

COVID-19 UPDATES

January 2022 Special Edition

WORKER HEALTH ADVISORY ON COVID-19



ARE YOU IDENTIFIED AS CLOSE CONTACT of a person with any of the following symptoms?

COMMON COVID-19 SYMPTOMS

Fever or chills
Muscle or body aches
Headache
Cough (dry/productive)
Nasal itching or sneezing
Congested or Runny Nose
Itchy Throat
Sore Throat
Nausea or vomiting
Diarrhea

QUARANTINE:

separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

ISOLATE: separates sick people with a contagious disease from people who are not sick.

****DAY 0:** first day of symptoms or a positive COVID-19 viral test. **DAY 1** is the first full day after the symptom developed or when the test specimen was collected

REQUEST FOR RT-PCR
On the 1st to the 3rd day of symptoms

NEGATIVE RT-PCR

POSITIVE RT-PCR

COMPLETED ISOLATION PERIOD FOR 10-14 DAYS AS ADVISED BY YOUR DOCTOR MAY GO BACK TO WORK***

CLOSE CONTACT

Employees with exposures two (2) days before or within 14 days from onset of symptoms of a suspect, probable or confirmed case. Exposure shall be any of the following or failed in two or more of the following:

- Poorly ventilated indoor area
- Distance less than one (1) meter
- Unprotected/no PPE
- Exposure > 15 minutes
- Other situations as indicated by local risk assessment

Day 0:** last day of exposure to a probable, suspect or confirmed COVID-19 case

(DOH DC No. 2021-0122)

YES

NO

NOT VACCINATED

INCOMPLETE/PARTIALLY VACCINATED

WITH COMPLETED VACCINE/BOOSTER

MAY GO BACK TO WORK*

Refers to the individual given with one dose of a two dose series only.

More than or equal to 2 weeks after having received the second dose in a 2 dose series or the single dose vaccine.

QUARANTINE FOR 14 DAYS**

QUARANTINE FOR 7 DAYS**

MAY REQUEST FOR RT-PCR Not earlier than the 5th day from the last day of exposure if advised by your attending physician

IATF Resolution No. 142 Series of 2021

COMPLETED QUARANTINE PERIOD FOR 7-14 DAYS** AS ADVISED BY YOUR DOCTOR MAY GO BACK TO WORK*

DEVELOPED SYMPTOMS?

NO

SUSPECT CASE

PROBABLE CASE

Suspect Criteria A:

a. CLINICAL CRITERIA:

- Acute onset of fever & cough or any three (3) or more of the following: General weakness/fatigue/body malaise/myalgia; headache, coryza, sore throat, dyspnea, diarrhea, anorexia/nausea/vomiting, altered mental status

b. EPIDEMIOLOGICAL CRITERIA:

- Works in a health care setting, residing/working/traveling in areas w/high risk transmission of virus anytime within the 14 days prior to symptom onset

Suspect Criteria B:

- (+) clinical and epidemiological criteria
- With severe acute respiratory illness (SARI); acute respiratory infection w/ history of fever $\geq 38^{\circ}\text{C}$; and cough; with onset within 10 days; & requires hospitalization

Suspect Criteria C:

- Asymptomatic not meeting epidemiological criteria with a POSITIVE SARS-CoV-2 Antigen RDT

- Meets clinical criteria & is a contact of a probable or confirmed case or linked to a COVID-19 cluster
- Suspect case w/ findings on chest imaging suggestive of COVID-19 disease
- (+) anosmia, (+) ageusia in the absence of any other identified cause
- Death not otherwise explained, in an adult w/ respiratory distress preceding death; and was a contact of a probable or confirmed case or linked to a COVID-19 cluster

CONFIRMED CASE

COMPLETED ISOLATION FOR 10 DAYS ASYMPTOMATIC/MILD/ MODERATE OR AS DETERMINED BY MD**

COMPLETED ISOLATION FOR 21 DAYS FOR SEVERE/ CRITICAL OR AS DETERMINED BY MD**

MILD COVID-19

- Acute onset of fever & cough or any three (3) or more of the following:
 - Coryza
 - Sore throat
 - Diarrhea
- Anorexia/nausea/vomiting
- Loss of sense of smell & taste
- General weakness, body malaise, fatigue, myalgia
- Headache

MODERATE COVID-19

- I. (+)pneumonia,
 - no difficulty of breathing or shortness of breath
 - RR < 30 beats/min
 - Oxygen saturation $\geq 94\%$ at room air
- II. Without pneumonia but with risk factors for progression
 - Elderly 60yo > and/or with comorbidities

SEVERE COVID-19

- (+)pneumonia & any one of the following:
 - Signs of respiratory distress
 - Oxygen Sat $< 94\%$ at room air
 - RR of ≥ 30 beats/min
 - Requiring oxygen supplementation

CRITICAL COVID-19

- (+)pneumonia & any of the following:
 - Impending respiratory failure requiring high flow oxygen, non invasive or invasive ventilation
 - Acute respiratory distress syndrome
 - Sepsis or shock
 - Deteriorating sensorium
 - Multi-organ failure
 - thrombosis

*** NOTIFY LOCAL HEALTH OFFICE HAVING JURISDICTION OVER THE WORKPLACE AND / BRGY HEALTH EMERGENCY RESPONSE TEAM (BHRT) OF PLACE OF RESIDENCE**

*** FOR HOME BASED QUARANTINE, A CERTIFICATE OF QUARANTINE COMPLETION (CQC) SHALL BE ISSUED BY C/MHO**

*** FOR FACILITY BASED QUARANTINE, CERTIFICATE OF QUARANTINE COMPLETION (CQC) SHALL BE ISSUED UPON DISCHARGE**

***Last step is the clearance from attending physician, an OH physician or CHO/MHO with preferably OH training (if the number of employees of the company does not require an OH physician based on DOLE DO 198-18).**

NOTE: Isolation & quarantine for Healthcare Workers please follow DOH Guidelines

COVID-19 UPDATES

January 2022 Special Edition

All fully vaccinated adults (18 years old and above) are now eligible to receive single-dose booster shots at least three months after the second dose of the following vaccines: **AstraZeneca, Moderna, Pfizer, Sinovac, and Sputnik V**. Meanwhile, those who were inoculated with Janssen vaccine can get their booster shots at least 2 months after their first dose.








RECOMMENDED BOOSTER DOSE COMBINATION & INTERVALS

EFFECTIVE DECEMBER 22, 2021

PRIMARY VACCINATION	INTERVAL FOR BOOSTER	HOMOLOGOUS BOOSTER	HETEROLOGOUS BOOSTER
ASTRAZENECA	AT LEAST 3 MONTHS	ASTRAZENECA	PFIZER, MODERNA
GAMALEYA SPUTNIK		Not yet for implementation	ASTRAZENECA, PFIZER, MODERNA
MODERNA		MODERNA	ASTRAZENECA, PFIZER
PFIZER		PFIZER	ASTRAZENECA, MODERNA
SINOVAC		SINOVAC	ASTRAZENECA, PFIZER, MODERNA
JANSSEN	AT LEAST 2 MONTHS	Not yet for implementation	ASTRAZENECA, PFIZER, MODERNA

For more information, please refer to the DOH Department Memorandum 2021-0492-B you may access it through this link: bit.ly/BoosterDoseInterval


SAMA-SAMA TAYO SA BIDA BAKUNATION!

UPDATED mRNA COVID-19 VACCINE RECOMMENDATIONS


FOR KIDS & TEENS

At this time, Pfizer-BioNTech is the only COVID-19 vaccine authorized for use in those ages 5-17 years old.



Age	Which shot to get?	Primary Series?	Booster Dose?
5-11	Pfizer-BioNTech	2 doses spaced 28 days apart (additional primary dose spaced 28 days after 2nd dose if immunocompromised)	None recommended at this time
12-17	Pfizer-BioNTech	2 doses spaced 28 days apart (additional primary dose spaced 28 days after 2nd dose if immunocompromised)	5 months after completion of the primary series

FIND OUT MORE AT [CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus)




Sources: <https://www.facebook.com/OfficialDOHgov>
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

etika COVID-19 UPDATES

January 2022 Special Edition

CLARIFICATION ON THE IMMUNOCOMPROMISED PATIENTS WHO NEED TO STAY LONGER IN ISOLATION 15 JANUARY 2022

The DOH would like to clarify that the cards on the right  pertain to the following patients, based on the definition stated in the COVID-19 Living CPGs:

- Individuals receiving active chemotherapy for cancer
- Being within one year out from receiving a hematopoietic stem cell or solid organ transplant
- Untreated HIV infection with CD4<200
- Primary Immunodeficiency
- Taking immunosuppressive medications (e.g. drugs to suppress rejection of transplanted organs or to treat rheumatologic conditions such as mycophenolate and rituximab)
- Taking more than 20mg a day of prednisone for more than 14 days

The degree of immunocompromise is determined by the health care provider, and preventive actions are adapted to each individual and situation.

GUARDS ON FOR OMICRON
as of January 14, 2022

Updated ISOLATION PERIOD For All Case Types: SUMMARY

		General Public	Healthcare workers*
Probable case (w/ symptoms) or POSITIVE Mild cases	Fully vaccinated	7 days from onset of symptoms [®]	7 days* from onset of symptoms [®]
	Partially Vaccinated or Unvaccinated	10 days from onset of symptoms [®]	10 days from onset of symptoms [®]
POSITIVE Asymptomatic	Fully vaccinated	7 days from date of test [®]	7 days* from date of test [®]
	Partially Vaccinated or Unvaccinated	10 days from date of test [®]	10 days from date of test [®]
POSITIVE Moderate case	Regardless of vaccination status	10 days from onset of symptoms [®]	10 days* from onset of symptoms [®]
POSITIVE Severe and critical case	Regardless of vaccination status	21 days from onset of symptoms [®]	21 days from onset of symptoms [®]
POSITIVE Immuno-compromised [^] based on LCPG	Regardless of vaccination status	21 days from onset of symptoms [®] with negative repeat RT-PCR	21 days from onset of symptoms [®] with negative repeat RT-PCR

* Further shortening for fully vaccinated and boosted workers is at the discretion of the Hospital Infection Prevention & Control Committee or the Provincial/Municipal/City Health Office, with due consideration for testing prior to return to work and upon careful assessment of benefits & risks.
[®] Asymptomatic disease, HIV, Cancer/ Malignancy, Transplant Patients, Undergoing steroid treatment, Patients with poor prognosis/ Bed-ridden patients.
[^] May also be applicable for other sectors with strict industry infection prevention & control standards, as approved by the DOH/ IATF, e.g. aviation.
[®] May be longer to have at least 24 hours without fever (without fever medications) and improvement of symptoms.

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GUARDS ON FOR OMICRON
as of January 14, 2022

Updated QUARANTINE Period for ASYMPTOMATIC CLOSE CONTACT

		How long and when?	When can they reintegrate?	Is testing needed to reintegrate?
General Public	Fully Vaccinated	5 days from exposure ^a	Remained without symptoms for 5 days	NO
	Partially Vaccinated OR Unvaccinated	14 days from exposure	Remained without symptoms for 14 days	NO
Health care workers & authorized sectors [#]	Fully Vaccinated	5 days* from exposure	Remained without symptoms for 5 days*	NO*
	Partially Vaccinated OR Unvaccinated	14 days from exposure	Remained without symptoms for 14 days	NO

* Follow through with continued strict mask wearing at home for the next 14 days. If symptoms develop, isolate immediately and follow isolation protocol.
^a Further shortening to 0 days for fully vaccinated and boosted workers is at the discretion of the Hospital Infection Prevention & Control Committee or the Provincial/Municipal/City Health Office, with due consideration for testing prior to return to work and upon careful assessment of benefits & risks.
[#] May also be applicable for other sectors with strict industry infection prevention & control standards, as approved by the DOH/ IATF, e.g. aviation.

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GUARDS ON FOR OMICRON
as of January 14, 2022

Updated ISOLATION Period for Moderate, Severe, Critical Cases

		POSITIVE Moderate Case	POSITIVE Severe Case	POSITIVE Immuno-compromised [^] based on LCPG
General Public	Fully Vaccinated	10 days from onset of symptoms [®]	21 days from onset of symptoms	21 days from onset of symptoms with negative repeat RT-PCR
	Partially Vaccinated OR Unvaccinated	10 days from onset of symptoms [®]	21 days from onset of symptoms	21 days from onset of symptoms with negative repeat RT-PCR
Health care workers*	Fully Vaccinated	10 days* from onset of symptoms	21 days from onset of symptoms	21 days from onset of symptoms with negative repeat RT-PCR
	Partially Vaccinated OR Unvaccinated	10 days* from onset of symptoms	21 days from onset of symptoms	21 days from onset of symptoms with negative repeat RT-PCR

* May be longer to have at least 24 hours without fever (without fever medications) and improvement of symptoms.
[®] Further shortening for fully vaccinated and boosted workers is at the discretion of the Hospital Infection Prevention & Control Committee or the Provincial/Municipal/City Health Office, with due consideration for testing prior to return to work and upon careful assessment of benefits & risks.
^a Asymptomatic disease, HIV, Cancer/ Malignancy, Transplant Patients, Undergoing steroid treatment, Patients with poor prognosis/ Bed-ridden patients.
[#] May also be applicable for other sectors with strict industry infection prevention & control standards, as approved by the DOH/ IATF, e.g. aviation.

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GUARDS ON FOR OMICRON
as of January 14, 2022

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Change in **QUARANTINE PERIOD** (For asymptomatic close contacts)

- Quarantine is for those who have been exposed and can possibly develop infection.
- Fully vaccinated means more than or equal to 2 weeks after having received the second dose in a 2-dose vaccine, and/or more than or equal to 2 weeks after having received a single-dose vaccine

	Existing Guidelines	New Guidelines
General Public	7 days for fully vaccinated	5 days for fully vaccinated
	14 days for partially or unvaccinated	14 days for partially or unvaccinated + symptom monitoring up to 14 days + wearing well-fitting mask + strict adherence to MPHS
Healthcare workers & authorized sectors*	Up to 0 days for fully vaccinated, based on assessment of hospital infection prevention and control committees (IPCC)	5* days for fully vaccinated

*Further shortening to 0 days for fully vaccinated and boosted workers is at the discretion of the Hospital Infection Prevention & Control Committee or the Provincial/Municipal/City Health Office, with due consideration for testing prior to return to work and upon careful assessment of benefits & risks.

May also be applicable for other sectors with strict industry infection prevention & control standards as approved by the DOH/ IATF, e.g. aviation

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All other patients who do not fit the above definition may avail of shorter isolation period depending on their symptoms.

Sources: <https://www.facebook.com/OfficialDOHgov>

GUARDS ON FOR OMICRON
as of January 14, 2022

4



REVIEW: Quarantine vs Isolation



- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.
- **Isolation** separates sick people with a contagious disease from people who are not sick.






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GUARDS ON FOR OMICRON
as of January 14, 2022

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Updated PDITR Strategy

	PREVENT	Mask-Hugas-Iwas-Airflow-Bakuna [#] Granular lockdowns
	DETECT	Prioritize A1, A2, A3 and clinical decisions for testing; De-emphasize contact tracing
	ISOLATE/ QUARANTINE	Shorten period for vaccinated & boosted; Isolate first before testing; mind our mental health
	TREAT	Telemedicine + home care for mild cases; access to new investigational drugs*
	REINTEGRATE	Safety Seal for establishments More face-to-face school reopening [^]

[#] Focus on A2 and A5 populations
^{*} For qualified patients only
[^] Based on DepEd, CHED guidelines

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GUARDS ON FOR OMICRON
as of January 14, 2022

2



VACCINES SAVE LIVES!!!

- Omicron variant infects household contacts **very quickly**, faster than any variant
- All children **12-17 years** and all adults **>18 years** old should get themselves vaccinated & boosted, including pregnant & breastfeeding mothers.
- Remember, those **vaccinated and booster are better protected**, have less chances of dying and hospitalization.



RISK OF DYING
10-20x less



RISK OF HOSPITALIZATION
2-5x less

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GUARDS ON FOR OMICRON
as of January 14, 2022

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REVIEW: FULLY VACCINATED

- Fully vaccinated means more than or equal to 2 weeks after having received the second dose in a 2-dose vaccine, and or more than or equal to 2 weeks after having received a single-dose vaccine



IF SINGLE DOSE
(JANSSEN AND SPUTNIK LIGHT)

- 2 weeks after your jab, you're already considered fully vaccinated!



IF TWO-DOSE
(AstraZeneca, Moderna, Pfizer, Sinovac, Sputnik)

- 2 weeks after your jab, you're already considered fully vaccinated!

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Sources: <https://www.facebook.com/OfficialDOHgov>

**WELLNESS
TICKLER**

JANUARY 2022

**GLAUCOMA
AWARENESS
MONTH****What Is Glaucoma?**

Glaucoma is a condition that damages your eye's optic nerve. It gets worse over time. It's often linked to a build-up of pressure inside your eye.

What are the Symptoms?

Red Eye

Cataract

Eye Pain

Nausea & Vomiting

What are the Risk Factors?

- Having high internal eye pressure (intraocular pressure)
- People over age 60
- Family History
- Medical Conditions
- Having corneas that are thin in the center
- Nearsighted or farsighted
- Physical Injuries to the eye
- Taking corticosteroid medications



Stages of Glaucoma

STAGE 1



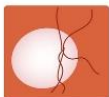
STAGE 2



STAGE 3

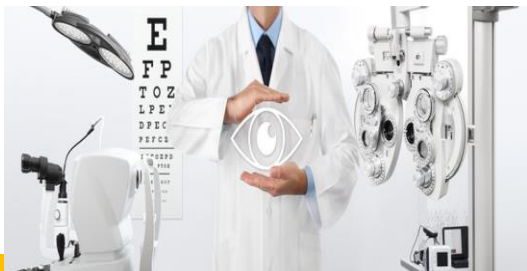


STAGE 4



What can I do to prevent Glaucoma?

- ✓ Get regular dilated eye examinations. Regular comprehensive eye exams can help detect glaucoma in its early stages before significant damage occurs
- ✓ Know your family's eye health history. Glaucoma tends to run in families
- ✓ Exercise safely
- ✓ Take prescribed eye drops regularly
- ✓ Wear eye protection



Source:

<https://www.webmd.com/eye-health/glaucoma-eyes>

[https://www.mayoclinic.org/diseases-](https://www.mayoclinic.org/diseases-conditions/glaucoma/symptoms-causes/syc-20372839)

[conditions/glaucoma/symptoms-causes/syc-20372839](https://www.mayoclinic.org/diseases-conditions/glaucoma/symptoms-causes/syc-20372839)

<https://www.freepik.com/search?format=search&query=prevention%20for%20glaucoma>



WELLNESS TICKLER

February 2022

What to Know About Hypertension & COVID-19 Risk?

WHAT IS HYPERTENSION?

Hypertension or high blood pressure—is the most common comorbidity among COVID-19 patients. Sometimes called the **“silent killer”**—often doesn’t create any symptoms.

WHAT ARE THE SIGNS AND SYMPTOMS?

High blood pressure is not a documented symptom of COVID-19, but it can exacerbate the symptoms of the virus. Symptoms may not appear for up to 14 days after exposure.



Dizziness



Nausea



Vomiting



Fainting



Irregular
Heartbeat



Fatigue

WHAT ARE THE COMPLICATIONS

If high blood pressure is left untreated, it will undoubtedly lead to other health issues like:

- Coronary heart disease
- Stroke
- Kidney failure
- Dementia

HYPERTENSION AND COVID-19 RISK

Centers for Disease Control and Prevention (CDC) says that adults of any age with high blood pressure might be at an increased risk for severe illness from COVID-19.

- Cardiovascular Disease
- Chronic Kidney Disease
- Diabetes

HOW TO KEEP YOUR HEART HEALTHY?

Because Hypertension is so closely related to COVID-19, there are some steps you can take to focus on your heart health while you are sheltering in place.



Don't Smoke



Healthy Diet



Exercise Daily



Maintain a
Healthy Weight



Reduce Salt
Consumption



Limit Alcohol
Consumption

- ✓ Monitor your blood pressure daily.
- ✓ Maintain a healthy diet.
- ✓ Make sure to exercise.
- ✓ Reduce stress and take time to unwind.

Sources: <https://doh.gov.ph>; <https://www.paho.org/en/topics/hypertension>
<https://www.verywellhealth.com/hypertension-and-covid-19-5115714> ;
<https://www.webmd.com/lung/coronavirus-high-blood-pressure#1> ;



International Women's Day 2022

#BreakTheBias

"Equality can only be achieved if the diversity, difference and qualities of women are truly valued"

Anyier Yuol

Centre Women in the Workplace: What Can We Do?

Challenge
Stereo types
and Bias

Forge
visibility of
women

Influence
other's
beliefs and
actions

Celebrate
women's
achievement

Maintain a
gender
parity
mindset



Sources: <https://www.latestly.com/lifestyle/festivals-events/international-womens-day-2022-know-date-iwd-theme-history-and-significance-of-celebrating-the-achievements-of-women-in-every-field-3375191.html> ; <https://www.womensdaycelebration.com/>
<https://allevents.in/online/break-the-gender-bias-with-diversifying-international-womens-day-2022/10000252123085937> <https://atcevent.com/diversity/up-close-with-leading-women-in-talent-on-international-womens-day-2018/>

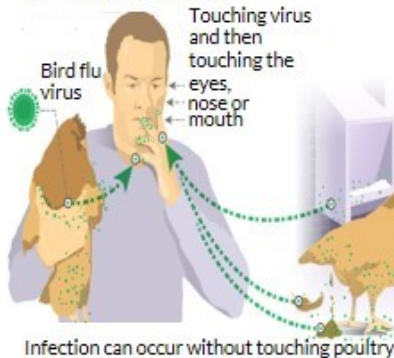
Avian Influenza: What You Need To Know



Bird flu is a viral infection caused by the strains of Avian influenza virus A [H5N1, H7N9, H9N2] that principally infects birds but has the potential to affect humans also.

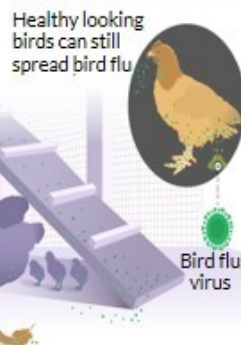
Bird flu in humans is transmitted by:

1. Direct Contact

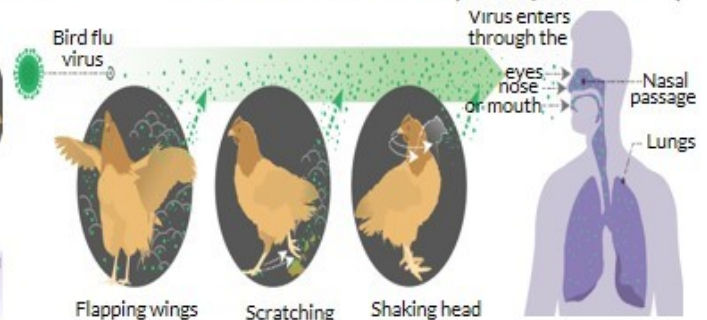


Infection can occur without touching poultry

2. Contaminated surfaces



3. Bird Flu Virus in the Air (in Droplets or Dust)



Symptoms of Bird flu:

- Fever (Temperature of 100°F [37.8°C] or greater)
- Feeling feverish/Chills*
- Cough
- Sore throat
- Difficulty breathing
- Eye tearing, redness or irritation
- Headaches
- Runny or stuffy nose
- Muscle or body aches
- Diarrhea

*Fever may not always be present



Precautions to prevent Bird flu:

- Avoid visit to the affected areas or close contact with migratory birds.
- Avoid eating raw/undercooked poultry products.
- Wash hands regularly, maintain respiratory hygiene and wear a mask.
- Stay away from infected people and things used by them.
- Report the death of a bird in your area to the local authority. Don't touch the carcass with bare hands.
- Stay isolated at home, if you are not feeling well.

Diagnosis & Treatment:

- Diagnosis is by clinical evaluation & history of exposure. Testing of respiratory secretions (RT-PCR).
- Treatment include isolation, supportive treatment and use of antiviral drugs.

Sources: <https://www.cdc.gov/flu/avianflu/avian-in-humans.htm#symptoms>; <https://doh.gov.ph/Health-Advisory/Bird-Flu-Avian-Flu>; <https://newsinfo.inquirer.net>; <https://www.doonline.com/blog/bird-flu-avian-influenza-all-you-need-to-know>; <https://www.onlymyhealth.com/bird-flu-symptoms-know-the-9-symptoms-of-bird-flu-for-timely-diagnosis-and-treatment-1611493526>

Cervical Cancer Awareness

Babae, Mahalaga Ka!

eTiQa
Wellness
Tickler
May 2022



In the Philippines, Cervical Cancer is the 2nd leading cancer site among women. An estimated 7,277 new cases of, and 3,807 deaths due to, cervical cancer are expected to occur every year.

What is Cervical Cancer?

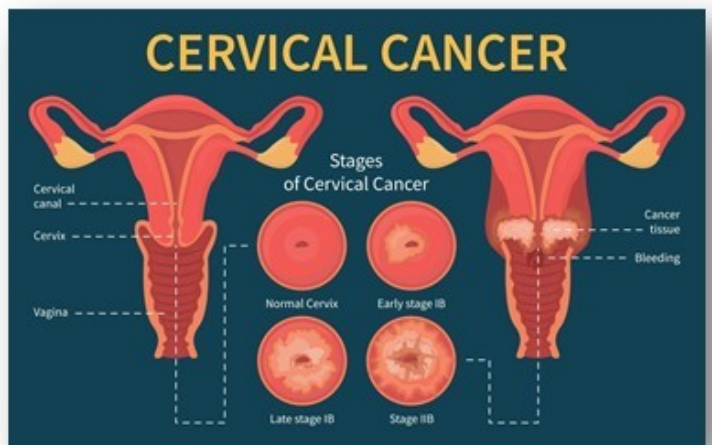
Cervical cancer is malignant tumor of the cervical area. Cervical area of the uterus, which usually called “uterine cervix” is the part of uterus which connects uterine body to the vaginal.

What are the signs and symptoms?

- Bleeding during sexual intercourse
- Postmenopausal bleeding
- Foul-smelling discharge
- Bleeding between periods
- Pelvic Pain
- Swollen legs

What are the risk factors?

- Family history
- Early sexual history and/or with multiple partners
- Use of oral contraceptives for over 5 years
- Current or former smoker
- Partner who is infected with human papilloma virus



What are the two tests to help prevent Cervical Cancer?

- The Pap test (or Pap smear) looks for precancers, which are cell changes on the cervix that might become cervical cancer if they are not treated appropriately.
- The human papillomavirus (HPV) test looks for the virus that can cause these cell changes.

How can you protect yourself?

Cervical cancer screening can identify changes in the cells of a woman's cervix that could potentially lead to cancer.

- Regular pelvic exams
- Regular pap tests
- HPV test & vaccine



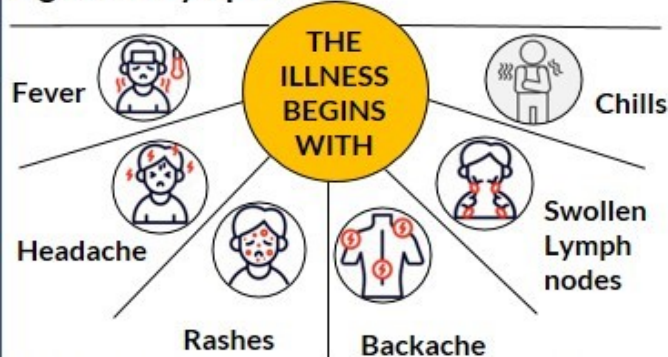
Sources: <https://doh.gov.ph/Health-Advisory/Uterine-Cervix-Cancer> ; https://www.who.int/health-topics/cervical-cancer#tab=tab_1 ; <https://www.cdc.gov/cancer/dcpc/resources/features/cervicalcancer/index.htm> ; <https://caro.doh.gov.ph/cervical-cancer-awareness-month-2/>

Monkeypox Virus

What you need to know?

Monkeypox is a rare disease that is caused by infection with monkeypox virus. This was first discovered in 1958. The first human case of was recorded in 1970 in the Democratic Republic of the Congo (DRC) .

Signs and Symptoms



Within 1 to 3 days (sometimes longer) after the appearance of fever, the patient develops a rash, often beginning on the face then spreading to other parts of the body.

Transmission



Monkeypox virus is transmitted from one person to another by close contact with lesions, body fluids, respiratory droplets and contaminated materials such as bedding. The incubation period (interval from infection to onset of symptoms) is usually from 6 to 13 days but can range from 5 to 21 days, typically last **2-4 weeks**.

Prevention Instead of Cure



- ✓ **Avoid unprotected** contact with wild animals, especially those sick or dead.
- ✓ **Thoroughly cook** all foods containing animal meat before eating
- ✓ **Avoid contact** with any materials such as bedding, that has been in contact with a sick
- ✓ **Isolate** infected persons
- ✓ **Practice good hand hygiene**

According to US CDC, there is **no proven, safe treatment yet for monkeypox.**

However, smallpox vaccine, antivirals and vaccinia immune globulin (VIG) can be used to control monkeypox outbreaks.



How is the Monkeypox different?

MONKEYPOX	CHICKENPOX	MEASLES
1-3 days before rash	1-2 days before rash	3-5 days before rash
Lesions often in one stage of development	Lesions often in multiple stages of development	Lesions often in multiple stages of development
Slow	Rapid	Rapid
More dense on face; present on palms and soles	More dense on trunk; absent on palms and soles	Starts on face and spreads, sometimes on hands and feet
Present	Absent	Occasional
Up to 10%	Rare	Varies widely

Sources: [https://www.who.int/news-room/questions-and-answers/item/monkeypox?](https://www.who.int/news-room/questions-and-answers/item/monkeypox?text=Monkeypox)
<https://www.cdc.gov/poxvirus/monkeypox/about.html#:~:text=Monkeypox>
<https://doh.gov.ph/search/node/monkeypox>



eTiQa

Wellness Tickler

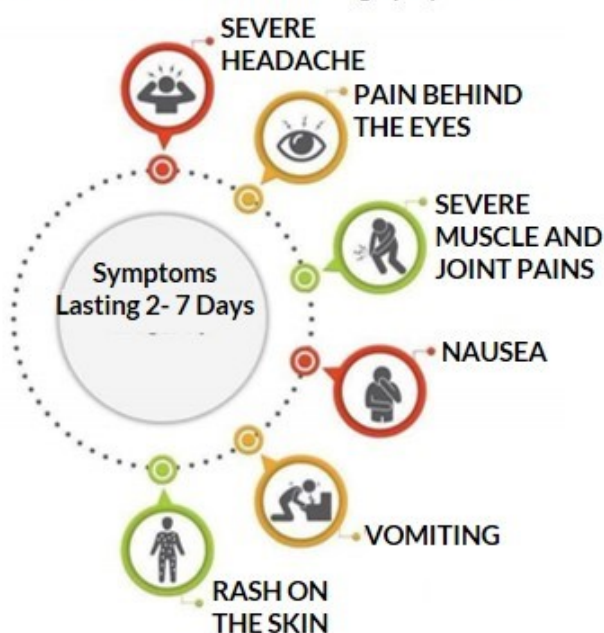
July 2022

Dengue Awareness

Dengue is a mosquito-borne viral infection. It does not spread from human to human. It is spread by the bite of an infected mosquito called *Aedes Aegypti*.

WHAT ARE THE SIGNS & SYMPTOMS?

A drop on body temperature (below 38°C/100°F) and at least two of the following symptoms.



THE 5S IN FIGHTING DENGUE



Search and destroy mosquito-breeding sites

Seek early consultation



Secure self-protection measures. Wear long pants and long-sleeved shirts, use mosquito repellent.

Support fogging/spraying in hotspot areas



Sustain hydration

HOW IS DENGUE TRANSMITTED?

- Dengue is spread through the bite of the female Mosquito (*Aedes Aegypti*).
- The mosquito becomes infected when it takes the blood of person infected with the virus.
- After one week, the mosquito can then transmit the virus biting the healthy person.
- Dengue can't be spread directly from person to person.
- Incubation Period: 4 to 7 days after the bite of infected mosquito.

WHAT IS THE TREATMENT?

- Do not give aspirin for fever.
- Give sufficient amount of water or rehydrate a dengue suspect.
- If fever or symptoms persist for 2 or more days, bring the patient to the nearest hospital.



Sources: <https://manilastandard.net/news/national/314243219/dengue-cases-up-90-this-year-doh.html>
https://www.who.int/health-topics/dengue-and-severe-dengue#tab=tab_1
<https://www.cdc.gov/dengue/symptoms/index.html>
<https://doh.gov.ph/Health-Advisory/Dengue>



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Wellness Tickler
July 2022

WORLD
Hepatitis
DAY

WHAT IS HEPATITIS?

Hepatitis is the inflammation of the liver which is often caused by the virus. The liver is a vital organ that processes nutrients, filters the blood, and fights infections.

WHO IS AT RISK?

- Lack of safe water
- Poor sanitation
- People in direct contact with a Hepatitis-affected person
- People who use illegal drugs
- Being a sexual partner of someone with acute hepatitis A infection
- Travelers without being immunized



HOW DOES IT SPREAD?



Unwashed
Hands



Eating or
Drinking



Sharing syringe &
Illegal drug use



Sex with the
Infected person



Sharing personal
belongings

WHAT ARE THE SIGNS & SYMPTOMS?



Yellowing of
Skin or Eyes



Fever



Nausea, Vomiting
& Diarrhea



Stomach
Pain



Lack of
Appetite



Tiredness

HOW CAN IT BE PREVENTED?

- Practicing good hygiene
- Getting Vaccinated
- Blood Screening Test
- Sterile needles for drug injections
- Avoid drinking water that has come from unsafe source



Sources: <https://www.cdc.gov/hepatitis/awareness/worldhepday.htm>
<https://www.who.int/news-room/fact-sheets/detail/hepatitis-a>
<https://www.worldhepatitisday.org/>

Global Health Updates on Covid-19

As of August 16, 2022, there are **588,331,997** globally confirmed cases of COVID-19 reported by World Health Organization and the Department of Health reported that the nationwide Covid-19 cases are **3,835,422** total cases.

Omicron BA.4 and BA.5: What do we know about these COVID-19 strains?

BA.4 and BA.5 are two newly-designated Omicron lineages. They are currently still classified as the Omicron variant, meaning that they are not new Variants of Concern (VOC); but rather, they are Omicron viruses with a new combination of mutations. Globally, from 8 July to 8 August 2022, 175 384 sequences were collected and uploaded to GISAID. Among these, 174 089 sequences were Omicron variant of concern (VOC), accounting for 99% of sequences reported globally in the past 30 days.

What are the signs & symptoms?



COVID-19
NOVEL CORONAVIRUS
NCP

Headache
Fever
Weakness
Cough
Nausea or vomiting
Sore Throat
Cold & runny nose
Difficulty of breathing

How does it spread?

The Omicron variant spreads more easily than other variants of the virus that cause COVID-19, including the Delta variant. CDC expects that anyone with Omicron infection, regardless of vaccination status or whether or not they have symptoms, can spread the virus to others.

What are the precautions?

The best way to stay safe from these subvariants is to follow the COVID-19 precautions. Always stay at home if you're sick!



VACCINE



KEEP A SAFE
DISTANCE



WEAR
A MASK



COUGH OR SNEEZE
INTO YOUR ELBOW



OPEN
WINDOWS



CLEAN YOUR
HANDS

Sources: <https://covid19.who.int/>; <https://www.cdc.gov/coronavirus/2019-ncov/variants/omicron-variant.html>
<https://www.who.int/westernpacific/emergencies/covid19/information/asymptomatic-covid-19>
<https://ritm.gov.ph/>; <https://doh.gov.ph/covid19tracker>; <https://www.who.int/publications/m/item/weekly-epidemiological-update-on-covid-19---10-august-2022>

Global Health Updates on Monkeypox Virus

The Department of Health (DOH) has detected the first confirmed case of Monkeypox in the Philippines

The case is a 31-year-old Filipino national who arrived from abroad last July 19, 2022. The case had prior travel to countries with documented Monkeypox cases. DOH has completed its case investigation and identification of close contacts. Ten (10) close contacts were recorded, of which, three (3) were from the same household. All have been advised to quarantine, and are being monitored by the Department. The DOH assures everyone that our public health surveillance systems are able to detect and confirm Monkeypox cases.

What is Monkeypox?

Monkeypox is a rare disease caused by the monkeypox virus, a member of the Orthopoxvirus genus. It is transmitted to humans through close contact with an infected person or animal, or with material contaminated with the virus.



What are the Symptoms?

The rash tends to first develop on the face before spreading elsewhere on the body.



Incubation period: 5 to 21 days

5 - 21 days	1 - 4 days	2 - 4 days	Days to weeks
Incubation period	Febrile stage	Rash Stage	Recovery
No symptoms	Fever, lymph nodes, headache, chills, sore throat, muscle aches, low energy	Rash on the skin	No symptoms

Prevention
is Better
than Cure



What you need to know to PREVENT MONKEYPOX?

- Avoid unprotected skin-to-skin, face-to-face, and mouth-to-skin contact, including sexual contact with infected people.
- Wash hands and clean objects, surfaces, bedding, towels and clothes regularly
- Wear a mask or personal protective equipment (PPE) if you can't avoid close contact and when handling beddings, towel and clothes (e.g. disposable gowns and gloves, N95 mask, face shield or goggles, if necessary)
- Ask people if they have symptoms before you have close contact
- Using condoms may not prevent monkeypox spreading during sexual contact, but can prevent other sexually transmitted infections
- Isolate infected patient in a hospital or a separate room at home with good ventilation.

What is the treatment for MONKEYPOX?

- An antiviral agent (i.e. tecovirimat) is developed for the treatment of smallpox has also been licensed for the treatment of monkeypox. It is not yet widely available.
- Vaccination against smallpox was demonstrated through several observational studies to be about 85% effective in preventing monkeypox.

Sources: <https://www.psmid.org/updated-guidance-on-screening-and-detection-of-monkeypox-virus-infection-for-clinicians-and-healthcare-providers/>; <https://www.who.int/emergencies/situations/monkeypox-outbreak-2022>
<https://www.cdc.gov/poxvirus/monkeypox/symptoms.html>; <https://doh.gov.ph/public-health-advisory-monkeypox>;
https://doh.gov.ph/press-release/DOH_DETECTS_FIRST_CONFIRMED_CASE_OF_MONKEYPOX_IN_THE_PHILIPPINES

Stigmatising
people because of a
disease is NEVER ok.

Anyone can get or
pass on
monkeypox



Understanding Alzheimer's Disease & Dementia

WHAT IS ALZHEIMER'S DISEASE?

Alzheimer's disease is the most common cause of dementia, which is the loss of intellectual and social abilities severe enough to interfere with daily functioning. Dementia occurs in people with Alzheimer's disease because healthy brain tissue degenerates, causing a steady decline in memory and mental abilities.

WHAT ARE THE THREE GENERAL STAGES?



Mild (Early Stage) Moderate (Middle Stage) Severe (Late Stage)

WHAT ARE THE RISK FACTORS?

- **Age.** It usually affects people older than 65.
- **Gender.** Women are more likely than men to develop the disease.
- **Family history or hereditary**
- **Head injury**
- **Lifestyle.** High blood pressure and high cholesterol increase the likelihood to develop Alzheimer's disease.

WHAT ARE THE SIGNS & SYMPTOMS?

- Loss of reasoning capacity
- Loss of initiative
- Loss of memory
- Language problem
- Loss of objects
- Mood changes
- Difficulty in doing simple tasks
- Difficulty in having elaborate thoughts

HOW CAN IT BE PREVENTED?



Development of Motor Skills



Healthy Eating



Reading Books



Regular Exercise

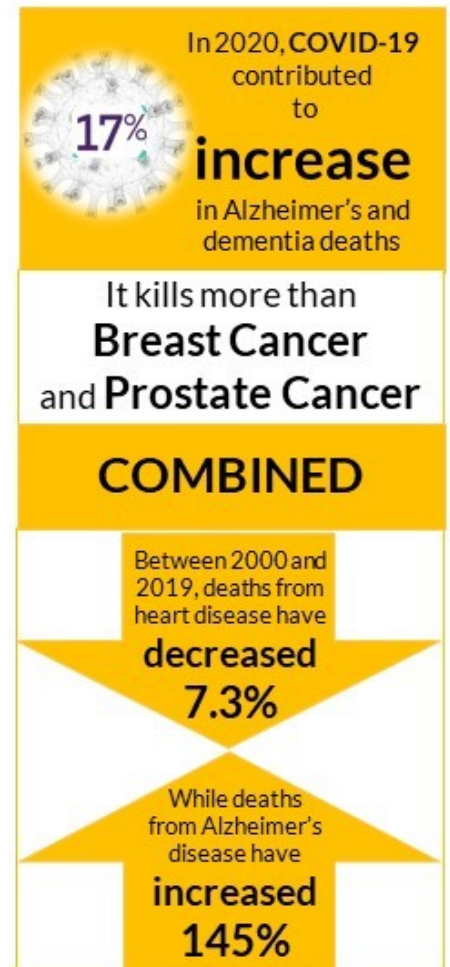


Remain Social



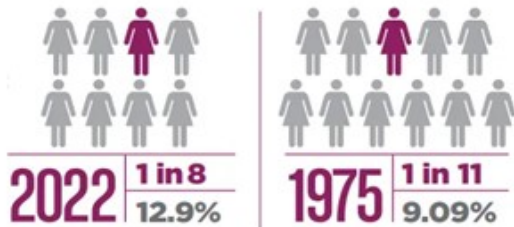
Brain Strain

Sources: <https://doh.gov.ph/faqs/Alzheimers-Disease-NCDPC>; <https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/symptoms-causes/syc-20350447>; <https://www.webmd.com/alzheimers/guide/alzheimers-causes-risk-factors>; <https://www.cdc.gov/aging/aginginfo/alzheimers.htm>
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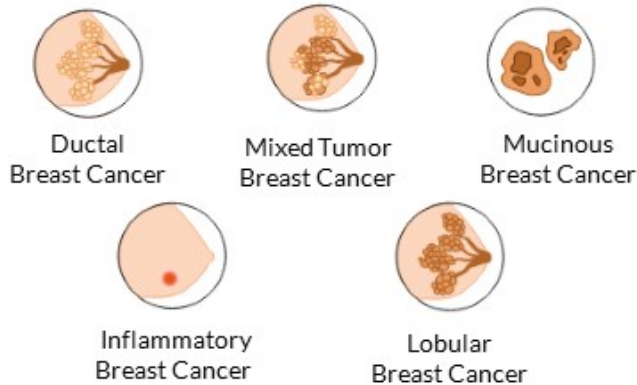


Breast Cancer Awareness

Breast Cancer is a disease in which cells in the breast grow out of control.



Types of Breast Cancer



Breast self exam for breast awareness:

- ❖ **STEP 1:** Lie down on your back with one hand behind your head. Use the pads of your three middle fingers from your opposite hand to examine each breast.
- ❖ **STEP 2:** Move your three fingers in dime-sized circles. Do three circles in one spot, starting with light pressure then medium and lastly use deeper pressure. Then "walk" your fingers to the next area – do not lift your fingers off your breast.
- ❖ **STEP 3:** Starting at your breast bone, work your way down your breast and back up in dime-sized circles. Spend extra time in the armpit.
- ❖ **STEP 4:** Gently squeeze each nipple and look for discharge or pain.
- ❖ **STEP 5:** Call your doctor if you notice anything abnormal.

Signs & Symptoms



- ❖ New lump in the breast or armpit
- ❖ Thickening or swelling of part of the breast
- ❖ Irritation or dimpling of breast skin
- ❖ Redness or flaky skin in the nipple area or the breast
- ❖ Nipple discharge other than breast milk
- ❖ Pulling in of the nipple or pain in the nipple area
- ❖ Any change in breast size or shape
- ❖ Pain in any area of the breast

Steps needed to find breast cancer early when it's easiest to treat by:

- ❖ Knowing your risk for breast cancer
- ❖ Knowing how you can lower your risk of breast cancer
- ❖ Knowing your family history
- ❖ Knowing when to get a breast cancer screening
- ❖ Knowing where to get a breast cancer screening

Ways to reduce the risk of breast cancer:



Keeping a healthy weight

Exercising regularly

Getting enough sleep

Limiting alcohol intake

Breastfeeding your babies

Sources: https://www.cdc.gov/cancer/breast/basic_info/symptoms.htm ;
https://www.cdc.gov/cancer/breast/basic_info/prevention.htm ; <https://onco.com/about-cancer/cancer-types/breast-cancer/types/> ; <https://www.cdc.gov/cancer/breast/bcam.htm> ;
<https://www.stopbreastcancer.org/information-center/facts-figures/>



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Wellness Tickler

October 2022

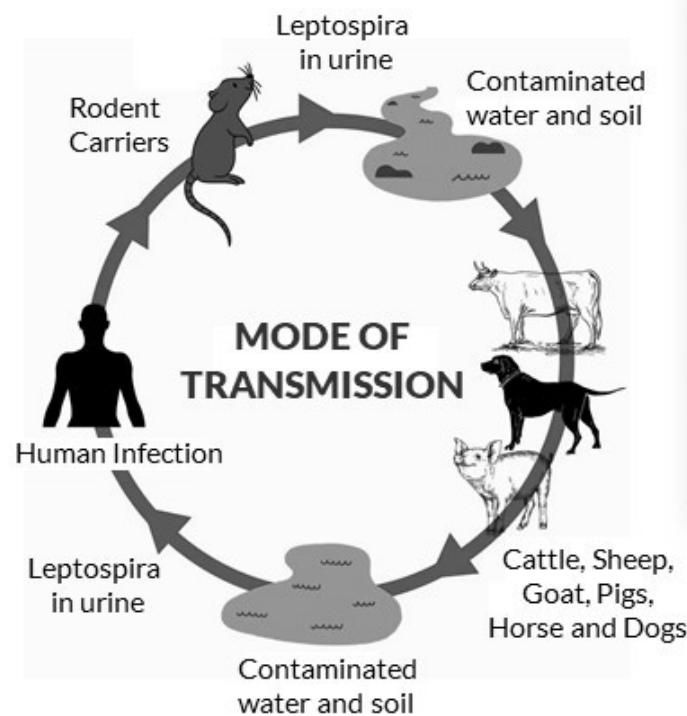
LEPTOSPIROSIS

A Hidden Hazard Lurking in the Water

According to the **Department of Health (DOH)**, they recorded a total of **1,426** Leptospirosis cases from January 1 to August 13, 2022. Most of these cases were recorded in Metro Manila with **274** cases.

WHAT IS LEPTOSPIROSIS?

Leptospirosis is a bacterial disease that affects humans and animals. It is caused by bacteria of the genus *Leptospira*. These bacteria can be found worldwide in soil and water.



Entry of the leptospira bacteria through wounds when in contact with flood waters, vegetation, and moist soil contaminated with the urine of infected animals, especially rats.

WHAT ARE THE SIGN AND SYMPTOMS?

Incubation period: 5-14 days, with a range of 2-30 days



5 STEPS FOR PREVENTION

- C** - Clean your house and surroundings
- L** - Look for boots and gloves, and wear it
- E** - Eliminate pests and rodents
- A** - Avoid wading in flood waters
- N** - Notify your physician immediately

Get Treatment



If you have symptoms of leptospirosis, see a doctor as soon as possible. Early treatment with antibiotics may help prevent more severe illness and decrease how long you are sick. Without treatment, symptoms can get worse. People can develop kidney and liver failure, meningitis, difficulty breathing and in some cases, people may die from their infection.

Sources: <https://mb.com.ph/2022/09/04/doh-records-over-1400-cases-of-leptospirosis-since-january/>; <https://www.who.int/emergencies/disease-outbreak-news/item/2022-DON403>; <https://www.cdc.gov/leptospirosis/index.html>; <https://doh.gov.ph/Health-Advisory/Leptospirosis>; <https://www.cdc.gov/leptospirosis/treatment/index.html>; <https://www.paho.org/en/topics/leptospirosis>



Lung Cancer Awareness Month

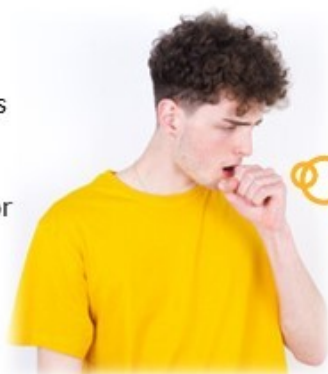
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Wellness Tickler
November 2022

Lung Cancer is the most common cancer worldwide. It is a type of cancer that starts in the lungs. Cancer starts when cells in the body begin to grow out of control. It is the 2nd leading cancer site and the leading cause of mortality among all types of cancer in the Philippines, according to World Health Organization (WHO).

SIGNS AND SYMPTOMS

- ☐ Blood in Cough
- ☐ Recurring Respiratory Infections
- ☐ Enduring Cough that is new or different
- ☐ Ache or Pain in Shoulder, Back or Chest
- ☐ Trouble Breathing
- ☐ Hoarseness or Wheezing
- ☐ Exhaustion or Weakness



DID YOU KNOW?

People who smoke are up to 15 to 30 times more likely to get lung cancer than non-smokers. The longer you smoke, the higher your risk.

TWO TYPES OF LUNG CANCER

- ☐ **Small cell lung cancer** occurs almost exclusively in heavy smokers and is less common than non-small cell lung cancer.
- ☐ **Non-small cell lung cancer** is an umbrella term for several types of lung cancers. Non-small cell lung cancers include squamous cell carcinoma, adenocarcinoma and large cell carcinoma.

LUNG CANCER SCREENING

The American Cancer Society recommends yearly lung cancer screenings for individuals that meet the criteria listed below:

People who are 55-74, in fairly good health who also:

- ☐ Currently smoke or have quit in the past 15 years
- ☐ Have at least a 30-pack year smoking history
- ☐ Receive a counseling to quit smoking
- ☐ Advised by their doctor about the possible benefits of, limits and harms of screening with low-dose CT scans
- ☐ Have a facility where they can go that has experience in lung cancer screening & treatment

RISK FACTORS

- ☐ Smoking.
- ☐ Exposure to second-hand smoke.
- ☐ Previous radiation therapy.
- ☐ Exposure to radon gas.
- ☐ Exposure to asbestos and other carcinogens.
- ☐ Family history of lung cancer.

PREVENTION

There's no sure way to prevent lung cancer, but you can reduce your risk if you:

- ☐ Don't smoke. If you've never smoked, don't start.
- ☐ Stop smoking now.
- ☐ Avoid secondhand smoke.
- ☐ Test your home for radon.
- ☐ Avoid carcinogens at work.
- ☐ Eat a diet full of fruits and vegetables.
- ☐ Exercise most days of the week.

Sources: <https://www.cdc.gov/cancer/dqpc/resources/features/lungcancer/index.htm>; <https://newsinfo.inquirer.net/1509595/lung-cancer-the-deadliest-type-of-cancer-in-ph>; <https://www.cancer.org/cancer/lung-cancer/about/what-is.html>; <https://www.mayoclinic.org/diseases-conditions/lung-cancer/symptoms-causes/syc-20374620>; <https://www.cancer.org/>

DISEASE DEBRIEF

HAND, FOOT AND MOUTH DISEASE



Wellness Tickler

December 2022

What is Hand, Foot and Mouth Disease (HFMD)?

- **HFMD** is a common viral disease that causes flat, red spots on the hands and the bottom of the feet and painful spots in the mouth and throat.
- It is commonly caused by Enterovirus group including coxsackievirus A16, Enterovirus 71 (EV71) and echoviruses)
- It is commonly found in infants and children younger than 5 years old , but it can also occur among children up to 10 years. Most children have mild symptoms for 7 to 10 days.

What are the Signs and Symptoms?

- Fever and other flu-like symptoms 3 to 5 days after they catch the virus
- Poor appetite
- Sore throat
- Feeling unwell
- Painful mouth sores or ulcers
- Sore throat

How is HFMD transmitted?

- By direct contact with infected people, or by direct contact with feces, saliva, nasal discharge, respiratory droplets throat secretions, or blister discharge of infected people.



What are the preventive measures for HFMD?

- Stay at home if you are sick
- Avoid close contact with sick people and isolate oneself to prevent the spread of the virus.
- Cover mouth and nose when coughing or sneezing
- Proper and frequent handwashing with soap and water
- Eat nutritious and adequately cooked food
- Drink clean water and fruit juice.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Do not scratch the blisters.
- Thoroughly wash eating and drinking utensils
- Disinfect fabric and surfaces contaminated by secretions using 1 part of Chlorox in 9 parts of water



When to see a healthcare provider?

See a healthcare provider if:

- Your child is not drinking enough to stay hydrated
- Symptoms do not improve after 10 days
- Your child has a weakened immune system
- Symptoms are severe
- Your child is very young, especially younger than 6 months

Sources: <https://www.cdc.gov/hand-foot-mouth/index.html> ; <https://www.cdc.gov/hand-foot-mouth/about/prevention.html> ; <https://nccid.ca/debrief/hand-foot-and-mouth-disease>; <https://www.mayoclinic.org/diseases-conditions/hand-foot-and-mouth-disease/symptoms-causes/syc-20353035>; https://www.babycenter.com/health/illness-and-infection/hand-foot-and-mouth-disease_1614



January 27, 2022 | 2:00 – 4:00 PM

▽ Etiqua Philippines brings you
Free Webinar on:

Round Table Discussion: COVID-19 Variant Omicron and Vaccination

Guest Speakers:

Queen Angelee Berris, MD
Occupational Medicine

Mary Jean Guno, MD
Pediatrician – Gastroenterology and Nutrition

[https://maybank.zoom.us/webinar/register/
WN_eS61LKLqR8ygJ4PYV6SCwg](https://maybank.zoom.us/webinar/register/WN_eS61LKLqR8ygJ4PYV6SCwg)

Register in advance for this webinar



eTiQa

February 22, 2022 2:00 – 4:00 PM



Etiqua Philippines brings you
Free Webinar on:

“Lifestyle Guide on Hypertension Management”



Guest Speaker:

Jan Paolo Dipasupil, MD

Lifestyle Medicine and
Obesity Medicine

https://maybank.zoom.us/webinar/register/WN_6LGQ1iVLT22Ph8Zb3yIJOG

REGISTER NOW

WEBINAR

Disability and Inclusion in the Workplace

Disability, rights of persons with disabilities, inclusion, mental health, and well-being

March 22, 2022 | 2PM - 4PM

Speaker:

Joanna Christina "Joey" Sta. Isabel
Economic, Social, and Cultural Rights Center
Commission on Human Rights



eTiQa

A Member of  Maybank Group

Humanizing Insurance

Live Webinar



Speaker

Donald Josue, MD

Vaccines Medical Director
GSK Philippines

DOUBLE TROUBLE: Influenza & COVID-19

Vaccination:
Preparation for
Rainy Season

April 21, 2022 | 2:00 PM

Register Now

eTiQa

Mother's Day:

The Impact of the COVID-19 Pandemic on Mothers

GUEST SPEAKER

Shynney Marie

Munar, FPPA

PSYCHIATRIST

Wednesday
18TH MAY
10:00 AM



Contest:
Have the Best Virtual Background
Related to Mother's Day

www.etiqa.com.ph

REGISTER NOW



MENTAL HEALTH WELLNESS PROGRAM

Overview of Mental Health and
the red flags of depression:
Knowing how to spot and
what to do if they see one

26 MAY 2022 | 3:00 PM

Sherryl Muli - Abellanos, PHD, RPSY

Meeting ID: 975 609 4105
Password: ETIQAPH@22

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FATHER'S DAY
FREE WEBINAR

Defining Wellbeing

in the Workplace

GUEST SPEAKER:

Monet Estelita Dulay, MD
Diliman Doctors Hospital

[Register Now](#)



Thursday
16 JUN 2022
2:00 PM



eTiQa



Sherryl Muli - Abellanos, PHD, RPSY

MENTAL HEALTH WELLNESS PROGRAM

Managing Thoughts
and Emotions

18 AUGUST 2022 | 3:00 PM

Meeting ID: 645 827 7891
Password: ELGAPHC@22

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FREE WEBINAR

eTiQa



LEPTOSPIROSIS AND DENGUE AWARENESS

Lara Monique "Niquee" S. Alcantara, MD
SPEAKER

27 OCT

THURSDAY

2:00 PM



MENTAL HEALTH WELLNESS PROGRAM

Supportive Communications
and Addressing Anxiety:
*Progressive Muscle Relaxation,
Tapping & Grounding Technique*

17 November 2022 | 3:00 PM

Sherryl Muli - Abellanos, PHD, RPSY

Meeting ID: 645 827 7891
Password: ELGAPHC@22

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FREE WEBINAR

eTiQa

MONTHLY WEBINAR:

DRUG ABUSE AWARENESS

and Its Impact on Health

THU, 24 NOV 2022

2:00 PM

SPEAKER:

Dr. Arthur Dominic M. Amansec,
M.D, DipIBLM, DipPCLM

REGISTER NOW

FREE WEBINAR



ROUND TABLE DISCUSSION:

HAPPY AND HEALTHY

Mindful Eating during the Holidays

2:00 PM

19 DEC

MONDAY



Marie Antonette J.
Sunga-Vargas, PhD, RPsy, RPm



John Ismael J. Medina,
MA, RPm, LPT, RPsy



Romelito Manuel D.S. Clorina,
MA, RPm, RPsy

Play Games and Win Exciting Prizes!