

## TESDA's TOTS project to benefit relocation site in Maragondon town

**TRECE MARTIRES CITY, Cavite Aug 27 (PIA) --** The Technical Education and Skills Development Authority (TESDA)-Cavite will launch the Turn-On-The-Sun (TOTS) project on August 28, 2020 in Maragondon town.

This is a five-day training for Basic Solar (off-grid) Lighting and Charging System for the benefit of the residents of Barangay Sta. Mercedes as well as identified personnel of the local National Police (PNP) and Armed Forces of the Philippines (AFP). Said training will not only provide additional skills for the learners but also working solar lighting and charging system for their personal use. TESDA, being the PRLEC (Poverty Reduction, Livelihood and Employment Cluster) Chair in the national level, under the directive of President Rodrigo Duterte, aims to develop self-reliant, resilient and sustainable communities through harmonized and culturally responsive development programs.

The identified PRLEC priority barangay for the province of Cavite is Barangay Patungan which is now known as Barangay Sta. Mercedes in Maragondon, that was also a priority barangay under the National Intelligence Coordinating Agency (NICA) in 2019.

A land dispute between the residents and a private corporation caused the relocation of half of the residents with the relocation area lacking in electricity, thus the launching of TOTS project. Likewise, partner agencies in the PRLEC, such as Cooperative Development Authority (CDA), Department of Science and Technology (DOST), and the Department of Trade and Industry (DTI) shall be providing training semi-

nars for Cooperative organization and entrepreneurial skills, among others.

There will also be an awarding of the basic/starter tool kits from the previous training, Cut and Sew Leading to Dressmaking. About 20 participants of the training will also given sewing machines, sponsored by the Department of Labor and Employment. (Ruel Francisco/TESDA-Cavite Provincial Office)

## LGU Imus launches BIDA I-KonEK Mo project for city's online learning

**IMUS CITY, Cavite, (PIA) --** The city government of Imus launched the "BIDA I-KonEK Mo: Bayanihang Imuseño, Damayang Areglado! Imus, Konektado sa Edukasyong Makabago" program in support of the online learning modality in the New Normal on Friday, August 28, 2020 at the Imus National High School-Main.

About 36 public schools in the city will benefit in this program which also included connectivity for households in the partner communities with a total of 683 students from Sitio Pulo, Barangay Anabu 2-C and 93 students of Sitio Sto. Niño, Barangay Anabu 1-G.

The program, considered to be the first in the country is a collaboration between Converge ICT for a fast and reliable internet connection, and the Imus City Schools Division Office (DepEd Imus) for the delivery of quality education to all.

It boasts of localization of the educational platforms of the Department of Education (DepEd) that facilitates the quick access to the educational sites and materials that are needed by the school children which does not use a higher bandwidth.

the city and provided for the production of learning materials in support of the needs of the students and teachers for the coming school opening on October



Moreover, the program also launched the EKonnect: Educational Gadget Loan Promo in coordination with the City of Imus Cooperative, Livelihood and Entrepreneurial, and Enterprise Development Office (CICLEDO), Imus Cooperative Federation, Guardian Cooperatives and Eskwela Kooperatiba for the student members of EK, a city government's program that encourages children to save.

Under the EKonnect, members were given assistance in the procurement of their own gadgets which they will use for their online classes at affordable prices, and payable in 10 installment payments within five months.

The city government also distributed IT equipment to the public schools in

5, 2020.

"This is the point-to-point solution of the city government to help school children continue their studies amid the pandemic," Mayor Emmanuel Maliksi stated.

He further added that, "Education gives the children a bigger chance to achieve a better future. I believe in the prowess and talent of every children for they will be the next leaders and professionals in the country."

The local chief executive encourages all the concerned sectors in society and the residents as well for their cooperation to help in the fight against the health crisis and to rise above the challenges that the pandemic brings. (Ruel Francisco/Imus City Information Office)

**PROVINCIAL GOVERNMENT OF CAVITE**  
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**DIAL 161**

# SIGA KA BA?

Ni: BRENT MENDOZA

## BAKIT HANGGANG NGAYON AY NAPAKARAMI PA RING HINDI NAKATATANGGAP NG SAP?

Bakit ganon? Hanggang ngayon ay sobrang dami pa palang hindi nakatatanggap ng Social Amelioration Program (SAP). Sa NCR ay napakaraming umaasang matatanggap ang SAP. Ano kaya ang talagang nangyari? Mula nang ilipat nila sa iba't ibang uri ng padala pera kasama ang ilang mga bangko ay naging mabagal ang pagtanggap ng SAP. Dapat sana ay tapos na ng month of August ang distribution. Ngunit ngayon ay papasok na sa buwan ng Setyembre. Ang pangako ng DSWD ay dapat makatanggap ng text mula sa DSWD para matanggap

ang SAP. Sa Manila pa lang ay napakaraming nag-aabang ng text mula DSWD pero wala silang natatanggap. Kaya nag-aalala ang maraming nag-aabang na baka wala silang matanggap na text at tuluyan nang hindi nila matanggap ang inaasahang ayuda ng gobyerno. Ano ba raw talaga ang nangyayari? Sa totoo lang, kung hindi nila binago ang pamimigay ng ayuda o SAP ay madali sanang matatapos ang pamamahagi ng SAP. Dapat hindi na sila gumamit ng iba't ibang bangko o pera padala nang sa ganon ay mabilis sanang matatanggap

ang ayuda ng mga tao. Dapat sa barangay nila ito pinadaan at sa barangay ipatawag ang bawat tatanggap ng SAP. Wala pang masyadong proseso. Nag-iisip tuloy ang taumbayan ng hindi maganda, na baka raw wala na silang matanggap na ayuda galing sa gobyerno. Maging ang Pangulong Rodrigo Duterte ay nagtataka kung bakit hanggang ngayon ay hindi pa natatapos ang pamamahagi ng SAP. Mayroon bang nangyayaring hindi maganda sa DSWD? Dapat sigurong magpaliwanag nang maayos ang DSWD

kung ano ba talaga ang totoong nangyayari sa ayuda para sa taumbayan. At kahit saan ka magtungo sa buong NCR ay marami pa talaga ang hindi nakatatanggap ng text galing sa DSWD. Kaysa maghintay ang taumbayan, mas mabuting sabihin nila kung ano ang dapat gawin kung walang text na matatanggap.

May inaasahan ba talagang text ang taumbayan mula sa DSWD? Kapag umabot ng katapusan ng September at walang natanggap na text mula sa DSWD, may dapat pa bang asahan o dapat nang magsalita ang taumbayan kung ano talaga ang nangyayari? Huwag na po ninyong hintaying umalma ang taumbayan. Gawin na po ninyo ng paraan kung paano mapapadali ang pagtanggap ng ayuda. Kailangan iyan dahil sa kawalan ng trabaho.

## BRIC-A-BRAC FOR LIFE CORNER

By: Arturo E. Piao



A Bric-a-Brac excerpt series for knowledge enhancement to Better, Inner-being, Social-interaction and Healthful Living

-o-

Studies prove that we enjoy almost any activities more when we're with other people; thereby, sociability in nature and an extrovert in character abound in us, as to induce a healthful living and a happy social-interaction. Now you know, so be confident in mixing-in.

-o-

Laugh heartily when somebody tells a joke; assuring your susceptibility to humor invoking your jolly, happy companionship, of which in effect, side - swiping the word "boring" in a gathering you will be in.

-o-

It is not motivation that we need; it is change that we need in order to be properly motivated from the present position as to move to a new direction.

(For any questions, comments, and suggestions, just text to 09076254070 or 09057415008)

(Para sa katanungan o reaksiyon, text po lamang sa 09610639368)

## BARANGAY KORNER

Ni: George Arce

## PAGHIHIGPIT NG MGA BARANGAY SA MGA DAYO, PATULOY

Hello po, mga ka-barangay! Kumusta na po ang isang linggong nagdaan sa inyong barangay? I'm sure nakakakilos na po kayo kahit papaano kasi GCQ na tayo ngayon, at may mga sasakyan na. Pwede na tayong pumunta sa trabaho at kung may hanapbuhay ay medyo magagawa na po natin. Sa muli nating pag-ikot sa kung saan-saang lugar ng bawat barangay ay mayroon po tayong napuna. Dahil GCQ na po tayo, medyo maluwag nang konti ang ating mga paggalaw. Sa bawat barangay po na ating napupuntahan ay patuloy pala ang kanilang kahigpitan. Kapag may

dayo o bagong mukha sa kanilang barangay ay agad nila itong sinisita kahit mayroong face mask at face shield. Hindi pwedeng basta papasukin kahit may kapatid o kamag-anak pa siya sa isang barangay. Dapat lang naman po ito dahil sa pag-iingat sa kumakalat na COVID-19. Ang ginagawang pag-iingat ng bawat barangay ay napakagandang gawain. Hindi po natin hawak ang kalusugan at katayuan ng bawat isa. Kaya ang ginagawang paghihigpit ng bawat barangay ay huwag po nating bigyan ng masamang kahulugan. Patuloy pa rin po ang

pagkalat ng COVID-19. Ang pag-iingat na lamang sa ating mga sarili ang dapat gawin. Hanggang ngayon ay napakaraming hindi sumusunod kung anong dapat at hindi dapat gawin.

Sa totoo lang po, ang ginagawang pag-iingat ng bawat barangay ay para sa lahat. Mahirap na, baka mapasukan ang kanilang lugar ng taong positibo sa COVID-19. Sobrang napakabilis na makahawa ng virus na ito. Kaya't dobleng pag-iingat ang dapat gawin ng mga barangay. Kung minsan po kasi ay hindi naiintindihan ng bawat tao ang paghihigpit. Kaya't minsan

ay nauwi sa away. Huwag po nating pairalin ang kayabangan sa lahat ng panahon lalung-lalo na mayroong pandemiya. Pang-unawa at pag-iingat ang dapat po nating gawin ngayon. Hindi po natin kailangan ang patigasan sa panahong ito.

Ang lahat ng mga punong barangay sa ngayon ay aktibo sa pagbibigay ng mga dapat gawin upang maiwasan at hindi madapuan ng sakit. Kaya sa mga taong nais dalawin ang mga kaanak sa ibang barangay, huwag pong sasama ang inyong loob kung kayo ay pinagbawalang makapasok sa kanilang lugar. Importante sa ngayon ay sumunod kayo sa mga

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## 50 Foods That Are Super Healthy It's easy to wonder which foods are healthiest.

A vast number of foods are both healthy and tasty. By filling your plate with fruits, vegetables, quality protein, and other whole foods, you'll have meals that are colorful, versatile, and good for you.

Here are 50 incredibly healthy foods. Most of them are surprisingly delicious.

### 1–6: Fruits and berries

Fruits and berries are among the world's most popular health foods.

These sweet, nutritious foods are very easy to incorporate into your diet because they require little to no preparation.

#### 1. Apples

Apples are high in fiber, vitamin C, and numerous antioxidants. They are very filling and make the perfect snack if you find yourself hungry between meals.

#### 2. Avocados

Avocados are different than most fruits because they are loaded with healthy fats instead of carbs. Not only are they creamy and tasty but also high in fiber, potassium, and vitamin C.

#### 3. Bananas

Bananas are among the world's best sources of potassium. They're also high in vitamin B6 and fiber, as well as convenient and portable.

#### 4. Blueberries

Blueberries are not only delicious but also among the most powerful sources of antioxidants in the world.

#### 5. Oranges

Oranges are well known for their vitamin C content. What's more, they're high in fiber and antioxidants.

#### 6. Strawberries

Strawberries are highly nutritious and low in both carbs and calories.

They are loaded with vitamin C, fiber, and manganese and are arguably among the most delicious foods in existence.

#### Other healthy fruits

Other health fruits and berries include cherries, grapes, grapefruit, kiwifruit, lemons, mango, melons, olives, peaches, pears, pineapples, plums, and raspberries.

#### 7. Eggs

Eggs are among the most nutritious foods on the planet. They were previously demonized for being high in cholesterol, but new studies show that they're perfectly safe and healthy (1Trusted Source, 2Trusted Source).

### 8–10: Meats

Unprocessed, gently cooked meat is one of the most nutritious foods you can eat.

#### 8. Lean beef

Lean beef is among the best sources of protein in existence and loaded with highly bioavailable iron. Choosing the fatty cuts is fine if you're on a low-carb diet.

#### 9. Chicken breasts

Chicken breast is low in fat and calories but extremely high in protein. It's a great source of many nutrients. Again, feel free to eat fattier cuts of chicken if you're not eating that many carbs.

#### 10. Lamb

Lambs are usually grass-fed, and their meat tends to be high in omega-3 fatty acids.

### 11–15: Nuts and seeds

Despite being high in fat and calories, nuts and seeds may help you lose weight (3Trusted Source, 4Trusted Source). These foods are crunchy, filling, and loaded with important nutrients that many people don't get enough of,

including magnesium and vitamin E.

They also require almost no preparation, so they're easy to add to your routine.

#### 11. Almonds

Almonds are a popular nut loaded with vitamin E, antioxidants, magnesium, and fiber. Studies show that almonds can help you lose weight and improve metabolic health (5Trusted Source).

#### 12. Chia seeds

Chia seeds are among the most nutrient-dense foods on the planet. A single ounce (28 grams) packs 11 grams of fiber and significant amounts of magnesium, manganese, calcium, and various other nutrients.

#### 13. Coconuts

Coconuts are loaded with fiber and powerful fatty acids called medium-chain triglycerides (MCTs).

#### 14. Macadamia nuts

Macadamia nuts are very tasty. They're much higher in monounsaturated fats and lower in omega-6 fatty acids than most other nuts.

#### 15. Walnuts

Walnuts are highly nutritious and loaded with fiber and various vitamins and minerals.

### 16–25: Vegetables

Calorie for calorie, vegetables are among the world's most concentrated sources of nutrients.

There's a wide variety available, and it's best to eat many different types every day.

#### 16. Asparagus

Asparagus is a popular vegetable. It's low in both carbs and calories but loaded with vitamin K.

#### 17. Bell peppers

Bell peppers come in several colors, including red, yellow, and green. They're crunchy and sweet, as well as a great source of antioxidants and vitamin C.

#### 18. Broccoli

Broccoli is a cruciferous vegetable that tastes great both raw and cooked. It's an excellent source of fiber and vitamins C and K and contains a decent amount of protein compared with other vegetables.

#### 19. Carrots

Carrots are a popular root vegetable. They are extremely crunchy and loaded with nutrients like fiber and vitamin K.

Carrots are also very high in carotene antioxidants, which have numerous benefits.

#### 20. Cauliflower

Cauliflower is a very versatile cruciferous vegetable. It can be used to make a multitude of healthy dishes — and also tastes good on its own.

#### 21. Cucumber

Cucumbers are one of the world's most popular vegetables. They're very low in both carbs and calories, consisting mostly of water. However, they contain a number of nutrients in small amounts, including vitamin K.

#### 22. Garlic

Garlic is incredibly healthy. It contains bioactive organosulfur compounds that have powerful biological effects, including improved immune function (8Trusted Source).

#### 23. Kale

Kale has become increasingly popular because it's incredibly high in fiber, vitamins C and K, and a number of other nutrients. It adds a satisfying crunch to salads and other dishes.

#### 24. Onions

## GUHIT NG KAPALARAN

**LEO** (Jul.23 - Aug.22) Kung ang paglalakbay ay tungkol sa negosyo o pagkakakitaan, ito ay inaayunan ng panahon subalit kung ang pakay ay paglilibang, dapat itong ipagpa-liban. Harapin ang paghahanapbuhay at iwaglit pansamantala ang paglilibang. Lucky numbers at color of the day ang 12, 14, 28, 39 at lemon green.

**VIRGO** (Aug.23 - Sept.23) Iwasan ang usaping pera upang hindi humantong sa hindi pagkakaunawaan. Huwag hayaan kumatok ang selos. Lucky numbers at color of the day ang 6, 10, 30, 42 at sky blue.

**LIBRA** (Sept.24 - Oct.23) Ang tampuhan sa nakaraan ay magkakaroon ng solusyon kung ito ay haharapin nga-yon. Lucky numbers at color of the day ang 2, 17, 37, 40 at peral white.

**SCORPIO** (Oct.24 - Nov.22) Bigyang prayoridad ang tungkulin bago ang sa-rili at ang iba. Inaayunan ang pagpapahinga at paglilibang. Lucky numbers at color of the day ang 9, 26, 40, 41 at cherry red.

**SAGITTARIUS** (Nov.23 - Dec.21) Magkakaroon ng mahalagang pagdedesisyunan, mag-ingat para walang pagsisihan. Lucky numbers at color of the day ang 3, 12, 26, 36 at shocking pink.

**CAPRICORN** (Dec.22 - Jan.19) Pikon ka ngayon kaya habaan ang lubid ng pasensya dahil gulo lamang ang kahahantungan. Lucky numbers at color of the day ang 3, 16, 40, 42 at apple green.

**AQUARIUS** (Jan.20 - Feb.18) Dependente sa situwasyon ang galaw ng pag-iisip. Subalit kung may pagdududa, huwag ituloy. Lucky numbers at color of the day ang 5, 13, 34, 41 at lavender.

**PISCES** (Feb.19 - Mar.20) Walang mangyayari kung magmumukmok sa isang tabi. Gamitin ang isip para makita ang solusyon. Lucky numbers at color of the day ang 2, 18, 29, 39 at canary yellow.

**ARIES** (Mar.21 - Apr.19) Ang pagtulong sa kapwa sa pinansyal o materyal ay hindi masama ngunit tiyakin na hindi ka kakapusin. Lucky numbers at color of the day ang 3, 6, 17, 25 at pink.

**TAURUS** (Apr.20 - May 20) Magiging mapusok at maapoy ang iyong damdamin sa pag-ibig, kailangan ang self control. Lucky numbers at color of the day ang 6, 20, 30, 36 at copper red.

**GEMINI** (May 21 - Jun.21) Panahon ng pagbabago kaya baguhin ang ugaling tsismosa, daldalera, matapobre at mapagmataas. Lucky numbers at color of the day ang 2, 15, 32, 39 at yellow.

**CANCER** (Jun.22 - Jul.22) Aminin at tanggapin ang pagkakamali. Hanapan ito ng wastong paraan para maitama. Lucky numbers at color of the day ang 6, 25, 32, 40 at orange.

Onions have a very strong flavor and are very popular in many recipes. They contain a number of bioactive compounds believed to have health benefits.

#### 25. Tomatoes

Tomatoes are usually categorized as a vegetable, although they are technically a fruit. They are tasty and loaded with nutrients like potassium and vitamin C.

#### More healthy vegetables

Most vegetables are very healthy. Others worth mentioning include artichokes, Brussels sprouts, cabbage, celery, eggplant, leeks, lettuce, mushrooms, radishes, squash, Swiss chard, turnips, and zucchini.

### 26–31: Fish and seafood

Fish and other seafood tend to be very healthy and nutritious.

## DOH CALABARZON implements code strategy for barangays affected by COVID-19

By DOH CALABARZON

CALAMBA CITY, Laguna, (PIA) --The Department of Health (DOH) – CALABARZON (Cavite, Laguna, Batangas, Rizal, Quezon) recently started implementing the “Coordinated Operations to Defeat Epidemic” or CODE strategy to 30 barangays with the highest confirmed or active cases of COVID-19 in the region.

According to Regional Director Eduardo C. Janairo, under the CODE COVID-19, each barangay will be closely monitored and ensure their accessibility to isolation facilities, including birthing facility, laboratory and dialysis center. The number of workers in each barangay will also be accounted for including the presence and assistance of Barangay Health Emergency Response Team (BHERT) and the Philippine National Police.

“Once these are all in place, we will begin the massive swab testing immediately sa mga identified barangays. Magkakaroon tayo ng active case finding at magha-house-to-house tayo to check kung mayroong mga taong may covid symptoms sa kanilang mga bahay. Kapag mayroong nagpositibo na miyembro ng isang pamilya ay kailangang

i-lockdown ang bahay at walang palalabasin upang hindi makahawa pa ng iba. We will isolate residence who are positive with COVID-19 including their close contacts.” he stated.

Janairo added that the swab testing for residents of identified barangays will be free of charge.

The CODE strategy will involve close coordination between DOH representatives, the local government units and the communities to ensure that communities are properly prepared as they return to GCQ.

“Dito ay magfo-focus tayo sa barangay level and we will address it through a more stringent enforcement of health protocols including localized lockdowns, curfews, staying at home and lesser social interactions to prevent the spread and transmission of the virus.”

As of August 20, 2020, there are 15,292 COVID 19 cases in CALABARZON and 10,086 are active cases. There are 4,789 recoveries with 420 deaths reported.

Of the five provinces, Laguna has the highest reported cases with 5,857 followed by Cavite with 3,492 and Rizal with 2,922. Batangas has 2,263 and Quezon with 761 cases.

“Ugaliin natin ang pagsusuot ng face mask pag lumalabas ng bahay at sanayin na natin ang ating sarili sa pagsunod sa mga minimum health standards gaya ng social distancing. Huwag ng lumabas ng bahay kung hindi naman kinakailangan. We may have to restrict our movements but this can help keep ourselves and our loved ones safe and secure,” Janairo concluded. ( P I A - 4 A / D O H CALABARZON)



## Noveleta town records 76% COVID-19 recoveries, maintains Zero death status

NOVELETA, Cavite (PIA) -- The local government here thru the Municipal Health Unit recorded a total of 62 recoveries from COVID-19 and maintained zero death status for the town.

Based on the latest COVID-19 update as of August 19, 2020, the total confirmed cases recorded was 82 out of which 62 had fully recovered or 76.32% for the past 150-days. Noveleta town is listed as the only locality in the First District of the province with Zero Death since the lockdown started while other towns in the district like Kawit has recorded 9 deaths, Rosario, 6 and Cavite City also 6 deaths.

“The programs of the local government has been effective causing COVID-19 patients to recover quickly. One of these, is the immedi-

ate opening of the Noveleta MedCare Hospital (NMH) as COVID-19 facility for the people of Noveleta,” stated Mayor Dino Chua-Reyes.

In addition, the Local Risk Reduction and Management Office (LDRRMO) continuously conducts misting and disinfection activities in the 16 barangays in the municipality that resulted in the con-

tainment and further spread of the virus.

The LDRRMO distributed free face masks to the vendors in the public market and to tricycle and jeepney drivers for their safety as well as to the public they serve.

Face shields were also distributed to barangay chairpersons, kagawads and barangay police for their protection while guarding their respective villages.

Since the lockdown began, the LGU distributed 10,000 relief packs and is still providing relief assistance to all affected families in the town.

“The LGU is determined to surpass this pandemic with the help of every single citizen of Noveleta,” Mayor Dino Chua-Reyes said in an interview.

Meanwhile, the COVID-19 patients in the town were under the care and supervision of Municipal Health Officer Dr. Hilda Bucu. These patients were 37 asymptomatic, 25 were admitted at the NMH were already recovered while the remaining 20 active cases were either admitted in the hospital or under strict quarantine in the isolation facility. The LGU provided free food and medicines to the patients until they fully recovered.

The barangays with recorded outbreak of COVID-19 cases were Magdiwang with 14 cases, San Antonio I with 17 cases, San Rafael III with 15 and San Juan I with 9 cases while two barangays remain Zero Covid case namely Santa Rosa II and San

## Only health authorities allowed to access COVID-19 patients list

The Department of Health (DOH) on Saturday (August 29) reminded that only health authorities are allowed to access the list of coronavirus disease 2019 (Covid-19) patients following reports of leaked names on social media.

“Relevant information should only be shared to concerned public health authorities who are knowledgeable of their duty in maintaining data privacy,” the DOH said as it warned that privacy violation or personal data breach shall be penalized in accordance with the Data Privacy Act of 2012 (Republic Act 10173).

RA 10173 provides that persons who “knowingly or negligently dispose, discard or abandon the personal information of an individual in an area accessible to the public” shall be penalized by up to three years imprisonment and a fine of not more than PHP1 million.

The Health department reiterated that under a joint memorandum circular it issued together with the National Privacy Commission, “only concerned healthcare providers, public health authorities, and DOH partner agencies and their authorized personnel shall be allowed to access the personal health information of the Covid-19 cases and/or identified close contacts”.

It added that while the law gives health authorities the right to access personal information to enable an effective response, they are also required to protect the patient’s privacy.

At the same time, the DOH called on its partner agencies, including local government units to ensure that the identities of Covid-19 patients, their families and identified close contacts are protected.

“Further, we call on the public to refrain from sharing these lists around social media. This is illegal and perpetuates the stigma around Covid-19. Our kababayans are already going through enough as it is, let us not exacerbate their situations,” it said. “Covid-19 is not a death sentence and fear is more dangerous than the disease.” (PNA)

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