



COVID-19 PRIMER

03/20/2020



COVID-19

COVID-19 IS AN INFECTIOUS DISEASE, WHICH MEANS IT CAN BE SPREAD, DIRECTLY OR INDIRECTLY, FROM ONE PERSON TO ANOTHER. IT TARGETS THE PERSON'S UPPER RESPIRATORY TRACT, INCLUDING THE NOSE, THROAT, AIRWAYS, AND LUNGS. THIS DISEASE IS CAUSED BY THE NOVEL CORONAVIRUS FIRST IDENTIFIED IN WUHAN, CHINA IN DECEMBER 2019.

Symptoms of COVID-19:



Fever



**Shortness
of breath**



Cough

People may also experience runny nose, sore throat, cough, fever, labored breathing, and fatigue. Monitor symptoms which may appear 2 to 14 days after exposure



KNOW THE DIFFERENCE

BETWEEN FLU, COVID-19, and ALLERGIES

	FLU	COVID-19	ALLERGIES
Cough	✓		✓
Dry Cough		✓	
Headache	✓		
Runny nose	✓		✓
Itchy/ Red eyes			✓
Sneezing			✓
Sudden Fever	✓		
Fever		✓	
Difficulty breathing		✓	
Sore throat	✓		
Muscle/ joint pain	✓		

People with Higher Risk



Senior Citizens



**People who have chronic medical conditions
(heart disease, diabetes, & lung cancer)**

LUZON QUARANTINE GUIDELINES



All school activities and classes in all levels are suspended.



Business process outsourcing businesses, export industries, and establishments that sell and produce food and medicine, and those that provide monetary services are open. These operate on a strict skeletal workforce, while practicing social distancing.



Mass public transportation facilities are suspended.



Media personnel intending to travel within the quarantine areas shall secure IDs from the Presidential Communications Operations Office (PCOO) within 72 hours after the issuance of the memorandum.



Mass gatherings are prohibited.



Travel to and from the exempted establishments is allowed.



Strict home quarantine is observed except when buying basic necessities.



Domestic air, land, and sea travel are restricted.



Presence of military and police is strengthened to enforce quarantine procedures.



Movement of cargo within, to and from Luzon are unhampered.



Work-from-home arrangement is observed in the Executive Branch.



Land, air, and sea travel of military and police for official business, delivery of medical supplies, and humanitarian assistance are allowed.

DOH COVID-19 HOTLINES

**(02) 894-COVID
(02) 894-26843**

**FOR PLDT, SMART, SUN
AND TNT SUBSCRIBERS
1555**

HOTLINES TO REMEMBER METRO MANILA



**COVID Hotline
(NCR)
COVID-19**



**Metro Manila
Development Authority
136**



**Department of
Health
(02) 8-651-7800**



**Department of
Transportation
7890**



**Philippine
National Police
117**



**Land Transportation
Office
(02) 8-922-9061**



**Research Institute
for Tropical
Medicine
(02) 8-807-2631**



**Land Transportation
Franchising and
Regulatory Board
(02) 8-651-7800**

DURING A PANDEMIC



Maintain distance from others, especially when you're sick.



Cover your mouth and nose with tissue when coughing or sneezing. Throw used tissue in trash can.



Avoid close contact with people who are sick.



Regularly wash your hands with soap and water.



Avoid touching your face, especially your mouth, nose, and eyes.



Monitor your supply of regular prescription and non-prescription drugs.



Constantly check on your family members, friends, and colleagues.



Get enough sleep, eat nutritious food, and exercise indoors.

SAFETY TIPS WHILE STAYING AT HOME DURING A PANDEMIC



Clean and disinfect often-touched surfaces, such as tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and cellphones.



Wash your hands before eating and after blowing your nose, coughing or sneezing, and going to the bathroom.



Take care of the emotional health of your household members by encouraging conversations.



Stock up on non-perishable food good for three to four weeks.



Keep an emergency contact list of your community health centers and nearby hospitals.



Watch out for potential COVID-19 symptoms, such as fever, cough, and shortness of breathing.



Designate a room for a sick family member.

SAFETY MEASURES WHEN ENTERING YOUR HOME



Dispose of used face masks.



Take off your footwear. Disinfect them by spraying alcohol on the outsole, and place them on a separate rack near the door.



Avoid touching anything before taking a shower or washing exposed areas.



Clean the surface of your phone with a microfiber cloth and a one-to-one ratio of water and 70% isopropyl alcohol.



Wash your eyeglass and other accessories brought outside with soap and water.

FACT-CHECKING TIPS



Tingnan ang iba't ibang legitimate sources ng impormasyon tulad ng mga ahensya ng gobyerno at mga kilala't pinagkakatiwalaang news organizations.



Huwag maniwala sa mga blogsite at social media post. Tingnan ang mga site ng lehitimong news organizations na mayroong editorial board at fact-checking system.



Tingnan ang petsa at references ng balita, at basahin ito nang buo. Huwag maniwala kung ito ay hindi nagpapakita ng mga detalye, prweba, at paliwanag.



Suriin kung kaduda-duda o katawa-tawa ang mga video o larawang ginamit upang malaman kung ito ay satire o joke lamang.



Sabihan ang mga kakilalang nag-share ng maling impormasyon upang agad nilang mabura ang post.

PROPER HANDWASHING PROCEDURE

Duration of the entire procedure: 40 seconds

- 

Wet hands with water
- 

Cover all hand surface with enough amount of soap and water
- 

Rub hands thoroughly
- 

Right palm over left dorsum with interlaced fingers and vice versa
- 

Palm to palm with fingers interlaced
- 

Backs of fingers to opposing palms with fingers interlocked
- 

Rotational rubbing of left thumb clasped in right palm and vice versa
- 

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa
- 

Rinse hands with water
- 

Dry hands with a clean towel
- 

Use towel to turn off faucet

PROPER HAND RUBBING PROCEDURE

Duration: 20-30 seconds

1



Apply a palmful of the product in a cupped hand

2



Rub hands thoroughly

3



Right palm over left dorsum with interlaced fingers and vice versa

4



Palm to palm with interlaced fingers

5



Backs of fingers to opposing palms with interlocked fingers

6



Rotational rubbing of left thumb clasped in right palm and vice versa

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

DISINFECTING MOBILE PHONES



Turn off your phone and remove all its accessories.



Spray the one-to-one water and 70% isopropyl alcohol solution to the microfiber cloth.



Wipe down the entire phone.



Gently clean edges that show dust build-up with a cotton swab.



Wipe the entire phone and wait for 15 minutes before turning it on.



Wipe down earbuds and other accessories with the mixture and let them dry.

1:100 FORMULATION OF A DISINFECTANT

Disinfect frequently-touched areas such as door knobs, table, remote control, etc.



**1/4 cup
of bleach**

+



**1 gallon of
clean water**

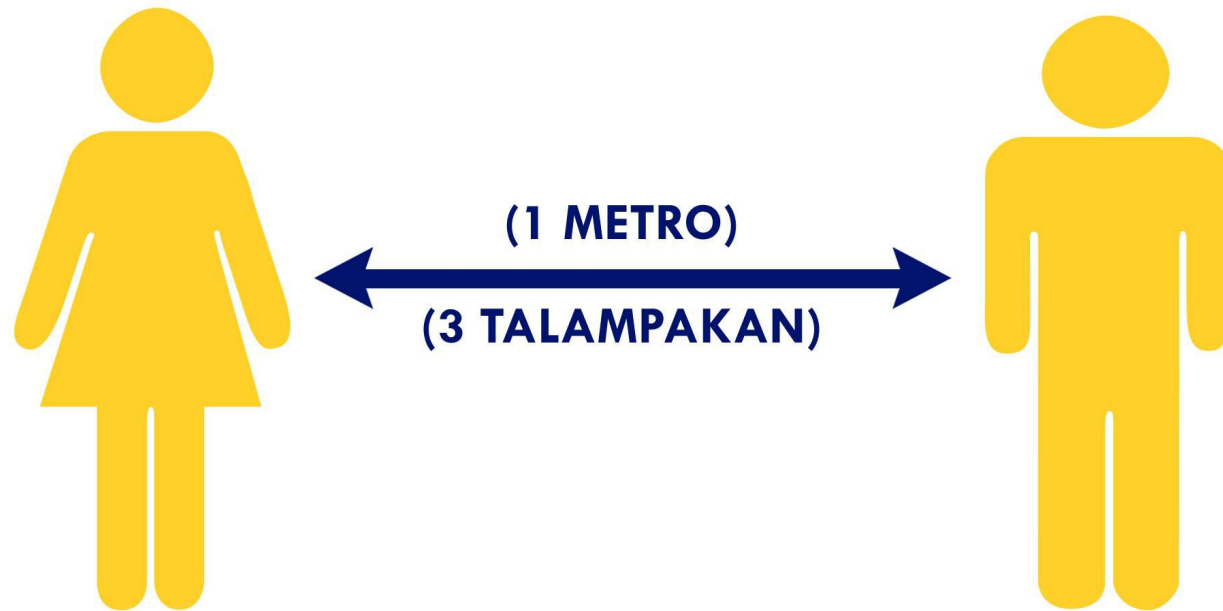
+



clean cloth

**Make sure that the bleach is clearly labelled.
Keep the bleach out of reach of children.**

PHYSICAL DISTANCING



Ayon sa Department of Health, ang droplets mula sa pag-ubo at pagbahing ay maaaring umabot ng isang metro o tatlong talampakan. Panatilihin ang isang metrong layo sa mga taong may sintomas ng respiratory illness.

REDUCING STRESS AND ANXIETY DURING A PANDEMIC



Connect with family members and friends through the internet and phone.



Reassure children that they are safe at home by keeping them occupied with fun and educational activities.



Take breaks from reading and listening to the news.



Limit social media activities.



Engage in activities you enjoy at home.



Meditate or exercise indoors.



Grab your healthy comfort food.

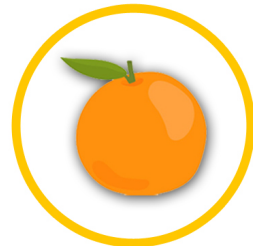


Avoid drinking alcoholic beverages.

FRUITS AND VEGETABLES that boost the immune system



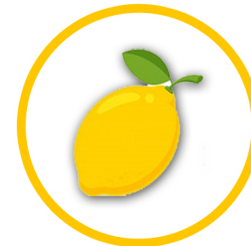
Banana



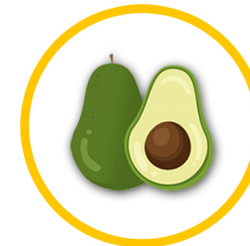
Orange



Papaya



Lemon



Avocado



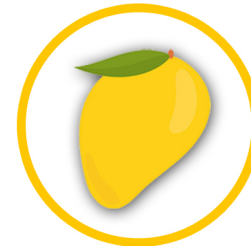
Guava



Broccoli



Potato



Mango



Cauliflower

These fruits contain Vitamin C, a potent antioxidant that helps prevent infections. And because our bodies cannot produce and store this nutrient, it is important that we consume it regularly in sufficient amounts (90 mg - males, 75 mg - females, 85 mg - pregnant, 120 mg - breastfeeding, and an additional 35 mg - smoking people).

Males - 90 mg

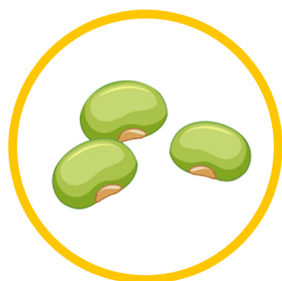
Females - 75 mg

Pregnant Women - 85 mg

Breastfeeding Women - 120 mg

Smokers - an additional 35 mg on top of the required amount

BUDGET-FRIENDLY FOOD na Pampalakas ng Resistensya



Munggo



Ampalaya



**Talbos ng
Kamote**



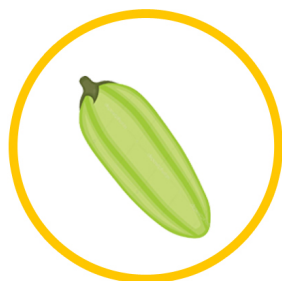
Kalabasa



Sayote



Malunggay



Upo



Kamote



Pechay



Kangkong

TIPS FOR NURSING MOTHERS



Take your vitamins daily.



Wash hands with soap and water before breastfeeding.



Breastfeed often.



Wear a face mask if you're sick.



If you need to see a doctor, verify if infants are allowed inside the clinic or hospital.



Take a bath after going to public places.

BENEFITS OF A GOOD NIGHT'S SLEEP



Better energy



**Sound mental
functioning**



Prevents depression



Lessens inflammation



**Helps us consume
less calories**



**Healthier blood
pressure**

HOW MUCH SLEEP DO WE NEED?

Newborn	0 - 3 months	14 - 17 hours
Infants	4 - 12 months	12 - 16 hours
Toddler	1 - 2 years	11 - 14 hours
Preschool	3 - 5 years	10 - 13 hours
School age	6 - 12 years	9 - 12 hours
Teen	13 - 18 years	8 - 10 hours
Adult	18 & above	7 - 9 hours