



Republic of the Philippines
Department of Education
REGION VIII - EASTERN VISAYAS

March 13, 2020

REGIONAL MEMORANDUM

No. **186** 2020

ADVISORY FOR DEPED PERSONNEL AND LEARNERS ARRIVING FROM MANILA

To: Schools Division Superintendents
Public Elementary and Secondary School Heads
All Others Concerned

1. In view of DepEd Order No. 002, s. 2020 and other issuances relative to the extensive preventive measures against COVID-19, and per advise of the Department of Health, all DepEd personnel, teachers and learners coming from Manila will be labelled as Persons Under Monitoring (PUM) and will be dealt with according to protocol, i.e., home quarantine and monitored for fourteen (14) days. Refer to the attached Memorandum from the Department of Health – Eastern Visayas on handling the PUMs.
2. The Schools Division Superintendents are advised to instruct their School Health Personnel and School Heads, especially those who have participants to the National Schools Press Conference (NSPC) and National Festival of Talents (NFOT) to closely monitor compliance with this Memorandum.
3. Immediate dissemination of and compliance with this Memorandum are highly desired.

RAMIR B. UYTICO EdD, CESO IV
Director IV

Enclosures: None

References: D.O. No. 002, s. 2020

To be indicated in the Perpetual Index under the following subjects:

EMERGENCY LEARNERS TEACHERS

ESSD-CZAR





Republic of the Philippines
DEPARTMENT OF HEALTH - EASTERN VISAYAS
Government Center, Candahug, Palo, Leyte
Tel. No. (053) 323-5027, 323-5028 Fax. No. (053) 323-5069/6517



MEMORANDUM

FOR: CHIEF OF HOSPITALS, HOSPITAL DIRECTORS AND ALL HOSPITAL STAFF

SUBJECT: CONDUCT OF PUIs POST INVESTIGATION AND HANDLING PUMs

DATE: MARCH 11, 2020

FROM: *me* MINERVA P. MOLON, MD, MPH, FPPA, CESO III
Director IV

In the advent of COVID-19 in the country, all are hereby directed to make necessary preparations in conducting PUIs post investigation from identified isolation facilities in your hospitals for further monitoring and surveillance.

This is to distribute the point of care across the region and not only to the area with terminal catering local and international flights.

On the other hand, for PUMs shall be provided with verbal and written clear instructions on HOME QUARANTINE rules, to included but not limited to:

1. Avoiding personal social interaction for 14 days;
2. Self-monitoring for any influenza-like symptoms for the entire duration of home quarantine;
3. Wear a medical mask at all times in the presence of everyone;
4. Cover mouth and nose when coughing and sneezing. Use tissue or sneeze into your shirt. Throw used tissue immediately in the trashcan. Wash hands frequently especially after coughing or sneezing;
5. Avoid shaking hands, kissing, hugging or laying of hands with anyone;

6. Refrain from sharing personal items like towels, toothbrushes, drinking glasses, cutlery and/or thermometers;
7. Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilet, phones, keyboards, and tablets, every day;
8. Ensure adequate ventilation in all areas of the house;
9. Isolate self from persons who might be at a greater risk for acquiring and getting complications from the disease (elderly, young children, persons with weak immune system);
10. Minimize travelling and engaging in public activities;
11. Take and record temperature twice daily using the Home Monitoring Sheet;
12. Every day reporting to Local Epidemiology Surveillance Officer for monitoring and recording purposes, and;
13. 24/7 Emergency numbers to call in case of developing any influenza like symptoms.

For infographics of Home Quarantine, please visit this link:
<http://bit.ly/COVIDHQGuideline>

For your immediate compliance.

CORONAVIRUS DISEASE 2019 (COVID-19)

Ano ang ibig sabihin ng ISOLATION?



TANDAAN ANG SUMUSUNOD

- Paghihiwalay sa mga taong may nakakahawang sakit
- Maaari silang ilagay sa mga *confined* o nakahiwalay na silid para sa mga pasyente ng ospital upang limitahan ang pagkalat ng sakit.
- Ang mga kawani ng ospital na tumitingin sa pasyente ay dapat nakasuot ng *Personal Protective Equipment (PPE)* tulad ng *mask, gown at goggles* at dapat isinasagawa ang mga inirekomendang hakbang ng *infection prevention & control*

Makipag-ugnayan sa pinakamalapit na health facility para sa karagdagang impormasyon.



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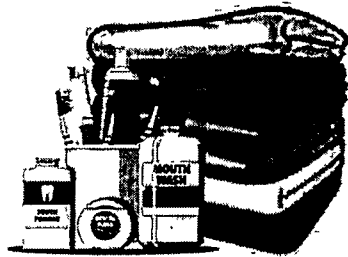
Health Promotion
☎ 0945-176-7429

HEALTH ADVISORY
Coronavirus Disease 2019
(COVID-19)

HOME QUARANTINE

Ito ay ang kusang pananatili sa loob ng bahay sa loob ng labing apat (14) na araw ng taong walang sakit pero galing sa lugar kung saan laganap ang isang nakakahawang sakit

Para sa mga taong sumasallalim ng home quarantine:



TANDAAN ANG SUMUSUNOD

Huwag ipagamit sa iba ang mga personal na gamit tulad ng tuwalya, sipilyo, basong inuman, kutsara, tinidor at iba pa.

Agad kumonsulta sa pinakamalapit na health facility kapag may sintomas tulad ng lagnat, ubo, sipon o hirap sa paghinga.



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HOME QUARANTINE

It is important to practice self-isolation if you are showing symptoms of COVID-19, such as cough, fever, and difficulty breathing. Stay at home and avoid contact with other people to prevent the spread of the virus.

Para sa mga taong sumasailalim ng home quarantine:



TANDAAN ANG SUMUSUNOD

Magsuot ng *mask* sa lahat ng oras at pagkakataon lalo na kung may kasamang ibang tao.

Agad kumonsulta sa pinakamalapit na health facility kapag may sintomas tulad ng lagnat, ubo, sipon o hirap sa paghinga.



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Para sa mga miyembro ng pamilya ng taong sumasailalim ng home quarantine:



TANDAAN ANG SUMUSUNOD

Iwasan ang malapitang pakikipag usap sa may sakit na miyembro ng pamilya, panatilihin ang isang metrong distansya mula sa may sakit na miyembro ng pamilya kung hindi maiiwasan ang pakikipagugnayan.

Agad kumonsulta sa pinakamalapit na health facility kapag may sintomas tulad ng lagnat, ubo, sipon o hirap sa paghinga.



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HOME QUARANTINE

It is important to stay at home and avoid contact with people outside your household if you are sick with COVID-19. This helps prevent the virus from spreading to others.

Para sa mga taong nag aalaga sa mga taong sumasailalim ng home quarantine:



TANDAAN ANG SUMUSUNOD

Ugaliin ang regular na paghuhugas ng kamay gamit ang tubig at sabon. Maaari ring gumamit ng alcohol-based hand sanitizer bago at pagkatapos hawakan ang maysakit na miyembro ng pamilya.

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Para sa mga taong nag aalaga sa mga taong sumasailalim ng home quarantine:



TANDAAN ANG SUMUSUNOD

Magsuot ng *mask* kapag nasa parehong silid kasama ang may sakit na miyembro ng pamilya. Itapon nang maayos ang gamit na *mask* sa basurahan.

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HOME QUARANTINE

Iwasang mapalapit sa mga taong may sintomas tulad ng lagnat, ubo, sipon o hirap sa paghinga. Iwasang pakikipagkamay, pakikipag beso-beso, at pagyakap sa sinuman.

**Para sa mga taong sumasailalim
ng home quarantine:**



TANDAAN ANG SUMUSUNOD

Iwasan ang pakikipagkamay,
pakikipag beso-beso, at
pagyakap sa sinuman.

**Agad kumonsulta sa pinakamalapit na health facility kapag
may sintomas tulad ng lagnat, ubo, sipon o hirap sa paghinga.**



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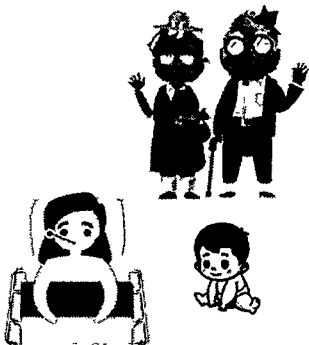
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Iwasang mapalapit sa mga taong may sintomas tulad ng lagnat, ubo, sipon o hirap sa paghinga. Iwasang pakikipagkamay, pakikipag beso-beso, at pagyakap sa sinuman.

**Para sa mga taong sumasailalim
ng home quarantine:**



TANDAAN ANG SUMUSUNOD

Iwasang mapalapit sa mga
taong maaaring mabilis mahawa
tulad ng mga matatanda, mga
bata, at mga taong may mahinang
immune system.

**Agad kumonsulta sa pinakamalapit na health facility kapag
may sintomas tulad ng lagnat, ubo, sipon o hirap sa paghinga.**



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HOME QUARANTINE

Itong mga bagay ang pinamahalagang cobonapahayag sa bawat bahay ng COVID-19. Ang mga ito ay dapat walang alit para sa mga taong nakatira sa bahay ng COVID-19. Ang mga ito ay dapat maghugay ng bahay.

Para sa mga taong sumasailalim ng home quarantine:



TANDAAN ANG SUMUSUNOD

Panatiliing malinis ang mga bagay na palaging nahahawakan tulad ng mga *doorknobs*, *cellphone*, ibabaw ng mesa at mga gamit sa banyo.

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