





Cavite Weekly Chronicle

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## DOH 4A: PROV'L...FRM P1

opt for a home quarantine.

Moreover, Janairo said there had been delays in releasing the updated data on the number of COVID-19 cases in the region due to the abrupt changes as test results keep on coming and confirmed cases continuously increase.

He said some of the confirmed cases still need to be verified and identified as some data are being relayed directly to the localities without being reported to the regional office.”

As of 5:00 PM of March 26, 2020, Calabarzon has a total of 95 positive COVID-19 cases, 3 recoveries, 14 deaths. Of the 95, Cavite has 23 positive cases, 1 recovery and 4 deaths; Laguna has 18 confirmed cases and 3 deaths; Batangas has 13 cases, 1 recovery and 1 death; Rizal has 37 cases, 1 recovery and 6 deaths; and Quezon with 4 positive cases. SOURCE:PIA(Joy Gabrido)

# FEATURE

## Kicking viruses out with vitamins and minerals

By Vazamija Therese A. Villasi

CAGAYAN DE ORO CITY - Amidst the rapidly evolving situation of coronavirus disease (COVID-19) and other infectious diseases that threaten our health, one of the best steps to take as precautionary measures is to boost our immune system. Infectious and communicable diseases are related to nutrition. If a person suffers from undernutrition, there is a high incidence of infection since the immune system is compromised. Infection, in return, worsens malnutrition and deteriorates health condition. Optimum nutrition can be an answer to both problems. Balanced nutrition, especially in terms of adequate vitamin, mineral and protein intake, enhances the resistance against infections partnered with regular exercise. Researches show that balanced nutrition subsidizes the immune system. Thus, by eating right, you are helping your body fight and overcome infectious diseases. Aside from the famous Vitamin C, boost your immune system with the help of these nutrients: protein, vitamin A, zinc, iron and vitamin E.

Protein plays a role in the body's immune system, especially for healing and recovery. Eat a variety of protein-rich foods including seafood, lean meat, poultry, eggs, beans, and peas, soy products and unsalted nuts and seeds.

Vitamin A helps regulate the immune system and protect against infections by keeping the skin and tissues in the mouth, stomach, intestines and respiratory system healthy. Get this vitamin from foods such as sweet potatoes, carrots, broccoli, spinach, eggs or commodities fortified with vitamin A such as cooking oil and flour.

Vitamin C is water-soluble vitamin and an antioxidant that plays an important role in immune function. It helps in the production of white blood cells and functions more effectively in fighting harmful substances such as free radicals.

It shortens the wound healing time and improves the absorption of iron. Sources of Vitamin C are guava, orange, lemons, strawberry, papaya, broccoli, and mango. Among these foods, guava has the highest Vitamin C content with 228.3mg per 100 grams of raw guava.

Zinc is crucial for normal development and function of cells mediating nonspecific immunity such as neutrophils and natural killer cells. Zinc helps wound healing as well. Foods such as whole grains, meat, shellfish, legumes and egg are some of the food sources of zinc.

Iron is also involved in strengthening immunity. Iron helps increase the number of immune cells particularly white blood cells associated with the generation of a specific response to infection. Common food sources of iron are meat, liver, legumes and dark green leafy vegetables (i.e., malunggay, kamote tops, gabi leaves, patchay, saluyot, alugbati, kangkong).

Vitamin E is known to be an antioxidant that helps fight free-radicals in our body. Get your Vitamin E from green leafy vegetables, nuts, seeds and avocado.

Other nutrients such as selenium act as antioxidant to lower oxidative stress on our body while omega-3 fatty acid has an anti-inflammatory effect. Selenium is not produced by our body but it is found commonly in egg, nuts, brown rice, meat and salmon while Omega-3 is found in tuna, salmon, oysters, egg yolk, spinach, and in soybeans.

Lastly, always remember to consume 8-12 glasses of water daily. Water flushes out toxins in the body while keeping us hydrated. Our cells also need water to regenerate.

In the midst of the COVID-19 situation, people resort to panic-buy Vitamin C supplements. However, taking vitamin C supplements in large doses, the excess amount will just be excreted in your urine. It is best that you consume Vitamin C-rich foods such as fruits and vegetables. Eat at least five servings of fruits and vegetables each day. Eat a variety of food to get all the nutrients you need. FOOD, not pill. (Vazamija Therese A. Villasi/NNC10)



### City Government of Bacoor:

community kitchen ng lungsod para sa mga nasunugan.

Patuloy na pakikiisa at pagmamalasakit ang ipinapamalas ng mga pribadong kumpanya tulad ng Frabelle sa Lungsod ng Bacoor bilang tugon sa panawagan ni Mayor Lani Mercado Revilla na sama-sama, tulong-tulong ang lahat para labanan ang Covid-19.



DEPARTMENT OF AGRICULTURE  
1987  
AGRICULTURAL TRAINING INSTITUTE

ATICalabarzon

BY: Janine L. Cailo

## The Agricultural Training Institute(ATI) is offering online workshops on agriculture

Since the declaration of the enhanced community quarantine, people have been picking up new hobbies and widening their skill set through online workshops and courses that have been made available to everyone.

One of the latest topics that people can now learn more about is agriculture, as the Agricultural Training Institute (ATI) is offering online workshops on agricultural business and practices nationwide through the e-Learning for Agriculture and Fisheries program.

The ATI is the training arm of the Department of Agriculture, and their e-learning program has been providing electronic courses for people who work or are interested in the agriculture and natural resources sector.

People can participate in courses that discuss agricultural practices for vegetable production, starting crop enterprises for citrus fruits and straw mushroom, basic urban gardening and basic beekeeping.

Those interested need to create an account on the e-learning portal and register for the course they are interested in. Questions and concerns on any of the courses or their crops can be directed to the Farmers' Contact Center at 0920-9462474.

## DepEd: Assistance...FROM P4

nating with the Inter-Agency Task Force on Emerging Infectious Diseases (IATF-EID) to streamline guidelines for COVID-19 response.

“We are cooperating very closely with the IATF-EID. We are responding on an hourly and daily basis to issues which arise from the ground, especially on the matter of quarantine areas,” the DepEd chief said.

With the guidance of Sec. Briones, the Department has released directives and guidelines to ensure that heightened precautions are observed in DepEd offices and schools, including the observance of social distancing measures for the remainder of the school year 2019-2020, postponement of various national and regional activities, and temporary suspension of school-related undertaking.

Meanwhile, the work arrangement in DepEd emphasizes on the protection of all DepEd personnel. This arrangement is guided by its framework on the observance of stringent social distancing, continuity of delivery of essential services and priority programs, and consistency of the actions of officials and personnel.

For learners, DepEd provided alternative learning delivery platforms in lieu of class suspension, such as DepEd Commons. Since its inception last Wednesday, March 17, a total of 446,787 teachers have joined the said online platform, gaining support and praise from teachers as well as parents.

However, Undersecretary Pascua noted that online platforms are only given as an option for those who have access to such medium.

“We acknowledge the reality of situation wherein DepEd Commons and Open Education Resources (OER) are not accessible to all teachers and learners. Many of our schools still do not have connectivity and access to Internet. But in this extraordinary situation we find ourselves in, we must walk before we run. We must start somewhere and work our way towards the ideal where all teachers and learners in the country can access such resources,” Undersecretary Pascua said.

Amidst the situation, Briones said that DepEd is also keen on continuing Sulong EduKalidad, the Department's program to address the challenges of quality in basic education.

“We should not abandon Sulong EduKalidad. It is a very tough, challenging, and exciting task to balance our existing programs with the immediate and urgent necessities at this time,” she emphasized.

SALUTE TO FRONTLINERS

Aside from reporting actions taken by DepEd, Sec. Briones also thanked and wished good health to those people at the frontline of confronting the public health crisis.

“On behalf of DepEd, I would like to express our admiration, our prayers, and good wishes for our heroes in this situation,” Briones said.

Briones also extended the Department's commendation to teachers and officials, as well as people from different agencies, who helped transporting stranded delegates of the National Schools Press Conference (NSPC) and National Festival of Talents (NFOT) back to their respective homes during the outbreak of COVID-19.

“Gusto kong magbigay pugay sa ating mga teachers, sa ating mga officials, who joined hands in the successful return of our learners to their homes from Cagayan and Isabela. This is an excellent example of cooperation of agencies,” she said./DEPED NEWS

CITY OF DASMARIÑAS  
PROVINCE OF CAVITE

**MAHIGPIT NA IPATUTUPAD ANG CURFEW HOURS  
(8.00 PM TO 5.00 AM) SA BUONG LUNGSOD NG DASMARIÑAS  
SIMULA MARCH 21, 2020.**

ITO AY ALINSUNOD SA PROVINCIAL ORDINANCE NO. 268-2020 "AN ORDINANCE MANDATING CURFEW HOURS FROM 8.00 PM TO 5.00 AM THE FOLLOWING DAY, WITHIN THE TERRITORIAL JURISDICTION OF THE PROVINCE OF CAVITE DUE TO COVID-19"

ANG MGA LALABAG SA ORDINANSANG AY MAY **KAPARUSAHANG PENALTY** NA **PHP 5,000.00** AT MAAARING **MAKULONG** NG HINDI HIGIT SA **TATLUMPONG (30) ARAW.**

**ANG MGA SUMUSUNOD AY EXEMPTED SA PAGPAPATUPAD NG ORDINANSANG:**

1. Health Workers at Frontline Personnel na naka duty.

2. Pulis, Military Personnel, Law Enforcers na naka-duty.

3. Mga KAWANI ng GOBYERNO na nagbibigay SERBISYO sa publiko.

4. Mga empleyado na direktang galing o papunta sa kanilang trabaho na may maipapakitang kaukulang katunayan na nakasaad ang oras ng trabaho.

5. Mga nagbibigay ng pampublikong transportasyon.

6. Mga nag-de-deliver ng mga pangunahing pangangailangan katulad ng pagkain, gamot, at iba pa.

7. Mga empleyado na rumeresponde sa mga emergencies katulad ng, ngunit hindi limitado sa sakuna, sunog, aksidente, o iba pang katulad na pangyayari.

8. Kawani / Empleyado ng GOBYERNO na naatasan ng punong-lungsod.

9. Mga barangay officials na gumaganap sa mga tungkulin para sa kanilang nasasakupan.

KASABAY NG PAUNAWANG ITO ANG KOPYA NG ORDINANSANG PARA SA MAS KOMPREENHENSIBONG PANUNTUNAN SA PAGPAPATUPAD NITO. MAAARING MAKIPAG-UGNAYAN SA ATING MGA KAPULISAN AT BARANGAY OFFICIALS ANG SINUMANG MAY KATANUNGAN.

MAGING MASUNURIN TAYO PARA SA ATING **KALIGTASAN.**

## IMEE: KARAHASAN...FRM P1

ity kabilang na ang mga frozen assorted fish sa Bureau of Customs at mga COVID-19 test kits at face mask na nakatengga sa Ninoy Aquino International Airport para pakinabangan ng mga taga Metro Manila.

“Wag nang patagalin yan! Gawin nating priority ang Metro Manila. Dapat i-distribute na ang mga bigas na 'yan na nabuburo lang sa mga bodega ng NFA. Huwag na nating hintayin pang magutom ang mga kababayan natin na maaring pagsimulan ng kaguluhan,” pahayag ni Marcos.

Sinabi pa ni Marcos na base sa pakikipag-usap niya sa mga alkade ng Metro Manila, pumayag ang mga ito na sila mismo ang magsa-ayos ng mga bodega na paglalagakan ng mga sakong bigas na manggagaling sa NFA.

“Kawawa talaga ang mga Metro Manila mayors dahil kakarampot lang ang budget nila na nanggagaling sa calamity fund. Paano nila pagkakasyahin ang kakarampot nilang budget sa libu-libong mamamayan na kanilang pakakainin?” pagtatannong ni Marcos.

Ayon pa kay Marcos, maaari namang i-donate na lamang ang assorted frozen fish na nasa BoC sa pamamagitan ng Department of Social Welfare and Development para mabilis itong maipamahagi sa MM.

“Donate na yan. Asap! At kung gustong makatulong ng Department of Agriculture at Bureau of Fisheries na siyang namamahala sa regulasyon ng importasyon ng isda, maging maluwag sila para makatulong sa taongbayan,” pahayag ni Marcos.

Nilinaw din ni Marcos na dahil sa epekto ng COVID-19 ang mga arawang manggagawa, mga namamasada at maliit na empleyado na nawalan ng trabaho ay wala na sa ngayong kakayanang makabili ng pang araw-araw na kakainin at kailangan kagayt na tulongan ng pamahalaan.



2020 National Women's Month Celebration

WE MAKE  
CHANGE WORK  
FOR WOMEN.

1-31  
MARCH

Philippine  
Commission  
on Women

Cavite Weekly

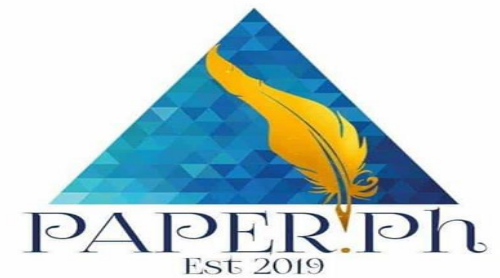
# Chronicle

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The Philippine Media Organization

## DepEd: Assistance for teachers, learners a priority amid COVID-19 situation

PASIG CITY-The Department of Education (DepEd) is leaving no stone unturned in responding to the current public health emergency as Secretary Leonor Magtolis Briones said that recent DepEd policies and actions are done to ensure that the welfare of its learners and staff are prioritized.

"This is how things need to be done [in this current situation]. Government has to continue, education has to continue, services have to be delivered, salaries and benefits have to be paid," Secretary Briones said in the virtual press conference on Monday.

One of the initiatives undertaken was the fast-track processing and release of the salaries of employees for

March and April. This includes personnel under Contract of Service (COS) and Job Order (JO) set-up.

DepEd is also looking to provide additional provident funds to field offices to be readily available. These funds will assist them with urgent, critical and immediate responses related to COVID-19 threats and in support for affected personnel.

In addition, upon clearance from the Department of Budget and Management (DBM), the Department is set to issue the Php 6,000 clothing allowance for regular employees, and the Performance-Based Bonus (PBB) for Fiscal Year (FY) 2018 for school-based personnel.

Briones also stated that DepEd is closely coordi-

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CITY GOVERNMENT OF IMUS: Maraming salamat sa mga kawani ng Pamahalaang Lungsod na walang sawang tumutulong at nagsisilbing kaagapay natin sa paghahatid ng serbisyo sa ating mga kababayan.

Patuloy ang repacking ng relief goods para sa ating mga kababayan at sinisikap natin itong matapos upang agarang maipamigay.

Tayo ay patuloy ding nakikipag-ugnayan sa mga Punong Barangay upang matulungan ang kanilang mga nasasakupan lalong higit sa panahong ito ng krisis pangkalusugan.

Para sa kaligtasan ng lahat, hinihiling natin na manatili ang bawat isa sa kani-kanilang tahanan.



## PICAD NEWS BRIEF- CAVITE

### Covid Update:MARCH 24

There have been posts regarding the current Covid situation in the Province. I have been very careful in releasing information unless they are verified and background checked. Here are the latest Covid-19 mortality figures in the province:

1. Cavite City mortality was reported yesterday but was not counted as official by the province. The reason being was that the deceased was not a resident of Cavite anymore but was confined in a medical facility in the province after attending a social occasion in the city.
2. Maragondon mortality was a PUI but died before the tests could be confirmed.
3. Bacoor mortality was confirmed and was tested as positive before he died.

I hope this brings clarity to all those asking earlier. Our prayers go out to their families and loved ones left behind. I hope this serves as a reminder that Covid-19 is serious and all quarantine procedures should be observed. Later on I will post the #TigasUloPaMore list.



## CAVITE COVID-19 HOTLINES

GLOBE : 0956 480 5542

SMART : 0998 359 6058

UNITED FOR COVID-19  
#OneCavite