Hontiveros urges immediate passage of Expanded Solo Parents Welfare Act amidst pandemic 🛛 📭

JONVIC

Province of Cavite

TAPAT SA BAYAN.

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NO CLASSES FOR GRADE



Nagpapasalamat si Mayor Corie F. Poblete kina Senator Bong Revilla at Vice Governor Jolo Revilla para sa 100 sacks ng Bigas, 500 pcs. face masks, 100 pcs. face shields at 50 PPE para sa bayan ng Silang.(DR. SONNY ANARNA)

We Heal As One

#GenTrilla



Biñan LGU, Mayor Arman Dimaguila together with Vice Mayor Gel Alonte receives 100 sacks of rice, 100 pcs. of PPEs, 250 pcs. of head covers and other donations from Bokal Ann Matibag.





Donasyon mula kay Sen. Bong Revilla at Bacoor Mayor Lani Revilla para sa mga nasugar

Malugod na tinanggap ng Manila Department of Social Welfare (MDSW), sa pamamahala ni Director Re Fugoso, ang mga donasyon mula kina Senator Bong Revilla at Bacoor, Cavite Mayor Lani Revilla para sa mga biktima ng sunog sa lungsod sa mga nagdaang araw. Ang kanilang donasyon ay naglalaman ng 1,200 relief goods para sa mga biktima ng sunog sa Tondo, 300 pares ng tsinelas para sa mga batang biktima ng sunog sa Binondo, at 70 uratex foam.



No classes for grade schoolers in June: Palace



students will not begin in June due to the prevailing coronavirus disease (Covid-19) health crisis in the country, Malacañang said on Wednesday.

Presidential Spokesperson Harry Roque made this clarification amid the intention of some private schools to start classes in June by implementing a "multi-modal approach" which allows combination of both face-to-face and online

classes.

Roque reiterated that only Higher Education Institutions (HEIs) may resume operations on a skeletal workforce in areas not under the enhanced community quarantine (ECQ) on May 4.

"I can announce that there will be no classes this June for grade school, but for higher education institutes, they can have skeletal forces but only to finish the academic year and only to consider alternative learning," Roque said in a television interview.

Inter-Agen-The Task Force for the cv Management of Emerging Infectious Diseases (IATE-EID) earlier recommended moving the next school opening to September, subject to the approval of the Department of Education (DepEd).

DepEd, which is eyeing the opening of classes in late August, is set to present its recommendations to the IATF-EID in May.

"I don't think there's much of a difference between the recommendation of the IATF and the law because we're

only talking of one week. I think that can be threshed out," he said.

Although continuity of learning is important, Roque said "the primary consideration now is the health of the nation."

Citing a study by the University of the Philippines, Roque said the youth "have the most contact with vulnerable populations including the elderly."

"As far as epidemiology is concerned, the worst 'carriers' are actually young people," he said.

Last April 23, President Rodrigo Duterte

approved the IATF-EID's recommendation to place Metro Manila, Central Luzon, Calabarzon, Pangasinan. Benguet. Catanduanes, Albay, Davao del Norte, Davao City, Oriental Mindoro, Occidental Mindoro, Antique, Iloilo, Cebu, and Cebu City under ECQ until May 15 since these are considered as highrisk areas.

The EITF-EID, however, recommended to revise the list of areas to be placed under ECQ, Roque announced on Tuesday.

The revised list includes Metro Manila; Central Luzon, except Aurora; Calabarzon; Pangasinan; Benguet; Baguio City; Iloilo; Cebu; Cebu City; and Davao City.

Roque said other areas will be placed under a less-stringent general community quarantine from May 1 to 15.

GCQ in low-risk areas may be lifted after May 15, in case there is no deterioration in their risk level.

Philippines The currently has 7, 958 confirmed cases of Covid-19, 530 deaths, and 975 recoveries. (PNA)

aids poorest of the pool

amp Vicente Lim, Laguna - Police Regional Office CALABARZON Regional Director Brig Gen Vicente Danao, Jr brought smiles and joy to some 250 families in Sitios Labak and Lapitan, Barangay Mapagong, Calamba City, Laguna as he personally delivered relief packs to them Thursday.

The said number of families who belong to the 'poorest of the poor' received grocery items whihc includes 2 cans of chicken chunks, 2 cans

of sardines and 3 kilos of rice.

"We are continuously reaching to our through community this Pulis CALABARZON, Kaagapay Ko' Adopt a Family program to aid those who are in dire need in this times of cri-

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sis," said Danao.

Barangay Chairman Gil Naredo in return thanked the Regional Director for bringing government's assistance through the efforts of the PNP in their community likewise recognized the unwavering

dedication to duty of all front liners in their battle against COVID-19.

Danao further said that apart from the donations of the members of the CALABARZON police, other donations coming from various public and private companies as well as private individuals were also extended to these families. Police Regional Office CALABARZON had already benefitted 13,555 families from the said program as of April 30, 2020.

(Roselle Aquino)

Ayuda para sa mga Barangay BHW Presidents and Members. Nagkaroon po ng pagpupulong ang mga Barangay BHW Presidents kasama ang ating butihing Mayor Jun Dualan. Bilang isa sa mga frontliners ng barangay ay kinamusta po ang mga BHW sa mga kinaharap nilang problema sa barangay partikular sa SAP at pamimigay ng relief. Nagkaloob po ang ating Mayor Junio Dualan ng relief package para sa 247 BHW ng Naic.



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Taste and see that the Lord is good; blessed is the one who takes refuge in him





halagang P30,000 si Pangulong Duterte sa kahit sinong makapagbibigay ng impormasyon tungkol sa mga opisyal na nangungurakot ng pera para sa ayuda ng bansa kontra COVID-19.

Isa sa binanggit at pinangalanan ng pangulo ay si barangay councilor Danilo Flores ng Agustin in Hagonoy, Bulacan.

'Yung mga mayors naman, kindly look into the people that you have commissioned to do the distribution sa pera.

ag-alok ng Kagaya nitong [Flores]. P***** i** nagkuha ka pa ng television," ani Duterte.

> "Mahirap na nga (beneficiaries), ikaw may trabaho ka na, kagawad ka, p***** i**, kukunin mo pa 'yung pera ng mahirap," dagdag pa niya.

Ipinahayag din ni Presidential Spox Harry Roque, na mayroong "zero tolerance" ang palasyo sa mga ganitong klaseng opsiyales.

"Sa kagustuhan ng ating pangulo na matigil ang pangungurakot sa SAP (Social Amelioration Program) at iba pang ayuda ng pamahalaan, na ginawa ni kagawad Danilo Flores ng Hagonoy Bulacan, siya po ay magbibigay pabuya ng P30,000 sa lahat ng magrereport ng local officials na kumakana o kinukurakot ang mga ayuda para sa mahihirap," ani Roque.

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Dagdag pa niya Roque, ang mga may impormasyon ukol sa korapsyong ginagawa ng mga tauhan ng lokal na pamahalaan ay maaring tumawag sa 8888, at mag-iwan ng mahahalagang detalye.(gocavite)

Laguna Molecular Laboratory, inaasahang mapapabilis ang resulta ng COVID-19 testing ng



na ang Laguna Molecular Laboratory sa San Pablo City District Hospital na masisilbing COVID-19 testing center sa lalawigan ng Laguna. (Larawan mula sa Gov. Ramil Hernandez FG Page)



Inaasahang mapapabilis ang resulta ng coronavirus disease (COVID)-19

testing sa Laguna kapag natapos na at maging operasyonal ang binubuong Laguna Molecular Laboratory (LML) sa San Pablo City District Hospital (SPCDH).

"Aasahan sa pagbubukas nito ay mapapabilis na ang paglabas ng resulta ng COVID-19 testing na aabot lamang ng dalawa hanggang tatlong araw.



Health Organization (WHO) sa darating na Mayo 15. Ayon naman kay Dr. Edgar M. Palacol, Hepe ng SPCDH, halos 70 porsyento patapos na ang pasilidad na matatagpuan sa ikalawang palapag ng pangu-

nahing gusali ng SPCDH. Mahigit sa 70 metro kwadrado ang sukat at maglalaman ng "speequipment" cialized tulad ng Nuclei Acid

machine, PCR machine, Biosafety Cabinet, Laminar Flow Hood, Microcentrifuges, Autoclaves, Cold Storage/Ultra low freezers

Maglalagay ng hindi bababa sa anim (6) na Medical Technologists/ Medical Laboratory Scientists na siyang magsasagawa ng testing na pamumunuan ni Dr. Imelda M.F. Flores-Palacol bilang Head of Laboratory.

"Naglaan tayo ng pondo dito para masuri ang mga pasyente ukol sa SAR-CoV-2 na nagdudulot na COVID-19 at tayo din ang bibili ng mga testing kits natin," sabi ni Gov. Ramil Hernandez.

Samantala, masaya ring ibinalita ni Gov. Ramil Hernandez na sa bawat araw na nakapagtatala ng COVID-19 cases sa lalawigan, mayroon din namang magandang balita na nakukuha mula sa COVID-19 recoveries.

"Sa kasalukuyan ay nakapagtala na tayo ng 93 recoveries. Hangad natin na madagdagan pa ang bilang ng mga gumaling, kasabay nang tuluyan nang pagiging COVID-Free ng ating lalawigan," pahayag ni Gov. Ramil Hernandez sa kanyang post noong Mayo 4.

Dagdag pa ng "Patuloy Gobernador, din ang pagsuporta at pagbibigay pugay natin sa lahat ng frontliners na hindi tumitigil sa pagsasakripisyo at pagbibigay ng serbisyong tama sa lalawigan."

"Patuloy tayong mag-dasal at labanan ang COVID-19!" pagtatapos ni Gov. Hernandez. (CPG, PIA-4A at ulat mula sa Gov. Ramil Hernandez FB Page)

Patuloy ang validation ng ating City Social Welfare and Development Office (CSWD) sa mga naisumiteng SAC Forms at dokumento ng ating mga kababayan. Ating siniguro na tuloy-tuloy ito upang maipamahagi na ang SAP Payout sa mga qualified SAP applicants.

Upang magkaroon ng maayos na sistema at agarang matugunan ang concern ng ating mga kababayan, isinasaayos na rin natin ang pagbuo ng Imus Grievance and Redress Committee. Ito ay nakasentro sa mga report ng mga kwalipikado ngunit hindi napasama sa payout, at mga nakatanggap ng payout ngunit hindi kwalipikado.

Sa susunod na araw magsisimula na rin tayo ng SAP Payout sa ibang barangay para sa mga qualified applicant na hindi napasama sa first batch. Hinihingi natin ang pang-unawa ng bawat isa sa pagkaantala ng pamamahagi buhat sa maraming bilang ng mga pinoprosesong SAP application. Ito ay sa

pamumuno ng Punong Lungsod ng Imus Mayor Emmanuel Maliksi. Extraction

at Pass Boxes.



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he pandemic shines a light on what solo parents – like myself - already intimately know: that raising a child as a solo parent is infinitely harder in every conceivable aspect than

raising a child as a two-parent household.' This was the sentiment of Senator Risa Honti-

veros, Chair of the Committee on Women, Children, Family Relations and Gender Equality, today during her sponsorship speech urging the immediate passage of the Expanded Solo Parents Welfare Act.

"Financial hardships are common among two-income families. The challenge is even more difficult for a solo parent who is forced to rely on one income stream, especially now," she said. "Considering that there are approximately 3 million solo parent households, this means that there are almost 3 million families that are in danger of not being able to fulfill their daily needs."

According to the Senator, the Expanded Solo

Parents Welfare Act of 2020, or SB 1411, will include a 20% discount on medical needs of the child, the child's basic necessities, diapers until age 3, hospital bills of both the solo parent and the child, and the child's tuition fees from kindergarten until college.

Hontiveros' bill will also entitle solo parents to an additional 7 day parental leave, on top of leave privileges under existing laws. It also mandates government and private companies with more than 300 employees to create daycare facilities.

The Expanded Solo Parents' Welfare Bill also seeks to expand the definition of solo parents to include spouses of low-income overseas Filipino workers who are away from the Philippines for an unbroken period of twelve (12) months

The Senator said the Expanded Solo Parents Welfare Act or SB1411 is even more relevant now, given the amplification of unique hardships experienced by solo parents during the pandemic. She said balancing livelihood and childcare for solo parents



is now "exponentially harder."

"Bukod sa pag-aalala kung saan sila kukuha ng pangtustos sa pang-araw araw nilang pangangailangan, kailangan din nilang isipin kung sino ang pwedeng takbuhan ng kanilang mga anak kung sakaling sila ay magkasakit o di kaya ay magpositibo sa COVID. Saan sila kukuha ng pangbili ng pagkain? Sino na ang mag-aalaga sa kanilang mga anak?" Hontiveros said.

"We will be facing a lot of changes as we transition out of this quarantine. Our solo parents need a 'new normal' that includes them. No one should get left behind," she concluded, #####

Super Strict Extended -ECQ effected in Alfonso town



LFONSO, Cavite -- The municipality of Alfonso headed by Mayor Randy Salamat placed the town uner Super Strict Extended- ECQ pursuant to the provincial government's 14-day Strict Quarantine.

According to the guidelines for the implementation, Quarantine passes issued on March 15 - May 1 will be valid until May 4, 2020 since new (color coded) Home Quarantine Passes will be issued on May 2 & 3, 2020.

Twenty four (24) hour curfew will be strictly implemented in the town, and only HQP holders will be allowed to go out or residences up to 6pm during their cluster schedule and only authorized personnel like frontliners, foodhandlers, employees of banks and other financial services institutions, farmers and those engaging in relief operations are allowed to go out of their houses.

Services provided by the LGU will continue like the Palengke on Wheels, Botika on Wheels in coordination with the Sangguniang Kabataan (SK) while shuttle service will be provided for those who need to accomplish bank and other financial transactions since private vehicles (cont. p.6)



Simula umaga hanggang hapon ay kasama po sina Konsehal Jonas Glyn Porto Labuguen, Konsehal Gani L. Culanding, at Konsehal Pafoo Lozares para tulungan ang buong Team Brgy. Santiago (Sangguniang Baranggay sa pangunguna ni Barangay Captain Rolando Pagkaliwangan at Sangguniang Kabataan sa pangunguna ni SK Chairperson Jay Santor) upang mas mapadali at mas mapabilis ang pamamahagi ng tulong sa lahat ng mga kabahayanan.

Ang iba pong kasama ay sa Team GenTri na nagsimula na rin pong tumulong sa ibang baranggay ng ating minamahal na lungsod. Kung maaari lamang po ay

pakihintay na lang po ang tulong sa loob ng inyong tahanan at huwag na po tayong lumabas ng ating mga bahay. Hinihiling lamang po namin ang inyong konting pasensya at matinding pakikiisa sa paglaban sa COVID-19. Maraming salmat po, mag-ingat po tayong lahat at gabayan tayong lahat ng ating mahal na Panginoon!



PGC, LGUs assist stranded Caviteño domestic tourists

RECE MAR-TIRES CITY, Cavite -- The provincial government thru the Provincial Tourism and Cultural Affairs (PTCAO) and tourism offices of several LGUs recently assisted Caviteño domestic tourists stranded in different cities and provinces in the country.

About 74 domestic tourists were flown in via domestic sweeper flights arranged by the Department of Tourism (DOT) in response to the authorization given by the Inter-Agency Task Force (IATF) on COVID-19.

They arrived at the Ninoy Aguino International Airport (NAIA) on May 1 & 2, 2020 and were transported to their respective hometowns using the Cavite Provincial Government shuttle bus and LGU



About 74 domestic tourists from the cities of Bacoor, Imus, Dasmariñas, General Trias and Trece Martires and the municipalities of Carmona and Silang stranded in the different cities and provinces in the country were flown in via domestic sweeper flights arranged by the Department of Tourism (DOT). (Photo from Cavite Tourism Office)

service vehicles.

The domestic tourists were residents of the cities of Bacoor, Imus, Dasmariñas, General Trias and Trece Martires and the municipalities of Carmona and Silang.

Meanwhile, the Cavite PTCAO continuously coordinates with the DOT and local tourism offices to assist other stranded kababayans, domestic and even Overseas Foreign Workers due to the ongoing health emergency crisis.

(RF/PIA/Cavite Tourism FB page)



Kawit Mayor Angelo Aguinaldo visited the stranded construction workers in Brgy. Samala-Marquez together with SAO Jerry Jarin, ABC Alvin Bunag, and Councilor Resty Layola. They distributed relief goods to over 160 workers hailing from Bicol region, Visayas, as well as Mindanao.

Alfonso magkakaroon ng ORG-ANI-KO: A FARM TO TABLE PROGRAM



yon kay Alfonso Mayor Randy Salamat, sinisimulan nang ihanda ang 2 ektaryang lupa na tataniman ng mga gulay bilang parte ng

Org-ANI-ko: A Farm to Table Program ng lungsod.

Kasama sa nasabing proyekto ang Department of Agriculture at Alfonso Farmers. Noong Abril 29 nagsimula na ng pagtatanim ang mga kasapi sa

programa.

Ang aanihin mula sa programa ay mapupunta sa mga residente ng Alfonso na hirap sa buhay.

Ang proyektong ito ay libreng aanihin na magiging pagkain ng mga residente sa kanilang hapag pagkatapos ng enhanced community quarantine.

Ang mga itatanim ay talong, okra, kalabasa, kamatis, sitaw, ampalaya, pechay, mustasa at balinghoy. (gocavite)

More than a thousand violators yield to Cavite's calibrated ECQ



Police personnel in cities and municipalities implement stringent measures pursuant to PGC's 14-day Strict Community Quarantine. (Photo from Bacoor PNP)

RECE MAR-TIRES CITY, Cavite --A total of 1, 554 violators of Cavite's calibrated enhanced community quarantine

have been apprehended, Gov. Jonvic Remulla announced in his FB account on Sunday, May 3. Out of 1,554 arrested, the city of Imus

rested, the city of Imus has the highest number

with 287 violators, followed by the city Bacoor with 253 and General Trias City with 213 arrested violators.

"These figures are (cont. p.6)

Southern

BatStateU's LIKHA Fab Lab donates 100 face shields to DTI 4-A



he Department of Trade and Industry Region 4-A received 100 3D printed face shields from the Labspace for Innovation.

Knowledge-Honing and Application (LIKHA) Fabrication Laboratory of the Batangas State University for the use of the DTI Skeletal Workforce in the

Super strict... from p. 4

will not be allowed passage beyond Crossing Alfonso checkpoint.

Issuance of other QP like Essential Service Providers' pass and Local Farmers' pass can be availed at the offices of the Municipal Administration and Municipal Agriculture respectively starting today May 1, 2020.

Meanwhile, establishments that will remain operational are those that provide food, water, gas and financial services from Mondays -Saturdays only beacause no one is allowed to go out on Sundays.

region. The LIKHA Fab Lab, established on December 27, 2018, is a Shared Service Facility funded by the DTI 4-A where business enterprises engaged in

Trave passes issued by the Office of the Mayor are required for health emergency cases with coordination from the Municipal Health Office and likewise, in case if OFW family members or relatives need to be shuttled from the airport.

Mandatory wearing of face mask when out of the house will be strictly

top industries in the regionas furniturerelated processes electronics, and converge with can modelers/designers to create and develop models/designs, and make prototypes for mass production.

Currently, the LIKHA Fab Lab team fabricates 3D using printers and vacuum forming machine. With the production of the face shields using the vacuum forming process, they are now able to reduce the time of fabrication to 6 minutes per face shield as compared to the 3D printing process that takes an hour and 42 minutes. This process makes use of a 3D-printed

implemented and loitering and groupings outside residences are pro-

Effectivity of the SSE-ECQ will be from May 3 - 15, 2020 or until will be sanctioned acpenal code. (RF, PIA)

mold, a vacuumforming machine. acetate films, staplers, cutters, scissors, and garters.

"We express our deep gratitude to Batangas State the University LIKHA Fab Lab for their kindness, generosity, and support to our frontline workers. This will surely help us in performing our duties safely amid the COVID-19 pandemic. The commendable effort and initiative are very much appreciated," said DTI CALABARZON Director Marilou Q. Toledo.

То continue developing face shields frontline for our workers, the team is presently in need of additional materials. For donations, you may contact Engr. Albertson Amante at 0917 562 0916 and Engr. Louie Villaverde at 0921 737 6341. (MIA CORTEZ)

More than a (from p. 5) thousand violators...

discouraging because it simply shows some people really don't take this crisis situation seriously but for the LGUs, this mean that the calibrated community quarantine protocols were strictly enforced," Gov. Remulla said in his FB post.

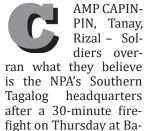
To remind everyone to do what is right and not wait to be told what to do, Gov. Jonvic Remulla said, "Integrity is doing the right thing, even if no one is looking.

provincial The government of Cavite placed the province under a 14-day Strict Enhanced Community Quarantine effective May 1, 2020 until 5am May 15, 2020.

All LGUs stepped up with their quarantine protocols pursuant to the provincial government's implementation of the calibrated quarantine operations.

Meanwhile, two new additional cases were recorded raising the total of confirmed cases to 199 for the province according to the latest COVID-19 Update for CALABARZON as of May 3, 2020. (RF, PIA)

Army Overran Big NPA Encampment in (Roselle Aquino) Mindoro, Inflicts Casualties Against Terrorists



Tagalog headquarters after a 30-minute firefight on Thursday at Barangay Manoot of Rizal, Occidental Mindoro. After the encounter,

the government forces belonging to the 4th Infantry Battalion recovered one M16 rifle, one Cal .38 pistol, eight anti-personnel mines, IED components, live ammunition, food stuff, personal effects and enemy documents with high intelligence value.

According to Lt Col Arbolado, Alexander Commanding Officer of

4IB, around 20 NPA terrorists tried to defend the area which could accommodate around 60 persons.

He added that "no casualty was recorded on the part of our troops while we believe that the enemy suffered numerous injuries and deaths as manifested by the heavy bloodstains along their route of withdrawal."

"We will continue conducting focused military operations as our response to the overwhelming clamor of the IP communities to liberate them from CPP-NPA threat, harassment and extortion", ended Arbolado.

Brig Gen Antonio

Lastimado, Commander of the 203rd Brigade which covers MIMARO provinces, attributed this accomplishment to the "people's desire and yearning to cleanse the island of NPA presence so that just peace and lasting development may finally reign."

Lastimado assured his constituents that the Provincial Task Forces to End Local Communist Armed Conflict l, or PTFs ELCAC, will continue pursuing its mandate in the whole Island of Mindoro while simultaneously addressing the COVID-19 pandemic.

"The overwhelming support of the populace and LGUs to our security forces, and their collective declaration of the NPA terrorists as Persona non Grata, will pave the way for the attainment of our collective aspirations of prosperity and progress for the Mindoreños and for the entire region", Lastimado said.

Maj Gen Arnulfo Marcelo Burgos Jr, Commander of the Army's 2nd Infantry Division which covers Southern Tagalog, lauded his troops for being unrelenting in performing our mandates as advocates of peace, servants of the people and defenders of Southern Tagalog despite the challenges brought about by the deadly corona virus.

"Our soldiers' abil-

ity to locate the NPA terrorists' headquarters and recover this much volume of war materiel are testaments to the degree of intelligence that we have embedded upon the enemy's ranks as well as the amount of support that we enjoy from the community which are all indicators that the NPA's time of terrorising our people is coming to an end sooner than later", said Burgos.

He ended his statement with the assurance that "we will pursue them with all of our military might and available resources so that we may finally liberate our people from the clutches of terrorism" while adding that it would be in the best interest of the rebels "to return to the folds of the law, avail government grants through E-CLIP and live peaceful lives together with their families."

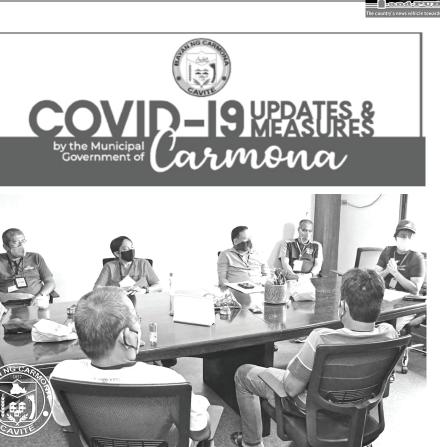
Additional forces have been directed to complement the ongoing pursuit operations while air assets were alerted and prepositioned to provide immediate close air support to the government troops.

Per military records, this is the eight encounter in Mindoro since January which, in their assessment, is a manifestation that the NPAs are no longer enjoying support from their so-called mass base.

hibited.

lifting of the Enhanced Community Quarantine and any violation of the quarantine protocols cording to articles in the

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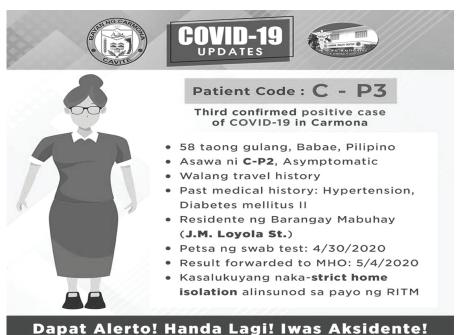
Carmona Mayor Roy Loyola conducts meeting with Barangay Cap-tains. Municipal Mayor Roy Loyola held a meeting with Barangay Captains on May 4, 2020 to tackle the updates, plans, and actions for the community due to the extension of the enhanced community quarantine in the whole Luzon.



Carmona IATF on COVID-19 holds meeting about updates and future steps. The members of the Carmona Inter-Agency Task Force (IATF) on coronavirus disease (COVID-19) headed by Mayor Roy Loyola conducted a meeting on May 4, 2020 to discuss the updates and future steps of the local government against COVID-19. The IATF also discussed the recommendations regarding the "new normal" and other plans after May 15, 2020 which marks the end of the Luzon-wide extended enhanced community quarantine.



NGOs and companies continue to donate to Carmona frontliners. On May 4, 2020, non-government organizations and companies continue to help frontliners in Carmona through various donations such as boxes of face masks and alcohol.

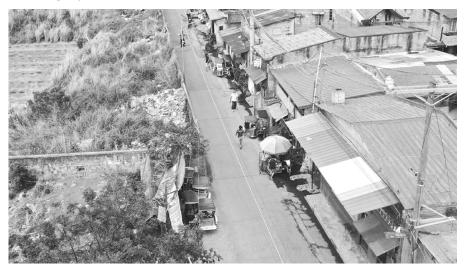


Dapat Alerto! Handa Lagi! Iwas Aksidente!

Carmona LGU reports third case of COVID-19. The local government of Carmona, through the Municipal Health Office (MHO), confirmed on May 4, 2020 the third positive case of coronavirus disease (COVID-19) in the municipality. The patient is a 58-year old Filipino female and a resident from Barangay Mabuhay. She is the wife of the second confirmed positive case of COVID-19 in Carmona. The said patient is asymptomatic and is currently following strict home isolation.



Carmona LGU continues disinfection sessions. In line with the local government's mitigation efforts and preventive measures to prevent coronavirus disease (COVID-19) in the community, disinfection sessions were continued in various areas in Carmona such as at J.M. Loyola St., Barangay Mabuhay on May 4, 2020. More disinfection sessions are scheduled to be conducted on the following days.



Carmona LGU delivers situation reports through drone shots. In line with the local government's mitigation efforts to prevent coronavirus disease (COVID-19) in the community, drone shots situation reports at Phase 3 1/2 Barangay Milagrosa was released on May 4, 2020 for strict monitoring of the implementation of the local government's social distancing measures.

LGU Noveleta inaugurates COVID-19 care facility ers and safety officers all with 8-hour 3 shift-ing operation



NOVELETA, Cavite -- The local government of Noveleta formally inaugurated the Noveleta MedCare Hospital that would serve as COVID-19 Care Facility amid the ongoing pandemic.

Mayor Dino Chua led the ceremonies held May 2, 2020 together with April Rose Pascua, RN. MAN, Development Management Officer IV Department of Health (DOH) Center for Health Development, Municipal Health Officer Dr. Hilda Bucu and other local officials.

The hospital is a two-storey building worth Php15M located on a 1,000 square meters of land in Barangay San Jose 1 donated by Mayor Dino Chua on April 3, 2017.

It can accommodate about 15 patients that is manned by 25 medical staff of doctors, nurses, nursing aides, and utility personnel, security guards, ambulance driving operation.

Dr. Hilda Bucu said "We will be operational on Monday, May 4, 2020 and we are well equipped with Personal Protection Equipments (PPEs) and other needs for COVID cases. Each room has a TV, comfort room, sanitation kits and Wifi."

To date, the town had recorded three confirmed positive cases; a 58 years old male and a 53 years old female both from Barangay San Jose1 and a 31 years old female from Barangay San Rafael 2.

All three had tested negative from the disease and now convalescing and continuously to be monitored for the next 14 days.

Dra. Bucu was happy to say the town



COVID-19 cases for the government in coordipast three weeks. This is mainly due

the strict implemen-

nation with the Local Disaster and Risk Reduction and Management Unit led by Jeg Alix.





Wash and dry vegetables thoroughly with this Gondol Vega Salad Spinner.



Prepare hearty meals with this bake dish known for its oven to table convenience.

With most of us homebound these days, it's the best time to start good health habits by preparing nutritious meals for the family, and creating a wellness based lifestyle whose benefits we will enjoy beyond the quarantine. It's also the best time to rediscover the simple joys life and of doing things together.

SM Home, the onestop shop for all of your home essentials, shares with us some healthy



Juice up to boost your immune system with this handy Oster Mason Jar Blender. Available at thesmstore.com and ShopSM app.

home-works from UN's Food and Agriculture Organization in maintaining a healthy lifestyle:

Prepare a 1. Weekly Meal Plan and make a shopping list of items you need before you go to the store for your routine shopping. Create the list from the meal plan and include back up ingredients on your list in case your first choice is out of stock. Limit the list on buying the essentials.



Stav home and create a new dining experience in the living room with your favourite family dish.

Stock up on nutrition-packed food such as whole grains, breads, and fresh fruits and vegetables; and staples like sauces, milk, eggs, spices and Fresh condiments. products should be consumed first. Frozen fruits and vegetables as well as canned vegetables and fruits are good alternatives as these have a longer shelf life.

3. Build up a stock of healthy snacks for your children - yogurt, nuts, cheese, chopped or dried fruits, boiled eggs and more. Stock them up in a stackable glass container to seal freshness and label them.

Continue to 4 practice Food Hygiene and Safety. Wash fruits and vegetables under running water and dry it with vegetable spinner; use separate chopping boards for meat and seafood as you prepare the meal;

and don't forget to wash your hands thoroughly with soap and water for 20 seconds before and after preparing your meal.

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Make your kitchen workspace clutter-free and

maximize the area by putting commonly-used utensils

within your reach.

Drink water 5. regularly and stay hydrated by drinking 6-8 glasses a day to boost your immune system.

6. Make cooking and eating together a family habit. Kids can help wash and sort the ingredients and set the table before the meal. This creates a healthy routine and fun bonding with the whole family. Also practice mindful eating and stay away from processed food.

Enjoyhealthyhomeworks and memorable meals together with home essentials from SM Home. These are available at the smhome. com.ph and shoppers can now place their order online through the thesmtore.com and ShopSM app. For more info and updates, follow them at SM Home at the SM Store in Instagram or visit thesmstore.com website. (KCHT)