



Covid-19 Latest Updates

Wellness Tickler
January 2024



The new COVID-19 sub variant JN.1 that has been classified as a “variant of interest” is now in the country, according to the Department of Health (DOH). The DOH reported that there are now 18 JN.1 cases nationwide, with the earliest one detected by genomic sequencing last November 16, 2023. “It is another Omicron sub variant with no evidence of increased severity or unusual clinical presentation,” the DOH said in a statement.

Get to know about COVID-19 sub variant JN.1

JN.1 – is a new COVID 19 subvariant with mutations to its spike protein that allow it to bind tightly to cells in the respiratory tract and cause infection. Early evidence shows these mutations can make the sub variant better at evading our bodies’ immune systems.

The WHO has labeled it a variant of interest. JN.1 is rapidly spreading as we head into peak holiday season travel time. The CDC reports it the fastest – growing variant of the virus.

Signs and Symptoms

- Fever
- Cough
- Runny nose
- Shortness of breath
- Fatigue
- Body aches
- Sore throat
- Mild gastrointestinal symptoms
- Loss of taste or smell

Risk Factors

- Elderly
- Immunocompromised

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! Test if you have symptoms or if you were exposed to someone with COVID or flu.



Wash your hands thoroughly with soap & water or use hand sanitizer



Wear mask



Cover your mouth when coughing or sneezing



Consume only thoroughly cooked food and meat



Avoid close contact with people who are infected



Keep your hands and fingers away from your eyes, nose, and mouth



Practice social distancing



Cough or sneeze into your elbow



Stay at home if you are sick



Clean and disinfect surfaces regularly

Sources: <https://www.cdc.gov/respiratory-viruses/whats-new/SARS-CoV-2-variant-JN.1.html>
<https://www.philstar.com/headlines/2023/12/25/2321319/covid-19-subvariant-jn1-now-Philippines>
<https://www.who.int/news/item/13-12-2023-statement-on-the-antigen-composition-of-covid-19-vaccines>

ERGONOMICS Derived from the Greek words Ergo means “Work” and “Nomos” means “Law”. This is the science of designing the workplace, keeping in mind the capabilities and limitations of the worker.

GOOD WORKING POSTURES



REMINDER!

Take regular breaks from your desk to walk and move your body.

THE MAJOR WORKPLACE ERGONOMICS RISK FACTORS TO CONSIDER ARE:

- High task Repetition
- Forceful Exertions
- Repetitive/ Sustained Awkward Postures

Health Risks OF PROLONGED SITTING

- Muscles are more likely to pull, cramp or strain
- Fatigue and tension in the back and neck muscles
- Steady compression on the spinal disc
- Decrease heart and lung efficiency
- Digestive problems

ERGONOMIC EXERCISES



5 PROVEN BENEFITS OF ERGONOMICS IN THE WORKPLACE

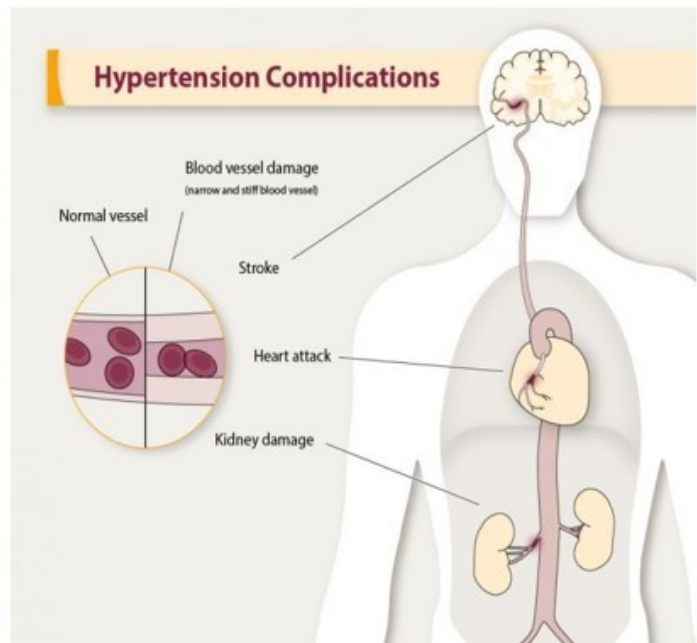
1. Ergonomics reduces costs.
2. Ergonomics improves productivity.
3. Ergonomics improves quality.
4. Ergonomics improves employee engagement.
5. Ergonomics creates a better safety culture.

Sources: <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169>
<https://ergoweb.com/employee-exercise-interventions-and-ergonomics/>
<https://ergo-plus.com/workplace-ergonomics-benefits/>
<https://ergo-plus.com/ergonomic-risk-factors/>
<https://www.hseblog.com/what-is-ergonomics/>

Hypertension or high blood pressure is when the pressure in your blood vessels is too high (140/90 mmHg or higher). It is common but can be serious if not treated.

Key facts

- An estimated 1.28 billion adults aged 30–79 years worldwide have hypertension, most (two-thirds) living in low- and middle-income countries
- An estimated 46% of adults with hypertension are unaware that they have the condition.
- Less than half of adults (42%) with hypertension are diagnosed and treated.
- Approximately 1 in 5 adults (21%) with hypertension have it under control.
- Hypertension is a major cause of premature death worldwide.
- One of the global targets for non-communicable diseases is to reduce the prevalence of hypertension by 33% between 2010 and 2030.



Many factors raise your risk of high blood pressure. Some risk factors, such as unhealthy lifestyle habits, can be changed. Other risk factors, such as age, family history and genetics, race and ethnicity, and sex, cannot be changed. A healthy lifestyle can lower your risk for developing high blood pressure. It may take days or weeks to see an improvement.



Follow a low – sodium diet.



Lower your alcohol intake.



Take your BP meds at the same time every day.



Try to reduce stress



Exercise 30 minutes most days.

Sources: <https://www.nhlbi.nih.gov/health/high-blood-pressure>;
High Blood Pressure - Causes and Risk Factors | NHLBI, NIH;
<https://www.cdc.gov/bloodpressure/about.htm>
<https://www.who.int/news-room/fact-sheets/detail/hypertension>;
<https://www.ahajournals.org/doi/10.1161/HYPERTENSIONAHA.120.15761>

What you need to know about Whooping Cough (Pertussis)

MARCH 2024 - SPECIAL EDITION WELLNESS TICKLER

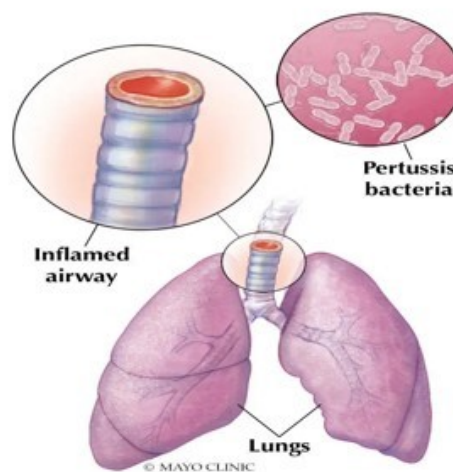
Whooping cough, also known as Pertussis is a highly infectious respiratory tract bacterial infection. It is characterized by a “hacking” cough, followed by a high pitched intake of breath, or a “whoop” (hence the common name of whooping cough).

What are the signs and symptoms?

- Persistent cough lasting 2 or more weeks
- Coughing fits followed by a high-pitched “whoop”
- Vomiting
- Runny nose
- Red, watery eyes
- Fever
- Incubation period is 5 to 15 days.

What is the cause?

- *Bordetella pertussis* bacteria, The disease is most dangerous in infants and young children, and can give rise to complications and even lead to death.



What is the mode of transmission?

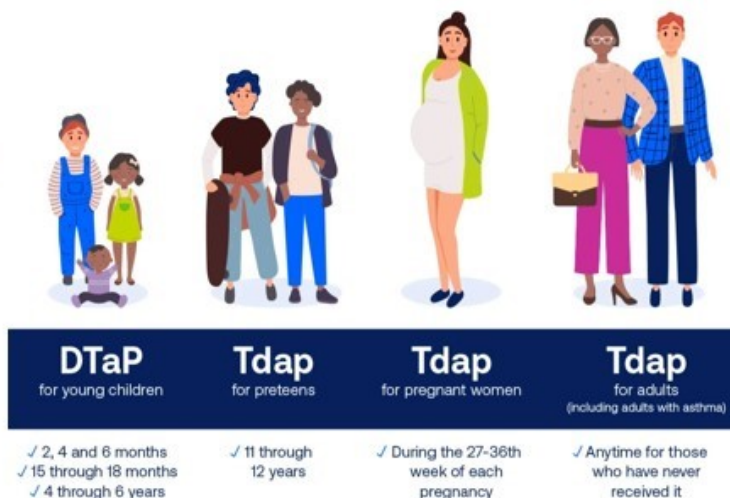
- *Bordetella* direct contact with discharges from respiratory mucus membranes of infected person's pertussis bacteria
- Droplets and indirect contact with articles freshly soiled with discharges of infected persons

How to treat pertussis?

- Antibiotics

How to prevent pertussis?

- Three (3) primary immunization doses of DTaP (Diphtheria, Tetanus and Acellular Pertussis vaccine) confer immunity to pertussis
- Booster doses are recommended to be given after 1 year, 4 to 6 years old and at 11 years old.
- Tdap (Tetanus, Diphtheria Pertussis) vaccine is given for older children and adults, including pregnant women.



Sources: <https://caro.doh.gov.ph/wp-content/uploads/2014/09/pertussis.jpg>; <https://www.mayoclinic.org/diseases-conditions/whooping-cough/symptoms-causes/syc-20378973>; <https://newsnetwork.mayoclinic.org/discussion/understanding-whooping-cough-with-a-mayo-clinic-expert>; https://www.who.int/health-topics/pertussis#tab=tab_1; <https://www.who.int/andorra/publications/m/item/pertussis-what-you-need-to-know>; <https://www.lung.org/lung-health-diseases/lung-disease-lookup/pertussis/treatment>



WELLNESS TICKLER

TUBERCULOSIS

Awareness

Tuberculosis (TB) is an infectious disease affecting the pulmonary system. This is caused by a bacterium called *Mycobacterium tuberculosis* and is one of the top 10 causes of death in the world.

What are the signs and symptoms?

- Weakness or fatigue
- Fever especially rising in the evening
- Night sweats
- Chest pain
- Weight loss
- Loss of appetite
- Coughing up blood

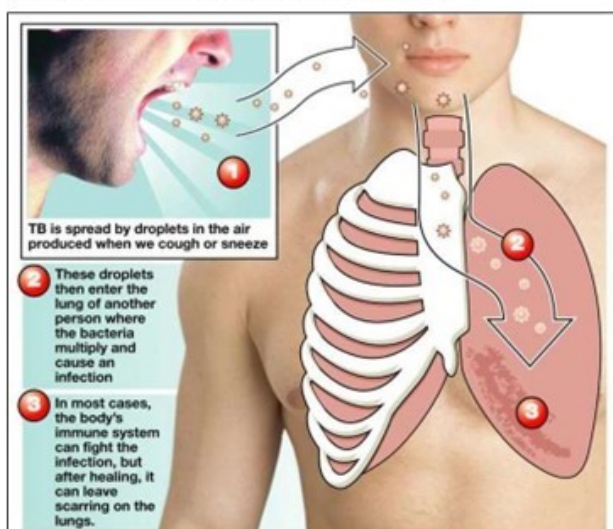
Who is most at risk?

- People who have been diagnosed with HIV
- People who smoke
- People with lower immunity
- Living in a crowded setting

How to prevent TB?

- Wear mask, if a family member, is infected with tuberculosis; keep the most vulnerable kids or aged persons away from the infected person
- Avoid large gatherings
- Wash hands or sanitize regularly when outside the house
- Keep the house sufficiently ventilated
- Clean AC ducts of car and home regularly
- Follow and educate on cough and sneeze etiquette

How tuberculosis can spread?



1. TB bacteria are spread through the air from one person to another.
2. The TB bacteria are put into air when a person with TB disease of the lungs or throat coughs, speaks, or even sing.
3. Person nearby may breathe in these bacteria and become infected.

TB germs can live in the body **without making you sick**. This is called **latent TB infection or inactive TB**.

How to manage TB?

You need to take and finish all your TB medicine to help you feel better and prevent other people from getting sick.

Sources: <https://ntp.doh.gov.ph/about-tb/faq/>; <https://www.who.int/philippines/news/feature-stories/detail/working-to-end-tb-in-the-Philippines>; <https://www.cdc.gov/tb/topic/basics/tbprevention.htm>; <https://www.cdc.gov/tb/publications/tbi/tbiresources.htm>

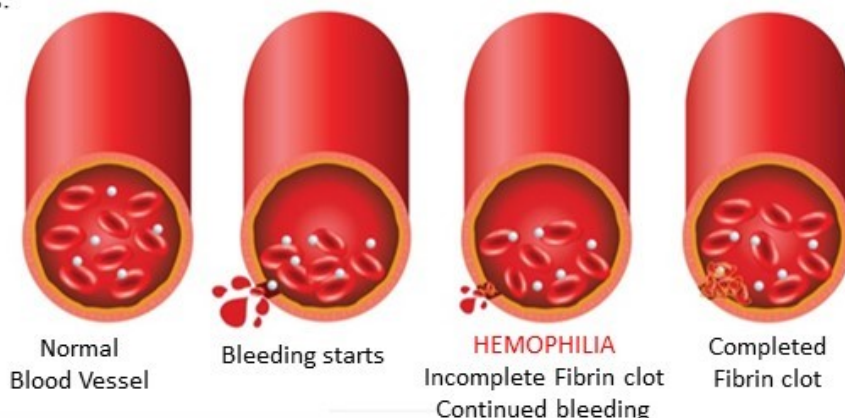


eTiQa

April is National Hemophilia Awareness Month

Show your support for the bleeding disorders community.

Hemophilia is a rare disorder in which the blood doesn't clot in the typical way because it doesn't have enough blood-clotting proteins (clotting factors). Hemophilia occurs in about one (1) of every 5,000 male births.



SIGNS AND SYMPTOMS OF HEMOPHILIA



- Frequent nose bleeding
- Unexplained & excessive bleeding from cuts or injuries or after surgery or dental work
- Many large or deep bruises
- Blood in stool & urine

COMPLICATIONS

- Deep internal bleeding.
- Bleeding into the throat or neck.
- Damage to joints.
- Infection.
- Adverse reaction to clotting factor treatment.

PREVENTION: WHAT ARE THE "Do the 5" STEPS?

1. Get an annual comprehensive checkup at a hemophilia treatment center.
2. Get vaccinated—Hepatitis A and B are preventable.
3. Treat bleeds early and adequately.
4. Exercise and maintain a healthy weight to protect your joints.
5. Get tested regularly for an inhibitor.

RISK FACTORS

The biggest risk factor for hemophilia is to have family members who also have the disorder. Males are much more likely to have hemophilia than are females.

Sources: <https://www.mayoclinic.org/diseases-conditions/hemophilia/symptoms-causes/syc-20373327>
<https://stepsforliving.hemophilia.org/step-up/maintaining-a-healthy-body/do-the-5>
<https://www.medicalnewstoday.com/articles/154880#diagnosis>
<https://www.cdc.gov/ncbddd/hemophilia/facts.html>



CERVICAL CANCER AWARENESS

WELLNESS TICKLER

MAY 2024

Cervical cancer is the cancer of the lower part of the uterus called cervix. The cervix connects it to the vagina. When there is an abnormal uncontrolled multiplication of the cells of the cervix it develops into cancer.

Did you Know?

Cervical Cancer (also known as cancer of the cervix uteri) is the 4th most commonly occurring cancer in women and the 7th most common cancer overall.

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 symptoms?

- Early stages may not have symptoms.
- Late stages may have:
 - Bleeding during sexual intercourse
 - Postmenopausal bleeding
 - Foul-smelling discharge
 - Bleeding between periods
 - Pelvic Pain
 - Swollen legs



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://www.emro.who.int/noncommunicable-diseases/campaigns/cervical-cancer-awareness-month-2024.html>;
<https://www.wcrf.org/cancer-trends/cervical-cancer-statistics/#?text=Cervical%20cancer%20%28also%20known%20as%20cancer%20of%20the%20cervix%20and%20vagina%29&text=Cervical%20cancer%20%28also%20known%20as%20cancer%20of%20the%20cervix%20and%20vagina%29>
<https://acthealth.com/blogs/cervical-cancer-all-you-need-to-know/>;
<https://doh.gov.ph/list-of-diseases/cervical-cancer/>

KNOW THE COVID-19 “*FLIRT*” VARIANT

WELLNESS TICKLER - JUNE 2024

There is a new variant of COVID-19, known as FLiRT. This is the term being used to describe a whole family of different variants including KP.2, JN 1.7, and any other variants starting with KP or JN that appear to have independently picked up the same set of mutations. This variant can evade the immune response more effectively than prior versions of the virus.

Signs and Symptoms

- Fever or chills
- Cough
- Sore Throat
- Runny nose
- Headache
- Muscle aches
- Shortness of breath
- Fatigue
- Loss of taste or smell
- Brain fog
- Diarrhea

Risk Factors

- Elderly
- Immunocompromised

Do vaccines protect against the Flirt variant?

Vaccination is especially important for the elderly, which is why the CDC recently recommended adults ages 65 and older get an additional dose of the 2023-2024 updated COVID-19 vaccine.

What are the precautions?

The best way to stay safe from these variant is to follow the COVID-19 precautions. Always stay at home if you're sick! Test if you have symptoms or if you were exposed to someone with COVID or flu.



Wash your hands thoroughly with soap & water or use hand sanitizer



Wear mask



Cover your mouth when coughing or sneezing



Consume only thoroughly cooked food and meat



Avoid close contact with people who are infected



Keep your hands and fingers away from your eyes, nose, and mouth



Practice social distancing



Cough or sneeze into your elbow



Stay at home if you are sick



Clean and disinfect surfaces regularly

Sources: <https://www.cdc.gov/respiratory-viruses/whats-new/SARS-CoV-2-variant-JN.1.html>
<https://www.today.com/health/coronavirus/new-covid-variant-symptoms-2024-flirt-rcna150072>;
<https://www.who.int/news/item/26-04-2024-statement-on-the-antigen-composition-of-covid-19-vaccines>



First Aid

Cardio Pulmonary Resuscitation



WELLNESS TICKLER - JULY 2024

First Aid is vital for saving lives. The aims of first aid are to preserve life, why it is important, and the central role of recovery position which helps minimize further injury, and CPR in saving lives. In first aid, ABC stands for airway, breathing and circulation.

Cardiopulmonary Resuscitation (CPR) is an emergency lifesaving procedure performed when the heart stops beating. It helps maintain the flow of oxygenated blood.



1 **Check for danger.** Assess the surrounding to make sure it is safe to help. Call an ambulance.



2 **Check the person for a response.** Tap the person's shoulder and ask loudly, "Are you OK?"



3 If the person is unresponsive, **shout for help.** Get someone to find an AED (Automated External Defibrillator).

4

Assess if there is breathing and pulse within 10 seconds. Provide rescue breathing if the person is not breathing but pulse is felt. 1 breath every 6 seconds or 10 breaths per minute. Check for carotid pulse every 2 minutes.



5 **Begin CPR(cardiopulmonary resuscitation) if there is no pulse.**

- 30 compressions : 2 breaths
- Place both hands in the center of the chest, between the nipples
- 100-200 compressions per minute
- Compression depth of about 5-6 cm
- Allow full chest recoil after each compression

6

Turn AED and follow instructions.



Sources: <https://cpr.heart.org/>; <https://redcross.org.ph/>;
<https://www.healthline.com/health/first-aid> ;
<https://www.medicalnewstoday.com/articles/153849>

Dengue and Leptospirosis Awareness

WELLNESS TICKLER - AUGUST 2024

Dengue Fever is caused by any one of four types of dengue viruses. It is an infection caused by transmission of dengue virus to humans through the bites of infected *Aedes aegypti* mosquitoes and during rainy season, they breed on clear and stagnant water.



Sign and Symptoms:

- High fever for 2 to 7 days
- Joint and muscle pains
- Pain behind eyes
- Weakness
- Skin rashes
- Bleeding
- Loss of appetite
- Nausea and vomiting
- Abdominal pain

Ways to Protect:

- Remove mosquito habitat
- Use mosquito repellent
- Clean clogged drain
- Keep your home clean
- Wear protective clothing

Leptospirosis comes from flood water, vegetation and moist soil contaminated with the urine of an animal, especially rats, infected with *Leptospira bacteria*.



Sign and Symptoms:

- Fever
- Muscle pain
- Reddish eyes
- Jaundice
- Dark – colored urine
- Light – colored stools

Ways to Protect:

- Avoid contaminated water
- Wear protective clothing and footwear
- Control rats in the household
- Keep your house clean.

Rainy Season Tips

- **Gear Up** - Always be ready to bring your umbrella, mosquito repellent, mask and alcohol.
- **Power Up** - Eat healthy and take vitamins regularly to boost your immunity.
- **Dress Up** - Wear a raincoat or jacket to stay warm and dry.
- **Warm Up** - A cup of soup or warm drinks are best during the rainy season
- **Clean Up** - Keep your home clean. Get rid of stagnant water to avoid mosquito from breeding.

Sources: <https://www.who.int/news-room/fact-sheets/detail/dengue-and-severe-dengue> ;
<https://www.mayoclinic.org/diseases-conditions/dengue-fever/symptoms-causes/syc-20353078>
<https://www.cdc.gov/leptospirosis/about/index.html>

MPox is formerly known as monkeypox. A disease caused by infection with monkeypox virus, an Orthopoxvirus. Incubation period is 3 – 17 days.

WHAT ARE THE SYMPTOMS?

- 1 RASH** :
- Located on or near the genitals or anus, hands, feet, chest, face, or mouth
 - Typically appears 1-4 days after fever. Can last 2 – 3 weeks

Stage 1 – Macule	The rash starts as flat, red spots (last for 1-2 days)
Stage 2 – Papule	The spots become hard, raised bumps (lasts for 1 -2 days)
Stage 3 – Vesicle	The bumps get longer. They look like blisters filled with clear fluid (lasts for 1-2 days)
Stage 4 – Pustule	The blisters fill with pus (last for 5 - 7 days)
Stage 5 – Scars	The spots crust over and become scabs that eventually fall off (last for 7 - 14 days)

2 FLU – LIKE SYMPTOMS



Fever



Headache



Muscle Aches

Swollen
Lymph NodesRespiratory
Symptoms

Chills

HOW CAN YOU GET INFECTED?

- Direct contact with the skin lesions or upper respiratory secretions of affected person or animal
- Touching infected bedding, towels, clothing, or objects
- Travel from an area with Mpox outbreak

HOW TO DIAGNOSE?



**PCR of the Skin
Lesion**

WHAT TO DO?

- Isolate for at least 21 days or until skin lesions have healed and scar falls off
- Wash your hands frequently with soap and water
- Ensure good airflow
- Consult your doctor immediately

Sources: Mpox – Philippine Society for Microbiology and Infectious Diseases (psmid.org)
<https://www.who.int/news-room/fact-sheets/detail/mpox>
<https://www.cdc.gov/poxvirus/mpox/index.html>



Mental Health Awareness Month

eTiqa

Wellness Tickler
October 2024

“Decent work is good for mental health, while poor work environment can harm it.”

In 2019, **15% of working-age adults had a mental disorder** (WHO 2024).

Poor mental health, mainly depression and anxiety, **leads to lost productivity** through absenteeism and presenteeism.

In the Philippines, 1 in 5 employees faces mental health challenges and **87% of Filipinos report work – related mental health issues**, exceeding the global average



Effective actions can prevent mental health risks, promote well being at work, and support those with mental health issues.

Aside from employer's efforts to support mental health, there are things you can do to look after your mental health at work:



- ✓ **Talk about your feelings** with friends or colleagues for support.
- ✓ **Move regularly** to lift your mood and improve focus.
- ✓ **Eat healthy foods** for a better body and mind.
- ✓ **Build strong relationships** at work.
- ✓ **Ask for help** from your employee or health services if you feel overwhelmed.
- ✓ **Take breaks and time off** to care for your mental health.
- ✓ **Do things you enjoy** to reduce stress and boost confidence.
- ✓ **Embrace your uniqueness** and focus on your strengths.
- ✓ **Support others**, it can improve your own mental health too.

Sources: National Center for Mental Health (NCMH)
<https://www.who.int/news-room/fact-sheets/detail/mental-health-at-work> ;
<https://business.inquirer.net/464485/87-of-filipinos-report-work-related-mental-health-issues> ;
<https://www.mentalhealth.org.uk/explore-mental-health/publications/how-support-mental-healthwork>



LUNG CANCER AWARENESS

WELLNESS TICKLER

NOVEMBER 2024

Lung Cancer refers to the proliferation of abnormal cells that grow uncontrollably in either one or both lungs.

MAIN TYPES OF LUNG CANCER

Small Cell Lung Cancer (SCLC)

- 10 – 15% of lung cancer
- Also called oat cell cancer
- Grows and spreads faster than NSCLC



Non - Small Cell Lung Cancer (NSCLC)

- 80 - 85% of lung cancer
- Adenocarcinoma, squamous cell carcinoma and large cell carcinoma

STAGES OF LUNG CANCER



Stage 1

Tumor is less than 3 cm. There is no metastases.



Stage 2

Tumor is less than 6 cm. Single metastases are observed.



Stage 3

Tumor is more than 6 cm. Metastases in the lymph nodes.



Stage 4

The tumor spreads to other organs.

SYMPTOMS

- A cough that doesn't go away
- Coughing up blood
- Shortness of breath
- Chest pain
- Hoarseness
- Losing weight without trying
- Appetite loss
- Headache
- Loss of memory

RISK FACTORS

- Asbestos
- Genetics
- Radiation exposure
- Air pollution
- Asthma
- COPD
- Exposure to radon gas
- Smoking

TIPS FOR HEALTHY LUNGS

- Quit smoking
- Avoid second-hand smoke
- Minimize exposure to outdoor air pollution
- Avoid exposure to indoor pollutants
- Get regular aerobic exercises
- Eat a diet full of fruits and vegetables

Sources: <https://www.iarc.who.int/news-events/lung-cancer-awareness-month-2024/>;
<https://med.stanford.edu/ctsurgery/about-the-department/news/2024/lung-cancer-early-detection-and-screening.html>;
<https://www.cancer.org/cancer/types/lung-cancer/detection-diagnosis-staging/signs-symptoms.html>;
<https://www.youandlungcancer.com/en-lc/resources/infographics>

eTiQa

AIDS AWARENESS

WELLNESS TICKLER

DECEMBER 2024

Acquired immunodeficiency syndrome (AIDS), is an ongoing chronic condition. It is caused by the human immunodeficiency virus (HIV) which damages the immune system, so that the body is less able to fight infection and disease.

SIGN AND SYMPTOMS



Fever



Diarrhea



Weight Loss



Swollen Lymph nodes



Fatigue



Cough



Rash



Mouth Ulcers



Night Sweats

AIDS IS TRANSMITTED

- Unprotected Sex
- Drug Addicts
- Blood Transfusion
- Pregnancy
- Non-Sterile Instruments

AIDS IS NOT TRANSMITTED

- Touching
- Through food
- With a kiss
- Insect bites
- In the pool

COMPLICATIONS

- Tuberculosis (TB)
- Cryptococcal meningitis
- Severe bacterial infections
- Cancers such as lymphomas and Kaposi's sarcoma.

PREVENTION

- ✓ Use condom during sex
- ✓ Being tested for HIV and sexually transmitted infections
- ✓ Always use sterile needles
- ✓ Avoid sharing razors
- ✓ Consult with doctor if with persistence of signs and symptoms

Sources: <https://www.mayoclinic.org/diseases-conditions/hiv-aids/symptoms-causes/syc-20373524>
<https://www.who.int/news-room/fact-sheets/detail/hiv-aids>
<https://www.cdc.gov/world-aids-day/index.html>