

Duterte places entire Luzon under 'enhanced community quarantine'

MANILA – President Rodrigo Duterte has placed the entire Luzon under “enhanced community quarantine” effective immediately to control the coronavirus disease 2019 (Covid-19) outbreak in the country, Malacañang said on Monday.

Presidential Spokesperson Salvador Panelo bared this without giving any further details as Duterte is expected to make a public address on government measures to prevent the spread of Covid-19 after meeting with members of the Inter-Agency Task Force for the Management of Emerging Infectious Diseases.

He said the meeting is supposed to correct the problems encountered during the first two days of the community quarantine including commuters having difficulty

getting rides due to the limited number of public utility vehicles (PUVs) on the road.

Under the memorandum signed by Malacañang on Friday, an “enhanced” community quarantine requires “strict” home quarantine in all households, suspends transportation, regulates food and essential health services, and heightens uniformed personnel’s presence to enforce quarantine procedures.

In an interview over ANC, Panelo said enhanced community quarantine refers

to a “total lockdown”.

“We have this community quarantine two days ago, we are just expanding it,” he said.

He explained that this means there will no longer be a need for the public to travel unless for “medical and humanitarian reasons”.

“It means we will have to stay at home. Work will be suspended. The general rule is there is a suspension of work,” he said.

As for government services, he said workers will remain on “skeletal force”.

Since the public will be forced to stay home, he assured that food and essential needs will be delivered in homes care of the respect

(see page 7)

CARD, Inc. - A Microfinance NGO

Upang lubusang matugunan ang mga pangangailangan ng ating mga minamahal na members, ang CARD MRI po ay magdedeklara ng moratorium mula March 17 hanggang April 12, 2020. Dahil po dito, WALA PO MUNANG CENTER MEETING, COLLECTION AT ANUMANG GAWAING PANG-CENTER.

Tulongan nawa at patubayan tayo ng ating Panginoong Diyos!



WALANG HULOG!

(Moratorium mula March 17 hanggang April 12, 2020)

Carmona LGU creates DIY improvised sanitation tents



The local government of Carmona produced a do-it-yourself improvised sanitation tents that could help for the sanitation of the healthworkers, patients, and LGU employees before entering and leaving facilities such as the hospital or municipal hall. The design was sourced from the UP Diliman-based volunteer group SaniTents PH.

Wala man tayong mabilhan o marentahan sa panahong ito, nagsimula na po tayo gumawa ng DIY improvised sanitation tents na magagamit natin sa disinfection ng ating mga health workers, patients, at LGU employees bago pumasok at lumabas sa mga facilities tulad ng hospital at munisipyo.

Nagpapasalamat ang Pamahalaang Bayan ng Carmona sa mga bumubuo ng SaniTents PH para sa disenyo nito.

Kaugnay nito, nananawagan din po ang Pamahalaang Bayan ng Carmona sa ating mga kababayan na mayroong DIFFUSERS na maaaring mapahiram sa ating lokal na pamahalaan upang magamit sa ating mga sanitation tents habang humahanap pa ng supplier para rito.

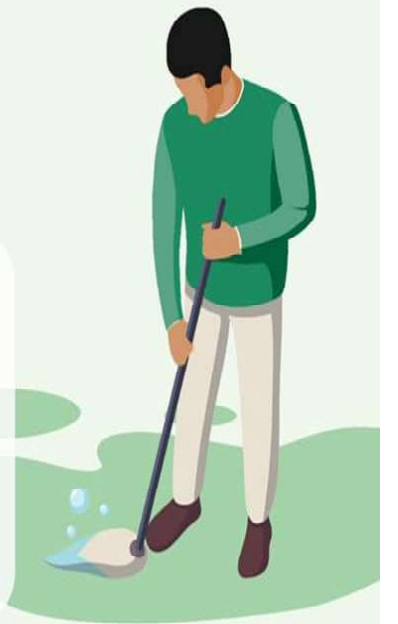
Tulong-tulong po tayo labanan ang COVID-19!

PAANO MAGLINIS AT MAG-DISINFECT NG BAHAY?

Siguraduhing malinis ang inyong kapaligiran para maiwasan ang COVID-19.

I-disinfect din ang inyong bahay—sahig, ibabaw ng lamesa, upuan, railings, doorknob, at iba pang bahagi ng bahay.

#BahayMunaBuhayMuna



SAMA-SAMA NATING LABANAN ANG COVID-19!

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DDB allows use of electronic prescription for dangerous drugs

MANILA – The Dangerous Drugs Board (DDB) has given its green light for the use of electronic prescription for dangerous drugs for six months or during the declaration of the nationwide state of calamity.

The DDB, in its advisory dated March 18, said a patient or his authorized representative may present an electronic prescription for dangerous drugs to a drugstore or pharmacy for proper dispensing of the required medication.

It said the electronic prescription could be a photo of the "special prescription form for dangerous drugs or ordinary prescription form stored in a cellular phone or any electronic gadget."

The electronic prescription should contain the prescribing physician's full name, business address, contact details, S-2 license number, and original signature; the patient's complete name and address; and date of the prescription.

The generic and brand name of the medicine containing dangerous drugs to be supplied, the dosage strength and form, the total number of dosage units or quantity needed in words and its numerical equivalent, and the direction of use should also be included in the electronic prescription.

"There shall be an inscription of 'no refill' in the electronic prescription," the DDB said.

Section 40(b) of Republic Act (RA) 9165 or the

Comprehensive Dangerous Drugs Act of 2002 states that no prescription once served by the drugstore or pharmacy should be reused nor any prescription once issued be refilled.

The prescribing physician may issue a supplemental prescription within the 30-day period reckoned from the date when the original prescription was made if the condition of the patient requires more dose medication than originally assessed.

The DDB directed the prescribing physician to keep records of all electronic prescriptions issued and report the same to the Compliance Service of the Philippine Drug Enforcement Agency within seven days after the lifting of the State of Calamity throughout the Philippines.

"The same rule applies to licensed drugstores or pharmacies dispensing medicines containing dangerous drugs as prescribed by the electronic prescription. As such, drugstores or

pharmacies shall secure copies of the electronic prescriptions, or photos thereof, which shall serve as supporting records to their report," it said.

A person duly authorized by the patient may purchase the medicines on behalf of the latter, as long as a written or electronic authorization, the identification card of the authorized individual, and the electronic prescription are presented to authorized personnel of the drugstore or pharmacy.

The advisory was signed by Undersecretary Earl Saavedra, executive director of DDB, by the authority of DDB chairperson Catalino Cuy.

Under RA 9165, all prescriptions issued by physicians, dentists, veterinarians, or practitioners should be written in forms exclusively issued by and obtainable from the Department of Health.

However, an electronic prescription is allowed when the country is under a state of calamity.

The DDB's order was effective for six months, "unless earlier lifted or extended as circumstances may warrant."

President Rodrigo Duterte on March 16 placed



BIG TALK

Converse with me

Survive or overcome the COVID-19

I keep my hopes high that we all survive or overcome the COVID-19 plague. Obviously people in my league are the most susceptible.

How do I cope with the physical, psychological/emotional and spiritual challenges we have to contend with due to COVID-19's threat to our lives? The realization that my family and I are still alive today, living one day at a time, NOT to revisit the past, nor to think about tomorrow. Only today is central to normalcy.

It is not defying or lurking in the denial stage that the COVID-19 plague is real, extremely serious and threatens to annihilate a portion of the world's population. It is a very simple act of reinforcing our faith through spiritual reads and prayers (not merely said but done) daily, and live every minute of our waking hours in managed expectations and aspirations while embracing the concept that all is well within God's and our control. Vigilance for survival from the plague may be exhausting and at times beyond our absorptive capacity to comprehend to the point of paranoia; more of psychological approaches maybe required, yet most of us Filipinos are made of sturdier stuff in that we do not crash under such heavy load. Likas na matapang, malakas, madiskarte, persevering, at higit sa lahat, MALAPIT SA PANGINOON, I believe that we will overcome this onslaught of the plague.

My friends and fellow Filipinos, we have conversed in small or great ways through FB, and we tackled significant and trivial matters; present times, however, call for more conversation in socmed, to reach and be reached, if at all we desire for our calm, peace of mind, courage, to preserve our sanity in the midst of uncertainties and fear that stay regardless of the level of our faith. We are grateful that we are able to live pa in the age of the IT and the highway it has built in the universe. It is one defining human achievement of the 20th century.

God bless everyone. <3

WHO declares coronavirus global pandemic

GENEVA — The World Health Organization on Wednesday declared coronavirus "a global pandemic."

At a news conference in Geneva at WHO headquarters, head of the UN health agency, Tedros Adhanom Ghebreyesus, said that over the past two weeks, the number of COVID-19 cases outside China increased 13-fold and tripled in the number of countries where it occurs.

"WHO has been assessing this outbreak around the clock and we are deeply concerned both by the alarming levels of spread and the severity and by the alarming levels of inaction," he said.

"We have therefore made the assessment that COVID-19 can be characterized as a pandemic," Tedros added.

There are now more than 118,000 cases in 114 countries, and 4,291 people have lost their lives, while 81 countries have no cases so far, he said.

"We have never before seen a pandemic sparked by a coronavirus. This is the first pandemic caused by a coronavirus," said Tedros.

He said the world had also never seen a pandemic

that can be controlled at the same time. adding some countries were not taking action to stem the disease.

"Describing the situation as a pandemic does not change WHO's assessment of the threat posed by this virus. It doesn't change what WHO is doing, and it doesn't change what countries should do," said Tedros.

Of the 118,000 cases reported globally in 114 countries, more than 90 percent of cases are in just four countries, he said and that two of those -- China and South Korea -- have significantly declining epidemics.

"If countries detect, test, treat, isolate, trace, and mobilize their people in the response, those with a handful of cases can prevent those cases becoming clusters, and those clusters becoming community transmission," said Tedros.

All countries needed to strike a fine balance between protecting health, minimizing economic and social disruption, and respecting human rights.

"This is not just a public health crisis; it is a crisis that will touch every sector -- so every sector and every individual must be involved in the fight," Tedros noted.

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GUHIT NG KAPALARAN

ARIES: (Mar. 21-Abr. 19) Kumunsulta sa psychic. Ngayon isang mahala-gang desis-yon ang gagawin. Kailangang magkaroon ng tamang gabay tungkol dito. Lucky numbers at color for the day ang 9, 11, 15, 45 at lavender.

TAURUS: (Abr. 20-May. 20) Masigla ang pag-gising dahil ang matatangap na email message ay galing sa matagal mo nang crush. Pag-isipan ng mabuti ang pagre-reply dahil maka-kababa sa iyong pagkatao ang pagpapakita ng motibo. Lucky numbers at color for the day ang 17, 19, 41, 44 at moss green.

GEMINI: (May. 21-Hun. 21) Simulan mo ngayon ang bagong chapter ng iyong buhay. Ang iyong makakatuluyan ay maaaring meron nang anak. Hinay-hinay lang at pag-isipan ng mabuti ang mga hakbang. Lucky numbers at color for the day ang 3, 9, 27, 31 at platinum pink.

CANCER: (Hun. 22-Hul. 22) Ang naranasan mo ngayon ay isang blessing in disguise. Na-late ka kaya hindi natuloy ang deal. Ngunit isang swindler ang kausap mo kaya magpasalamat pa rin. Lucky numbers at color for the day ang 5, 13, 25, 33 at royal blue.

LEO: (Hul. 23-Ago. 22) Kilalanin muna ang bagong kakilala kahit feeling na na-love at first sight ka sa kanya. Pakinggan ang payo ng mga nagmamalasakit. Ihanda ang sarili sa bagong adventure. Lucky numbers at color for the day ang 7, 29, 33, 37 at tangerine.

VIRGO: (Ago. 23-Set. 23) Nasa iyo na ang pagkakataon para makapagtatag ng sariling pamilya. Kilalanin ng mabuti ang pagkatao ng prospect mong maging kapareha sa buhay. Mara-ming mapagsamantala. Lucky numbers at color for the day ang 5, 25, 39, 41 at gold.

LIBRA: (Set. 24-Okt. 23) Sundan ang kutob at dito mo matutuklasan ang totoo. Ang iyong creative expression sa iyong emosyon ay magbibigay meaning sa buhay mo. Aralin itong mabuti. Lucky numbers at color for the day ay 7, 31, 35, 44 at garnet red.

SCORPIO: (Okt. 24-Nob. 22) Lagyan ng CCTV camera ang iyong gusali. Ito ang safety measures upang makilala ang umaaligid sa bahay mo. Hangga't maaari umiwas muna sa mga matataong lugar. Lucky numbers at color for the day ang 6, 11, 39, 47 at ocean blue.

SAGITTARIUS: (Nob. 23-Dic. 21) Matutuklasan ngayon ang mga nagmamalasakit sa mga bagay na mahalaga para sa'yo. Huwag magdalawang-isip sa pagtulong. Siksik, liglig at umaapaw ang biyayang babalik sa'yo. Lucky numbers at color for the day ang 1, 25, 31, 43 at peach.

CAPRICORN: (Dis. 22-Ene. 19) Masuwerte sa iyo ang pagpapaputol ng buhok. May mahalagang mensahe ang matatangap ngayon, nasa iyong konsiderasyon kung ito'y positibo o negatibo. Lucky numbers at color for the day ang 13, 31, 33, 45 at avocado green.

AQUARIUS: (Ene. 20-Peb. 18) Isang kakaibang concept ang makapagpapabago sa iyong proyekto. Kung hindi magsasawa sa pagsisikap at pagtitiyaga, aani ng positibong resulta. Lucky numbers at color for the day ang 19, 25, 47, 51 at marigold yellow.

PISCES: (Peb. 19-Mar. 20) Ang poot ay isang mabigat na damdamin. Kapag namalagi ito sa'yo, maaaring magdulot ng masamang pakiramdam. Kalimutan na ang nakaraan at matutong magpatawad. Lucky numbers at color for the day ang 12, 13, 34, 45 at red.

Kawaling Pinoy

Sweet Mango Barbecue Chicken Skewers

These grill-worthy Sweet Mango Barbecue Chicken Skewers are simple and bursting with flavor, perfect for your next cookout!

Prep Time

45 mins

Cook Time

20 mins

Marinate

4 hrs

Total Time

5 hrs 5 mins

Course: Main Course Cuisine: Asian Keyword: Sweet Mango Barbecue Chicken Skewers Servings:

6

Servings Calories: 138kcal Author: Lalaine Manalo

Ingredients

1 pound boneless chicken thigh fillets

salt and pepper to taste

1 cup mango nectar

1/4 cup barbecue sauce

1/4 teaspoon red pepper flakes

1 teaspoon sesame oil

US Customary - Metric

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Instructions

Trim chicken thigh fillets of extra fat, Rinse and drain well.

Pat dry and cut into 1-inch strips. Season with salt and pepper to taste.

In a bowl, combine mango nectar, barbecue sauce, and red pepper flakes. Stir until well-distributed.

Add chicken and marinate in the refrigerator for at least 4 hours or overnight. Drain from marinade, reserving liquid.

In a saucepan over medium heat, simmer mango nectar-barbecue marinade for about 20 minutes or until reduced to about 1/2 cup.

Add sesame oil and stir to combine. Set aside.



Thread 2 to 3 chicken slices into each skewer. Grill skewers on a hot grill for about 2 to 3 minutes each side. When the meat starts to lose its pink, baste with sweet mango mixture. Continue to grill and baste, turning on sides, until cooked through. Remove from heat and serve hot.

Notes

The recipe makes about 12 skewers; nutritional information calculated at 2 sticks per serving.

To prevent from burning during grilling, soak bamboo sticks in water for at least 30 minutes.

Nutrition

Calories: 138kcal | Carbohydrates: 10g | Protein: 15g | Fat: 4g | Saturated Fat: 1g | Cholesterol: 72mg | Sodium: 193mg | Potassium: 223mg | Fiber: 1g | Sugar: 9g | Vitamin A: 359IU | Vitamin C: 6mg | Calcium: 18mg | Iron: 1mg

Duterte places entire

tive local government units (LGUs).

He said a provision for food and essential services will be regulated, meaning respective LGUs will have to create a system where food and essential needs will be delivered to the homes of the communities.

"In other words, we will not allow a rush to getting food and supplies because there will be sufficient food and supply," he said.

In an earlier press briefing the same day, Panoledang said that Interior Secretary Eduardo Año is supportive of a "total lockdown" in Metro Manila to prevent the number of infected persons from rising.

"Si Secretary Año, ay 'yun din ang nirerekomenda. 'Yan din ang nirerekomenda ko (This is what Secretary Año is recommending. It is also what I'm recommending). Because this is a matter of national survival. We have to be resigned to that fact. This is a matter of life and death. The only way to stop this is for us to help ourselves," he said in a Palace briefing.

He, however, clarified that it would be up to Duterte to evaluate and decide whether a total lockdown would be necessary.

Besides the surge in the number of infected persons,

he said Duterte will also assess whether the community quarantine in place is effective in restricting the movement of Filipinos.

Citing reports, he observed that commuters still gather in one area to catch a jeep or bus ride without observing social distancing.

"We really have to assess kung effective yung ginagawang nating ganitong uri ng hindi strict na implementasyon (if our implementation of these not so strict protocols are effective)," he said.

Asked to clarify what he meant by total lockdown, he said: "A total lockdown would be closing off all establishments. It would mean also walang pasok lahat. Kumbago lahat kayo nasa bahay (there would be no classes in all levels. All of you will stay home)."

Should the proposed total lockdown be implemented, he said the entry of food supply will not be halted.

"Hindi natin hihintuin ang pagpasok ng food supply kasi mahalaga 'yun e and most likely siguro hindi dapat saraduhan ang mga grocery, ang palengke (We cannot stop the entry of food supply because that's important and most likely we shouldn't close groceries, markets)," he said. (PNA)

BML Delivery kicks off in Carmona

Orders were taken and received by the residents of Carmona starting on March 22, 2020 through the Bayan, May Libreng (BML) Delivery, which is an initiative of the Municipal Government of Carmona to provide a free delivery service from the public market to the residents as a solution to the suspension of public transportation and implementation of social distancing due to the enactment of "Enhanced Community Quarantine" for the whole Luzon.



Go backs National Week of Prayer proposal amid Covid-19 threat

MANILA – Senator Christopher Lawrence “Bong” Go has expressed his support for a proposed proclamation to hold a National Week of Prayer in the fourth week of March.

The proposal outlines that the National Week of Prayer would unite all Filipinos, regardless of religion, to pray for all medical professionals, frontliners, the sick and coronavirus disease (COVID-19)-stricken Filipinos, as well as the rest of the country.

“Marami na tayong pinagdaanang pagsubok. Pagputok ng bulkan, lindol, pagkaroon ng iba’t ibang kalamidad at lagi nating nalalampasan ang mga ito dahil sa ating pananalig sa Diyos para sa mga kababayan nating Kristiyano, Allah para sa ating mga kababayang Muslim,” Go said.

(We are going through a lot of challenges. The eruption of a volcano, earthquake, struck by every calamity but we have persevered because of our faith in God, to all our Christian countrymen, Allah to our Muslim brothers.)

Go highlighted that now more than ever, Filipinos need to pray, saying this is one of the ways to encourage and promote unity among Filipinos to achieve a common goal.

In the proposed proclamation, the National Week of Prayer will underscore the

commitment and sacrifices of all health workers and medical professionals who are at the forefront of the response, police, the military, and the government, and “all Filipinos who work tirelessly to protect the community.”

It will also enjoin people of all faiths, religious traditions, and backgrounds to offer prayers to overcome the Covid-19 situation in the country.

As of March 20, a total of 230 confirmed cases have already been reported by the Department of Health, with 18 deaths and eight recoveries.

As the country faces uncertain times with the enhanced community quarantine in Luzon and the state of calamity nationwide, Go deemed it fit that a week of prayer can be a useful weapon to fight the epidemic.

“Alam niyo, sadyang relihiyoso ang mga Pilipino, at ito ang isa sa pinakamagandang ugali at sandata natin para masugpo na natin ang pandemic na ito sa ating bansa – ang laging paglingon sa Diyos sa hirap man o sa ginhawa,” Go said.

(Filipinos are, by nature, religious and our best trait and weapon to fight this pandemic is to call on God in times of hardships or comfort.)

With the quarantine measures in place, Go also reminded Filipinos to follow protocol, such as staying at

home as much as possible and washing their hands frequently.

Go encouraged public officials to help their constituents through assistance and other needed necessities to prevent transmission of Covid-19.

Go also assured that the government is working tirelessly, exhausting all efforts to stop the outbreak as soon as possible.

“Sinisigurado ko naman sa ating mga kababayan na ginagawa namin at ng gobyerno ang lahat para matigil na itong virus na ito at masiguradong ligtas ang bawat Pilipino,” Go said.

(I assure you that the government is doing everything to stop the spread of the virus to protect every Filipino.) (PR)

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DHSUD issues loan moratorium amid coronavirus emergency

MANILA— The Department of Human Settlements and Urban Development (DHSUD) on Friday suspended the collection of monthly loan amortization to its more than 5 million key shelter agencies (KSAs) members amid the implementation of the enhanced community quarantine over Luzon and other provinces to contain the spread of the coronavirus disease.

DHSUD Secretary Eduardo Del Rosario said the department allowed a three-month moratorium to its KSAs members and beneficiaries so that "they will be able to comply with the quarantine guidelines imposed by the government."

He said coming up with the suspension of monthly payment "may help ease the burden of the payees."

"By offering the moratorium, member-beneficiaries of our KSAs won't have to worry about their monthly amortizations anymore in the next three months amid the COVID-19 scare," he said, noting that the moratorium period is effective from March 16 until

June 15.

"This is DHSUD's initiative in support of President Duterte's all-out efforts to assist our kababayans amid these challenging times," he added.

He said a total of 5,225,783 KSA members and beneficiaries will benefit from the three-month moratorium.

The KSAs include Home Development Mutual Fund (Pag-IBIG), the National Home Mortgage Fi-

nance Corporation, and the Social Housing Finance Corporation.

Meanwhile, the National Housing Authority (NHA) has also suspended its collection of amortization or lease payments from residential account holders in all existing NHA Projects.

In a statement, NHA said the resumption of payments will be due on June 16.

The housing department assured the application of individual accounts, Community Association Account and all existing residential account holders will be automatically processed.

There are no additional interest charges throughout the suspension period. (PR)

