



The METRO MANILA HEALTH Today

TOWARDS A HEALTHIER AND SAFER METRO MANILA

THE OFFICIAL NEWSLETTER OF THE METRO MANILA CENTER FOR HEALTH DEVELOPMENT

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WHAT'S INSIDE?

- 1-2 DOH-MMCHD welcomes Dr. Gloria J. Balboa
- 03 To give is to live, donate blood
- 04 DOH-MMCHD in celebration of World No Tobacco Day
- 05 BIDA Poem
- 6-7 Mental Health Amidst the Pandemic
- 08 Online Orientation on Basic Fire Prevention
- 9-10 Bold Steps of MMCHD to End Polio
- 11 The Bayanihan Spirit Amidst the Pandemic
- 16 Acknowledgement/ Editorial Staff

Welcome

Dr. GLORIA J. BALBOA DOH

Metro Manila
Center for Health Development
welcomes Dr. Balboa as new Regional Director.

The Department of Health – Metro Manila Center for Health Development (DOH-MMCHD) today held the turnover of directorship for the agency in a simple rite that coincided with the regular Monday morning flag raising ceremony, adhering to the minimum public health standards held at the office compound attended by the Division Chiefs, Cluster/Unit/Section Heads and staff of DOH-MMCHD last March 15, 2021.

(con't on page 2)



Department of Health
Metro Manila Center for Health Development

Blk. 6 Barangay Road, Welfareville Compound,
Barangay Addition Hills, Mandaluyong City

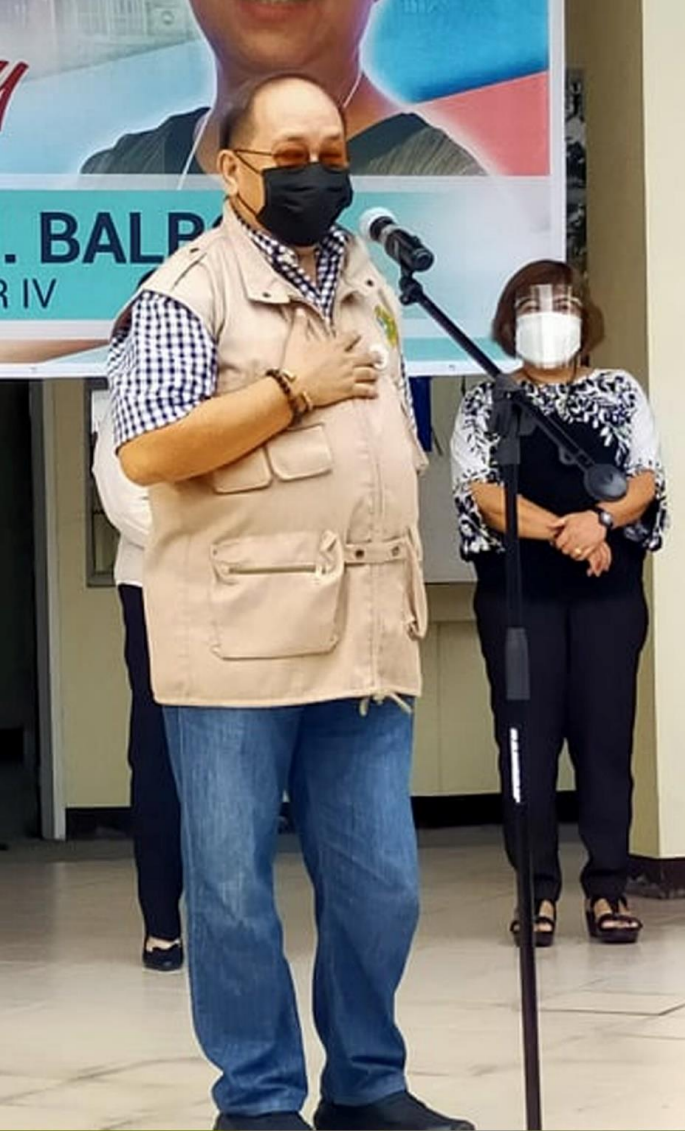
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chd_mm@yahoo.com





(from Page 1... DOH-MMCHD welcomes Dir. Balboa)

In the activity, outgoing Regional Director, Dr. Corazon I. Flores, welcomed Dr. Gloria J. Balboa, the incoming Regional Director, who was accompanied by DOH Assistant Secretary for Field Implementation and Coordination Team for National Capital Region, Dr. Elmer G. Punzalan; Director Maria Luisa S. Orezca; and several staff of the DOH – Health Emergency Management Bureau.

In her message, Dr. Flores said that in her five years in the regional office, she felt the support of the staff and their dedication to public health service since the region is at the center of the country and in the limelight of current health events. The traditional endorsement of the DOH-MMCHD flag by Dr. Flores to Dr. Balboa followed immediately

The new Regional Director, Dr. Balboa, related in her message that our working relationship will be bonded with trust and respect. She also added that we need to continue to aim high in whatever we do, be it big or small we have to give our best. Finally, she said, "We have to support each other and work together harmoniously."

On behalf of the staff of DOH-MMCHD, a bouquet of fresh flowers was given to Regional Director Balboa. Dr. Maria Paz P. Corrales, Assistant Regional Director, said that sending off Dr. Flores is with a heavy heart; however it is also with big open arms that we welcome Dr. Balboa. "Let us coordinate as we work as one and heal as one," Dr. Corrales added.

In his inspiring message, Assistant Secretary Punzalan said that since we are in the midst of the pandemic, we must practice BIDA as preventive behaviors. He said that we have more things to do, to work on and to implement. Incidentally, District Health Teams 3 and 4 of the Field Operations Cluster under the Local Health Support Division hosted the flag raising ceremony.

Written by:
Gerard Basaca





TO GIVE is to LIVE DONATE BLOOD

One of the most precious gifts that anyone can give to another person is the gift of life by donating blood. As a community, it is an initiative to give voluntarily blood that can keep our world alive to save lives and improve others' health.

The World Blood Donor Day aims to raise global awareness of the need for safe blood and its blood products for transfusion, encouraging the youth to become voluntary and regular blood donors of the future.

In the midst of COVID-19 pandemic, the Department of Health-Metro Manila Center for Health Development carried out a blood donation activity led by Program Health Facility Development Cluster under the Local Health Support Division.

The activity aims to promote and motivate other government and non-government agencies, national authorities and other hospitals to follow through. Likewise, the said activity was assisted by the Philippine Blood Center staff in facilitating the blood donation activity to increase the collection of blood and non-remunerated blood donors at the Amphitheater of MMCHD last June 14, 2021. This life-saving act of the 35 blood donors showed act of solidarity and encouraged people to be blood donors.

Written by:
Nieza Mae Orpano



DOH-MMCHD in celebration of WORLD NO TOBACCO DAY

Written by:
Lyn Aurora Legarteja


The yearly celebration of World Tobacco Day is an initiative of the World Health Organization (WHO) and is observed every May 31 of each year.

The campaign aims to spread awareness about the risks of tobacco use and how we can make the world tobacco free.


In line with the celebration of World No Tobacco Day this year with the Theme "Co-op to Quit", the Department of Health - Metro Manila Center for Health Development

END ADDICTION!


Join us in the celebration of the **World No Tobacco Day** on May 31, 2021 at 2-4PM via facebook live, with the following experts in the field of smoking cessation:



Dr. Maria Encarnita B. Limpin
Pulmonologist,
Executive Director, ASH Philippines





Dr. Glynna Ong Cabrera
Internist & Pulmonologist
Program Director, Smoking Cessation Program,
Lung Ctr. of the Phils.



Mr. Roberto S. Garcia Jr.
Operations Manager,
DOH Quitline and Cessation Services

Topics covered: 1. COVID-19 and Smoking 2. Ill Effects of Smoking and Benefits of Smoking Cessation 3. DOH Quitline





DEPARTMENT OF HEALTH
METRO MANILA CENTER FOR HEALTH DEVELOPMENT





Mga Ka-Heartner

APAT NA PANGUNAHING URI NG
NON-COMMUNICABLE DISEASES

 <p>SAKIT SA PUSO AT DALUYAN NG DUGO</p>	 <p>DIABETES</p>
 <p>SAKIT SA BAGA AT DALUYAN NG HANGIN, SANHI NG PANIGARILYO</p>	 <p>CANCER</p>

PAANO ITO MAIIWASAN?

 <p>IWASAN ANG LABIS NA PAG-INOM NG ALAK</p>	 <p>MAGKAROON NG HEALTHY DIET <small>Iwasan ang labis na pagkain ng mayaman, masarap at maitatagong pagkain. Kumain ng prutas at gulay.</small></p>
 <p>HUWAG MANIGARILYO <small>Tumawag sa DOH QUIT LINE: 165-364 or DIAL 1558</small></p>	 <p>MAGKAROON NG REGULAR NA EHERSISYO <small>(30 mins kada araw, limang beses sa isang linggo)</small></p>



DEPARTMENT OF HEALTH
METRO MANILA CENTER FOR HEALTH DEVELOPMENT
HEALTH PROMOTION AND MEDIA RELATIONS UNIT

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(DOH-MMCHD), The Non-Communicable Disease Prevention and Control Cluster (NCDPCC) of the Local Health Support Division (LHSD) conducted a webinar via Facebook live entitled "End Addiction! Commit to Quit!" with the guest experts in the field of smoking cessation, Dr. Maria Encarnita B. Limpin, a Pulmonologist and Executive Director of ASH Philippines; Dr. Glynna Ong Cabrera, an Internist, Pulmonologist and Director of Smoking Cessation Program, Lung Center of the Philippines; and lastly Mr. Roberto S. Garcia Jr., Operations Manager of DOH Quitline and Cessation Services.

This activity aims to remind the public about the dangers of smoking mostly in the midst of pandemic where tobacco products in all forms are not considered essential, and to encourage all current smokers to live healthy and end tobacco addiction.

DOH-MMCHD Regional Director Gloria J. Balboa delivered her welcome remarks where she stated the ill effects of tobacco. "About 111,000 Filipinos die each year due to tobacco-induced diseases." Dir. Balboa warned everyone.

Raising the awareness of the citizens of Metro Manila on the adverse effects of smoking has always been a goal of the MMCHD. Regional Dir. Balboa informed the attendees that tobacco use remains to



CALL 165-364

Free for Metro Manila callers ONLY
(Long distance charges will apply for outside Metro Manila callers)

0921-2039534
(Smart/TNT/Sun)

0977-6277539
(Globe/TM)



**QUIT SMOKING
BEFORE IT
KILLS YOU!**

be among the top behavioral risk factors that contribute to the development of non-communicable diseases such as Hypertension, Diabetes, Cancer, Chronic Obstructive Pulmonary Disease (COPD) and more serious COVID-19 complications.

Dr. Maria Encarnita B. Limpin discussed the Health effects of smoking and second hand smoke, Complexity of Smoking Cigarettes and the greater risk of exposure to COVID-19.

She also said that the Burden of Tobacco Use is one of the world's largest health problem that killed 100 million people around the world, and 94,737 in the Philippines wherein 315 deaths per day was recorded in 2017. "Sometimes we do not realize the number of people dying because of tobacco use whether this is directly or indirectly from exposure to second-hand smoke" she added.

Dr. Glynna Ong Cabrera explained the benefits of quitting smoking and shared tips on how to keep our Lungs healthy. In her statement she emphasized "Hindi pa huli para huminto sa paninigarilyo".

The last speaker Mr. Roberto S. Garcia Jr., presented the DOH Quitline that was launched Last June 19, 2017 that aims to aid smokers to quit smoking.

He encouraged the Smokers who wish to quit to call hotline no. 165 - 364 or dial 1558 for free smoking cessation advice. Services offered are free within Metro Manila, and currently the Lung Center of the Philippines

Philippines (LCP) and the DOH are working together towards enabling free mobile services to areas even outside the NCR.

The event ended as DOH-MMCHD Assistant Director Maria Paz Corrales congratulated everyone for another successful event because through this, a milestone was also achieved as it did not only intensify awareness regarding the risk of tobacco use but it also enabled everyone to be knowledgeable of the benefits of quitting smoking and how to achieve a smoke free NCR.

"You are not living if you are smoking.. you are taking more steps towards a disastrous life.. Say no to smoking and tobacco to live a healthier and happier life.. "

BIDA POEM

When going out, wear your mask.
Do not ignore, coz its a must.

Top to bottom, and in between.
Do regular hand washing,
Or hand sanitizing.

When in public,
do physical distancing.
Avoid crowding.
Not social distancing.

Gather Information,
Correct and reliable.
With proper knowledge,
and good practices,
We can all beat, COVID-19.

- Doc Lai



**WEAR YOUR
MASK**



**wash
your
hands!**



**KEEP YOUR
DISTANCE**



ACCURATE



The COVID-19 pandemic continues to create stress that can lead to mental health conditions like anxiety and depression because it involves dealing with sudden changes in our daily lives such as social distancing, strict quarantine protocols and fear of contracting COVID-19, in addition to financial worries, insecurity and uncertainty. The 2020 data report from the National Center for Mental Health (NCMH) showed the increased number of received calls on depression from an average of 80 phone calls before the pandemic to

approximately 800. Furthermore, a study on the impact of COVID-19 pandemic on mental health reported that distress among health care workers increased which is mostly associated with stigma and fear of COVID-19 virus (Serafini, 2020).

The early manifestation of mental distress differs from each individual, but the common signs of mental distress in adults and adolescent can be a mix of disturbing thoughts, emotions, behavior, and perception that affects oneself, relationship with others, or both (WHO, 2019). Being the epicenter of the COVID-19 pandemic, experts advise people in the NCR to look for ways to stay calm and vigilant. There are several ways of coping to keep the serene we all wanted amidst this pandemic.

Mental Health Amidst the Pandemic

*Ways to cope and the actions taken by
MMCHD for Mental Health Program*

Written by:
Angela Given Formanes

WAYS TO COPE:

As we are experiencing new realities during this time of pandemic, we must look after our mental and physical health. Based on the World Health Organization (WHO), the following information can help you cope with stress:



1

Connect with your loved ones through the contactless platforms such as texting, phone and video calls. Sharing your thoughts, feelings, and having a support system can make you feel more connected and help in decreasing stress and anxiety.



2

Set a limit from the constant news about the pandemic. Excessive information - verified or unverified - from social media about the pandemic can be very exhausting. The Department of Health is encouraging to seek information from credible sources only.



3

Give time for self-care and unwind. Physically disconnecting from your workspace and allowing yourself some time to relax and recuperate after a day's work will decrease your stress levels and help you to be more productive.



4

Monitor your health needs and maintain a healthy lifestyle by eating healthy foods, drinking plenty of water, and getting enough rest. Physical activities such as meditation, breathing exercises, stretching, and exercising can also strengthen our physical health and foster mental resilience against COVID-19.



These coping methods may give us a breath of relief but if distress becomes unmanageable and struggling with coping, help is available. You may talk to a mental health professional by calling the following free hotlines of the National Center for Mental Health that is available 24/7.

The DOH-Metro Manila Center for Health Development (DOH-MMCHD) recognizes the reality that this pandemic has taken its toll on everyone's mental well-being and even the frontliners are not spared from the mental health issues. Front-line health care workers can suffer from anxiety, depression, burnout and stress-related disorders.

To ensure the health and wellness amongst its employees, the MMCHD provided



"Guidelines on Mental Health for MMCHD personnel amidst the pandemic" to its office ensuring the accessibility of the mental health services and strengthen mental resilience amongst its employees regardless of their employment status. These highlights the promotion of work-life balance through proper scheduling of activities and rotation of workforce and referral of system for employees who needs a higher level of care.

While, for the 17 Local Government Units being the lead implementers of public health programs, MMCHD together with NCMH, commenced a Psychological First Aid training in two batches. This has capacitated medical frontliners at the local level to provide PFA to co-health workers and the public.

DOH-MMCHD is steadfast in ensuring that mental health is not being left out especially at this time of pandemic because there is no health, without mental health.

FIRE PREVENTION

ONLINE ORIENTATION ON BASIC FIRE PREVENTION WITH THE METRO MANILA CENTER FOR HEALTH DEVELOPMENT STAFF

Written by:
Nieza Mae Orpano

The Metro Manila Center for Health Development (MMCHD) conducted an online orientation on Basic Fire Safety, Prevention and Extinguishment via Webex in celebration of the fire prevention month with the theme: “Sa Pag-iwas sa Sunog, Di ka Nag-iisa”, March 5, 2021. The said event was made possible in partnership with Bureau of Fire Protection – Mandaluyong and in collaboration with Mr. Carlito Cernal, Chairman of Barangay Addition Hills.

The program was spearheaded by the Health Emergency Management Unit (HEMU) of the Local Health Support Division (LHSD). The opening message was given by Dr. Ellen Mutya, Medical Officer IV, Head of the MMCHD-Health Emergency Management Unit. The highlight of the activity was the discussion given by Senior Fire Officer 1 Denrich Nepo Jay Diaz Tamparong of Green-Tamparong of Greenfield Fire Station as the resource person. Each Unit/Cluster of MMCHD had its own representatives attend the online orientation at their respective offices, Security guards, and office clients also participated at the Business Center strictly adhering to COVID-19 health protocols.

SFO1 Diaz shared his expertise in various occasions in line with the BFP's advocacy and discussed the meaning of fire, its elements and classifications, including fire prevention and tips that can help the participants in times of emergencies and disasters.

Moreover, SFO1 Diaz demonstrated the proper use of the fire extinguisher to prevent casualties in times of fire emergencies or disaster. Selected MMCHD-personnel participated in the return demonstration at the Building 3 parking area of the agency wherein live fire was set and extinguished. A total of 52 individuals was added into the agency's list of successfully oriented personnel on basic fire safety, evacuation procedures and utilizing fire extinguisher. By capacitating employees, they become knowledgeable to save their lives or the lives of others.





BOLD STEPS of MMCHD to END POLIO

Written by:
Lyn Aurora Legarteja

The World Health Organization (WHO) announced on June 11, 2021 that the Philippines regains victory over Polio outbreak.

For the past 19 years, the country was free of any polio-related disease. It was until September 19, 2019, when the Department of Health (DOH) publicly declared the resurgence of the polio outbreak in the country.

To respond to the outbreak, the DOH – Metro Manila Center for Health and Development (MMCHD) stepped up and took actions and launched campaigns to fight polio. Providing a more impactful response, DOH-MMCHD planned and implemented these three key actions:

- 1. Strengthen Acute Flaccid Paralysis (AFP) Surveillance**
The AFP Surveillance is a gold standard to identify high risk areas, monitor progress, maintain polio-free certification and utilize data to choose supplementary strategies.

During an outbreak and when there is a higher concern of polio in high risk areas identified as those with low vaccination coverage, active surveillance needs to be conducted in response to the rising cases of Polio.

That is why the Regional Epidemiology and Surveillance Unit (RESU) of the MMCHD immediately intensified the AFP Surveillance to monitor cases and deployed surveillance officers to conduct trainings to the hospitals, health facilities, and even the community to search out AFP cases.

- 2. Conduct of Sabayang Patak Kontra Polio (SPKP)**
The National Immunization Program (NIP) of the MMCHD with the support of United Nations Children's Fund (UNICEF) and WHO organized a simultaneous orientation for SPKP by giving doses of Monovalent Oral Poliovirus Vaccine (mOPV) for rounds 1 and 2 targeting children under-five in Metro Manila.

(more on page 10)



(from page 9)

The NIP Coordinators served as the head hunters for the deployment of almost 3,000 individuals in 17 LGUs in Metro Manila to implement the SPKP from January 27 to February 7, 2021 for the first round and February 24 to March 8, 2021 for the second round. To show act of solidarity, the 17 LGUs were committed to achieve their targets in order to protect all children 9 to 59 months in the entire region. Overall, the said 2 rounds of mOPV had a 98.72% and 102% coverage respectively.

3. SPKP advocacy campaign and community engagement was intensified
Communication strategies and activities for the SPKP Immunization activity in Metro Manila are aligned with the nationwide campaign goal, policies and implementation scheme of the DOH Central Office.

Four (4) strategies were implemented in communicating the SPKP activity. These are the following:

1. Massive information dissemination and engagement thru multiple communication platforms;

2. Strengthening capacities of health education and promotion officers (HEPO) of hospitals and 17 LGUs and volunteers on communication and engagement with parents and caregivers;
3. Mobilization of partners, and
4. Logistics augmentation

The Health Promotion and Media Relations Unit (HPMRU) released different campaign strategies maximizing all platforms in Metro Manila, to inform the public about the SPKP and to ensure that no children are left behind in the fight against polio.

The Communication plan includes the promotional video posted on the LED billboard in Quiapo, Manila; a text message blast was sent to Metro Manila residents in coordination with the Department of Information Technology and Communication (DICT); coordinated with selected radio and television media to increase promotional activities; cooperated with McDonald's Philippines to establish Patak Kontra Polio

Corners in selected McDonald's stores in Metro Manila from November 25 to December 8, 2019, and a Unity video of 17 local chief executives in Metro Manila to promote the vaccination campaign against Polio.

Those initiatives of DOH-MMCHD are bold steps to end polio outbreak in Metro Manila. While these three key actions were rolling-up, the MMCHD Emergency Operation Center (EOC) was activated to oversee the overall implementation of the SPKP in the region, set directions and monitor the daily target.

The none detection of the virus on any child or environment for 16 months made the WHO declare that the Philippine is ones again polio-free.

(more on page 16)



The **BAYANIHAN** Spirit Amidst Pandemic

Written by:
Airalyn Bañez

"The success or failure of any government in the final analysis must be measured by the well-being of its citizens. Nothing can be more important to a state than its public health; the state's paramount concern should be the health of its people."

-Franklin Delano Roosevelt

It has been more than a year since the first case of COVID-19 was reported in the country. Going back to when it started in 2020, a lot of adversities arose. It started when the Taal Volcano exploded and spewed ashes from its neighboring cities. At that time, polio epidemic, dengue outbreak, and leptospirosis outbreak were also being addressed. It became even more difficult when the tropical cyclones Quinta, Rolly, and Ulysses entered the country. The path to recovery was unimaginable at that time.

The bayanihan spirit kept alive in the Metro Manila Center for Health Development as the organization has implemented health programs and strategies to protect and enhance the physical, mental, and social well-being of those living in poverty and the rest of the Manileño in the midst of the COVID-19 pandemic.

The Department of Health (DOH) implemented the Prevent-Detect-Isolate-Test-Treat and Reintegrate (PDITR) strategy as it is one of the key strategies to mitigate the risk and move towards the new normal. The Coordinated Operations to Defeat Epidemic (CODE) focused on community response to prevent and mitigate the increasing number of positive cases by engaging to the community to promote preventive behaviours, house-to-house symptoms check, RT-PCR testing for symptomatic patients and the Oplan Kalinga for isolation and quarantine.

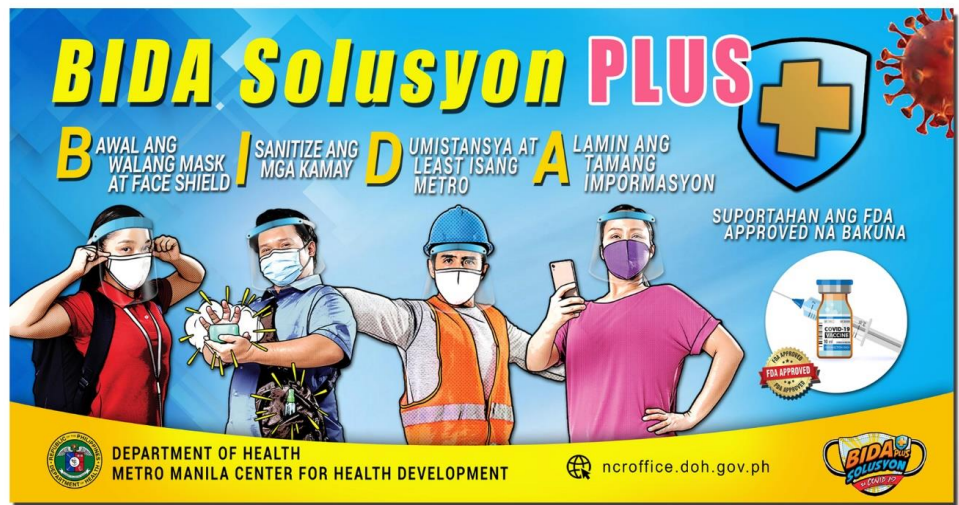
As part of the preventive component, the minimum public health standards were set and quarantine restrictions were carried out by the local government units. BIDA- that ...

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(from page 11)

stands for **Bawal ang walang mask, I-sanitize ang mga kamay, Dumistansya ng isang metro at A- Alamin ang totoong impormasyon**, became the flagship and behavioural campaign to mitigate the spread of the virus.

To strengthen the preventive concept in the PDITR, the Health Promotion and Communications Management Unit (HPCMU) of Metro Manila Center for Health Development (MMCHD) conducted



several virtual trainings on Barangay Health Response Teams (BHRTs) and taught barangay officials, health center staff, and barangay health workers from seventeen (17) LGUs on the minimum public health standards, risk communication, and community engagement. HPCMU continues to inform the public with accurate health information through the use of

information, education and communication (IEC) materials.



said: "Implementing health safety protocols should not only end with the COVID-19 pandemic; it should also be practised right in our homes."

As for the detection component, the Regional Epidemiological Surveillance Unit (RESU), the data analyst and monitor of COVID-19 cases of MMCHD, provided the national and local government information through data collection and timely submission of reports as this can be used for decision-making, planning, implementation and policy allocation. RESU became COVID-19 responders that administer swab tests in suspected cases and they also handled specimens to transport them to their designated laboratories.

As one of those with an important role in the COVID-19 pandemic, the Health Emergency Management Unit (HEMU) also has been actively involved with One Hospital Command Center (OHCC) since it started operation to ensure that coordination and communication of COVID-19 cases to referral hospitals are not disrupted. The Emergency Operation Center was then established to be the central command and control facility for COVID-19 admissions, which were manned by the Center for Health Development staff from different divisions 24/7. It covered a whole lot of aspect during the peak of COVID-19 outbreak in the region. Beginning with coordination and facilitation of immediate medical assistance response and evaluation teams which procure requisitions for the identified equipment and supplies. They disseminated the "how to" information to the general public.

(con't on page 13)



Thirty-five (35) Type 1 Ambulance units have been handed over to seven (7) DOH Hospitals, twelve (12) to LGU Hospitals, and sixteen (16) to Rural Health units for safer patient transport and urgent medical response.



(from page 12)

The volume of referrals obtained through EOC calls has made it difficult for hospitals within the region to accept patients to the point where they can no longer accommodate them. To address the situation and implement the concept of isolation, the Program and Health Facility Development Cluster (PHFDC) assessed Temporary Treatment and Monitoring Facilities (TTMF) with the help of the Health Facilities Enhancement Program (HFEP) and LGUs. This is to ensure that the safety of healthcare workers and patients is prioritized by implementing engineering measures to supplement infection prevention and control in the facilities. In addition to that, MMCHD HFEP allocated funds in the amount of Twenty Million pesos (20, 000,000) to Marikina and Quezon City under the Bayanihan to Recover as One Act for the construction of their TTMF. Also, thirty-five (35) Type 1 Ambulance units have been handed over to seven (7) DOH Hospitals, twelve (12) to LGU Hospitals, and sixteen (16) to Rural Health units for safer patient transport and urgent medical response.

In terms of the strategy's treat component, the DOH has set a goal of vaccinating every Filipino in order to reduce COVID-19 morbidity and mortality rate. These vaccines will greatly benefit our courageous frontliners, who are the vanguard of the pandemic COVID-19 as well as those in the most vulnerable groups. And in order to prove that the country is ready to receive COVID-19 vaccines, the MMCHD took part in simulation exercises to identify potential issues in vaccine delivery, handling, transportation, and cold chain management. Moreover, the Vaccination Operation Center (VOC) has coordinated and collaborated with other government agencies, partners, and stakeholders. They also communicate the immediate concerns of Local Vaccination Operation Centers (LVOCs) to Regional Vaccination Operation Centers (RVOCs) to provide assistance, response and address concerns raised.

(con't on page 14)



(from page 13)

Now that the vaccines have arrived in the country, they are being distributed to the seventeen LGUs of the National Capital Region in order to begin the vaccination program in their respective areas. The program expanded further by establishing a Tripartite Agreement between the national government, vaccine manufacturers and the private sectors, allowing the private sectors to obtain vaccines for their employees. As a result of this, vaccines have become even more widely available and as of July 11th, the total number of doses administered to the priority group had reached 5, 595,551.

In addition to the treat component of PDITR strategy, the Regulation, Licensing, and Enforcement Division (RLED) reports accurate data on Health Care Capacity Utilization Status via the DOH DataCollect. Knowledge Management Information Technology Service (KMITS) developed a mobile application that collects daily data from hospitals and stakeholders such as the availability of hospital beds, isolation rooms, ICU beds, mechanical ventilators, and human resource needs. Admittedly, as of July 11th, 35.3 percent of hospital beds were occupied by COVID-19 patients, with a 29.6 percent utilization rate of mechanical ventilators for COVID cases, resulting in a low risk classification of NCR Hospitals.

On the other hand, the Infectious Diseases Prevention and Control Cluster have been in constant coordination with the local government units, developmental partners and stakeholders in implementing various public health programs. The cluster continuously searches for active cases by stationing mobile vans at COVID-19 vaccination sites. They have also worked with developmental partners to ensure that People Living with HIV (PLHIV) can access antiretroviral drugs via courier to prevent an increased risk of exposure to COVID-19. Deworming was also carried out during the pandemic with the assistance of the Department of Education and local government units. Deworming kits were distributed to parents every time they receive modules at school. And this is in order to continue promoting vector control management. In addition to these programs being carried out in the middle of the pandemic, the mental health program has been of great assistance by MMCHD staff by providing psychological first aid and psychosocial support in order

(con't on page 15)



ORIENTATION TO ALL LEVEL 1 – 3 HOSPITALS ON COVID-19 HANDLING





(from page 14)

for them to survive and cope with the challenges caused by the large number of tasks and effect of COVID-19 pandemic.



In recognition of their selfless and invaluable contributions, health care workers are entitled to financial assistance if they contract COVID-19 infection. The processing and distribution of cash assistance through COVID-19 Compensation Claims is part of the reintegration component of PDITR. As a matter of fact, Management Support Services Division (MSSD) has already distributed more than 87 million in COVID-19 Compensation. They stated that they have increased their efforts since year 2020 to process the COVID-19 compensation applications of frontliners infected with the virus so that they can receive financial assistance immediately. They went on to say that despite the fact that they were few and piled on application papers, they were determined to finish the job because they knew how much the frontliners needed what they could get out of it.

Indeed, the spirit of Bayanihan has truly come to life in the country. Our cooperation and unity are what truly distinguish us from others. It just needs to continue with or without the COVID-19 virus. Let's work towards an efficient, sustainable, equitable and people-centered health system. Together We Heal and Recover As One!




(from page 10 Polio...)


"We commend the DOH for its decisive, massive, and sustained efforts to implement the polio outbreak response to ensure the protection of children from the paralyzing and deadly disease," WHO declared in appreciation to the exceptional efforts and leadership of the DOH.

"It is for this reason that we continue to encourage the public to receive vaccines, not just the polio vaccine but other vaccines as well, including the COVID-19 vaccine," Health Undersecretary Myrna Cabotaje concluded.






PROTEKTAHAN SINA LOLO AT LOLA LABAN SA COVID-19, PABAKUNAHAN SILA!




LOLA, DELIKADO PO PALA ANG COVID-19. PABAKUNA KA NA PO, PLS

Ang mga taong may edad 60 years old pataas ay nasa malaking panganib ng malubhang pagkakasakit kung sila ay magkaka-COVID-19.

SIGE, PARA SAYO, APO





METRO MANILA CENTER FOR HEALTH DEVELOPMENT
HEALTH PROMOTION AND COMMUNICATIONS MANAGEMENT UNIT

Coronavirus

COVID-19

S L T C A T N O C P K Y F E V E R
U H T L A E H L F I R Y K S I R C
R S G C E X E Y Z O S C X O I O Z
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CORONAVIRUS
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CLOSE
CONTACT
INFECTED
RISK
HEALTH
CARE
WORKERS

MILD
SEVERE
DEADLY
FEVER
COUGH
SHORTNESS
BREATH

EDITORIAL STAFF

**Office of the Regional Director and Assistant Regional Director
HEALTH PROMOTION AND COMMUNICATIONS MANAGEMENT UNIT**

WRITERS: Lyn Aurora M. Legarteja Angela Given D. Formanes
Airalyn P. Bañes Gerard V. Basaca
Nieza Mae P. Orpano

CONTRIBUTOR: Dr. Laila D. Celino

LAY-OUT ARTIST: Abigail C. Contreras

BANNER LAY-OUT: Angela Given D. Formanes

CONTENT CONTRIBUTORS:

Dr. Adorissa Jurao	Dr. Manuel Mapue	Reginald Santiago
Dr. Janice Malesido	Dr. Karen Fernandez	Romeo Apuli
Dr. Wenceslao Blas	Dr. Ellen Mutya	Janice Catibo
Dr. Teresa Rivera	Dr. Karenina Victoria	Sarah Grace Alcidi
Ramon Ferrer, Jr	Thea Marie Santiago	

NEWSLETTER ADVISERS/CONSULTANT:

Dr. Gloria J. Balboa (Director IV)
Dr. Maria Paz P. Corrales (Director III)
Dr. Laila D. Celino (Consultant)

HEALTH PROMOTION AND COMMUNICATIONS MANAGEMENT UNIT

Officer In Charge: Reginald V. Santiago
Lyn Aurora M. Legarteja Airalyn P. Bañes
Angela Given D. Formanes Abigail C. Contreras

