"While STRIDES are being made in the SOCIAL MEDIA, the NEWSPAPER and news business should continue to embrace social media"

- Amy Jo Martin

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Cavite town mayor, 2 others face raps over Covid-19 fake news

PNP spokesperson, Brig. Gen. Bernard Banac

MANILA – A town mayor in Cavite and two others are facing charges for allegedly spreading false information about the coronavirus disease 2019 (Covid-19), the Philippine National Police (PNP) said on Saturday.

In a press statement, PNP spokesperson Brig. Gen. Banac said the PNP Regional Anti-Cybercrime Unit (RACU) Region 4-A (Calabarzon) sued Noveleta Mayor Dino Reyes Chua for violation of Section 6f of Republic Act (RA) 11469 (Bayanihan to Heal As One Act), Article 154 of RA 10175 (Anti-Cybercrime Law), Section 9b of RA 11332 (Mandatory Reporting of Notifiable Diseases and Health Events of Public Health Concern Act), Presidential Proclamations 922 and 929 and Section 25b of RA 10173 (Data Privacy Act).

Citing reports of the RACU-4A, the charges against Chua stemmed from a complaint of the city government

Turn to P2

LGU Imus makes shopping easy with Online Pamilihan

The Online Pamilihan initiative of the local government of Imus makes marketing easy and safe for the residents of Imus. (Photo form Mayor Emmanuel Maliksi's Facebook Page)

CITY OF IMUS, Cavite, April 1 (PIA) --The local government of Imus recently devised an online shopping program to make shopping easy and safe for Imuseños while under enhance community quarantine.

Dubbed as "Online Pamilihan," the program is a door-to-door delivery service of basic prime commod-

Turn to P2

SSS temporarily suspends confirmation of pensioners, UMID applications

The Social Security System (SSS) announced the temporary suspension of its Annual Confirmation of Pensioners Program (ACOP) until the end of April 2020 amid the threat of coronavirus disease 2019 (COVID-19).

"In this time of crisis, the importance of providing our pensioners with the SSS pension they can rely on and ensuring their health and safety overshadows the need for their timely compliance with the ACOP requirement," SSS President and CEO Aurora C. Ignacio said.

Ignacio added that for humanitarian consideration, SSS would continue to release the monthly pensions of pensioners who failed to comply with the ACOP requirements since January 2020.

The ACOP ensures that SSS pensions are given to the rightful beneficiaries. It requires all survivor and to-

Turn to P2

CAVITEX, CALAX offer toll free for medical practitioners

TRECE MARTIRES CITY, Cavite, Mar. 31 (PIA) -- Metro Pacific Tollways Corporation (MPTC) announced recently that medical practitioners will enjoy toll free charges in passing thru CAVITEX and CALAX expressways effective March 30, 2020.

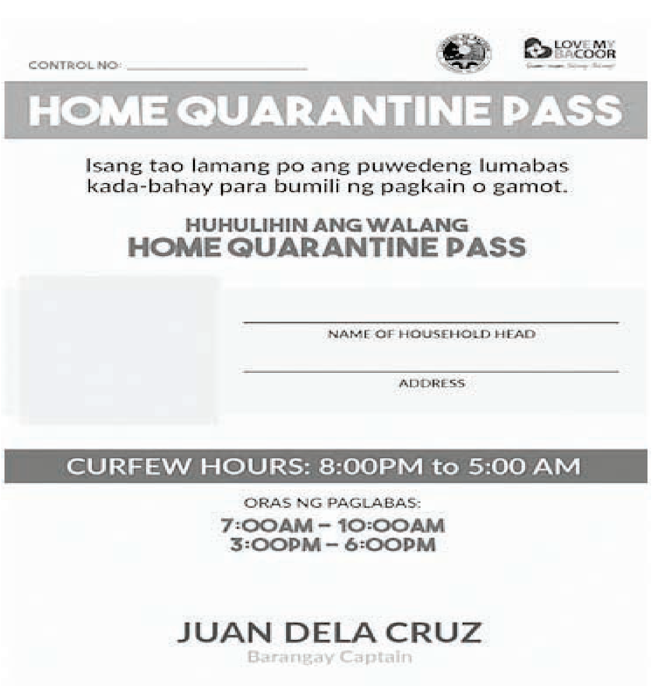
MPTC's initiative is the company's way of recognizing the great sacrifice of all the doctors, nurses and other medical staff who are frontliners in the fight against the coronavirus disease (COVID)-19 pandemic.

Medical practitioners should simply present PRC ID to the nearest CAVITEX/CALAX customer service centers to avail of the free pass Easy Trip RFID sticker or convert existing Easy Trip or SLEX RFID to a free pass.

These service centers are the CAVITEX Parañaque Customer Service Center (southbound and northbound), CAVITEX C5 South Link Customer Service Cen-

Turn to P3

Home Quarantine Pass limits movement of residents


CONTROL NO:

LOVE MY BACOOR

HOME QUARANTINE PASS

Isang tao lamang po ang puwedeng lumabas kada-bahay para bumili ng pagkain o gamot.

HUHULIHIN ANG WALANG HOME QUARANTINE PASS

NAME OF HOUSEHOLD HEAD

ADDRESS

CURFEW HOURS: 8:00PM to 5:00 AM

ORAS NG PAGLABAS:
7:00AM – 10:00AM
3:00PM – 6:00PM

JUAN DELA CRUZ
Barangay Captain

TRECE MARTIRES CITY, Cavite, Mar. 27 (PIA) -- Several cities and municipalities in the province have been placed on the extreme enhanced community quarantine (EECQ) due to reports of increasing number of coronavirus disease (COVID)-19 confirmed cases.

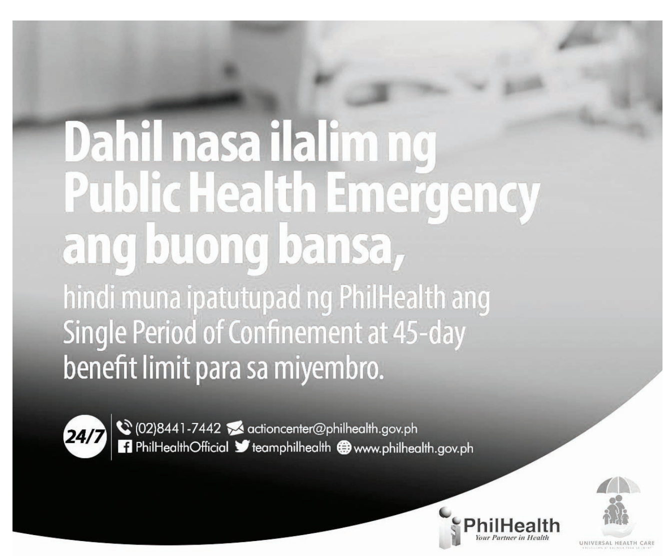
To effectively implement the EECQ, every household in a barangay was issued with only one home quarantine pass (HQP) with corresponding control number.

HQPs are non-transferrable. It allows the passage of only one household member in or out of the barangay. Senior citizens considered as high risk and minors are not qualified for this authorization.

The HQPs use is limited for the purchase of essentials like food in public markets, groceries, and supermarkets, buy medicines or prescription drugs from drugstores and pharmacies, transact with banks or other financial establishments, and to seek treatment in hospitals or medical and dental clinics.

Entry to these places is also warranted by the presentation of HQPs only within window hours specified to go out of the barangay premises.

Turn to P3



EDITORIAL

Ang pagtitipid at pag-iipon na di pinahalagahan, ngayong lock-down, siya palang maaasahan

Ngayong panahong ito na Enhanced Community Quarantine sa buong bansa lahat ay nagkapantay-pantay. Walang mahirap, walang mayaman. Sa bawat mamayan ay kailangang sumunod. Hindi basta makalabas ng bahay. Hindi makapaghanapbuhay ang mga arawan ang kita, yung mga regular na "work from home",mga binigyan ng konsiderasyon na paswelduhin pa rin, partial ng kanilang mga 13th month pay, pinauutang ng calamity loan, mga binigyan ng cash incentives at iba pa. Lahat ng ito, suma total na sa mga darating na araw ay mararamdaman rin ang epekto. Sa pagsapit ng Pasko ang dati nang kapos na 13th month pay na inadvance pa ang anu mang ba-hagi ay lalo pang-iindain di lamang ng mga empleyado kundi ng bawat miyembro ng pamilya. Makahulagpos lang tayo sa krisis na dulot ng ganap na lockdown/enhanced community quarantine o ano man gusting itawag dito, walang mintis na dadalhin na mga nagtamasa ng katakot takot na kaltas sa regular na sahod. Kabi-kabila, lalo na kung lahat ng inalok na kunwari incentive sa oras ng ka-gipitan ay sunod-sunod naman ibabawas kapag balik na sa normal. Sana kung natutong nagtipid at nag-ipon sa mga nagdaang taon o kaya "mula nang matutong kumi-ta o humawak ng pera",anuman ang mangyari eh patuloy na makaka survive o makatatawid sa hirap na dinaranas. Duon sa mga natutong sumunod sa aral ng matatanda sa pagsisinop di lamang sa pera, gamit pati na sa pagkain, walang mahirap o tag kapos/hikahos na sitwasyon.Subal-it sa mga nanghawak sa kasabihan, na "Life is short, so lets make the best of it!" ay walang kaduda duda, ramdam na ramdam at namnam na namnam ang mga ginawang pagpapasarap sa mga nagdaang panahon. Hindi lamang ito tutoo duon sa mga nagwaldas ng pera sa goodtime, madalas na pagliliwaliw, paglalakbay na di naman kumi-ta, bisyo gaya ng sugal,labis na paglalasing,paninigarilyo at kung anu ano pa. Tiyak ngayon ay alam na nila kung ano ang impact ng kanilang mga ginawa. Sino ngayon ang nasa magandang kalalagayan? Yung mga sinasabi-han ng "kuripot" "makunat pa sa belekoy na luma" at kung anu ano pang pamimintas at pagaglahi. Di alam ng mga sa kanila ay bumabatikos na darating pala ang araw na mababaligtad ang mundo? Gugulong pala ang gulong ng kapalaran? Na sila na inuna ang sarap ay sa dakong huli naman ang hirap? Sinasabi ng mga pilosopo at tinatamaan na "tama na, hindi ito ang panahon ng paninisi at ng pan-gungunsensya".Yan ay tutoo, nangyari na nga lahat ng di inaasahan. Ngunit sana habang may panahon at kaya pa, sa pagbabalik nating lahat sa normal ay gumising na ang lahat ng kinauukulan. Para ang kasabihang "huli man ay naihahabol pa rin ang mga pagbabagong dapat gawin na gawin!" Mahigit nang 104 na milyon ang kabuuang popu-lasyon ng bansang Pilipinas. Sa datos na ito, lumalabas na 80 porsiyento ang "walang mga savings o naiipon".Hindi kakayanin pa ng pambansa at lokal na mga pamahalasn at ibang mga ahensiya at organisasyong nakikipagtulun-gan na patuloy na tangkilikin ang napakalaking bilang ng mamamayan na sa panahon na walang kalamidad ay mga hayahay o nagpapahiyang lamang sa buhay. Tsssk.. tssk.. tutoo ito na ang tamaan ay OK lang na magalit kung ang tunay na pagbabago naman ang kapalit! -DrDLR-

Karahasan sa mga gutom: easy lang, QC Mayor Joy Belmonte

INSPIRASYON SA BUHAY: "… Ngunit napawi na ang dilim sa bayang matagal nang namimighati… Sapagkat isinilang ang isang sanggol na lalaki para sa atin… at siya ay tatawaging… Makapangyarihang Diyos, Walang Hanggang Ama…" (Isaias 9:1, 6, Ang Tanging Daan Bibliya).

KARAHASAN SA MGA GUTOM: EASY LANG, QC MAYOR JOY BELMONTE: Nakikiusap po kami sa mga pulis, at sa mga autoridad sa Sitio San Roque, Bgy. Pag-asa, Quezon City, at kay Mayor Joy Belmonte na din mismo. Magdahan-dahan naman po sana kayo sa paggamit ng marahas na kilos at pag-aresto sa mga tao sa nasabing sitio sa inyong lungsod.

Nagpapahayag lang naman sila ng kanilang gutom, dismaya, at galit, dahil hindi pa sila nabibigyan ng tulong, na ipinangako pa mandin ng Pangulong Duterte noong pang Marso 16, 2020, noong gawing mas matindi ang community quarantine sa Metro Manila at Luzon dahil sa pananalasa ng COVID 19. Kitang-kita pa naman sa media ang gulo, noong araw ng Miyerkules, Abril 01, 2020. Tila ba mga kriminal ang naging turing ng gobyerno sa ating mga kababayang dumaraing lang naman.

Mayor Joy Belmonte, baka po lumala ang kaayusan at kapayapaan sa buong Quezon City, dahil sa inyong marahas na pagtugon sa mga nagugutom. Baka po maging mitsa ito ng lalong pagkakagalit ng mga taong nagugutom at walang natatanggap na ayudang ipinangako pa mandin ng pamahalaan. Baka kung saan tayo matungo sa buong bansa, kasi, sa ganyang mga isyu ng pagka-gutom at karahasan nag-ugat ang maraming himagsikan sa Pilipinas, QC Mayor Joy Belmonte. DEAR ATTY. BATAS: "BAKIT WALA NA YATANG NAKIKINIG KAY DIGONG?": "Kami po ay mga residente ng Metro Manila. Mula noong ibaba ang enhanced community quarantine ng pamahalaang Duterte, hindi pa kami nakakatanggap ng anumang rasyon o relief good mula sa aming mga barangay. Nagtataka po kami kasi matapang ang utos ng Pangulo na kumilos ang mga pamahalaang lokal. Pero, tila wala na yatang nakikinig sa kaniya, dahil marahil papaalis na din siya sa puwesto. Ano po ang puwede naming gawin?" Salamat po. Sa pananaw ng BATAS (Buklod ng mga Abogadong Tagapagtaguyod ng Adhikaing Sambayanan) at LIGHT (Lawyers Instructed on Godliness, Humility, and Truth), ang mga opisyales at kawani ng gobyerno, halal man o itinalaga lamang, ay may tungkuling tuparin ang mga kautusan sa kanila, lalo na ng mga matataas na pinuno ng bansa. Kung hindi susunod ang mga kawaning ito at hindi na nila pakikinggan ang Pangulo, may pananagutan agad sila sa graft and corruption, sa ilalim ng Republic Act 3019 (Anti-Graft and Corrupt Practices Act).

Kung talagang agrabyado kayo dahil hindi kayo nakakatanggap ng tulong mula sa inyong mga pamahalaang lokal, makakabuti na magsama kayo ng mga kaso laban sa kanila sa Ombudsman, dahil sa paglabag sa RA 3019. Magiging masalimuot itong pagsasampa niyo ng kaso, pero, kailangang gawin ninyo dahil ito lamang ang paraan upang tumino ang mga tiwaling nasa gobyerno. Kung hindi kayo kikilos, sino ang kikilos? Kung hindi kayo kikibo, sino ang kikibo? Kung hindi ngayon, kailan pa?

MGA PANGYAYARI SA BIBLIYA NA NAGPAPATOTOO NA SI JESUS ANG DIYOS AT TAGAPAGLIGTAS, AMA, ANAK, AT ESPIRITU SANTO (PART 10): Bakit sinasabi ng Simbahang Anak Ng Diyos Kadugo Ni Kristo (AND KNK) na ang Isaias 7:14 ng Bibliya ay pagpapahayag ng Diyos ng Kaniyang pagbaba mula sa langit at pagtungo Niya sa lupa? Simple po ang sagot: kasi po, makikita natin na sa Isaias 7:14 na ang Diyos mismo ang nagsasalita at Siyang nagbigay ng tanda ng mahimalang paglilihi at pagsisilang ng birhen ng isang sanggol na lalaki. Ang pahayag na ito ng Diyos mismo, na idinaan sa Propetang Isaias, ay pagpapatotoo sa sinabi ng Genesis 3:15 na ang binhi ng babae ang Siyang tatalo sa binhi ng ahas---kung saan ang binhi ng babae, sa aral ng AND KNK, ay ang Diyos mismo, wala ng iba. At magiging mas maliwanag pa ito kung tutunghayan na din natin sa ngayon ang Isaias 9:6 ng Bibliya, kung saan sinabi na ang sanggol na isisilang ng birhen ay tatawaging Makapangyarihang Diyos, Walang Hanggang Ama.

Sa lahat ng mga bersikulong ito, walang duda na noon pa mang unang panahon ay nagpapahayag na nga ang Diyos ng Kaniyang pagdating sa daigdig. Gagawin Niya ito dahil sa tindi ng Kaniyang pag-ibig sa Kaniyang mga nilikha. Kung hindi kasi Siya bababa mula sa langit, at kung hindi Niya tatanggapin sa Kaniyang Banal na Laman, Banal na Dugo, at Banal na Espiritu, ang parusa ng walang hanggang impiyerno na dapat ay ang tao ang magdanas, tiyak na sa impiyerno tutungo ang lahat ng tao.

PANALANGING MAGLILIGTAS SA MGA PINOY VS. COVID 19:Manalangin po tayo: "Panginoong Jesus, tinatanggap at pinananampalatayaan kita na Ikaw ang aking Diyos at Tagapagligtas na Siyang Diyos Ama, Anak, at Espiritu Santo, na bumaba mula sa langit, tumungo sa lupa sa anyo ng tao, at tinanggap ang parusa sa aking mga kasalanan. Naniniwala ako na nagpakilala kang ang Iyong Pangalan ay Jesus, at sa Iyong Pangalan lamang magkakaroon ako ng kaligtasan sa buhay, lalo na sa COVID 19. Amen."

Cavite Town Mayor... from P1

of Cavite, accusing him of spreading fake information on the alleged first Covid-19 case in the city. Using a Facebook account under the name Maggie Bernal, Chua allegedly shared false reports about a Covid-19-positive patient who died at the Cavite Medical Center early this month.

The same account also allegedly posted 10 photos of patients under investigation (PUIs) of Cavite City.

"The account also accused the local government of Cavite City of not being transparent to the public in sharing the information. But the local government debunked the claims of the account and proved that the information is false based on the fact-checking of the Rural Health Unit of Cavite City," Banac said. Upon verification, Banac said the Covid-19 patient turned out to be a patient from Makati City. Further verification, Banac said, also disclosed that the "troll account" Maggie Bernal was originally named Angela Mae de Guzman and was created by Chua in 2010.

The photo posted on the alleged fake account was published on an online news website. Aside from Chua, also charged were Mario Batuigas, owner of the Latigo News TV; and Amor Virata, a video blogger, and reporter.

Under Article 154 of the Revised Penal Code, a person who causes the publication of any false news which may endanger the public order, or cause damage to the interest or credit of the state may be punished.

Violators face imprisonment of one to six months and a fine ranging from PHP40,000 to PHP200,000. They could also be punished under the Cybercrime Prevention Act of 2012.

They can also be held liable for violating Presidential Decree No. 90, which declares Unlawful Rumor-Mongering and Spreading False Information, which may cause or tend to cause panic, divisive effects among the people, and undermine the stability of the government. (PNA)

LGU Imus makes... from P1

ities and other goods for everyday use.

To order, Imus residents must fill-up the order form with the following data: Full Name, Address, Landmark and Mode of Payment (e.g. BDO/PayMaya), Contact Number then list down the orders in 'Mga Order' portion. After filling up the order form, send it to YES Coop Facebook Page. After ordering, payments are made thru online financial transactions like BDO Online Transfer, PayMaya Money Transfer, GCash, and BPI Online Transfer. The program not only made shopping task easy but also safe. No need for residents to leave the comfort of their house as ordered items will be delivered right at their doorsteps. (Ruel Francisco, PIA-Cavite)

SSS temporarily suspends... from P1

tal disability pensioners in the Philippines and retiree, survivor, and total disability pensioners residing abroad to annually report at SSS offices on their birth month or of the deceased members'.

The SSS conducts home visits for pensioners who are 85 years old and residing in the Philippines. Home visits are also administered for pensioners who cannot personally report to SSS branches due to medical conditions such as total blindness and amputation of two or more extremities. Pensioners abroad may also comply with the ACOP via Skype video conference. Under normal circumstances, failure to comply with the program leads to the suspension of the benefit. On the other hand, retirement pensioners who are 85 years old and below and residing in the Philippines are no longer required to comply with the ACOP since October 2018. Also, SSS is temporarily suspending the applications for the Unified Multi-Purpose Identification (UMID) card since it involves direct contact.

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email: herald_group@yahoo.com

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Editorial office: Block 1, Lot 1, Phase 1A, Citihomes Subdivision, Molino 4, Bacoor City, Cavite
CP# 09266990769 / 09178983982
Email: herald_group@yahoo.com

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Supply at Presyo ng Tinapay, Namemeligrong Mawindang

ni Divine Liwanag Reyes

Nanganganib na mahirapan na ang mga panaderong masustini ang pangangailangan sa tinapay ng mga consumers dahil sa papaubos ng suplay ng kanilang mga panimpla sa pagmamasa o paggawa ng tinapay. Tiniyak ito ng Samahan ng mga Panadero sa Kalakhang Maynila o NCR bunga ng patuloy na pagharang sa mga ibinibyaheng raw materials na lubhang kailangan sa pagma masa ng tinapay tulad ng asukal, gatas, itlog lalo na ng harina.

Bunga ng ipinapatupad na Enhanced Community Quarantine, mismong ang Philippine Association of Flour Millers(PAFM) ang tumiyak na aabot na lamang ng 3 buwan ang stock ng harina na kanilang maitutustos sa pangangailangan ng mga bread manufacturers. Pag maubos ang kanilang stock dahil sa pagpigil sa mga checkpoint ng pagpasok ng kanilang mga delivery, tiyak ayon sa PAFM na di lang suplay kundi pati na halaga ng nabibili nating tinapay ang posibleng tumaas o kaya ay wala na tayong mabili. Samantala, nagrereklamo rin ang mga supplier ng itlog, gatas pati na asukal na nagmumula sa iba't ibang mga lalawigan. Hindi raw tumutupad sa direktiba ni Police Lt. Gen. Guillermo Eleazar, Joint Task Force Shield COVID Commander na huwag pipigiling pumasok ang mga delivery truck na naglalaman ng mga kargamentong para sa produksiyon ng pagkain. Nagaganap ito, ang samahan naman ng mga panadero ay nagpatutoo sa kanilang tinataya na mga isang buwan at kalahati na lamang ang itatagal ng mga asukal, itlog at gatas na kanilang ipinangtitimpla sa pagmasa ng ginagawang tinapay. Ang mga paglalahad na ito ng PAFM at ng samahan ng mga panadero ay labis na ikinababahala ng mga consumers lalo na sa mga hirap ng bumili ng bigas at isa o dalawang piraso na lamang ng tinapay ang kinakain na sabi ng mga ito'y higit na matipid kaysa kumain sila ng kanin na nangangailangan pa ng ulam.

PhilHealth To All Health Workers: We've Got Your Back!

...and all other Covid 19 patients as well

The Philippine Health Insurance Corporation or PhilHealth, in line with the desire of President Rodrigo Roa Duterte to protect the welfare and uphold the morale of all health workers both in public and private health facilities, wishes to announce that it will shoulder all medical expenses of all health workers should they fall ill during the period of the Covid 19 pandemic.

This assurance is made in light of the recent Law passed by Congress and signed by the President known as the Bayanihan to Heal As One Act or R. A. 11469.

Health care workers shall include those volunteers who have been asked to augment or reinforce the health workforce and those non-medical personnel necessary for the operation of a health facility like janitors, security guards and maintenance personnel.

PhilHealth reiterates that it is in the midst of releasing P30 billion worth of financial assistance to health facilities through its Interim Reimbursement Mechanism (IRM) to help hospitals respond to the Covid 19 threat. This will include even those hospitals and clinics with existing issues or under sanctions with the national health insurer. Hospitals wishing to use this facility are advised to contact the PhilHealth personnel assigned to their area and accomplish a memorandum of agreement reflecting the amount applied for. This procedure should be completed in not more than five working days.

As of March 25, 2020 PhilHealth has paid out a total of P 1.617 billion under the IRM program. Likewise, for the month of March 2020 it has paid out P 6.856 billion as part of its regular benefits payment and P 2.96 billion under its accelerated Return To Hospital (RTH) program.

PhilHealth stands solidly behind all health workers and all other front liners leading the fight against the Covid 19 pandemic.

Reference: Dr. Shirley B. Domingo, Vice President for Corporate Affairs and Official Spokesperson | Mobile No: 09171360964
Photo credits: Luis Melendez/Unsplash

PhilHealth
Your Partner in Health

PRELUDE TO BAD SLEEP

Statement of Senator Risa Hontiveros on the President's Late-Night Address to the Nation re COVID-19

The President's late-night talk show last night was the prelude to a night of bad sleep, to the detriment of the Filipino people's regular sleeping hours and overall health. After almost 8 hours of delay, the public was presented with neither a sound assessment nor a concrete plan to address the novel coronavirus disease or COVID-19 crisis.

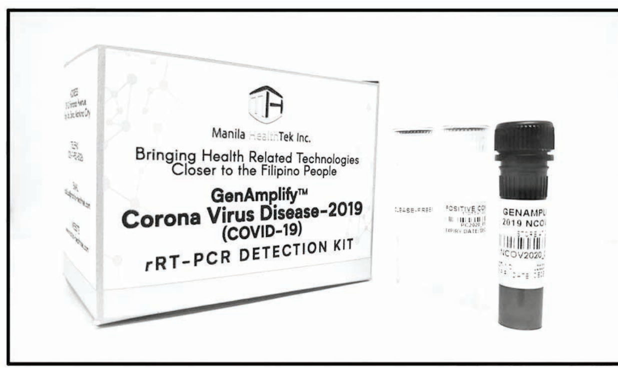
The President failed to assess how the Enhanced Community Quarantine has addressed our nation's fight to contain the spread of the novel coronavirus or COVID-19. The public has the right to know of the government's progress since the start of the Quarantine, a virtual lockdown.

The Quarantine is essential at this time to slow the spread of the novel coronavirus. But it cannot stand alone. For the lockdown to be effective, it should be backed up by intensified actions to increase the capacity of our health system, conduct mass testing, and protect our health workers at the frontlines. But the President's address last night was lacking in all those terms. The usual threats and incoherence do not a report make.

With all the funds and special powers at his disposal since last week's signing of the Bayanihan to Heal as One Act, the President should act with a sense of urgency. What are the steps being taken by the government to enhance our capacity for mass testing? How do we ensure that there are enough personal protective equipment [PPE] in every hospital? How do we get the cash assistance to the most vulnerable as soon as possible? So far, the President provided no clear answers to these questions. It is alarming.

Kailangan na ng taumbayan ang tulong na dapat sa kanila. Time is of the essence. For us to effectively defeat COVID-19, the government must act with a sense of urgency.

STATUS UPDATE ON LOCALLY-DEVELOPED COVID-19 TEST KITS



The field validation for the COVID-19 testing kits is ongoing and is expected to be finished by Wednesday, April 1.

The issuance of the Certificate of Product Registration (CPR) from the Food and Drug Administration Philippines (FDA) is expected on Friday, April 3. We have informed the FDA that requirements for CPR Certification will be submitted on Wednesday, April 1 at the latest. A total of 120,000 test kits will be manufactured by the The Manila HealthTek Inc. The company has also reported that the first batch of reagents arrived, which will enable them to start the manufacturing process. From April 4 to 25, there will be a field implementation for the 26,000 testing kits funded under the Department of Science and Technology (DOST) and the University of the Philippines-National Institutes of Health (UP-NIH) Project.

The DOST will prioritize production of 26,000 test kits for field implementation and distribution to the Philippine General Hospital, Makati Medical Center, The Medical City, Vicente Sotto Memorial Medical Center, Southern Philippines Medical Center, and Baguio General Hospital.

The remaining 94,000 testing kits will be sold commercially by Manila HealthTek at around P1,300 per kit which is cheaper than the units currently being used in hospitals which cost about P8,000. The Manila HealthTek said they have enough orders from the private sector who intend to donate them in turn to the Department of Health (Philippines) and hospitals.

CAVITEX, CALAX offers toll free... from P1

ter-West Service Road compound and CALAX Mamplasan Customer Service Cente

The centers which are open daily from 8am-4pm offers new enrollment to Easytrip RFID and activation of SLEX RFID to Easytrip RFID reloading.

CAVITEX four (4) segments: R1 Expressway; R1 Extension; Kabihasnan; and C5 Southlink charges toll fees ranging from P8-P64 for Class 1 vehicles, P44-P50 for Class 2, and P66-P194 for Class 3 while CALAX First Segment charges toll fee of P47 for Class 1 vehicles, P95 for Class 2, and P143 for Class 3. (Ruel Francisco, PIA-Cavite with reports from MPTX Corporate Communications Office)

Home Quarantine... from P1

Quarantine Passes may vary according to size, color or design for each city or municipality but its main objective is one and the same, to monitor and limit the movement of the people to contain the further spread of COVID-19. (Ruel Francisco, PIA-Cavite)

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Keep your feet on the GROUND, your heart on the CROSS, and your mind on HEAVEN.

Cavite mayor tests positive for COVID-19

The number of people infected with the coronavirus disease 2019 (COVID-19) has gone up to 70, while at least eight people had died of it in Calabarzon (Cavite, Laguna, Batangas, Rizal and Quezon), the Department of Health (DOH) said.

Among those infected with the fast-spreading disease is Junio Dualan, mayor of Naic, Cavite.

Dualan, in a Facebook post, said he is "in good condition" but on a strict self-quarantine. Dualan said he was tested last Mar.18.

In Cavite, 14 others also tested positive for the virus, five of them traced to Bacoor City (1 dead). Aside from Dualan, another Naic resident was also infected. Two cases were recorded in Dasmariñas City, and one each in Imus City (patient recovered), Gen. Trias City and in the towns of Silang, Tanza, and Rosario.

Authorities are still determining the residence of one more Cavite patient.

DOH records as of 5 p.m. on Tuesday, showed new cases recorded in Rizal, bringing the province's total number of infection to 28.

Cainta town has the highest number of cases at 14 (3 dead, 1 recovered); followed by Antipolo City with 9; Taytay with 3 (1 dead); and one case each in San Mateo and Rodriguez.

In Laguna, 11 people tested positive. Seven (1 dead) were traced to Sta. Rosa City, while one in the adjacent Cabuyao City (patient also died). Two persons in Biñan City and one in Calamba City tested positive.

In Batangas, the number rose to 13, six of which in Batangas City (1 dead, 1 recovered). Two cases were recorded in Nasugbu and one each in the cities of Lipa, Tanauan, Sto. Tomas, and Lemery. Health authorities were still determining the residence of another Batangas patient.

In Quezon, two people were infected in Lucena City and one in Sariaya town.

Mayor Junio C. Dualan, Municipality of Naic

Boost senior citizen's health amid COVID-19 outbreak, Hontiveros urges

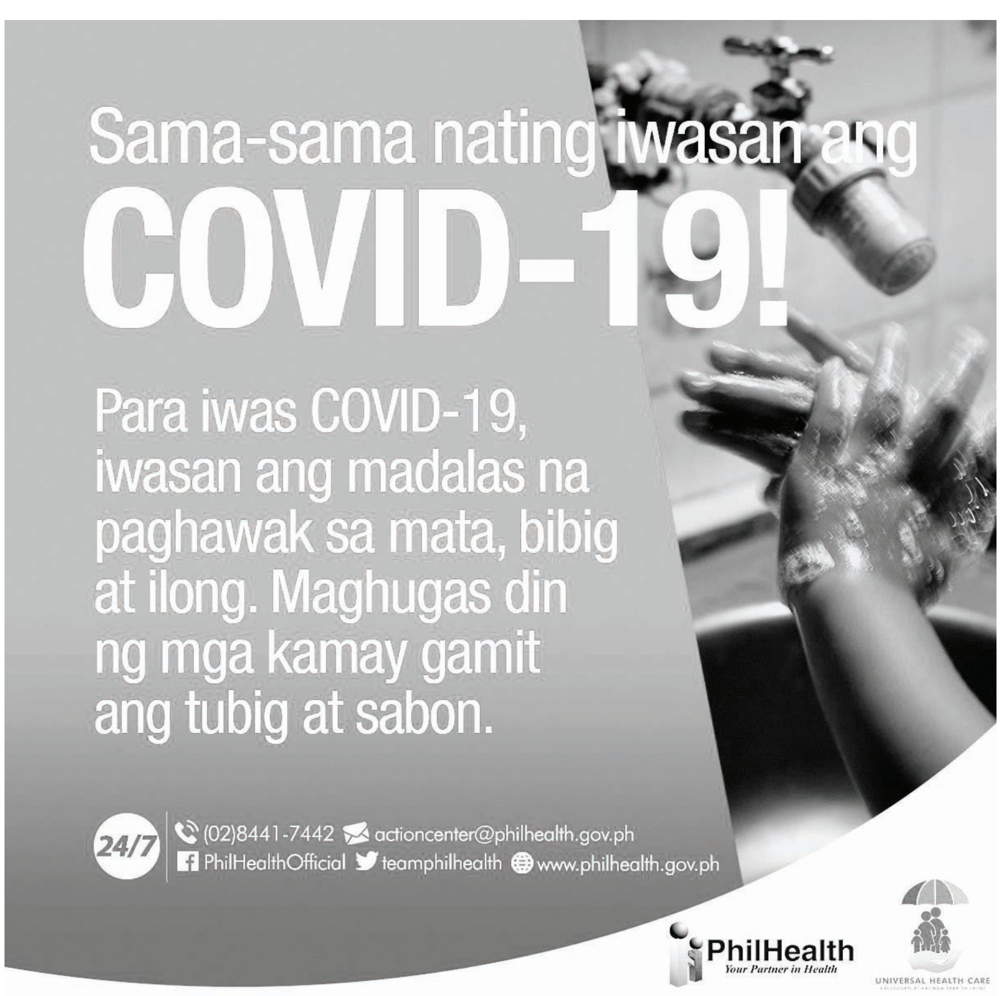
As cases of the 2019 novel coronavirus (COVID-19) rise across the country, those most vulnerable to getting infected - and even dying from the disease - are the country's elderly population.

That is why communities should take more steps to boost the health of senior citizens and help protect them from the COVID-19 outbreak, according to Senator Risa Hontiveros.

"Our senior citizens need to take extra care during this outbreak, just like pregnant women and children, or those with existing medical conditions like hypertension, diabetes and asthma. Let us not forget them in this time of crisis," she said. Hontiveros said that following government protocols, senior citizens should, as much, as possible, stay at home during the Enhanced Community Quarantine (ECQ) to minimize their potential exposure to COVID-19.

Likewise, she said, families should also comply with guidelines by health experts on how to take care of the elderly amid the outbreak. Foremost among these "tips," Hontiveros noted, is ensuring that older family members continue to take their prescribed medication, and that they eat nutritious meals which follow their prescribed diet, if any. Despite the quarantine, Hontiveros said that families should make sure that their elderly loved ones get ample sunlight for "Vitamin D," which experts say can improve resistance against diseases. She added that the entire house should be kept clean, and proper disinfection procedures must be followed whenever any member of the household goes out for groceries or errands.

Families should also not forget to talk with their older family members, and address their mental health needs, such as anxieties or fears in relation to the crisis. "We have to make our beloved grandparents feel that we are here for them amid these trying times," she said. Hontiveros then reminded poor families or those whose income have been severely affected by the ongoing quarantine to avail of cash assistance programs under the expanded Pantawid Pamilyang Pilipino Program to be implemented by local offices of the Department of Social Welfare and Development (DSWD), so that they will be able to buy food, medicine and other basic necessities. The emergency cash assistance program was made possible by an amendment introduced by Hontiveros to the "Bayanihan to Heal as One Act" or Republic Act 11469. The senator also encouraged everyone to participate in "Protect Lolo't Lola" campaign, a nationwide campaign she is spearheading to help better protect the health of elderly Filipinos. The campaign focuses on sending "immunopacks" to elderly Filipinos, especially those living in poor communities and homes for the elderly. Each immunopack, Hontiveros explained, contains vitamins, milk, canned goods, a facemask, rice and other basic necessities. "By providing their basic needs, we provide much needed protection to our senior citizens, and help keep the threat of COVID-19 as far away as possible," she said.



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