

# Total lockdown tightens security in the province of cavite

**TRECE MARTIRES, Cavite, (PIA) --**A recent COVID-19 update posted on Governor Jonvic Remulla's Facebook page showed the province already has 14 positive cases of the dreaded disease prompting most of the province's cities and municipalities to implement total lockdown in their respective localities to tighten security and instill discipline to all residents.

The cities of Bacoor, Imus, Dasmariñas, General Trias and Trece Martires and the municipalities of Naic, Kawit to name a few, are all on total lockdown with manned barriers in all exit and entry points to restrict the passage of non-residents into their areas or limit the

entry or exit of non-essential personnel.

To further limit the movement of the residents after effectivity of curfew hours, quarantine passes with control numbers were distributed to households in all barangays with the

barangay officials personally handing one pass for each household.

The quarantine pass allows only one family member to leave their house for purposes such as purchase of basic necessities like food from public markets, supermarkets, medicines from pharmacies, accomplish financial transactions in banks or other financial service establishments, and seek medical attention in hospitals.

The total lockdown was effected in the hope to slow down if not prevent the spread of COVID-19 in the province. (Ruel Francisco, PIA-Cavite)

Calabarzon Cavite total lockdown

## Carmona holds disinfection sessions

On March 22, 2020, disinfection sessions were conducted at the checkpoints across Carmona as part of the preventive measures and mitigation efforts being implemented by the local government to keep the community coronavirus-free. On March 23, 2020 simultaneous disinfection ses-



sions were also held at all barangays in the municipality. More disinfection sessions are scheduled to be done for the following days.

Ang Pamahalaang Bayan ng Silang sa pangunguna ng inyong lingkod at sa tulong ni Vice Mayor Aidel at former Mayor Omil Poblete ay namigay ng ayuda sa ating 64 barangays. Pinulong din po natin sila para maipaliwanag ang sitwasyon ng ating bayan patungkol sa krisis ng COVID-19 na ating nararanasan. Sinigurado po natin na mapanitili ang social distancing at protective cover sa pagpupulong.



## Returning seaman is Cavite's first positive case of COVID-19

**TRECE MARTIRES CITY, (PIA) -** A returning seaman who passed through Narita Airport in Japan has tested positive of the coronavirus disease (COVID-19).

In his facebook post on Tuesday, Cavite Gov. Jonvic Remulla confirmed that the man, considered as the first positive case of COVID-19 in the province, comes from Imus, Cavite.

"The first positive case is a man from Imus. He is currently confined at the RITM (Research Insti-

tute for Tropical Medicine)," the governor said.

Classes in all levels both public and private in Cavite were earlier suspended from March 10-14, 2020 as a precautionary measure against the virus.

In the same facebook post, Remulla also identified a person under investigation (PIU) as a woman confined in a private hospital in Imus.

"She had just arrived from South Korea. Her swab was submitted to the RITM as of 6 p.m. last

night," he added.

Test results are expected to be released on Tuesday afternoon.

Remulla urged leaders in his province to be transparent with the status of COVID-19 in their areas even as he called on the public to follow health protocols that the health department has set.

"Cloaking information is a greater disservice to the people. The people have the right to be informed," he said. (PIA-Cavite)

**Mahalagang paalala tungkol sa COVID-19**

**TAMANG PARAAN NG PAG-UBO**  
 1. Takpan ang bibig at ilong gamit ang panya o tissue kapag umuubot at bumabahing  
 2. Magtakip ng ilong at bibig sa tuwing may ubo o babahing malapit sa iyo  
 3. Huwag dumura kung saan saan. Gumamit ng tissue o papel at itapon ito sa basurahan  
 4. Bigyang-halaga ang paghuhugas ng kamay matapos umubo o bumahing  
 5. Maging gamitin ang manggas o loob ng damit kung walang panya o tissue

**HEALTH ADVISORY TUNGKOL SA CORONAVIRUS**  
 Ang coronavirus ay pamilya ng mga virus na nagdudulot ng iba't ibang klaseng sakit, mula sa karaniwang ubo't sipon hanggang sa mas malubhang impektyon.  
 Sa mga malubhang kaso, maaaring magpang sarili ng Pneumonia, Acute Respiratory Syndrome, problema sa balat, at pagkamatay.  
**SINTOMAS NG SAKIT**  
 Respiratory symptoms  
 Pagkai ng paghinga  
 Lagat  
 Ubo't sipon  
 Hirap sa paghinga  
**PARANO MAIWASAN ANG SAKIT DULOT NG CORONAVIRUS?**  
 Ugaling maghugas lagi ng mga kamay  
 Uwasan ang contact sa mga hayop  
 Lumayo at talipaan ang bibig at ilong sa tawing ubo o babahing  
 Uminaw sa mga taong may sintomas ng ubo at sipon  
 Uminom ng maraming tubig at siguraduhing luto ang mga pagkain  
 Agang kumonsulta sa health facility kung may sintomas ng ubo't sipon (lalo na kung bumiyatha sa Wuhan, China)

**TAMANG PARAAN NG PAGHUHUGAS NG KAMAY**  
 1. Basalin at sabutin ng mabuti ang mga kamay sa malinis at dumaduy na tubig.  
 2. Kurusin ang mga palad at likod ng mga kamay.  
 3. Iba't ibang karkasin ang mga daliri lalo sa ang mga pagitan nito. Kurusin ang mga balat at mga butok.  
 4. Banlawan ng mabuti ang mga kamay sa malinis at dumaduy na tubig.  
 Higitang 20 segundo ang mga kamay sa loob ng dalawang (20) Segundo o kasing haba ng dalawang Happy Birthday song.  
 PDRMO Hotline: 0917-858-8263 0998-889-1407 (046) 419-1632  
 Official DOHgov doh.gov.ph

## DOST to focus on researches that will help solve Covid-19 woes

MANILA – Department of Science and Technology (DOST) Secretary Fortunato dela Peña on Wednesday said the department will focus first on researches that have the potential to address the coronavirus disease 2019 (Covid-19).

"Maybe we will focus first on taking advantage of some researches which we have already supported, and which have the potential to help in addressing the Covid-19 problem now," he told the Philippine News Agency (PNA).

Dela Peña mentioned the Ateneo de Manila University's study on whether virgin coconut oil (VCO) components could be used as a safe antiviral agent against the novel coronavirus.

"While it (study) was more on developing standards, there is some knowledge derived from it which we can extend. Since it is widely cited in publications that VCO has anti-viral properties, we can look into that through some tests on Covid-19. We can have it tested in Singapore where they have the facilities in place," he said.

Ateneo's study was done in partnership with the Duke-National University of Singapore.

Another DOST-funded study that ADMU did, in partnership with the Department of Health (DOH), was the Feasibility Analysis of Syndromic Surveillance using Spatio-Temporal Epidemiological Modeler (FASSTER) for early detection of diseases.

The researchers developed the FASSTER app for visualizing the spread of diseases, using data from the Philippine Integrated Disease Surveillance and Response (PIDSRS) system, Electronic Medical Records, and SMS-based reports of primary care facilities.

"This app might be able to predict how long this Covid-19 problem will last, given the data that DOH is collecting and compiling in relation to the outbreak," he said.

Currently, the FASSTER app is being used to create predictive models and visualize possible scenarios of outbreaks of dengue, typhoid fever, and measles, at specified time periods. According to DOST, the researchers will enhance the system so it could be used for Covid-19 surveillance and response.

### Diagnostic kit

Dela Peña said the DOST is also looking to locally produce raw materials that can be used for test kits if a patient is positive for the coronavirus.

The DOST, he added,

is studying possible partnerships with some of its partner institutions abroad who are already advanced in the field of vaccine development.

"DOST's support to the diagnostics kit research of UP (University of the Philippines) Manila started in 2009. Their (study and development of) a dengue diagnostic kit was already finished and has been commercialized. Soon, the one for leptospirosis would be released, and there are other things that they develop," he shared.

When news about the new coronavirus came in December 2019, he said UP immediately sent a proposal, "and they started the study by mid-January".

A team of researchers from the UP-National Institutes of Health led by Raul Destura developed a diagnostic kit that aims to detect Covid-19.

According to DOST, this kit has a high specificity and efficiency through a one-step multiplex real-time polymerase chain reaction platform. The kit is projected to cost PHP1,320 per test.

On March 9, the Food and Drug Administration (FDA) issued a certificate of exemption for this locally-developed kit for use in field testing coupled with gene sequencing at the Philippine Genome Center.

Dela Peña said Destura got a total research grant of PHP55.72 million, including the research for the dengue diagnostic kit.

"We at the DOST are proud of our local researchers having breakthroughs that will help our country. We are also happy that they could do these with the modest amounts of grants," he said.

"Things have fallen well into place, including our decision to jointly put up the Philippine Genome Center with UP, and with CHED (Commission on Higher Education) assistance also because it becomes a big help in times like this," he said. (PNA)

## Stringent measures applied to instill discipline on delinquents

Province of Cavite, Mar 24 (PIA) -- A total of 586 violators were recently arrested in different cities and municipalities in the province with the implementation of stringent measures pursuant to the recent directives of Cavite Governor Jonvic Remulla.

In a post on the Governor's Facebook page on March 22, the city of Imus has the highest number of arrests with 116 violators, followed by the city of Gen.

Trias, 56 arrests, and the municipality of Gen. Mariano Alvarez with 51 violators arrested.

"I have given strict orders for the full implementation of the quarantine and curfew. There will be minimum tolerance to violators," Gov. Jonvic Remulla stated earlier.

In addition, the Sangguniang Panlalawigan passed an ordinance enforcing a liquor ban in the province.

## NOTICE TO THE PUBLIC

Pursuant to the Memorandum from the Executive Secretary dated 16 March 2020 on the Community Quarantine Over the Entire Luzon and Further Guidelines for the Management of Corona Virus Disease 2019 (COVID-19) Situation with reference Proclamation Nos. 929 and 922 (s. 2020) and Republic Act No. 11332, which provides that:

"3. A strict home quarantine shall be observed in all households; movement shall be limited to accessing basic necessities; provision for food and essential health services shall be regulated; and there will be heightened presence of uniformed personnel to enforce quarantine procedures;"

Activities such as jogging, pet walking, social gatherings, swimming, biking, trekking and other similar activities are strictly prohibited.

Moreover, the Guidelines mandate that:

"Failure to abide by the foregoing guidelines and measure shall be subjected to appropriate action, both criminal and administrative, in accordance with relevant laws and regulations.

For this purpose, the Department of Justice (DOJ) is directed to initiate appropriate charges as may be warranted."

Thus, violators shall be reprimanded/warned on their first offense.

However, in case said violator will still fail to heed the advice, he/she shall be apprehended pursuant to Article 151 of the Revised Penal Code, to wit:

"Art. 151. Resistance and disobedience to a person in authority or the agents of such person - The penalty of arresto mayor and a fine not exceeding One hundred thousand pesos (?100,000) shall be imposed upon any person who not being included in the provisions of the preceding articles shall resist or seriously disobey any person in authority, or the agents of such person, while engaged in the performance of official duties.

"When the disobedience to an agent of a person in authority is not of a serious nature, the penalty of arresto menor or a fine ranging from Two thousand pesos (?2,000) to Twenty thousand pesos (?20,000) shall be imposed upon the offender."

The same is without prejudice to the possible cancellation and/or request for cancellation of VISAs as maybe be appropriate.

Violations of other guidelines issued and as may be issued by the Authority pursuant to the implementation of the Enhanced Community Quarantine shall

likewise be dealt with in the same manner.

For everyone's strict compliance.

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**MEMBER**

**ERNA M. BALAGTAS**  
Publisher

**DIOSAN MARUAL**  
**KCEE NACION**  
Marketing & Circulation Manager

**DIOSDADO ARIEL F. ALTO, JR.**  
Editor-In-Chief

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**GUHIT NG KAPALARAN**

**ARIES:** (Mar. 21-Apr. 19) Kahit masakit ang totoo, mabuti na malaman na agad. Kumunsulta sa psychic bago ka magde-sisyon. Magpa-aura clean-sing upang maalis ang sumpa sa pag-ibig. Lucky numbers at color for the day ang 7, 29, 37, 45 at blue.

**TAURUS:** (Abr. 20-May. 20) Sundin ang kutob sa pagkakataong kinakaharap, makikilala mo ngayon ang totoo mong kaibigan. Lakasan ang pakiramdam sa sitwasyon ngayon. Lucky numbers at color for the day ang 9, 21, 37, 43 at lavender.

**GEMINI:** (May.21-Hun. 21) Mag-practice ng oracion meditation at samahan ito ng proper nutrition diet upang maiwasan ang hypertension at ang pagdepende sa maintenance drugs. Lucky numbers at color for the day ang 3, 35, 21, 31 at hot pink.

**CANCER:** (Hun. 22-Hul. 22) Kapag nagmahal, kaila-ngan tanggapin ang mamahalin ano man ang kanyang nakaraan. Walang magi-ging problema sa relasyon kung magiging compatible kayo. Lucky numbers at color for the day ang 11, 13, 21, 39 at beige.

**LEO:** (Hul. 23-Ago. 22) Magiging lover mo na ang iyong best friend. Sa takdang panahon kayo ay magpapakasal. Huwag magmadali. Lucky numbers at color for the day ang 11, 22, 31, 45 at bottle green.

**VIRGO:** (Ago. 23-Set.23) Sundin ang budget at maglaan ng allowance sa biglaang gastusin tulad ng nasirang appliance. Sanayin ang sarili sa regular fitness exercise upang maiwasan ang bisyo. Lucky numbers at color for the day ang 7, 21, 13, 33 at violet.

**LIBRA:** (Set. 24-Okt. 23) Mas lalaki ang kita kapag tuturuan ang iyong grupo ng technique sa pagsa-sagawa ng mind power. Ayusin ang schedule sa pagtulog. Lucky numbers at color for the day ang 9, 23, 35, 41 at strawberry red.

**SCORPIO:** (Okt. 24-Nob. 22) Ihanda ang sarili sa mga katanungan ng madla dahil ito ang panahon na ihayag ang iyong mga ninanais. Mas katanggap-tanggap ka kung hindi papalya sa pag-iikapu. Lucky numbers at color for the day ang 5, 15, 31, 39 at green.

**SAGITTARIUS:** (Nob. 23-Dis. 21) Kumunsulta sa psychic dahil malilito ka ngayon sa mga situwasyong kinakaharap. Isagawa ang balance diet para mapasigla ang iyong kalusugan. Lucky numbers at color for the day ang 15, 19, 29, 41 at peach.

**CAPRICORN:** (Dis. 22-Ene. 19) Magiging masigla ang cash flow ng iyong negos-yo sa sandaling malampasan ang kinakaharap na pagsubok. Mas lalago ito kapag regular ang ikapu. Lucky numbers at color for the day ang 17, 25, 33, 44 at ivory white.

**AQUARIUS:** (Ene. 20-Peb. 18) Kahit hindi ka gaanong tanggap ng madla dahil sa iyong ugali, patuloy mo pa ring pagsikapan na magbago. Piliin ang tsek kaysa ekis. Lucky numbers at color for the day ang 3, 11, 21, 37 at citrine yellow.

**PISCES:** (Peb. 19-Mar. 20) Ang masaya mong mga awit ay aakit ng masigla at masaganang suwerte sa buhay mo. Kung may magagawa para sa kapwa, gawin ito at huwag nang ipagpabukas pa. Lucky numbers at color for the day ang 13, 25, 27, 44 at cherry red.

**LGU Imus addresses transport, financial dilemma under ECQ**

IMUS CITY, Cavite, Mar. 24 (PIA) --Imus City Mayor Emmanuel Maliksi together with officials of concerned offices outlined a program for transportation, food, health and other concerns to address issues that cropped up in the implementation of enhanced community quarantine (ECQ) in the city.

Different problems arose from the implementation of the ECQ, particularly with the suspension of mass transportation and the lockdown of the cities and municipalities with hundreds of commuters returning home from work or going to work in the south were

stranded.

The threat of the COVID-19 contagion did not deter the people from leaving their homes because the ordinary workers were more concerned with their livelihood rather than their safety and continued to go out to report for work.

A controlled transport system was implemented with accredited vehicles to provide transport service to Imuseños to bring them to public markets, supermarkets, hospitals, pharmacies, banks and to place of work within the city. Point-to-point vehicles will also be provided for transport service out-

side of the city.

In coordination with the City Social Welfare and Development Office (CSWDO), sanitary, medical and food supplies were distributed to the indigent families especially those families of employees affected by the ECQ. The Market Office and Slaughterhouse assured enough food supply for the city residents' consumption including delivery of essential goods.

Garbage collection goes on as scheduled in coordination with the City Environment and Natural Resources Office (CENRO) while regular misting and disinfection especially in

public markets and churches will be conducted.

The country was placed under the Enhanced Community Quarantine (ECQ) by President Rodrigo Duterte on March 16, 2020 after an alarming increase of COVID-19 cases throughout the island of Luzon and in some provinces outside the island.

"The residents of Imus need not be worried in this time of crisis, but should keep calm, stay home and be disciplined enough to follow the regulations being implemented by the authorities," the Imus Information Office said. (Ruel Francisco, PIA-Cavite/with reports from Imus Information Office)

**Kawaling Pinoy**

Bakery-style Calamansi Muffins with a tangy citrus glaze are super moist, tender, and bursting with calamansi flavor! They're perfect for breakfast and brunch or as an on-the-go snack.

Prep Time

10 mins

Cook Time

20 mins

Total Time

30 mins

Course: Baked Goods Cuisine: Filipino Keyword:

calamansi muffins Servings:

12

Servings Calories: 401kcal Author: Lalaine Manalo

Ingredients

For the Crumb Topping

3/4 cup flour

1/2 cup sugar

1/8 teaspoon salt

1/4 cup butter, melted

For the Muffins

2 eggs

1 cup sugar

1/2 cup vegetable oil

1 tablespoon calamansi zest

2 tablespoons fresh calamansi juice

1 teaspoon baking soda

1/2 teaspoon salt

1 cup sour cream

2 cups flour

For the Calamansi Glaze

1 cup powdered sugar

3 tablespoons fresh calamansi juice

US Customary - Metric

Get Ingredients Powered by Chicory

Instructions

Preheat oven to 375 F. Line a large 12-hole

muffin pan with paper cups.

Crumb Topping

In a bowl, combine crumb topping ingredients:

flour, sugar, salt, and butter. Stir together with a

**Calamansi Muffins**



fork and set aside.

Calamansi Muffins

In a bowl, beat eggs using an electric mixer for about 1-2 minutes until thick and frothy.

Add sugar and oil and continue to beat for about 1 to 2 minutes or until creamy.

Add calamansi zest, juice, baking soda, and salt. Beat for about 1 minute.

Add sour cream and beat until combined.

Add flour and using a spoon, stir just until combined. The batter will still be slightly lumpy.

Using a scoop, fill muffin cups up to 3/4 full. Sprinkle the crumb topping mixture on top.

Bake for about 18-20 minutes or until a toothpick inserted in the center of muffin comes out clean. Let cool

for about 3 to 5 minutes and then transfer to a rack to completely cool.

Calamansi Glaze

In a bowl, combine ingredients for calamansi glaze: powdered sugar and calamansi juice. Stir well until smooth.

Drizzle over muffins.

Nutrition

Calories: 401kcal | Carbohydrates: 57g | Protein: 4g | Fat:

17g | Saturated Fat: 12g | Cholesterol: 47mg | Sodium:

272mg | Potassium: 71mg | Sugar: 35g | Vitamin A:

275IU | Vitamin C: 3.2mg | Calcium: 31mg | Iron: 1.5mg

Tried this recipe? I'd love to see what you made!

mention @Kawalingpinoy and hashtag your photo with

#kawalingpinoy

**WEEKLY REPORT**  
on the Activities & Programs of  
*Carmona*

**Carmona continues to give financial assistance to displaced transportation drivers**



In line with the social assistance programs of the Municipal Government of Carmona during the health crisis brought by the coronavirus disease (COVID-19) pandemic, financial assistance were continuously given to displaced public transportation drivers on March 26, 2020 at the Municipal Hall.

**Carmona LGU distributes mistblower and thermal scanners to barangays**



On March 26, 2020, the Municipal Government of Carmona distributed units of mistblower or humidifier units and thermal scanners to all barangays in Carmona. The mistblowers were bought by the LGU while the thermal scanners were donated by Verdant Strip and OE Works Manufacturing, Inc.



**Disinfection sessions continue across Carmona**



As part of the ongoing mitigation efforts of the local government against the corona-virus disease (COVID-19), disinfection sessions continue to be conducted in barangays and subdivisions such as the Cedar Residences in Barangay Lantic on March 25, 2020. More disinfection sessions are also in the following days.

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**Carmona announces death of 2 PUIs**

As announced on his official Facebook page on March 21, 2020, Municipal Mayor Roy Loyola imparted to his constituents the death of two (2) Persons Under Investigation (PUIs) in Carmona who were still waiting for the result of their Sars CoV-2 (COVID-19) virus detection tests. The said PUIs were not able to report to the Carmona Municipal Health Office (MHO) right away as they went directly to the Philippine General Hospital and De La Salle University

Medical Center who both informed the MHO of the situation of the two this morning. MHO once again reminded Carmona residents to coordinate their situation with the Barangay Health Emergency Response Teams (BHERTs) if they have experienced symptoms or they have travel history and contacts with COVID-19 positive persons. As of the moment, MHO rigorously conducts contact tracing, strict home quarantine, and other relevant preventive measure regarding the death of the two PUIs.

Atty. Roy M. Loyola Aming ipinaabot ang aming pasasalamat sa SHAWARMA SHACK CARMONA BRANCH sa pagbibigay ng pagkain sa ating mga healthworkers. Ang inyong handog ay lubos na makakatulong sa pagbibigay lakas sa kanila sa pang-araw-araw bilang frontliners na nagpapanatiling coronavirus-free ang ating bayan.



**PAALALA**  
Wala na pong hulog hanggang  
**April 12, 2020.**  
Ingatan at huwag po ninyong  
ipagkakatiwala ang inyong  
panghulog kanino man.  
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