng pananatili sa bahay kung saan bawas ang interaksyon, kasama dito ang mga kasamahan sa bahay. Dagdag pa dito ang paghiwalay sa mga personal na kagamitan, paglinis ng mga lugar na ginagamit ng lahat (hal. palikuran, kusina), pagsuot ng mask kung may sintomas, at ang pagbantay sa karagdagang mararamdaman na sintomas.

Q: For patients with exposure or mild symptoms who have not been tested, do they need to quarantine?

A: Yes. This is to prevent the possible transmission of the disease.

Q: Para sa mga pasyenteng may exposure o banayad na sintomas na hindi pa na-test, kinakailangan ba nila ng quarantine?

A: Oo. Ito ay para maiwasan ang posibilidad ng pagkalat ng sakit.

Q: If a patient develops symptoms, until when will they stay in quarantine?

A: They should stay in quarantine for 14 days after symptom resolution.

Q: Kung ang pasyente ay nagkaroon ng sintomas, hanggang kailan siya dapat manatili sa quarantine?

A: Kinakailangan manatili sa quarantine ng 14 na araw pagkatapos mawala ang mga sintomas.

Q: Does a patient with exposure to an asymptomatic patient who tested negative need to undergo quarantine?

A: No.

Q: Kinakailangan bang sumailalim sa quarantine ang isang pasyenteng nakasalamuha ang isa pang pasyente na nag negatibo sa COVID-19?

A: Hindi na kinakailangan.

Q: Should a person subject himself to quarantine if he was exposed to a PUI, even if the confirmation of the PUI being COVID-19 positive is pending?

A: Yes, this counts as possible exposure and should undergo 14 days of quarantine at home.

Unless the exposed individual starts to develop symptoms, other persons with no direct exposure to the PUI need not undergo quarantine.

Q: Kinakailangan bang magpa quarantine ng isang tao kung siya ay nakisalamuha sa isang PUI, kahit na hindi pa bumabalik ang resulta ng kanyang mga test?

A: Oo, ito ay napapaloob sa posibleng exposure at kinakailangang sumailalim sa 14 na araw ng home quarantine.

Pero kung hindi naman nagkaroon ng sintomas ang naexpose na indibidwal, ang ibang mga tao na kanyang nakasalamuha at hindi kinakailangang mag home quarantine.

Q: Who follows up PUIs and PUMs in isolation?

A: The local health office and RESU monitor PUIs and PUMs under home quarantine. Contact information for RESUs are found here. <https://bit.ly/RESU-Directory>

Q: Sino ang nagsasagawa ng pag follow-up sa mga PUI at PUM na naka quarantine?

A: Responsibilidad ng lokal na health officer at RESU para i-monitor ang PUI at PUM na nasa home quarantine. Mahahanap ang mga detalye ng RESU dito. <https://bit.ly/RESU-Directory>

Q: I was exposed to a PUI. What should I do? Do I self-quarantine?

A: Yes, you should quarantine for 14 days. For more information, refer to DOH Memorandum 2020-0108: Guidelines for Management of Patients with Possible and Confirmed COVID-19 here.

<https://bit.ly/DOH-Management-Guidelines>

Q: Ako ay na-expose sa isang PUI. Ano ang kailangan kong gawin? Kailangan ko bang mag self-quarantine?

A: Oo. Kinakailangan mo mag quarantine ng 14 na araw. Para sa karagdagang impormasyon, basahin ang DOH Memorandum 2020-0108: Guidelines for Management of Patients with Possible and Confirmed COVID-19 dito. <https://bit.ly/DOH-Management-Guidelines>

Q: I was exposed to a PUI but I was wearing PPE. Do I still need to self-quarantine?

A: No. As long as you followed infection prevention and control guidelines, you do not need to quarantine since you did not have "close contact"

Q: Ako ay na-expose sa isang PUI pero suot ko ang kumpleto at sapat na PPE. Kailangan ko ba mag self-quarantine?

A: Hindi. Kung iyong sinunod ang mga guidelines tungkol sa infection prevention and control, hindi mo kinakailangan sumailalim sa quarantine dahil hindi ka nila direktang nakasalamuha.

Q: Do I need a quarantine ID? What about hospital administrative staff and aides?

A: No. There is no need to get certification for health workers or for those who work in hospitals. Your PRC or hospital-issued ID should suffice.

Q: Kinakailangan ko ba ang quarantine ID? Paano ang mga ibang empleyado ng ospital tulad ng administrative staff at aides?

A: Hindi. Hindi kinakailangan kumuha ng sertipiko para sa mga nagtatrabaho sa ospital. Sapat na ang inyong PRC o hospital ID.

10: RAPID ANTIBODY TEST FAQs

ENGLISH

Q: What tests are available to check if a person has COVID-19?

A: There are two types of tests available:
RT-PCR method - tests for the presence of the VIRUS in a sample, even before symptoms appear
(Most Accurate)

Rapid antibody-based method (Immunologic method) tests for the presence of an ANTIBODY to the virus. This test works best once symptoms appear and has limited accuracy **(Not used to Confirm COVID-19)**.

Q: Among the two tests (RT-PCR tests and Rapid antibody-based tests) which can confirm COVID-19?

A: RT-PCR tests identifies the **VIRUS** itself and can confirm COVID-19. Rapid Antibody-based Tests identifies ANTIBODIES against the VIRUS and may give **FALSE NEGATIVE** results for those with infected persons with no symptoms.

Q: What do we mean by **FALSE NEGATIVE** results? And why is it dangerous?

A: **FALSE NEGATIVE** result (from the use of Rapid Antibody-based Test) is a negative result in a person who is actually infected with the virus. **This gives a false security to an infected person who might eventually develop symptoms and subsequently infect more people unknowingly.**

FILIPINO

Q: Ano ang dalawang uri ng test na ginagamit sa COVID-19?

A: May dalawang klase ng test depende sa pamamaraan:
RT-PCR method - tinutukoy kung may VIRUS ang tao bago pa man magpakita ng sintomas **(Pinaka-tiyak na test)**

Rapid antibody-based method (immunologic method) - tinutukoy ang presensya ng ANTIBODY (panlaban ng katawan sa virus) pagkatapos magpakita ng sintomas at limitado ang katiyakan ng resulta **(Hindi ginagamit sa pag-confirm ng COVID-19)**

Q: Ano ang mas mapagkakatiwalaan sa pag-confirm ng COVID-19? RT-PCR test o Rapid Antibody-based Test?

A: Di hamak na mas mapagkakatiwalaan ang RT-PCR Test! Natutukoy ng RT-PCR Test ang **MISMONG VIRUS** sa isang tao bago pa man magpakita ng sintomas.

Samantala, natutukoy lamang ng Rapid Antibody-based Test ang antibodies na lumalabas lamang pagkatapos ma-infect. Maaring magkaroon ng **FALSE NEGATIVE** na resulta ang mga taong wala pang sintomas.

Q: Ano ang ibig sabihin ng **FALSE NEGATIVE** na resulta? At bakit ito mapanganib?

A. Ang **FALSE NEGATIVE** ay isang maling resulta kung saan ang isang infected na tao ay nag-negatibo sa sakit. Ang Rapid Antibody-based Test ay maaring magbigay ng ganitong resulta sa mga taong wala pang sintomas. **Ito ay nagbibigay ng maling seguridad na ang isang taong may COVID-19 ay hindi infected -- mapanganib ito dahil hindi niya alam na nahawa na siya at nakakahawa pa ng iba.**

Q: Who can use the Rapid Antibody-based Test kits?

A: All rapid antibody-based test kits can only be used in people who had onset of symptoms for at least 5 days until 21 days. This cannot be used for people with no symptoms.

Q: Sinu-sino ang maaring i-test gamit ang Rapid Antibody-based Test kits?

A: Pwede lang itong gamitin sa mga **taong nagpakita ng sintomas pagkatapos ng 5 araw hanggang 21 na araw**. Hindi ito nagbibigay ng tamang resulta sa mga taong walang sintomas.

Q: What's the next step after testing POSITIVE using the Rapid Antibody-based test kits?

A: Individuals who tested positive using the Rapid antibody-based tests shall be required to remain isolated and be swabbed for PCR testing. Only after a positive PCR test shall the individual count as a positive case.

Q: Ano ang susunod na hakbang pagkatapos mag-positibo gamit ang Rapid Antibody-based Test kits?

A: Ang isang taong nag-positibo gamit ang Rapid Antibody-based Test ay kinakailangang mag isolate at makuhanan ng samples para sa RT-PCR testing. Maituturing lamang na COVID-19 CASE ang isang tao kung nag-positibo siya sa PCR testing.

Q: What's the next step after testing NEGATIVE using the Rapid Diagnostic Test kits?

A: Individuals who tested negative using the Rapid Antibody Test kits, especially those symptomatic, shall be required to remain isolated and be swabbed for RT-PCR test because they may be infectious.

Q: Ano ang susunod na hakbang pagkatapos mag-negatibo gamit ang Rapid Antibody-based Test kits?

A: Ang isang taong nag-negatibo gamit ang Rapid Antibody-based Test, lalo na kung may sintomas, ay kinakailangang mag isolate at makuhanan pa din ng samples para sa RT-PCR testing. Maituturing lamang na walang COVID-19 ang isang tao kung nag-negatibo siya sa RT-PCR testing.

Q: What is the value of using Rapid Antibody-based Test kits?

A: This test can be used as an **adjunct tool**. Results can serve as a basis for clearing patients who are asymptomatic and have completed their 14-day quarantine after they have been discharged from the health facility.

Q: Ano ang kahalagahan ng Rapid Antibody-based Test kits?

A: Pwede itong katuwang sa pagtukoy kung wala nang COVID-19 ang isang pasyente na wala nang sintomas pagkatapos ang kaniyang 14-day quarantine mula nang siya ay na-discharge sa ospital.

Q: Can I buy a Rapid Antibody-based Test kit in pharmacies just like pregnancy test kits?

A: No. The Rapid Antibody-based Test Kit is very different from a pregnancy test kit that can be bought at pharmacies. This can only be used in Health Facilities.

Q: Pwede ba akong bumili ng Rapid Antibody-based Test kits sa mga botika/parmasya tulad ng mga binenbentang pregnancy test kits?

A: Hindi. Ang Rapid Antibody-based Test Kits ay magkaiba sa pregnancy test kits na linalako sa mga parmasya. Ito ay pwede lang gamitin sa mga Klinika at Ospital.

Q: Can I use the Rapid Diagnostic Test Kits on my own?

A: No. Rapid Antibody-based Tests are not for personal use. Only licensed and trained doctors can perform and interpret the results.

Q: Pwede ko bang i-test ang aking sarili gamit ang Rapid Antibody-based Test kit?

A: Hindi. Ang RDTs ay hindi pwedeng isagawa sa sarili. Ang mga trained health professionals lamang ang pwedeng gumawa ng test at ang mga doktor lamang ang pwedeng mag-interpret sa resulta nito.



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