

DOST highlights policymaking in post-pandemic nation

CALAMBA CITY, Laguna (PIA) — Policymakers must focus its post pandemic plan on creating a resilience-focused disaster risk reduction culture as the nation slowly adapts to living with the Covid-19 pandemic.

Last November 16, the Department of Science and Technology Calabarzon, in partnership with the National Academy of Science and Technology Philippines, hosted a Virtual Speakers Bureau which focused on creating a resilient health system amid the Covid-19 pandemic.

In his presentation, Zuellig Family Foundation Deputy Executive Director, Dr. Anthony Faraon emphasized the importance in building a resilient health system and disaster risk culture to cope with the long term effects of the Covid-19 pandemic.

“Just as we expect from the government, we also need to work together to consolidate support and limited resources. We need to explore pathways for multi sectoral resilience. It’s a shared responsibility,” Faraon said.

Faraon added that creating a resilient health system not only relies on the government, but also on other sectors who are also stakeholders of its services.

He continues, “We

during the pandemic must have a science-based approach when crafting its policies and response plan, according to Faraon.

Healthcare Professionals Alliance Against Covid-19 (HPAAC) member and Philippine Academy of Fam-



DOST Calabarzon Speakers Bureau highlights importance of governance in post-pandemic recovery

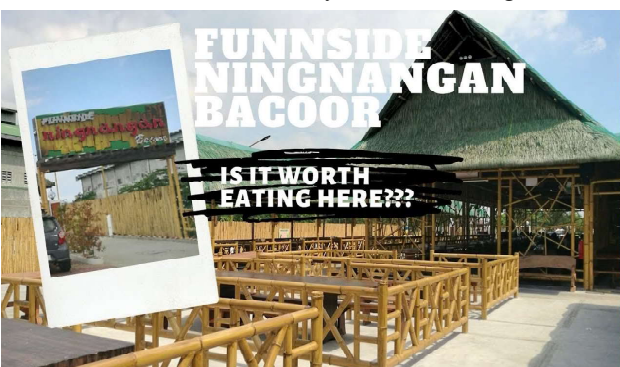
should hold our leaders accountable for the policies in health, we should make our provider for the quality of their services, and also ourselves for our own health.”

Health experts and policymakers say that the world can only coexist with the Covid-19 pandemic—at least for another two or three years. Therefore, governance

ily Physicians (PAFP) National Director Dr. Aileen Espina said de-escalation activities are now in place, as seen in the national Covid-19 vaccination program.

“It is safe to say that we are now in the transition phase,” Espina said, underscoring the importance of creating plans and policies on controlling the pandemic.

Espina observes that despite the continuous rise in infections, Covid-19 cases among the vaccinated are milder compared to unvaccinated patients. Therefore, policymakers must take this as an opportunity to look at its plan that should focus on controlling the pandemic. — PB, PIA4A



Namahagi ang Pamahalaang Lungsod ng Dasmarias ng mga tablet sa DIHS Senior Highschool students, na pinangunahan ni City Councilor Kiko Barzaga.

CVSU-GENTRI, INILUNSA ANG \BAKUNANG GENERALS' PROGRAM

Inilunsad ng Cavite State University-General Trias (CvSU-GenTri) Campus ang programang "Bakunang Generals" sa hangaring mabakunahan ang lahat ng mga mag-aaral sa iba't ibang programa, kabilang ang mga guro, kawani at tauhan nito pati na rin ang iba pang mamamayan sa lungsod.

Ayon sa mga opisyal ng CvSU-GenTri, ang programang ito ay inilunsad sa ilalim ng inisyatiba ng City Health Office at ng City Government of General Trias, sa pakikipagtulungan ng CvSU General Trias Administration at ng Central

Student Government.

Maaaring mag-sign up ang mga mag-aaral, guro at kawani para sa programa sa pamamagitan ng pagsagot sa pre-registration form na makikita sa opsiyal na pahina ng CvSu-GenTri.

Ilalabas ng kampus ang iskedyul ng pagbabakuna sa isang mensahe ng kumpirmasyon na ipapadala sa pamamagitan ng email o text message.



TINGNAN: Dinagsa ng maraming motorista at taga-suporta ang ginaganap na motorcade para kay Presidential Aspirant Bong Bong Marcos sa Cavite.

Mga dapat gawin paggising sa umaga

Dr. Willie T. Ong

Marami ang naaaksidente sa umaga. Lalo na ang mga bagong gising. Puwedeng mahilo at bumagsak dahil hindi pa ganoon ka-“gising” ang katawan. Puwedeng manhid pa ang paa at walang balanse sa paglalakad.

Sundin ang mga sumusunod na payo para maging ligtas:

1. Bago matulog, ihanda na ang gamit at damit na gagamitin sa kinabukasan para hindi nagmamadali pagkagising. Kung nakahanda na ang mga gagamitin, magiging panatag ang isipan at makakatulog nang mahimbing.

2. Paggising sa umaga, magpasalamat sa Diyos. Dahil marami ang hindi na nagigising. Sabi nga, “Every gising is a blessing.”

3. Paggising huwag tatayo agad at baka mahilo. Dahan-dahan lang sa pagbangon sa umaga.

4. Umupo muna ng 1 minuto at mag-stretch ng leeg at balik. Ang biglang pag-upo at paggalaw ng ulo ay puwedeng magdulot ng vertigo o pagkahilo. Mayroon ding nag-collapse at nagdilim ang paningin sa biglang pagtayo. Nagkukulang kasi ng dugo sa ulo sa pagbaba ng blood pressure.

5. Sa pagtungo sa banyo (ma-lalaki man o ma-babae), umupo sa inidoro habang umihi. Baka inaantok pa at biglang bumagsak, mahilo o mag-collapse.

6. May tinatawag na “micturition syncope” kung saan nagko-collapse ang tao habang umihi. Puwede itong mangyari kaya mag-ingat kung bagong gising at gagamit ng banyo.

7. Uminom ng dalawang basong maligamgam na tubig bago mag-almusal. Ito ay para luminis at mailabas ang dumi sa katawan. Turo ito ng Japanese water therapy.

8. Maging positibo na magiging maganda ang buong araw. Mag-expect na may darating na biyaya sa iyo.

9. God bless sa lahat.

EDITORIAL

Mga menor-de-edad, iiwas muna sa matataong lugar

Nanganganib bawiin muli ang kautusan na puwede nang dalhin sa mall ang mga bata. Ito ay matapos na ma-detect na dahil sa isang bata na umano’y nagpositibo sa COVID-19, tatlong araw maka-raang magtungo sa mall ang bata.

Inalis na ang maraming restrictions sa Metro Manila noong Nobyembre 5 makaraang isailalim sa Alert Level 2. Binuksan na ang maraming establisimento – kabilang ang mga restaurant, palaruan, sinehan at iba pang mga pasyalan. Dagsa ang mga tao sa mall isang araw makaraang magluwag. Maraming bata ang karay-karay ng kanilang mga magulang. Walang pagsidlan sa katuwaan ang mga bata. Pagkaraan ng kulang-kulang na dalawang taon, muli nilang nasilayan ang mall at iba pang pasyalang lugar.

Hindi lamang mga bata ang dinadala ng mga ma-gulang sa mall kundi pati na rin sanggol. Nasa stroller ang sanggol at walang anumang kober sa mukha. Lantad ang ilong at bibig. Hindi naman pu-wedeng lagyan ng face mask ang baby at baka hindi makahinga.

Nag-viral sa social media ang tungkol sa isang 2-year old boy na nagpostibo umano sa COVID-19. Ayon sa magulang ng bata, dinala nila sa mall ang kanilang anak. Maaaring sa mall umano nakuha ng bata ang virus.

Dahil sa pangyayaring ito, sinabi ni DOH Under-secretary Ma. Rosario Vergeire, na may awtoridad ang mga lokal na pamahalaan na higitan ang galaw ng mga bata. Maaaring higitan ang restriksiyon sa mga lugar na matatao gaya ng mall at mga pasyalan. Kamakalawa sinabi ni President Duterte na ang payagan lamang na makapasok sa mall ay mga batang bakunado. Sabi naman ng DOH walang dapat ikabahala sa nag-viral sa social media.

Higitan ang galaw ng mga bata kaysa naman magkaroon nang malaking problema. Huwag munang payagan ang mga bata na makapasok sa mga lugar na maraming tao, dikit-dikit at hindi sumusunod sa health protocol. Huwag hayaang malagay sa panganib ang mga musmos. Maging maingat ang mga magulang sa panahong ito.

Booster jabs for seniors, people in immunocompromised state to kick off Nov 22

THE rollout of booster or additional doses for senior citizens and individuals with comorbidities in immunocompromised state will kick off on Monday (November 22), the Department of Health (DOH) announced on Sunday night.

Immunocompromised individuals have either of the following conditions:

- Immunodeficiency state
- HIV
- Active cancer/malignancy
- Transplant patients
- Patients under immunosuppressive treatments

The DOH and National Vaccination Operation Center stressed that the administration of booster doses is conducted in a phased approach and is not yet available for the general population.

Senior citizens and immunocompromised individuals may receive a booster shot at least 6 months after being fully vaccinated with Pfizer, Moderna, Sinovac, AstraZeneca and Gamaleya, and at least 3 months after getting inoculated with single-dose Janssen.

The Priority Group A1 (A1 to A1.7) shall receive a single dose of Covid-vaccine as a booster dose, either a homologous or a heterologous dose.

Heterologous dose refers to the administration of a Covid-19 vaccine of a different brand from the vaccine that was used to complete the primary vaccine series. The homologous dose refers to the administration of a Covid-19 vaccine of the same brand from the vaccine that was used to complete the primary vaccine series.

As a homologous booster dose:

· Individuals given with Sinovac Covid-19 primary dose series may be given with a Sinovac vaccine dose as a booster dose.

- Individuals given Pfizer may receive Pfizer as a booster dose
- Individuals given Moderna may receive Moderna as booster dose
- Individuals given Astrazeneca may receive Astrazeneca as booster dose

As a heterologous booster dose:

· Individuals given with the Sinovac as primary dose series may be given with AstraZeneca, Pfizer, or a Moderna Covid-19 vaccine dose as a booster dose.

· Individuals given with AstraZeneca may be given with a Pfizer or a Moderna as a booster dose

· Individuals given with Gamaleya Sputnik V may be given AstraZeneca, Pfizer, or a Moderna Covid-19 vaccine dose as a booster dose

· Individuals given with Janssen may be given AstraZeneca, Pfizer, or a Moderna Covid-19 vaccine dose as a booster dose

· Individuals given with Pfizer may be given AstraZeneca or a Moderna Covid-19 vaccine dose as a booster dose


· Individuals given with Moderna may be given AstraZeneca or Pfizer as a booster dose

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GUHIT NG KAPALARAN

SCORPIO: (Okt. 24-Nob. 22) Simulan ang bagong work. Maging friendly sa kalikasan, magsisilbing daan ito para mag-increase ang income mo. Makakaahon ka at matutupad ang mga pangarap mo. Lucky numbers at color for the day ang 18, 43, 22, 56, 26 at emerald green.

SAGITTARIUS: (Nob. 23-Dis. 21) Ang kakaibang pa-nanaw sa buhay ang dahilan ng pagiging bukod-tangi mo. Nasa kamay ang tagumpay. Lucky numbers at color for the day ang 42, 26, 35, 55, 22 at cobalt blue.

CAPRICORN: (Dis. 22-Ene. 19) Ito ang tamang panahon para i-establish ang koneksiyon sa mga helpful people. Magi-invest sila sa negosyo mo. Lucky numbers at color for the day ang 16, 43, 27, 35, 58 lilac violet.

AQUARIUS: (Ene. 20-Peb. 18) Darating ang right ti-ming para sa iyong career. Ipagpatuloy ang pagsisikap at lumayo sa tsismoso. Lucky numbers at color for the day ang 45, 36, 15, 52, 25 at marigold yellow.

PISCES: (Peb. 19-Mar. 20) Makikilala ang true self, maakit mo ang mga kailangang resources. Panatilihin ang katapatan. Lucky numbers at color for the day ang 36, 45, 12, 33, 55 at crimson red.

ARIES: (Mar. 21-Abr. 19) Ang huni ng tukso ang magiging patibong, kaya maging maingat. Huwag magpadalos-dalos. Lucky numbers at color for the day ang 36, 18, 26, 57, 45 at shocking pink.

TAURUS: (Abr. 20-May. 20) Merong bagong work na magpapasigla sa'yong finances. Huwag saluhin ang utang ng iba, ma-ging wais. Lucky numbers at color for the day ang 36, 15, 47, 55, 26 at pearl white.

GEMINI: (May. 21-Hun. 21) Magkakaroon ng business. Ingat lang sa mga pagkakatiwalaan, may magsasamantala. Lucky numbers at color for the day ang 33, 52, 17, 12, 45 at vanilla brown.

CANCER: (Hun. 22-Hul. 22) Tatanggap ng balikbayan box mula sa kaibigan na nasa abroad. Isang makabuluhang mensahe ang darating. Lucky numbers at color for the day ang 22, 17, 35, 47, 56 at lavender.

LEO: (Hul. 23-Ago. 22) Ingatan ang health. Itikom ang bibig. Kung walang kaugnayan, huwag mag-comment. Lucky numbers at color for the day ang 45, 36, 22, 12, 58 at cobalt blue.

VIRGO: (Ago. 23-Set.23) Magkakaroon ng di-senyo na papatok sa marami. Madaragdagan din ang mga kliyente mo. Lucky numbers at color for the day ang 16, 27, 58, 48, 32 at dollar green.

LIBRA: (Set. 24-Okt. 23) Pagsikapan na maa-yos ang hindi pagkakaunawaan sa pamilya. Darating ang hindi inaasahang bisita. Lucky numbers at color for the day ang 15, 35, 26, 55, 46 at scarlet red.



Biodegradable plastic manufacturer gets P3-M loan from DOST

MANILA – A biodegradable plastic manufacturer in Caraga has received a PHP3 -million loan from the Department of Science and Technology (DOST), Secretary Fortunato de la Peña said.

MJ Printing Services is the first local manufacturer of biodegradable plastics in the region, and the loan will be used to acquire advanced film and cutting machines, he said in a Viber message.

The fund was already released by the DOST-Caraga through the Provincial Science and Technology

Center of Agusan del Norte.

The equipment will address the technological gaps, and eventually increase the overall productivity and capacity of the business operation.

Aside from equipment upgrading, MJ Printing Services will be enrolled in the Manufacturing Productivity Extension Program (MPEX) and other suitable science and technology services.

De la Peña said the firm is owned and managed by a former overseas Filipino worker who strongly

advocates "reduce, reuse, recycle" and environmental responsibility.

"Since 2018, the firm has been providing durable and biodegradable plastic sando bags to its customers from the municipality of Magallanes, Cabadbaran City, Butuan City and other neighboring municipalities. It collects or buys plastic wastes from the households and neighboring communities at a minimum rate per kilo," he said.

These materials are then processed and turned

into recycled sando bags.

Meanwhile, the loan was availed through the DOST's Small Enterprises Technology Upgrading Program, which aims to encourage and assist micro, small and medium enterprises (MSMEs) in adopting technological innovations to improve their products and operations.

The DOST helps improve the MSMEs' productivity and competitiveness by providing them with a loan that is payable in three years. (PNA)

Worldwide tobacco users fall by 25M people since 2015

GENEVA – Worldwide tobacco use has decreased by 25 million people since 2015 despite a growing population, and this trend is projected to continue in the coming years, the World Health Organization (WHO) said in a report released on Tuesday.

The WHO global tobacco trends report shows that there are around 1.3 billion tobacco users globally, compared to 1.32 billion in 2015, with the figure expected to fall to 1.27 billion by 2025.

Sixty countries are now on track to meet the voluntary global target of reducing tobacco consumption by 30 percent between 2010 and 2025.

"It is very encouraging to see fewer people using tobacco each year, and more countries on track to meet global targets," said Tedros Ghebreyesus, the director-general of the WHO.

"We still have a long way to go, and tobacco companies will continue to use every trick in the book to defend the gigantic profits they make from peddling their deadly wares. We encourage all countries to make better use of the many effective tools available for helping people to quit and saving lives," the official said in the statement.

Ruediger Krech, the WHO's director for health promotion, said in its previous reports, only 32 countries were on track to meet their voluntary tobacco reduction targets, but that number has nearly doubled this year.

"Countries are at all income levels are making progress and getting on track to meet the targets. The evidence is clear," he added.

1.3B tobacco users worldwide

Noting that currently, around 1.3 billion people worldwide are tobacco users, according to the figures for 2020, Krech said: "The number has already reduced 25 million since 2015, or roughly 5 million tobacco users fewer each year in the past five years, and is expected to reduce another 28 million by 2025."

In 2020, 22.3 percent of the global population used tobacco, 36.7 percent of all men, and 7.8 percent of women.

The WHO said currently 60 countries are on track to achieve the tobacco use reduction target by 2025.

Since the last report two years ago, two other regions -- African and Southeast Asian -- have now joined the Americas region in committing to a 30 percent reduction.

"Over the last five years, the number of male tobacco users has dropped by 2 million to 1,067,000,000, despite the global population growing by 183 million in the same five-year period," Krech noted.

Over the same five years, female tobacco users have dropped by 23 million to 231 million, despite the global population growing by 178 million.

The WHO official said women in Europe are the slowest in the world to cut tobacco use.

"This is the only region not on track to get the reduction at 30 percent. For women, around 18 percent of women in European region still use tobacco, which is substantially more than in any of the other WHO regions," Krech added. (Anadolu)

UNFILTERED Peels off its latest skin care set for a holiday-ready skin

Just in time for the coming of the Christmas breeze, UNFILTERED, a revolutionary skin care brand, launched today a new collection that features products for a complete and effective gentle skin-peeling experience to get everyone ready for the holidays.

Introducing the Gentle Peel Kit, the latest addition to UNFILTERED's ever-growing health and wellness array of products, this kit offers a mild approach to guaranteeing that your skin will achieve exactly what it deserves. More than exfoliation and moisturization, the rejuvenating kit was carefully developed by top skin specialists to primarily renew and reveal blemish-free skin.

Packed in an easy-to-navigate, see-through pouch, the Gentle Peel Kit is complete with a brightening soap, toner, peeling, firming, and whitening creams. What's more, all products are formulated with skin-friendly active ingredients to nourish and gently exfoliate impurities to keep the skin healthy and glowing giving the full protection from day to night.



What's inside?

Brightening & Pore Refining Soap contains Kojic, Canica Papaya, and Lactic Acid. It removes dead cells to reveal renewed skin. It helps lighten hyperpigmentations and stimulate collagen production.

Activating Toner is enriched with Niacinamide, Alpha Arbutin, and Salicylic Acid that are responsible in initiating skin exfoliation, clearing up clogged pores, and preventing breakouts.

Peeling & Renewing Cream has a nice blend of Vitamin C, Beta Arbutin, and Aloe Vera working together to deeply exfoliate the dead skin. It helps improve the appearance of skin imperfections.

Firming & Age Defying Glow Cream has Vitamin E, Collagen, and Elastin, which provide skin lifting benefits

for a smooth, refreshed, and young-looking complexion. It doubles down on the anti-aging job as it reduces the appearance of fine lines and wrinkles.

Whitening with SPF 45 is infused with Arbutin, Glutathione, and Plant Extracts. It has SPF that shields skin and protects it against the harmful effects of UV rays. It works to fade sun and age spots as it whitens and brightens

skin.

What better way is there to welcome Christmas than to UNFILTER to a new you with a gentle skin-peeling experience. Get this kit for only Php 899.00 to put your best skin forward this holiday season!

For more information, visit our website www.unfilteredskinindustry.com. Like and follow Unfiltered's social media pages: Facebook (Unfiltered Skin Essentials & Wellness Industry), Instagram & Tiktok (@unfilteredskin_main), Twitter & Lyka (@unfiltered_main). To get your daily dose of glow, reach them at 0917-8845698 (0917-8UGLOW8) or send an e-mail to info@unfilteredskinindustry.com.



COVID-19 ALERT LEVEL SYSTEM, IPAPATUPAD SA BUONG BANSA SIMULA LUNES

Simula sa Nobyembre 22 ipapatupad na ang COVID-19 Alert Level System sa buong bansa ayon kay Department of Interior and Local Government (DILG) Undersecretary Epimaco Densing III.

"Simula sa Lunes, buong bansa naka-alert level system," ani Densing sa isang panayam.

Kamakailan lamang ay inaprubahan ni Pangulong Duterte ang implementasyon ng Nationwide Alert Level System dahil sa magandang epekto nito sa NCR.

Sa ilalim ng Executive



Order 151, kasalukuyang umiiral ang Alert Level System sa NCR, Rehiyon 3, 4A, 6, 7, 10 at 11 habang unti-unti na rin itong ipapatupad sa Rehiyon 2, 8 at 12 para sa Phase 2; Rehiyon 2, 5, at 9 para sa Phase 3; at ang rehiyon ng CAR, 4B, 13 at BARMM para sa Phase 4.

Batay sa panuntunang inilabas ng IATF, ang Department of Health (DOH) ang tutulong upang tukuyin kung anong alert level system ang dapat umiiral sa mga lalawigan.

DATING PASADA, PASAHE SA MGA TRICYCLE SA IMUS, IBINALIK NA

Ibinahagi ni Imus City Mayor Emmanuel Maliksi ang pagbabalik ng normal na pamasaha sa mga tricycle sa kanilang lungsod simula ngayong Lunes.

Ito ay matapos na manghingi ng opinyon sa publiko ang nasabing alkalde.

Aniya, naisakatuparan rin ang pagababalik ng dating pasahe dhail sa pakikipagtulungan ng Tricycle Regulatory Unit (TRU) at mga TODA sa kanilang lungsod.

"Masinsinan tayong nakipagtulungan sa ating Tricycle Regulatory Unit (TRU) at kumonsulta sa mga TODA ng Lungsod para sa pagbabalik ng dating presyo ng pamasaha," ani Maliksi.

Matapos nito ay inanunsiyo rin niya ang pagbabalik ng iba pang regulasyon sa pampasaherong tricycle.

"Kasabay nito,

ibinalik na rin ang buong THREE-PASSENGER CAPACITY at ONE-DAY CODING para maging patas sa ating mga tricycle drivers," pahayag ng alkalde.

Nagpasalamat siya sa naging mabilis na pakikipag-ugnayan ng TRU at mga TODA ng lungsod.

Health Advisory

PWEDE BANG MAGPABAKUNA ANG MGA BUNTIS?

Hindi kasama sa mga pinagbabawalang kumuha ng bakuna ang mga buntis. **Ang mga babaeng buntis ay maaaring kumuha ng bakuna** nang may pag-iingat (precaution), bilang limitado ang datos sa mga buntis na kasama sa clinical studies.

Kung ang isang babaeng buntis ay kabilang sa grupong inirerekomendang magpabakuna (halimbawa, healthcare worker), dapat siyang bigyan ng pagkakataong magpabakuna.

Maaaring magpabakuna matapos ang unang tatlong buwan ng pagbubuntis.

Source: Department of Health
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