

HERE'S HOW YOU CAN USE THE LAGUNDI SYRUP OR TABLET IF YOU'RE DIAGNOSED WITH MILD COVID-19

Recommended use of Lagundi for MILD COVID-19
*based on the results of PCHR-supported clinical trials on Lagundi for mild COVID-19

ADULTS	CHILDREN
3x a day for 10 days: 5mL of 600mg syrup 600mg tablet	3x a day for 10 days: 2-4 y.o. 2.5-5mL of 300mg syrup 4-6 y.o. 5mL of 300mg syrup 6-12 y.o. 7.5-10mL of 300mg syrup Teens 12 y.o. above 600mg tablet

REMEMBERS:
 Consult doctor if symptoms persist. Monitor vital signs. Seek admission to a medical facility if with difficulty breathing, oxygen saturation less than 95 or health deterioration.

Making your life better
 #dostpchr | #pchr_dost.gov.ph
 #DOST_PCHR | feedback.pchr.dost.gov.ph

CAVITE DIGEST

LEADING TOWARDS DEVELOPMENT AND PROGRESS

CAVITE DIGEST is an English-Filipino weekly newspaper of general circulation, is published every Monday. Entered as Second Class Mail Matter at Post Office under Permit No. 2C-14-03-152. Commercial Advertising Display Rate: Php 200.00 per col. cm Legal Rate: Php160.00 per col. cm. Subscription Rate: Php 416.00 per year

EDNA B. CUYNO
 Publisher

MARK DAVID P. OCTAVIO
 Editor

OFFICE ADDRESS: Perpetual 7, Palico 4, Imus, Cavite * Contact No. 09176310373

MEMBER:
 PRIME ALLIANCE OF PUBLISHERS, EDITORS AND REPORTERS (PH) INC.



“Following the prescribed dosages is vital to ensure that the treatment using Lagundi will render positive results,” the project leader of the Lagundi clinical trials, Dr. Cecilia Maramba-Lazarte, reminds the public.

Results of the Lagundi clinical trial conducted by the University of the Philippines - Manila (UPM) with support from the Department of Science and Technology - Philippine Council for Health Research and Development (DOST-PCHR) show that mild COVID-19 patients may take specific dosages of the Lagundi tablet or syrup three times a day for ten days to improve their symptoms.

Adult patients may take the 600mg tablet or 5mL of the 600mg syrup thrice daily. Meanwhile, the dosage requirement for pediatric patients would vary depending on their age range. The 300mg syrup may be taken thrice daily by children, following the suggested dosage per intake: 2.5 to 5mL for ages 2 to 4, 5mL for ages 4 to 6, and 7.5 to 10mL for ages 6 to 12. Teens aged 12 and older may also take the 600 mg tablet thrice a day. Following these guidelines, the use of the medicine may alleviate mild COVID-19 symptoms, especially the loss of sense

(Turn to page 5)

#AskWHOPH

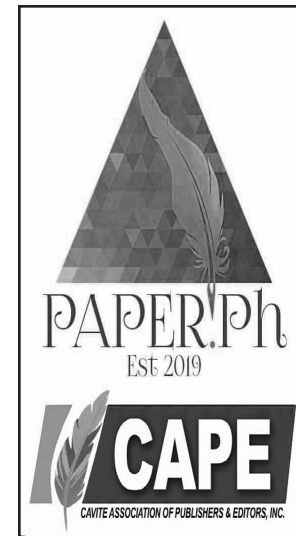
World Health Organization
 Representative Office for the Philippines

How do I use a PULSE OXIMETER?

Oximeters are easy to use. You place your finger inside and within seconds it lights up with numbers indicating your blood oxygen level and heart rate.

Most healthy people will get an oxygen reading around 95 to 98 percent. Some people with existing health conditions may have a lower normal reading. You should check in with your doctor if the number falls to around 93 or 92 or lower.

whophilippines



VOL. XXIV NO. 19 January 24 - 30, 2022 ISSN 1655-0051 P 8.00

Entered as second class mail matter at Imus, Cavite Post Office under Permit No. 2C-14-03-152

Country to improve preventable disease detection

The Department of Health (DOH), through the leadership of the Research Institute for Tropical Medicine (RITM) and the support of the World Health Organization (WHO), is establishing seven subnational laboratories (SNLs) for the detection of vaccine-preventable diseases (VPDs) in the Philippines.

The SNLs, located in various regions of the country, lay the foundation of a public health laboratory network for the timely confirmation of infectious diseases and a more efficient response to outbreaks. To fully operationalize the SNLs, the WHO provided over P36 million worth of laboratory equipment and supplies. Secretary of Health Dr. Francisco T. Duque III received the donations in a turnover ceremony held today on January 20, 2022 at the DOH.

The SNLs will serve as confirmatory testing hubs for common vaccine-preventable diseases such as measles, rubella, rotavirus disease, and Japanese encephalitis.

RITM assessed and identified the following regional health facilities as

(Turn to page 3)

Cimatu lauds PH win in international wildlife conference

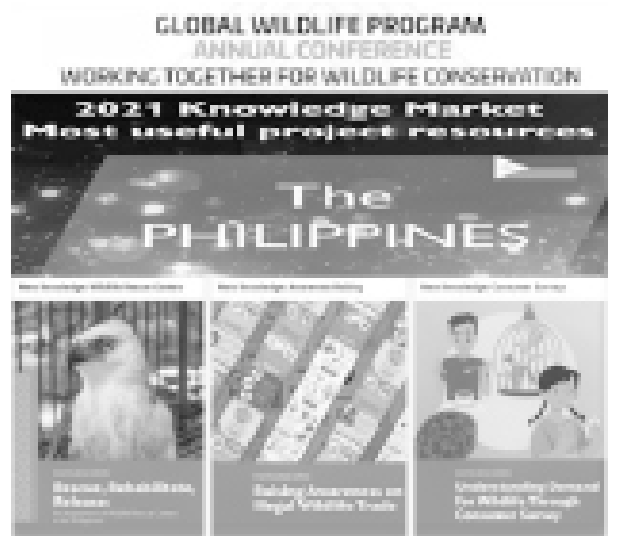
Department of Environment and Natural Resources (DENR) Secretary Roy A. Cimatu has lauded the Philippine delegation for winning the “Most Useful Project Resources Award” at the Global Wildlife Programme (GWP) Annual Conference held virtually on November 30-December 2, 2021.

During the conference, Team Philippines presented seven video clips and nine text documents about wildlife, and bested 36 projects in 31 countries across Africa, Asia and Latin America.

With the theme “Working Together for Wildlife Conservation,” the 2021 GWP Annual Conference focused on successfully collaborating, engaging, and empowering stakeholders to support wildlife conservation and sustainable local livelihoods.

The GWP is a World Bank-led, Global Environment Facility (GEF)-funded global partnership that seeks to reduce both the supply and demand that drives the illegal wildlife trade or IWT through various country projects and a broader global project.

“We will leave no stone unturned in our pursuit of illegal poachers, traders, and buyers. We



will find and arrest the large-scale syndicates, the middle-men, the financiers, the ‘illegal wildlife lords,’” Cimatu said.

The DENR chief also said that the materials are produced “to encourage the audience to spread awareness about illegal wildlife trade and inspire them to partner with the agency in protecting, conserving, and managing our

(Turn to page 3)

City Government of Imus

@EmmanuelLMaliksi

CAVITE CURFEW HOURS

10:00 PM to 4:00 AM

ayon sa **Provincial Ordinance No. 342-2022** ng Sangguniang Panlalawigan ng Cavite

MAYOR
EMMANUEL MALIKSI

#SerbisongMALIKSI

Año commends NCR LGUs for passing ordinances restricting movement of the unvaxxed; urges LGUs in provinces to follow suit

Interior and Local Government Secretary Eduardo M. Año today commended all 17 National Capital Region (NCR) local government units (LGUs) for passing ordinances restricting movement of the unvaccinated individuals within their jurisdictions as he joined the call of the League of Provinces of the Philippines (LPP) and the Regional Interagency Task Forces (RIATFs) in encouraging LGUs in the provinces to follow suit.

"Maraming salamat sa Metro Manila Mayors and City Councils sa agaran ninyong aksyon at pagtugon sa panawagan ni Pangulong Duterte at sa tawag ng pagkakataon ng mga ordinansang katulad nito. Let us all move in one pace so that we can collectively surmount the threat of Omicron," he added.

Año said that among the 17 LGUs in Metro Manila that have passed their policies on the unvaccinated, 14 have approved their ordinances. These are the cities of Caloocan, Malabon, Mandaluyong, Manila, Marikina, Muntinlupa, Quezon, San Juan, Valenzuela, Makati, Navotas, Pasig, Parañaque, and the municipality of Pateros. Meanwhile, Las Piñas City, Pasay City, and Taguig City issued executive orders restricting the

movement of the unvaccinated. Among the ordinances passed are: Ordinance No. 01-2022 "An Ordinance Regulating the Mobility of Unvaccinated Individuals within the Territorial Jurisdiction of Malabon City"; Ordinance No. 002 Series of 2022 "An Ordinance Providing for Guidelines on the Mobility of Unvaccinated Individuals in the City of Marikina."; City Ordinance No. 1, Series of 2022 "An Ordinance Providing for the Enhanced Vaccination Mandate to Regulate the Mobility of Unvaccinated Individuals Within the Territorial Jurisdiction of San Juan City and Providing Penalties for the Violation Thereof"; and, Valenzuela City Ordinance No. 976 Series of 2022 dated January 4, 2022 "An Ordinance Imposing Enhanced Restrictions to Regulate the Mobility of Unvaccinated Individuals during Alert Level 3 or Higher Classification, Imposing Penalties for Violation Thereof, and for Other Purposes."

"Malaking bagay itong mga ordinansa na ito na ipinasa ng ating mga LGU sa Metro Manila. Through these ordinances, we are protecting the unvaccinated from the threat of COVID and we are preventing our health care system from being overwhelmed," he said.

He said that their support and encouragement to the local governments will spell the difference in the country's continuing fight against COVID-19.

"We need to act in unison and quickly because the health and lives of our people are at stake. Sa bandang huli, ang pinakamahalaga naman ay mapangalagaan natin ang kalusugan at kapakanan ng mga mamamayan, lalo na iyong mga at risk," he said.

The DILG Secretary said that the passage of the ordinances gives added teeth to the Department's directive to barangay officials to compile a list of unvaccinated individuals in their respective barangays. "This directive by the DILG is neither unconstitutional nor violative of a person's right to privacy because the data of unvaccinated persons is being collected for a legitimate purpose and that is to address the latest wave of COVID-19 infection under Alert Level 3," he said.

He said that the DILG's policy is not unconstitutional nor violative of a person's right to privacy" since it is within

BENTE PLUS TAPSIHAN affordable delicious meals



For bulk orders please contact:
09063343266 / 09297215007

Republic of the Philippines
Department of Health
SOUTHERN TAGALOG REGIONAL HOSPITAL
Habay II, City of Bacoor

TeleMedicine
Sakit mo, Itawag mo!

FB Page: Strh TeleMedicine
Mondays to Fridays
8:00 am - 5:00 pm
Contact Us
Globe: 0956 380 0857
Smart: 0961 761 5988

HERE'S HOW YOU CAN USE THE LAGUNDI SYRUP OR TABLET IF YOU'RE DIAGNOSED

(From page 6) everyone who will use the Lagundi syrup and tablet will adhere to these evidence-based guidelines for best results," she adds.

"The Council has always been committed to supporting R&D initiatives that will help alleviate the healthcare burdens of the Filipino, which are not limited to COVID-19," DOST-PCHRD Executive Director Dr. Jaime C. Montoya says. "Part of this mission is to make sure that every initiative, such as this Lagundi clinical trial, will benefit and serve the needs of the Filipino," he adds. Formulated under the National Integrated Research Program on Medicinal Plants (NIRPROMP), the FDA-approved Lagundi product has long been used for cough and asthma relief.

Lagundi is also included in the homecare kit for mild COVID-19 patients of the Philippine Health Insurance Corporation (PhilHealth).

According to the latest case bulletin of the Department of Health (DOH), the majority of the confirmed COVID-19 cases are mild or asymptomatic. Home care and quarantine are currently allowed for mild and asymptomatic cases. Source: DOST

DENR lines up activities for the 21st year of Ecological Solid Waste Management Act



The Department of Environment and Natural Resources (DENR) has lined up activities this January to celebrate the 21st anniversary of the enactment of Republic Act (RA) 9003 or the Ecological Solid Waste Management Act of 2000.

DENR Secretary Roy A. Cimatu emphasized that the observance of RA 9003 anniversary should be a "constant reminder to the public to be mindful of segregating their wastes and disposing them properly."

"Now more than ever, the public should be mindful of their consumption as more wastes are produced during the pandemic. May this observance be not just a reminder this month but the start of a long-term habit and behavioral change among Filipinos," Cimatu said.

Signed into law on January 26, 2001, RA 9003 mandates the adoption of a systematic, comprehensive, and ecological solid waste management program in the country.

The DENR, through the Environmental Management Bureau (EMB) and the Strategic Communication and Initiatives Service (SCIS), will be conducting various activities leading up to the anniversary of the signing of RA 9003.

As part of the celebration on February 2, the DENR will also be launching the Twelve Comics on Solid Waste Management and the Photo Story and Video Contest on Solid Waste Management by the DENR-Task Force Tayo ang Kalikasan.

Likewise, on March 25, the DENR will re-launch a campaign called "Basura-Free Election 2022."

DENR Undersecretary for Solid Waste Management and LGUs Concerns Benny D. Antiporda said the activities will also serve as a "wake-up call for the legislators to amend the two-decade-old law on solid waste management."

"We have always emphasized that solid waste is the last and the least when it comes to any list of priorities," Antiporda said.

"Hopefully, with these activities, we can remind the legislators about the importance of amending RA 9003 for stricter penalties for violators, so that once and for all, hindi na last ang solid waste," he added. Source DENR

City Government of Imus

COVID-19 UPDATE

267	232	
new cases	new recoveries	
23,707	19,065	496
Total confirmed cases	Total confirmed recoveries	Deaths

4,146 ACTIVE CASES
As of January 17, 2022

991 Asymptomatic
3,142 Mild
11 Moderate
2 Severe
0 Critical

Top Barangays with active cases:

1 BUHAY NA TUBIG: 328	4 MALAGASANG 1-G: 186
2 PASONG BUAYA 2: 236	5 Alapan 1-A: 162
3 CARSADANG BAGO 2: 209	

97 Barangays with active cases

VACCINATION STATUS

Fully Vaccinated: 1,127
Partially Vaccinated: 11
Non-Vaccinated: 3,008

@CityOfImus #MahalKongImus

City Government of Bacoor

Mayor Lani M. Revilla: Maraming salamat sa Philippine Coastguard na tumulong sa atin na maihatid ang mga yero na donasyon ng RRJ Foundation para sa mga biktima ng Bagyong Odette sa Visayas. Hangad naming matulungan kayong makabangon muli sa buhay at matimulan ang muling pagkukumpuni ng inyong mga tahanan.



Returning Overseas Filipinos found to Omicron positive

The Department of Health (DOH), the University of the Philippines - Philippine Genome Center (UP-PGC), the University of the Philippines - National Institutes of Health (UP-NIH), and the Research Institute for Tropical Medicine (RITM) report that of the 714 samples sequenced, 492 Omicron (B.1.1.529) variant cases (68.9%), 115 Delta (B.1.617.2) variant cases (16.1%), and one Alpha (B.1.1.7) variant case (0.1%) were detected in the latest batch of whole genome sequencing done last January 13-14, 2022.

OMICRON VARIANT CASES:

The 492 Omicron variant cases are composed of 332 local cases and 160 Returning Overseas Filipinos (ROFs). Of the 332 local cases, the indicated addresses of the cases were from the National Capital Region with 227 cases, CALABARZON with 76 cases, Central Luzon with 11 cases, Central Visayas with five (5) cases, while there were two (2) cases each from Cagayan Valley, Western Visayas, Davao Region, SOCCSKSARGEN, and the Cordillera Administrative Region (CAR), and one (1) case each from Ilocos Region, MIMAROPA, and the Bangsamoro Autonomous Region in Muslim Mindanao.

Based on the case line list, three (3) cases are still active, two (2) cases have died, 467 cases have been tagged as recovered, while there are 20 cases

whose outcomes are still being verified.

This update brings the total number of confirmed Omicron variant cases to 535.

DELTA VARIANT CASES:

Of the additional 115 Delta variant cases, 88 were local cases and 27 were ROFs. Based on the case line list, two (2) cases are still active, two (2) cases have died, 107 have been tagged as recovered, while there are four (4) cases whose outcomes are still being verified.

This update brings the total number of confirmed Delta variant cases to 8,612.

ON ALPHA VARIANT CASES:

The additional one (1) local Alpha variant case has been tagged as recovered.

The total number of Alpha variant cases is now 3,170.

With the high transmissibility of the Omicron variant and the increasing number of COVID-19 cases, the DOH urges the public to follow protec-

tive health protocols and adhere to minimum public health standards.

New protocols based on science and data such as shortened intervals for booster shots, childhood vaccination, shortened quarantine/isolation periods for fully vaccinated HCWs without symptoms, and targeted testing among others were put in place to mitigate the risks of the Omicron variant.

The public is strongly encouraged to comply to ensure the safety and protection of the entire community.

Lastly, the Department encourages all eligible individuals, especially senior citizens, those with comorbidities, and children to complete their primary series of vaccines and get boosted as these are safe, effective, and free.

Getting vaccinated is still our best line of defense when it comes to fighting and preventing severe and critical disease. Regardless of the variant, we must always keep our guards up against the enemy that is COVID-19. Source: DOH

HEALTH TIPS Get Enough Vitamins, Minerals and Fiber

Eat more fiber, potassium, vitamin D, calcium and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.

Choose more fruits and vegetables to get more of these nutrients. Remember to aim high for percentage DV of these nutrients.

Cimatu lauds PH win in international wildlife conference

(From page 1) Philippines," he added. Held during the three-day annual GWP Conference, the contest aims to showcase lessons learned, good practices, innovations, and success stories through the knowledge products that they have developed, and to share them with other countries who might find it useful to the

country's resources for the present and future generations." "We are proud to share to a wider audience the fruits of our hard work and labor of love from the DENR-Asian Development Bank/GEF Project on Combating Environmental Organized Crime in the

Country to improve preventable disease detection

(From page 1) derscored RITM Director Dr. Celia Carlos.

In the coming months, RITM will set-up essential equipment and train staff at the SNLs. Furthermore, RITM will establish quality control and assurance measures in preparation for WHO laboratory accreditation. The laboratories are expected to independently perform confirmatory testing within the year. "A strong public health laboratory network is essential in promoting public health action towards saving lives, especially of children, from vaccine-preventable diseases. This initiative not only gives better tools to care for individual patients, but it also helps to respond more strategically to protect communities," said Health Secretary Francisco T. Duque III.

The establishment of the SNLs expands RITM's role from being the sole laboratory for the detection and confirmation of VPDs in the country to leading a national public health laboratory network. "With the establishment of these SNLs, we strengthen the laboratory capacity for the detection and confirmation of VPDs. An extensive laboratory network is crucial in confirming early possible outbreaks and allows us to prioritize immediate public health actions," un-

work that they do.

The partner countries presented samples of their knowledge products and resources to the organizing team. The GWP Team, in turn, uploaded the materials in "HowSpace," a digital collaboration platform open to all conference participants.

At the end of the conference participants voted for the "Most Useful Project Resources," among other awards.

The award was part of a series of mini-competitions that included "Best Knowledge Market Pitch," "Best Overall Knowledge Share/Need," "Most Useful Project Resources," and "Best HowSpace Collaboration."

The GWP Team will co-design a webinar with Team Philippines. The DENR-ADB/GEF Project or IWT Project is a three-year initiative managed by the DENR-ADB-GEF on the ground. The DENR-BMB acts as the executing agency of this project and is also tasked to set the strategic direction and lead implementation.

The bureau is also given enforcement functions through the Wildlife Resource Division and the Philippine Operations Group on Ivory and Illegal Wildlife Trade or Task Force POGI, which is now under the Environmental Law Enforcement and Protection Service.

The IWT Project is also a component of an

ADB Regional Knowledge Support Technical Assistance on Protecting and Investing in Natural Capital in Asia and the Pacific and a support project under the GWP.

It aims to combat environmental organized crime in the Philippines through legal and institutional reforms, capacity building in the full law enforcement chain, and reduction of demand for illegal wildlife and wildlife parts and derivatives.

The knowledge products, consisting of seven video clips and nine text documents, can be accessed at DENR-BMB's eLibrary <https://bit.ly/3ymfzrl>. The videos can also be viewed at DENR-BMB's YouTube Channel. Source: DENR

BUREAU OF QUARANTINE COVID-19 OPERATIONS CENTER UPDATED DIRECTORY



FOR FOLLOW UP OF UNIFIED QUARANTINE CERTIFICATE FOR RECOVERED CASE

EMAIL: boq.qc1@gmail.com

CONTACT NUMBER: 5318-7500 loc. 121

SEAPORT AND AIRPORT OHP VERIFICATION

EMAIL: boqohpvalidation@gmail.com

CONTACT NUMBER: 09693242641

REQUEST FOR TELECONSULTATION, MEDICAL TRANSPORTATION, & ROVING

EMAIL: boq.roving@gmail.com

CONTACT NUMBER: 09693242640

REQUEST FOR EXTRACTION OF CONFIRMED COVID-19 CASE

EMAIL: boqextraction@gmail.com

CONTACT NUMBER: 09693242638

REQUEST FOR LGU EXEMPTION

EMAIL: boq.positivegu@gmail.com

REQUEST FOR EXEMPTION FOR DIPLOMATIC ARRIVALS, ROOM COMPANION, & MEDICAL EXEMPTION

EMAIL: boq.exemption@gmail.com

CONTACT NUMBER: 0969324263

INQUIRIES REGARDING VIOLATIONS, RT-PCR RESULTS, OHP VERIFICATIONS, QUARANTINE PROTOCOLS, AND SWABBING CONCERNS

EMAIL: boq.opcen@gmail.com

CONTACT NUMBER: 09087626956 09478093189 09687062501 09277566817

5318-7500 loc. 119/121 8651-7800 loc. 8123

