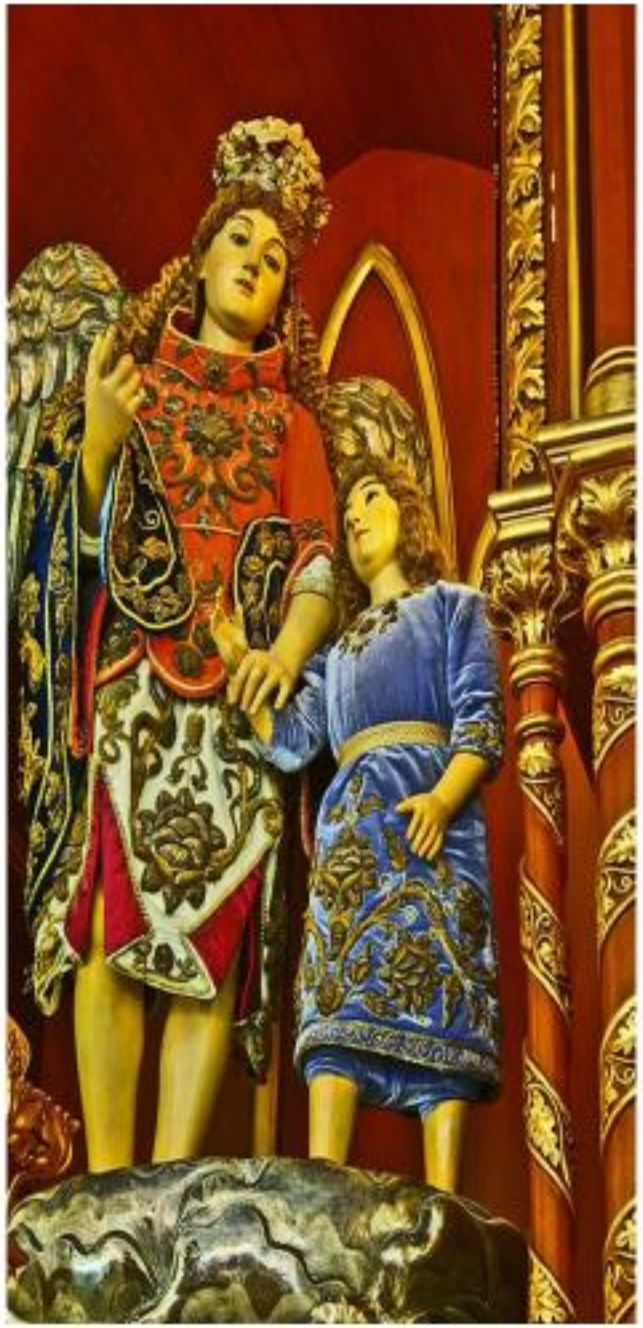


Angelite Prayer

Almighty God, we glorify you for giving us the Angelite Charism. We thank you for the gift of your Son, Jesus Christ, who is the Way, Truth, and Life. We bless you for the continuous guidance of the Holy Spirit. Grant us, we pray, courage and strength that we may give perpetual praise to you in whatever we do. We ask this through Christ our Lord. Amen.

Oh, Holy Guardian Angels, guide us and protect us!
Laus Deo Semper!

Specific Learning Objectives:

LO12: Adhere to ethico – legal considerations when providing safe, quality, and professional nursing care in addressing the need for health promotion, disease prevention, restoration and maintenance and rehabilitation of individuals and families in the community.

LO13: Adhere to established norms on the Philippine Nursing Law and other legal, regulatory, and institutional requirements relevant to safe nursing practice in rendering care to an individual and family in a community setting.

LO14: Protect the individuals and families in the community their rights based on "Patient's Bill of Rights and Obligations" in providing basic care in terms of health promotion, disease prevention, restoration and maintenance and rehabilitation.

ENRICHING CATHOLIC FAITH IN NURSING

Romans 13: 1 - 11

Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God. Therefore, whoever resists the authorities resists what God has appointed, and those who resist will incur judgment. For rulers are not a terror to good conduct, but to bad. Would you have no fear of the one who is in authority? Then do what is good, and you will receive his approval, for he is God's servant for your good. But if you do wrong, be afraid, for he does not bear the sword in vain.

Patient's Bill of Rights

Philippines patient bill of rights:

1. Right to appropriate medical care and humane treatment.
2. Right to informed consent.
3. Right to privacy and confidentiality.
4. Right to information.
5. Right to choose health care provider and facility.
6. Right to self-determination.
7. Right to religious belief.
8. Right to medical records.
9. Right to leave.
10. Right to participation in medical research.
11. Right to correspondence and to receive visitors.
12. Right to express grievances.
13. Right to be informed of his rights and responsibilities as a patient

INFORMATION should be CLER
(at the RAMPS?)

Right to:

INFORMATION

Information
Informed Consent

be Informed of his rights and obligations as paitient

C hoose Health Care Provider
L eave
E xpress grievances
R eceive visitors and correspondences
R efuse participation in medical research

R eligious beliefs
A ppropriate medical care and human tx
M medical records
P rivacy and confidentiality
S elf-determination

Module 11

"No one is above the law" (Equality, Transparency, and Adherence)

"Ignorance of the law excuses no one"

Law as defined:

- **Law** is a system of rules that are created and enforced through social or governmental institutions to regulate behavior.
- **Law** is a system that regulates and ensures that individuals or a community adhere to the will of the state.

RA 7305 (Magna Carta of Public Health Workers)

- The law that constitutes and guarantees the fundamental rights and privileges of public health workers in the Philippines.
- The law includes the rules and regulations in recruitment, performance evaluation, promotion, security of tenure, workload, conduct, compensation and benefits, the right for self – organization, and penal provisions for those who will violate the law.

P.D. 856
Code on Sanitation

Chapter III: Food Establishments

- No person or entity shall operate a food establishment for public patronage without securing a permit from the local health office.
- The term "food establishment" as used in this chapter means an establishment where food or drinks are manufactured, processed, stored, sold or served.

P.D. 856
Code on Sanitation

Chapter VI: School Sanitation and Health Services

- Health services personnel shall be trained to conduct:

(a) Periodic physical and medical examination;

(b) Periodic immunization;

(c) Medical and dental treatment;

(d) Treatment for common emergencies; and

(e) Counselling and guidance.

PHILIPPINE CLEAN AIR ACT

R.A. 8749

R.A. 8749 PHIL. CLEAN AIR ACT (Salient Features)

RULE V. RIGHTS

a. The right to breathe clean air;

b. The right to utilize and enjoy all natural resources according to the principles of sustainable development;

c. The right to participate in the formulation, planning, implementation and monitoring of environmental policies and programs and in the decision-making process;

GENERIC ACT OF THE PHILIPPINES

(R.A. 6675)

GENERIC ACT (R.A. 6675)

- It is an act that promote, require and ensure the production of an adequate supply, distribution, use and acceptance of drugs and medicines identified by their generic names.

GENERIC ACT (R.A. 6675) Salient Features

Section 6: The use of generic terminology

- Any organization or company involved in the manufacture, importation, repacking, marketing and/or distribution of drugs and medicines shall indicate prominently the generic name of the product. In the case of brand name products, the generic name shall appear prominently and immediately above the brand name in all product labels as well as in advertising and other promotional materials.

National Health Insurance Act of 2013 (PhilHealth)

R.A. 10606

National Health Insurance Act (RA 10606)

Section 6: Mandatory Coverage

- All citizens of the Philippines shall be covered by the National Health Insurance Program. In accordance with the principles of universality and compulsory coverage.

PhilHealth
Your Partner in Health

National Blood Services Act

R.A. 7719

National Blood Services Act

R.A. 7719

Goals of the law:

1. Blood Safety through quality management and information system,
2. Blood Adequacy through voluntary blood donation system,
3. Rational blood use and maximum utilization of blood components, and
4. Efficiency of blood services through nationally coordinated blood network

MANDATORY REPORTING OF NOTIFIABLE DISASES OF 2019

(R.A. 11332)

MANDATORY REPORTING OF NOTIFIABLE DISASES (RA 11332)

Public health emergency shall be alarmed when:

1. A large number of deaths in the affected population occur,
2. A large number of serious injuries or long – term disabilities in the affected population,
3. Large number of exposure to infectious or toxic agent,
4. International exposure to an infectious or toxic agents, and
5. Presence of travel and trade restrictions.

EXPANDED SENIOR CITIZEN ACT OF 2010

R.A. 9994

EXPANDED SENIOR CITIZEN ACT OF 2010 (R.A. 9994)

- The law defines the privileges all senior citizens are entitled to.
- Elderly Filipinos aged 60 and above are **entitled to a 20% senior citizen discount and exempted from the value-added tax (VAT)** on applicable goods and services for their exclusive use.
- These privileges apply to both cash and credit card payments.

Comprehensive Dangerous Drugs Act of 2002

(R.A. 9165)

Comprehensive Dangerous Drugs Act of 2002 (R.A. 9165)

Salient Features:

- RA 9165 mandates the government to "pursue an intensive and unrelenting campaign against the trafficking and use of dangerous drugs and other similar substances."

Comprehensive Dangerous Drugs Act of 2002 (R.A. 9165)

Salient Features:

- **Dangerous drugs** includes opium, morphine, heroin, cocaine or cocaine hydrochloride, marijuana resin or marijuana resin oil methamphetamine hydrochloride or "shabu" or other dangerous drugs such as but not limited to methylenedoxymetamphetamine (mdma) or "ecstasy", paramethoxyamphetamine (pma), trimethoxyamphetamine (tma), lysergic acid diethylamine (lsd), gamma hydroxybutyrate (ghb), and those similarly designed or newly introduced drugs and their derivatives, without having any therapeutic requirements

The law is also known as:

"***Universally Accessible Cheaper and Quality Medicines Act of 2008***"

RA 9502 (Cheaper Medicine Act)

- This act protects the consumers to regulate the prices of medicines in the country.
- The law also formulates an effective competition policy in the supply and demand of quality affordable drugs and medicines is recognized by the State as a primary instrument.
- If full competition is not effective, the State recognizes as a reserve instrument the regulation of prices of drugs and medicines, with clear accountability by the implementing authority as mandated in this Act, as one of the means to also promote and ensure access to quality affordable medicines.

Anti-Violence Against Women and Their Children Act of 2004

(R.A. 9262)

RA 9262 (Anti-violence against Women and their Children)

- The law that protects women and their child/ren against the following:
  - physical, emotional and mental harm (actual or threatening),
  - deprivation from financial support of the husband / father of the child,
  - Preventing to earn legitimately and controlling the victim's money and property, either personal gain or conjugal rights,
  - Stalking (both in private and public places) , peering in the window or lingering outside the residence of the woman and / or child,
  - Entering the dwelling against the will of the woman and her child/ren, and
  - Destroying their personal belongings, property or inflicting harm to the pets / animals of the woman and her child/ren.
  - Causing public ridicule to the woman and / or the child/ren.

The Philippine Milk Code of 1986

(Executive Order 51)

The Philippine Milk Code of 1986
(Executive Order 51)

- This law strictly prohibit the marketing of milk formula in the Philippines.

Salient Provisions:

1. No milk company should support breastfeeding activities.
2. No health and nutrition worker should promote or sell infant formula and other milk products and bottles.

The Philippine Milk Code of 1986
(Executive Order 51)

Salient Provisions:

3. No material that promotes breastmilk substitutes should be visible in all health and nutrition facilities
4. Milk companies should ensure accurate information on the use and quality of their products (instructions, expiration date, etc.)

ROOMING – IN AND BREASTFEEDING ACT OR 1992

(R.A. 7600)

ROOMING – IN AND BREASTFEEDING ACT OR 1992
(R.A. 7600: SALIENT FEATURES)

- The right of the mother to breastfeed and the right of the infant to receive breast milk is expressed, and mothers may only exercise their right to bottle feed after being fully informed of the benefits of breastfeeding and by expressing their intention to formula feed in writing.

THE EXPANDED BREASTFEEDING PROMOTION ACT OF 2009

(R.A. 10028)

THE EXPANDED BREASTFEEDING PROMOTION ACT OF 2009
(R.A. 10028: SALIENT PROVISIONS)

- **Lactation stations** in every private enterprises, government agencies, government-owned and controlled corporations
- **"Lactation periods"** for **breastfeeding employees**, in addition to time-off for meals, to allow them time to express their breast milk.

THE EXPANDED BREASTFEEDING PROMOTION ACT OF 2009
(R.A. 10028: SALIENT PROVISIONS)

- **Breast milk banks** in health institutions to store pasteurized breast milk **donated** by breastfeeding mothers.
- **Inclusion of breastfeeding** in the **curriculum of schools** (under relevant subjects).

Responsible Parenthood and Reproductive Health Act of 2012 (R.A.10354)

- This law guarantees universal access to methods on contraception, fertility control, sexual education, and maternal care.

Responsible Parenthood and Reproductive Health Act of 2012 (R.A.10354)

Salient Features:

1. Provision of ethical and medically safe, legal, accessible, affordable, non – abortifacient, effective and quality reproductive health care, supplies, and services.
2. Respect for protection and reproductive health rights of every couple, adult individuals, women, and adolescents.

Responsible Parenthood and Reproductive Health Act of 2012 (R.A.10354)

Salient Features:

3. Quality reproductive health care shall be given priority to ensure maternal and child health, the health of the unborn, safe delivery and birth of healthy children.
4. The promotion of responsible parenthood.
5. The right to make free choice and informed consent in choosing the method/s of contraception based from their belief, culture, and practices.

Mandatory Infants and Children Health Immunization Act of 2001

(R.A. 10152)

Mandatory Infants and Children Health Immunization Act of 2001

(R.A. 10152)

Specific Goals:

1. To immunize all infants/children against the most common vaccine-preventable diseases.
2. To sustain the polio-free status of the Philippines.
3. To eliminate measles infection.
4. To eliminate maternal and neonatal tetanus
5. To control diphtheria, pertussis, hepatitis b and German measles.
6. To prevent extra pulmonary tuberculosis among children.

Child and Youth Welfare Code of the Philippines

(P.D. 603)

P.D. 603 (Child and Youth Welfare Code of the Philippines)

Salient Features:

1. The right of the child for self worth and dignity from conception, childbirth, and their right to be reared to a healthy environment and family.
2. Abandoned child has the right to have a substitute home.
3. The right of every child to be educated.
4. The right of a child to have a well-rounded growth and development.
5. The right of the child to be happy, useful, and active member of the community.
6. The right of a gifted child to be given opportunity and encouragement to develop their special talents.
7. Physically and mentally handicapped children has the right to be treated, educated, and taken cared of.
8. The right to be protected from harm and exploitation.
9. The right to an honest and efficient government.

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

The **Philippine Department of Health (DOH)** through its **"Traditional Health Program"** has endorsed 10 medicinal plants to be used as herbal medicine in Philippines due to its health benefits.

- 10 Medicinal Plants endorsed by DOH

Mnemonic:

1. S - Sambong
2. A - Akapulko
3. N - Niyog – niyogan
4. T - Tsaang Gubat
5. A - Ampalaya
6. L - Lagundi
7. U - Ulasimang Bato
8. B - Bawang
9. B - Bayabas
10. Y - Yerba Buena

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

MEDICINAL PLANTS PREPARATION (Famorca, et al., 2013)

PREPARATION	PROCEDURE
Decoction	Boil the recommended part of the plant material in clean water (for 20 minutes).
Infusion	Plant material is soaked (for about 15 mins.) in hot water (like a tea) or applied after being soaked to an affected area.
Poultice	Directly apply recommended plant material to the affected area (usually topical)
Tincture	Mixing the recommended plant material with alcohol.

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Local Name	English Translation	Scientific Name	Indication	Preparation
1. Sambong	Ngai camphor or Blumea camphor	Blumera balsamifera	Used to treat kidney stones, wounds and cuts, rheumatism, anti-diarrhea, anti spasms, colds and coughs and hypertension	Leaves can be soaked with boiling water and taken as a tea. Avoid using with other diuretics. When taking diuretics, eat at least one banana a day.

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Local Name	English Translation	Scientific Name	Indication	Preparation
2. Akalpulko	Ringworm bush / schrub or Acapulco	Cassia alata	For treatment of tinea infections, insect bites, ringwork, eczema, scabies, and itchiness	Pound the leaves and its extracts directly applied to the affected skin. The leaves contains chrysophanic acid (funghicide). The extract can also serve as hand soap, shampoo, and lotion.

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Local Name	English Translation	Scientific Name	Indication	Preparation
3. Niyog – niyogan	Chinese honey suckle	Quisqualis indica	It is effective in the elimination of intestinal worms, particularly the Ascaris and Trichina.	Only the dried matured seeds are medicinal -crack and ingest the dried seeds two hours after eating (5 to 7 seeds for children & 8 to 10 seeds for adults). If one dose does not eliminate the worms, wait a week before repeating the dose.

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Local Name	English Translation	Scientific Name	Indication	Preparation
4. Tsaang Gubat	Wild tea	Ehretia microphylla	Used to treat skin allergies including eczema, scabies and itchiness wounds in childbirth. Also, for gastroenteritis and oral hygiene.	**Diarrhea** – Boil chopped leaves into 2 glasses of water for 15 minutes. Divide decoction into 4 parts. Drink 1 part every 3 hours **Stomachache** – Boil chopped leaves in 1 glass of water for 15 minutes. Cool and strain. Topical: Soak leaves in warm water and use as disinfectant wash during childbirth. Decoction: For gastroenteritis; Use also as gargle to prevent cavities.

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Local Name	English Translation	Scientific Name	Indication	Preparation
5. Ampalaya	Bitter mellon or Bitter gourd	Momordica charantia	Treatment of diabetes mellitus, hemorrhoids, coughs, burns and scalds, and being studied for anti-cancer properties.	Diabetes Mellitus (Mild non-insulin dependent) – Chopped leaves then boil in a glass of water for 15 minutes. Do not cover. Cool and strain. Take 1/3 cup 3 times a day after meals.

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Local Name	English Translation	Scientific Name	Indication	Preparation
6. Lagundi	Five – leaved chaste tree	Vitex negundo	Lagundi can prevent the body's production of leukotrienes, which are released during an asthma attack. It is also used for cough, pharyngitis, rheumatism, dyspepsia, boils, and diarrhea.	**<u>Decoction</u>** (the process of boiling the leaves or other parts of a fruit/plant in a couple of glasses of water for 15 minutes) is the most convenient way to use this as a medication. This plant can also be pounded using a pestle and mortar and can be applied to affected areas where there is pain, or soreness. For wounds, the decoction can be used as an alternative to hydrogen peroxide for wound dressing. **Headache** Crush leaves may be applied on the forehead **Rheumatism, sprain, contusions, insect bites** -Pound the leaves and apply on affected area

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Local Name	English Translation	Scientific Name	Indication	Preparation
7. Ulasimang Bato (or Pansit – pansitan)	Peperonia	Peperonia pellucida	For gout	**Lowers uric acid (rheumatism and gout)** – One a half cup leaves are boiled in two glass of water over low fire. Do not cover pot. Divide into 3 parts and drink one part 3 times a day.

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Local Name	English Translation	Scientific Name	Indication	Preparation
8. Bawang	Garlic	Allium sativum	To treat infection with antibacterial, anti-inflammatory, anti-cancer and anti-hypertensive properties. It is widely used to reduce cholesterol level in blood.	**Hypertension** – Maybe fried, roasted, soaked in vinegar for 30 minutes, or blanched in boiled water for 15 minutes. Take 2 pieces 3 times a day after meals. **Toothache** – Pound a small piece and apply to affected area

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

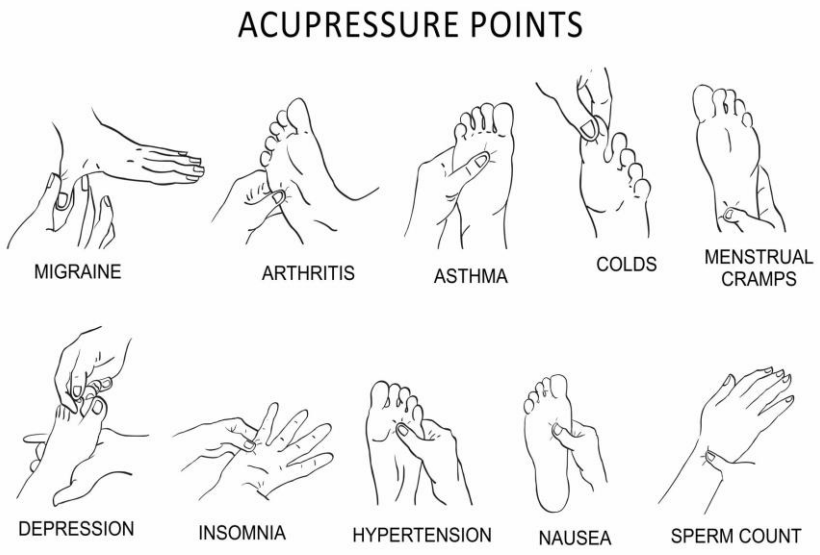
Local Name	English Translation	Scientific Name	Indication	Preparation
9. Bayabas	Guava	Psidium guajava	It is primarily used as an antiseptic, to disinfect wounds. Also, it can be used as a mouth wash to treat tooth decay and gum infection.	**For washing wounds** Wash the leaves with running water before boiling it for at least 15 minutes. Wait until the decoction cools down into lukewarm temperature before rinsing the wound with it. Be careful not to use it while it is still hot as it may cause burn. **Diarrhea** Boil chopped leaves for 15 minutes at low fire. Do not cover and then let it cool and strain – May be taken 3-4 times a day **As gargle and for toothache** – Warm decoction is used for gargle. Freshly pounded leaves are used for toothache..

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Local Name	English Translation	Scientific Name	Indication	Preparation
10. Yerba Buena	Peppermint	Clinopodium douglasii	Treatment for pain, cough, colds, nausea, dizziness, and pruritus	**Pain (headache, stomachache)** – Boil chopped leaves in 2 glasses of water for 15 minutes. Divide decoction into 2 parts, drink one part every 3 hours. **Insect Bite, Rheumatism, Arthritis and headache:** Crush leaves and apply juice **Nausea and Fainting:** Crush leaves and apply at nostril. **Cough & Colds:** Soak 10 fresh leaves in a glass of hot water, drink as tea (serves as expectorant). **Swollen gums:** Steep 6g of fresh plant and boil for 30 mins. Use as gargle solution. **Gas pain:** Soak a handful of leaves in a glass of boiled water. Drink infusion.

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Alternative Health Care Modalities (Famorca, et al, 2013)

Alternative Modality	Definition	Image
1. Acupressure	A method of healing and health promotion that uses the application of pressure on acupuncture points without puncturing the skin.	

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Alternative Health Care Modalities (Famorca, et al, 2013)

Alternative Modality	Definition	Image
2. Acupuncture	A method of healing using special needles to puncture and stimulate specific anatomical points on the body.	

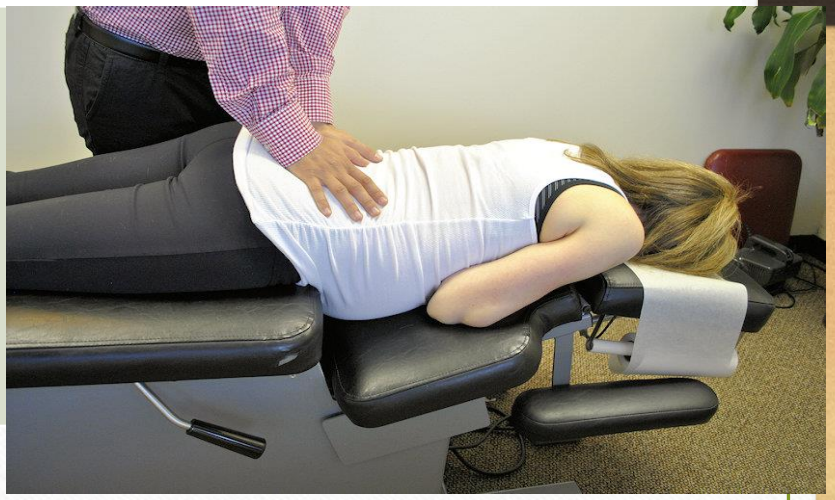
RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Alternative Health Care Modalities (Famorca, et al, 2013)

Alternative Modality	Definition	Image
3. Aromatherapy	The art and science of the sense of smell whereby essential aromatic oils are combined and then applied to the body in some form of treatment.	

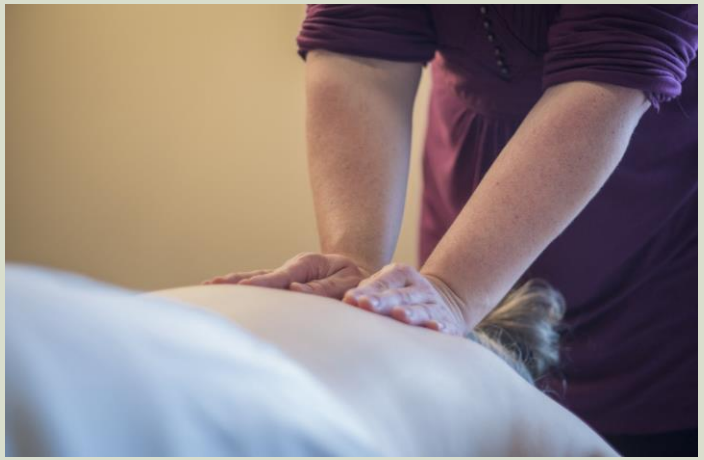
RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Alternative Health Care Modalities (Famorca, et al, 2013)

Alternative Modality	Definition	Image
4. Chiropractic	A discipline of the healing arts concerned on pathogenesis diagnosis, therapy, and prophylaxis of functional disturbances, pathomechanical states, pain syndromes, and neurophysiological effects related to the static and dynamics of the locomotor system, especially of the spine and pelvis.	

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Alternative Health Care Modalities (Famorca, et al, 2013)

Alternative Modality	Definition	Image
5. Massage Therapy	A method wherein the superficial soft parts of the body are rubbed, stroked, kneaded, or tapped for remedial, aesthetic, hygienic, or limited therapeutic purposes.	

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Alternative Health Care Modalities (Famorca, et al, 2013)

Alternative Modality	Definition	Image
6. Nutritional Therapy (Nutritional healing)	The use of food as medicine and to improve health by enhancing the nutritional value of food components that reduces the risk of a disease.	

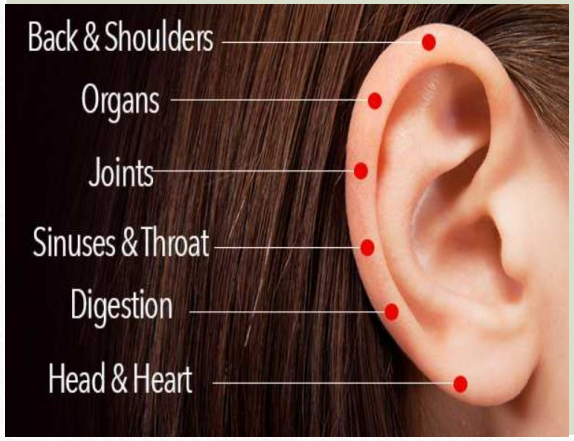
RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Alternative Health Care Modalities (Famorca, et al, 2013)

Alternative Modality	Definition	Image
7. Pranic Healing	A holistic approach of healing that follows the principle of balancing energy. Pranic healing is an effective healing method based on one key principle – that the body has the natural ability to self-repair or self-heal. The two pillars of pranic healing are two essential laws: • The first law is the law of **self-recovery**, and • The second one is the law of **prana** or life energy.	

RA 8423 Traditional and Alternative Medicines Act (TAMA) of 1997

Alternative Health Care Modalities (Famorca, et al, 2013)

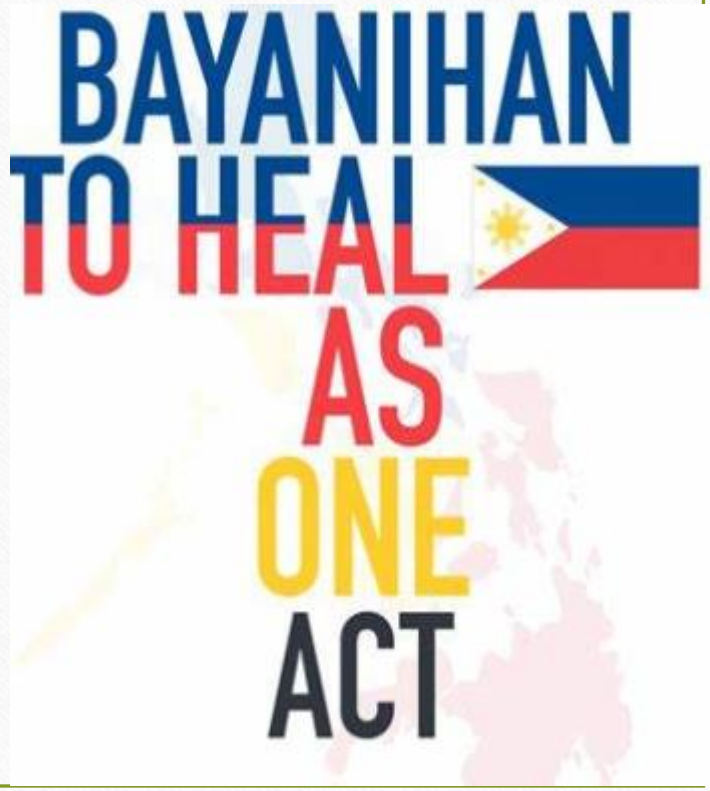
Alternative Modality	Definition	Image
8. Reflexology 	It is a type of massage that involves applying different amounts of pressure to the feet, hands, and ears. It's based on a theory that these body parts are connected to certain organs and body systems.	

“Bayanihan to Health as One Act” (RA 11469)

- An act for National Emergency Arising from Coronavirus 2019 (COVID-19).
- Implemented on March 23, 2020

Salient features:

1. Mitigate the transmission of COVID-19 in the Philippines;
2. Prevent overburden of the Philippine health care system;
3. Provision for immediate test and treatment to COVID -19 PUIs and PUMs



“Bayanihan to Health as One Act” (RA 11469)

PUI- Person Under Investigation

This is an individual with acute respiratory infection (sudden onset of respiratory infection with at least one of the following **symptoms**: shortness of breath, cough or sore throat) with or without fever, and with one of the following criteria:

- Travel to / reside in a foreign country in the past 14 days before onset of illness, or
- “Close contact” in 14 days before illness onset with a confirmed case of COVID-19, or
- Attended an event with known COVID – 19 outbreak.

"Bayanihan to Health as One Act" (RA 11469)

PUM (Person Under Monitoring)

This is an **asymptomatic person** with appropriate exposure history such as:

- Travel history in the past 14 days to areas with issue travel restriction, and / or,
- History of exposure to COVID-19.

“Bayanihan to Health as One Act” (RA 11469)

Confirmed Case of COVID – 19

- This is an individual with laboratory confirmation of infection with COVID – 19.

“Bayanihan to Health as One Act” (RA 11469)

Salient Features (Continued):

4. Provision for social amelioration (P 5,000 – P 8,000).
5. Partnership of the government, private sectors, and other stakeholders.
6. Cost of treatment shall be covered by PhilHealth.
7. Provision of “COVID-19 Special Risk Allowance for public health workers”.

"Bayanihan to Health as One Act" (RA 11469)

Salient Features (Continued):

8. Directs PhilHealth to shoulder all medical expenses of public and private health workers in case of exposure to COVID-19 or work – related injury during the duration of the public health emergency.
9. Compensation of P 100,000.00 to public and private health workers who may contract severe COVID-19 while in duty.
10. Compensation of P 1,000,000.00 to public and private health worker who may die while fighting for the COVID-19 pandemic.

“Bayanihan to Health as One Act” (RA 11469)

Salient Features (Continued):

11. Main COVID-19 hospitals are Philippine General Hospital, Lung Center of the Philippines, and Dr. Jose N. Rodriguez Memorial Hospital. Regional, provincial and city hospitals must also have a designated public hospital that will cater COVID-19 patients.
12. All private hospitals nationwide must have a dedicated ward for COVID – 19 patients.
13. Partnership with the Philippine Red Cross.

“Bayanihan to Health as One Act” (RA 11469)

Salient Features (Continued):

14. Addition on the number of medical and allied medical staff to complement the current health workforce.
15. Ensure availability of essential goods such as food and medicines.

DOH Circular No. 2020-0105

Guidelines on the Management of PUMs for Home Quarantine

A. Room Isolation and Contacts of Persons Under Monitoring (PUM)

1. Place the PUM alone in a well-ventilated room, preferably with toilet and bathroom. If this is not possible, maintain a distance of at least 1 meter from the PUM (e.g. sleep in a separate bed).
2. Assign one person who is in good health as caretaker of the PUM.
3. Visitors, family members and even caregivers are not allowed in the PUM's room, if possible.
4. Confine activities of the PUM in his/her room only. If this is not possible, ensure that shared spaces (e.g. kitchen, bathroom) are well ventilated (e.g. keep windows open).

DOH Circular No. 2020-0105

Guidelines on the Management of PUMs for Home Quarantine

B. Use of Disposable Surgical Mask

1. The PUM should wear a surgical mask fitted tightly to the nose, mouth, and chin when in the same room with another household member or when talking to other people. The use of masks is not required for the person/s the PUM is/are interacting with.
2. If alone, the PUM is not required to wear a mask.
3. Masks should not be touched or handled during use. If the mask gets wet or dirty with secretions, it must be changed immediately and disposed properly.
4. Discard the used mask after a maximum use of 8 hours. Masks are not reusable and should not be washed. After removal of mask, wash hands using water and soap, or rub hands with 70% alcohol or any hand disinfectant.

DOH Circular No. 2020-0105

Guidelines on the Management of PUMs for Home Quarantine

C. Hand Hygiene Practice for ALL

1. All PUMs and household members should perform hand hygiene following contact with PUM or if in contact with their immediate environment.
2. Perform hand hygiene by washing hands with soap and water. If hands are not visibly soiled, 70% alcohol or any alcohol-based hand rub can be used.
3. When using soap and water, disposable paper towels to dry hands is desirable. If not available, use dedicated cloth towels and replace them when they become wet.
4. Hand hygiene should also be performed before and after preparing food, before eating, after using the toilet, and whenever hands look dirty.
5. Address safety concerns (e.g. accidental ingestion by children and fire hazards) on the use of alcohol-based hand rubs.

DOH Circular No. 2020-0105

Guidelines on the Management of PUMs for Home Quarantine

D. Respiratory Hygiene and Standard Precaution for ALL

1. Respiratory hygiene/cough etiquette should be practiced by all at all times. Respiratory hygiene refers to covering the mouth and nose during coughing or sneezing using surgical masks, tissues, flexed elbow, sleeves of clothes, or inside the neckline of shirts, followed by hand hygiene.
2. Avoid direct contact with body fluids, particularly oral or respiratory secretions, and feces. Use disposable gloves to provide oral or respiratory care and when handling feces, urine and waste. Wash hands before putting on and after removing gloves.
3. Avoid other types of possible exposure to PUM or contaminated items in their immediate environment (e.g. avoid sharing toothbrushes, cigarettes, towels, washcloths, bed linen).

DOH Circular No. 2020-0105

Guidelines on the Management of PUMs for Home Quarantine

E. Food Handling of PUM on Home Quarantine

1. The assigned caretaker of the PUM shall serve their plates/meal trays only up to the room door.
2. After eating, plates/meal trays should be picked up at the room door by the caretaker using disposable gloves to avoid contamination. Perform hand hygiene afterwards.
3. Eating utensils and dishes should be cleaned with soap or detergent and water after use and may be re-used instead of being discarded.
4. Do not share eating utensils, dishes, and drinks with PUM.

DOH Circular No. 2020-0105

Guidelines on the Management of PUMs for Home Quarantine

F. Disposal of Used Gloves, Tissues Papers, and Masks

1. Immediately discard materials used to cover the mouth or nose into the trash or clean reusable items appropriately after use (e.g. wash handkerchiefs using regular soap or detergent and water).
2. Gloves, tissues, masks and other waste generated by PUM should be placed in a container in PUM's room before disposal with other household waste.

DOH Circular No. 2020-0105

Guidelines on the Management of PUMs for Home Quarantine

G. Cleaning and Disinfection

1. PUMs are encouraged to clean and disinfect frequently touched surfaces such as bedside tables, doorknobs, bedframes, and other bedroom furniture daily with regular household disinfectant containing a diluted bleach solution (1-part bleach to 99 parts water).
2. Clean and disinfect bathroom and toilet at least once daily with regular household disinfectant containing diluted bleach solution (1-part bleach to 99-parts water).
3. Clean clothes, bedclothes, bath and hand towels, etc. of PUM using regular laundry soap and water or machine wash at 60–90 °C with common household detergent, and sun-dry. Place used linen into a laundry bag. Do not shake soiled laundry. Additional measures may be needed to prevent unhygienic reuse of gloves, masks, avoid direct contact of the skin and clothes with the contaminated materials.
4. Use disposable gloves and protective clothing (e.g. plastic aprons) when cleaning or handling surfaces, clothing or linen soiled with body fluids. Perform hand hygiene before and after removing gloves.

DOH Circular No. 2020-0105

Guidelines on the Management of PUMs for Home Quarantine

H. Reporting

1. PUM who developed symptoms should be reported immediately to Regional Epidemiology and Surveillance Unit (RESU) or Local Surveillance Officer for transport to nearest health facility.
2. All household members of PUM should be advised to seek immediate medical care when signs and symptoms developed.

The Inter-Agency Task Force for the Management of Emerging Infectious Diseases (IATF – EID)

- By virtue of Executive Order No. 168, s. 2014 and the IATF Resolution No. 12, Series of 2020 the IATF-EID is composed of the following thirty-four (34) executive agencies (see next slide).

The Inter-Agency Task Force for the Management of Emerging Infectious Diseases (IATF – EID)

Department of Health (DOH), Department of Foreign Affairs (DFA), Office of the Executive Secretary (OES), Office of the Cabinet Secretariat (OCS), Department of Finance (DOF),Department of Justice (DOJ), Department of Agriculture (DAR), Department of Public Works and Highways (DPWH), Department of Education (DepEd), Department of Labor and Employment (DOLE), Department of National Defense (DND), Department of Trade and Industry (DTI), Department of Social Welfare and Development (DSWD), Department of Environment and Natural Resources (DENR), Department of the Interior and Local Government (DILG), Department of Tourism (DOT), Department of Transportation (DOTr), Department of Science and Technology (DOST), Department of Budget and Management (DBM), Department of Energy (DOE), Department of Information and Communications Technology (DICT), National Economic and Development Authority (NEDA), Presidential Communications Operations Office (PCOO), National Security Council (NSC), Office of the Presidential Spokesperson (OPS), Office of the Chief Presidential Legal Counsel (CPLC), Metro Manila Development Authority (MMDA), Office of the Presidential Adviser on the Peace Process (OPPAP), Commission on Higher Education (CHED), Armed Forces of the Philippines (AFP), Philippine National Police (PNP), Philippine Coast Guard (PSG), Anti-Red Tape Authority (ARTA), Office of Civil Defense- NDRRMC (OCD)

IATF – EID Public Guideline in Preventing COVID – 19 Transmission

B – Bawal ang walang mask at face shield.

I – Isanitize ang mga kamay at iwasan ang kulob na lugar.

D – Dumistansya ng isang metro at limitahan ang pisikal na interaksyon sa iba.

A – Alamin ang totoong impormasyon.

Plus+ – Suportahan ang FDA approved na bakuna.

IATF Resolution No. 118-A, s.2021,

- This resolution provides the differences on how various types of community quarantines are being applied in the Philippines (UPDATED-COMPARATIVE-TABLE-OF-QUARANTINE-CLASSIFICATIONS-As-of-June-2021-A.docx.pdf (doh.gov.ph))
- There are several parameters to classify the quarantine guidelines, and these are:
  - ECQ
  - MECQ
  - GCQ
  - MGCQ , and
  - GCQ with Heightened Restrictions (For "NCR Plus" until June 15, 2021)

IATF Resolution No. 118-A, s.2021,

ENHANCED COMMUNITY QUARANTINE	MODIFIED ENHANCED COMMUNITY QUARANTINE
No movement regardless of age and health status	Limited movement within the containment zone for obtaining essential services and work
Minimal economic activity except for utility services (food, power and water, and the critical economic sectors)	Operations of selected manufacturing and processing plants up to maximum of 50% workforce
No transportation activity except for utility services	Limited transportation services for essential goods and services
Suspension of physical classes	Suspension of physical classes

IATF Resolution No. 118-A, s.2021,

GENERAL COMMUNITY QUARANTINE	MODIFIED GENERAL COMMUNITY QUARANTINE
Limited movement to services and work within Buffer Zone (BZ) and Outside Buffer Zone (OBZ)	Permissive socio-economic activities with minimal public health standards
Operation of government offices and industries up to maximum of 75% workforce	
Limited transportation services to support government and private operations	
Flexible learning arrangements; operation at limited capacities to cater to students	

*Buffer Area: Designated geographical area protected

IATF Resolution No. 118-A, s.2021,

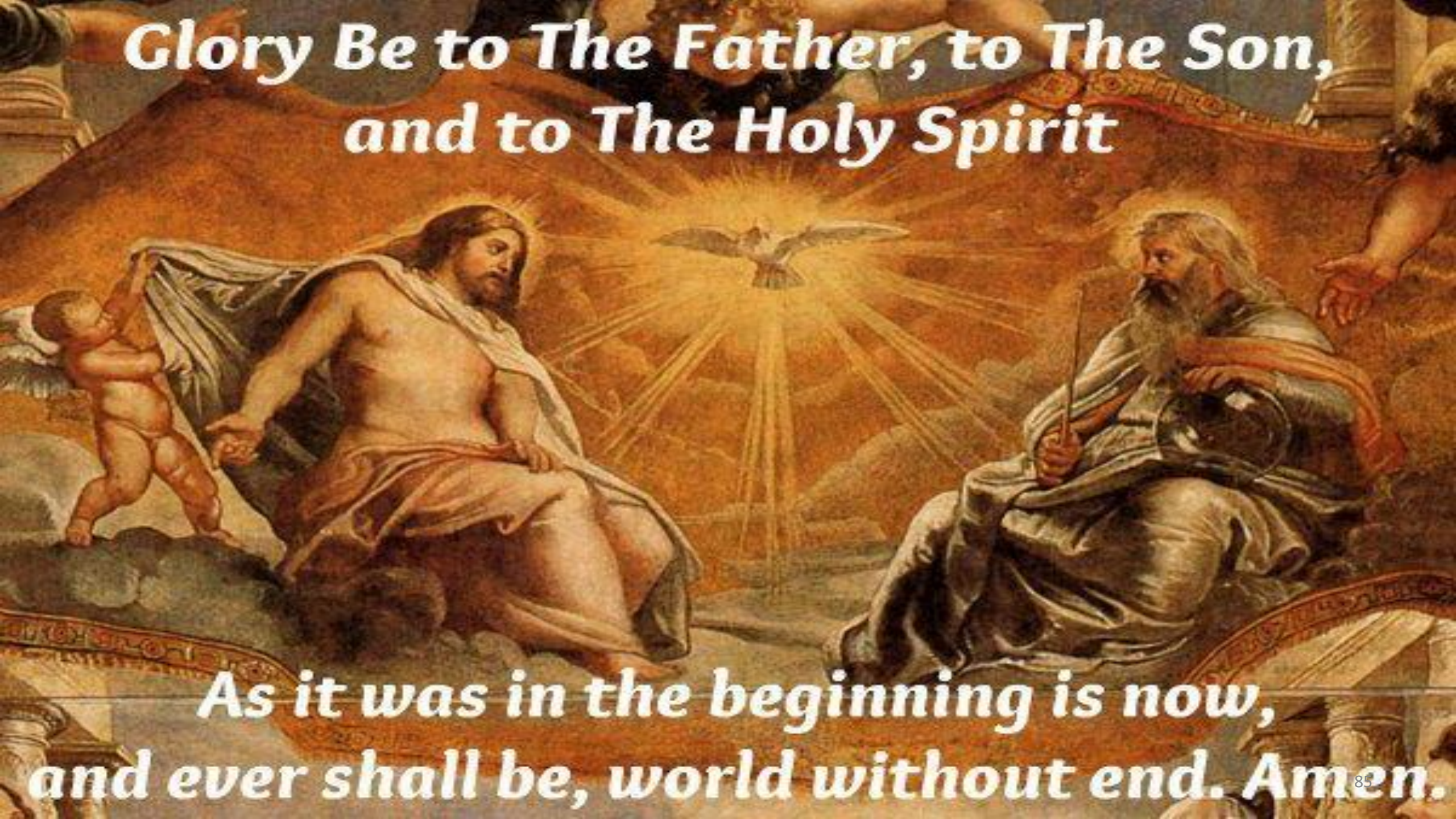
GCQ with Heightened Alert:

- 18-65 years old can go outside
- Only essential travel in and out of NCR+ is permitted
- 20% capacity for indoor dining; 50% for outdoor
- 30% capacity for outdoor tourists in NCR
- 10% capacity for religious activities including burials and funerals
- 30% capacity for salons, parlors, and beauty clinics
- No entertainment venues

QUESTIONS
ANSWERS

Scheduled Quiz

See CANVAS for the announcement of schedule


Glory Be to The Father, to The Son,
and to The Holy Spirit
As it was in the beginning is now,
and ever shall be, world without end. Amen.